

**1 - 1ª Jornada - 1ª Sessão**

13.07.2019 - 9:00

Prova 1	Masc., 4 x 50m Livres				Absolutos
13.07.2019 - 9:00					Resultados
Rec Nacional Sen	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto	2017
Rec Nacional Abs	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras	2018

TAC - Masc Juv B 50m: 2:05.97; Juv A 50m: 2:02.30; Juv 50m: 2:02.30; Jun 50m: 1:59.90; Sen 50m: 1:51.73

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
1.		<b>Benfica</b>	<b>1:37.26</b>	<b>1:34.46</b>	668
	97	24.63	Rafael Alcantara Aires	01	23.33
	01	23.63	Miguel Henriques Marques	00	22.87
2.		<b>Bombeiros dos Estoris</b>	<b>1:37.55</b>	<b>1:36.00</b>	636
	96	24.09	Daniel Rochinha Pedro	98	23.16
	98	23.77	Antonio Santos Pereira	03	24.98
3.		<b>Geslours</b>	<b>1:42.61</b>	<b>1:38.94</b>	581
	02	25.43	Martim Primavera Alfama	02	24.33
	02	24.85	Bruno Miguel Martins	93	24.33
4.		<b>Laranjeiro</b>	<b>1:42.80</b>	<b>1:39.28</b>	575
	98	24.50	Rodrigo Costa Teixeira	99	24.84
	02	25.05	Ricardo Nuno Estevens	99	24.89
5.		<b>A Onda Azeitão</b>	<b>1:42.71</b>	<b>1:40.08</b>	562
	02	25.12	Joao Garcez Mateus	02	26.10
	00	24.20	Diogo Puidival Marques	00	24.66
6.		<b>Natação de Lisboa</b>	<b>1:45.00</b>	<b>1:42.52</b>	523
	95	25.95	Filipe Nunes Magalhaes	98	25.91
	00	25.21	Pedro Ferraz Esteves	99	25.45
7.		<b>Avançado EULx</b>	<b>1:44.13</b>	<b>1:42.77</b>	519
	00	25.21	Tiago Miguel Silvestre	00	25.90
	97	26.12	Guilherme Maria Matos	00	25.54
8.		<b>C N Montijo</b>	<b>1:49.49</b>	<b>1:43.92</b>	502
	04	26.14	Tiago Fanha Lopes	04	26.38
	96	25.45	Duarte Cadima Goncalves	04	25.95
9.		<b>A Onda Azeitão</b>	<b>1:52.83</b>	<b>1:45.44</b>	480
	03	26.60	Miguel Madeira Silva	04	26.21
	03	27.01	Rodrigo Beja Lopes	03	25.62
10.		<b>Palmela Desporto</b>	<b>1:52.20</b>	<b>1:49.19</b>	432
	04	26.36	Daniel Zorro Correia	04	30.30
	04	26.79	Joao Silva Angelino	04	25.74

Prova 2	Femin., 4 x 50m Livres				Absolutos
13.07.2019 - 9:05					Resultados
Rec Nacional Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	2009
Rec Nacional Abs	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009

TAC - Fem Juv B 50m: 2:19.71; Juv A 50m: 2:15.64; Juv 50m: 2:15.64; Jun 50m: 2:12.98; Sen 50m: 2:05.69

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
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**Prova 2, Femin., 4 x 50m Livres**

Rank	Club	Swimmer	Time	Club	Swimmer	Time	Total	Points
1.	Natação de Lisboa Abs	Catarina Martins Mestre 00 Catarina Trigo Ferreira 02	27.66 28.46	Natação de Lisboa	Rita Fernandes Leita0 96 Caetana Neves Carneiro 03	27.81 28.33	<b>1:52.26</b>	585
2.	Geslours Abs	Sofia Vilardell Rodrigues 04 Leonor Maria Neves 03	28.72 27.60	Geslours	Margarida Messias Ribeiro 98 Beatriz Vaz Rebelo 03	28.46 27.55	<b>1:52.33</b>	584
3.	Benfica Abs	Sofia Alexandra Rolao 98 Claudia Ferreira Borges 99	27.61 28.43	Benfica	Natacha Sofia Silva 02 Ines Silva Bernardo 00	28.68 28.23	<b>1:52.95</b>	574
4.	Geslours Juv	Yonina Brancourt 04 Alice Jesus Morgado 04	28.59 29.34	Geslours	Sara Carreira Melo 05 Rita Abibe Goncalves 05	27.94 28.30	<b>1:54.17</b>	556
5.	A Onda Juv	Luciana Rodrigues Moura 05 Ana Belo Braga 05	30.13 31.92	A Onda Azeitão	Catarina Martins Ferreira 05 Mariana Reis Ferreira 05	31.47 30.72	<b>2:04.24</b>	431

**Prova 3**

13.07.2019 - 9:08

**Masc., 1500m Livres**
**Absolutos Resultados**

Rank	Club	Time	Swimmer	Club	Rank
1.	Rec Regional Sen	15:00.35	Filipe Miguel Santo	SLB	2018
2.	Rec Regional Jun 2	15:06.77	Filipe Miguel Santo	SLB	2018
3.	Rec Regional Jun 1	15:25.11	João Alexandre Vital	ADRCIMM	2014
4.	Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	ADRCIMM	2016
5.	Rec Regional Juv B	16:25.03	Pedro Fontoura Oliveira	CFB	2004
6.	Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	2018
7.	Rec Nacional Abs	14:58.18	Jose Paulo Lopes	SCB	2018

TAC - Masc Juv B 50m: 19:59.88; Juv A 50m: 19:38.06; Jun 1 50m: 18:54.92; Jun 2 50m: 18:38.71; Sen 50m: 18:17.10

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>						
1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	17:01.88	<b>16:28.36</b>	631
	100m: 1:02.77 1:02.77		500m: 5:29.93 1:07.24	900m: 9:57.91 1:06.65	1300m: 14:20.38 1:05.38	
	200m: 2:08.50 1:05.73		600m: 6:37.37 1:07.44	1000m: 11:03.82 1:05.91	1400m: 15:25.38 1:05.00	
	300m: 3:15.64 1:07.14		700m: 7:44.25 1:06.88	1100m: 12:09.34 1:05.52	1500m: 16:28.36 1:02.98	
	400m: 4:22.69 1:07.05		800m: 8:51.26 1:07.01	1200m: 13:15.00 1:05.66		
2.	Pedro Esteves Duarte	03	Cova da Piedade	17:05.63	<b>16:52.59</b>	587
	100m: 1:04.80 1:04.80		500m: 5:38.75 1:08.63	900m: 10:07.65 1:07.44	1300m: 14:39.19 1:07.96	
	200m: 2:12.54 1:07.74		600m: 6:45.54 1:06.79	1000m: 11:15.84 1:08.19	1400m: 15:47.01 1:07.82	
	300m: 3:21.26 1:08.72		700m: 7:52.66 1:07.12	1100m: 12:23.73 1:07.89	1500m: 16:52.59 1:05.58	
	400m: 4:30.12 1:08.86		800m: 9:00.21 1:07.55	1200m: 13:31.23 1:07.50		
3.	Rodrigo Reis Dias	03	Belenenses	17:29.26	<b>17:04.02</b>	568
	100m: 1:06.12 1:06.12		500m: 5:41.81 1:09.21	900m: 10:12.79 1:06.99	1300m: 14:48.22 1:09.27	
	200m: 2:14.96 1:08.84		600m: 6:50.10 1:08.29	1000m: 11:21.15 1:08.36	1400m: 15:57.38 1:09.16	
	300m: 3:23.78 1:08.82		700m: 7:58.03 1:07.93	1100m: 12:29.83 1:08.68	1500m: 17:04.02 1:06.64	
	400m: 4:32.60 1:08.82		800m: 9:05.80 1:07.77	1200m: 13:38.95 1:09.12		
4.	Antonio Lombardi Carvalho	04	Belenenses	16:57.09	<b>17:04.46</b>	567
	100m: 1:04.44 1:04.44		500m: 5:38.61 1:08.96	900m: 10:16.52 1:09.08	1300m: 14:49.58 1:08.82	
	200m: 2:11.89 1:07.45		600m: 6:47.72 1:09.11	1000m: 11:23.83 1:07.31	1400m: 15:58.02 1:08.44	
	300m: 3:21.00 1:09.11		700m: 7:57.48 1:09.76	1100m: 12:32.38 1:08.55	1500m: 17:04.46 1:06.44	
	400m: 4:29.65 1:08.65		800m: 9:07.44 1:09.96	1200m: 13:40.76 1:08.38		
5.	Afonso Figueiredo Frasquilho	04	Sporting	17:16.74	<b>17:09.60</b>	558
	100m: 1:02.80 1:02.80		500m: 5:35.23 1:08.93	900m: 10:13.98 1:08.25	1300m: 14:52.91 1:07.86	
	200m: 2:09.77 1:06.97		600m: 6:45.45 1:10.22	1000m: 11:26.05 1:12.07	1400m: 16:01.98 1:09.07	
	300m: 3:17.22 1:07.45		700m: 7:56.19 1:10.74	1100m: 12:35.89 1:09.84	1500m: 17:09.60 1:07.62	
	400m: 4:26.30 1:09.08		800m: 9:05.73 1:09.54	1200m: 13:45.05 1:09.16		
6.	Alexandre Coelho Vieira	03	Sporting	17:39.43	<b>17:20.93</b>	540
	100m: 1:02.92 1:02.92		500m: 5:37.93 1:09.51	900m: 10:19.80 1:10.85	1300m: 15:01.91 1:10.35	
	200m: 2:11.36 1:08.44		600m: 6:48.03 1:10.10	1000m: 11:30.59 1:10.79	1400m: 16:12.36 1:10.45	
	300m: 3:20.19 1:08.83		700m: 7:58.33 1:10.30	1100m: 12:40.93 1:10.34	1500m: 17:20.93 1:08.57	
	400m: 4:28.42 1:08.23		800m: 9:08.95 1:10.62	1200m: 13:51.56 1:10.63		

**Prova 3, Masc., 1500m Livres, Juvenis**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
7.	Joao Maria Colaco	03	Sporting	17:28.16	17:22.29	538
	100m: 1:02.90 1:02.90		500m: 5:40.21 1:10.33	900m: 10:25.01 1:11.82	1300m: 15:05.55 1:09.40	
	200m: 2:11.39 1:08.49		600m: 6:51.03 1:10.82	1000m: 11:35.48 1:10.47	1400m: 16:16.14 1:10.59	
	300m: 3:20.17 1:08.78		700m: 8:02.45 1:11.42	1100m: 12:44.83 1:09.35	1500m: 17:22.29 1:06.15	
	400m: 4:29.88 1:09.71		800m: 9:13.19 1:10.74	1200m: 13:56.15 1:11.32		
8.	Joao Matos Fidalgo	03	Benfica	18:04.51	17:32.04	523
	100m: 1:06.53 1:06.53		500m: 5:51.31 1:11.52	900m: 10:32.14 1:09.72	1300m: 15:13.21 1:10.42	
	200m: 2:17.43 1:10.90		600m: 7:02.31 1:11.00	1000m: 11:42.31 1:10.17	1400m: 16:24.01 1:10.80	
	300m: 3:28.67 1:11.24		700m: 8:12.74 1:10.43	1100m: 12:52.24 1:09.93	1500m: 17:32.04 1:08.03	
	400m: 4:39.79 1:11.12		800m: 9:22.42 1:09.68	1200m: 14:02.79 1:10.55		
9.	Francisco Sousa Vva	04	Algés	17:51.91	17:32.71	522
	100m: 1:05.42 1:05.42		500m: 5:49.00 1:10.97	900m: 10:31.65 1:10.63	1300m: 15:13.02 1:10.39	
	200m: 2:16.06 1:10.64		600m: 6:59.46 1:10.46	1000m: 11:42.18 1:10.53	1400m: 16:23.72 1:10.70	
	300m: 3:27.29 1:11.23		700m: 8:10.48 1:11.02	1100m: 12:52.79 1:10.61	1500m: 17:32.71 1:08.99	
	400m: 4:38.03 1:10.74		800m: 9:21.02 1:10.54	1200m: 14:02.63 1:09.84		
10.	Guilherme Matias Cristiano	03	União Piedense	17:11.48	17:35.98	517
	100m: 1:03.74 1:03.74		500m: 5:42.89 1:10.57	900m: 10:27.26 1:11.51	1300m: 15:13.26 1:11.47	
	200m: 2:11.90 1:08.16		600m: 6:53.78 1:10.89	1000m: 11:38.42 1:11.16	1400m: 16:25.24 1:11.98	
	300m: 3:21.69 1:09.79		700m: 8:04.72 1:10.94	1100m: 12:50.20 1:11.78	1500m: 17:35.98 1:10.74	
	400m: 4:32.32 1:10.63		800m: 9:15.75 1:11.03	1200m: 14:01.79 1:11.59		
11.	Miguel Costa Simoes	04	Cova da Piedade	18:08.05	17:53.81	492
	100m: 1:07.98 1:07.98		500m: 5:55.46 1:12.09	900m: 10:45.75 1:12.84	1300m: 15:34.83 1:12.18	
	200m: 2:19.36 1:11.38		600m: 7:07.56 1:12.10	1000m: 11:58.39 1:12.64	1400m: 16:46.04 1:11.21	
	300m: 3:30.97 1:11.61		700m: 8:20.20 1:12.64	1100m: 13:10.49 1:12.10	1500m: 17:53.81 1:07.77	
	400m: 4:43.37 1:12.40		800m: 9:32.91 1:12.71	1200m: 14:22.65 1:12.16		
12.	Felipe Menegassi Maia	04	Algés	17:47.88	17:58.46	486
	100m: 1:06.06 1:06.06		500m: 5:50.51 1:11.24	900m: 10:38.38 1:12.53	1300m: 15:33.02 1:14.32	
	200m: 2:16.83 1:10.77		600m: 7:02.37 1:11.86	1000m: 11:51.65 1:13.27	1400m: 16:46.43 1:13.41	
	300m: 3:28.19 1:11.36		700m: 8:13.58 1:11.21	1100m: 13:04.70 1:13.05	1500m: 17:58.46 1:12.03	
	400m: 4:39.27 1:11.08		800m: 9:25.85 1:12.27	1200m: 14:18.70 1:14.00		
13.	Pedro Forjaz Cirurgiao	04	Algés	18:30.61	18:05.16	477
	100m: 1:06.77 1:06.77		500m: 5:53.15 1:12.49	900m: 10:43.58 1:13.46	1300m: 15:39.77 1:13.46	
	200m: 2:17.92 1:11.15		600m: 7:04.98 1:11.83	1000m: 11:57.44 1:13.86	1400m: 16:54.49 1:14.72	
	300m: 3:29.33 1:11.41		700m: 8:17.11 1:12.13	1100m: 13:11.51 1:14.07	1500m: 18:05.16 1:10.67	
	400m: 4:40.66 1:11.33		800m: 9:30.12 1:13.01	1200m: 14:26.31 1:14.80		
14.	Tomas Santos Luis	04	Sporting	18:04.59	18:18.34	460
	100m: 1:06.26 1:06.26		500m: 5:56.97 1:13.59	900m: 10:52.23 1:14.05	1300m: 15:49.66 1:14.58	
	200m: 2:17.93 1:11.67		600m: 7:10.35 1:13.38	1000m: 12:06.37 1:14.14	1400m: 17:04.61 1:14.95	
	300m: 3:30.47 1:12.54		700m: 8:24.05 1:13.70	1100m: 13:20.44 1:14.07	1500m: 18:18.34 1:13.73	
	400m: 4:43.38 1:12.91		800m: 9:38.18 1:14.13	1200m: 14:35.08 1:14.64		
15.	Tomas Martins Mira	04	Naval Setubalense	19:21.19	18:27.55	448
	100m: 1:07.08 1:07.08		500m: 6:00.68 1:13.55	900m: 10:56.59 1:14.92	1300m: 15:58.74 1:15.47	
	200m: 2:20.03 1:12.95		600m: 7:14.80 1:14.12	1000m: 12:11.74 1:15.15	1400m: 17:14.23 1:15.49	
	300m: 3:33.39 1:13.36		700m: 8:27.76 1:12.96	1100m: 13:27.52 1:15.78	1500m: 18:27.55 1:13.32	
	400m: 4:47.13 1:13.74		800m: 9:41.67 1:13.91	1200m: 14:43.27 1:15.75		

**Absolutos**

1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	17:01.88	16:28.36	631
	100m: 1:02.77 1:02.77		500m: 5:29.93 1:07.24	900m: 9:57.91 1:06.65	1300m: 14:20.38 1:05.38	
	200m: 2:08.50 1:05.73		600m: 6:37.37 1:07.44	1000m: 11:03.82 1:05.91	1400m: 15:25.38 1:05.00	
	300m: 3:15.64 1:07.14		700m: 7:44.25 1:06.88	1100m: 12:09.34 1:05.52	1500m: 16:28.36 1:02.98	
	400m: 4:22.69 1:07.05		800m: 8:51.26 1:07.01	1200m: 13:15.00 1:05.66		
2.	Joao Mota Correia	97	Benfica	17:55.15	16:38.64	612
	100m: 1:01.88 1:01.88		500m: 5:24.00 1:06.10	900m: 9:51.31 1:06.97	1300m: 14:22.84 1:08.56	
	200m: 2:06.75 1:04.87		600m: 6:30.19 1:06.19	1000m: 10:58.75 1:07.44	1400m: 15:30.83 1:07.99	
	300m: 3:12.37 1:05.62		700m: 7:37.18 1:06.99	1100m: 12:06.15 1:07.40	1500m: 16:38.64 1:07.81	
	400m: 4:17.90 1:05.53		800m: 8:44.34 1:07.16	1200m: 13:14.28 1:08.13		
3.	Afonso Mateus Ribeiro	95	Belenenses	16:44.43	16:42.77	604
	100m: 1:02.58 1:02.58		500m: 5:24.96 1:06.19	900m: 9:54.48 1:07.85	1300m: 14:26.57 1:07.66	
	200m: 2:07.45 1:04.87		600m: 6:31.92 1:06.96	1000m: 11:02.73 1:08.25	1400m: 15:35.72 1:09.15	
	300m: 3:12.68 1:05.23		700m: 7:39.00 1:07.08	1100m: 12:10.70 1:07.97	1500m: 16:42.77 1:07.05	
	400m: 4:18.77 1:06.09		800m: 8:46.63 1:07.63	1200m: 13:18.91 1:08.21		
4.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	18:32.24	16:43.61	603
	100m: 1:01.73 1:01.73		500m: 5:28.19 1:06.86	900m: 9:57.52 1:07.58	1300m: 14:29.17 1:07.64	
	200m: 2:07.76 1:06.03		600m: 6:35.42 1:07.23	1000m: 11:05.32 1:07.80	1400m: 15:37.60 1:08.43	
	300m: 3:14.75 1:06.99		700m: 7:42.24 1:06.82	1100m: 12:13.32 1:08.00	1500m: 16:43.61 1:06.01	
	400m: 4:21.33 1:06.58		800m: 8:49.94 1:07.70	1200m: 13:21.53 1:08.21		

**Prova 3, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Pedro Esteves Duarte	03	Cova da Piedade	17:05.63	<b>16:52.59</b>	587
	100m: 1:04.80 1:04.80	500m: 5:38.75 1:08.63	900m: 10:07.65 1:07.44	1300m: 14:39.19 1:07.96		
	200m: 2:12.54 1:07.74	600m: 6:45.54 1:06.79	1000m: 11:15.84 1:08.19	1400m: 15:47.01 1:07.82		
	300m: 3:21.26 1:08.72	700m: 7:52.66 1:07.12	1100m: 12:23.73 1:07.89	1500m: 16:52.59 1:05.58		
	400m: 4:30.12 1:08.86	800m: 9:00.21 1:07.55	1200m: 13:31.23 1:07.50			
6.	Tomas Penha Monteiro	02	Algés	16:32.90	<b>16:55.67</b>	582
	100m: 1:02.98 1:02.98	500m: 5:33.08 1:08.12	900m: 10:06.46 1:08.57	1300m: 14:41.45 1:10.37		
	200m: 2:09.93 1:06.95	600m: 6:41.27 1:08.19	1000m: 11:14.93 1:08.47	1400m: 15:49.22 1:07.77		
	300m: 3:17.19 1:07.26	700m: 7:49.75 1:08.48	1100m: 12:23.19 1:08.26	1500m: 16:55.67 1:06.45		
	400m: 4:24.96 1:07.77	800m: 8:57.89 1:08.14	1200m: 13:31.08 1:07.89			
7.	Rafael Rodrigues Jacinto	02	Belenenses	16:40.08	<b>17:00.62</b>	573
	100m: 1:03.14 1:03.14	500m: 5:33.38 1:08.06	900m: 10:09.09 1:09.33	1300m: 14:47.17 1:08.94		
	200m: 2:10.04 1:06.90	600m: 6:41.97 1:08.59	1000m: 11:18.54 1:09.45	1400m: 15:54.94 1:07.77		
	300m: 3:17.54 1:07.50	700m: 7:50.50 1:08.53	1100m: 12:28.33 1:09.79	1500m: 17:00.62 1:05.68		
	400m: 4:25.32 1:07.78	800m: 8:59.76 1:09.26	1200m: 13:38.23 1:09.90			
8.	Rodrigo Reis Dias	03	Belenenses	17:29.26	<b>17:04.02</b>	568
	100m: 1:06.12 1:06.12	500m: 5:41.81 1:09.21	900m: 10:12.79 1:06.99	1300m: 14:48.22 1:09.27		
	200m: 2:14.96 1:08.84	600m: 6:50.10 1:08.29	1000m: 11:21.15 1:08.36	1400m: 15:57.38 1:09.16		
	300m: 3:23.78 1:08.82	700m: 7:58.03 1:07.93	1100m: 12:29.83 1:08.68	1500m: 17:04.02 1:06.64		
	400m: 4:32.60 1:08.82	800m: 9:05.80 1:07.77	1200m: 13:38.95 1:09.12			
9.	Antonio Lombardi Carvalho	04	Belenenses	16:57.09	<b>17:04.46</b>	567
	100m: 1:04.44 1:04.44	500m: 5:38.61 1:08.96	900m: 10:16.52 1:09.08	1300m: 14:49.58 1:08.82		
	200m: 2:11.89 1:07.45	600m: 6:47.72 1:09.11	1000m: 11:23.83 1:07.31	1400m: 15:58.02 1:08.44		
	300m: 3:21.00 1:09.11	700m: 7:57.48 1:09.76	1100m: 12:32.38 1:08.55	1500m: 17:04.46 1:06.44		
	400m: 4:29.65 1:08.65	800m: 9:07.44 1:09.96	1200m: 13:40.76 1:08.38			
10.	Afonso Figueiredo Frasquilho	04	Sporting	17:16.74	<b>17:09.60</b>	558
	100m: 1:02.80 1:02.80	500m: 5:35.23 1:08.93	900m: 10:13.98 1:08.25	1300m: 14:52.91 1:07.86		
	200m: 2:09.77 1:06.97	600m: 6:45.45 1:10.22	1000m: 11:26.05 1:12.07	1400m: 16:01.98 1:09.07		
	300m: 3:17.22 1:07.45	700m: 7:56.19 1:10.74	1100m: 12:35.89 1:09.84	1500m: 17:09.60 1:07.62		
	400m: 4:26.30 1:09.08	800m: 9:05.73 1:09.54	1200m: 13:45.05 1:09.16			
11.	Pedro Barata Neves	00	Laranjeiro	16:36.04	<b>17:12.30</b>	554
	100m: 1:02.30 1:02.30	500m: 5:32.98 1:08.27	900m: 10:11.98 1:10.08	1300m: 14:54.37 1:10.73		
	200m: 2:09.01 1:06.71	600m: 6:42.06 1:09.08	1000m: 11:22.58 1:10.60	1400m: 16:04.28 1:09.91		
	300m: 3:16.88 1:07.87	700m: 7:52.01 1:09.95	1100m: 12:33.02 1:10.44	1500m: 17:12.30 1:08.02		
	400m: 4:24.71 1:07.83	800m: 9:01.90 1:09.89	1200m: 13:43.64 1:10.62			
12.	Alexandre Coelho Vieira	03	Sporting	17:39.43	<b>17:20.93</b>	540
	100m: 1:02.92 1:02.92	500m: 5:37.93 1:09.51	900m: 10:19.80 1:10.85	1300m: 15:01.91 1:10.35		
	200m: 2:11.36 1:08.44	600m: 6:48.03 1:10.10	1000m: 11:30.59 1:10.79	1400m: 16:12.36 1:10.45		
	300m: 3:20.19 1:08.83	700m: 7:58.33 1:10.30	1100m: 12:40.93 1:10.34	1500m: 17:20.93 1:08.57		
	400m: 4:28.42 1:08.23	800m: 9:08.95 1:10.62	1200m: 13:51.56 1:10.63			
13.	Joao Maria Colaco	03	Sporting	17:28.16	<b>17:22.29</b>	538
	100m: 1:02.90 1:02.90	500m: 5:40.21 1:10.33	900m: 10:25.01 1:11.82	1300m: 15:05.55 1:09.40		
	200m: 2:11.39 1:08.49	600m: 6:51.03 1:10.82	1000m: 11:35.48 1:10.47	1400m: 16:16.14 1:10.59		
	300m: 3:20.17 1:08.78	700m: 8:02.45 1:11.42	1100m: 12:44.83 1:09.35	1500m: 17:22.29 1:06.15		
	400m: 4:29.88 1:09.71	800m: 9:13.19 1:10.74	1200m: 13:56.15 1:11.32			
14.	Joao Matos Fidalgo	03	Benfica	18:04.51	<b>17:32.04</b>	523
	100m: 1:06.53 1:06.53	500m: 5:51.31 1:11.52	900m: 10:32.14 1:09.72	1300m: 15:13.21 1:10.42		
	200m: 2:17.43 1:10.90	600m: 7:02.31 1:11.00	1000m: 11:42.31 1:10.17	1400m: 16:24.01 1:10.80		
	300m: 3:28.67 1:11.24	700m: 8:12.74 1:10.43	1100m: 12:52.24 1:09.93	1500m: 17:32.04 1:08.03		
	400m: 4:39.79 1:11.12	800m: 9:22.42 1:09.68	1200m: 14:02.79 1:10.55			
15.	Francisco Sousa Uva	04	Algés	17:51.91	<b>17:32.71</b>	522
	100m: 1:05.42 1:05.42	500m: 5:49.00 1:10.97	900m: 10:31.65 1:10.63	1300m: 15:13.02 1:10.39		
	200m: 2:16.06 1:10.64	600m: 6:59.46 1:10.46	1000m: 11:42.18 1:10.53	1400m: 16:23.72 1:10.70		
	300m: 3:27.29 1:11.23	700m: 8:10.48 1:11.02	1100m: 12:52.79 1:10.61	1500m: 17:32.71 1:08.99		
	400m: 4:38.03 1:10.74	800m: 9:21.02 1:10.54	1200m: 14:02.63 1:09.84			
16.	Guilherme Matias Cristino	03	União Piedense	17:11.48	<b>17:35.98</b>	517
	100m: 1:03.74 1:03.74	500m: 5:42.89 1:10.57	900m: 10:27.26 1:11.51	1300m: 15:13.26 1:11.47		
	200m: 2:11.90 1:08.16	600m: 6:53.78 1:10.89	1000m: 11:38.42 1:11.16	1400m: 16:25.24 1:11.98		
	300m: 3:21.69 1:09.79	700m: 8:04.72 1:10.94	1100m: 12:50.20 1:11.78	1500m: 17:35.98 1:10.74		
	400m: 4:32.32 1:10.63	800m: 9:15.75 1:11.03	1200m: 14:01.79 1:11.59			
17.	Miguel Costa Simoes	04	Cova da Piedade	18:08.05	<b>17:53.81</b>	492
	100m: 1:07.98 1:07.98	500m: 5:55.46 1:12.09	900m: 10:45.75 1:12.84	1300m: 15:34.83 1:12.18		
	200m: 2:19.36 1:11.38	600m: 7:07.56 1:12.10	1000m: 11:58.39 1:12.64	1400m: 16:46.04 1:11.21		
	300m: 3:30.97 1:11.61	700m: 8:20.20 1:12.64	1100m: 13:10.49 1:12.10	1500m: 17:53.81 1:07.77		
	400m: 4:43.37 1:12.40	800m: 9:32.91 1:12.71	1200m: 14:22.65 1:12.16			
18.	Felipe Menegassi Maia	04	Algés	17:47.88	<b>17:58.46</b>	486
	100m: 1:06.06 1:06.06	500m: 5:50.51 1:11.24	900m: 10:38.38 1:12.53	1300m: 15:33.02 1:14.32		
	200m: 2:16.83 1:10.77	600m: 7:02.37 1:11.86	1000m: 11:51.65 1:13.27	1400m: 16:46.43 1:13.41		
	300m: 3:28.19 1:11.36	700m: 8:13.58 1:11.21	1100m: 13:04.70 1:13.05	1500m: 17:58.46 1:12.03		
	400m: 4:39.27 1:11.08	800m: 9:25.85 1:12.27	1200m: 14:18.70 1:14.00			

**Prova 3, Masc., 1500m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
19.	Pedro Forjaz Cirurgiao	04	Alg�s	18:30.61	<b>18:05.16</b>	477
	100m: 1:06.77 1:06.77	500m: 5:53.15 1:12.49	900m: 10:43.58 1:13.46	1300m: 15:39.77 1:13.46		
	200m: 2:17.92 1:11.15	600m: 7:04.98 1:11.83	1000m: 11:57.44 1:13.86	1400m: 16:54.49 1:14.72		
	300m: 3:29.33 1:11.41	700m: 8:17.11 1:12.13	1100m: 13:11.51 1:14.07	1500m: 18:05.16 1:10.67		
	400m: 4:40.66 1:11.33	800m: 9:30.12 1:13.01	1200m: 14:26.31 1:14.80			
20.	Tomas Santos Luis	04	Sporting	18:04.59	<b>18:18.34</b>	460
	100m: 1:06.26 1:06.26	500m: 5:56.97 1:13.59	900m: 10:52.23 1:14.05	1300m: 15:49.66 1:14.58		
	200m: 2:17.93 1:11.67	600m: 7:10.35 1:13.38	1000m: 12:06.37 1:14.14	1400m: 17:04.61 1:14.95		
	300m: 3:30.47 1:12.54	700m: 8:24.05 1:13.70	1100m: 13:20.44 1:14.07	1500m: 18:18.34 1:13.73		
	400m: 4:43.38 1:12.91	800m: 9:38.18 1:14.13	1200m: 14:35.08 1:14.64			
21.	Tomas Martins Mira	04	Naval Setubalense	19:21.19	<b>18:27.55</b>	448
	100m: 1:07.08 1:07.08	500m: 6:00.68 1:13.55	900m: 10:56.59 1:14.92	1300m: 15:58.74 1:15.47		
	200m: 2:20.03 1:12.95	600m: 7:14.80 1:14.12	1000m: 12:11.74 1:15.15	1400m: 17:14.23 1:15.49		
	300m: 3:33.39 1:13.36	700m: 8:27.76 1:12.96	1100m: 13:27.52 1:15.78	1500m: 18:27.55 1:13.32		
	400m: 4:47.13 1:13.74	800m: 9:41.67 1:13.91	1200m: 14:43.27 1:15.75			

**Prova 4 Femin., 800m Livres**

13.07.2019 - 10:06

**Absolutos Resultados**

Rec Regional Sen	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	2002
Rec Regional Jun 1	8:51.12	Ana Cl�udia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	8:46.74	Ana Cl�udia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	9:06.60	Ana Cl�udia Correia Santos	SFUAP	Penafiel	2004
Rec Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018

TAC - Fem Juv B 50m: 11:09.43; Juv A 50m: 10:50.83; Jun 1 50m: 10:32.63; Jun 2 50m: 10:26.49; Sen 50m: 10:23.41

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>						
1.	Leonor Esteves Santos	04	Avançado EULx	9:16.44	<b>9:19.36</b>	629
	100m: 1:08.05 1:08.05	300m: 3:28.34 1:09.85	500m: 5:48.25 1:09.88	700m: 8:09.17 1:10.58		
	200m: 2:18.49 1:10.44	400m: 4:38.37 1:10.03	600m: 6:58.59 1:10.34	800m: 9:19.36 1:10.19		
2.	Sofia Antunes Sebastiao	05	Amadora	9:34.34	<b>9:26.78</b>	604
	100m: 1:07.04 1:07.04	300m: 3:28.90 1:11.19	500m: 5:51.29 1:11.80	700m: 8:16.13 1:12.38		
	200m: 2:17.71 1:10.67	400m: 4:39.49 1:10.59	600m: 7:03.75 1:12.46	800m: 9:26.78 1:10.65		
3.	Soraia Alexandra Delgado	05	Sporting	9:28.92	<b>9:35.64</b>	577
	100m: 1:07.65 1:07.65	300m: 3:30.33 1:11.34	500m: 5:55.25 1:13.05	700m: 8:21.86 1:13.10		
	200m: 2:18.99 1:11.34	400m: 4:42.20 1:11.87	600m: 7:08.76 1:13.51	800m: 9:35.64 1:13.78		
4.	Joana Fernandes Gama	05	Sporting	10:13.64	<b>9:39.78</b>	565
	100m: 1:08.52 1:08.52	300m: 3:33.07 1:12.74	500m: 5:59.59 1:13.20	700m: 8:26.95 1:13.74		
	200m: 2:20.33 1:11.81	400m: 4:46.39 1:13.32	600m: 7:13.21 1:13.62	800m: 9:39.78 1:12.83		
5.	Vera Figueiredo Narra	04	Amadora	9:47.77	<b>9:43.07</b>	555
	100m: 1:07.38 1:07.38	300m: 3:32.54 1:13.07	500m: 5:59.46 1:13.65	700m: 8:28.59 1:14.85		
	200m: 2:19.47 1:12.09	400m: 4:45.81 1:13.27	600m: 7:13.74 1:14.28	800m: 9:43.07 1:14.48		
6.	Anais Cloe Pereira	04	Sporting	9:57.28	<b>9:47.08</b>	544
	100m: 1:08.78 1:08.78	300m: 3:35.34 1:13.80	500m: 6:04.80 1:14.96	700m: 8:34.39 1:14.83		
	200m: 2:21.54 1:12.76	400m: 4:49.84 1:14.50	600m: 7:19.56 1:14.76	800m: 9:47.08 1:12.69		
7.	Maria Teresa Fernandes	05	Alg�s	10:56.04	<b>9:51.56</b>	532
	100m: 1:11.48 1:11.48	300m: 3:40.71 1:14.80	500m: 6:10.27 1:14.16	700m: 8:39.73 1:14.97		
	200m: 2:25.91 1:14.43	400m: 4:56.11 1:15.40	600m: 7:24.76 1:14.49	800m: 9:51.56 1:11.83		
8.	Carolina Fonseca Gomes	05	Olivais e Moscavide	10:56.04	<b>9:51.79</b>	531
	100m: 1:10.16 1:10.16	300m: 3:39.15 1:14.97	500m: 6:09.41 1:14.69	700m: 8:39.57 1:14.73		
	200m: 2:24.18 1:14.02	400m: 4:54.72 1:15.57	600m: 7:24.84 1:15.43	800m: 9:51.79 1:12.22		
9.	Lidiana Correia Rodrigues	04	Belenenses	9:42.12	<b>9:53.14</b>	527
	100m: 1:09.31 1:09.31	300m: 3:36.10 1:14.11	500m: 6:06.97 1:15.63	700m: 8:38.56 1:15.80		
	200m: 2:21.99 1:12.68	400m: 4:51.34 1:15.24	600m: 7:22.76 1:15.79	800m: 9:53.14 1:14.58		
10.	Iris Pereira Carrao	05	Laranjeiro	10:56.04	<b>9:54.92</b>	523
	100m: 1:10.92 1:10.92	300m: 3:38.94 1:14.11	500m: 6:09.42 1:15.32	700m: 8:40.20 1:15.15		
	200m: 2:24.83 1:13.91	400m: 4:54.10 1:15.16	600m: 7:25.05 1:15.63	800m: 9:54.92 1:14.72		

**Prova 4, Femin., 800m Livres, Juvenis**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
11.	Carolina Fale Costa	04	Colegio Int Monte Maior	10:05.47	<b>9:59.01</b>	512
	100m: 1:10.79 1:10.79	300m: 3:38.82 1:14.19	500m: 6:09.67 1:15.47	700m: 8:43.07 1:17.41		
	200m: 2:24.63 1:13.84	400m: 4:54.20 1:15.38	600m: 7:25.66 1:15.99	800m: 9:59.01 1:15.94		
12.	Joana Rocha Ferreira	05	Benfica	10:09.34	<b>10:00.84</b>	507
	100m: 1:10.53 1:10.53	300m: 3:41.46 1:16.09	500m: 6:13.97 1:16.17	700m: 8:46.16 1:15.06		
	200m: 2:25.37 1:14.84	400m: 4:57.80 1:16.34	600m: 7:31.10 1:17.13	800m: 10:00.84 1:14.68		
13.	Beatriz Costa Melo	04	Algés	10:27.36	<b>10:03.23</b>	501
	100m: 1:09.49 1:09.49	300m: 3:41.10 1:16.09	500m: 6:13.71 1:16.52	700m: 8:48.77 1:17.78		
	200m: 2:25.01 1:15.52	400m: 4:57.19 1:16.09	600m: 7:30.99 1:17.28	800m: 10:03.23 1:14.46		
14.	Madalena Graca Geraldes	04	Sporting	10:03.49	<b>10:08.18</b>	489
	100m: 1:10.43 1:10.43	300m: 3:40.28 1:14.97	500m: 6:13.89 1:17.34	700m: 8:50.97 1:18.94		
	200m: 2:25.31 1:14.88	400m: 4:56.55 1:16.27	600m: 7:32.03 1:18.14	800m: 10:08.18 1:17.21		
15.	Nicole Patriarca Franca	05	Sporting	10:14.28	<b>10:08.48</b>	488
	100m: 1:11.80 1:11.80	300m: 3:45.40 1:16.68	500m: 6:20.14 1:16.48	700m: 8:55.14 1:16.59		
	200m: 2:28.72 1:16.92	400m: 5:03.66 1:18.26	600m: 7:38.55 1:18.41	800m: 10:08.48 1:13.34		
16.	Mariana Andreia Silva	05	Sporting	10:08.93	<b>10:11.78</b>	481
	100m: 1:11.08 1:11.08	300m: 3:44.83 1:17.17	500m: 6:20.07 1:17.88	700m: 8:55.66 1:17.62		
	200m: 2:27.66 1:16.58	400m: 5:02.19 1:17.36	600m: 7:38.04 1:17.97	800m: 10:11.78 1:16.12		
17.	Mariana Fragoso Guterres	04	Benfica	10:01.24	<b>10:16.60</b>	469
	100m: 1:09.66 1:09.66	300m: 3:44.43 1:18.49	500m: 6:22.07 1:18.54	700m: 8:59.57 1:17.64		
	200m: 2:25.94 1:16.28	400m: 5:03.53 1:19.10	600m: 7:41.93 1:19.86	800m: 10:16.60 1:17.03		
18.	Carolina Anjos Frischknecht	04	Naval Setubalense	10:36.89	<b>10:52.10</b>	397
	100m: 1:17.14 1:17.14	300m: 4:04.45 1:23.72	500m: 6:48.77 1:22.49	700m: 9:31.61 1:20.44		
	200m: 2:40.73 1:23.59	400m: 5:26.28 1:21.83	600m: 8:11.17 1:22.40	800m: 10:52.10 1:20.49		

**Absolutos**

1.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	8:49.31	<b>9:03.21</b>	687
	100m: 1:05.69 1:05.69	300m: 3:22.50 1:08.63	500m: 5:38.87 1:08.20	700m: 7:55.61 1:08.48		
	200m: 2:13.87 1:08.18	400m: 4:30.67 1:08.17	600m: 6:47.13 1:08.26	800m: 9:03.21 1:07.60		
2.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	9:12.77	<b>9:11.34</b>	657
	100m: 1:06.79 1:06.79	300m: 3:23.64 1:08.68	500m: 5:43.09 1:10.17	700m: 8:03.00 1:09.92		
	200m: 2:14.96 1:08.17	400m: 4:32.92 1:09.28	600m: 6:53.08 1:09.99	800m: 9:11.34 1:08.34		
3.	Leonor Esteves Santos	04	Avançado EULx	9:16.44	<b>9:19.36</b>	629
	100m: 1:08.05 1:08.05	300m: 3:28.34 1:09.85	500m: 5:48.25 1:09.88	700m: 8:09.17 1:10.58		
	200m: 2:18.49 1:10.44	400m: 4:38.37 1:10.03	600m: 6:58.59 1:10.34	800m: 9:19.36 1:10.19		
4.	Sofia Alexandra Rolao	98	Benfica	10:10.95	<b>9:25.87</b>	607
	100m: 1:06.54 1:06.54	300m: 3:29.02 1:11.24	500m: 5:51.73 1:11.29	700m: 8:15.90 1:12.21		
	200m: 2:17.78 1:11.24	400m: 4:40.44 1:11.42	600m: 7:03.69 1:11.96	800m: 9:25.87 1:09.97		
5.	Sofia Antunes Sebastiao	05	Amadora	9:34.34	<b>9:26.78</b>	604
	100m: 1:07.04 1:07.04	300m: 3:28.90 1:11.19	500m: 5:51.29 1:11.80	700m: 8:16.13 1:12.38		
	200m: 2:17.71 1:10.67	400m: 4:39.49 1:10.59	600m: 7:03.75 1:12.46	800m: 9:26.78 1:10.65		
6.	Maria Ornelas Armas	98	Avançado EULx	9:34.81	<b>9:27.43</b>	602
	100m: 1:06.85 1:06.85	300m: 3:29.24 1:11.11	500m: 5:52.20 1:11.89	700m: 8:16.42 1:12.17		
	200m: 2:18.13 1:11.28	400m: 4:40.31 1:11.07	600m: 7:04.25 1:12.05	800m: 9:27.43 1:11.01		
7.	Natacha Sofia Silva	02	Benfica	9:27.00	<b>9:28.79</b>	598
	100m: 1:07.30 1:07.30	300m: 3:28.86 1:11.32	500m: 5:53.01 1:12.26	700m: 8:18.26 1:12.61		
	200m: 2:17.54 1:10.24	400m: 4:40.75 1:11.89	600m: 7:05.65 1:12.64	800m: 9:28.79 1:10.53		
8.	Soraia Alexandra Delgado	05	Sporting	9:28.92	<b>9:35.64</b>	577
	100m: 1:07.65 1:07.65	300m: 3:30.33 1:11.34	500m: 5:55.25 1:13.05	700m: 8:21.86 1:13.10		
	200m: 2:18.99 1:11.34	400m: 4:42.20 1:11.87	600m: 7:08.76 1:13.51	800m: 9:35.64 1:13.78		
9.	Catarina Trigo Ferreira	02	Natação de Lisboa	10:13.95	<b>9:38.79</b>	568
	100m: 1:07.44 1:07.44	300m: 3:35.04 1:14.03	500m: 6:01.95 1:13.30	700m: 8:29.53 1:13.67		
	200m: 2:21.01 1:13.57	400m: 4:48.65 1:13.61	600m: 7:15.86 1:13.91	800m: 9:38.79 1:09.26		
10.	Joana Fernandes Gama	05	Sporting	10:13.64	<b>9:39.78</b>	565
	100m: 1:08.52 1:08.52	300m: 3:33.07 1:12.74	500m: 5:59.59 1:13.20	700m: 8:26.95 1:13.74		
	200m: 2:20.33 1:11.81	400m: 4:46.39 1:13.32	600m: 7:13.21 1:13.62	800m: 9:39.78 1:12.83		
11.	Vera Figueiredo Narra	04	Amadora	9:47.77	<b>9:43.07</b>	555
	100m: 1:07.38 1:07.38	300m: 3:32.54 1:13.07	500m: 5:59.46 1:13.65	700m: 8:28.59 1:14.85		
	200m: 2:19.47 1:12.09	400m: 4:45.81 1:13.27	600m: 7:13.74 1:14.28	800m: 9:43.07 1:14.48		
12.	Anais Cloe Pereira	04	Sporting	9:57.28	<b>9:47.08</b>	544
	100m: 1:08.78 1:08.78	300m: 3:35.34 1:13.80	500m: 6:04.80 1:14.96	700m: 8:34.39 1:14.83		
	200m: 2:21.54 1:12.76	400m: 4:49.84 1:14.50	600m: 7:19.56 1:14.76	800m: 9:47.08 1:12.69		

**Prova 4, Femin., 800m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
13.	Maria Teresa Fernandes 100m: 1:11.48 1:11.48 200m: 2:25.91 1:14.43	05	Algés 300m: 3:40.71 1:14.80 400m: 4:56.11 1:15.40	500m: 6:10.27 600m: 7:24.76	10:56.04 1:14.16 700m: 8:39.73 1:14.97 1:14.49 800m: 9:51.56 1:11.83	532
14.	Carolina Fonseca Gomes 100m: 1:10.16 1:10.16 200m: 2:24.18 1:14.02	05	Olivais e Moscavide 300m: 3:39.15 1:14.97 400m: 4:54.72 1:15.57	500m: 6:09.41 600m: 7:24.84	10:56.04 1:14.69 700m: 8:39.57 1:14.73 1:15.43 800m: 9:51.79 1:12.22	531
15.	Maria Ines Ribeiro 100m: 1:10.29 1:10.29 200m: 2:24.80 1:14.51	03	Individual ANL 300m: 3:39.35 1:14.55 400m: 4:54.39 1:15.04	500m: 6:09.21 600m: 7:24.00	9:59.24 1:14.82 700m: 8:39.29 1:15.29 1:14.79 800m: 9:52.92 1:13.63	528
16.	Lidiana Correia Rodrigues 100m: 1:09.31 1:09.31 200m: 2:21.99 1:12.68	04	Belenenses 300m: 3:36.10 1:14.11 400m: 4:51.34 1:15.24	500m: 6:06.97 600m: 7:22.76	9:42.12 1:15.63 700m: 8:38.56 1:15.80 1:15.79 800m: 9:53.14 1:14.58	527
17.	Iris Pereira Carrao 100m: 1:10.92 1:10.92 200m: 2:24.83 1:13.91	05	Laranjeiro 300m: 3:38.94 1:14.11 400m: 4:54.10 1:15.16	500m: 6:09.42 600m: 7:25.05	10:56.04 1:15.32 700m: 8:40.20 1:15.15 1:15.63 800m: 9:54.92 1:14.72	523
18.	Carolina Fale Costa 100m: 1:10.79 1:10.79 200m: 2:24.63 1:13.84	04	Colegio Int Monte Maior 300m: 3:38.82 1:14.19 400m: 4:54.20 1:15.38	500m: 6:09.67 600m: 7:25.66	10:05.47 1:15.47 700m: 8:43.07 1:17.41 1:15.99 800m: 9:59.01 1:15.94	512
19.	Joana Rocha Ferreira 100m: 1:10.53 1:10.53 200m: 2:25.37 1:14.84	05	Benfica 300m: 3:41.46 1:16.09 400m: 4:57.80 1:16.34	500m: 6:13.97 600m: 7:31.10	10:09.34 1:16.17 700m: 8:46.16 1:15.06 1:17.13 800m: 10:00.84 1:14.68	507
20.	Beatriz Costa Melo 100m: 1:09.49 1:09.49 200m: 2:25.01 1:15.52	04	Algés 300m: 3:41.10 1:16.09 400m: 4:57.19 1:16.09	500m: 6:13.71 600m: 7:30.99	10:27.36 1:16.52 700m: 8:48.77 1:17.78 1:17.28 800m: 10:03.23 1:14.46	501
21.	Madalena Graca Gerales 100m: 1:10.43 1:10.43 200m: 2:25.31 1:14.88	04	Sporting 300m: 3:40.28 1:14.97 400m: 4:56.55 1:16.27	500m: 6:13.89 600m: 7:32.03	10:03.49 1:17.34 700m: 8:50.97 1:18.94 1:18.14 800m: 10:08.18 1:17.21	489
22.	Nicole Patriarca Franca 100m: 1:11.80 1:11.80 200m: 2:28.72 1:16.92	05	Sporting 300m: 3:45.40 1:16.68 400m: 5:03.66 1:18.26	500m: 6:20.14 600m: 7:38.55	10:14.28 1:16.48 700m: 8:55.14 1:16.59 1:18.41 800m: 10:08.48 1:13.34	488
23.	Mariana Andreia Silva 100m: 1:11.08 1:11.08 200m: 2:27.66 1:16.58	05	Sporting 300m: 3:44.83 1:17.17 400m: 5:02.19 1:17.36	500m: 6:20.07 600m: 7:38.04	10:08.93 1:17.88 700m: 8:55.66 1:17.62 1:17.97 800m: 10:11.78 1:16.12	481
24.	Mariana Fragoso Guterres 100m: 1:09.66 1:09.66 200m: 2:25.94 1:16.28	04	Benfica 300m: 3:44.43 1:18.49 400m: 5:03.53 1:19.10	500m: 6:22.07 600m: 7:41.93	10:01.24 1:18.54 700m: 8:59.57 1:17.64 1:19.86 800m: 10:16.60 1:17.03	469
25.	Carolina Anjos Frischknecht 100m: 1:17.14 1:17.14 200m: 2:40.73 1:23.59	04	Naval Setubalense 300m: 4:04.45 1:23.72 400m: 5:26.28 1:21.83	500m: 6:48.77 600m: 8:11.17	10:36.89 1:22.49 700m: 9:31.61 1:20.44 1:22.40 800m: 10:52.10 1:20.49	397

**Prova 5**  
**13.07.2019 - 10:51**
**Masc., 50m Mariposa**
**Absolutos**  
**Resultados**

Rec Regional Sen	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Regional Jun 2	24.96	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Jun 1	25.32	Tiago Andre Venancio	CNS		
Rec Regional Juv A	25.72	Vicente Oliveira Gomes	SCP	Sto Ant. Cavaleiros	2018
Rec Regional Juv B	26.93	David Miguel Ferro	SFUAP		1999
Rec Regional Abs	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018
Rec Nacional Abs	23.48	Luiz Pedro Pereira	SLB	Budapest (HUN)	2018

TAC - Masc Juv B 50m: 30.30; Juv A 50m: 30.30; Jun 1 50m: 30.30; Jun 2 50m: 29.59; Sen 50m: 28.89

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Fernando Souza Silva	86	União Piedense	24.61	<b>24.24</b>	727
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	24.38	<b>24.80</b>	679
3.	Miguel Henriques Marques	00	Benfica	24.31	<b>25.03</b>	660
4.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	25.49	<b>25.73</b>	608
5.	Diogo Carrasco Correia	95	Belenenses	26.10	<b>25.97</b>	591
6.	Ricardo Pinela Ferreira	01	Benfica	25.84	<b>26.13</b>	580
7.	Joao Diogo Fernandes	98	Belenenses	26.00	<b>26.33</b>	567
8.	Afonso Ribeiro Bate	98	Algés	26.40	<b>26.35</b>	566
	Carlos Filipe Lopes	01	União Piedense	25.80	<b>26.35</b>	566
10.	Tiago Roberto Cordeiro	00	Benfica	25.69	<b>26.46</b>	559
11.	Hugo Pon	98	Algés	26.49	<b>26.59</b>	551
12.	Rafael Alcantara Aires	01	Benfica	26.24	<b>26.60</b>	550
13.	Diogo Puidival Marques	00	A Onda Azeitão	25.91	<b>26.62</b>	549
14.	Carlos Afonso Almeida	98	Algés	26.50	<b>26.68</b>	545
15.	Bernardo Antunes Augusto	00	A Onda Azeitão	26.96	<b>26.73</b>	542
16.	Miguel Ribeiro Bate	99	Algés	26.92	<b>26.81</b>	537
17.	Andre Tavares Grenho	99	Geslours	27.03	<b>26.92</b>	531
	Tiago Maria Camoes	01	União Piedense	27.10	<b>26.92</b>	531
19.	Ricardo Saraiva Pires	98	Laranjeiro	26.65	<b>26.93</b>	530
20.	Leonardo Rochinha Pedro	98	Bombeiros dos Estoris	26.94	<b>26.96</b>	528
	Daniel Nogueira Catalao	00	Benfica	27.02	<b>26.96</b>	528
22.	Filipe Ferrao Melo	01	Naval Setubalense	26.79	<b>26.98</b>	527
23.	Eduardo Garcia Guia	98	Palmela Desporto	27.38	<b>27.06</b>	522
24.	Tiago Correia Neves	97	Belenenses	26.05	<b>27.07</b>	522
25.	Joao Nogueira Mendes	02	Laranjeiro	27.03	<b>27.24</b>	512
26.	Sebastiao Limbert Piedade	00	Algés	27.60	<b>27.25</b>	512
	Edgar Filipe Santos	01	União Piedense	27.27	<b>27.25</b>	512
28.	Alexandre Miguel Branco	01	Algés	26.57	<b>27.28</b>	510
29.	Pedro Mendes Ferreira	01	Belenenses	26.92	<b>27.35</b>	506
30.	Diogo Alexandre Casteleiro	01	Sporting	26.94	<b>27.38</b>	504
31.	Rodrigo Antonio Rosa	96	Benfica	27.29	<b>27.42</b>	502
32.	Renato Barros Frischknecht	01	Algés	27.31	<b>27.45</b>	500
33.	Diogo Ramos Lebre	01	Benfica	27.18	<b>27.48</b>	499
34.	Miguel Rohula Reis	01	Sporting	27.21	<b>27.55</b>	495
35.	Joao Garcez Mateus	02	A Onda Azeitão	27.09	<b>27.65</b>	490
	Rodrigo Reis Dias	03	Belenenses	26.99	<b>27.65</b>	490
37.	Henrique Rodrigues Cruz	02	Colegio Int Monte Maior	27.07	<b>27.72</b>	486
38.	Afonso Amaro Santos	02	Geslours	28.48	<b>27.76</b>	484
39.	Filipe Ferreira Luz	98	Geslours	27.48	<b>27.80</b>	482
40.	Antonio Maria Ferreira	00	Palmela Desporto	27.76	<b>27.85</b>	479
41.	Rafael Filipe Nunes	96	Benfica	28.01	<b>27.91</b>	476
42.	Rodrigo Beja Lopes	03	A Onda Azeitão	28.41	<b>27.96</b>	473
43.	Ricardo Nuno Estevens	99	Laranjeiro	27.28	<b>27.99</b>	472
44.	Joao Miguel Martins	02	Belenenses	27.75	<b>28.35</b>	454
45.	Bruno Miguel Martins	93	Geslours	28.01	<b>28.47</b>	448
46.	Pedro Henriques Marques	00	União Piedense	27.49	<b>28.51</b>	447
47.	Guilherme Maria Matos	00	Avançado EULx	27.96	<b>28.52</b>	446
48.	Tiago Miguel Silvestre	00	Avançado EULx	28.01	<b>28.65</b>	440
49.	Rodrigo Ponte Jorge	01	União Piedense	28.70	<b>28.68</b>	439
50.	Miguel Duarte Cruz	99	Belenenses	28.01	<b>29.44</b>	406
51.	Diogo Filipe Reis	99	Laranjeiro	28.01	<b>29.87</b>	388



**Prova 5, Masc., 50m Mariposa, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
DSQ	Carlos Marques Freire <i>G1 - Efectuou falsa partida (SW 4.4)</i>	01	Belenenses	25.95		

**Prova 6**

13.07.2019 - 10:59

**Femin., 50m Mariposa**
**Absolutos  
Resultados**

Rec Regional Sen	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Jun 2	28.16	Ines Camacho Fernandes	SCP	Portimao	2013
Rec Regional Jun 1	27.57	Filipa Vilas Tiago	SCP	Leiria	2009
Rec Regional Juv A	28.82	Catarina Tiago Nunes	SFUAP	Leiria	2009
Rec Regional Juv B	29.91	Ana Viana	SCP		2002
Rec Regional Abs	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Nacional Abs	26.78	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010

TAC - Fem Juv B 50m: 34.37; Juv A 50m: 34.37; Jun 1 50m: 34.37; Jun 2 50m: 34.04; Sen 50m: 33.88

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	28.21	<b>28.97</b>	596
2.	Madalena Rodrigues Tome	03	Bombeiros dos Estoris	30.10	<b>29.55</b>	561
3.	Sara Moura Cruz	03	Algés	29.67	<b>29.67</b>	554
4.	Bruna Martins Riesenberger	97	Laranjeiro	30.47	<b>29.80</b>	547
5.	Mafalda Sofia Dias	01	Palmela Desporto	29.41	<b>29.83</b>	545
6.	Clara Gomes Pereira	02	Algés	30.72	<b>30.01</b>	536
7.	Beatriz Vaz Rebelo	03	Geslours	30.22	<b>30.55</b>	508
8.	Catarina Rodrigues Belchior	01	A Onda Azeitão	30.45	<b>30.57</b>	507
9.	Maria Oliveira Paulo	02	Desportivo Sesimbra	29.91	<b>30.78</b>	496
10.	Constanca Dias Baptista	01	Belenenses	30.21	<b>30.87</b>	492
11.	Beatriz Pedro Ferreira	03	CPCD - Póvoa Sta Iria	31.11	<b>30.93</b>	489
12.	Beatriz Elisabete Pereira	97	Cova da Piedade	31.01	<b>31.05</b>	484
13.	Sara Carreira Melo	05	Geslours	33.00	<b>31.19</b>	477
14.	Maria Mousinho Esteves	02	Laranjeiro	30.73	<b>31.22</b>	476
15.	Claudia Beatriz Martins	03	Geslours	32.67	<b>31.24</b>	475
16.	Claudia Ferreira Borges	99	Benfica	31.88	<b>31.28</b>	473
17.	Margarida Mota Silva	03	Palmela Desporto	33.34	<b>31.28</b>	473
18.	Yonina Brancourt	04	Geslours	33.02	<b>31.29</b>	473
19.	Leonor Maria Neves	03	Geslours	31.57	<b>31.40</b>	468
20.	Iolanda Sofia Clérigo	02	Palmela Desporto	31.72	<b>31.46</b>	465
21.	Alice Jesus Morgado	04	Geslours	31.88	<b>31.62</b>	458
22.	Sofia Vilardeil Rodrigues	04	Geslours	33.34	<b>31.71</b>	454
23.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	33.11	<b>31.85</b>	448
24.	Ana Rita Matos	02	Belenenses	31.10	<b>31.88</b>	447
25.	Catarina Nunes Costa	04	Geslours	32.55	<b>32.22</b>	433
26.	Daniela Sofia Fernandes	02	CPCD - Póvoa Sta Iria	32.31	<b>32.78</b>	411
27.	Margarida Cunha Barros	02	União Piedense	32.42	<b>33.09</b>	399
28.	Joana Isabel Pulquerio	03	União Piedense	33.34	<b>33.23</b>	394
29.	Patricia Bacelar Bacelar	02	Despertarecorde	33.02	<b>33.72</b>	377
30.	Joana Matilde Inácio	05	Despertarecorde	33.34	<b>34.36</b>	357
31.	Rafaela Rodrigues Moura	03	A Onda Azeitão	33.34	<b>35.06</b>	336
32.	Raquel Correia	04	Despertarecorde	33.34	<b>37.59</b>	272
EXH	Maria Lopes Amado	04	Individual Leiria	29.99	<b>30.77</b>	497

**Prova 7**  
**13.07.2019 - 11:06**
**Masc., 100m Bruços**
**Absolutos**  
**Resultados**

Rec Regional Sen	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	1:03.11	Jose Guilherme Couto	SCP		
Rec Regional Juv A	1:03.93	Ricardo Samuel Pereira	SLB	Felgueiras	2019
Rec Regional Juv B	1:05.89	Ricardo Samuel Pereira	SLB	S. Antonio Cavaleiros	2018
Rec Regional Abs	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Abs	58.19	Carlos Esteves Almeida	FPN	Chatres (FRA)	2012

TAC - Masc Juv B 50m: 1:21.47; Juv A 50m: 1:19.98; Jun 1 50m: 1:17.05; Jun 2 50m: 1:15.95; Sen 50m: 1:14.49

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Ricardo Samuel Pereira <i>Rec Regional, Rec Nacional</i>	03	Benfica	1:03.37	<b>1:03.25</b>	679	29.52	33.73
2.	Joao Luis Matos	03	Colégio Vasco da Gama	1:08.37	<b>1:08.26</b>	540	32.03	36.23
3.	Joao Lourenco Rebelo	04	Algés	1:07.17	<b>1:08.52</b>	534	31.87	36.65
4.	Tomas Almeida Leitao	03	Algés	1:09.18	<b>1:09.62</b>	509	32.52	37.10
5.	David Van Ossenbruggen	03	União Piedense	1:09.47	<b>1:09.73</b>	507	33.09	36.64
6.	Goncalo Henriques Wanzeller	03	Belenenses	1:17.58	<b>1:10.05</b>	500	32.98	37.07
7.	Salvador Ataíde Parente	03	Geslours	1:12.42	<b>1:11.11</b>	478	33.12	37.99
8.	Tomas Sa Vieira	04	Algés	1:11.45	<b>1:11.32</b>	474	33.11	38.21
9.	Duarte Cadima Goncalves	04	C N Montijo	1:12.21	<b>1:12.19</b>	457	33.82	38.37
10.	Joao Miguel Cascalheira	03	Naval Setubalense	1:12.19	<b>1:12.22</b>	456	33.79	38.43
11.	Goncalo Feliciano Santos	03	Sporting	1:16.37	<b>1:13.70</b>	429	34.63	39.07
12.	Tiago Fanha Lopes	04	C N Montijo	1:13.73	<b>1:13.75</b>	428	34.54	39.21
13.	Jaeden Michael Nunes	04	Belenenses	1:13.15	<b>1:14.21</b>	420	35.12	39.09
14.	Diogo Miguel Monteiro	04	Despertarecorde	1:14.96	<b>1:14.45</b>	416	34.63	39.82
15.	Joao Afonso Santos	04	Sporting	1:13.31	<b>1:14.70</b>	412	34.45	40.25
16.	Pedro Miguel Matos	03	Colégio Vasco da Gama	1:17.01	<b>1:15.10</b>	406	35.20	39.90
17.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	1:15.14	<b>1:15.19</b>	404	36.09	39.10
18.	Yann Chetelat Fock	04	Avançado EULx	1:19.02	<b>1:15.60</b>	398	35.04	40.56
19.	Miguel Madeira Silva	04	A Onda Azeitão	1:16.23	<b>1:16.22</b>	388	36.04	40.18
20.	Tomás Pratas Neto	04	Palmela Desporto	1:17.51	<b>1:16.61</b>	382	35.16	41.45
21.	Miguel Filipe Anjo	04	Cova da Piedade	1:15.72	<b>1:17.24</b>	373	36.41	40.83
22.	Hugo Tomas Silva	04	A Onda Azeitão	1:17.21	<b>1:17.29</b>	372	36.75	40.54
23.	Diogo Miguel Duraes	03	C N Montijo	1:14.92	<b>1:17.49</b>	369	35.84	41.65
24.	Guilherme Carmo Manz	03	Colégio Vasco da Gama	1:17.58	<b>1:18.53</b>	355	36.11	42.42
25.	Alexandre Duarte Morais	04	Palmela Desporto	1:18.08	<b>1:18.64</b>	353	36.22	42.42
26.	Duarte Brito Justino	04	Colegio Int Monte Maior	1:18.57	<b>1:18.92</b>	349	37.24	41.68
27.	Tiago Represas Loureiro	03	Salesianos	1:16.25	<b>1:19.13</b>	347	37.32	41.81
28.	Joao Pedro Faustino	04	Cova da Piedade	1:19.02	<b>1:19.49</b>	342	38.01	41.48
29.	Miguel Alexandre Araujo	04	União Piedense	1:19.02	<b>1:20.78</b>	326	38.04	42.74
30.	Joao Negreiros Guerreiro	04	Laranjeiro	1:19.02	<b>1:20.79</b>	326	37.75	43.04
31.	Pedro Henriques Correia	03	Benfica	1:17.58	<b>1:25.24</b>	277	39.70	45.54
32.	Alexandre Goncalves Silva	04	Natação de Lisboa	1:19.02	<b>1:25.75</b>	272	40.52	45.23
DSQ	Ricardo Novikov	03	Algés	1:17.58				
<i>B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>								
DSQ	Goncalo Filipe Carrapito	04	União Piedense	1:19.02				
<i>B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>								

**Absolutos**

1.	Pedro Andre Santos	94	Algés	1:04.34	<b>1:03.23</b>	680	29.54	33.69
2.	Ricardo Samuel Pereira <i>Rec Regional, Rec Nacional</i>	03	Benfica	1:03.37	<b>1:03.25</b>	679	29.52	33.73
3.	Rodrigo Almeida Cabrito	01	Belenenses	1:04.46	<b>1:05.90</b>	600	31.05	34.85
4.	Diogo Ramos Lebre	01	Benfica	1:13.67	<b>1:06.75</b>	578	31.46	35.29
	Joao Costa Fonseca	00	Natação de Lisboa	1:07.14	<b>1:06.75</b>	578	31.38	35.37

**Prova 7, Masc., 100m Bruços, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
6.	Diogo Garcez Mateus	02	A Onda Azeitão	1:06.99	<b>1:07.05</b>	570	31.21	35.84
7.	Daniel Nogueira Catalao	00	Benfica	1:06.33	<b>1:07.58</b>	557	32.01	35.57
8.	Joao Mota Correia	97	Benfica	1:12.26	<b>1:08.19</b>	542	32.06	36.13
9.	Joao Luis Matos	03	Colégio Vasco da Gama	1:08.37	<b>1:08.26</b>	540	32.03	36.23
10.	Vicente Morgado Ventoso	00	Avançado EULx	1:11.28	<b>1:08.41</b>	537	31.56	36.85
11.	Joao Lourenco Rebelo	04	Algés	1:07.17	<b>1:08.52</b>	534	31.87	36.65
12.	Bernardo Garcia Perloiro	00	Sporting	1:08.08	<b>1:08.69</b>	530	32.07	36.62
13.	Tiago Rafael Martins	97	Avançado EULx	1:09.50	<b>1:08.83</b>	527	32.30	36.53
14.	Ricardo Basilio Marreiros	97	Individual ANL	1:08.40	<b>1:09.23</b>	518	32.39	36.84
15.	Bernardo Geada Brito	02	União Piedense	1:07.42	<b>1:09.40</b>	514	31.89	37.51
16.	Tomas Almeida Leitao	03	Algés	1:09.18	<b>1:09.62</b>	509	32.52	37.10
17.	David Van Ossenbruggen	03	União Piedense	1:09.47	<b>1:09.73</b>	507	33.09	36.64
18.	Goncalo Henriques Wanzeller	03	Belenenses	1:17.58	<b>1:10.05</b>	500	32.98	37.07
19.	Rui Miguel Correia	96	C N Montijo	1:09.57	<b>1:10.83</b>	483	33.36	37.47
20.	Salvador Ataíde Parente	03	Geslours	1:12.42	<b>1:11.11</b>	478	33.12	37.99
21.	Tomas Sa Vieira	04	Algés	1:11.45	<b>1:11.32</b>	474	33.11	38.21
22.	Henrique Chan Machado	02	Algés	1:12.12	<b>1:11.46</b>	471	33.42	38.04
23.	Duarte Cadima Goncalves	04	C N Montijo	1:12.21	<b>1:12.19</b>	457	33.82	38.37
24.	Joao Miguel Cascalheira	03	Naval Setubalense	1:12.19	<b>1:12.22</b>	456	33.79	38.43
25.	Goncalo Feliciano Santos	03	Sporting	1:16.37	<b>1:13.70</b>	429	34.63	39.07
26.	Tiago Fanha Lopes	04	C N Montijo	1:13.73	<b>1:13.75</b>	428	34.54	39.21
27.	Jaeden Michael Nunes	04	Belenenses	1:13.15	<b>1:14.21</b>	420	35.12	39.09
28.	Diogo Miguel Monteiro	04	Despertarecorde	1:14.96	<b>1:14.45</b>	416	34.63	39.82
29.	Joao Afonso Santos	04	Sporting	1:13.31	<b>1:14.70</b>	412	34.45	40.25
30.	Pedro Miguel Matos	03	Colégio Vasco da Gama	1:17.01	<b>1:15.10</b>	406	35.20	39.90
31.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	1:15.14	<b>1:15.19</b>	404	36.09	39.10
32.	Yann Chetelat Fock	04	Avançado EULx	1:19.02	<b>1:15.60</b>	398	35.04	40.56
33.	Miguel Madeira Silva	04	A Onda Azeitão	1:16.23	<b>1:16.22</b>	388	36.04	40.18
34.	Pedro Almeida Marques	02	Naval Setubalense	1:14.74	<b>1:16.43</b>	385	36.26	40.17
35.	Tomás Pratas Neto	04	Palmela Desporto	1:17.51	<b>1:16.61</b>	382	35.16	41.45
36.	Miguel Filipe Anjo	04	Cova da Piedade	1:15.72	<b>1:17.24</b>	373	36.41	40.83
37.	Diogo Miguel Esteves	02	Naval Setubalense	1:14.74	<b>1:17.26</b>	372	36.79	40.47
38.	Hugo Tomas Silva	04	A Onda Azeitão	1:17.21	<b>1:17.29</b>	372	36.75	40.54
39.	Diogo Miguel Duraes	03	C N Montijo	1:14.92	<b>1:17.49</b>	369	35.84	41.65
40.	Guilherme Carmo Manz	03	Colégio Vasco da Gama	1:17.58	<b>1:18.53</b>	355	36.11	42.42
41.	Alexandre Duarte Morais	04	Palmela Desporto	1:18.08	<b>1:18.64</b>	353	36.22	42.42
42.	Duarte Brito Justino	04	Colegio Int Monte Maior	1:18.57	<b>1:18.92</b>	349	37.24	41.68
43.	Tiago Represas Loureiro	03	Salesianos	1:16.25	<b>1:19.13</b>	347	37.32	41.81
44.	Joao Pedro Faustino	04	Cova da Piedade	1:19.02	<b>1:19.49</b>	342	38.01	41.48
45.	Miguel Alexandre Araujo	04	União Piedense	1:19.02	<b>1:20.78</b>	326	38.04	42.74
46.	Joao Negreiros Guerreiro	04	Laranjeiro	1:19.02	<b>1:20.79</b>	326	37.75	43.04
47.	Pedro Henriques Correia	03	Benfica	1:17.58	<b>1:25.24</b>	277	39.70	45.54
48.	Alexandre Goncalves Silva	04	Natação de Lisboa	1:19.02	<b>1:25.75</b>	272	40.52	45.23
DSQ	Filipe Eduardo Morais	01	CPCD - Póvoa Sta Iria	1:13.18				
	<i>B35 - Efectuou múltiplas pernadas de golfinho após a viragem aos 50 metros (SW 7.1)</i>							
DSQ	Martim Primavera Alfama	02	Geslours	1:14.74				
	<i>B35 - Efectuou múltiplas pernadas de golfinho após a viragem aos 50 metros (SW 7.1)</i>							
DSQ	Joao Manuel Vargas	00	Individual ANL	1:05.84				
	<i>B35 - Efectuou múltiplas pernadas de golfinho após a viragem aos 50 metros (SW 7.1)</i>							
DSQ	Ricardo Novikov	03	Algés	1:17.58				
	<i>B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>							
DSQ	Goncalo Filipe Carrapito	04	União Piedense	1:19.02				
	<i>B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>							

**Prova 8**  
**13.07.2019 - 11:20**
**Femin., 100m Bruços**
**Absolutos**  
**Resultados**

Rec Regional Sen	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	1:08.02	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	1:09.58	Diana Duarte Gomes	ABVE	Alapraia	2005
Rec Regional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Regional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Regional Abs	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009

TAC - Fem Juv B 50m: 1:32.05; Juv A 50m: 1:29.52; Jun 1 50m: 1:27.03; Jun 2 50m: 1:26.20; Sen 50m: 1:25.77

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Margarida Filipe Ferreira	04	Cova da Piedade	1:13.27	<b>1:14.67</b>	582	35.23	39.44
2.	Margarida Domingues Nunes	05	Avançado EULx	1:14.38	<b>1:15.49</b>	563	35.75	39.74
3.	Maria Gomes Pereira	04	Algés	1:13.76	<b>1:16.62</b>	539	35.86	40.76
4.	Maria Correia Ricardo	05	Naval Setubalense	1:17.54	<b>1:16.97</b>	531	36.07	40.90
5.	Marta Pereira Domingos	04	União Piedense	1:16.37	<b>1:19.53</b>	482	37.65	41.88
6.	Aleksandra Bozanic Borcic	04	Algés	1:18.73	<b>1:19.77</b>	477	37.43	42.34
7.	Marta Macedo Inacio	04	Sporting	1:21.43	<b>1:19.87</b>	475	37.60	42.27
8.	Isadora Maia Andre	05	Benfica	1:24.45	<b>1:20.94</b>	457	38.44	42.50
9.	Marta Joao Pires	05	Algés	1:21.49	<b>1:22.98</b>	424	40.03	42.95
10.	Leonor Alves Morganho	04	Algés	1:22.24	<b>1:23.49</b>	416	39.71	43.78
11.	Maria Carolina Vargas	05	Benfica	1:22.85	<b>1:23.83</b>	411	39.88	43.95
12.	Ana Belo Braga	05	A Onda Azeitão	1:23.90	<b>1:24.42</b>	403	40.05	44.37
13.	Joana Marinho Coelho	04	Sporting	1:26.51	<b>1:26.02</b>	380	40.15	45.87
14.	Beatriz Barroso Silva	05	Olivais e Moscavide	1:27.44	<b>1:26.21</b>	378	40.15	46.06
15.	Maria Del Rio Bernat	05	Algés	1:29.09	<b>1:27.01</b>	368	40.96	46.05
16.	Rita Ferreira Gomes	05	Algés	1:28.18	<b>1:29.05</b>	343	41.22	47.83
17.	Emily Monteiro Cunha	04	União Piedense	1:26.83	<b>1:33.14</b>	300	43.26	49.88
DSQ	Catarina Maria Santos	05	CPCD - Póvoa Sta Iria	1:22.87				

*B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)*
**Absolutos**

1.	Margarida Filipe Ferreira	04	Cova da Piedade	1:13.27	<b>1:14.67</b>	582	35.23	39.44
2.	Margarida Domingues Nunes	05	Avançado EULx	1:14.38	<b>1:15.49</b>	563	35.75	39.74
3.	Margarida Messias Ribeiro	98	Geslours	1:19.38	<b>1:15.60</b>	561	36.03	39.57
4.	Mariana Graca Vasconcelos	99	Bombeiros dos Estoris	1:16.04	<b>1:16.50</b>	541	36.22	40.28
5.	Maria Gomes Pereira	04	Algés	1:13.76	<b>1:16.62</b>	539	35.86	40.76
6.	Rita Fernandes Leitao	96	Natação de Lisboa	1:23.20	<b>1:16.88</b>	533	35.59	41.29
7.	Maria Correia Ricardo	05	Naval Setubalense	1:17.54	<b>1:16.97</b>	531	36.07	40.90
8.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	1:15.55	<b>1:17.32</b>	524	37.06	40.26
9.	Andreia Wongsangnoi Alves	03	Colegio Int Monte Maior	1:17.40	<b>1:18.58</b>	499	37.52	41.06
10.	Ines Silva Bernardo	00	Benfica	1:14.16	<b>1:19.34</b>	485	37.61	41.73
11.	Marta Pereira Domingos	04	União Piedense	1:16.37	<b>1:19.53</b>	482	37.65	41.88
12.	Aleksandra Bozanic Borcic	04	Algés	1:18.73	<b>1:19.77</b>	477	37.43	42.34
13.	Marta Macedo Inacio	04	Sporting	1:21.43	<b>1:19.87</b>	475	37.60	42.27
14.	Beatriz Vaz Rebelo	03	Geslours	1:18.60	<b>1:19.89</b>	475	37.91	41.98
15.	Beatriz Antunes Carvalho	99	Sporting	1:16.50	<b>1:19.90</b>	475	37.37	42.53
16.	Mariana Van Ossenbruggen	98	Laranjeiro	1:21.30	<b>1:20.31</b>	468	37.10	43.21
17.	Cristiana Silva Ulpiano	95	Laranjeiro	1:19.93	<b>1:20.43</b>	466	37.38	43.05
18.	Margarida Mota Silva	03	Palmela Desporto	1:19.83	<b>1:20.83</b>	459	37.17	43.66
19.	Iolanda Sofia Clérigo	02	Palmela Desporto	1:20.91	<b>1:20.85</b>	458	37.88	42.97
20.	Isadora Maia Andre	05	Benfica	1:24.45	<b>1:20.94</b>	457	38.44	42.50
21.	Rafaela Sofia Silva	03	Benfica	1:21.12	<b>1:21.26</b>	451	38.65	42.61
22.	Marta Joao Pires	05	Algés	1:21.49	<b>1:22.98</b>	424	40.03	42.95
23.	Leonor Alves Morganho	04	Algés	1:22.24	<b>1:23.49</b>	416	39.71	43.78
24.	Maria Carolina Vargas	05	Benfica	1:22.85	<b>1:23.83</b>	411	39.88	43.95
25.	Ana Belo Braga	05	A Onda Azeitão	1:23.90	<b>1:24.42</b>	403	40.05	44.37
26.	Joana Marinho Coelho	04	Sporting	1:26.51	<b>1:26.02</b>	380	40.15	45.87

**Prova 8, Femin., 100m Bruços, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
27.	Beatriz Barroso Silva	05	Olivais e Moscavide	1:27.44	<b>1:26.21</b>	378	40.15	46.06
28.	Joana Isabel Pulquerio	03	União Piedense	1:24.42	<b>1:26.98</b>	368	41.72	45.26
29.	Maria Del Rio Bernat	05	Algés	1:29.09	<b>1:27.01</b>	368	40.96	46.05
30.	Rita Ferreira Gomes	05	Algés	1:28.18	<b>1:29.05</b>	343	41.22	47.83
31.	Emily Monteiro Cunha	04	União Piedense	1:26.83	<b>1:33.14</b>	300	43.26	49.88
DSQ	Catarina Maria Santos	05	CPCD - Póvoa Sta Iria	1:22.87				

*B30 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)*

**Prova 9**
**Masc., 50m Costas**
**Absolutos**

13.07.2019 - 11:30

**Resultados**

Rec Regional Sen	23.80	Alexis Manacas Santos	SCP	Felgueiras	2018
Rec Regional Jun 2	25.01	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	25.85	Diogo Santos Costa	ADRCIMM	Felgueiras	2018
Rec Regional Juv A	26.26	Diogo Santos Costa	ADRCIMM	Alges	2018
Rec Regional Juv B	29.06	Diogo Santos Costa	ADRCIMM	Algés	2017
Rec Regional Abs	23.80	Alexis Manacas Santos	SCP	Felgueiras	2018
Rec Nacional Abs	23.69	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 32.46; Juv A 50m: 32.46; Jun 1 50m: 32.46; Jun 2 50m: 31.99; Sen 50m: 31.37

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Diogo Santos Costa <i>Rec Regional</i>	02	Colegio Int Monte Maior	25.85	<b>25.62</b>	652
2.	Fernando Souza Silva	86	União Piedense	26.95	<b>25.67</b>	648
3.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	27.46	<b>25.97</b>	626
4.	Miguel Ribeiro Bate	99	Algés	26.43	<b>26.89</b>	564
5.	Carlos Afonso Almeida	98	Algés	27.06	<b>27.24</b>	542
6.	Diogo Carrasco Correia	95	Belenenses	29.04	<b>27.31</b>	538
7.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	30.75	<b>27.32</b>	538
8.	Joao Diogo Fernandes	98	Belenenses	26.90	<b>27.39</b>	533
9.	Rafael Alcantara Aires	01	Benfica	26.20	<b>27.46</b>	529
10.	Hugo Nunes Magalhaes	02	Algés	28.25	<b>27.71</b>	515
11.	Afonso Ribeiro Bate	98	Algés	30.75	<b>27.83</b>	508
12.	Rodrigo Antonio Rosa	96	Benfica	25.62	<b>27.97</b>	501
13.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	28.27	<b>28.02</b>	498
14.	Ricardo Pinela Ferreira	01	Benfica	28.80	<b>28.05</b>	497
15.	Gonçalo Carvalho Ferrao	01	Cova da Piedade	28.66	<b>28.07</b>	496
16.	Filipe Ferreira Luz	98	Geslours	27.74	<b>28.15</b>	491
17.	Carlos Marques Freire	01	Belenenses	27.20	<b>28.20</b>	489
18.	Renato Barros Frischknecht	01	Algés	29.15	<b>28.52</b>	472
19.	Bernardo Araujo Freire	03	Algés	30.41	<b>28.64</b>	466
20.	Antonio Santos Pereira	03	Bombeiros dos Estoris	28.73	<b>28.95</b>	452
21.	Nicolae Iachimovschi	03	Belenenses	29.69	<b>29.08</b>	446
22.	Tiago Barros Ferreira	94	Algés	30.75	<b>29.12</b>	444
23.	Joao Esteves Padrela	99	Belenenses	30.75	<b>29.19</b>	441
24.	Luis Cabral Junior	03	Belenenses	31.82	<b>29.27</b>	437
25.	Tiago Miguel Dias	03	Natação de Lisboa	29.27	<b>29.30</b>	436
26.	Edgar Filipe Santos	01	União Piedense	28.50	<b>29.51</b>	426
27.	Francisco Alves Souza	02	Geslours	31.13	<b>29.56</b>	424
28.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	31.48	<b>29.98</b>	407
29.	Guilherme Ventura Carvalho	01	Geslours	30.40	<b>30.03</b>	405
30.	Francisco Martins Pedro	01	Geslours	29.48	<b>30.25</b>	396
31.	Afonso Amaro Santos	02	Geslours	31.82	<b>30.51</b>	386
32.	Jose Miguel Oliveira	03	Naval Setubalense	31.24	<b>30.66</b>	380
33.	Gonçalo Nuno Raposo	03	A Onda Azeitão	31.26	<b>30.73</b>	378
34.	Tiago Leite Barreiros	02	Algés	31.07	<b>30.84</b>	374
35.	Pedro Henriques Marques	00	União Piedense	30.16	<b>30.99</b>	368

**Prova 10**  
**13.07.2019 - 11:38**
**Femin., 50m Costas**
**Absolutos**  
**Resultados**

Rec Regional Sen	28.17	Ines Camacho Fernandes	SCP	Funchal	2016
Rec Regional Jun 2	28.50	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Regional Jun 1	28.42	Ines Camacho Fernandes	SCP	Porto	2012
Rec Regional Juv A	28.99	Ines Camacho Fernandes	SCP	Cantanhede	2012
Rec Regional Juv B	30.09	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Regional Abs	28.17	Ines Camacho Fernandes	SCP	Funchal	2016
Rec Nacional Abs	28.07	Ana Sofia Leite	GCVR	Algés	2015

TAC - Fem Juv B 50m: 36.04; Juv A 50m: 36.04; Jun 1 50m: 36.04; Jun 2 50m: 35.69; Sen 50m: 35.51

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Catarina Martins Mestre	00	Natação de Lisboa	29.09	<b>29.49</b>	659
2.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	33.24	<b>30.90</b>	573
3.	Beatriz Elisabete Pereira	97	Cova da Piedade	30.08	<b>31.15</b>	559
4.	Sara Moura Cruz	03	Algés	31.51	<b>31.46</b>	543
5.	Ana Raquel Ferreira	98	Natação de Lisboa	31.24	<b>31.64</b>	534
6.	Luana Correia Rodrigues	01	Belenenses	32.30	<b>32.05</b>	513
7.	Mafalda Sofia Dias	01	Palmela Desporto	32.06	<b>32.22</b>	505
8.	Ana Margarida Soares	03	Naval Setubalense	33.10	<b>32.48</b>	493
9.	Carolina Fale Costa	04	Colegio Int Monte Maior	33.22	<b>32.55</b>	490
10.	Ines Figueira Santos	00	União Piedense	34.80	<b>32.84</b>	477
11.	Constanca Dias Baptista	01	Belenenses	32.85	<b>33.11</b>	466
12.	Catarina Rodrigues Belchior	01	A Onda Azeitão	33.78	<b>33.17</b>	463
13.	Andreia Wongsangnoi Alves	03	Colegio Int Monte Maior	33.09	<b>33.29</b>	458
14.	Celeste Santos Ricardo	01	União Piedense	33.03	<b>33.37</b>	455
15.	Leonor Maria Neves	03	Geslours	32.74	<b>33.55</b>	447
16.	Soraia Guerra Rolim	95	Laranjeiro	33.35	<b>33.87</b>	435
17.	Mafalda Santos Costa	05	Colegio Int Monte Maior	34.68	<b>33.88</b>	434
18.	Mariana Antunes Silva	02	Fisica Torres Vedras	34.63	<b>34.91</b>	397
19.	Ana Fernandes Costa	00	C N Montijo	34.27	<b>35.00</b>	394
DSQ	Clarisse Sousa Barradas	05	Despertarecorde	35.32		

*C30 - Efect.mais de 1 mov.contínuo de 1 braço depois de virar além dos 90º no inicio da vir.aos 25 metros. (SW 6.4)*

 EXH Maria Lopes Amado 04 Individual Leiria 30.42 **31.28** 552

**Prova 11**  
**13.07.2019 - 12:05**
**Masc., 4 x 200m Livres**
**Absolutos**  
**Resultados**

Rec Nacional Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Jun	7:35.58	Associação Naval Amorense	ANAM	Felgueiras	2013
Rec Nacional Juv A	7:49.50	Associação Naval Amorense		Algés	2012
Rec Nacional Juv	7:49.50	Associação Naval Amorense		Algés	2012
Rec Nacional Juv B	8:01.08	Assoc Desp Cult Rec Bairro dos Anjos/ LeADBA		Caldas da Rainha	2019
Rec Nacional Abs	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	2018

TAC - Masc Juv B 50m: 9:41.04; Juv A 50m: 9:30.48; Juv 50m: 9:30.48; Jun 50m: 9:16.45; Sen 50m: 8:54.10

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
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**Prova 11, Masc., 4 x 200m Livres**
**Juvenis**

1. Belenenses Juv				<b>Belenenses</b>		<b>8:27.09</b>		<b>8:12.23</b>	573
Goncalo Henriques Wanzeller	03	57.98	2:02.41	Antonio Lombardi Carvalho	04	58.72	2:02.31		
Luis Cabral Junior	03	59.30	2:02.79	Rodrigo Reis Dias	03	1:00.30	2:04.72		
2. União Piedense Juv				<b>União Piedense</b>		<b>8:25.61</b>		<b>8:19.78</b>	548
Rafael Caceres Lopes	04	1:01.79	2:07.26	Guilherme Machado Santos	04	59.95	2:07.94		
Tomas Nogueira Gomes	03	56.33	1:57.21	Guilherme Matias Cristino	03	1:00.28	2:07.37		
3. Vasco da Gama Juv				<b>Colégio Vasco da Gama</b>		<b>8:42.79</b>		<b>8:19.92</b>	547
<i>Rec Regional</i>									
Bernardo Jorge Simoes	04	55.68	1:55.02	Guilherme Carmo Manz	03	1:04.07	2:14.28		
Joao Luis Matos	03	59.59	2:04.07	Henrique Pinheiro Valente	03	1:00.36	2:06.55		
4. Cova da Piedade Juv				<b>Cova da Piedade</b>		<b>8:35.50</b>		<b>8:29.02</b>	518
Afonso Romao Francisco	04	1:00.71	2:07.51	Miguel Filipe Anjo	04	1:05.08	2:14.21		
Pedro Esteves Duarte	03	59.32	2:03.10	Miguel Costa Simoes	04	1:00.56	2:04.20		
5. Benfica Juv				<b>Benfica</b>		<b>8:54.83</b>		<b>8:31.70</b>	510
Daniel Shumeika Zayika	03	1:03.30	2:09.41	Joao Matos Fidalgo	03	1:02.01	2:08.54		
Ricardo Samuel Pereira	03	59.26	2:04.00	Pedro Henriques Correia	03	1:00.93	2:09.75		
6. Montijo Juv				<b>C N Montijo</b>		<b>8:55.87</b>		<b>8:33.30</b>	506
Diogo Miguel Duraes	03	1:06.19	2:14.70	Duarte Cadima Goncalves	04	1:00.77	2:05.80		
Andre Azevedo Baraona	04	59.14	2:04.49	Tiago Fanha Lopes	04	1:01.05	2:08.31		
7. Monte Maior Juv				<b>Colegio Int Monte Maior</b>		<b>8:47.39</b>		<b>8:48.63</b>	463
Daniel Nogueira Ferreira	04	1:08.98	2:23.87	Tiago Miguel Trombinhas	04	1:01.88	2:07.88		
Tiago Morgado Nogueira	04	1:01.37	2:06.92	Afonso Esteves Tome	03	1:03.31	2:09.96		

**Absolutos**

1. Benfica Abs				<b>Benfica</b>		<b>7:45.22</b>		<b>7:43.00</b>	689
Diogo Ramos Lebre	01	57.08	1:55.53	Joao Mota Correia	97	57.03	1:56.45		
Tiago Roberto Cordeiro	00	58.22	1:58.01	Rafael Alcantara Aires	01	54.50	1:53.01		
2. União Piedense Abs				<b>União Piedense</b>		<b>7:46.72</b>		<b>7:49.24</b>	662
Tiago Maria Camoes	01	57.85	1:57.74	David Matias Cristino	01	56.35	1:55.68		
Fernando Souza Silva	86	56.12	1:54.46	Bernardo Geada Brito	02	57.11	2:01.36		
3. Monte Maior Abs				<b>Colegio Int Monte Maior</b>		<b>8:10.50</b>		<b>7:57.15</b>	629
Henrique Rodrigues Cruz	02	59.58	2:02.79	Goncalo Morais Gordo	02	57.43	2:01.68		
Diogo Santos Costa	02	54.54	1:54.26	Diogo Santos Cardoso	01	57.22	1:58.42		
4. Belenenses Juv				<b>Belenenses</b>		<b>8:27.09</b>		<b>8:12.23</b>	573
Goncalo Henriques Wanzeller	03			Antonio Lombardi Carvalho	04				
Luis Cabral Junior	03			Rodrigo Reis Dias	03				
5. União Piedense Juv				<b>União Piedense</b>		<b>8:25.61</b>		<b>8:19.78</b>	548
Rafael Caceres Lopes	04			Guilherme Machado Santos	04				
Tomas Nogueira Gomes	03			Guilherme Matias Cristino	03				
6. Vasco da Gama				<b>Colégio Vasco da Gama</b>		<b>8:42.79</b>		<b>8:19.92</b>	547
Bernardo Jorge Simoes	04			Guilherme Carmo Manz	03				
Joao Luis Matos	03			Henrique Pinheiro Valente	03				
7. Cova da Piedade Juv				<b>Cova da Piedade</b>		<b>8:35.50</b>		<b>8:29.02</b>	518
Afonso Romao Francisco	04			Miguel Filipe Anjo	04				
Pedro Esteves Duarte	03			Miguel Costa Simoes	04				
8. Benfica Juv				<b>Benfica</b>		<b>8:54.83</b>		<b>8:31.70</b>	510
Daniel Shumeika Zayika	03			Joao Matos Fidalgo	03				
Ricardo Samuel Pereira	03			Pedro Henriques Correia	03				
9. Montijo Juv				<b>C N Montijo</b>		<b>8:55.87</b>		<b>8:33.30</b>	506
Diogo Miguel Duraes	03			Duarte Cadima Goncalves	04				
Andre Azevedo Baraona	04			Tiago Fanha Lopes	04				
10. Monte Maior Juv				<b>Colegio Int Monte Maior</b>		<b>8:47.39</b>		<b>8:48.63</b>	463
Daniel Nogueira Ferreira	04			Tiago Miguel Trombinhas	04				
Tiago Morgado Nogueira	04			Afonso Esteves Tome	03				

Prova 12  
 13.07.2019 - 12:24

## Femin., 4 x 200m Livres

 Absolutos  
 Resultados

Rec Nacional Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	2017
Rec Nacional Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	2018
Rec Nacional Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	2018
Rec Nacional Juv A	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos/ LeADBA		Tomar	2018
Rec Nacional Juv A	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos/ LeADBA		Tomar	2018
Rec Nacional Juv	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos/ LeADBA		Tomar	2018
Rec Nacional Juv	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos/ LeADBA		Tomar	2018
Rec Nacional Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	2011
Rec Nacional Abs	8:08.99	Sport Alges e Dafundo	SAD	Alges	2018

TAC - Fem Juv B 50m: 10:40.33; Juv A 50m: 10:22.55; Juv 50m: 10:22.55; Jun 50m: 9:48.00; Sen 50m: 9:52.90

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>					
1.		<b>Avançado EULx Juv</b>	9:24.26	<b>9:05.65</b>	571
	05	Margarida Domingues Nunes	05	1:06.56	2:16.84
	05	Lara Moreira Lopo	04	1:02.78	2:09.04
		<b>Avançado EULx</b>			
		Carmo Dias Vieira			
		Leonor Esteves Santos			
2.		<b>Geslourses Juv</b>	9:18.90	<b>9:07.08</b>	567
	04	Catarina Nunes Costa	04	1:05.35	2:17.55
	05	Mariana Marques Santos	05	1:02.60	2:15.76
		<b>Geslourses</b>			
		Alice Jesus Morgado			
		Sara Carreira Melo			
3.		<b>Benfica Juv</b>	9:20.85	<b>9:13.72</b>	547
	05	Francisca Otao Tribuna	04	1:09.14	2:23.47
	05	Joana Rocha Ferreira	05	1:06.22	2:16.04
		<b>Benfica</b>			
		Mariana Fragoso Guterres			
		Isadora Maia Andre			
4.		<b>Vasco da Gama Juv</b>	9:33.66	<b>9:14.28</b>	545
	04	Margarida Carvalho Barao	04	1:06.93	2:25.52
	04	Catarina Alexandra Marques	04	1:00.90	2:11.72
		<b>Colégio Vasco da Gama</b>			
		Matilde Carvalho Barao			
		Maria Jardim Fidalgo			

**Absolutos**

1.		<b>Benfica Abs</b>	9:04.59	<b>8:57.28</b>	598
	02	Natacha Sofia Silva	00	1:05.24	2:15.15
	98	Sofia Alexandra Rolao	99	1:06.31	2:16.29
		<b>Benfica</b>			
		Ines Silva Bernardo			
		Claudia Ferreira Borges			
2.		<b>Natacao Lisboa Abs</b>	9:15.00	<b>9:02.18</b>	582
	02	Catarina Trigo Ferreira	98	1:04.37	2:15.31
	03	Caetana Neves Carneiro	00	1:01.28	2:10.76
		<b>Natação de Lisboa</b>			
		Ana Raquel Ferreira			
		Catarina Martins Mestre			
3.		<b>Avançado EULx Juv</b>	9:24.26	<b>9:05.65</b>	571
	05	Margarida Domingues Nunes	05		
	05	Lara Moreira Lopo	04		
		<b>Avançado EULx</b>			
		Carmo Dias Vieira			
		Leonor Esteves Santos			
4.		<b>Geslourses Juv</b>	9:18.90	<b>9:07.08</b>	567
	04	Catarina Nunes Costa	04		
	05	Mariana Marques Santos	05		
		<b>Geslourses</b>			
		Alice Jesus Morgado			
		Sara Carreira Melo			
5.		<b>Benfica Juv</b>	9:20.85	<b>9:13.72</b>	547
	05	Francisca Otao Tribuna	04		
	05	Joana Rocha Ferreira	05		
		<b>Benfica</b>			
		Mariana Fragoso Guterres			
		Isadora Maia Andre			
6.		<b>Vasco da Gama Juv</b>	9:33.66	<b>9:14.28</b>	545
	04	Margarida Carvalho Barao	04		
	04	Catarina Alexandra Marques	04		
		<b>Colégio Vasco da Gama</b>			
		Matilde Carvalho Barao			
		Maria Jardim Fidalgo			



**2 - 1ª Jornada - 2ª Sessão**

13.07.2019 - 16:00

**Prova 13 Masc., 400m Estilos Absolutos Resultados**  
 13.07.2019 - 16:00

Rec Regional Sen	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Nacional Abs	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

TAC - Masc Juv B 50m: 5:40.44; Juv A 50m: 5:34.26; Jun 1 50m: 5:22.02; Jun 2 50m: 5:17.42; Sen 50m: 5:11.28

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
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**Juvenis**

1.	Pedro Henriques Correia	03	SLB	4:55.64	<b>4:49.11</b>	540	1:04.82	1:13.64	1:24.95	1:05.70
2.	Andre Azevedo Baraona	04	CNMJ	5:00.33	<b>4:50.71</b>	531	1:07.21	1:11.51	1:25.91	1:06.08
3.	Salvador Ataíde Parente	03	GESL	5:05.77	<b>4:54.08</b>	513	1:07.60	1:16.92	1:23.29	1:06.27
4.	Afonso Figueiredo Frasquilho	04	SCP	4:57.79	<b>4:54.45</b>	511	1:07.98	1:13.03	1:30.45	1:02.99
5.	Goncalo Henriques Wanzeller	03	CFB	5:21.18	<b>4:55.73</b>	504	1:06.17	1:15.83	1:25.91	1:07.82
6.	Tiago Morgado Nogueira	04	ADRCIMM	5:09.60	<b>4:55.95</b>	503	1:07.94	1:13.99	1:26.75	1:07.27
7.	Tiago Fanha Lopes	04	CNMJ	5:10.60	<b>4:58.17</b>	492	1:11.22	1:14.70	1:25.66	1:06.59
8.	Joao Matos Fidalgo	03	SLB	5:06.84	<b>5:00.14</b>	483	1:06.77	1:19.20	1:27.89	1:06.28
9.	Joao Maria Colaco	03	SCP	4:58.01	<b>5:01.07</b>	478	1:07.71	1:19.19	1:26.68	1:07.49
10.	Afonso Goncalves Jorge	04	GESL	5:33.64	<b>5:04.05</b>	464	1:09.59	1:18.97	1:24.58	1:10.91
11.	Duarte Cadima Goncalves	04	CNMJ	5:33.64	<b>5:04.34</b>	463	1:13.65	1:20.58	1:23.46	1:06.65
12.	Diogo Miguel Duraes	03	CNMJ	5:06.93	<b>5:05.03</b>	460	1:11.43	1:17.95	1:28.36	1:07.29
13.	Guilherme Machado Santos	04	SFUAP	5:19.35	<b>5:08.32</b>	445	1:08.88	1:16.31	1:30.54	1:12.59
14.	Rodrigo Neves Fernandes	04	GESL	5:33.64	<b>5:13.73</b>	422	1:11.75	1:21.28	1:27.77	1:12.93
15.	Miguel Filipe Anjo	04	CDCP	5:20.16	<b>5:17.19</b>	409	1:13.48	1:22.30	1:28.72	1:12.69

 DSQ Tiago Miguel Trombinhas 04 ADRCIMM 5:02.43  
*E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)*

 DSQ Yann Chetelat Fock 04 EULX 5:18.92  
*E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)*

 DSQ Alexandre Coelho Vieira 03 SCP 5:10.26  
*E-M30 - No percurso de mariposa, efect. toque não simultâneo das mãos na parede testa na viragem aos 75 metros (SW 8.4)*

 DSQ Guilherme Matias Cristino 03 SFUAP 4:55.93  
*E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)*
**Absolutos**

1.	Tiago Roberto Cordeiro	00	SLB	4:29.00	<b>4:26.54</b>	689	59.67	1:09.22	1:15.97	1:01.68
2.	Daniel Nogueira Catalao	00	SLB	4:30.96	<b>4:33.63</b>	637	1:02.36	1:10.28	1:17.11	1:03.88
3.	Hugo Pon	98	SAD	4:37.82	<b>4:34.61</b>	630	1:02.61	1:14.00	1:14.12	1:03.88
4.	Pedro Miguel Silva	94	ADRCIMM	4:40.24	<b>4:35.13</b>	627	1:04.44	1:11.85	1:16.66	1:02.18
5.	Bernardo Garcia Perloiro	00	SCP	4:40.60	<b>4:35.90</b>	621	1:02.72	1:10.66	1:18.45	1:04.07
6.	Sebastiao Limbert Piedade	00	SAD	4:41.22	<b>4:36.54</b>	617	1:03.11	1:11.31	1:18.61	1:03.51
7.	David Matias Cristino	01	SFUAP	4:28.61	<b>4:36.56</b>	617	1:02.36	1:09.62	1:22.22	1:02.36
8.	Goncalo Morais Gordo	02	ADRCIMM	4:42.89	<b>4:44.15</b>	569	1:05.76	1:14.06	1:20.23	1:04.10
9.	Jose Maria Pereira	01	SCP	4:46.99	<b>4:45.27</b>	562	1:03.76	1:13.18	1:23.89	1:04.44
10.	Filipe Ferrao Melo	01	CNS	5:11.06	<b>4:45.37</b>	562	1:01.84	1:13.10	1:23.00	1:07.43
11.	Rodrigo Almeida Cabrito	01	CFB	4:41.44	<b>4:45.90</b>	558	1:06.63	1:13.53	1:17.62	1:08.12
12.	Ricardo Basilio Marreiros	97	INDANL	5:05.06	<b>4:45.91</b>	558	1:02.96	1:14.02	1:23.18	1:05.75
13.	Alexandre Miguel Branco	01	SAD	4:55.69	<b>4:47.44</b>	549	1:03.96	1:15.06	1:24.70	1:03.72
14.	Pedro Barata Neves	00	CIRL	4:43.66	<b>4:47.56</b>	549	1:02.94	1:15.89	1:24.52	1:04.21
15.	Pedro Henriques Correia	03	SLB	4:55.64	<b>4:49.11</b>	540	1:04.82	1:13.64	1:24.95	1:05.70

**Prova 13, Masc., 400m Estilos, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
16.	Tiago Correia Neves	97	CFB	4:55.27	<b>4:49.95</b>	535	1:05.57	1:15.06	1:23.52	1:05.80
17.	Andre Azevedo Baraona	04	CNMJ	5:00.33	<b>4:50.71</b>	531	1:07.21	1:11.51	1:25.91	1:06.08
18.	Salvador Ataíde Parente	03	GESL	5:05.77	<b>4:54.08</b>	513	1:07.60	1:16.92	1:23.29	1:06.27
19.	Afonso Figueiredo Frasquilho	04	SCP	4:57.79	<b>4:54.45</b>	511	1:07.98	1:13.03	1:30.45	1:02.99
20.	Gonçalo Henriques Wanzeller	03	CFB	5:21.18	<b>4:55.73</b>	504	1:06.17	1:15.83	1:25.91	1:07.82
21.	Tiago Morgado Nogueira	04	ADRCIMM	5:09.60	<b>4:55.95</b>	503	1:07.94	1:13.99	1:26.75	1:07.27
22.	Tiago Fanha Lopes	04	CNMJ	5:10.60	<b>4:58.17</b>	492	1:11.22	1:14.70	1:25.66	1:06.59
23.	João Matos Fidalgo	03	SLB	5:06.84	<b>5:00.14</b>	483	1:06.77	1:19.20	1:27.89	1:06.28
24.	João Maria Colaco	03	SCP	4:58.01	<b>5:01.07</b>	478	1:07.71	1:19.19	1:26.68	1:07.49
25.	Miguel Duarte Cruz	99	CFB	4:58.99	<b>5:03.01</b>	469	1:07.97	1:18.68	1:28.31	1:08.05
26.	Afonso Gonçalves Jorge	04	GESL	5:33.64	<b>5:04.05</b>	464	1:09.59	1:18.97	1:24.58	1:10.91
27.	Duarte Cadima Gonçalves	04	CNMJ	5:33.64	<b>5:04.34</b>	463	1:13.65	1:20.58	1:23.46	1:06.65
28.	Diogo Miguel Duraes	03	CNMJ	5:06.93	<b>5:05.03</b>	460	1:11.43	1:17.95	1:28.36	1:07.29
29.	Guilherme Machado Santos	04	SFUAP	5:19.35	<b>5:08.32</b>	445	1:08.88	1:16.31	1:30.54	1:12.59
30.	Rodrigo Neves Fernandes	04	GESL	5:33.64	<b>5:13.73</b>	422	1:11.75	1:21.28	1:27.77	1:12.93
31.	Miguel Filipe Anjo	04	CDCP	5:20.16	<b>5:17.19</b>	409	1:13.48	1:22.30	1:28.72	1:12.69
DSQ	Tiago Miguel Trombinhas	04	ADRCIMM	5:02.43						
<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de braços (SW 7.6)</i>										
DSQ	Yann Chetelat Fock	04	EULX	5:18.92						
<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de braços (SW 7.6)</i>										
DSQ	Alexandre Coelho Vieira	03	SCP	5:10.26						
<i>E-M30 - No percurso de mariposa, efect. toque não simultâneo das mãos na parede testa na viragem aos 75 metros (SW 8.4)</i>										
DSQ	Guilherme Matias Cristino	03	SFUAP	4:55.93						
<i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>										

**Prova 14**
**Femin., 400m Estilos**
**Absolutos**

13.07.2019 - 16:30

**Resultados**

Rec Regional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:49.07	Raquel Gomes Pereira	SAD	Felgueiras	2017
Rec Regional Jun 1	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	2005
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 6:10.60; Juv A 50m: 6:00.31; Jun 1 50m: 5:50.23; Jun 2 50m: 5:46.83; Sen 50m: 5:45.13

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis</b>										
1.	Maria Gomes Pereira	04	SAD	5:00.82	<b>5:03.84</b>	618	1:09.79	1:19.13	1:25.97	1:08.95
2.	Margarida Domingues Nunes	05	EULX	5:25.02	<b>5:20.68</b>	526	1:15.28	1:27.01	1:25.87	1:12.52
3.	Joana Rocha Ferreira	05	SLB	5:32.17	<b>5:27.52</b>	494	1:15.99	1:23.75	1:33.99	1:13.79
4.	Mariana Andreia Silva	05	SCP	5:35.37	<b>5:27.58</b>	493	1:15.59	1:24.43	1:34.50	1:13.06
5.	Iris Pereira Carrao	05	CIRL	6:03.19	<b>5:30.95</b>	478	1:14.31	1:24.41	1:39.15	1:13.08
6.	Madalena Graca Gerales	04	SCP	5:29.09	<b>5:32.50</b>	472	1:13.24	1:28.00	1:33.60	1:17.66
7.	Marta Pereira Domingos	04	SFUAP	5:26.51	<b>5:37.36</b>	452	1:19.38	1:31.60	1:30.13	1:16.25
8.	Mariana Fragoso Guterres	04	SLB	5:53.10	<b>5:39.09</b>	445	1:14.15	1:29.52	1:39.24	1:16.18

**Prova 14, Femin., 400m Estilos**
**Absolutos**

1. Luisa Maria Machado	01	SFUAP	4:48.43	<b>4:50.57</b>	707	1:05.15	1:16.57	1:19.64	1:09.21
2. Mariana Amaral Mendes	02	ADRCIMM	4:54.50	<b>4:59.39</b>	646	1:08.65	1:18.17	1:25.34	1:07.23
3. Maria Gomes Pereira	04	SAD	5:00.82	<b>5:03.84</b>	618	1:09.79	1:19.13	1:25.97	1:08.95
4. Natacha Sofia Silva	02	SLB	5:06.55	<b>5:10.41</b>	580	1:10.16	1:23.82	1:26.01	1:10.42
5. Ana Rita Matos	02	CFB	5:21.65	<b>5:18.40</b>	537	1:11.16	1:20.64	1:32.47	1:14.13
6. Daniela Mascarenhas Henriques	03	GESL	5:46.83	<b>5:19.39</b>	532	1:11.19	1:20.98	1:30.75	1:16.47
7. Margarida Domingues Nunes	05	EULX	5:25.02	<b>5:20.68</b>	526	1:15.28	1:27.01	1:25.87	1:12.52
8. Tatiana Alexandre Cardoso	01	CNA	5:38.23	<b>5:23.17</b>	514	1:12.54	1:20.15	1:31.03	1:19.45
9. Rafaela Sofia Silva	03	SLB	5:28.41	<b>5:26.51</b>	498	1:15.03	1:23.19	1:31.77	1:16.52
10. Joana Rocha Ferreira	05	SLB	5:32.17	<b>5:27.52</b>	494	1:15.99	1:23.75	1:33.99	1:13.79
11. Mariana Andreia Silva	05	SCP	5:35.37	<b>5:27.58</b>	493	1:15.59	1:24.43	1:34.50	1:13.06
12. Iris Pereira Carrao	05	CIRL	6:03.19	<b>5:30.95</b>	478	1:14.31	1:24.41	1:39.15	1:13.08
13. Madalena Graca Gerales	04	SCP	5:29.09	<b>5:32.50</b>	472	1:13.24	1:28.00	1:33.60	1:17.66
14. Marta Pereira Domingos	04	SFUAP	5:26.51	<b>5:37.36</b>	452	1:19.38	1:31.60	1:30.13	1:16.25
15. Mariana Fragoso Guterres	04	SLB	5:53.10	<b>5:39.09</b>	445	1:14.15	1:29.52	1:39.24	1:16.18

**Prova 15**

13.07.2019 - 16:43

**Masc., 200m Livres**
**Absolutos**
**Resultados**

Rec Regional Sen	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Jun 2	1:47.73	Tiago Andre Venancio	FPN	Viena (AUT)	2004
Rec Regional Jun 1	1:52.38	Rafael Lourenço Gil	ANAM	Sto Antº Cavaleiros	2012
Rec Regional Juv A	1:51.06	Tiago André Venâncio	CNS		2003
Rec Regional Juv B X	1:55.02	Bernardo Jorge Simoes	CNCVG	Algés	2019
Rec Regional Juv B	1:56.53	Joao Pedro Gil	ANAM	Algés	2012
Rec Regional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 2:19.57; Juv A 50m: 2:17.03; Jun 1 50m: 2:12.01; Jun 2 50m: 2:10.12; Sen 50m: 2:07.62

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
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**Juvenis**

1. Bernardo Jorge Simoes <i>Rec Regional</i>	04	Colégio Vasco da Gama	1:57.23	<b>1:54.84</b>	647	56.40	58.44
2. Rodrigo Reis Dias	03	Belenenses	2:02.42	<b>1:59.86</b>	569	56.98	1:02.88
3. Joao Lourenco Rebelo	04	Algés	2:03.93	<b>2:00.44</b>	561	58.49	1:01.95
4. Ricardo Martins Ferreira	03	A Onda Azeitão	2:03.81	<b>2:03.26</b>	523	59.46	1:03.80
5. Joao Pedro Penelas	04	Gesloures	2:10.39	<b>2:04.12</b>	513	1:01.05	1:03.07
6. Francisco Ribeiro Vieira	04	Física Torres Vedras	2:07.48	<b>2:04.32</b>	510	1:00.07	1:04.25
7. Afonso Esteves Tome	03	Colegio Int Monte Maior	2:06.82	<b>2:05.35</b>	498	1:01.17	1:04.18
8. Miguel Madeira Silva	04	A Onda Azeitão	2:09.80	<b>2:05.54</b>	495	1:00.74	1:04.80
9. Rodrigo Beja Lopes	03	A Onda Azeitão	2:10.80	<b>2:05.62</b>	494	1:01.32	1:04.30
10. Francisco Amaro Santos	04	Gesloures	2:05.77	<b>2:06.38</b>	486	1:01.43	1:04.95
11. Luis Carlos Correia	03	Individual ANL	2:08.45	<b>2:06.82</b>	481	1:01.21	1:05.61
12. Pedro Esteves Duarte	03	Cova da Piedade	2:04.23	<b>2:07.33</b>	475	1:01.36	1:05.97
13. Miguel Costa Simoes	04	Cova da Piedade	2:03.90	<b>2:07.34</b>	475	1:02.68	1:04.66
14. Vasco Salvador Fernando	03	Algés	2:12.03	<b>2:07.42</b>	474	1:01.84	1:05.58
15. Daniel Alexandre Ascenso	03	Gesloures	2:09.20	<b>2:07.76</b>	470	1:02.48	1:05.28
16. Tomas Martins Mira	04	Naval Setubalense	2:11.65	<b>2:07.78</b>	470	1:01.93	1:05.85
17. Afonso Romao Francisco	04	Cova da Piedade	2:08.63	<b>2:07.85</b>	469	1:01.92	1:05.93
18. Tiago Barroso Proenca	04	Avançado EULx	2:13.27	<b>2:07.90</b>	468	1:02.60	1:05.30
19. Ricardo Novikov	03	Algés	2:03.21	<b>2:07.91</b>	468	1:01.22	1:06.69
20. Tomas Sa Vieira	04	Algés	2:07.08	<b>2:08.42</b>	463	1:01.00	1:07.42
21. Rafael Caceres Lopes	04	União Piedense	2:06.37	<b>2:08.63</b>	461	1:01.77	1:06.86
22. Daniel Shumeika Zayika	03	Benfica	2:07.93	<b>2:08.80</b>	459	1:01.39	1:07.41
23. Henrique Pinheiro Valente	03	Colégio Vasco da Gama	2:09.80	<b>2:08.85</b>	458	1:02.26	1:06.59
24. Victor Bethlem Tigre	04	Sporting	2:11.07	<b>2:09.93</b>	447	1:01.52	1:08.41
25. Guilherme Pinto Restolho	04	Individual ANL	2:13.96	<b>2:09.94</b>	447	1:02.72	1:07.22

**Prova 15, Masc., 200m Livres, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
26.	Alexandre Duarte Morais	04	Palmela Desporto	2:08.89	<b>2:10.22</b>	444	1:02.19	1:08.03
27.	Joao Pedro Faustino	04	Cova da Piedade	2:16.78	<b>2:11.17</b>	434	1:03.02	1:08.15
28.	Guilherme Carmo Manz	03	Colégio Vasco da Gama	2:14.30	<b>2:12.25</b>	424	1:03.57	1:08.68
29.	Pedro Forjaz Cirurgiao	04	Algés	2:11.13	<b>2:12.61</b>	420	1:04.70	1:07.91
30.	Ruben Jose Salgueiro	04	Sporting	2:12.78	<b>2:13.23</b>	414	1:03.19	1:10.04
31.	Gonçalo Gomes Augusto	04	A Onda Azeitão	2:14.23	<b>2:14.07</b>	407	1:05.43	1:08.64
32.	Miguel Filipe Anjo	04	Cova da Piedade	2:13.44	<b>2:14.12</b>	406	1:04.42	1:09.70
33.	Joao Silva Angelino	04	Palmela Desporto	2:14.67	<b>2:15.13</b>	397	1:03.31	1:11.82
34.	Tomas Rebelo Dias	04	Avançado EULx	2:16.33	<b>2:16.11</b>	389	1:05.99	1:10.12
35.	Yann Chetelat Fock	04	Avançado EULx	2:11.01	<b>2:17.41</b>	378	1:05.36	1:12.05
36.	Rodrigo Rebelo Pereira	04	Laranjeiro	2:16.78	<b>2:27.53</b>	305	1:10.44	1:17.09

**Absolutos**

1.	Pedro Andre Santos	94	Algés	1:53.70	<b>1:50.70</b>	723	53.53	57.17
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	1:51.39	<b>1:52.17</b>	695	53.33	58.84
3.	Gonçalo Carvalho Ferrao	01	Cova da Piedade	1:55.31	<b>1:54.27</b>	657	55.15	59.12
4.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	1:52.47	<b>1:54.58</b>	652	54.41	1:00.17
5.	Miguel Ribeiro Bate	99	Algés	1:56.08	<b>1:54.60</b>	651	56.20	58.40
6.	Bernardo Jorge Simoes <i>Rec Regional</i>	04	Colégio Vasco da Gama	1:57.23	<b>1:54.84</b>	647	56.40	58.44
7.	Joao Esteves Padrela	99	Belenenses	1:56.49	<b>1:55.00</b>	645	54.96	1:00.04
8.	Rafael Rodrigues Jacinto	02	Belenenses	1:56.81	<b>1:55.37</b>	638	56.58	58.79
9.	Afonso Mateus Ribeiro	95	Belenenses	1:58.49	<b>1:56.46</b>	621	56.62	59.84
10.	Joao Mota Correia	97	Benfica	1:56.54	<b>1:56.75</b>	616	55.81	1:00.94
11.	Tiago Roberto Cordeiro	00	Benfica	1:54.11	<b>1:57.04</b>	612	56.68	1:00.36
12.	Carlos Afonso Almeida	98	Algés	1:59.22	<b>1:57.06</b>	611	56.75	1:00.31
13.	Francisco Alves Souza	02	Geslours	1:57.97	<b>1:57.96</b>	597	57.40	1:00.56
14.	Diogo Garcez Mateus	02	A Onda Azeitão	1:58.59	<b>1:58.35</b>	591	57.50	1:00.85
15.	Renato Barros Frischknecht	01	Algés	2:07.53	<b>1:58.50</b>	589	57.85	1:00.65
16.	Martim Primavera Alfama	02	Geslours	2:01.36	<b>1:58.51</b>	589	57.70	1:00.81
17.	Miguel Henriques Marques	00	Benfica	2:05.07	<b>1:58.53</b>	589	58.36	1:00.17
18.	Tomas Penha Monteiro	02	Algés	1:58.53	<b>1:58.89</b>	583	57.69	1:01.20
19.	Filipe Ferreira Luz	98	Geslours	2:00.48	<b>1:59.51</b>	574	57.78	1:01.73
20.	Joao Nogueira Mendes	02	Laranjeiro	2:01.11	<b>1:59.52</b>	574	57.95	1:01.57
21.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	1:57.24	<b>1:59.54</b>	574	59.14	1:00.40
22.	Rodrigo Reis Dias	03	Belenenses	2:02.42	<b>1:59.86</b>	569	56.98	1:02.88
23.	Pedro Dordio Carreiro	97	Geslours	1:59.46	<b>2:00.20</b>	565	57.62	1:02.58
24.	Joao Lourenco Rebelo	04	Algés	2:03.93	<b>2:00.44</b>	561	58.49	1:01.95
25.	Pedro Machado Vieira	02	Algés	2:02.87	<b>2:00.93</b>	554	58.12	1:02.81
26.	Miguel Monteiro Dinis	01	Algés	2:00.59	<b>2:01.21</b>	550	58.06	1:03.15
27.	Bernardo Antunes Augusto	00	A Onda Azeitão	2:02.36	<b>2:01.61</b>	545	59.35	1:02.26
28.	Hugo Nunes Magalhaes	02	Algés	2:01.15	<b>2:01.81</b>	542	59.03	1:02.78
29.	Afonso Amaro Santos	02	Geslours	2:06.28	<b>2:03.11</b>	525	59.33	1:03.78
30.	Ricardo Martins Ferreira	03	A Onda Azeitão	2:03.81	<b>2:03.26</b>	523	59.46	1:03.80
31.	Ricardo Martins Bras	01	Belenenses	2:00.67	<b>2:03.32</b>	523	59.01	1:04.31
32.	Guilherme Ventura Carvalho	01	Geslours	2:07.53	<b>2:03.51</b>	520	1:00.20	1:03.31
33.	Tiago Maria Camoes	01	União Piedense	1:58.64	<b>2:03.80</b>	517	57.55	1:06.25
34.	Joao Pedro Penelas	04	Geslours	2:10.39	<b>2:04.12</b>	513	1:01.05	1:03.07
35.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	2:07.48	<b>2:04.32</b>	510	1:00.07	1:04.25
36.	Guilherme Maria Matos	00	Avançado EULx	2:03.34	<b>2:04.96</b>	502	59.84	1:05.12
37.	Afonso Esteves Tome	03	Colegio Int Monte Maior	2:06.82	<b>2:05.35</b>	498	1:01.17	1:04.18
38.	Miguel Madeira Silva	04	A Onda Azeitão	2:09.80	<b>2:05.54</b>	495	1:00.74	1:04.80
39.	Rodrigo Beja Lopes	03	A Onda Azeitão	2:10.80	<b>2:05.62</b>	494	1:01.32	1:04.30
40.	Francisco Amaro Santos	04	Geslours	2:05.77	<b>2:06.38</b>	486	1:01.43	1:04.95
41.	Luis Carlos Correia	03	Individual ANL	2:08.45	<b>2:06.82</b>	481	1:01.21	1:05.61
42.	Bernardo Geada Brito	02	União Piedense	1:57.96	<b>2:07.31</b>	475	1:00.58	1:06.73
43.	Pedro Esteves Duarte	03	Cova da Piedade	2:04.23	<b>2:07.33</b>	475	1:01.36	1:05.97
44.	Miguel Costa Simoes	04	Cova da Piedade	2:03.90	<b>2:07.34</b>	475	1:02.68	1:04.66
45.	Vasco Salvador Fernando	03	Algés	2:12.03	<b>2:07.42</b>	474	1:01.84	1:05.58
46.	Daniel Alexandre Ascenso	03	Geslours	2:09.20	<b>2:07.76</b>	470	1:02.48	1:05.28

**Prova 15, Masc., 200m Livres, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
47.	Tomas Martins Mira	04	Naval Setubalense	2:11.65	<b>2:07.78</b>	470	1:01.93	1:05.85
48.	Afonso Romao Francisco	04	Cova da Piedade	2:08.63	<b>2:07.85</b>	469	1:01.92	1:05.93
49.	Tiago Barroso Proenca	04	Avançado EULx	2:13.27	<b>2:07.90</b>	468	1:02.60	1:05.30
50.	Ricardo Novikov	03	Algés	2:03.21	<b>2:07.91</b>	468	1:01.22	1:06.69
51.	Tomas Sa Vieira	04	Algés	2:07.08	<b>2:08.42</b>	463	1:01.00	1:07.42
52.	Rafael Caceres Lopes	04	União Piedense	2:06.37	<b>2:08.63</b>	461	1:01.77	1:06.86
53.	Daniel Shumeika Zayika	03	Benfica	2:07.93	<b>2:08.80</b>	459	1:01.39	1:07.41
54.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	2:09.80	<b>2:08.85</b>	458	1:02.26	1:06.59
55.	Victor Bethlem Tigre	04	Sporting	2:11.07	<b>2:09.93</b>	447	1:01.52	1:08.41
56.	Guilherme Pinto Restolho	04	Individual ANL	2:13.96	<b>2:09.94</b>	447	1:02.72	1:07.22
57.	Alexandre Duarte Morais	04	Palmela Desporto	2:08.89	<b>2:10.22</b>	444	1:02.19	1:08.03
58.	Joao Pedro Faustino	04	Cova da Piedade	2:16.78	<b>2:11.17</b>	434	1:03.02	1:08.15
59.	Antonio Maria Ferreira	00	Palmela Desporto	2:05.07	<b>2:11.63</b>	430	1:02.14	1:09.49
60.	Guilherme Carmo Manz	03	Colégio Vasco da Gama	2:14.30	<b>2:12.25</b>	424	1:03.57	1:08.68
61.	Pedro Forjaz Cirurgiao	04	Algés	2:11.13	<b>2:12.61</b>	420	1:04.70	1:07.91
62.	Ruben Jose Salgueiro	04	Sporting	2:12.78	<b>2:13.23</b>	414	1:03.19	1:10.04
63.	Gonçalo Gomes Augusto	04	A Onda Azeitão	2:14.23	<b>2:14.07</b>	407	1:05.43	1:08.64
64.	Miguel Filipe Anjo	04	Cova da Piedade	2:13.44	<b>2:14.12</b>	406	1:04.42	1:09.70
65.	Joao Silva Angelino	04	Palmela Desporto	2:14.67	<b>2:15.13</b>	397	1:03.31	1:11.82
66.	Tomas Rebelo Dias	04	Avançado EULx	2:16.33	<b>2:16.11</b>	389	1:05.99	1:10.12
67.	Yann Chetelat Fock	04	Avançado EULx	2:11.01	<b>2:17.41</b>	378	1:05.36	1:12.05
68.	Rodrigo Rebelo Pereira	04	Laranjeiro	2:16.78	<b>2:27.53</b>	305	1:10.44	1:17.09

**Prova 16**
**Femin., 200m Livres**
**Absolutos**

13.07.2019 - 17:09

**Resultados**

Rec Regional Sen	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	1:59.62	Leticia Maia Andre	SLB	Felgueiras	2018
Rec Regional Jun 1	2:02.12	Leticia Maia Andre	SLB	Porto	2017
Rec Regional Juv A	2:03.93	Maria Ferreira Moura	SCP	Tomar	2018
Rec Regional Juv B	2:06.53	Ana Claudia Santos	SFUAP	Mealhada	2004
Rec Regional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 2:35.04; Juv A 50m: 2:30.73; Jun 1 50m: 2:26.52; Jun 2 50m: 2:25.10; Sen 50m: 2:24.38

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Marta Joao Pires	05	Algés	2:08.85	<b>2:07.24</b>	653	1:02.77	1:04.47
2.	Leonor Esteves Santos	04	Avançado EULx	2:11.24	<b>2:08.80</b>	630	1:03.12	1:05.68
3.	Erica Cristina Reis	05	Sporting	2:16.17	<b>2:10.96</b>	599	1:02.73	1:08.23
4.	Sofia Antunes Sebastiao	05	Amadora	2:13.09	<b>2:14.12</b>	558	1:04.33	1:09.79
5.	Lidiana Correia Rodrigues	04	Belenenses	2:15.88	<b>2:15.11</b>	546	1:05.56	1:09.55
6.	Beatriz Costa Melo	04	Algés	2:20.57	<b>2:15.58</b>	540	1:05.29	1:10.29
7.	Mafalda Santos Costa	05	Colegio Int Monte Maior	2:15.28	<b>2:15.71</b>	538	1:05.57	1:10.14
8.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	2:17.62	<b>2:16.87</b>	525	1:06.28	1:10.59
9.	Joana Fernandes Gama	05	Sporting	2:20.59	<b>2:17.07</b>	522	1:06.80	1:10.27
10.	Carmo Dias Vieira	05	Avançado EULx	2:20.80	<b>2:17.10</b>	522	1:07.51	1:09.59
11.	Margarida Filipe Ferreira	04	Cova da Piedade	2:18.55	<b>2:17.31</b>	520	1:06.05	1:11.26
	Rita Abibe Goncalves	05	Geslours	2:22.07	<b>2:17.31</b>	520	1:07.82	1:09.49
13.	Mariana Morais Delfino	04	Sporting	2:15.48	<b>2:17.42</b>	518	1:06.62	1:10.80
14.	Daniela Alexandra Pedro	04	Sporting	2:17.63	<b>2:17.54</b>	517	1:05.41	1:12.13
15.	Yonina Brancourt	04	Geslours	2:19.79	<b>2:17.72</b>	515	1:06.29	1:11.43
16.	Maria Teresa Fernandes	05	Algés	2:22.76	<b>2:18.07</b>	511	1:08.45	1:09.62
17.	Sofia Vilardell Rodrigues	04	Geslours	2:23.53	<b>2:18.17</b>	510	1:08.19	1:09.98
18.	Soraia Maria Salgado	05	Fisica Torres Vedras	2:17.20	<b>2:18.46</b>	507	1:05.39	1:13.07
19.	Isadora Maia Andre	05	Benfica	2:15.13	<b>2:18.49</b>	506	1:06.95	1:11.54
20.	Maria Martins Camacho	04	União Piedense	2:21.11	<b>2:18.76</b>	504	1:07.42	1:11.34
21.	Diana Valadas Horta	04	Laranjeiro	2:20.94	<b>2:18.80</b>	503	1:07.95	1:10.85

**Prova 16, Femin., 200m Livres, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
22.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	2:15.82	<b>2:19.12</b>	500	1:06.23	1:12.89
23.	Joana Marinho Coelho	04	Sporting	2:18.63	<b>2:19.13</b>	500	1:07.56	1:11.57
24.	Francisca Otao Tribuna	05	Benfica	2:20.79	<b>2:19.25</b>	498	1:06.27	1:12.98
25.	Leonor Alves Morganho	04	Algés	2:27.72	<b>2:19.67</b>	494	1:07.95	1:11.72
26.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	2:19.37	<b>2:20.11</b>	489	1:07.13	1:12.98
27.	Luciana Rodrigues Moura	05	A Onda Azeitão	2:22.95	<b>2:20.51</b>	485	1:08.19	1:12.32
28.	Sara Nunes Conceicao	05	União Piedense	2:22.07	<b>2:20.63</b>	484	1:06.90	1:13.73
29.	Margarida Domingues Nunes	05	Avançado EULx	2:19.60	<b>2:21.08</b>	479	1:07.54	1:13.54
30.	Maria Del Rio Bernat	05	Algés	2:22.55	<b>2:21.15</b>	478	1:07.82	1:13.33
31.	Andreia Velho Magalhaes	04	Benfica	2:21.59	<b>2:21.40</b>	476	1:07.73	1:13.67
32.	Nicole Patriarca Franca	05	Sporting	2:24.05	<b>2:22.30</b>	467	1:08.30	1:14.00
33.	Mariana Reis Ferreira	05	A Onda Azeitão	2:24.53	<b>2:23.03</b>	460	1:09.44	1:13.59
34.	Madalena Carrapico Alexandrino	05	Algés	2:24.88	<b>2:23.26</b>	458	1:09.40	1:13.86
35.	Carolina Porem Henriques	04	Sporting	2:19.07	<b>2:23.31</b>	457	1:08.59	1:14.72
36.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	2:21.70	<b>2:23.62</b>	454	1:08.49	1:15.13
37.	Renata Campos Reis	04	Geslours	2:26.91	<b>2:23.63</b>	454	1:09.55	1:14.08
38.	Lara Moreira Lopo	05	Avançado EULx	2:27.78	<b>2:24.29</b>	448	1:09.90	1:14.39
39.	Mariana Maiato Paulino	05	Colégio Vasco da Gama	2:28.30	<b>2:26.90</b>	424	1:11.77	1:15.13
40.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	2:26.98	<b>2:29.73</b>	401	1:10.62	1:19.11
41.	Ana Belo Braga	05	A Onda Azeitão	2:31.94	<b>2:30.41</b>	395	1:11.59	1:18.82
42.	Beatriz Isabel Tavares	05	Naval Setubalense	2:28.78	<b>2:30.84</b>	392	1:13.94	1:16.90
43.	Catarina Martins Ferreira	05	A Onda Azeitão	2:31.94	<b>2:30.88</b>	392	1:12.09	1:18.79
44.	Carolina Anjos Frischknecht	04	Naval Setubalense	2:27.72	<b>2:35.36</b>	359	1:14.55	1:20.81

**Absolutos**

1.	Luisa Maria Machado	01	União Piedense	2:04.51	<b>2:01.82</b>	744	58.04	1:03.78
2.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	2:07.29	<b>2:06.11</b>	671	1:00.81	1:05.30
3.	Marta Joao Pires	05	Algés	2:08.85	<b>2:07.24</b>	653	1:02.77	1:04.47
4.	Sofia Alexandra Rolao	98	Benfica	2:06.88	<b>2:07.32</b>	652	1:01.10	1:06.22
5.	Sara Moura Cruz	03	Algés	2:11.46	<b>2:07.93</b>	643	1:02.57	1:05.36
6.	Leonor Esteves Santos	04	Avançado EULx	2:11.24	<b>2:08.80</b>	630	1:03.12	1:05.68
7.	Margarida Sobral Pimenta	99	Belenenses	2:09.32	<b>2:10.00</b>	612	1:01.21	1:08.79
8.	Clara Gomes Pereira	02	Algés	2:16.15	<b>2:10.76</b>	602	1:04.46	1:06.30
9.	Erica Cristina Reis	05	Sporting	2:16.17	<b>2:10.96</b>	599	1:02.73	1:08.23
10.	Leonor Maria Neves	03	Geslours	2:12.34	<b>2:12.11</b>	584	1:05.11	1:07.00
11.	Margarida Messias Ribeiro	98	Geslours	2:11.40	<b>2:12.19</b>	582	1:04.92	1:07.27
12.	Luana Correia Rodrigues	01	Belenenses	2:21.50	<b>2:13.73</b>	563	1:04.58	1:09.15
13.	Sofia Antunes Sebastiao	05	Amadora	2:13.09	<b>2:14.12</b>	558	1:04.33	1:09.79
14.	Lidiana Correia Rodrigues	04	Belenenses	2:15.88	<b>2:15.11</b>	546	1:05.56	1:09.55
15.	Francisca Razina Oliveira	03	Naval Amorense	2:20.09	<b>2:15.12</b>	545	1:04.95	1:10.17
16.	Ana Margarida Soares	03	Naval Setubalense	2:18.01	<b>2:15.24</b>	544	1:04.31	1:10.93
17.	Beatriz Costa Melo	04	Algés	2:20.57	<b>2:15.58</b>	540	1:05.29	1:10.29
18.	Mafalda Santos Costa	05	Colegio Int Monte Maior	2:15.28	<b>2:15.71</b>	538	1:05.57	1:10.14
19.	Catarina Trigo Ferreira	02	Natação de Lisboa	2:18.75	<b>2:16.04</b>	534	1:05.69	1:10.35
20.	Catarina Guimaraes Moreira	03	Algés	2:17.08	<b>2:16.18</b>	533	1:05.55	1:10.63
21.	Ines Figueira Santos	00	União Piedense	2:10.36	<b>2:16.72</b>	526	1:05.48	1:11.24
22.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	2:17.62	<b>2:16.87</b>	525	1:06.28	1:10.59
23.	Joana Fernandes Gama	05	Sporting	2:20.59	<b>2:17.07</b>	522	1:06.80	1:10.27
24.	Carmo Dias Vieira	05	Avançado EULx	2:20.80	<b>2:17.10</b>	522	1:07.51	1:09.59
25.	Margarida Filipe Ferreira	04	Cova da Piedade	2:18.55	<b>2:17.31</b>	520	1:06.05	1:11.26
	Rita Abibe Goncalves	05	Geslours	2:22.07	<b>2:17.31</b>	520	1:07.82	1:09.49
27.	Mariana Morais Delfino	04	Sporting	2:15.48	<b>2:17.42</b>	518	1:06.62	1:10.80
28.	Daniela Alexandra Pedro	04	Sporting	2:17.63	<b>2:17.54</b>	517	1:05.41	1:12.13
29.	Yonina Brancourt	04	Geslours	2:19.79	<b>2:17.72</b>	515	1:06.29	1:11.43
30.	Maria Teresa Fernandes	05	Algés	2:22.76	<b>2:18.07</b>	511	1:08.45	1:09.62
31.	Sofia Vilardell Rodrigues	04	Geslours	2:23.53	<b>2:18.17</b>	510	1:08.19	1:09.98
32.	Soraia Maria Salgado	05	Fisica Torres Vedras	2:17.20	<b>2:18.46</b>	507	1:05.39	1:13.07
33.	Isadora Maia Andre	05	Benfica	2:15.13	<b>2:18.49</b>	506	1:06.95	1:11.54
34.	Soraia Guerra Rolim	95	Laranjeiro	2:18.24	<b>2:18.51</b>	506	1:06.00	1:12.51
35.	Caetana Neves Carneiro	03	Natação de Lisboa	2:22.80	<b>2:18.59</b>	505	1:07.63	1:10.96
36.	Maria Martins Camacho	04	União Piedense	2:21.11	<b>2:18.76</b>	504	1:07.42	1:11.34

**Prova 16, Femin., 200m Livres, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
37.	Diana Valadas Horta	04	Laranjeiro	2:20.94	<b>2:18.80</b>	503	1:07.95	1:10.85
38.	Marta Viola Marques	03	Colégio Vasco da Gama	2:20.20	<b>2:18.83</b>	503	1:06.46	1:12.37
39.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	2:15.82	<b>2:19.12</b>	500	1:06.23	1:12.89
40.	Joana Marinho Coelho	04	Sporting	2:18.63	<b>2:19.13</b>	500	1:07.56	1:11.57
41.	Francisca Otao Tribuna	05	Benfica	2:20.79	<b>2:19.25</b>	498	1:06.27	1:12.98
42.	Leonor Alves Morganho	04	Algés	2:27.72	<b>2:19.67</b>	494	1:07.95	1:11.72
43.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	2:19.37	<b>2:20.11</b>	489	1:07.13	1:12.98
44.	Beatriz Pedro Ferreira	03	CPCD - Póvoa Sta Iria	2:23.05	<b>2:20.41</b>	486	1:07.76	1:12.65
45.	Luciana Rodrigues Moura	05	A Onda Azeitão	2:22.95	<b>2:20.51</b>	485	1:08.19	1:12.32
46.	Sara Nunes Conceicao	05	União Piedense	2:22.07	<b>2:20.63</b>	484	1:06.90	1:13.73
47.	Margarida Domingues Nunes	05	Avançado EULx	2:19.60	<b>2:21.08</b>	479	1:07.54	1:13.54
48.	Maria Del Rio Bernat	05	Algés	2:22.55	<b>2:21.15</b>	478	1:07.82	1:13.33
49.	Andreia Velho Magalhaes	04	Benfica	2:21.59	<b>2:21.40</b>	476	1:07.73	1:13.67
50.	Catarina Ines Correia	03	Naval Setubalense	2:21.97	<b>2:21.68</b>	473	1:09.31	1:12.37
51.	Nicole Patriarca Franca	05	Sporting	2:24.05	<b>2:22.30</b>	467	1:08.30	1:14.00
52.	Mariana Reis Ferreira	05	A Onda Azeitão	2:24.53	<b>2:23.03</b>	460	1:09.44	1:13.59
53.	Madalena Carrapico Alexandrino	05	Algés	2:24.88	<b>2:23.26</b>	458	1:09.40	1:13.86
54.	Carolina Porem Henriques	04	Sporting	2:19.07	<b>2:23.31</b>	457	1:08.59	1:14.72
55.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	2:21.70	<b>2:23.62</b>	454	1:08.49	1:15.13
56.	Renata Campos Reis	04	Geslours	2:26.91	<b>2:23.63</b>	454	1:09.55	1:14.08
57.	Lara Moreira Lopo	05	Avançado EULx	2:27.78	<b>2:24.29</b>	448	1:09.90	1:14.39
58.	Matilde Pereira Carrao	03	Laranjeiro	2:21.70	<b>2:24.98</b>	441	1:08.05	1:16.93
59.	Mariana Maiato Paulino	05	Colégio Vasco da Gama	2:28.30	<b>2:26.90</b>	424	1:11.77	1:15.13
60.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	2:26.98	<b>2:29.73</b>	401	1:10.62	1:19.11
61.	Ana Belo Braga	05	A Onda Azeitão	2:31.94	<b>2:30.41</b>	395	1:11.59	1:18.82
62.	Beatriz Isabel Tavares	05	Naval Setubalense	2:28.78	<b>2:30.84</b>	392	1:13.94	1:16.90
63.	Catarina Martins Ferreira	05	A Onda Azeitão	2:31.94	<b>2:30.88</b>	392	1:12.09	1:18.79
64.	Carolina Anjos Frischknecht	04	Naval Setubalense	2:27.72	<b>2:35.36</b>	359	1:14.55	1:20.81
EXH	Maria Lopes Amado	04	Individual Leiria	2:08.32	<b>2:11.71</b>	589	1:02.63	1:09.08

**Prova 17**

13.07.2019 - 17:37

**Masc., 50m Bruços**
**Absolutos Resultados**

Rec Regional Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Jun 2	28.57	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Regional Jun 1	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	2009
Rec Regional Juv A	29.52	Ricardo Samuel Pereira	SLB	Algés	2019
Rec Regional Juv B	31.23	Ricardo Samuel Pereira	SLB	Albufeira	2017
Rec Regional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014

TAC - Masc Juv B 50m: 34.96; Juv A 50m: 34.96; Jun 1 50m: 34.96; Jun 2 50m: 34.45; Sen 50m: 33.79

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Ricardo Samuel Pereira <i>Rec Regional</i>	03	Benfica	29.25	<b>29.23</b>	644
2.	Pedro Miguel Silva	94	Colegio Int Monte Maior	29.76	<b>30.30</b>	578
3.	Diogo Ramos Lebre	01	Benfica	33.43	<b>30.65</b>	559
4.	Diogo Garcez Mateus	02	A Onda Azeitão	30.44	<b>30.92</b>	544
5.	Vicente Morgado Ventoso	00	Avançado EULx	31.60	<b>30.97</b>	541
6.	Joao Costa Fonseca	00	Natação de Lisboa	30.46	<b>31.17</b>	531
7.	Miguel Henriques Marques	00	Benfica	29.99	<b>31.21</b>	529
8.	Frederico Sousa Soares	96	Bombeiros dos Estoris	32.61	<b>31.40</b>	519
9.	Bruno Miguel Martins	93	Geslours	30.48	<b>31.44</b>	518
	Joao Manuel Vargas	00	Individual ANL	31.12	<b>31.44</b>	518
11.	Ricardo Basilio Marreiros	97	Individual ANL	31.42	<b>31.55</b>	512
12.	David Granja Lopes	90	A Onda Azeitão	31.47	<b>31.58</b>	511
13.	Joao Lourenco Rebelo	04	Algés	31.55	<b>31.60</b>	510
14.	Bernardo Garcia Perloiro	00	Sporting	31.48	<b>31.72</b>	504
15.	Daniel Nogueira Catalao	00	Benfica	31.33	<b>31.95</b>	493

**Prova 17, Masc., 50m Bruços, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
16.	Tomas Almeida Leitao	03	Algés	32.12	<b>32.15</b>	484
17.	Rui Miguel Correia	96	C N Montijo	31.63	<b>32.38</b>	474
	Tiago Rafael Martins	97	Avançado EULx	32.18	<b>32.38</b>	474
19.	Pedro Silva Vaz	98	Bombeiros dos Estoris	32.23	<b>32.61</b>	464
20.	Henrique Chan Machado	02	Algés	33.79	<b>33.21</b>	439
21.	Richard Jesus Fernandes	95	Laranjeiro	32.78	<b>33.72</b>	419
22.	Filipe Eduardo Morais	01	CPCD - Póvoa Sta Iria	33.43	<b>33.74</b>	419
23.	Diogo Miguel Monteiro	04	Despertarecorde	33.91	<b>34.28</b>	399
24.	Tiago Represas Loureiro	03	Salesianos	33.91	<b>35.01</b>	375

**Prova 18**

13.07.2019 - 17:41

**Femin., 50m Bruços**
**Absolutos**
**Resultados**

Rec Regional Sen	31.43	Diana Duarte Gomes	CNA	Sto Antº Cavaleiros	2009
Rec Regional Jun 2	32.09	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	32.37	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Juv A	33.73	Nadia Alexandra Correia	SFUAP	Mealhada	2000
Rec Regional Juv B	34.82	Ana Beatriz Marques	SAD	Algés	2012
Rec Regional Abs	31.43	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009
Rec Nacional Abs	30.80	Ana Pinho Rodrigues	ADS	Porto	2017

TAC - Fem Juv B 50m: 40.24; Juv A 50m: 40.24; Jun 1 50m: 40.24; Jun 2 50m: 39.85; Sen 50m: 39.67

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Claudia Ferreira Borges	99	Benfica	32.91	<b>34.11</b>	591
2.	Margarida Filipe Ferreira	04	Cova da Piedade	33.26	<b>34.76</b>	559
3.	Rita Fernandes Leitao	96	Natação de Lisboa	38.48	<b>35.11</b>	542
4.	Mariana Graca Vasconcelos	99	Bombeiros dos Estoris	34.06	<b>35.26</b>	535
5.	Ines Silva Bernardo	00	Benfica	35.42	<b>35.33</b>	532
6.	Beatriz Antunes Carvalho	99	Sporting	34.29	<b>35.42</b>	528
7.	Natacha Sofia Silva	02	Benfica	34.36	<b>35.45</b>	527
8.	Beatriz Vaz Rebelo	03	Geslours	36.92	<b>35.89</b>	508
9.	Andreia Wongsangnoi Alves	03	Colegio Int Monte Maior	34.52	<b>36.12</b>	498
	Sofia Vilardell Rodrigues	04	Geslours	37.53	<b>36.12</b>	498
11.	Iolanda Sofia Clérigo	02	Palmela Desporto	36.64	<b>36.40</b>	487
12.	Aleksandra Bozanic Borcic	04	Algés	36.88	<b>36.57</b>	480
13.	Margarida Mota Silva	03	Palmela Desporto	36.18	<b>36.87</b>	468
14.	Mariana Van Ossenbruggen	98	Laranjeiro	37.29	<b>36.99</b>	464
15.	Cristiana Silva Ulpiano	95	Laranjeiro	36.42	<b>37.16</b>	457
16.	Ana Fernandes Costa	00	C N Montijo	38.48	<b>40.88</b>	343
DSQ	Raquel Correia	04	Despertarecorde	39.03		

*B30 - Toque não simultâneo das mãos na parede testa na viragem aos 25 metros (SW 7.6)*



**Prova 19**  
**13.07.2019 - 17:45**
**Masc., 200m Costas**
**Absolutos**  
**Resultados**

Rec Regional Sen	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Regional Jun 2	1:58.58	Alexis Manacas Santos	SCP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	2:00.88	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Regional Juv B	2:04.99	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Regional Abs	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Nacional Abs	1:52.66	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 2:37.96; Juv A 50m: 2:35.09; Jun 1 50m: 2:29.41; Jun 2 50m: 2:27.27; Sen 50m: 2:24.43

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Tomas Nogueira Gomes	03	União Piedense	2:05.22	<b>2:10.69</b>	528	1:03.96	1:06.73
2.	Tiago Miguel Dias	03	Natação de Lisboa	2:14.25	<b>2:11.84</b>	514	1:03.99	1:07.85
3.	Andre Azevedo Baraona	04	C N Montijo	2:12.46	<b>2:14.20</b>	487	1:05.02	1:09.18
4.	Felipe Menegassi Maia	04	Algés	2:16.02	<b>2:15.20</b>	476	1:05.18	1:10.02
5.	Joao Miguel Cascalheira	03	Naval Setubalense	2:22.11	<b>2:16.84</b>	459	1:07.34	1:09.50
6.	Afonso Cipriano Pinto	04	Sporting	2:23.01	<b>2:17.35</b>	454	1:06.46	1:10.89
7.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	2:20.83	<b>2:17.47</b>	453	1:06.89	1:10.58
8.	Nicolae Iachimovschi	03	Belenenses	2:16.88	<b>2:17.51</b>	453	1:06.59	1:10.92
9.	Dinis Viola Caroco	03	Sporting	2:19.19	<b>2:17.55</b>	452	1:07.40	1:10.15
10.	Antonio Lombardi Carvalho	04	Belenenses	2:23.85	<b>2:17.87</b>	449	1:08.21	1:09.66
11.	Ricardo Martins Ferreira	03	A Onda Azeitão	2:19.27	<b>2:18.26</b>	445	1:08.49	1:09.77
12.	Gonçalo Nuno Raposo	03	A Onda Azeitão	2:20.94	<b>2:19.50</b>	434	1:07.75	1:11.75
13.	Pedro Pires Gomes	03	Belenenses	2:21.36	<b>2:20.63</b>	423	1:08.50	1:12.13
14.	Guilherme Machado Santos	04	União Piedense	2:19.31	<b>2:20.69</b>	423	1:08.14	1:12.55
15.	Tiago Fanha Lopes	04	C N Montijo	2:19.89	<b>2:21.74</b>	413	1:08.59	1:13.15
16.	Luis Cabral Junior	03	Belenenses	2:31.99	<b>2:22.03</b>	411	1:11.03	1:11.00
17.	Miguel Costa Simoes	04	Cova da Piedade	2:17.70	<b>2:22.17</b>	410	1:11.13	1:11.04
18.	Pedro Henriques Correia	03	Benfica	2:17.80	<b>2:22.39</b>	408	1:08.77	1:13.62
19.	Francisco Sousa Uva	04	Algés	2:21.79	<b>2:22.42</b>	407	1:09.33	1:13.09
20.	Tomás Pratas Neto	04	Palmela Desporto	2:28.94	<b>2:23.94</b>	395	1:10.31	1:13.63
21.	Jose Miguel Oliveira	03	Naval Setubalense	2:20.39	<b>2:24.14</b>	393	1:09.84	1:14.30
22.	Bernardo Araujo Freire	03	Algés	2:21.39	<b>2:24.69</b>	389	1:10.63	1:14.06
23.	Tomas Santos Luis	04	Sporting	2:27.02	<b>2:25.11</b>	385	1:09.97	1:15.14
24.	Jaeden Michael Nunes	04	Belenenses	2:34.80	<b>2:25.65</b>	381	1:11.95	1:13.70
25.	Luis Maia Pegado	03	Sporting	2:26.88	<b>2:26.42</b>	375	1:11.06	1:15.36
26.	Gonçalo Gomes Augusto	04	A Onda Azeitão	2:28.35	<b>2:28.30</b>	361	1:12.64	1:15.66
27.	Daniel Elias Duarte	04	Laranjeiro	2:33.03	<b>2:28.42</b>	360	1:12.25	1:16.17
28.	Pedro Miguel Matos	03	Colégio Vasco da Gama	2:29.23	<b>2:29.90</b>	349	1:12.95	1:16.95
29.	Goncalo Filipe Carrapito	04	União Piedense	2:30.04	<b>2:32.37</b>	333	1:13.57	1:18.80
30.	Miguel Alexandre Araujo	04	União Piedense	2:34.80	<b>2:40.13</b>	287	1:18.93	1:21.20
DSQ	Goncalo Afonso Gouveia	04	Sporting	2:29.43				

C10 - Perdeu a posição dorsal aos 165 metros. (SW 6.2)

**Absolutos**

1.	Diogo Santos Costa	02	Colegio Int Monte Maior	2:01.78	<b>2:03.18</b>	630	1:00.63	1:02.55
2.	Pedro Andre Santos	94	Algés	2:05.65	<b>2:05.33</b>	598	1:00.54	1:04.79
3.	Joao Diogo Fernandes	98	Belenenses	2:07.44	<b>2:07.80</b>	564	1:01.90	1:05.90
4.	Tiago Barros Ferreira	94	Algés	2:08.21	<b>2:07.91</b>	563	1:03.34	1:04.57
5.	David Matias Cristino	01	União Piedense	2:06.59	<b>2:08.57</b>	554	1:04.81	1:03.76
6.	Rodrigo Antonio Rosa	96	Benfica	1:59.24	<b>2:09.25</b>	545	1:04.14	1:05.11
7.	Diogo Ramos Lebre	01	Benfica	2:06.95	<b>2:09.75</b>	539	1:05.55	1:04.20
8.	Martim Primavera Alfama	02	Geslourses	2:05.55	<b>2:10.28</b>	533	1:04.30	1:05.98
9.	Tomas Nogueira Gomes	03	União Piedense	2:05.22	<b>2:10.69</b>	528	1:03.96	1:06.73
10.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	2:11.49	<b>2:11.32</b>	520	1:03.10	1:08.22
11.	Tiago Miguel Dias	03	Natação de Lisboa	2:14.25	<b>2:11.84</b>	514	1:03.99	1:07.85
12.	Ricardo Pinela Ferreira	01	Benfica	2:10.81	<b>2:11.99</b>	512	1:03.13	1:08.86
13.	Andre Azevedo Baraona	04	C N Montijo	2:12.46	<b>2:14.20</b>	487	1:05.02	1:09.18

**Prova 19, Masc., 200m Costas, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
14.	Felipe Menegassi Maia	04	Algés	2:16.02	<b>2:15.20</b>	476	1:05.18	1:10.02
15.	Tomas Penha Monteiro	02	Algés	2:18.34	<b>2:16.16</b>	466	1:07.40	1:08.76
16.	Joao Miguel Cascalheira	03	Naval Setubalense	2:22.11	<b>2:16.84</b>	459	1:07.34	1:09.50
17.	Joao Manuel Vargas	00	Individual ANL	2:21.55	<b>2:16.85</b>	459	1:07.77	1:09.08
18.	Tiago Leite Barreiros	02	Algés	2:16.81	<b>2:17.09</b>	457	1:06.30	1:10.79
19.	Afonso Cipriano Pinto	04	Sporting	2:23.01	<b>2:17.35</b>	454	1:06.46	1:10.89
20.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	2:20.83	<b>2:17.47</b>	453	1:06.89	1:10.58
21.	Nicolae Iachimovschi	03	Belenenses	2:16.88	<b>2:17.51</b>	453	1:06.59	1:10.92
22.	Dinis Viola Caroco	03	Sporting	2:19.19	<b>2:17.55</b>	452	1:07.40	1:10.15
23.	Antonio Lombardi Carvalho	04	Belenenses	2:23.85	<b>2:17.87</b>	449	1:08.21	1:09.66
24.	Ricardo Martins Ferreira	03	A Onda Azeitão	2:19.27	<b>2:18.26</b>	445	1:08.49	1:09.77
25.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	2:26.43	<b>2:18.78</b>	440	1:08.43	1:10.35
26.	Gonçalo Nuno Raposo	03	A Onda Azeitão	2:20.94	<b>2:19.50</b>	434	1:07.75	1:11.75
27.	Pedro Pires Gomes	03	Belenenses	2:21.36	<b>2:20.63</b>	423	1:08.50	1:12.13
28.	Guilherme Machado Santos	04	União Piedense	2:19.31	<b>2:20.69</b>	423	1:08.14	1:12.55
29.	Edgar Filipe Santos	01	União Piedense	2:14.30	<b>2:21.65</b>	414	1:07.50	1:14.15
30.	Tiago Fanha Lopes	04	C N Montijo	2:19.89	<b>2:21.74</b>	413	1:08.59	1:13.15
31.	Luis Cabral Junior	03	Belenenses	2:31.99	<b>2:22.03</b>	411	1:11.03	1:11.00
32.	Miguel Costa Simoes	04	Cova da Piedade	2:17.70	<b>2:22.17</b>	410	1:11.13	1:11.04
33.	Pedro Henriques Correia	03	Benfica	2:17.80	<b>2:22.39</b>	408	1:08.77	1:13.62
34.	Francisco Sousa Uva	04	Algés	2:21.79	<b>2:22.42</b>	407	1:09.33	1:13.09
35.	Tomás Pratas Neto	04	Palmela Desporto	2:28.94	<b>2:23.94</b>	395	1:10.31	1:13.63
36.	Jose Miguel Oliveira	03	Naval Setubalense	2:20.39	<b>2:24.14</b>	393	1:09.84	1:14.30
37.	Bernardo Araujo Freire	03	Algés	2:21.39	<b>2:24.69</b>	389	1:10.63	1:14.06
38.	Tomas Santos Luis	04	Sporting	2:27.02	<b>2:25.11</b>	385	1:09.97	1:15.14
39.	Jaeden Michael Nunes	04	Belenenses	2:34.80	<b>2:25.65</b>	381	1:11.95	1:13.70
40.	Luis Maia Pegado	03	Sporting	2:26.88	<b>2:26.42</b>	375	1:11.06	1:15.36
41.	Gonçalo Gomes Augusto	04	A Onda Azeitão	2:28.35	<b>2:28.30</b>	361	1:12.64	1:15.66
42.	Daniel Elias Duarte	04	Laranjeiro	2:33.03	<b>2:28.42</b>	360	1:12.25	1:16.17
43.	Pedro Miguel Matos	03	Colégio Vasco da Gama	2:29.23	<b>2:29.90</b>	349	1:12.95	1:16.95
44.	Goncalo Filipe Carrapito	04	União Piedense	2:30.04	<b>2:32.37</b>	333	1:13.57	1:18.80
45.	Miguel Alexandre Araujo	04	União Piedense	2:34.80	<b>2:40.13</b>	287	1:18.93	1:21.20
DSQ	Goncalo Afonso Gouveia	04	Sporting	2:29.43				

*C10 - Perdeu a posição dorsal aos 165 metros. (SW 6.2)*

**Prova 20**
**Femin., 200m Costas**
**Absolutos**

13.07.2019 - 18:06

**Resultados**

Rec Regional Sen	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Regional Jun 2	2:11.46	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Regional Jun 1	2:12.80	Petra Quintela Chaves	SAD	Algés	1994
Rec Regional Juv A	2:16.30	Petra Quintela Chaves	SAD		1993
Rec Regional Juv B	2:19.15	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Regional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Nacional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017

TAC - Fem Juv B 50m: 2:54.17; Juv A 50m: 2:49.33; Jun 1 50m: 2:44.60; Jun 2 50m: 2:43.00; Sen 50m: 2:42.20

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Carolina Fale Costa	04	Colegio Int Monte Maior	2:25.51	<b>2:27.37</b>	529	1:11.54	1:15.83
2.	Soraia Maria Salgado	05	Fisica Torres Vedras	2:29.27	<b>2:29.06</b>	511	1:11.47	1:17.59
3.	Marta Macedo Inacio	04	Sporting	2:36.16	<b>2:29.71</b>	505	1:14.28	1:15.43
4.	Ana Beatriz Simoes	05	Sporting	2:32.62	<b>2:29.98</b>	502	1:13.42	1:16.56
5.	Barbara Cunha Ventura	05	Benfica	2:33.71	<b>2:32.91</b>	474	1:14.88	1:18.03
6.	Rita Ferreira Gomes	05	Algés	2:36.23	<b>2:33.04</b>	472	1:15.55	1:17.49
7.	Vera Figueiredo Narra	04	Amadora	2:34.49	<b>2:33.53</b>	468	1:15.54	1:17.99
8.	Simone Filipe Monteiro	05	Geslours	2:36.51	<b>2:33.97</b>	464	1:14.27	1:19.70
9.	Mafalda Santos Costa	05	Colegio Int Monte Maior	2:35.02	<b>2:34.47</b>	459	1:16.24	1:18.23

**Prova 20, Femin., 200m Costas, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
10.	Maria Correia Ricardo	05	Naval Setubalense	2:38.26	<b>2:35.12</b>	454	1:16.59	1:18.53
11.	Joana Maia Antunes	04	Benfica	2:30.21	<b>2:35.19</b>	453	1:13.24	1:21.95
12.	Neuza Velho Magalhaes	05	Benfica	2:41.14	<b>2:36.13</b>	445	1:16.39	1:19.74
13.	Rafaela Diogo Martins	05	Naval Setubalense	2:38.58	<b>2:36.23</b>	444	1:16.76	1:19.47
14.	Raquel Raposo Lopes	04	Cova da Piedade	2:33.94	<b>2:36.84</b>	439	1:16.13	1:20.71
15.	Diana Valadas Horta	04	Laranjeiro	2:42.74	<b>2:39.53</b>	417	1:19.78	1:19.75
16.	Maria Martins Camacho	04	União Piedense	2:37.50	<b>2:39.71</b>	416	1:17.38	1:22.33
17.	Maria Freire Alves	04	Bombeiros dos Estoris	2:40.50	<b>2:41.98</b>	398	1:18.40	1:23.58
18.	Lara Moreira Lopo	05	Avançado EULx	2:44.38	<b>2:42.23</b>	396	1:20.17	1:22.06
19.	Ana Belo Braga	05	A Onda Azeitão	2:45.15	<b>2:42.72</b>	393	1:18.77	1:23.95
20.	Mariana Maiato Paulino	05	Colégio Vasco da Gama	2:44.61	<b>2:43.61</b>	387	1:19.54	1:24.07
21.	Francisca Otao Tribuna	05	Benfica	2:40.12	<b>2:43.68</b>	386	1:20.57	1:23.11
22.	Mariana Reis Ferreira	05	A Onda Azeitão	2:48.42	<b>2:46.30</b>	368	1:21.09	1:25.21
23.	Catarina Maria Santos	05	CPCD - Póvoa Sta Iria	2:43.85	<b>2:46.42</b>	367	1:21.89	1:24.53
24.	Carolina Alexandra Silva	05	Despertarecorde	2:50.06	<b>2:47.43</b>	361	1:20.97	1:26.46
25.	Catarina Martins Ferreira	05	A Onda Azeitão	2:50.69	<b>2:54.75</b>	317	1:24.51	1:30.24
DSQ	Ana Sofia Inacio	04	Sporting	2:31.50				

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 50m) imediatamente após o final da braçada.

**Absolutos**

1.	Catarina Martins Mestre	00	Natação de Lisboa	2:16.59	<b>2:19.02</b>	630	1:06.37	1:12.65
2.	Ana Raquel Ferreira	98	Natação de Lisboa	2:25.75	<b>2:24.29</b>	564	1:09.44	1:14.85
3.	Maria Ornelas Armas	98	Avançado EULx	2:28.67	<b>2:25.45</b>	550	1:10.41	1:15.04
4.	Bruna Martins Riesenberger	97	Laranjeiro	2:36.38	<b>2:26.78</b>	535	1:11.73	1:15.05
5.	Maria Mousinho Esteves	02	Laranjeiro	2:29.38	<b>2:27.02</b>	533	1:12.43	1:14.59
6.	Carolina Fale Costa	04	Colegio Int Monte Maior	2:25.51	<b>2:27.37</b>	529	1:11.54	1:15.83
7.	Soraia Maria Salgado	05	Fisica Torres Vedras	2:29.27	<b>2:29.06</b>	511	1:11.47	1:17.59
8.	Marta Macedo Inacio	04	Sporting	2:36.16	<b>2:29.71</b>	505	1:14.28	1:15.43
9.	Ana Beatriz Simoes	05	Sporting	2:32.62	<b>2:29.98</b>	502	1:13.42	1:16.56
10.	Maria Ines Ribeiro	03	Individual ANL	2:35.27	<b>2:30.12</b>	501	1:13.49	1:16.63
11.	Ines Figueira Santos	00	União Piedense	2:33.00	<b>2:32.19</b>	480	1:13.74	1:18.45
12.	Beatriz Elisabete Pereira	97	Cova da Piedade	2:26.55	<b>2:32.61</b>	476	1:11.18	1:21.43
13.	Barbara Cunha Ventura	05	Benfica	2:33.71	<b>2:32.91</b>	474	1:14.88	1:18.03
14.	Rita Ferreira Gomes	05	Algés	2:36.23	<b>2:33.04</b>	472	1:15.55	1:17.49
15.	Vera Figueiredo Narra	04	Amadora	2:34.49	<b>2:33.53</b>	468	1:15.54	1:17.99
16.	Simone Filipe Monteiro	05	Geslourses	2:36.51	<b>2:33.97</b>	464	1:14.27	1:19.70
17.	Mafalda Santos Costa	05	Colegio Int Monte Maior	2:35.02	<b>2:34.47</b>	459	1:16.24	1:18.23
18.	Maria Correia Ricardo	05	Naval Setubalense	2:38.26	<b>2:35.12</b>	454	1:16.59	1:18.53
19.	Joana Maia Antunes	04	Benfica	2:30.21	<b>2:35.19</b>	453	1:13.24	1:21.95
20.	Neuza Velho Magalhaes	05	Benfica	2:41.14	<b>2:36.13</b>	445	1:16.39	1:19.74
21.	Rafaela Diogo Martins	05	Naval Setubalense	2:38.58	<b>2:36.23</b>	444	1:16.76	1:19.47
22.	Raquel Raposo Lopes	04	Cova da Piedade	2:33.94	<b>2:36.84</b>	439	1:16.13	1:20.71
23.	Celeste Santos Ricardo	01	União Piedense	2:33.62	<b>2:36.85</b>	439	1:15.90	1:20.95
24.	Diana Valadas Horta	04	Laranjeiro	2:42.74	<b>2:39.53</b>	417	1:19.78	1:19.75
25.	Maria Martins Camacho	04	União Piedense	2:37.50	<b>2:39.71</b>	416	1:17.38	1:22.33
26.	Maria Freire Alves	04	Bombeiros dos Estoris	2:40.50	<b>2:41.98</b>	398	1:18.40	1:23.58
27.	Lara Moreira Lopo	05	Avançado EULx	2:44.38	<b>2:42.23</b>	396	1:20.17	1:22.06
28.	Ana Belo Braga	05	A Onda Azeitão	2:45.15	<b>2:42.72</b>	393	1:18.77	1:23.95
29.	Mariana Maiato Paulino	05	Colégio Vasco da Gama	2:44.61	<b>2:43.61</b>	387	1:19.54	1:24.07
30.	Francisca Otao Tribuna	05	Benfica	2:40.12	<b>2:43.68</b>	386	1:20.57	1:23.11
31.	Mariana Reis Ferreira	05	A Onda Azeitão	2:48.42	<b>2:46.30</b>	368	1:21.09	1:25.21
32.	Catarina Maria Santos	05	CPCD - Póvoa Sta Iria	2:43.85	<b>2:46.42</b>	367	1:21.89	1:24.53
33.	Carolina Alexandra Silva	05	Despertarecorde	2:50.06	<b>2:47.43</b>	361	1:20.97	1:26.46
34.	Catarina Martins Ferreira	05	A Onda Azeitão	2:50.69	<b>2:54.75</b>	317	1:24.51	1:30.24
DSQ	Ana Sofia Inacio	04	Sporting	2:31.50				

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 50m) imediatamente após o final da braçada.

EXH	Maria Lopes Amado	04	Individual Leiria	2:20.28	<b>2:25.29</b>	552	1:10.57	1:14.72
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**Prova 21**  
**13.07.2019 - 18:47**
**Masc., 4 x 100m Livres**
**Absolutos**  
**Resultados**

Rec Nacional Sen	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	2014
Rec Nacional Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	2014
Rec Nacional Juv B	3:42.92	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014
Rec Nacional Abs	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	2018

TAC - Masc Juv B 50m: 4:24.43; Juv A 50m: 4:19.62; Juv 50m: 4:19.62; Jun 50m: 4:14.52; Sen 50m: 4:03.07

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>					
1.		<b>Col�gio Vasco da Gama</b>	<b>3:56.04</b>	<b>3:47.12</b>	525
	04	25.67 53.15	03	28.48	59.17
	03	27.63 57.95	03	27.37	56.85
		Guilherme Carmo Manz			
		Henrique Pinheiro Valente			
2.		<b>Benfica</b>	<b>3:51.34</b>	<b>3:48.00</b>	519
	03	27.40 56.56	03	28.30	58.23
	03	25.84 55.22	03	27.95	57.99
		Joao Matos Fidalgo			
		Pedro Henriques Correia			
3.		<b>Uni�o Piedense</b>	<b>3:51.63</b>	<b>3:49.06</b>	512
	04	28.59 58.73	03	27.55	58.85
	03	25.51 53.63	04	27.51	57.85
		Guilherme Matias Cristino			
		Rafael Caceres Lopes			
4.		<b>A Onda Azeit�o</b>	<b>3:54.57</b>	<b>3:51.13</b>	498
	03	27.58 56.81	04	27.88	57.36
	03	28.89 1:00.33	03	26.88	56.63
		Miguel Madeira Silva			
		Rodrigo Beja Lopes			
5.		<b>Belenenses</b>	<b>3:49.66</b>	<b>3:52.20</b>	491
	04	28.51 1:00.06	03	27.05	56.84
	03	27.24 57.71	04	27.54	57.59
		Pedro Pires Gomes			
		Antonio Lombardi Carvalho			
6.		<b>C N Montijo</b>	<b>4:10.00</b>	<b>3:52.43</b>	490
	04	27.29 56.95	03	28.47	59.90
	04	28.01 58.97	04	26.96	56.61
		Diogo Miguel Duraes			
		Andre Azevedo Baraona			
7.		<b>Cova da Piedade</b>	<b>3:57.00</b>	<b>3:54.81</b>	475
	04	28.10 58.53	03	27.59	57.48
	04	27.85 57.97	04	29.33	1:00.83
		Pedro Esteves Duarte			
		Miguel Filipe Anjo			
8.		<b>Geslours</b>	<b>3:56.24</b>	<b>3:55.67</b>	470
	04	28.81 1:00.58	03	28.70	59.40
	03	27.99 58.95	03	26.91	56.74
		David Manuel Vale			
		Salvador Ataide Parente			
9.		<b>Colegio Int Monte Maior</b>	<b>4:03.02</b>	<b>4:01.32</b>	438
	03	27.94 57.16	04	31.06	1:05.14
	04	28.95 1:00.75	04	28.41	58.27
		Daniel Nogueira Ferreira			
		Tiago Miguel Trombinhas			
10.		<b>Avan�ado EULx</b>	<b>4:07.01</b>	<b>4:01.81</b>	435
	04	28.47 59.35	03	30.42	1:04.03
	04	29.14 1:00.03	04	28.03	58.40
		Tomas Graca Firme			
		Tiago Barroso Proenca			
11.		<b>Palmela Desporto</b>	<b>4:02.05</b>	<b>4:02.80</b>	430
	04	27.53 58.02	04	31.03	1:05.28
	04	28.32 1:00.36	04	27.56	59.14
		Daniel Zorro Correia			
		Joao Silva Angelino			

**Absolutos**

1.		<b>Benfica</b>	<b>3:35.41</b>	<b>3:30.53</b>	660
	97	25.30 53.29	01	24.50	51.21
	00	23.96 51.79	00	25.23	54.24
		Diogo Ramos Lebre			
		Daniel Nogueira Catalao			
2.		<b>Uni�o Piedense</b>	<b>3:36.00</b>	<b>3:33.85</b>	629
	01	26.03 54.27	02	25.23	53.53
	01	25.79 54.68	86	24.16	51.37
		Bernardo Geada Brito			
		Fernando Souza Silva			
3.		<b>A Onda Azeit�o</b>	<b>3:35.55</b>	<b>3:34.92</b>	620
	90	25.27 53.06	00	25.66	54.88
	02	25.29 53.63	00	24.96	53.35
		Diogo Puidival Marques			
		Bernardo Antunes Augusto			
4.		<b>Laranjeiro</b>	<b>3:39.81</b>	<b>3:34.96</b>	620
	00	26.52 54.90	99	25.86	54.15
	98	24.76 52.02	02	25.47	53.89
		Ricardo Nuno Estevens			
		Joao Nogueira Mendes			
5.		<b>Colegio Int Monte Maior</b>	<b>3:45.37</b>	<b>3:38.35</b>	591
	02	27.10 55.54	01	26.50	55.45
	02	27.09 56.49	02	24.44	50.87
		Diogo Santos Cardoso			
		Diogo Santos Costa			

**Prova 21, Masc., 4 x 100m Livres, Absolutos**

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
6.		Natação de Lisboa	3:44.00	<b>3:46.71</b>	528
		Joao Costa Fonseca	00	26.98	56.95
		Tiago Miguel Dias	03	26.67	56.76
		Filipe Nunes Magalhaes	98	26.79	56.80
		Pedro Ferraz Esteves	99	26.43	56.20
7.		Colégio Vasco da Gama	3:56.04	<b>3:47.12</b>	525
		Bernardo Jorge Simoes	04		
		Joao Luis Matos	03		
		Guilherme Carmo Manz	03		
		Henrique Pinheiro Valente	03		
8.		Benfica	3:51.34	<b>3:48.00</b>	519
		Daniel Shumeika Zayika	03		
		Ricardo Samuel Pereira	03		
		Joao Matos Fidalgo	03		
		Pedro Henriques Correia	03		
9.		Avançado EULx	3:51.18	<b>3:48.09</b>	519
		Vicente Morgado Ventoso	00	26.76	56.12
		Tiago Miguel Silvestre	00	26.69	57.55
		Tiago Rafael Martins	97	26.78	56.44
		Guilherme Maria Matos	00	26.75	57.98
10.		União Piedense	3:51.63	<b>3:49.06</b>	512
		Guilherme Machado Santos	04		
		Tomas Nogueira Gomes	03		
		Guilherme Matias Cristino	03		
		Rafael Caceres Lopes	04		
11.		A Onda Azeitão	3:54.57	<b>3:51.13</b>	498
		Ricardo Martins Ferreira	03		
		Gonçalo Nuno Raposo	03		
		Miguel Madeira Silva	04		
		Rodrigo Beja Lopes	03		
12.		Belenenses	3:49.66	<b>3:52.20</b>	491
		Jaeden Michael Nunes	04		
		Nicolae Iachimovschi	03		
		Pedro Pires Gomes	03		
		Antonio Lombardi Carvalho	04		
13.		C N Montijo	4:10.00	<b>3:52.43</b>	490
		Duarte Cadima Goncalves	04		
		Tiago Fanha Lopes	04		
		Diogo Miguel Duraes	03		
		Andre Azevedo Baraona	04		
14.		Cova da Piedade	3:57.00	<b>3:54.81</b>	475
		Afonso Romao Francisco	04		
		Miguel Costa Simoes	04		
		Pedro Esteves Duarte	03		
		Miguel Filipe Anjo	04		
15.		Geslours	3:56.24	<b>3:55.67</b>	470
		Francisco Amaro Santos	04		
		Gonçalo Filipe Valente	03		
		David Manuel Vale	03		
		Salvador Ataide Parente	03		
16.		Colegio Int Monte Maior	4:03.02	<b>4:01.32</b>	438
		Afonso Esteves Tome	03		
		Duarte Brito Justino	04		
		Daniel Nogueira Ferreira	04		
		Tiago Miguel Trombinhas	04		
17.		Avançado EULx	4:07.01	<b>4:01.81</b>	435
		Yann Chetelat Fock	04		
		Tomas Rebelo Dias	04		
		Tomas Graca Firme	03		
		Tiago Barroso Proenca	04		
18.		Palmela Desporto	4:02.05	<b>4:02.80</b>	430
		Alexandre Duarte Morais	04		
		Tomás Pratas Neto	04		
		Daniel Zorro Correia	04		
		Joao Silva Angelino	04		

**Prova 22**  
**13.07.2019 - 19:01**
**Femin., 4 x 100m Livres**
**Absolutos**  
**Resultados**

Rec Nacional Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010
Rec Nacional Jun	3:54.55	Futebol Clube do Porto	FCP	Felgueiras	2018
Rec Nacional Juv A	4:05.16	Futebol Clube do Porto	FCP	Estarreja	2014
Rec Nacional Juv	4:05.16	Futebol Clube do Porto	FCP	Estarreja	2014
Rec Nacional Juv B	4:05.21	Clube dos Galitos / Bresimar	CGA	Estarreja	2019
Rec Nacional Abs	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010

TAC - Fem Juv B 50m: 4:55.71; Juv A 50m: 4:47.51; Juv 50m: 4:47.51; Jun 50m: 4:41.22; Sen 50m: 4:33.81

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>					
1.		<b>Sporting</b>	4:08.00	<b>4:01.73</b>	623
		<i>Rec Nacional</i>			
	04	29.63 1:01.18	Daniela Alexandra Pedro	04 29.07 1:01.92	
	04	28.94 1:00.45	Maria Ferreira Moura	04 27.44 58.18	
2.		<b>Avançado EULx</b>	4:19.43	<b>4:13.09</b>	543
		<i>Avançado EULx</i>			
	04	29.90 1:01.28	Carmo Dias Vieira	05 30.87 1:03.46	
	05	32.46 1:06.47	Margarida Domingues Nunes	05 29.76 1:01.88	
3.		<b>Benfica</b>	4:17.40	<b>4:17.53</b>	515
		<i>Benfica</i>			
	05	31.44 1:03.81	Francisca Otao Tribuna	05 31.11 1:05.50	
	04	30.66 1:04.83	Isadora Maia Andre	05 30.62 1:03.39	
4.		<b>Colégio Vasco da Gama</b>	4:24.30	<b>4:17.75</b>	514
		<i>Colégio Vasco da Gama</i>			
	04	31.45 1:05.23	Matilde Carvalho Barao	04 31.49 1:05.79	
	04	30.49 1:03.59	Maria Jardim Fidalgo	04 30.28 1:03.14	
5.		<b>União Piedense</b>	4:26.57	<b>4:24.03</b>	478
		<i>União Piedense</i>			
	05	30.09 1:02.83	Marta Pereira Domingos	04 30.64 1:04.48	
	04	33.31 1:11.01	Maria Martins Camacho	04 31.08 1:05.71	
6.		<b>A Onda Azeitão</b>	4:32.14	<b>4:31.64</b>	439
		<i>A Onda Azeitão</i>			
	05	31.48 1:05.09	Catarina Martins Ferreira	05 33.05 1:10.41	
	05	32.77 1:08.77	Mariana Reis Ferreira	05 32.57 1:07.37	

**Absolutos**

1.		<b>Sporting</b>	4:08.00	<b>4:01.73</b>	623
		<i>Sporting</i>			
	04		Daniela Alexandra Pedro	04	
	04		Maria Ferreira Moura	04	
2.		<b>Geslours</b>	4:05.15	<b>4:02.48</b>	617
		<i>Geslours</i>			
	03	29.45 1:00.79	Sara Carreira Melo	05 28.64 1:00.69	
	03	28.58 1:00.01	Margarida Messias Ribeiro	98 29.52 1:00.99	
3.		<b>Benfica</b>	4:14.29	<b>4:03.47</b>	610
		<i>Benfica</i>			
	98	28.30 59.00	Claudia Ferreira Borges	99 29.49 1:00.84	
	00	29.09 1:01.59	Natacha Sofia Silva	02 29.63 1:02.04	
4.		<b>Natação de Lisboa</b>	4:10.00	<b>4:07.32</b>	582
		<i>Natação de Lisboa</i>			
	03	30.76 1:04.12	Catarina Martins Mestre	00 28.58 59.75	
	98	29.66 1:01.80	Catarina Trigo Ferreira	02 29.19 1:01.65	
5.		<b>Laranjeiro</b>	4:09.88	<b>4:11.13</b>	556
		<i>Laranjeiro</i>			
	97	29.69 1:00.97	Diana Valadas Horta	04 29.42 1:02.56	
	03	30.61 1:06.04	Iris Pereira Carrao	05 29.06 1:01.56	
6.		<b>Avançado EULx</b>	4:19.43	<b>4:13.09</b>	543
		<i>Avançado EULx</i>			
	04		Carmo Dias Vieira	05	
	05		Margarida Domingues Nunes	05	
7.		<b>Benfica</b>	4:17.40	<b>4:17.53</b>	515
		<i>Benfica</i>			
	05		Francisca Otao Tribuna	05	
	04		Isadora Maia Andre	05	
8.		<b>Colégio Vasco da Gama</b>	4:24.30	<b>4:17.75</b>	514
		<i>Colégio Vasco da Gama</i>			
	04		Matilde Carvalho Barao	04	
	04		Maria Jardim Fidalgo	04	
9.		<b>União Piedense</b>	4:26.57	<b>4:24.03</b>	478
		<i>União Piedense</i>			
	05		Marta Pereira Domingos	04	
	04		Maria Martins Camacho	04	

**Prova 22, Femin., 4 x 100m Livres, Absolutos**

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
10.		A Onda Azeitão	4:32.14	<b>4:31.64</b>	439
	05	Catarina Martins Ferreira	05		
	05	Mariana Reis Ferreira	05		
		Luciana Rodrigues Moura Ana Belo Braga			

**3 - 2ª Jornada - 1ª Sessão**

14.07.2019 - 9:00

**Prova 23**

14.07.2019 - 9:00

**Femin., 100m Mariposa**
**Absolutos**
**Resultados**

Rec Regional Sen	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Jun 2	1:02.03	Filipa Vilas Tiago	SCP	Porto	2010
Rec Regional Jun 1	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	1:03.09	Filipa Vilas Tiago	SCP	Sines	2008
Rec Regional Juv B	1:04.30	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Abs	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Nacional Abs	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010

TAC - Fem Juv B 50m: 1:19.13; Juv A 50m: 1:16.96; Jun 1 50m: 1:14.82; Jun 2 50m: 1:14.10; Sen 50m: 1:13.74

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Vera Figueiredo Narra	04	Amadora	1:08.45	<b>1:07.49</b>	529	31.79	35.70
2.	Carolina Fale Costa	04	Colegio Int Monte Maior	1:06.87	<b>1:07.61</b>	526	32.13	35.48
3.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	1:07.57	<b>1:09.43</b>	486	32.51	36.92
4.	Marta Joao Pires	05	Algés	1:09.11	<b>1:09.94</b>	476	32.86	37.08
5.	Nicole Patriarca Franca	05	Sporting	1:09.89	<b>1:09.99</b>	475	32.80	37.19
6.	Isadora Maia Andre	05	Benfica	1:06.12	<b>1:10.26</b>	469	33.19	37.07
7.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	1:10.57	<b>1:10.36</b>	467	32.84	37.52
8.	Joana Fernandes Gama	05	Sporting	1:10.07	<b>1:10.85</b>	457	33.54	37.31
9.	Carmo Dias Vieira	05	Avançado EULx	1:09.53	<b>1:11.17</b>	451	33.84	37.33
10.	Iris Pereira Carrao	05	Laranjeiro	1:11.24	<b>1:11.22</b>	450	32.71	38.51
11.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:10.54	<b>1:11.25</b>	450	32.80	38.45
12.	Margarida Filipe Ferreira	04	Cova da Piedade	1:09.07	<b>1:11.31</b>	449	33.27	38.04
13.	Ana Sofia Inacio	04	Sporting	1:11.58	<b>1:11.85</b>	439	33.63	38.22
14.	Mariana Fragoso Guterres	04	Benfica	1:11.57	<b>1:12.27</b>	431	33.83	38.44
15.	Leonor Alves Morganho	04	Algés	1:09.87	<b>1:12.48</b>	427	34.13	38.35
16.	Rafaela Diogo Martins	05	Naval Setubalense	1:13.49	<b>1:13.69</b>	406	33.93	39.76
17.	Madalena Graca Geraldés	04	Sporting	1:11.79	<b>1:13.70</b>	406	34.19	39.51
18.	Luciana Rodrigues Moura	05	A Onda Azeitão	1:14.00	<b>1:13.78</b>	405	34.06	39.72
19.	Andreia Velho Magalhaes	04	Benfica	1:12.30	<b>1:13.83</b>	404	34.32	39.51
20.	Neuza Velho Magalhaes	05	Benfica	1:13.82	<b>1:14.51</b>	393	35.30	39.21
21.	Francisca Otao Tribuna	05	Benfica	1:15.51	<b>1:15.27</b>	381	35.06	40.21
22.	Maria Teresa Fernandes	05	Algés	1:16.26	<b>1:17.20</b>	353	35.47	41.73
23.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	1:14.65	<b>1:17.23</b>	353	35.24	41.99
24.	Catarina Rossas Fonseca	04	Natação de Lisboa	1:14.65	<b>1:20.40</b>	313	36.43	43.97

**Absolutos**

1.	Clara Gomes Pereira	02	Algés	1:06.11	<b>1:05.23</b>	586	30.77	34.46
2.	Madalena Rodrigues Tome	03	Bombeiros dos Estoris	1:06.04	<b>1:06.12</b>	563	30.53	35.59
3.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	1:06.57	<b>1:07.24</b>	535	32.22	35.02
4.	Margarida Messias Ribeiro	98	Geslours	1:08.19	<b>1:07.42</b>	531	31.76	35.66
5.	Vera Figueiredo Narra	04	Amadora	1:08.45	<b>1:07.49</b>	529	31.79	35.70
6.	Carolina Fale Costa	04	Colegio Int Monte Maior	1:06.87	<b>1:07.61</b>	526	32.13	35.48
7.	Daniela Mascarenhas Henriques	03	Geslours	1:07.66	<b>1:07.76</b>	523	31.77	35.99
8.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.54	<b>1:08.39</b>	509	31.65	36.74
9.	Claudia Beatriz Martins	03	Geslours	1:08.95	<b>1:08.70</b>	502	32.17	36.53
10.	Ana Rita Matos	02	Belenenses	1:08.28	<b>1:09.33</b>	488	32.01	37.32

**Prova 23, Femin., 100m Mariposa, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
11.	Catarina Rodrigues Belchior	01	A Onda Azeitão	1:09.54	<b>1:09.39</b>	487	31.86	37.53
12.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	1:07.57	<b>1:09.43</b>	486	32.51	36.92
13.	Marta Joao Pires	05	Algés	1:09.11	<b>1:09.94</b>	476	32.86	37.08
14.	Nicole Patriarca Franca	05	Sporting	1:09.89	<b>1:09.99</b>	475	32.80	37.19
15.	Isadora Maia Andre	05	Benfica	1:06.12	<b>1:10.26</b>	469	33.19	37.07
16.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	1:10.57	<b>1:10.36</b>	467	32.84	37.52
17.	Joana Fernandes Gama	05	Sporting	1:10.07	<b>1:10.85</b>	457	33.54	37.31
18.	Carmo Dias Vieira	05	Avançado EULx	1:09.53	<b>1:11.17</b>	451	33.84	37.33
19.	Iris Pereira Carrao	05	Laranjeiro	1:11.24	<b>1:11.22</b>	450	32.71	38.51
20.	Claudia Ferreira Borges	99	Benfica	1:09.05	<b>1:11.24</b>	450	32.61	38.63
21.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:10.54	<b>1:11.25</b>	450	32.80	38.45
22.	Margarida Filipe Ferreira	04	Cova da Piedade	1:09.07	<b>1:11.31</b>	449	33.27	38.04
23.	Margarida Cunha Barros	02	União Piedense	1:10.47	<b>1:11.35</b>	448	33.50	37.85
24.	Ana Sofia Inacio	04	Sporting	1:11.58	<b>1:11.85</b>	439	33.63	38.22
25.	Mariana Fragoso Guterres	04	Benfica	1:11.57	<b>1:12.27</b>	431	33.83	38.44
26.	Leonor Alves Morganho	04	Algés	1:09.87	<b>1:12.48</b>	427	34.13	38.35
27.	Joana Isabel Pulquerio	03	União Piedense	1:12.40	<b>1:13.33</b>	413	33.75	39.58
28.	Rafaela Diogo Martins	05	Naval Setubalense	1:13.49	<b>1:13.69</b>	406	33.93	39.76
29.	Madalena Graca Geraldes	04	Sporting	1:11.79	<b>1:13.70</b>	406	34.19	39.51
30.	Luciana Rodrigues Moura	05	A Onda Azeitão	1:14.00	<b>1:13.78</b>	405	34.06	39.72
31.	Andreia Velho Magalhaes	04	Benfica	1:12.30	<b>1:13.83</b>	404	34.32	39.51
32.	Neuza Velho Magalhaes	05	Benfica	1:13.82	<b>1:14.51</b>	393	35.30	39.21
33.	Francisca Otao Tribuna	05	Benfica	1:15.51	<b>1:15.27</b>	381	35.06	40.21
34.	Maria Teresa Fernandes	05	Algés	1:16.26	<b>1:17.20</b>	353	35.47	41.73
35.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	1:14.65	<b>1:17.23</b>	353	35.24	41.99
36.	Catarina Rossas Fonseca	04	Natação de Lisboa	1:14.65	<b>1:20.40</b>	313	36.43	43.97
37.	Rafaela Rodrigues Moura	03	A Onda Azeitão	1:12.57	<b>1:20.57</b>	311	36.23	44.34

**Prova 24**

14.07.2019 - 9:10

**Masc., 100m Mariposa**
**Absolutos  
Resultados**

Rec Regional Sen	51.70	Duarte Rafael Mourao	CNA	Leiria	2009
Rec Regional Jun 2	53.87	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Jun 1	53.97	Tiago Andre Venancio	CNS	Alapraia	2004
Rec Regional Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Juv B	57.70	Diogo Gomes Sousa	CNCVG	Alges	2010
Rec Regional Abs	51.70	Duarte Rafael Mourao	CNA	Leiria	2009
Rec Nacional Abs	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	2009

TAC - Masc Juv B 50m: 1:11.45; Juv A 50m: 1:09.54; Jun 1 50m: 1:07.04; Jun 2 50m: 1:05.47; Sen 50m: 1:03.91

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	57.44	<b>58.04</b>	568	27.28	30.76
2.	Rodrigo Beja Lopes	03	A Onda Azeitão	59.93	<b>1:01.26</b>	483	28.71	32.55
3.	Goncalo Henriques Wanzeller	03	Belenenses	59.57	<b>1:01.35</b>	481	28.24	33.11
4.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	59.24	<b>1:01.57</b>	476	28.42	33.15
5.	Andre Azevedo Baraona	04	C N Montijo	1:00.54	<b>1:02.47</b>	455	29.03	33.44
	Tomas Sa Vieira	04	Algés	1:01.24	<b>1:02.47</b>	455	28.61	33.86
7.	Antonio Santos Pereira	03	Bombeiros dos Estoris	1:03.94	<b>1:02.50</b>	455	28.96	33.54
8.	Joao Miguel Cascalheira	03	Naval Setubalense	1:02.30	<b>1:03.05</b>	443	29.15	33.90
9.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	1:02.83	<b>1:03.24</b>	439	29.45	33.79
10.	Afonso Cipriano Pinto	04	Sporting	1:03.44	<b>1:03.54</b>	433	29.52	34.02
11.	Joao Afonso Santos	04	Sporting	1:03.73	<b>1:03.84</b>	427	29.93	33.91
12.	Joao Matos Fidalgo	03	Benfica	1:01.09	<b>1:04.11</b>	421	28.02	36.09
13.	Pedro Pires Gomes	03	Belenenses	1:04.75	<b>1:04.19</b>	420	29.88	34.31
14.	Afonso Figueiredo Frasquilho	04	Sporting	1:04.21	<b>1:04.40</b>	416	29.99	34.41
15.	Felipe Menegassi Maia	04	Algés	1:02.85	<b>1:04.45</b>	415	29.92	34.53
16.	Joao Luis Matos	03	Colégio Vasco da Gama	1:03.49	<b>1:04.55</b>	413	29.85	34.70



**Prova 24, Masc., 100m Mariposa, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
17.	David Manuel Vale	03	Geslours	1:02.64	<b>1:04.64</b>	411	30.34	34.30
18.	Luis Carlos Correia	03	Individual ANL	1:04.67	<b>1:04.93</b>	406	30.23	34.70
19.	Tomas Almeida Leitao	03	Algés	1:03.74	<b>1:05.02</b>	404	29.66	35.36
20.	Miguel Madeira Silva	04	A Onda Azeitão	1:04.70	<b>1:05.17</b>	401	29.62	35.55
21.	Pedro Henriques Correia	03	Benfica	1:04.49	<b>1:05.31</b>	398	30.40	34.91
22.	Tiago Barroso Proenca	04	Avançado EULx	1:06.55	<b>1:05.57</b>	394	30.09	35.48
23.	Afonso Esteves Tome	03	Colegio Int Monte Maior	1:04.71	<b>1:05.58</b>	394	30.48	35.10
24.	Guilherme Pinto Restolho	04	Individual ANL	1:06.65	<b>1:05.76</b>	390	31.18	34.58
25.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	1:06.39	<b>1:05.94</b>	387	31.08	34.86
26.	Rafael Caceres Lopes	04	União Piedense	1:04.90	<b>1:06.90</b>	371	31.35	35.55
27.	Ricardo Novikov	03	Algés	1:05.33	<b>1:07.17</b>	366	30.33	36.84
28.	Daniel Shumeika Zayika	03	Benfica	1:06.81	<b>1:07.42</b>	362	31.43	35.99
29.	Gonçalo Nuno Raposo	03	A Onda Azeitão	1:07.46	<b>1:07.80</b>	356	30.94	36.86
30.	Hugo Tomas Silva	04	A Onda Azeitão	1:05.97	<b>1:07.84</b>	355	31.92	35.92
31.	Tomas Martins Mira	04	Naval Setubalense	1:06.49	<b>1:07.97</b>	353	31.75	36.22
32.	Diogo Miguel Monteiro	04	Despertarecorde	1:04.65	<b>1:08.23</b>	349	31.21	37.02
33.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	1:07.09	<b>1:08.82</b>	340	31.65	37.17
34.	Afonso Romao Francisco	04	Cova da Piedade	1:08.14	<b>1:08.99</b>	338	31.69	37.30
35.	Gonçalo Gomes Augusto	04	A Onda Azeitão	1:09.30	<b>1:11.05</b>	309	32.48	38.57

**Absolutos**

1.	Fernando Souza Silva	86	União Piedense	53.72	<b>53.79</b>	714	25.01	28.78
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	58.76	<b>55.83</b>	638	26.12	29.71
3.	Tiago Roberto Cordeiro	00	Benfica	54.77	<b>57.15</b>	595	27.21	29.94
4.	Ricardo Pinela Ferreira	01	Benfica	57.32	<b>57.50</b>	584	26.79	30.71
5.	Diogo Carrasco Correia	95	Belenenses	57.61	<b>57.76</b>	576	26.73	31.03
6.	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	57.44	<b>58.04</b>	568	27.28	30.76
7.	Tiago Maria Camoes	01	União Piedense	57.60	<b>58.07</b>	567	27.43	30.64
8.	Hugo Pon	98	Algés	58.16	<b>58.22</b>	563	27.52	30.70
9.	Carlos Filipe Lopes	01	União Piedense	56.30	<b>58.46</b>	556	27.13	31.33
10.	Joao Mota Correia	97	Benfica	1:01.99	<b>58.57</b>	553	26.85	31.72
11.	Edgar Filipe Santos	01	União Piedense	59.31	<b>58.89</b>	544	27.64	31.25
12.	Afonso Ribeiro Bate	98	Algés	59.49	<b>58.92</b>	543	27.35	31.57
13.	Miguel Ribeiro Bate	99	Algés	58.89	<b>59.31</b>	532	27.57	31.74
14.	Tiago Correia Neves	97	Belenenses	58.35	<b>59.46</b>	528	28.26	31.20
15.	Pedro Mendes Ferreira	01	Belenenses	59.95	<b>59.49</b>	527	27.81	31.68
16.	Ricardo Saraiva Pires	98	Laranjeiro	1:00.26	<b>59.57</b>	525	27.69	31.88
17.	Diogo Puidival Marques	00	A Onda Azeitão	58.13	<b>59.66</b>	523	27.56	32.10
18.	Martim Primavera Alfama	02	Geslours	1:00.57	<b>59.68</b>	522	27.30	32.38
19.	Filipe Ferrao Melo	01	Naval Setubalense	59.67	<b>59.76</b>	520	27.71	32.05
20.	Ricardo Basilio Marreiros	97	Individual ANL	1:01.99	<b>59.92</b>	516	27.79	32.13
21.	Renato Barros Frischknecht	01	Algés	1:03.50	<b>59.94</b>	516	27.29	32.65
22.	Diogo Alexandre Casteleiro	01	Sporting	1:00.67	<b>1:00.07</b>	512	27.93	32.14
23.	Bernardo Antunes Augusto	00	A Onda Azeitão	1:00.70	<b>1:00.69</b>	497	28.03	32.66
24.	Rafael Rodrigues Jacinto	02	Belenenses	59.77	<b>1:00.71</b>	496	28.63	32.08
25.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	59.71	<b>1:00.79</b>	494	29.08	31.71
26.	Daniel Nogueira Catalao	00	Benfica	59.84	<b>1:00.99</b>	489	27.77	33.22
27.	Miguel Henriques Marques	00	Benfica	58.12	<b>1:01.02</b>	489	26.26	34.76
28.	Rodrigo Beja Lopes	03	A Onda Azeitão	59.93	<b>1:01.26</b>	483	28.71	32.55
29.	Gonçalo Henriques Wanzeller	03	Belenenses	59.57	<b>1:01.35</b>	481	28.24	33.11
30.	Joao Nogueira Mendes	02	Laranjeiro	1:01.08	<b>1:01.37</b>	480	28.75	32.62
31.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	59.24	<b>1:01.57</b>	476	28.42	33.15
32.	Ricardo Nuno Estevens	99	Laranjeiro	1:01.60	<b>1:01.70</b>	473	28.82	32.88
33.	Joao Garcez Mateus	02	A Onda Azeitão	1:00.16	<b>1:01.81</b>	470	28.47	33.34
34.	Tiago Barros Ferreira	94	Algés	1:01.99	<b>1:02.12</b>	463	29.37	32.75
35.	Henrique Rodrigues Cruz	02	Colegio Int Monte Maior	1:00.35	<b>1:02.13</b>	463	28.95	33.18
36.	Rodrigo Costa Teixeira	99	Laranjeiro	1:01.49	<b>1:02.16</b>	462	29.35	32.81
37.	Carlos Marques Freire	01	Belenenses	1:01.51	<b>1:02.31</b>	459	28.74	33.57
38.	Andre Azevedo Baraona	04	C N Montijo	1:00.54	<b>1:02.47</b>	455	29.03	33.44
	Tomas Sa Vieira	04	Algés	1:01.24	<b>1:02.47</b>	455	28.61	33.86
40.	Antonio Santos Pereira	03	Bombeiros dos Estoris	1:03.94	<b>1:02.50</b>	455	28.96	33.54

**Prova 24, Masc., 100m Mariposa, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
41.	Rodrigo Antonio Rosa	96	Benfica	1:00.31	<b>1:02.51</b>	455	29.15	33.36
42.	Ricardo Martins Bras	01	Belenenses	1:03.50	<b>1:02.65</b>	451	29.30	33.35
43.	Afonso Amaro Santos	02	Geslours	1:02.39	<b>1:02.72</b>	450	29.47	33.25
44.	Joao Miguel Cascalheira	03	Naval Setubalense	1:02.30	<b>1:03.05</b>	443	29.15	33.90
45.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	1:02.83	<b>1:03.24</b>	439	29.45	33.79
46.	Antonio Maria Ferreira	00	Palmela Desporto	1:01.99	<b>1:03.25</b>	439	28.81	34.44
47.	Joao Miguel Martins	02	Belenenses	1:00.64	<b>1:03.46</b>	434	29.77	33.69
48.	Afonso Cipriano Pinto	04	Sporting	1:03.44	<b>1:03.54</b>	433	29.52	34.02
49.	Joao Afonso Santos	04	Sporting	1:03.73	<b>1:03.84</b>	427	29.93	33.91
50.	Joao Matos Fidalgo	03	Benfica	1:01.09	<b>1:04.11</b>	421	28.02	36.09
51.	Pedro Pires Gomes	03	Belenenses	1:04.75	<b>1:04.19</b>	420	29.88	34.31
52.	Pedro Henriques Marques	00	União Piedense	1:00.13	<b>1:04.37</b>	416	28.73	35.64
53.	Afonso Figueiredo Frasquilho	04	Sporting	1:04.21	<b>1:04.40</b>	416	29.99	34.41
54.	Felipe Menegassi Maia	04	Algés	1:02.85	<b>1:04.45</b>	415	29.92	34.53
55.	Joao Luis Matos	03	Colégio Vasco da Gama	1:03.49	<b>1:04.55</b>	413	29.85	34.70
56.	Guilherme Maria Matos	00	Avançado EULx	1:01.99	<b>1:04.56</b>	413	29.52	35.04
57.	Miguel Rohula Reis	01	Sporting	1:00.88	<b>1:04.61</b>	412	29.02	35.59
58.	David Manuel Vale	03	Geslours	1:02.64	<b>1:04.64</b>	411	30.34	34.30
59.	Tiago Miguel Silvestre	00	Avançado EULx	1:01.99	<b>1:04.88</b>	406	29.43	35.45
60.	Luis Carlos Correia	03	Individual ANL	1:04.67	<b>1:04.93</b>	406	30.23	34.70
61.	Tomas Almeida Leitao	03	Algés	1:03.74	<b>1:05.02</b>	404	29.66	35.36
62.	Miguel Madeira Silva	04	A Onda Azeitão	1:04.70	<b>1:05.17</b>	401	29.62	35.55
63.	Pedro Henriques Correia	03	Benfica	1:04.49	<b>1:05.31</b>	398	30.40	34.91
64.	Tiago Barroso Proenca	04	Avançado EULx	1:06.55	<b>1:05.57</b>	394	30.09	35.48
65.	Afonso Esteves Tome	03	Colegio Int Monte Maior	1:04.71	<b>1:05.58</b>	394	30.48	35.10
66.	Guilherme Pinto Restolho	04	Individual ANL	1:06.65	<b>1:05.76</b>	390	31.18	34.58
67.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	1:06.39	<b>1:05.94</b>	387	31.08	34.86
68.	Rafael Caceres Lopes	04	União Piedense	1:04.90	<b>1:06.90</b>	371	31.35	35.55
69.	Ricardo Novikov	03	Algés	1:05.33	<b>1:07.17</b>	366	30.33	36.84
70.	Daniel Shumeika Zayika	03	Benfica	1:06.81	<b>1:07.42</b>	362	31.43	35.99
71.	Gonçalo Nuno Raposo	03	A Onda Azeitão	1:07.46	<b>1:07.80</b>	356	30.94	36.86
72.	Hugo Tomas Silva	04	A Onda Azeitão	1:05.97	<b>1:07.84</b>	355	31.92	35.92
73.	Tomas Martins Mira	04	Naval Setubalense	1:06.49	<b>1:07.97</b>	353	31.75	36.22
74.	Diogo Miguel Monteiro	04	Despertarecorde	1:04.65	<b>1:08.23</b>	349	31.21	37.02
75.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	1:07.09	<b>1:08.82</b>	340	31.65	37.17
76.	Afonso Romao Francisco	04	Cova da Piedade	1:08.14	<b>1:08.99</b>	338	31.69	37.30
77.	Gonçalo Gomes Augusto	04	A Onda Azeitão	1:09.30	<b>1:11.05</b>	309	32.48	38.57

**Prova 25**

14.07.2019 - 9:28

**Femin., 200m Bruços**
**Absolutos Resultados**

Rec Regional Sen	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Regional Jun 2	2:26.47	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	2:26.87	Raquel Gomes Pereira	SAD	Porto	2015
Rec Regional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Regional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Regional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Nacional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019

TAC - Fem Juv B 50m: 3:18.71; Juv A 50m: 3:13.25; Jun 1 50m: 3:07.88; Jun 2 50m: 3:06.07; Sen 50m: 3:05.17

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Leonor Esteves Santos	04	Avançado EULx	2:39.75	<b>2:41.64</b>	577	1:18.11	1:23.53
2.	Maria Correia Ricardo	05	Naval Setubalense	2:52.10	<b>2:49.33</b>	501	1:19.91	1:29.42
3.	Marta Pereira Domingos	04	União Piedense	2:44.46	<b>2:53.09</b>	469	1:22.87	1:30.22
4.	Maria Carolina Vargas	05	Benfica	2:53.68	<b>3:00.00</b>	417	1:28.55	1:31.45
5.	Carolina Fonseca Gomes	05	Olivais e Moscavide	3:00.79	<b>3:03.36</b>	395	1:28.21	1:35.15
6.	Ana Belo Braga	05	A Onda Azeitão	3:05.83	<b>3:04.03</b>	391	1:27.71	1:36.32

**Prova 25, Femin., 200m Bruços, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
7.	Beatriz Barroso Silva	05	Olivais e Moscavide	3:08.38	<b>3:11.30</b>	348	1:31.43	1:39.87
8.	Luana Santos Freitas	04	Amadora	3:01.33	<b>3:12.52</b>	341	1:32.14	1:40.38
9.	Matilde Aleixo Duarte	05	Naval Setubalense	3:12.76	<b>3:23.06</b>	291	1:38.41	1:44.65

**Absolutos**

1.	Luisa Maria Machado	01	União Piedense	2:32.52	<b>2:33.50</b>	673	1:13.77	1:19.73
2.	Leonor Esteves Santos	04	Avançado EULx	2:39.75	<b>2:41.64</b>	577	1:18.11	1:23.53
3.	Maria Carolina Rosa	94	Sporting	2:59.62	<b>2:43.49</b>	557	1:16.73	1:26.76
4.	Mariana Graca Vasconcelos	99	Bombeiros dos Estoris	2:46.40	<b>2:48.65</b>	508	1:19.79	1:28.86
5.	Maria Correia Ricardo	05	Naval Setubalense	2:52.10	<b>2:49.33</b>	501	1:19.91	1:29.42
6.	Rita Fernandes Leitao	96	Natação de Lisboa	2:59.62	<b>2:51.19</b>	484	1:19.79	1:31.50
7.	Andreia Wongsangnoi Alves	03	Colegio Int Monte Maior	2:52.33	<b>2:51.58</b>	482	1:22.40	1:29.18
8.	Tatiana Alexandre Cardoso	01	Amadora	2:51.02	<b>2:53.09</b>	469	1:23.92	1:29.17
	Marta Pereira Domingos	04	União Piedense	2:44.46	<b>2:53.09</b>	469	1:22.87	1:30.22
10.	Mariana Van Ossenbruggen	98	Laranjeiro	2:53.48	<b>2:54.08</b>	461	1:22.79	1:31.29
11.	Rafaela Sofia Silva	03	Benfica	2:50.24	<b>2:54.27</b>	460	1:23.72	1:30.55
12.	Beatriz Antunes Carvalho	99	Sporting	2:41.49	<b>2:54.64</b>	457	1:23.30	1:31.34
13.	Maria Carolina Vargas	05	Benfica	2:53.68	<b>3:00.00</b>	417	1:28.55	1:31.45
14.	Carolina Fonseca Gomes	05	Olivais e Moscavide	3:00.79	<b>3:03.36</b>	395	1:28.21	1:35.15
15.	Ana Belo Braga	05	A Onda Azeitão	3:05.83	<b>3:04.03</b>	391	1:27.71	1:36.32
16.	Beatriz Barroso Silva	05	Olivais e Moscavide	3:08.38	<b>3:11.30</b>	348	1:31.43	1:39.87
17.	Luana Santos Freitas	04	Amadora	3:01.33	<b>3:12.52</b>	341	1:32.14	1:40.38
18.	Matilde Aleixo Duarte	05	Naval Setubalense	3:12.76	<b>3:23.06</b>	291	1:38.41	1:44.65

**Prova 26**

14.07.2019 - 9:40

**Masc., 200m Bruços**
**Absolutos Resultados**

Rec Regional Sen	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Regional Jun 2	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Regional Jun 1	2:16.77	José Guilherme Ferreira Couto	SCP		1994
Rec Regional Juv A	2:18.26	Ricardo Samuel Pereira	SLB	Felgueiras	2019
Rec Regional Juv B	2:26.72	Carlos Esteves Almeida	CNA	Reboleira	2003
Rec Regional Abs	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Nacional Abs	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012

TAC - Masc Juv B 50m: 2:57.14; Juv A 50m: 2:53.92; Jun 1 50m: 2:47.55; Jun 2 50m: 2:45.17; Sen 50m: 2:41.97

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Ricardo Samuel Pereira	03	Benfica	2:18.26	<b>2:20.00</b>	636	1:07.50	1:12.50
2.	Guilherme Matias Cristino	03	União Piedense	2:33.47	<b>2:33.91</b>	479	1:14.47	1:19.44
3.	Duarte Cadima Goncalves	04	C N Montijo	2:39.12	<b>2:36.17</b>	458	1:15.40	1:20.77
4.	Afonso Goncalves Jorge	04	Geslours	2:46.06	<b>2:38.45</b>	439	1:15.37	1:23.08
5.	Jaeden Michael Nunes	04	Belenenses	2:42.42	<b>2:39.77</b>	428	1:16.77	1:23.00
6.	Joao Maria Colaco	03	Sporting	2:40.96	<b>2:42.22</b>	409	1:16.59	1:25.63
7.	Joao Luis Matos	03	Colégio Vasco da Gama	2:34.89	<b>2:42.48</b>	407	1:16.90	1:25.58
8.	Goncalo Feliciano Santos	03	Sporting	2:42.91	<b>2:42.94</b>	403	1:17.38	1:25.56
9.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	2:42.25	<b>2:44.41</b>	393	1:17.64	1:26.77
10.	Hugo Tomas Silva	04	A Onda Azeitão	2:45.21	<b>2:45.84</b>	383	1:20.50	1:25.34
11.	Nicolae Iachimovschi	03	Belenenses	2:48.65	<b>2:46.03</b>	381	1:17.63	1:28.40
12.	Rodrigo Neves Fernandes	04	Geslours	2:46.28	<b>2:46.97</b>	375	1:20.91	1:26.06
13.	Miguel Filipe Anjo	04	Cova da Piedade	2:44.09	<b>2:47.14</b>	374	1:20.20	1:26.94
14.	Diogo Miguel Duraes	03	C N Montijo	2:45.05	<b>2:50.55</b>	352	1:22.07	1:28.48
15.	Joao Pedro Faustino	04	Cova da Piedade	2:51.83	<b>2:50.75</b>	350	1:21.63	1:29.12
16.	Tiago Represas Loureiro	03	Salesianos	2:48.71	<b>2:52.59</b>	339	1:23.05	1:29.54
17.	Miguel Alexandre Araujo	04	União Piedense	2:51.83	<b>2:55.59</b>	322	1:23.62	1:31.97
DSQ	Antonio Lombardi Carvalho	04	Belenenses	2:32.50				

B30 - Toque não simultâneo das mãos na parede testa na viragem aos 175 metros (SW 7.6)

**Prova 26, Masc., 200m Bruços**
**Absolutos**

1.	Francisco Robalo Quintas	95	Belenenses	2:08.87	<b>2:10.37</b>	788	1:01.12	1:09.25
2.	Pedro Andre Santos	94	Algés	2:16.43	<b>2:15.71</b>	698	1:04.71	1:11.00
3.	Ricardo Samuel Pereira	03	Benfica	2:18.26	<b>2:20.00</b>	636	1:07.50	1:12.50
4.	Joao Manuel Vargas	00	Individual ANL	2:21.45	<b>2:25.79</b>	563	1:10.44	1:15.35
5.	Bruno Miguel Martins	93	Geslours	2:25.42	<b>2:26.46</b>	556	1:09.22	1:17.24
6.	Bernardo Garcia Perloiro	00	Sporting	2:32.50	<b>2:27.98</b>	539	1:10.63	1:17.35
7.	Diogo Garcez Mateus	02	A Onda Azeitão	2:30.03	<b>2:28.28</b>	535	1:10.30	1:17.98
8.	Tiago Rafael Martins	97	Avançado EULx	2:29.72	<b>2:29.31</b>	524	1:10.03	1:19.28
9.	Joao Costa Fonseca	00	Natação de Lisboa	2:27.78	<b>2:29.82</b>	519	1:10.69	1:19.13
10.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	2:40.21	<b>2:31.13</b>	506	1:14.51	1:16.62
11.	Filipe Ferrao Melo	01	Naval Setubalense	2:31.07	<b>2:32.98</b>	487	1:12.12	1:20.86
12.	Henrique Chan Machado	02	Algés	2:32.15	<b>2:33.74</b>	480	1:13.15	1:20.59
13.	Guilherme Matias Cristino	03	União Piedense	2:33.47	<b>2:33.91</b>	479	1:14.47	1:19.44
14.	Duarte Cadima Goncalves	04	C N Montijo	2:39.12	<b>2:36.17</b>	458	1:15.40	1:20.77
15.	Afonso Goncalves Jorge	04	Geslours	2:46.06	<b>2:38.45</b>	439	1:15.37	1:23.08
16.	Jaeden Michael Nunes	04	Belenenses	2:42.42	<b>2:39.77</b>	428	1:16.77	1:23.00
17.	Joao Maria Colaco	03	Sporting	2:40.96	<b>2:42.22</b>	409	1:16.59	1:25.63
18.	Joao Luis Matos	03	Colégio Vasco da Gama	2:34.89	<b>2:42.48</b>	407	1:16.90	1:25.58
19.	Goncalo Feliciano Santos	03	Sporting	2:42.91	<b>2:42.94</b>	403	1:17.38	1:25.56
20.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	2:42.25	<b>2:44.41</b>	393	1:17.64	1:26.77
21.	Hugo Tomas Silva	04	A Onda Azeitão	2:45.21	<b>2:45.84</b>	383	1:20.50	1:25.34
22.	Nicolae Iachimovschi	03	Belenenses	2:48.65	<b>2:46.03</b>	381	1:17.63	1:28.40
23.	Rodrigo Neves Fernandes	04	Geslours	2:46.28	<b>2:46.97</b>	375	1:20.91	1:26.06
24.	Miguel Filipe Anjo	04	Cova da Piedade	2:44.09	<b>2:47.14</b>	374	1:20.20	1:26.94
25.	Diogo Miguel Esteves	02	Naval Setubalense	2:42.53	<b>2:47.18</b>	373	1:21.25	1:25.93
26.	Diogo Miguel Duraes	03	C N Montijo	2:45.05	<b>2:50.55</b>	352	1:22.07	1:28.48
27.	Joao Pedro Faustino	04	Cova da Piedade	2:51.83	<b>2:50.75</b>	350	1:21.63	1:29.12
28.	Tiago Represas Loureiro	03	Salesianos	2:48.71	<b>2:52.59</b>	339	1:23.05	1:29.54
29.	Miguel Alexandre Araujo	04	União Piedense	2:51.83	<b>2:55.59</b>	322	1:23.62	1:31.97
DSQ	Antonio Lombardi Carvalho	04	Belenenses	2:32.50				

B30 - Toque não simultâneo das mãos na parede testa na viragem aos 175 metros (SW 7.6)

DSQ Pedro Almeida Marques 02 Naval Setubalense 2:42.53  
B30 - Toque não simultâneo das mãos na parede testa na viragem aos 25 metros (SW 7.6)

**Prova 27**

14.07.2019 - 10:09

**Femin., 50m Livres**
**Absolutos**
**Resultados**

Rec Regional Sen	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	25.99	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Regional Jun 1	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	27.33	Harrieth Larcher Smith	CFB	Pacos de Ferreira	2003
Rec Regional Juv B	27.16	Harrieth Larcher Smith	CFB	Tomar	2003
Rec Regional Abs	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009

TAC - Fem Juv B 50m: 31.62; Juv A 50m: 31.62; Jun 1 50m: 31.62; Jun 2 50m: 31.30; Sen 50m: 31.15

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Beatriz Mendes Viegas	00	Sporting	26.00	<b>25.99</b>	686
2.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	27.03	<b>26.79</b>	627
3.	Maria Gomes Pereira	04	Algés	26.24	<b>27.27</b>	594
<i>Rec Regional</i>						
4.	Sofia Alexandra Rolao	98	Benfica	27.46	<b>27.62</b>	572
5.	Leonor Maria Neves	03	Geslours	28.07	<b>27.68</b>	568
6.	Maria Carolina Rosa	94	Sporting	27.37	<b>27.89</b>	555
7.	Mafalda Sofia Dias	01	Palmela Desporto	28.15	<b>28.16</b>	539
8.	Catarina Rodrigues Belchior	01	A Onda Azeitão	28.19	<b>28.21</b>	537
9.	Ana Margarida Soares	03	Naval Setubalense	28.32	<b>28.22</b>	536
10.	Marta Joao Pires	05	Algés	29.15	<b>28.35</b>	529

**Prova 27, Femin., 50m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
11.	Constanca Dias Baptista	01	Belenenses	28.55	<b>28.57</b>	516
12.	Claudia Ferreira Borges	99	Benfica	28.60	<b>28.60</b>	515
13.	Marta Viola Marques	03	Colégio Vasco da Gama	29.31	<b>28.64</b>	513
14.	Margarida Mota Silva	03	Palmela Desporto	28.59	<b>28.67</b>	511
15.	Claudia Beatriz Martins	03	Geslours	29.54	<b>28.79</b>	505
16.	Catarina Trigo Ferreira	02	Natação de Lisboa	29.26	<b>29.05</b>	491
17.	Madalena Rodrigues Tome	03	Bombeiros dos Estoris	29.35	<b>29.07</b>	490
18.	Caetana Neves Carneiro	03	Natação de Lisboa	29.17	<b>29.13</b>	487
19.	Clara Gomes Pereira	02	Algés	29.32	<b>29.46</b>	471
20.	Catarina Guimaraes Moreira	03	Algés	30.31	<b>30.01</b>	446
21.	Ana Fernandes Costa	00	C N Montijo	30.15	<b>30.50</b>	424
22.	Patricia Bacelar Bacelar	02	Despertarecorde	30.68	<b>31.23</b>	395
23.	Carolina Alexandra Silva	05	Despertarecorde	30.99	<b>31.49</b>	386
24.	Joana Matilde Inácio	05	Despertarecorde	30.99	<b>31.71</b>	378
25.	Rafaela Rodrigues Moura	03	A Onda Azeitão	30.99	<b>31.93</b>	370
26.	Raquel Correia	04	Despertarecorde	30.99	<b>32.63</b>	347

**Prova 28**

14.07.2019 - 10:14

**Masc., 50m Livres**
**Absolutos**
**Resultados**

Rec Regional Sen	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Regional Jun 2	22.33	Tiago Andre Venancio	POR	Vienna (AUT)	2004
Rec Regional Jun 1	23.14	Tiago Andre Venancio	CNS	Reboleira	2004
Rec Regional Juv A	24.16	David Miguel Ferro	SFUAP		2000
Rec Regional Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Regional Abs	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018
Rec Nacional Abs	21.60	Miguel Duarte Nascimento	SLB	Felgueiras	2018

TAC - Masc Juv B 50m: 27.97; Juv A 50m: 27.97; Jun 1 50m: 27.97; Jun 2 50m: 27.57; Sen 50m: 27.03

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Fernando Souza Silva	86	União Piedense	22.92	<b>22.45</b>	734
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	22.77	<b>22.87</b>	695
3.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	23.49	<b>23.52</b>	639
4.	Joao Esteves Padrela	99	Belenenses	23.50	<b>23.66</b>	627
5.	Miguel Henriques Marques	00	Benfica	23.06	<b>23.75</b>	620
6.	Leonardo Rochinha Pedro	98	Bombeiros dos Estoris	24.19	<b>24.16</b>	589
	Diogo Carrasco Correia	95	Belenenses	25.01	<b>24.16</b>	589
8.	Hugo Pon	98	Algés	23.94	<b>24.17</b>	588
9.	Frederico Sousa Soares	96	Bombeiros dos Estoris	24.55	<b>24.20</b>	586
10.	Diogo Ramos Lebre	01	Benfica	23.79	<b>24.24</b>	583
11.	Bernardo Geada Brito	02	União Piedense	24.42	<b>24.47</b>	567
12.	Ricardo Saraiva Pires	98	Laranjeiro	24.45	<b>24.50</b>	565
13.	Bernardo Antunes Augusto	00	A Onda Azeitão	25.11	<b>24.72</b>	550
14.	Tiago Maria Camoes	01	União Piedense	25.66	<b>24.76</b>	547
15.	Gonçalo Carvalho Ferrao	01	Cova da Piedade	24.17	<b>24.83</b>	543
	Carlos Afonso Almeida	98	Algés	25.27	<b>24.83</b>	543
17.	Eduardo Garcia Guia	98	Palmela Desporto	26.02	<b>24.84</b>	542
18.	Joao Diogo Fernandes	98	Belenenses	26.49	<b>24.90</b>	538
19.	Vicente Morgado Ventoso	00	Avançado EULx	25.37	<b>25.21</b>	519
20.	Ricardo Nuno Esteves	99	Laranjeiro	25.22	<b>25.30</b>	513
21.	Carlos Filipe Lopes	01	União Piedense	25.39	<b>25.47</b>	503
	Ricardo Basilio Marreiros	97	Individual ANL	26.49	<b>25.47</b>	503
23.	Pedro Machado Vieira	02	Algés	25.73	<b>25.53</b>	499
24.	Diogo Puidival Marques	00	A Onda Azeitão	25.75	<b>25.57</b>	497
25.	Joao Pedro Penelas	04	Geslours	27.12	<b>25.66</b>	492
26.	Miguel Rohula Reis	01	Sporting	25.94	<b>25.67</b>	491
27.	Pedro Ferraz Esteves	99	Natação de Lisboa	26.48	<b>25.72</b>	488
28.	Miguel Monteiro Dinis	01	Algés	26.48	<b>25.87</b>	480
	Hugo Nunes Magalhaes	02	Algés	26.47	<b>25.87</b>	480
30.	Pedro Dordio Carreiro	97	Geslours	25.76	<b>26.02</b>	472

**Prova 28, Masc., 50m Livres, Absolutos**

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
30.	Tomas Penha Monteiro	02	Algés	26.27	<b>26.02</b>	472
32.	Guilherme Ventura Carvalho	01	Geslours	26.71	<b>26.17</b>	463
33.	Guilherme Maria Matos	00	Avançado EULx	25.89	<b>26.23</b>	460
34.	Rodrigo Ponte Jorge	01	União Piedense	26.02	<b>26.27</b>	458
35.	Henrique Rodrigues Cruz	02	Colegio Int Monte Maior	26.21	<b>26.31</b>	456
36.	Joao Garcez Mateus	02	A Onda Azeitão	26.49	<b>26.38</b>	452
	Miguel Duarte Cruz	99	Belenenses	25.20	<b>26.38</b>	452
	Tiago Miguel Silvestre	00	Avançado EULx	26.10	<b>26.38</b>	452
39.	Filipe Nunes Magalhaes	98	Natação de Lisboa	26.06	<b>26.60</b>	441
40.	Jose Luis Buzio	02	Naval Setubalense	27.37	<b>26.92</b>	426
41.	Richard Jesus Fernandes	95	Laranjeiro	26.49	<b>27.02</b>	421
42.	Simao Castro Barreto	02	Avançado EULx	27.40	<b>27.33</b>	407
	Diogo Filipe Reis	99	Laranjeiro	26.49	<b>27.33</b>	407
44.	Henrique Miguel Costa	02	Algés	26.87	<b>27.34</b>	406
45.	Francisco Amaro Santos	04	Geslours	27.40	<b>27.81</b>	386
46.	Diogo Miguel Monteiro	04	Despertarecorde	27.40	<b>27.88</b>	383
47.	Joao Negreiros Guerreiro	04	Laranjeiro	27.40	<b>28.15</b>	372

**Prova 29**

14.07.2019 - 10:22

**Femin., 100m Costas**
**Absolutos**
**Resultados**

Rec	Tempo	Nadador	Clube	Pts
Rec Regional Sen	1:01.01	Rita Barros Frischknecht	SAD Felgueiras	2018
Rec Regional Jun 2	59.61	Rafaela Gomes Azevedo	SAD Alges	2019
Rec Regional Jun 1	1:01.55	Inês Camacho Fernandes	SCP Porto	2012
Rec Regional Juv A	1:01.43	Inês Camacho Fernandes	SCP Mealhada	2011
Rec Regional Juv B	1:02.96	Ines Camacho Fernandes	SCP Alapraia	2011
Rec Regional Abs	59.61	Rafaela Gomes Azevedo	SAD Alges	2019
Rec Nacional Abs	59.61	Rafaela Gomes Azevedo	SAD Alges	2019

TAC - Fem Juv B 50m: 1:21.07; Juv A 50m: 1:18.82; Jun 1 50m: 1:16.61; Jun 2 50m: 1:15.86; Sen 50m: 1:15.49

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:07.49	<b>1:08.11</b>	527	32.77	35.34
2.	Joana Maia Antunes	04	Benfica	1:08.83	<b>1:09.87</b>	488	33.16	36.71
3.	Yonina Brancourt	04	Geslours	1:10.40	<b>1:09.91</b>	487	34.15	35.76
4.	Marta Macedo Inacio	04	Sporting	1:11.06	<b>1:11.04</b>	464	34.41	36.63
5.	Ana Sofia Inacio	04	Sporting	1:10.93	<b>1:11.31</b>	459	35.50	35.81
6.	Sara Carreira Melo	05	Geslours	1:14.31	<b>1:12.17</b>	443	34.52	37.65
7.	Simone Filipe Monteiro	05	Geslours	1:14.82	<b>1:12.43</b>	438	35.88	36.55
8.	Mafalda Santos Costa	05	Colegio Int Monte Maior	1:12.40	<b>1:12.60</b>	435	35.23	37.37
9.	Rafaela Diogo Martins	05	Naval Setubalense	1:12.78	<b>1:12.81</b>	431	35.16	37.65
10.	Barbara Cunha Ventura	05	Benfica	1:13.00	<b>1:12.97</b>	428	35.78	37.19
11.	Rita Ferreira Gomes	05	Algés	1:13.90	<b>1:13.52</b>	419	35.70	37.82
12.	Neuza Velho Magalhaes	05	Benfica	1:14.79	<b>1:13.57</b>	418	36.09	37.48
13.	Aleksandra Bozanic Borcic	04	Algés	1:14.38	<b>1:13.86</b>	413	36.08	37.78
14.	Maria Freire Alves	04	Bombeiros dos Estoris	1:16.19	<b>1:13.87</b>	413	35.80	38.07
15.	Maria Correia Ricardo	05	Naval Setubalense	1:14.26	<b>1:14.03</b>	410	36.43	37.60
16.	Mariana Marques Santos	05	Geslours	1:18.12	<b>1:14.49</b>	403	37.20	37.29
17.	Francisca Otao Tribuna	05	Benfica	1:14.60	<b>1:15.08</b>	393	36.69	38.39
18.	Daniela Alexandra Pedro	04	Sporting	1:13.32	<b>1:15.41</b>	388	36.40	39.01
19.	Renata Campos Reis	04	Geslours	1:16.59	<b>1:15.72</b>	383	37.19	38.53
20.	Ana Belo Braga	05	A Onda Azeitão	1:15.55	<b>1:16.78</b>	368	37.47	39.31
21.	Sara Nunes Conceicao	05	União Piedense	1:16.43	<b>1:17.17</b>	362	38.08	39.09
22.	Mariana Reis Ferreira	05	A Onda Azeitão	1:18.68	<b>1:18.87</b>	339	38.24	40.63
23.	Beatriz Isabel Tavares	05	Naval Setubalense	1:18.50	<b>1:20.61</b>	318	39.53	41.08
24.	Catarina Martins Ferreira	05	A Onda Azeitão	1:19.43	<b>1:21.62</b>	306	38.95	42.67

**Prova 29, Femin., 100m Costas**
**Absolutos**

1.	Catarina Martins Mestre	00	Natação de Lisboa	1:02.68	<b>1:04.09</b>	633	31.37	32.72
2.	Luisa Maria Machado	01	União Piedense	1:08.77	<b>1:06.62</b>	563	32.31	34.31
3.	Ana Raquel Ferreira	98	Natação de Lisboa	1:06.42	<b>1:07.22</b>	548	32.63	34.59
4.	Bruna Martins Riesenberger	97	Laranjeiro	1:10.17	<b>1:07.97</b>	530	33.91	34.06
5.	Soraia Maria Salgado	05	Física Torres Vedras	1:07.49	<b>1:08.11</b>	527	32.77	35.34
6.	Maria Ornelas Armas	98	Avançado EULx	1:08.32	<b>1:08.51</b>	518	33.64	34.87
7.	Ines Figueira Santos	00	União Piedense	1:13.98	<b>1:09.71</b>	491	33.40	36.31
8.	Joana Maia Antunes	04	Benfica	1:08.83	<b>1:09.87</b>	488	33.16	36.71
9.	Yonina Brancourt	04	Geslours	1:10.40	<b>1:09.91</b>	487	34.15	35.76
10.	Mafalda Sofia Dias	01	Palmela Desporto	1:08.33	<b>1:10.11</b>	483	34.46	35.65
11.	Ana Margarida Soares	03	Naval Setubalense	1:10.08	<b>1:10.39</b>	477	34.59	35.80
12.	Maria Ines Ribeiro	03	Individual ANL	1:13.21	<b>1:10.66</b>	472	34.92	35.74
13.	Andreia Wongsangnoi Alves	03	Colegio Int Monte Maior	1:08.06	<b>1:11.04</b>	464	34.80	36.24
	Marta Macedo Inacio	04	Sporting	1:11.06	<b>1:11.04</b>	464	34.41	36.63
15.	Ana Sofia Inacio	04	Sporting	1:10.93	<b>1:11.31</b>	459	35.50	35.81
16.	Sara Carreira Melo	05	Geslours	1:14.31	<b>1:12.17</b>	443	34.52	37.65
17.	Carolina Saraiva Pires	96	Laranjeiro	1:09.96	<b>1:12.22</b>	442	34.72	37.50
18.	Simone Filipe Monteiro	05	Geslours	1:14.82	<b>1:12.43</b>	438	35.88	36.55
19.	Celeste Santos Ricardo	01	União Piedense	1:10.65	<b>1:12.56</b>	436	34.81	37.75
20.	Mafalda Santos Costa	05	Colegio Int Monte Maior	1:12.40	<b>1:12.60</b>	435	35.23	37.37
21.	Rafaela Diogo Martins	05	Naval Setubalense	1:12.78	<b>1:12.81</b>	431	35.16	37.65
22.	Barbara Cunha Ventura	05	Benfica	1:13.00	<b>1:12.97</b>	428	35.78	37.19
23.	Rita Ferreira Gomes	05	Algés	1:13.90	<b>1:13.52</b>	419	35.70	37.82
24.	Neuza Velho Magalhaes	05	Benfica	1:14.79	<b>1:13.57</b>	418	36.09	37.48
25.	Aleksandra Bozanic Borcic	04	Algés	1:14.38	<b>1:13.86</b>	413	36.08	37.78
26.	Maria Freire Alves	04	Bombeiros dos Estoris	1:16.19	<b>1:13.87</b>	413	35.80	38.07
27.	Maria Correia Ricardo	05	Naval Setubalense	1:14.26	<b>1:14.03</b>	410	36.43	37.60
28.	Mariana Marques Santos	05	Geslours	1:18.12	<b>1:14.49</b>	403	37.20	37.29
29.	Francisca Otao Tribuna	05	Benfica	1:14.60	<b>1:15.08</b>	393	36.69	38.39
30.	Daniela Alexandra Pedro	04	Sporting	1:13.32	<b>1:15.41</b>	388	36.40	39.01
31.	Rafaela Sofia Silva	03	Benfica	1:11.79	<b>1:15.42</b>	388	35.81	39.61
32.	Renata Campos Reis	04	Geslours	1:16.59	<b>1:15.72</b>	383	37.19	38.53
33.	Ana Belo Braga	05	A Onda Azeitão	1:15.55	<b>1:16.78</b>	368	37.47	39.31
34.	Sara Nunes Conceicao	05	União Piedense	1:16.43	<b>1:17.17</b>	362	38.08	39.09
35.	Mariana Reis Ferreira	05	A Onda Azeitão	1:18.68	<b>1:18.87</b>	339	38.24	40.63
36.	Beatriz Isabel Tavares	05	Naval Setubalense	1:18.50	<b>1:20.61</b>	318	39.53	41.08
37.	Catarina Martins Ferreira	05	A Onda Azeitão	1:19.43	<b>1:21.62</b>	306	38.95	42.67

**Prova 30**
**Masc., 100m Costas**
**Absolutos**

14.07.2019 - 10:33

**Resultados**

Rec Regional Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Regional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	55.75	Diogo Santos Costa	ADRCIMM	Felgueiras	2018
Rec Regional Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Juv B	59.52	Diogo Santos Costa	ADRCIMM	Algés	2017
Rec Regional Abs	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Nacional Abs	51.48	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 1:13.11; Juv A 50m: 1:11.78; Jun 1 50m: 1:09.15; Jun 2 50m: 1:08.16; Sen 50m: 1:06.84

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Tomas Nogueira Gomes	03	União Piedense	57.50	<b>59.50</b>	555	28.95	30.55
2.	Antonio Santos Pereira	03	Bombeiros dos Estoris	1:00.38	<b>1:00.36</b>	531	29.57	30.79
3.	Tiago Miguel Dias	03	Natação de Lisboa	1:01.29	<b>1:00.74</b>	521	29.53	31.21
4.	Andre Azevedo Baraona	04	C N Montijo	1:01.19	<b>1:02.15</b>	487	30.48	31.67
5.	Bernardo Araujo Freire	03	Algés	1:03.00	<b>1:02.86</b>	470	29.89	32.97
6.	Joao Maria Colaco	03	Sporting	1:04.96	<b>1:03.12</b>	464	31.18	31.94

**Prova 30, Masc., 100m Costas, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
7.	Pedro Pires Gomes	03	Belenenses	1:02.53	<b>1:03.38</b>	459	31.22	32.16
8.	Gonçalo Nuno Raposo	03	A Onda Azeitão	1:04.32	<b>1:03.95</b>	447	31.36	32.59
9.	Joao Pedro Penelas	04	Gesloures	1:05.27	<b>1:04.43</b>	437	30.76	33.67
10.	Miguel Costa Simoes	04	Cova da Piedade	1:02.85	<b>1:04.46</b>	436	31.78	32.68
11.	Dinis Viola Caroco	03	Sporting	1:04.76	<b>1:04.56</b>	434	31.71	32.85
12.	Guilherme Machado Santos	04	União Piedense	1:04.76	<b>1:04.58</b>	434	31.71	32.87
13.	Afonso Cipriano Pinto	04	Sporting	1:05.56	<b>1:05.20</b>	421	31.63	33.57
14.	Tiago Fanha Lopes	04	C N Montijo	1:04.48	<b>1:05.89</b>	408	32.05	33.84
15.	Jaeden Michael Nunes	04	Belenenses	1:07.74	<b>1:07.21</b>	385	32.64	34.57
	Jose Miguel Oliveira	03	Naval Setubalense	1:04.45	<b>1:07.21</b>	385	32.48	34.73
17.	Tomás Pratas Neto	04	Palmela Desporto	1:08.18	<b>1:07.53</b>	379	32.21	35.32
18.	Gonçalo Gomes Augusto	04	A Onda Azeitão	1:09.08	<b>1:07.71</b>	376	33.66	34.05
19.	Tomas Santos Luis	04	Sporting	1:07.50	<b>1:07.78</b>	375	33.07	34.71
20.	Daniel Shumeika Zayika	03	Benfica	1:07.36	<b>1:07.92</b>	373	33.61	34.31
21.	Duarte Brito Justino	04	Colegio Int Monte Maior	1:07.22	<b>1:08.00</b>	371	32.75	35.25
22.	Pedro Miguel Matos	03	Colégio Vasco da Gama	1:09.13	<b>1:08.83</b>	358	33.90	34.93
23.	Luis Maia Pegado	03	Sporting	1:10.33	<b>1:09.26</b>	351	33.70	35.56
24.	Goncalo Afonso Gouveia	04	Sporting	1:10.80	<b>1:10.25</b>	337	35.10	35.15
25.	Daniel Zorro Correia	04	Palmela Desporto	1:11.63	<b>1:10.55</b>	332	34.18	36.37
26.	Vasco Salvador Fernando	03	Algés	1:08.87	<b>1:10.57</b>	332	34.39	36.18
27.	Alexandre Duarte Moraes	04	Palmela Desporto	1:10.33	<b>1:11.09</b>	325	34.07	37.02
28.	Goncalo Filipe Carrapito	04	União Piedense	1:09.55	<b>1:12.03</b>	312	34.57	37.46
29.	Daniel Elias Duarte	04	Laranjeiro	1:11.63	<b>1:12.07</b>	312	35.57	36.50
30.	Joao Silva Angelino	04	Palmela Desporto	1:11.63	<b>1:14.87</b>	278	35.69	39.18
31.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:11.63	<b>1:15.97</b>	266	37.26	38.71
32.	Miguel Alexandre Araujo	04	União Piedense	1:11.63	<b>1:17.65</b>	249	38.01	39.64

**Absolutos**

1.	Diogo Santos Costa <i>Rec Regional</i>	02	Colegio Int Monte Maior	55.17	<b>55.16</b>	696	26.20	28.96
2.	Pedro Andre Santos	94	Algés	57.94	<b>56.35</b>	653	26.92	29.43
3.	Tomas Nogueira Gomes	03	União Piedense	57.50	<b>59.50</b>	555	28.95	30.55
4.	David Matias Cristino	01	União Piedense	57.58	<b>59.80</b>	546	28.40	31.40
5.	Renato Barros Frischknecht	01	Algés	1:01.59	<b>1:00.20</b>	535	29.52	30.68
6.	Antonio Santos Pereira	03	Bombeiros dos Estoris	1:00.38	<b>1:00.36</b>	531	29.57	30.79
7.	Tiago Miguel Dias	03	Natação de Lisboa	1:01.29	<b>1:00.74</b>	521	29.53	31.21
8.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	1:00.25	<b>1:00.75</b>	521	28.70	32.05
9.	Ricardo Pinela Ferreira	01	Benfica	1:00.17	<b>1:00.82</b>	519	29.11	31.71
10.	Filipe Ferreira Luz	98	Gesloures	1:00.02	<b>1:01.07</b>	513	29.48	31.59
11.	Tiago Barros Ferreira	94	Algés	1:00.05	<b>1:01.31</b>	507	30.21	31.10
12.	Andre Azevedo Baraona	04	C N Montijo	1:01.19	<b>1:02.15</b>	487	30.48	31.67
13.	Edgar Filipe Santos	01	União Piedense	1:00.90	<b>1:02.43</b>	480	30.29	32.14
14.	Rodrigo Antonio Rosa	96	Benfica	55.09	<b>1:02.47</b>	479	30.44	32.03
15.	Bernardo Araujo Freire	03	Algés	1:03.00	<b>1:02.86</b>	470	29.89	32.97
16.	Joao Maria Colaco	03	Sporting	1:04.96	<b>1:03.12</b>	464	31.18	31.94
17.	Pedro Pires Gomes	03	Belenenses	1:02.53	<b>1:03.38</b>	459	31.22	32.16
18.	Goncalo Moraes Gordo	02	Colegio Int Monte Maior	1:03.66	<b>1:03.63</b>	453	31.20	32.43
19.	Gonçalo Nuno Raposo	03	A Onda Azeitão	1:04.32	<b>1:03.95</b>	447	31.36	32.59
20.	Carlos Marques Freire	01	Belenenses	1:01.08	<b>1:04.22</b>	441	30.45	33.77
21.	Joao Pedro Penelas	04	Gesloures	1:05.27	<b>1:04.43</b>	437	30.76	33.67
22.	Miguel Costa Simoes	04	Cova da Piedade	1:02.85	<b>1:04.46</b>	436	31.78	32.68
23.	Dinis Viola Caroco	03	Sporting	1:04.76	<b>1:04.56</b>	434	31.71	32.85
24.	Guilherme Machado Santos	04	União Piedense	1:04.76	<b>1:04.58</b>	434	31.71	32.87
25.	Joao Manuel Vargas	00	Individual ANL	1:05.50	<b>1:04.78</b>	430	31.58	33.20
26.	Guilherme Ventura Carvalho	01	Gesloures	1:02.35	<b>1:04.84</b>	428	31.08	33.76
27.	Tiago Leite Barreiros	02	Algés	1:05.16	<b>1:04.92</b>	427	31.33	33.59
28.	Afonso Cipriano Pinto	04	Sporting	1:05.56	<b>1:05.20</b>	421	31.63	33.57
29.	Francisco Martins Pedro	01	Gesloures	1:04.15	<b>1:05.39</b>	418	32.07	33.32
30.	Tiago Fanha Lopes	04	C N Montijo	1:04.48	<b>1:05.89</b>	408	32.05	33.84
31.	Jaeden Michael Nunes	04	Belenenses	1:07.74	<b>1:07.21</b>	385	32.64	34.57



**Prova 30, Masc., 100m Costas, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
31.	Jose Miguel Oliveira	03	Naval Setubalense	1:04.45	<b>1:07.21</b>	385	32.48	34.73
33.	Tomás Pratas Neto	04	Palmela Desporto	1:08.18	<b>1:07.53</b>	379	32.21	35.32
34.	Gonçalo Gomes Augusto	04	A Onda Azeitão	1:09.08	<b>1:07.71</b>	376	33.66	34.05
35.	Tomas Santos Luis	04	Sporting	1:07.50	<b>1:07.78</b>	375	33.07	34.71
36.	Daniel Shumeika Zayika	03	Benfica	1:07.36	<b>1:07.92</b>	373	33.61	34.31
37.	Duarte Brito Justino	04	Colegio Int Monte Maior	1:07.22	<b>1:08.00</b>	371	32.75	35.25
38.	Pedro Miguel Matos	03	Colégio Vasco da Gama	1:09.13	<b>1:08.83</b>	358	33.90	34.93
39.	Luis Maia Pegado	03	Sporting	1:10.33	<b>1:09.26</b>	351	33.70	35.56
40.	Goncalo Afonso Gouveia	04	Sporting	1:10.80	<b>1:10.25</b>	337	35.10	35.15
41.	Daniel Zorro Correia	04	Palmela Desporto	1:11.63	<b>1:10.55</b>	332	34.18	36.37
42.	Vasco Salvador Fernando	03	Algés	1:08.87	<b>1:10.57</b>	332	34.39	36.18
43.	Alexandre Duarte Morais	04	Palmela Desporto	1:10.33	<b>1:11.09</b>	325	34.07	37.02
44.	Goncalo Filipe Carrapito	04	União Piedense	1:09.55	<b>1:12.03</b>	312	34.57	37.46
45.	Daniel Elias Duarte	04	Laranjeiro	1:11.63	<b>1:12.07</b>	312	35.57	36.50
46.	Joao Silva Angelino	04	Palmela Desporto	1:11.63	<b>1:14.87</b>	278	35.69	39.18
47.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:11.63	<b>1:15.97</b>	266	37.26	38.71
48.	Miguel Alexandre Araujo	04	União Piedense	1:11.63	<b>1:17.65</b>	249	38.01	39.64

**Prova 31**

14.07.2019 - 10:47

**Femin., 400m Livres**
**Absolutos**
**Resultados**

Rec	Tempo	Nadador	Clube	Local	Ano
Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:13.87	Ana Reis Sousa	SAD	Alges	2019
Rec Regional Jun 1	4:19.15	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 5:26.60; Juv A 50m: 5:17.54; Jun 1 50m: 5:08.66; Jun 2 50m: 5:05.66; Sen 50m: 5:04.15

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis</b>										
1.	Leonor Esteves Santos	04	EULX	4:30.43	<b>4:29.45</b>	659	1:06.15	1:07.85	1:07.95	1:07.50
2.	Erica Cristina Reis	05	SCP	4:52.28	<b>4:36.16</b>	612	1:04.82	1:10.92	1:10.62	1:09.80
3.	Soraia Alexandra Delgado	05	SCP	4:36.91	<b>4:36.48</b>	610	1:07.24	1:10.54	1:10.27	1:08.43
4.	Sofia Antunes Sebastiao	05	CNA	4:41.04	<b>4:39.93</b>	588	1:06.01	1:12.45	1:10.89	1:10.58
5.	Lidiana Correia Rodrigues	04	CFB	4:36.13	<b>4:44.51</b>	560	1:06.58	1:11.63	1:13.17	1:13.13
6.	Alice Jesus Morgado	04	GESL	4:52.29	<b>4:44.57</b>	559	1:07.57	1:11.80	1:12.02	1:13.18
7.	Joana Rocha Ferreira	05	SLB	4:56.91	<b>4:49.34</b>	532	1:09.93	1:14.22	1:14.16	1:11.03
8.	Margarida Carvalho Barao	04	CNCVVG	4:53.88	<b>4:49.98</b>	528	1:07.14	1:13.10	1:15.46	1:14.28
9.	Beatriz Costa Melo	04	SAD	4:53.75	<b>4:50.15</b>	528	1:08.50	1:14.44	1:14.76	1:12.45
10.	Catarina Nunes Costa	04	GESL	4:48.02	<b>4:52.60</b>	514	1:10.22	1:14.53	1:14.46	1:13.39
11.	Carolina Fonseca Gomes	05	CDOM	5:02.04	<b>4:53.32</b>	511	1:11.07	1:14.02	1:16.14	1:12.09
12.	Maria Del Rio Bernat	05	SAD	4:57.01	<b>4:53.59</b>	509	1:09.78	1:14.82	1:15.01	1:13.98
13.	Maria Martins Camacho	04	SFUAP	4:51.15	<b>4:54.73</b>	503	1:09.14	1:14.59	1:15.92	1:15.08
14.	Diana Valadas Horta	04	CIRL	4:55.39	<b>4:55.24</b>	501	1:10.07	1:14.29	1:15.06	1:15.82
15.	Madalena Graca Gerales	04	SCP	4:56.55	<b>4:55.97</b>	497	1:09.78	1:14.95	1:15.51	1:15.73
16.	Mariana Andreia Silva	05	SCP	5:00.60	<b>4:56.46</b>	495	1:09.96	1:16.29	1:16.38	1:13.83
17.	Joana Marinho Coelho	04	SCP	4:55.54	<b>4:56.48</b>	494	1:09.96	1:15.34	1:15.56	1:15.62
18.	Maria Jardim Fidalgo	04	CNCVVG	4:54.64	<b>4:57.46</b>	490	1:09.86	1:16.29	1:16.17	1:15.14
19.	Madalena Carrapico Alexandrino	05	SAD	5:02.51	<b>4:59.40</b>	480	1:10.99	1:16.37	1:16.91	1:15.13
20.	Mariana Fragoso Guterres	04	SLB	4:51.60	<b>4:59.75</b>	478	1:09.25	1:16.78	1:17.51	1:16.21
21.	Luciana Rodrigues Moura	05	AONDA	4:59.23	<b>5:00.28</b>	476	1:10.09	1:15.10	1:17.11	1:17.98
22.	Matilde Carvalho Barao	04	CNCVVG	5:01.08	<b>5:01.38</b>	471	1:11.44	1:16.73	1:16.61	1:16.60
23.	Carolina Anjos Frischknecht	04	CNS	5:11.18	<b>5:11.59</b>	426	1:14.92	1:19.61	1:19.49	1:17.57
24.	Carolina Alexandra Silva	05	DRCN	5:19.62	<b>5:21.18</b>	389	1:13.05	1:21.63	1:23.76	1:22.74

**Prova 31, Femin., 400m Livres**
**Absolutos**

1. Ines Jacinto Henriques	00	SCP	4:15.00	<b>4:22.48</b>	713	1:04.18	1:06.16	1:06.33	1:05.81
2. Ema Jeronimo Conceicao	03	AEFDTV	4:26.78	<b>4:25.23</b>	691	1:04.59	1:06.44	1:07.76	1:06.44
3. Leonor Esteves Santos	04	EULX	4:30.43	<b>4:29.45</b>	659	1:06.15	1:07.85	1:07.95	1:07.50
4. Sara Moura Cruz	03	SAD	4:33.81	<b>4:32.23</b>	639	1:05.63	1:09.26	1:08.72	1:08.62
5. Margarida Sobral Pimenta	99	CFB	4:34.07	<b>4:32.47</b>	637	1:05.01	1:09.67	1:09.44	1:08.35
6. Sofia Alexandra Rolao	98	SLB	4:26.90	<b>4:33.10</b>	633	1:04.77	1:08.71	1:10.28	1:09.34
7. Erica Cristina Reis	05	SCP	4:52.28	<b>4:36.16</b>	612	1:04.82	1:10.92	1:10.62	1:09.80
8. Soraia Alexandra Delgado	05	SCP	4:36.91	<b>4:36.48</b>	610	1:07.24	1:10.54	1:10.27	1:08.43
9. Natacha Sofia Silva	02	SLB	4:36.41	<b>4:37.74</b>	602	1:05.15	1:10.81	1:11.16	1:10.62
10. Sofia Antunes Sebastiao	05	CNA	4:41.04	<b>4:39.93</b>	588	1:06.01	1:12.45	1:10.89	1:10.58
11. Bruna Martins Riesenberger	97	CIRL	4:30.72	<b>4:40.47</b>	584	1:05.37	1:10.47	1:12.35	1:12.28
12. Luana Correia Rodrigues	01	CFB	4:39.29	<b>4:42.19</b>	574	1:05.68	1:10.57	1:12.40	1:13.54
13. Maria Ornelas Armas	98	EULX	4:39.45	<b>4:42.65</b>	571	1:07.77	1:11.32	1:11.64	1:11.92
14. Lidiana Correia Rodrigues	04	CFB	4:36.13	<b>4:44.51</b>	560	1:06.58	1:11.63	1:13.17	1:13.13
15. Alice Jesus Morgado	04	GESL	4:52.29	<b>4:44.57</b>	559	1:07.57	1:11.80	1:12.02	1:13.18
16. Catarina Trigo Ferreira	02	CNLX	4:59.54	<b>4:45.19</b>	556	1:05.70	1:13.16	1:14.79	1:11.54
17. Joana Rocha Ferreira	05	SLB	4:56.91	<b>4:49.34</b>	532	1:09.93	1:14.22	1:14.16	1:11.03
18. Margarida Carvalho Barao	04	CNCVG	4:53.88	<b>4:49.98</b>	528	1:07.14	1:13.10	1:15.46	1:14.28
19. Beatriz Costa Melo	04	SAD	4:53.75	<b>4:50.15</b>	528	1:08.50	1:14.44	1:14.76	1:12.45
20. Catarina Guimaraes Moreira	03	SAD	4:56.31	<b>4:50.94</b>	523	1:09.42	1:14.21	1:14.11	1:13.20
21. Francisca Razina Oliveira	03	ANAM	4:59.25	<b>4:51.24</b>	522	1:07.58	1:14.08	1:15.65	1:13.93
22. Catarina Nunes Costa	04	GESL	4:48.02	<b>4:52.60</b>	514	1:10.22	1:14.53	1:14.46	1:13.39
23. Carolina Fonseca Gomes	05	CDOM	5:02.04	<b>4:53.32</b>	511	1:11.07	1:14.02	1:16.14	1:12.09
24. Maria Del Rio Bernat	05	SAD	4:57.01	<b>4:53.59</b>	509	1:09.78	1:14.82	1:15.01	1:13.98
25. Maria Martins Camacho	04	SFUAP	4:51.15	<b>4:54.73</b>	503	1:09.14	1:14.59	1:15.92	1:15.08
26. Diana Valadas Horta	04	CIRL	4:55.39	<b>4:55.24</b>	501	1:10.07	1:14.29	1:15.06	1:15.82
27. Madalena Graca Gerales	04	SCP	4:56.55	<b>4:55.97</b>	497	1:09.78	1:14.95	1:15.51	1:15.73
28. Mariana Andreia Silva	05	SCP	5:00.60	<b>4:56.46</b>	495	1:09.96	1:16.29	1:16.38	1:13.83
29. Joana Marinho Coelho	04	SCP	4:55.54	<b>4:56.48</b>	494	1:09.96	1:15.34	1:15.56	1:15.62
30. Maria Jardim Fidalgo	04	CNCVG	4:54.64	<b>4:57.46</b>	490	1:09.86	1:16.29	1:16.17	1:15.14
31. Catarina Ines Correia	03	CNS	5:00.34	<b>4:57.79</b>	488	1:10.85	1:15.82	1:16.16	1:14.96
32. Madalena Carrapico Alexandrino	05	SAD	5:02.51	<b>4:59.40</b>	480	1:10.99	1:16.37	1:16.91	1:15.13
33. Mariana Fragoso Guterres	04	SLB	4:51.60	<b>4:59.75</b>	478	1:09.25	1:16.78	1:17.51	1:16.21
34. Luciana Rodrigues Moura	05	AONDA	4:59.23	<b>5:00.28</b>	476	1:10.09	1:15.10	1:17.11	1:17.98
35. Matilde Carvalho Barao	04	CNCVG	5:01.08	<b>5:01.38</b>	471	1:11.44	1:16.73	1:16.61	1:16.60
36. Matilde Pereira Carrao	03	CIRL	5:02.13	<b>5:08.94</b>	437	1:11.79	1:16.89	1:19.74	1:20.52
37. Leonor Ramos Zacarias	03	CNS	4:59.89	<b>5:11.42</b>	427	1:13.29	1:18.83	1:20.43	1:18.87
38. Carolina Anjos Frischknecht	04	CNS	5:11.18	<b>5:11.59</b>	426	1:14.92	1:19.61	1:19.49	1:17.57
39. Carolina Alexandra Silva	05	DRCN	5:19.62	<b>5:21.18</b>	389	1:13.05	1:21.63	1:23.76	1:22.74

**Prova 32**  
**14.07.2019 - 11:21**
**Masc., 400m Livres**
**Absolutos**  
**Resultados**

Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	3:51.92	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

TAC - Masc Juv B 50m: 4:57.33; Juv A 50m: 4:51.92; Jun 1 50m: 4:41.23; Jun 2 50m: 4:37.22; Sen 50m: 4:31.86

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
<b>Juvenis</b>										
1.	Bernardo Victorino Almeida <i>Rec Regional</i>	04	SCP	4:03.15	<b>4:02.82</b>	667	56.63	1:01.07	1:02.43	1:02.69
2.	Bernardo Jorge Simoes	04	CNCVG	4:04.39	<b>4:04.17</b>	656	59.33	1:02.33	1:02.04	1:00.47
3.	Tomas Nogueira Gomes	03	SFUAP	4:18.08	<b>4:13.78</b>	585	59.84	1:05.23	1:05.03	1:03.68
4.	Joao Lourenco Rebelo	04	SAD	4:24.93	<b>4:18.50</b>	553	1:00.79	1:05.96	1:06.35	1:05.40
5.	Ricardo Martins Ferreira	03	AONDA	4:22.56	<b>4:19.43</b>	547	1:01.54	1:06.49	1:06.72	1:04.68
6.	Pedro Esteves Duarte	03	CDCP	4:20.08	<b>4:20.78</b>	539	1:02.50	1:06.43	1:07.07	1:04.78
7.	Luis Cabral Junior	03	CFB	4:46.09	<b>4:21.41</b>	535	1:02.02	1:06.31	1:06.49	1:06.59
8.	Alexandre Coelho Vieira	03	SCP	4:32.69	<b>4:23.63</b>	521	1:00.92	1:07.51	1:08.17	1:07.03
9.	Francisco Ribeiro Vieira	04	AEFDTV	4:31.09	<b>4:24.79</b>	515	1:01.38	1:07.32	1:08.27	1:07.82
10.	Yann Chetelat Fock	04	EULX	4:39.89	<b>4:26.94</b>	502	1:03.63	1:08.10	1:08.45	1:06.76
11.	Henrique Pinheiro Valente	03	CNCVG	4:26.78	<b>4:26.98</b>	502	1:04.48	1:08.66	1:08.38	1:05.46
12.	Joao Matos Fidalgo	03	SLB	4:31.62	<b>4:27.28</b>	500	1:03.81	1:09.13	1:08.84	1:05.50
13.	Tiago Morgado Nogueira	04	ADRCIMM	4:42.83	<b>4:27.51</b>	499	1:03.59	1:07.04	1:07.79	1:09.09
14.	Rafael Caceres Lopes	04	SFUAP	4:33.69	<b>4:29.87</b>	486	1:03.87	1:08.28	1:09.26	1:08.46
15.	Daniel Alexandre Ascenso	03	GESL	4:31.68	<b>4:30.10</b>	485	1:04.25	1:09.42	1:09.97	1:06.46
16.	Francisco Sousa Uva	04	SAD	4:36.95	<b>4:30.50</b>	483	1:03.87	1:08.94	1:09.22	1:08.47
17.	Tiago Barroso Proenca	04	EULX	4:37.51	<b>4:32.05</b>	474	1:04.74	1:09.09	1:09.75	1:08.47
18.	Guilherme Matias Cristino	03	SFUAP	4:22.91	<b>4:32.13</b>	474	1:02.89	1:09.35	1:10.46	1:09.43
19.	Luis Carlos Correia	03	INDANL	4:33.81	<b>4:33.17</b>	469	1:05.06	1:07.87	1:09.07	1:11.17
20.	Afonso Romao Francisco	04	CDCP	4:37.17	<b>4:35.36</b>	457	1:03.87	1:09.80	1:11.34	1:10.35
21.	Diogo Miguel Duraes	03	CNMJ	4:34.38	<b>4:35.72</b>	456	1:05.11	1:10.96	1:11.05	1:08.60
22.	Pedro Forjaz Cirurgiao	04	SAD	4:36.69	<b>4:36.51</b>	452	1:04.69	1:10.55	1:11.09	1:10.18
23.	Victor Bethlem Tigre	04	SCP	4:42.73	<b>4:38.02</b>	444	1:05.52	1:10.63	1:11.04	1:10.83
24.	Duarte Brito Justino	04	ADRCIMM	4:45.86	<b>4:41.98</b>	426	1:05.42	1:12.04	1:12.97	1:11.55
25.	Miguel Filipe Anjo	04	CDCP	4:38.55	<b>4:42.02</b>	426	1:06.10	1:11.51	1:12.19	1:12.22
26.	Rodrigo Reis Dias	03	CFB	4:46.00	<b>4:49.38</b>	394	1:07.31	1:14.76	1:14.99	1:12.32
27.	Duarte Cadima Goncalves	04	CNMJ	4:40.18	<b>4:51.02</b>	387	59.02	1:04.78	1:30.49	1:16.73

**Absolutos**

1.	Tiago Cunha Costa	99	SCP	3:46.94	<b>3:53.65</b>	749	55.29	58.78	59.76	59.82
2.	Afonso Ribeiro Bate	98	SAD	3:58.37	<b>4:01.64</b>	677	58.30	1:03.12	1:01.71	58.51
3.	Bernardo Victorino Almeida <i>Rec Regional</i>	04	SCP	4:03.15	<b>4:02.82</b>	667	56.63	1:01.07	1:02.43	1:02.69
4.	Bernardo Jorge Simoes	04	CNCVG	4:04.39	<b>4:04.17</b>	656	59.33	1:02.33	1:02.04	1:00.47
5.	David Matias Cristino	01	SFUAP	3:57.45	<b>4:05.66</b>	644	58.97	1:04.48	1:02.47	59.74
6.	Daniel Rochinha Pedro	98	AHBE	4:02.05	<b>4:06.16</b>	641	58.44	1:02.25	1:02.96	1:02.51
7.	Miguel Ribeiro Bate	99	SAD	4:02.57	<b>4:06.39</b>	639	59.60	1:02.44	1:02.47	1:01.88
8.	Afonso Mateus Ribeiro	95	CFB	4:13.28	<b>4:06.42</b>	639	57.53	1:02.70	1:02.66	1:03.53
9.	Joao Esteves Padrela	99	CFB	4:10.27	<b>4:07.62</b>	629	59.69	1:03.32	1:03.52	1:01.09
10.	Joao Mota Correia	97	SLB	4:09.11	<b>4:08.47</b>	623	1:00.24	1:04.13	1:01.62	1:02.48
11.	Rafael Rodrigues Jacinto	02	CFB	4:08.12	<b>4:08.55</b>	622	59.79	1:03.26	1:03.38	1:02.12
12.	Tomas Nogueira Gomes	03	SFUAP	4:18.08	<b>4:13.78</b>	585	59.84	1:05.23	1:05.03	1:03.68
13.	Joao Nogueira Mendes	02	CIRL	4:19.16	<b>4:14.98</b>	576	1:01.06	1:05.18	1:04.94	1:03.80
14.	Francisco Alves Souza	02	GESL	4:13.51	<b>4:17.44</b>	560	1:00.13	1:04.40	1:06.08	1:06.83
15.	Martim Primavera Alfama	02	GESL	4:20.85	<b>4:17.91</b>	557	1:00.40	1:05.58	1:06.23	1:05.70
16.	Joao Lourenco Rebelo	04	SAD	4:24.93	<b>4:18.50</b>	553	1:00.79	1:05.96	1:06.35	1:05.40

**Prova 32, Masc., 400m Livres, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m	300m	400m
17.	Ricardo Martins Ferreira	03	AONDA	4:22.56	<b>4:19.43</b>	547	1:01.54	1:06.49	1:06.72	1:04.68
18.	Tiago Rafael Martins	97	EULX	4:20.85	<b>4:20.38</b>	541	1:00.41	1:05.02	1:06.68	1:08.27
19.	Alexandre Miguel Branco	01	SAD	4:31.67	<b>4:20.53</b>	540	1:00.61	1:05.36	1:07.26	1:07.30
20.	Pedro Esteves Duarte	03	CDCP	4:20.08	<b>4:20.78</b>	539	1:02.50	1:06.43	1:07.07	1:04.78
21.	Hugo Nunes Magalhaes	02	SAD	4:35.62	<b>4:21.10</b>	537	1:02.85	1:06.81	1:05.82	1:05.62
22.	Luis Cabral Junior	03	CFB	4:46.09	<b>4:21.41</b>	535	1:02.02	1:06.31	1:06.49	1:06.59
23.	Alexandre Coelho Vieira	03	SCP	4:32.69	<b>4:23.63</b>	521	1:00.92	1:07.51	1:08.17	1:07.03
24.	Francisco Ribeiro Vieira	04	AEFDTV	4:31.09	<b>4:24.79</b>	515	1:01.38	1:07.32	1:08.27	1:07.82
25.	Yann Chetelat Fock	04	EULX	4:39.89	<b>4:26.94</b>	502	1:03.63	1:08.10	1:08.45	1:06.76
26.	Henrique Pinheiro Valente	03	CNCVG	4:26.78	<b>4:26.98</b>	502	1:04.48	1:08.66	1:08.38	1:05.46
27.	Joao Matos Fidalgo	03	SLB	4:31.62	<b>4:27.28</b>	500	1:03.81	1:09.13	1:08.84	1:05.50
28.	Tiago Morgado Nogueira	04	ADRCIMM	4:42.83	<b>4:27.51</b>	499	1:03.59	1:07.04	1:07.79	1:09.09
29.	Rafael Caceres Lopes	04	SFUAP	4:33.69	<b>4:29.87</b>	486	1:03.87	1:08.28	1:09.26	1:08.46
30.	Daniel Alexandre Ascenso	03	GESL	4:31.68	<b>4:30.10</b>	485	1:04.25	1:09.42	1:09.97	1:06.46
31.	Francisco Sousa Uva	04	SAD	4:36.95	<b>4:30.50</b>	483	1:03.87	1:08.94	1:09.22	1:08.47
32.	Tiago Barroso Proenca	04	EULX	4:37.51	<b>4:32.05</b>	474	1:04.74	1:09.09	1:09.75	1:08.47
33.	Guilherme Matias Cristino	03	SFUAP	4:22.91	<b>4:32.13</b>	474	1:02.89	1:09.35	1:10.46	1:09.43
34.	Luis Carlos Correia	03	INDANL	4:33.81	<b>4:33.17</b>	469	1:05.06	1:07.87	1:09.07	1:11.17
35.	Afonso Romao Francisco	04	CDCP	4:37.17	<b>4:35.36</b>	457	1:03.87	1:09.80	1:11.34	1:10.35
36.	Diogo Miguel Duraes	03	CNMJ	4:34.38	<b>4:35.72</b>	456	1:05.11	1:10.96	1:11.05	1:08.60
37.	Pedro Forjaz Cirurgiao	04	SAD	4:36.69	<b>4:36.51</b>	452	1:04.69	1:10.55	1:11.09	1:10.18
38.	Victor Bethlem Tigre	04	SCP	4:42.73	<b>4:38.02</b>	444	1:05.52	1:10.63	1:11.04	1:10.83
39.	Duarte Brito Justino	04	ADRCIMM	4:45.86	<b>4:41.98</b>	426	1:05.42	1:12.04	1:12.97	1:11.55
40.	Miguel Filipe Anjo	04	CDCP	4:38.55	<b>4:42.02</b>	426	1:06.10	1:11.51	1:12.19	1:12.22
41.	Rodrigo Reis Dias	03	CFB	4:46.00	<b>4:49.38</b>	394	1:07.31	1:14.76	1:14.99	1:12.32
42.	Duarte Cadima Goncalves	04	CNMJ	4:40.18	<b>4:51.02</b>	387	59.02	1:04.78	1:30.49	1:16.73

**Prova 33**

14.07.2019 - 12:11

**Femin., 4 x 50m Estilos**
**Absolutos**
**Resultados**

Rec Nacional Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	2012
Rec Nacional Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	2018
Rec Nacional Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	2018
Rec Nacional Abs	1:53.38	Futebol Clube do Porto	FCP	Porto	2012

TAC - Fem Juv B 50m: 2:35.74; Juv A 50m: 2:31.20; Juv 50m: 2:31.20; Jun 50m: 2:28.24; Sen 50m: 2:21.70

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
1. Laranjeiro Abs	02	31.05	Bruna Martins Riesenberger	2:10.12	573
	98	36.73	Sofia Alexandra Nunes		
			97	29.51	
			00	26.98	
2. Natação de Lisboa Abs	00	29.50	Ana Raquel Ferreira	2:05.49	571
	96	34.84	Catarina Trigo Ferreira		
			98	31.68	
			02	28.45	
3. Geslours Abs	04	32.11	Margarida Messias Ribeiro	2:08.35	558
	03	35.81	Beatriz Vaz Rebelo		
			98	30.10	
			03	27.41	
4. Benfica Abs	98	31.42	Claudia Ferreira Borges	2:03.74	548
	02	35.71	Ines Silva Bernardo		
			99	30.37	
			00	28.63	
5. Geslours Juv	04	32.04	Alice Jesus Morgado	2:25.31	510
	04	36.88	Rita Abibe Goncalves		
			04	31.80	
			05	28.52	
6. A Onda Juv	05	38.15	Luciana Rodrigues Moura	2:08.97	390
	05	38.40	Mariana Reis Ferreira		
			05	33.68	
			05	31.01	

Prova 34  
 14.07.2019 - 12:14

## Masc., 4 x 50m Estilos

 Absolutos  
 Resultados

Rec Nacional Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras	2013
Rec Nacional Abs	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	2018

TAC - Masc Juv B 50m: 2:23.14; Juv A 50m: 2:18.98; Juv 50m: 2:18.98; Jun 50m: 2:16.25; Sen 50m: 2:05.35

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
1. Geslours Abs		Geslours	1:50.97	<b>1:48.20</b>	583
	02	27.06	Andre Tavares Grenho	99	26.32
	02	30.21	Bruno Miguel Martins	93	24.61
2. Benfica Abs		Benfica	1:48.99	<b>1:48.37</b>	581
	01	27.85	Miguel Henriques Marques	00	24.94
	01	31.23	Joao Mota Correia	97	24.35
3. União Piedense Abs		União Piedense	1:50.56	<b>1:49.39</b>	565
	86	27.38	Carlos Filipe Lopes	01	26.57
	02	31.10	Tiago Maria Camoes	01	24.34
4. Estoris Abs		Bombeiros dos Estoris	1:56.43	<b>1:49.68</b>	560
	98	26.91	Leonardo Rochinha Pedro	98	26.47
	98	32.62	Frederico Sousa Soares	96	23.68
5. A Onda Abs		A Onda Azeitão	1:51.95	<b>1:50.80</b>	543
	00	29.20	Joao Garcez Mateus	02	27.03
	02	30.52	Bernardo Antunes Augusto	00	24.05
6. Natação de Lisboa Abs		Natação de Lisboa	1:55.00	<b>1:53.30</b>	508
	03	28.93	Pedro Ferraz Esteves	99	27.76
	00	30.90	Filipe Nunes Magalhaes	98	25.71
7. Montijo Juv <i>Rec Regional</i>		C N Montijo	2:05.35	<b>1:57.20</b>	459
	04	28.64	Tiago Fanha Lopes	04	28.38
	04	33.12	Diogo Miguel Duraes	03	27.06
8. A Onda Juv		A Onda Azeitão	2:02.20	<b>1:57.84</b>	452
	03	30.65	Rodrigo Beja Lopes	03	27.30
	04	33.77	Ricardo Martins Ferreira	03	26.12
9. Palmela Juv		Palmela Desporto	2:10.95	<b>2:03.22</b>	395
	04	32.71	Alexandre Duarte Morais	04	29.50
	04	34.74	Joao Silva Angelino	04	26.27

## 4 - 2ª Jornada - 2ª Sessão

14.07.2019 - 16:00

Prova 35	Femin., 1500m Livres				Absolutos
14.07.2019 - 16:00					Resultados
Rec Regional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	16:48.10	Mariana Amaral Mendes	ADRCIMM	Felgueiras	2018
Rec Regional Jun 1	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Regional Juv A	17:49.40	Barbara Marques Rodrigues	SAD	Algés	2012
Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018

TAC - Fem Juv B 50m: 20:27.41; Juv A 50m: 20:27.41; Jun 1 50m: 20:27.41; Jun 2 50m: 20:15.48; Sen 50m: 20:09.53

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Ines Jacinto Henriques	00	Sporting	17:05.85	<b>17:01.03</b>	730
	100m: 1:06.62 1:06.62	500m: 5:41.45 1:08.68	900m: 10:14.03 1:07.98	1300m: 14:46.11 1:08.30		
	200m: 2:15.53 1:08.91	600m: 6:49.81 1:08.36	1000m: 11:22.23 1:08.20	1400m: 15:54.23 1:08.12		
	300m: 3:24.25 1:08.72	700m: 7:57.98 1:08.17	1100m: 12:29.96 1:07.73	1500m: 17:01.03 1:06.80		
	400m: 4:32.77 1:08.52	800m: 9:06.05 1:08.07	1200m: 13:37.81 1:07.85			
2.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	16:48.10	<b>17:03.66</b>	725
	100m: 1:06.50 1:06.50	500m: 5:41.59 1:08.43	900m: 10:15.15 1:08.34	1300m: 14:48.04 1:08.33		
	200m: 2:15.69 1:09.19	600m: 6:50.21 1:08.62	1000m: 11:23.45 1:08.30	1400m: 15:56.61 1:08.57		
	300m: 3:24.46 1:08.77	700m: 7:58.46 1:08.25	1100m: 12:31.41 1:07.96	1500m: 17:03.66 1:07.05		
	400m: 4:33.16 1:08.70	800m: 9:06.81 1:08.35	1200m: 13:39.71 1:08.30			
3.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	18:05.67	<b>17:25.17</b>	681
	100m: 1:07.07 1:07.07	500m: 5:46.93 1:09.85	900m: 10:26.67 1:10.16	1300m: 15:08.04 1:10.34		
	200m: 2:16.92 1:09.85	600m: 6:56.47 1:09.54	1000m: 11:36.89 1:10.22	1400m: 16:18.02 1:09.98		
	300m: 3:26.93 1:10.01	700m: 8:06.72 1:10.25	1100m: 12:47.12 1:10.23	1500m: 17:25.17 1:07.15		
	400m: 4:37.08 1:10.15	800m: 9:16.51 1:09.79	1200m: 13:57.70 1:10.58			
4.	Leonor Esteves Santos <i>Rec Regional</i>	04	Avançado EULx	20:02.86	<b>17:40.84</b>	651
	100m: 1:07.69 1:07.69	500m: 5:50.49 1:10.48	900m: 10:34.43 1:11.24	1300m: 15:19.83 1:11.21		
	200m: 2:18.63 1:10.94	600m: 7:00.92 1:10.43	1000m: 11:45.69 1:11.26	1400m: 16:31.18 1:11.35		
	300m: 3:29.47 1:10.84	700m: 8:11.81 1:10.89	1100m: 12:57.16 1:11.47	1500m: 17:40.84 1:09.66		
	400m: 4:40.01 1:10.54	800m: 9:23.19 1:11.38	1200m: 14:08.62 1:11.46			
5.	Mafalda Santos Costa	05	Colegio Int Monte Maior	20:02.86	<b>18:15.48</b>	591
	100m: 1:08.22 1:08.22	500m: 5:57.62 1:12.87	900m: 10:51.92 1:13.98	1300m: 15:48.32 1:14.26		
	200m: 2:19.66 1:11.44	600m: 7:11.22 1:13.60	1000m: 12:06.18 1:14.26	1400m: 17:02.31 1:13.99		
	300m: 3:31.98 1:12.32	700m: 8:24.48 1:13.26	1100m: 13:20.02 1:13.84	1500m: 18:15.48 1:13.17		
	400m: 4:44.75 1:12.77	800m: 9:37.94 1:13.46	1200m: 14:34.06 1:14.04			
6.	Maria Ines Ribeiro	03	Individual ANL	18:56.97	<b>18:54.19</b>	533
	100m: 1:10.28 1:10.28	500m: 6:12.21 1:15.65	900m: 11:16.87 1:15.91	1300m: 16:23.79 1:16.98		
	200m: 2:25.08 1:14.80	600m: 7:28.37 1:16.16	1000m: 12:33.74 1:16.87	1400m: 17:39.56 1:15.77		
	300m: 3:40.70 1:15.62	700m: 8:44.55 1:16.18	1100m: 13:50.43 1:16.69	1500m: 18:54.19 1:14.63		
	400m: 4:56.56 1:15.86	800m: 10:00.96 1:16.41	1200m: 15:06.81 1:16.38			

**Prova 36**  
 14.07.2019 - 16:21

**Masc., 800m Livres**
**Absolutos**  
**Resultados**

Rec Regional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	7:56.83	Filipe Miguel Santo	SLB	Porto	2017
Rec Regional Jun 1	8:18.36	Rafael Lourenço Gil	ANAM	Alapraia	2013
Rec Regional Juv A	8:26.72	Pedro Fontoura Oliveira	CFB	Loures	2005
Rec Regional Juv B	8:35.60	Pedro Fontoura Oliveira	CFB	Loures	2004
Rec Regional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017

TAC - Masc Juv B 50m: 9:54.32; Juv A 50m: 9:54.32; Jun 1 50m: 9:54.32; Jun 2 50m: 9:45.83; Sen 50m: 9:34.51

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Tiago Cunha Costa	99	Sporting	8:19.61	<b>8:00.98</b>	783
	100m: 56.87 56.87	300m: 2:58.37 1:00.81	500m: 5:01.02 1:01.44	700m: 7:02.50 1:00.82		
	200m: 1:57.56 1:00.69	400m: 3:59.58 1:01.21	600m: 6:01.68 1:00.66	800m: 8:00.98 58.48		
2.	Pedro Esteves Duarte	03	Cova da Piedade	9:05.02	<b>8:55.09</b>	569
	100m: 1:01.80 1:01.80	300m: 3:15.98 1:07.49	500m: 5:32.58 1:09.40	700m: 7:49.39 1:08.19		
	200m: 2:08.49 1:06.69	400m: 4:23.18 1:07.20	600m: 6:41.20 1:08.62	800m: 8:55.09 1:05.70		

**Prova 37**  
 14.07.2019 - 16:31

**Femin., 200m Mariposa**
**Absolutos**  
**Resultados**

Rec Regional Sen	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	2:14.95	Bruna Leal Dantas	SCP	Porto	2012
Rec Regional Jun 1	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	1996
Rec Regional Juv A	2:18.93	Susana Patricia Miguel	SFUAP	Cantanhede	2004
Rec Regional Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Abs	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	2:05.74	Ana Catarina Monteiro	CFV	Hangzhou (CHN)	2018

TAC - Fem Juv B 50m: 2:53.75; Juv A 50m: 2:48.97; Jun 1 50m: 2:44.27; Jun 2 50m: 2:42.69; Sen 50m: 2:41.91

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Maria Gomes Pereira	04	Algés	2:26.38	<b>2:25.48</b>	555	1:09.81	1:15.67
2.	Vera Figueiredo Narra	04	Amadora	2:33.14	<b>2:26.58</b>	543	1:09.78	1:16.80
3.	Carolina Fale Costa	04	Colegio Int Monte Maior	2:36.79	<b>2:30.18</b>	505	1:12.88	1:17.30
4.	Marta Joao Pires	05	Algés	2:48.53	<b>2:32.28</b>	484	1:14.08	1:18.20
5.	Carmo Dias Vieira	05	Avançado EULx	2:34.63	<b>2:35.38</b>	456	1:14.30	1:21.08
6.	Ana Sofia Inacio	04	Sporting	2:38.67	<b>2:35.83</b>	452	1:13.58	1:22.25
7.	Nicole Patriarca Franca	05	Sporting	2:40.32	<b>2:37.13</b>	441	1:14.47	1:22.66
8.	Neuza Velho Magalhaes	05	Benfica	2:48.53	<b>2:38.79</b>	427	1:15.40	1:23.39
9.	Carolina Fonseca Gomes	05	Olivais e Moscavide	2:48.53	<b>2:38.84</b>	426	1:15.92	1:22.92
10.	Sofia Vilardell Rodrigues	04	Gesloures	2:43.90	<b>2:39.26</b>	423	1:16.07	1:23.19
11.	Mariana Fragoso Guterres	04	Benfica	2:36.02	<b>2:41.14</b>	408	1:13.99	1:27.15
12.	Luciana Rodrigues Moura	05	A Onda Azeitão	2:42.20	<b>2:42.62</b>	397	1:15.50	1:27.12
13.	Andreia Velho Magalhaes	04	Benfica	2:40.39	<b>2:44.98</b>	381	1:16.58	1:28.40

**Absolutos**

1.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	2:18.71	<b>2:20.01</b>	623	1:07.27	1:12.74
2.	Maria Gomes Pereira	04	Algés	2:26.38	<b>2:25.48</b>	555	1:09.81	1:15.67
3.	Natacha Sofia Silva	02	Benfica	2:31.07	<b>2:25.78</b>	552	1:09.86	1:15.92
4.	Vera Figueiredo Narra	04	Amadora	2:33.14	<b>2:26.58</b>	543	1:09.78	1:16.80
5.	Daniela Mascarenhas Henriques	03	Gesloures	2:28.46	<b>2:27.95</b>	528	1:10.61	1:17.34
6.	Carolina Fale Costa	04	Colegio Int Monte Maior	2:36.79	<b>2:30.18</b>	505	1:12.88	1:17.30
7.	Margarida Cunha Barros	02	União Piedense	2:32.58	<b>2:30.21</b>	504	1:11.94	1:18.27
8.	Madalena Rodrigues Tome	03	Bombeiros dos Estoris	2:39.34	<b>2:30.33</b>	503	1:12.87	1:17.46
9.	Tatiana Alexandre Cardoso	01	Amadora	2:37.05	<b>2:30.42</b>	502	1:11.83	1:18.59
10.	Marta Joao Pires	05	Algés	2:48.53	<b>2:32.28</b>	484	1:14.08	1:18.20

**Prova 37, Femin., 200m Mariposa, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
11.	Carmo Dias Vieira	05	Avançado EULx	2:34.63	<b>2:35.38</b>	456	1:14.30	1:21.08
12.	Ana Sofia Inacio	04	Sporting	2:38.67	<b>2:35.83</b>	452	1:13.58	1:22.25
13.	Nicole Patriarca Franca	05	Sporting	2:40.32	<b>2:37.13</b>	441	1:14.47	1:22.66
14.	Neuza Velho Magalhaes	05	Benfica	2:48.53	<b>2:38.79</b>	427	1:15.40	1:23.39
15.	Carolina Fonseca Gomes	05	Olivais e Moscavide	2:48.53	<b>2:38.84</b>	426	1:15.92	1:22.92
16.	Sofia Vilardell Rodrigues	04	Geslours	2:43.90	<b>2:39.26</b>	423	1:16.07	1:23.19
17.	Mariana Fragoso Guterres	04	Benfica	2:36.02	<b>2:41.14</b>	408	1:13.99	1:27.15
18.	Luciana Rodrigues Moura	05	A Onda Azeitão	2:42.20	<b>2:42.62</b>	397	1:15.50	1:27.12
19.	Joana Isabel Pulquerio	03	União Piedense	2:39.34	<b>2:43.03</b>	394	1:15.86	1:27.17
20.	Andreia Velho Magalhaes	04	Benfica	2:40.39	<b>2:44.98</b>	381	1:16.58	1:28.40

**Prova 38**
**Masc., 200m Mariposa**
**Absolutos**

14.07.2019 - 16:41

**Resultados**

Rec Regional Sen	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	2:00.39	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	2:03.51	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	2:07.51	Pedro Mendonça	CNCVVG		2002
Rec Regional Juv B	2:11.56	Miguel Cabrita	SAD		1989
Rec Regional Abs	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

TAC - Masc Juv B 50m: 2:40.65; Juv A 50m: 2:36.40; Jun 1 50m: 2:30.75; Jun 2 50m: 2:27.23; Sen 50m: 2:23.71

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Bernardo Victorino Almeida	04	Sporting	2:22.55	<b>2:13.65</b>	535	1:03.75	1:09.90
2.	Andre Azevedo Baraona	04	C N Montijo	2:16.56	<b>2:17.68</b>	490	1:05.55	1:12.13
3.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	2:14.50	<b>2:18.54</b>	481	1:07.08	1:11.46
4.	Antonio Lombardi Carvalho	04	Belenenses	2:28.93	<b>2:19.92</b>	467	1:08.06	1:11.86
5.	Alexandre Coelho Vieira	03	Sporting	2:21.63	<b>2:23.84</b>	429	1:07.48	1:16.36
6.	Felipe Menegassi Maia	04	Algés	2:35.84	<b>2:23.95</b>	428	1:07.93	1:16.02
7.	Rodrigo Beja Lopes	03	A Onda Azeitão	2:20.78	<b>2:24.78</b>	421	1:06.22	1:18.56
8.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	2:29.90	<b>2:24.85</b>	420	1:08.97	1:15.88
9.	Tiago Barroso Proenca	04	Avançado EULx	2:30.38	<b>2:26.70</b>	405	1:09.78	1:16.92
10.	Rafael Caceres Lopes	04	União Piedense	2:25.19	<b>2:28.01</b>	394	1:10.07	1:17.94
11.	Hugo Tomas Silva	04	A Onda Azeitão	2:29.24	<b>2:28.69</b>	389	1:09.50	1:19.19
12.	Nicolae Iachimovschi	03	Belenenses	2:31.70	<b>2:29.56</b>	382	1:09.73	1:19.83
13.	Pedro Forjaz Cirurgiao	04	Algés	2:35.36	<b>2:30.45</b>	375	1:12.43	1:18.02
14.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	2:29.90	<b>2:32.72</b>	359	1:14.59	1:18.13

**Absolutos**

1.	Tiago Roberto Cordeiro	00	Benfica	1:57.74	<b>2:01.04</b>	721	58.17	1:02.87
2.	Diogo Santos Costa	02	Colegio Int Monte Maior	2:26.22	<b>2:05.09</b>	653	59.28	1:05.81
3.	David Matias Cristino	01	União Piedense	2:03.31	<b>2:06.78</b>	627	1:01.93	1:04.85
4.	Afonso Ribeiro Bate	98	Algés	2:09.71	<b>2:08.80</b>	598	1:01.33	1:07.47
5.	Rafael Filipe Nunes	96	Benfica	2:08.42	<b>2:08.89</b>	597	1:01.68	1:07.21
6.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	2:05.06	<b>2:09.36</b>	591	1:03.08	1:06.28
7.	Diogo Alexandre Casteleiro	01	Sporting	2:11.02	<b>2:12.34</b>	551	1:01.88	1:10.46
8.	Pedro Barata Neves	00	Laranjeiro	2:11.53	<b>2:12.41</b>	551	1:04.13	1:08.28
9.	Joao Mota Correia	97	Benfica	2:19.39	<b>2:12.56</b>	549	1:04.42	1:08.14
10.	Pedro Mendes Ferreira	01	Belenenses	2:20.53	<b>2:12.76</b>	546	1:03.72	1:09.04
11.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	2:08.14	<b>2:12.99</b>	543	1:03.04	1:09.95
12.	Carlos Filipe Lopes	01	União Piedense	2:12.86	<b>2:13.50</b>	537	1:04.08	1:09.42
13.	Bernardo Victorino Almeida	04	Sporting	2:22.55	<b>2:13.65</b>	535	1:03.75	1:09.90
14.	Jose Maria Pereira	01	Sporting	2:14.80	<b>2:13.87</b>	533	1:03.64	1:10.23
15.	Daniel Nogueira Catalao	00	Benfica	2:10.57	<b>2:15.45</b>	514	1:03.25	1:12.20
16.	Andre Azevedo Baraona	04	C N Montijo	2:16.56	<b>2:17.68</b>	490	1:05.55	1:12.13



**Prova 38, Masc., 200m Mariposa, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
17.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	2:14.50	<b>2:18.54</b>	481	1:07.08	1:11.46
18.	Antonio Lombardi Carvalho	04	Belenenses	2:28.93	<b>2:19.92</b>	467	1:08.06	1:11.86
19.	Rodrigo Costa Teixeira	99	Laranjeiro	2:19.39	<b>2:20.27</b>	463	1:05.70	1:14.57
20.	Joao Garcez Mateus	02	A Onda Azeitão	2:15.86	<b>2:22.43</b>	442	1:07.51	1:14.92
21.	Ricardo Martins Bras	01	Belenenses	2:22.80	<b>2:22.44</b>	442	1:06.78	1:15.66
22.	Alexandre Coelho Vieira	03	Sporting	2:21.63	<b>2:23.84</b>	429	1:07.48	1:16.36
23.	Felipe Menegassi Maia	04	Algés	2:35.84	<b>2:23.95</b>	428	1:07.93	1:16.02
24.	Rodrigo Beja Lopes	03	A Onda Azeitão	2:20.78	<b>2:24.78</b>	421	1:06.22	1:18.56
25.	Tiago Morgado Nogueira	04	Colegio Int Monte Maior	2:29.90	<b>2:24.85</b>	420	1:08.97	1:15.88
26.	Tiago Barroso Proenca	04	Avançado EULx	2:30.38	<b>2:26.70</b>	405	1:09.78	1:16.92
27.	Rafael Caceres Lopes	04	União Piedense	2:25.19	<b>2:28.01</b>	394	1:10.07	1:17.94
28.	Hugo Tomas Silva	04	A Onda Azeitão	2:29.24	<b>2:28.69</b>	389	1:09.50	1:19.19
29.	Nicolae Iachimovschi	03	Belenenses	2:31.70	<b>2:29.56</b>	382	1:09.73	1:19.83
30.	Pedro Forjaz Cirurgiao	04	Algés	2:35.36	<b>2:30.45</b>	375	1:12.43	1:18.02
31.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoriz	2:29.90	<b>2:32.72</b>	359	1:14.59	1:18.13
DSQ	Diogo Puidival Marques	00	A Onda Azeitão	2:16.76				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								
DSQ	Tiago Correia Neves	97	Belenenses	2:16.14				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								

**Prova 39**
**Femin., 100m Livres**
**Absolutos**

14.07.2019 - 17:09

**Resultados**

Rec Regional Sen	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	56.07	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Regional Jun 1	56.78	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	2015
Rec Regional Juv B	59.46	Isabel Pinto Abreu	CFB	Abrantes	2010
Rec Regional Abs	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Abs	55.12	Ana Pinho Rodrigues	ADS	Felgueiras	2018

TAC - Fem Juv B 50m: 1:11.50; Juv A 50m: 1:09.51; Jun 1 50m: 1:07.57; Jun 2 50m: 1:06.92; Sen 50m: 1:06.58

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Erica Cristina Reis	05	Sporting	1:01.02	<b>1:00.09</b>	584	29.23	30.86
2.	Aleksandra Bozanic Borcic	04	Algés	1:04.95	<b>1:02.22</b>	526	29.78	32.44
3.	Sofia Antunes Sebastiao	05	Amadora	1:02.74	<b>1:02.37</b>	522	30.18	32.19
4.	Lidiana Correia Rodrigues	04	Belenenses	1:03.46	<b>1:02.64</b>	516	30.43	32.21
5.	Joana Rocha Ferreira	05	Benfica	1:03.34	<b>1:03.05</b>	506	30.78	32.27
6.	Isadora Maia Andre	05	Benfica	1:03.01	<b>1:03.06</b>	505	30.59	32.47
7.	Carolina Fonseca Gomes	05	Olivais e Moscavide	1:03.77	<b>1:03.08</b>	505	30.85	32.23
8.	Diana Valadas Horta	04	Laranjeiro	1:04.87	<b>1:03.23</b>	501	29.95	33.28
9.	Barbara Almeida Ribeiro	04	Colégio Vasco da Gama	1:08.13	<b>1:03.26</b>	501	29.50	33.76
10.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	1:02.08	<b>1:03.40</b>	497	30.67	32.73
11.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:03.75	<b>1:03.42</b>	497	30.67	32.75
12.	Madalena Graca Gerales	04	Sporting	1:04.52	<b>1:03.59</b>	493	30.87	32.72
13.	Margarida Filipe Ferreira	04	Cova da Piedade	1:02.82	<b>1:03.66</b>	491	30.84	32.82
14.	Joana Fernandes Gama	05	Sporting	1:04.73	<b>1:03.89</b>	486	30.94	32.95
15.	Sara Nunes Conceicao	05	União Piedense	1:04.72	<b>1:04.18</b>	479	30.52	33.66
16.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	1:04.13	<b>1:04.22</b>	479	30.84	33.38
17.	Beatriz Costa Melo	04	Algés	1:05.83	<b>1:04.48</b>	473	30.83	33.65
18.	Maria Martins Camacho	04	União Piedense	1:05.35	<b>1:04.49</b>	473	30.83	33.66
19.	Joana Maia Antunes	04	Benfica	1:03.57	<b>1:04.55</b>	471	30.83	33.72
20.	Mafalda Santos Costa	05	Colegio Int Monte Maior	1:03.79	<b>1:04.59</b>	470	31.31	33.28
21.	Carolina Porem Henriques	04	Sporting	1:04.44	<b>1:04.65</b>	469	30.91	33.74
22.	Simone Filipe Monteiro	05	Geslours	1:05.52	<b>1:04.68</b>	468	31.47	33.21
23.	Francisca Otao Tribuna	05	Benfica	1:04.99	<b>1:04.75</b>	467	31.49	33.26

**Prova 39, Femin., 100m Livres, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
24.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	1:05.45	<b>1:04.77</b>	466	31.14	33.63
25.	Lara Moreira Lopo	05	Avançado EULx	1:06.72	<b>1:05.32</b>	455	31.63	33.69
26.	Mariana Andreia Silva	05	Sporting	1:06.78	<b>1:06.00</b>	441	32.36	33.64
27.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:07.68	<b>1:06.13</b>	438	31.71	34.42
28.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	1:05.07	<b>1:06.26</b>	436	31.67	34.59
29.	Neuza Velho Magalhaes	05	Benfica	1:05.82	<b>1:06.65</b>	428	32.05	34.60
30.	Mariana Reis Ferreira	05	A Onda Azeitão	1:06.27	<b>1:07.35</b>	415	32.26	35.09
31.	Madalena Carrapico Alexandrino	05	Algés	1:07.39	<b>1:07.48</b>	412	32.24	35.24
32.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	1:06.75	<b>1:07.70</b>	408	32.56	35.14
	Andreia Velho Magalhaes	04	Benfica	1:04.55	<b>1:07.70</b>	408	32.36	35.34
34.	Carolina Alexandra Silva	05	Despertarecorde	1:09.60	<b>1:08.33</b>	397	32.58	35.75
35.	Joana Matilde Inácio	05	Despertarecorde	1:09.94	<b>1:08.38</b>	396	32.92	35.46
36.	Barbara Cunha Ventura	05	Benfica	1:08.69	<b>1:08.57</b>	393	33.29	35.28
37.	Mariana Maiato Paulino	05	Colégio Vasco da Gama	1:08.48	<b>1:09.03</b>	385	33.43	35.60
38.	Maria Jacob Marta	05	Bombeiros dos Estoris	1:08.49	<b>1:09.18</b>	383	32.04	37.14
39.	Catarina Martins Ferreira	05	A Onda Azeitão	1:10.08	<b>1:09.28</b>	381	33.68	35.60
40.	Rafaela Diogo Martins	05	Naval Setubalense	1:09.60	<b>1:09.45</b>	378	33.04	36.41
41.	Beatriz Isabel Tavares	05	Naval Setubalense	1:08.21	<b>1:10.85</b>	356	34.29	36.56
42.	Beatriz Barroso Silva	05	Olivais e Moscavide	1:10.08	<b>1:11.90</b>	341	34.01	37.89
43.	Emily Monteiro Cunha	04	União Piedense	1:08.13	<b>1:12.48</b>	333	34.49	37.99
44.	Catarina Silva Tavares	05	Despertarecorde	1:10.08	<b>1:13.19</b>	323	35.21	37.98
45.	Inês Azinheira Serra	05	Palmela Desporto	1:10.08	<b>1:16.12</b>	287	35.32	40.80

**Absolutos**

1.	Beatriz Mendes Viegas	00	Sporting	56.38	<b>56.87</b>	689	27.76	29.11
2.	Sofia Alexandra Rolao	98	Benfica	58.74	<b>58.61</b>	630	28.02	30.59
3.	Francisca Salvador Mesquita	02	Colegio Int Monte Maior	1:02.18	<b>59.88</b>	590	29.12	30.76
4.	Erica Cristina Reis	05	Sporting	1:01.02	<b>1:00.09</b>	584	29.23	30.86
5.	Bruna Martins Riesenberger	97	Laranjeiro	1:01.42	<b>1:00.45</b>	574	29.37	31.08
6.	Sara Moura Cruz	03	Algés	1:01.55	<b>1:00.50</b>	572	29.10	31.40
7.	Ana Margarida Soares	03	Naval Setubalense	1:01.33	<b>1:01.06</b>	557	29.70	31.36
8.	Claudia Beatriz Martins	03	Geslours	1:02.77	<b>1:01.44</b>	547	29.96	31.48
9.	Catarina Rodrigues Belchior	01	A Onda Azeitão	1:02.31	<b>1:01.65</b>	541	29.74	31.91
10.	Margarida Messias Ribeiro	98	Geslours	1:02.02	<b>1:01.68</b>	540	29.82	31.86
11.	Mariana Amaral Mendes	02	Colegio Int Monte Maior	1:02.57	<b>1:01.83</b>	536	30.13	31.70
12.	Claudia Ferreira Borges	99	Benfica	1:03.06	<b>1:01.86</b>	536	29.78	32.08
13.	Mafalda Sofia Dias	01	Palmela Desporto	1:02.31	<b>1:01.99</b>	532	29.73	32.26
14.	Marta Viola Marques	03	Colégio Vasco da Gama	1:03.27	<b>1:02.01</b>	532	29.57	32.44
	Carolina Saraiva Pires	96	Laranjeiro	1:01.79	<b>1:02.01</b>	532	30.00	32.01
16.	Aleksandra Bozanic Borcic	04	Algés	1:04.95	<b>1:02.22</b>	526	29.78	32.44
17.	Constanca Dias Baptista	01	Belenenses	1:00.87	<b>1:02.34</b>	523	29.97	32.37
18.	Sofia Antunes Sebastiao	05	Amadora	1:02.74	<b>1:02.37</b>	522	30.18	32.19
19.	Catarina Trigo Ferreira	02	Natação de Lisboa	1:02.46	<b>1:02.55</b>	518	30.18	32.37
20.	Lidiana Correia Rodrigues	04	Belenenses	1:03.46	<b>1:02.64</b>	516	30.43	32.21
21.	Ines Figueira Santos	00	União Piedense	1:01.67	<b>1:02.80</b>	512	30.40	32.40
22.	Francisca Razina Oliveira	03	Naval Amorense	1:04.42	<b>1:02.86</b>	510	29.94	32.92
23.	Joana Filipa Varandas	02	Laranjeiro	1:01.67	<b>1:02.97</b>	508	30.40	32.57
24.	Joana Rocha Ferreira	05	Benfica	1:03.34	<b>1:03.05</b>	506	30.78	32.27
25.	Isadora Maia Andre	05	Benfica	1:03.01	<b>1:03.06</b>	505	30.59	32.47
26.	Carolina Fonseca Gomes	05	Olivais e Moscavide	1:03.77	<b>1:03.08</b>	505	30.85	32.23
27.	Caetana Neves Carneiro	03	Natação de Lisboa	1:03.97	<b>1:03.18</b>	503	31.27	31.91
28.	Diana Valadas Horta	04	Laranjeiro	1:04.87	<b>1:03.23</b>	501	29.95	33.28
29.	Barbara Almeida Ribeiro	04	Colégio Vasco da Gama	1:08.13	<b>1:03.26</b>	501	29.50	33.76
30.	Maria Jardim Fidalgo	04	Colégio Vasco da Gama	1:02.08	<b>1:03.40</b>	497	30.67	32.73
31.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:03.75	<b>1:03.42</b>	497	30.67	32.75
32.	Madalena Graca Geraldés	04	Sporting	1:04.52	<b>1:03.59</b>	493	30.87	32.72
33.	Margarida Filipe Ferreira	04	Cova da Piedade	1:02.82	<b>1:03.66</b>	491	30.84	32.82
34.	Catarina Guimaraes Moreira	03	Algés	1:03.75	<b>1:03.84</b>	487	30.81	33.03
35.	Joana Fernandes Gama	05	Sporting	1:04.73	<b>1:03.89</b>	486	30.94	32.95
36.	Rafaela Sofia Silva	03	Benfica	1:03.46	<b>1:04.15</b>	480	30.53	33.62
37.	Sara Nunes Conceicao	05	União Piedense	1:04.72	<b>1:04.18</b>	479	30.52	33.66

**Prova 39, Femin., 100m Livres, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
38.	Margarida Carvalho Barao	04	Colégio Vasco da Gama	1:04.13	<b>1:04.22</b>	479	30.84	33.38
39.	Beatriz Costa Melo	04	Algés	1:05.83	<b>1:04.48</b>	473	30.83	33.65
40.	Maria Martins Camacho	04	União Piedense	1:05.35	<b>1:04.49</b>	473	30.83	33.66
41.	Joana Maia Antunes	04	Benfica	1:03.57	<b>1:04.55</b>	471	30.83	33.72
42.	Mafalda Santos Costa	05	Colegio Int Monte Maior	1:03.79	<b>1:04.59</b>	470	31.31	33.28
	Cristiana Silva Ulpiano	95	Laranjeiro	1:04.82	<b>1:04.59</b>	470	30.73	33.86
44.	Carolina Porem Henriques	04	Sporting	1:04.44	<b>1:04.65</b>	469	30.91	33.74
45.	Simone Filipe Monteiro	05	Gesloures	1:05.52	<b>1:04.68</b>	468	31.47	33.21
46.	Francisca Otao Tribuna	05	Benfica	1:04.99	<b>1:04.75</b>	467	31.49	33.26
47.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	1:05.45	<b>1:04.77</b>	466	31.14	33.63
48.	Lara Moreira Lopo	05	Avançado EULx	1:06.72	<b>1:05.32</b>	455	31.63	33.69
49.	Matilde Pereira Carrao	03	Laranjeiro	1:04.94	<b>1:05.42</b>	453	31.40	34.02
50.	Mariana Andreia Silva	05	Sporting	1:06.78	<b>1:06.00</b>	441	32.36	33.64
51.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:07.68	<b>1:06.13</b>	438	31.71	34.42
52.	Celeste Santos Ricardo	01	União Piedense	1:04.53	<b>1:06.15</b>	438	31.60	34.55
53.	Matilde Carvalho Barao	04	Colégio Vasco da Gama	1:05.07	<b>1:06.26</b>	436	31.67	34.59
54.	Neuza Velho Magalhaes	05	Benfica	1:05.82	<b>1:06.65</b>	428	32.05	34.60
55.	Ana Fernandes Costa	00	C N Montijo	1:05.26	<b>1:06.83</b>	425	31.25	35.58
56.	Mariana Reis Ferreira	05	A Onda Azeitão	1:06.27	<b>1:07.35</b>	415	32.26	35.09
57.	Madalena Carrapico Alexandrino	05	Algés	1:07.39	<b>1:07.48</b>	412	32.24	35.24
58.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	1:06.75	<b>1:07.70</b>	408	32.56	35.14
	Andreia Velho Magalhaes	04	Benfica	1:04.55	<b>1:07.70</b>	408	32.36	35.34
60.	Carolina Alexandra Silva	05	Despertarecorde	1:09.60	<b>1:08.33</b>	397	32.58	35.75
61.	Joana Matilde Inácio	05	Despertarecorde	1:09.94	<b>1:08.38</b>	396	32.92	35.46
62.	Barbara Cunha Ventura	05	Benfica	1:08.69	<b>1:08.57</b>	393	33.29	35.28
63.	Rafaela Rodrigues Moura	03	A Onda Azeitão	1:06.23	<b>1:08.86</b>	388	32.94	35.92
64.	Mariana Maiato Paulino	05	Colégio Vasco da Gama	1:08.48	<b>1:09.03</b>	385	33.43	35.60
65.	Maria Jacob Marta	05	Bombeiros dos Estoris	1:08.49	<b>1:09.18</b>	383	32.04	37.14
66.	Catarina Martins Ferreira	05	A Onda Azeitão	1:10.08	<b>1:09.28</b>	381	33.68	35.60
67.	Rafaela Diogo Martins	05	Naval Setubalense	1:09.60	<b>1:09.45</b>	378	33.04	36.41
68.	Beatriz Isabel Tavares	05	Naval Setubalense	1:08.21	<b>1:10.85</b>	356	34.29	36.56
69.	Beatriz Barroso Silva	05	Olivais e Moscavide	1:10.08	<b>1:11.90</b>	341	34.01	37.89
70.	Emily Monteiro Cunha	04	União Piedense	1:08.13	<b>1:12.48</b>	333	34.49	37.99
71.	Catarina Silva Tavares	05	Despertarecorde	1:10.08	<b>1:13.19</b>	323	35.21	37.98
72.	Inês Azinheira Serra	05	Palmela Desporto	1:10.08	<b>1:16.12</b>	287	35.32	40.80

**Prova 40**
**Masc., 100m Livres**
**Absolutos**

14.07.2019 - 17:28

**Resultados**

Rec Regional Sen	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Jun 2	48.38	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Jun 1	49.87	Tiago Andre Venancio	CNS		2004
Rec Regional Juv A	50.82	Tiago André Venâncio	CNS	Braga	2003
Rec Regional Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Regional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Nacional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018

TAC - Masc Juv B 50m: 1:04.12; Juv A 50m: 1:02.95; Jun 1 50m: 1:00.65; Jun 2 50m: 59.78; Sen 50m: 58.62

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
<b>Juvenis</b>								
1.	Tomas Nogueira Gomes	03	União Piedense	53.47	<b>53.95</b>	577	26.11	27.84
2.	Antonio Santos Pereira	03	Bombeiros dos Estoris	54.81	<b>54.86</b>	549	26.39	28.47
3.	Joao Lourenco Rebelo	04	Algés	55.45	<b>55.25</b>	538	26.56	28.69
4.	Joao Miguel Cascalheira	03	Naval Setubalense	56.51	<b>55.71</b>	524	26.69	29.02
5.	Ricardo Novikov	03	Algés	56.17	<b>55.74</b>	524	26.27	29.47
6.	Rodrigo Reis Dias	03	Belenenses	55.87	<b>56.28</b>	509	26.83	29.45
7.	Miguel Madeira Silva	04	A Onda Azeitão	58.52	<b>56.31</b>	508	27.57	28.74
8.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	57.98	<b>56.54</b>	502	27.33	29.21

**Prova 40, Masc., 100m Livres, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
9.	Ricardo Martins Ferreira	03	A Onda Azeitão	57.63	<b>56.60</b>	500	27.35	29.25
10.	Daniel Shumeika Zayika	03	Benfica	56.90	<b>56.64</b>	499	27.36	29.28
11.	Alexandre Duarte Morais	04	Palmela Desporto	57.71	<b>57.12</b>	487	27.80	29.32
12.	Tomas Sa Vieira	04	Algés	57.83	<b>57.27</b>	483	27.30	29.97
13.	Afonso Esteves Tome	03	Colegio Int Monte Maior	56.94	<b>57.28</b>	482	27.76	29.52
14.	Pedro Pires Gomes	03	Belenenses	57.84	<b>57.59</b>	475	27.19	30.40
15.	Joao Afonso Santos	04	Sporting	57.43	<b>57.81</b>	469	27.72	30.09
16.	Tiago Miguel Dias	03	Natação de Lisboa	59.75	<b>57.84</b>	469	27.55	30.29
17.	Pedro Esteves Duarte	03	Cova da Piedade	57.91	<b>57.90</b>	467	28.12	29.78
18.	Bernardo Araujo Freire	03	Algés	58.92	<b>57.95</b>	466	28.05	29.90
19.	Miguel Costa Simoes	04	Cova da Piedade	57.56	<b>58.12</b>	462	28.08	30.04
20.	Afonso Romao Francisco	04	Cova da Piedade	58.82	<b>58.28</b>	458	27.95	30.33
21.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	58.57	<b>58.38</b>	456	28.36	30.02
22.	Tomas Martins Mira	04	Naval Setubalense	58.00	<b>58.59</b>	451	27.82	30.77
23.	Vasco Salvador Fernando	03	Algés	59.11	<b>58.66</b>	449	28.41	30.25
24.	Victor Bethlem Tigre	04	Sporting	1:00.05	<b>58.93</b>	443	28.18	30.75
25.	Rafael Caceres Lopes	04	União Piedense	57.03	<b>59.12</b>	439	28.09	31.03
26.	Tiago Barroso Proenca	04	Avançado EULx	1:02.40	<b>59.17</b>	438	28.66	30.51
27.	Jose Miguel Oliveira	03	Naval Setubalense	1:00.33	<b>59.23</b>	436	28.76	30.47
28.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	58.59	<b>59.37</b>	433	28.93	30.44
29.	Diogo Miguel Monteiro	04	Despertarecorde	59.94	<b>59.58</b>	429	28.89	30.69
30.	Guilherme Carmo Manz	03	Colégio Vasco da Gama	1:00.03	<b>59.59</b>	428	28.13	31.46
31.	Francisco Sousa Uva	04	Algés	1:00.23	<b>59.69</b>	426	28.43	31.26
32.	Tomas Santos Luis	04	Sporting	59.82	<b>59.77</b>	425	28.70	31.07
33.	Afonso Figueiredo Frasquilho	04	Sporting	57.33	<b>59.82</b>	423	28.66	31.16
34.	Joao Pedro Faustino	04	Cova da Piedade	1:01.64	<b>59.88</b>	422	28.48	31.40
35.	Tomas Rebelo Dias	04	Avançado EULx	1:01.43	<b>59.91</b>	422	28.88	31.03
36.	Gonçalo Nuno Raposo	03	A Onda Azeitão	1:01.09	<b>1:00.04</b>	419	28.97	31.07
37.	Joao Silva Angelino	04	Palmela Desporto	59.40	<b>1:00.06</b>	418	28.50	31.56
38.	Guilherme Pinto Restolho	04	Individual ANL	1:01.02	<b>1:00.07</b>	418	28.98	31.09
39.	Luis Carlos Correia	03	Individual ANL	58.37	<b>1:00.24</b>	415	27.76	32.48
40.	Ruben Jose Salgueiro	04	Sporting	1:00.80	<b>1:00.47</b>	410	29.02	31.45
41.	Joao Negreiros Guerreiro	04	Laranjeiro	1:02.83	<b>1:00.71</b>	405	28.51	32.20
42.	Afonso Goncalves Jorge	04	Geslours	1:00.86	<b>1:00.98</b>	400	29.41	31.57
43.	Duarte Brito Justino	04	Colegio Int Monte Maior	1:01.63	<b>1:01.03</b>	399	29.27	31.76
44.	Henrique Manuel Ribeiro	04	Olivais e Moscavide	1:02.83	<b>1:02.77</b>	366	29.08	33.69
45.	Tomas Graca Firme	03	Avançado EULx	1:01.69	<b>1:04.14</b>	343	30.63	33.51
46.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:02.83	<b>1:06.84</b>	303	32.06	34.78

**Absolutos**

1.	Fernando Souza Silva	86	União Piedense	50.00	<b>50.40</b>	708	24.11	26.29
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	50.64	<b>50.87</b>	689	24.21	26.66
3.	Pedro Andre Santos	94	Algés	51.84	<b>50.90</b>	688	24.45	26.45
4.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	50.90	<b>51.10</b>	680	24.13	26.97
5.	Diogo Santos Costa	02	Colegio Int Monte Maior	51.87	<b>51.33</b>	671	24.96	26.37
6.	Miguel Henriques Marques	00	Benfica	52.97	<b>52.29</b>	634	24.76	27.53
7.	Leonardo Rochinha Pedro	98	Bombeiros dos Estoris	52.36	<b>52.56</b>	625	24.90	27.66
8.	Hugo Pon	98	Algés	53.27	<b>52.78</b>	617	25.73	27.05
9.	Gonçalo Carvalho Ferrao	01	Cova da Piedade	52.30	<b>52.99</b>	609	25.27	27.72
10.	David Granja Lopes	90	A Onda Azeitão	52.95	<b>53.13</b>	605	25.10	28.03
11.	Tiago Maria Camoes	01	União Piedense	53.85	<b>53.80</b>	582	25.84	27.96
12.	Frederico Sousa Soares	96	Bombeiros dos Estoris	54.55	<b>53.88</b>	580	24.26	29.62
13.	Rafael Rodrigues Jacinto	02	Belenenses	53.80	<b>53.95</b>	577	26.05	27.90
	Tomas Nogueira Gomes	03	União Piedense	53.47	<b>53.95</b>	577	26.11	27.84
15.	Bernardo Antunes Augusto	00	A Onda Azeitão	54.60	<b>54.33</b>	565	26.22	28.11
16.	Diogo Garcez Mateus	02	A Onda Azeitão	54.69	<b>54.34</b>	565	25.93	28.41
17.	Martim Primavera Alfama	02	Geslours	55.75	<b>54.42</b>	563	26.29	28.13
18.	Renato Barros Frischknecht	01	Algés	56.53	<b>54.70</b>	554	26.28	28.42
19.	Bernardo Geada Brito	02	União Piedense	52.69	<b>54.71</b>	554	25.81	28.90
20.	Antonio Santos Pereira	03	Bombeiros dos Estoris	54.81	<b>54.86</b>	549	26.39	28.47
21.	Pedro Machado Vieira	02	Algés	54.62	<b>54.87</b>	549	26.17	28.70

**Prova 40, Masc., 100m Livres, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
22.	Joao Nogueira Mendes	02	Laranjeiro	55.02	<b>55.04</b>	544	26.70	28.34
23.	Francisco Alves Souza	02	Gesloures	55.19	<b>55.06</b>	543	26.58	28.48
24.	Ricardo Pinela Ferreira	01	Benfica	55.79	<b>55.13</b>	541	26.52	28.61
25.	Ricardo Nuno Estevens	99	Laranjeiro	55.93	<b>55.16</b>	540	26.34	28.82
26.	Joao Lourenco Rebelo	04	Algés	55.45	<b>55.25</b>	538	26.56	28.69
27.	Vicente Morgado Ventoso	00	Avançado EULx	55.81	<b>55.39</b>	534	26.61	28.78
28.	Alexandre Miguel Branco	01	Algés	56.45	<b>55.40</b>	533	26.69	28.71
29.	Diogo Santos Cardoso	01	Colegio Int Monte Maior	57.57	<b>55.47</b>	531	27.00	28.47
30.	Miguel Rohula Reis	01	Sporting	56.09	<b>55.67</b>	526	26.62	29.05
31.	Joao Miguel Cascalheira	03	Naval Setubalense	56.51	<b>55.71</b>	524	26.69	29.02
32.	Ricardo Novikov	03	Algés	56.17	<b>55.74</b>	524	26.27	29.47
33.	Carlos Filipe Lopes	01	União Piedense	56.34	<b>56.18</b>	511	27.27	28.91
34.	Ricardo Silva Marujo	00	Gesloures	56.54	<b>56.24</b>	510	27.11	29.13
35.	Rodrigo Reis Dias	03	Belenenses	55.87	<b>56.28</b>	509	26.83	29.45
36.	Miguel Madeira Silva	04	A Onda Azeitão	58.52	<b>56.31</b>	508	27.57	28.74
37.	Miguel Monteiro Dinis	01	Algés	56.12	<b>56.33</b>	507	26.90	29.43
38.	Henrique Rodrigues Cruz	02	Colegio Int Monte Maior	56.62	<b>56.39</b>	506	26.92	29.47
39.	Pedro Ferraz Esteves	99	Natação de Lisboa	57.45	<b>56.40</b>	505	27.24	29.16
40.	Afonso Amaro Santos	02	Gesloures	58.48	<b>56.46</b>	504	27.21	29.25
41.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	57.98	<b>56.54</b>	502	27.33	29.21
42.	Ricardo Martins Ferreira	03	A Onda Azeitão	57.63	<b>56.60</b>	500	27.35	29.25
43.	Daniel Shumeika Zayika	03	Benfica	56.90	<b>56.64</b>	499	27.36	29.28
44.	Alexandre Duarte Morais	04	Palmela Desporto	57.71	<b>57.12</b>	487	27.80	29.32
45.	Tomas Sa Vieira	04	Algés	57.83	<b>57.27</b>	483	27.30	29.97
46.	Afonso Esteves Tome	03	Colegio Int Monte Maior	56.94	<b>57.28</b>	482	27.76	29.52
47.	Filipe Nunes Magalhaes	98	Natação de Lisboa	56.55	<b>57.37</b>	480	27.32	30.05
48.	Pedro Pires Gomes	03	Belenenses	57.84	<b>57.59</b>	475	27.19	30.40
49.	Joao Afonso Santos	04	Sporting	57.43	<b>57.81</b>	469	27.72	30.09
50.	Tiago Miguel Dias	03	Natação de Lisboa	59.75	<b>57.84</b>	469	27.55	30.29
51.	Pedro Esteves Duarte	03	Cova da Piedade	57.91	<b>57.90</b>	467	28.12	29.78
52.	Antonio Maria Ferreira	00	Palmela Desporto	57.45	<b>57.95</b>	466	27.25	30.70
	Bernardo Araujo Freire	03	Algés	58.92	<b>57.95</b>	466	28.05	29.90
54.	Guilherme Maria Matos	00	Avançado EULx	56.43	<b>58.03</b>	464	27.43	30.60
55.	Miguel Costa Simoes	04	Cova da Piedade	57.56	<b>58.12</b>	462	28.08	30.04
56.	Afonso Romao Francisco	04	Cova da Piedade	58.82	<b>58.28</b>	458	27.95	30.33
57.	Henrique Pinheiro Valente	03	Colégio Vasco da Gama	58.57	<b>58.38</b>	456	28.36	30.02
58.	Jose Luis Buzio	02	Naval Setubalense	59.44	<b>58.57</b>	451	27.67	30.90
59.	Joao Garcez Mateus	02	A Onda Azeitão	58.77	<b>58.58</b>	451	28.00	30.58
60.	Tomas Martins Mira	04	Naval Setubalense	58.00	<b>58.59</b>	451	27.82	30.77
61.	Vasco Salvador Fernando	03	Algés	59.11	<b>58.66</b>	449	28.41	30.25
62.	Diogo Puidival Marques	00	A Onda Azeitão	56.56	<b>58.77</b>	447	27.70	31.07
63.	Victor Bethlem Tigre	04	Sporting	1:00.05	<b>58.93</b>	443	28.18	30.75
	Rodrigo Ponte Jorge	01	União Piedense	56.41	<b>58.93</b>	443	27.63	31.30
65.	Rafael Caceres Lopes	04	União Piedense	57.03	<b>59.12</b>	439	28.09	31.03
66.	Tiago Barroso Proenca	04	Avançado EULx	1:02.40	<b>59.17</b>	438	28.66	30.51
67.	Jose Miguel Oliveira	03	Naval Setubalense	1:00.33	<b>59.23</b>	436	28.76	30.47
68.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	58.59	<b>59.37</b>	433	28.93	30.44
69.	Simao Castro Barreto	02	Avançado EULx	59.44	<b>59.52</b>	430	28.22	31.30
70.	Diogo Miguel Monteiro	04	Despertarecorde	59.94	<b>59.58</b>	429	28.89	30.69
71.	Guilherme Carmo Manz	03	Colégio Vasco da Gama	1:00.03	<b>59.59</b>	428	28.13	31.46
72.	Francisco Sousa Uva	04	Algés	1:00.23	<b>59.69</b>	426	28.43	31.26
73.	Tomas Santos Luis	04	Sporting	59.82	<b>59.77</b>	425	28.70	31.07
74.	Afonso Figueiredo Frasquilho	04	Sporting	57.33	<b>59.82</b>	423	28.66	31.16
75.	Richard Jesus Fernandes	95	Laranjeiro	57.45	<b>59.84</b>	423	28.23	31.61
76.	Joao Pedro Faustino	04	Cova da Piedade	1:01.64	<b>59.88</b>	422	28.48	31.40
77.	Tomas Rebelo Dias	04	Avançado EULx	1:01.43	<b>59.91</b>	422	28.88	31.03
78.	Gonçalo Nuno Raposo	03	A Onda Azeitão	1:01.09	<b>1:00.04</b>	419	28.97	31.07
79.	Joao Silva Angelino	04	Palmela Desporto	59.40	<b>1:00.06</b>	418	28.50	31.56
80.	Guilherme Pinto Restolho	04	Individual ANL	1:01.02	<b>1:00.07</b>	418	28.98	31.09
81.	Luis Carlos Correia	03	Individual ANL	58.37	<b>1:00.24</b>	415	27.76	32.48
82.	Ruben Jose Salgueiro	04	Sporting	1:00.80	<b>1:00.47</b>	410	29.02	31.45
83.	Joao Negreiros Guerreiro	04	Laranjeiro	1:02.83	<b>1:00.71</b>	405	28.51	32.20

**Prova 40, Masc., 100m Livres, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
84.	Afonso Goncalves Jorge	04	Geslours	1:00.86	<b>1:00.98</b>	400	29.41	31.57
85.	Duarte Brito Justino	04	Colegio Int Monte Maior	1:01.63	<b>1:01.03</b>	399	29.27	31.76
86.	Henrique Manuel Ribeiro	04	Olivais e Moscavide	1:02.83	<b>1:02.77</b>	366	29.08	33.69
87.	Tomas Graca Firme	03	Avançado EULx	1:01.69	<b>1:04.14</b>	343	30.63	33.51
88.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:02.83	<b>1:06.84</b>	303	32.06	34.78
DSQ	Diogo Filipe Reis	99	Laranjeiro	57.45				

G1 - Efectuou falsa partida (SW 4.4)

**Prova 41**
**Femin., 200m Estilos**
**Absolutos**

14.07.2019 - 17:49

**Resultados**

Rec	Tempo	Nadador	Clube	Local	Ano
Rec Regional Sen	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	2:16.22	Raquel Gomes Pereira	SAD	Alges	2016
Rec Regional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Regional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

TAC - Fem Juv B 50m: 2:54.77; Juv A 50m: 2:49.91; Jun 1 50m: 2:45.16; Jun 2 50m: 2:43.55; Sen 50m: 2:42.75

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
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**Juvenis**

1.	Margarida Domingues Nunes	05	Avançado EULx	2:29.91	<b>2:27.57</b>	563	1:13.24	1:14.33
2.	Ana Beatriz Simoes	05	Sporting	2:32.00	<b>2:31.68</b>	518	1:10.25	1:21.43
3.	Maria Correia Ricardo	05	Naval Setubalense	2:35.78	<b>2:32.67</b>	508	1:13.03	1:19.64
4.	Alice Jesus Morgado	04	Geslours	2:32.54	<b>2:33.38</b>	501	1:12.46	1:20.92
5.	Carolina Fale Costa	04	Colegio Int Monte Maior	2:31.27	<b>2:33.61</b>	499	1:11.49	1:22.12
6.	Sara Carreira Melo	05	Geslours	2:35.66	<b>2:33.81</b>	497	1:13.58	1:20.23
7.	Soraia Maria Salgado	05	Fisica Torres Vedras	2:34.80	<b>2:33.87</b>	496	1:11.84	1:22.03
8.	Leonor Alves Morganho	04	Algés	2:35.75	<b>2:36.01</b>	476	1:15.84	1:20.17
9.	Joana Rocha Ferreira	05	Benfica	2:36.68	<b>2:36.28</b>	474	1:15.47	1:20.81
10.	Marta Pereira Domingos	04	União Piedense	2:39.34	<b>2:37.29</b>	465	1:17.76	1:19.53
11.	Joana Marinho Coelho	04	Sporting	2:37.11	<b>2:37.52</b>	462	1:15.33	1:22.19
12.	Maria Teresa Fernandes	05	Algés	2:38.55	<b>2:37.53</b>	462	1:17.52	1:20.01
13.	Daniela Alexandra Pedro	04	Sporting	2:39.75	<b>2:37.88</b>	459	1:15.36	1:22.52
14.	Maria Freire Alves	04	Bombeiros dos Estoris	2:39.67	<b>2:39.14</b>	448	1:14.13	1:25.01
15.	Luciana Rodrigues Moura	05	A Onda Azeitão	2:42.83	<b>2:42.26</b>	423	1:16.47	1:25.79
16.	Barbara Cunha Ventura	05	Benfica	2:48.42	<b>2:42.71</b>	420	1:15.02	1:27.69
17.	Maria Carolina Vargas	05	Benfica	2:48.76	<b>2:43.78</b>	411	1:21.18	1:22.60
18.	Lara Moreira Lopo	05	Avançado EULx	2:51.27	<b>2:44.70</b>	405	1:16.40	1:28.30
19.	Mariana Reis Ferreira	05	A Onda Azeitão	2:45.67	<b>2:44.84</b>	404	1:18.09	1:26.75
20.	Rafaela Diogo Martins	05	Naval Setubalense	2:45.02	<b>2:44.98</b>	402	1:15.79	1:29.19
21.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	2:40.51	<b>2:45.57</b>	398	1:19.46	1:26.11
22.	Mariana Marques Santos	05	Geslours	2:46.70	<b>2:45.84</b>	396	1:18.55	1:27.29
23.	Maria Del Rio Bernat	05	Algés	2:49.55	<b>2:46.03</b>	395	1:21.23	1:24.80
24.	Rita Ferreira Gomes	05	Algés	2:46.32	<b>2:47.67</b>	383	1:20.23	1:27.44
25.	Catarina Martins Ferreira	05	A Onda Azeitão	2:48.63	<b>2:50.17</b>	367	1:20.10	1:30.07
DSQ	Margarida Carvalho Barao	04	Colégio Vasco da Gama	2:38.88				
<i>Não terminou o percurso de costas.</i>								
DSQ	Carmo Dias Vieira	05	Avançado EULx	2:39.57				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								
DSQ	Anais Cloe Pereira	04	Sporting	2:33.87				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								

**Prova 41, Femin., 200m Estilos**
**Absolutos**

1.	Luisa Maria Machado	01	União Piedense	2:16.47	<b>2:19.64</b>	664	1:06.65	1:12.99
2.	Clara Gomes Pereira	02	Algés	2:26.29	<b>2:23.34</b>	614	1:09.24	1:14.10
3.	Margarida Sobral Pimenta	99	Belenenses	2:39.50	<b>2:27.00</b>	569	1:09.24	1:17.76
4.	Ines Silva Bernardo	00	Benfica	2:26.56	<b>2:27.23</b>	567	1:10.79	1:16.44
5.	Margarida Domingues Nunes	05	Avançado EULx	2:29.91	<b>2:27.57</b>	563	1:13.24	1:14.33
6.	Luana Correia Rodrigues	01	Belenenses	2:39.50	<b>2:27.63</b>	562	1:11.24	1:16.39
7.	Natacha Sofia Silva	02	Benfica	2:28.57	<b>2:28.22</b>	555	1:12.39	1:15.83
8.	Leonor Maria Neves	03	Geslours	2:31.58	<b>2:28.88</b>	548	1:10.54	1:18.34
9.	Claudia Ferreira Borges	99	Benfica	2:28.39	<b>2:31.05</b>	525	1:12.12	1:18.93
10.	Sofia Alexandra Nunes	00	Laranjeiro	2:30.92	<b>2:31.33</b>	522	1:11.43	1:19.90
11.	Ana Beatriz Simoes	05	Sporting	2:32.00	<b>2:31.68</b>	518	1:10.25	1:21.43
12.	Maria Correia Ricardo	05	Naval Setubalense	2:35.78	<b>2:32.67</b>	508	1:13.03	1:19.64
13.	Alice Jesus Morgado	04	Geslours	2:32.54	<b>2:33.38</b>	501	1:12.46	1:20.92
14.	Ana Rita Matos	02	Belenenses	2:34.00	<b>2:33.51</b>	500	1:11.62	1:21.89
15.	Carolina Fale Costa	04	Colegio Int Monte Maior	2:31.27	<b>2:33.61</b>	499	1:11.49	1:22.12
16.	Sara Carreira Melo	05	Geslours	2:35.66	<b>2:33.81</b>	497	1:13.58	1:20.23
17.	Soraia Maria Salgado	05	Física Torres Vedras	2:34.80	<b>2:33.87</b>	496	1:11.84	1:22.03
18.	Rita Fernandes Leitao	96	Natação de Lisboa	2:39.50	<b>2:34.25</b>	493	1:12.92	1:21.33
19.	Joana Filipa Varandas	02	Laranjeiro	2:38.67	<b>2:34.84</b>	487	1:13.78	1:21.06
20.	Andreia Wongsangnoi Alves	03	Colegio Int Monte Maior	2:35.31	<b>2:35.50</b>	481	1:13.29	1:22.21
21.	Leonor Alves Morganho	04	Algés	2:35.75	<b>2:36.01</b>	476	1:15.84	1:20.17
22.	Joana Rocha Ferreira	05	Benfica	2:36.68	<b>2:36.28</b>	474	1:15.47	1:20.81
23.	Marta Pereira Domingos	04	União Piedense	2:39.34	<b>2:37.29</b>	465	1:17.76	1:19.53
24.	Joana Marinho Coelho	04	Sporting	2:37.11	<b>2:37.52</b>	462	1:15.33	1:22.19
25.	Maria Teresa Fernandes	05	Algés	2:38.55	<b>2:37.53</b>	462	1:17.52	1:20.01
26.	Rafaela Sofia Silva	03	Benfica	2:36.36	<b>2:37.84</b>	460	1:15.38	1:22.46
27.	Daniela Alexandra Pedro	04	Sporting	2:39.75	<b>2:37.88</b>	459	1:15.36	1:22.52
28.	Maria Freire Alves	04	Bombeiros dos Estoris	2:39.67	<b>2:39.14</b>	448	1:14.13	1:25.01
29.	Luciana Rodrigues Moura	05	A Onda Azeitão	2:42.83	<b>2:42.26</b>	423	1:16.47	1:25.79
30.	Barbara Cunha Ventura	05	Benfica	2:48.42	<b>2:42.71</b>	420	1:15.02	1:27.69
31.	Maria Carolina Vargas	05	Benfica	2:48.76	<b>2:43.78</b>	411	1:21.18	1:22.60
32.	Lara Moreira Lopo	05	Avançado EULx	2:51.27	<b>2:44.70</b>	405	1:16.40	1:28.30
33.	Mariana Reis Ferreira	05	A Onda Azeitão	2:45.67	<b>2:44.84</b>	404	1:18.09	1:26.75
34.	Rafaela Diogo Martins	05	Naval Setubalense	2:45.02	<b>2:44.98</b>	402	1:15.79	1:29.19
35.	Catarina Alexandra Marques	04	Colégio Vasco da Gama	2:40.51	<b>2:45.57</b>	398	1:19.46	1:26.11
36.	Mariana Marques Santos	05	Geslours	2:46.70	<b>2:45.84</b>	396	1:18.55	1:27.29
37.	Maria Del Rio Bernat	05	Algés	2:49.55	<b>2:46.03</b>	395	1:21.23	1:24.80
38.	Rita Ferreira Gomes	05	Algés	2:46.32	<b>2:47.67</b>	383	1:20.23	1:27.44
39.	Catarina Martins Ferreira	05	A Onda Azeitão	2:48.63	<b>2:50.17</b>	367	1:20.10	1:30.07
DSQ	Ana Raquel Ferreira	98	Natação de Lisboa	2:39.50				
<i>E-B30 - No percurso de bruços, efect. toque não simultâneo das mãos na parede testa na viragem aos 125 metros (SW 7.6)</i>								
DSQ	Margarida Carvalho Barao	04	Colégio Vasco da Gama	2:38.88				
<i>Não terminou o percurso de costas.</i>								
DSQ	Carmo Dias Vieira	05	Avançado EULx	2:39.57				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								
DSQ	Anais Cloe Pereira	04	Sporting	2:33.87				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								

Prova 42  
 14.07.2019 - 18:10

Masc., 200m Estilos

 Absolutos  
 Resultados

Rec Regional Sen	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	2:01.23	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	2:04.10	Tiago André Venâncio	CNS	Alapraia	2004
Rec Regional Juv A	2:06.94	Diogo Gomes Sousa	CNCVG	Estoril, Alapraia	2011
Rec Regional Juv B	2:10.75	Diogo Leal Dantas	SCP	Algés	2015
Rec Regional Abs	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Nacional Abs	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015

TAC - Masc Juv B 50m: 2:41.00; Juv A 50m: 2:38.07; Jun 1 50m: 2:32.28; Jun 2 50m: 2:30.10; Sen 50m: 2:27.20

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
<b>Juvenis</b>								
1.	Bernardo Jorge Simoes <i>Rec Regional</i>	04	Colégio Vasco da Gama	2:09.07	<b>2:08.74</b>	617	1:00.97	1:07.77
2.	Goncalo Henriques Wanzeller	03	Belenenses	2:15.28	<b>2:14.45</b>	542	1:03.76	1:10.69
3.	Luis Cabral Junior	03	Belenenses	2:16.79	<b>2:15.25</b>	532	1:04.76	1:10.49
4.	Joao Maria Colaco	03	Sporting	2:20.12	<b>2:17.39</b>	508	1:02.96	1:14.43
5.	Tomas Almeida Leitao	03	Algés	2:18.96	<b>2:18.93</b>	491	1:05.68	1:13.25
6.	Ricardo Martins Ferreira	03	A Onda Azeitão	2:18.99	<b>2:19.13</b>	489	1:06.88	1:12.25
7.	Joao Miguel Cascalheira	03	Naval Setubalense	2:18.73	<b>2:19.45</b>	485	1:06.17	1:13.28
8.	Pedro Henriques Correia	03	Benfica	2:19.68	<b>2:19.52</b>	485	1:05.22	1:14.30
9.	Afonso Cipriano Pinto	04	Sporting	2:22.51	<b>2:20.42</b>	475	1:06.19	1:14.23
10.	Tiago Fanha Lopes	04	C N Montijo	2:22.50	<b>2:20.78</b>	472	1:06.35	1:14.43
11.	Duarte Cadima Goncalves	04	C N Montijo	2:25.59	<b>2:21.07</b>	469	1:08.32	1:12.75
12.	Joao Afonso Santos	04	Sporting	2:23.44	<b>2:21.88</b>	461	1:09.26	1:12.62
13.	Guilherme Matias Cristino	03	União Piedense	2:22.30	<b>2:22.29</b>	457	1:07.65	1:14.64
14.	Guilherme Machado Santos	04	União Piedense	2:23.78	<b>2:22.62</b>	454	1:05.89	1:16.73
15.	Diogo Miguel Duraes	03	C N Montijo	2:23.61	<b>2:23.11</b>	449	1:08.70	1:14.41
16.	Joao Pedro Penelas	04	Geslourses	2:26.42	<b>2:23.47</b>	446	1:06.59	1:16.88
17.	Daniel Alexandre Ascenso	03	Geslourses	2:24.95	<b>2:24.45</b>	437	1:08.56	1:15.89
18.	Joao Matos Fidalgo	03	Benfica	2:22.96	<b>2:24.77</b>	434	1:08.00	1:16.77
19.	Miguel Madeira Silva	04	A Onda Azeitão	2:22.33	<b>2:24.85</b>	433	1:08.83	1:16.02
20.	Rodrigo Beja Lopes	03	A Onda Azeitão	2:21.50	<b>2:25.40</b>	428	1:07.19	1:18.21
21.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	2:21.98	<b>2:25.84</b>	424	1:10.66	1:15.18
22.	Dinis Viola Caroco	03	Sporting	2:26.59	<b>2:25.97</b>	423	1:07.38	1:18.59
23.	Gonçalo Gomes Augusto	04	A Onda Azeitão	2:29.69	<b>2:26.42</b>	419	1:09.78	1:16.64
24.	Tomás Pratas Neto	04	Palmela Desporto	2:27.95	<b>2:27.13</b>	413	1:09.72	1:17.41
25.	Hugo Tomas Silva	04	A Onda Azeitão	2:27.68	<b>2:27.23</b>	412	1:09.54	1:17.69
26.	Francisco Amaro Santos	04	Geslourses	2:28.54	<b>2:27.79</b>	408	1:11.63	1:16.16
27.	Jaeden Michael Nunes	04	Belenenses	2:29.71	<b>2:27.80</b>	408	1:10.61	1:17.19
28.	Yann Chetelat Fock	04	Avançado EULx	2:25.26	<b>2:27.95</b>	406	1:09.78	1:18.17
29.	Rodrigo Neves Fernandes	04	Geslourses	2:29.31	<b>2:28.37</b>	403	1:09.72	1:18.65
30.	Goncalo Afonso Gouveia	04	Sporting	2:35.89	<b>2:28.77</b>	400	1:09.68	1:19.09
31.	Goncalo Feliciano Santos	03	Sporting	2:29.56	<b>2:28.81</b>	399	1:09.82	1:18.99
32.	Afonso Esteves Tome	03	Colegio Int Monte Maior	2:23.19	<b>2:29.20</b>	396	1:10.92	1:18.28
33.	Goncalo Filipe Carrapito	04	União Piedense	2:27.45	<b>2:31.34</b>	380	1:12.14	1:19.20
34.	Duarte Brito Justino	04	Colegio Int Monte Maior	2:30.72	<b>2:32.87</b>	368	1:12.43	1:20.44
35.	Tomas Martins Mira	04	Naval Setubalense	2:27.43	<b>2:32.96</b>	368	1:12.74	1:20.22
36.	Pedro Miguel Matos	03	Colégio Vasco da Gama	2:30.55	<b>2:32.98</b>	368	1:11.15	1:21.83
37.	Alexandre Duarte Morais	04	Palmela Desporto	2:27.96	<b>2:36.00</b>	347	1:12.87	1:23.13
38.	Daniel Elias Duarte	04	Laranjeiro	2:37.72	<b>2:36.13</b>	346	1:12.44	1:23.69
DSQ	David Manuel Vale	03	Geslourses	2:23.24				
<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>								
DSQ	Goncalo Filipe Valente	03	Geslourses	2:26.89				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								
DSQ	Luis Maia Pegado	03	Sporting	2:34.90				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								



**Prova 42, Masc., 200m Estilos, Juvenis**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
DSQ	Tomas Nogueira Gomes	03	União Piedense	2:11.47				
<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 125 metros (SW 7.6)</i>								

**Absolutos**

1.	Tiago Roberto Cordeiro	00	Benfica	2:11.21	<b>2:07.75</b>	631	59.43	1:08.32
2.	Miguel Ribeiro Bate	99	Algés	2:24.25	<b>2:08.23</b>	624	59.55	1:08.68
3.	Diogo Ramos Lebre	01	Benfica	2:12.54	<b>2:08.74</b>	617	1:00.11	1:08.63
	Bernardo Jorge Simoes	04	Colégio Vasco da Gama	2:09.07	<b>2:08.74</b>	617	1:00.97	1:07.77
<i>Rec Regional</i>								
5.	Bernardo Garcia Perloiro	00	Sporting	2:11.49	<b>2:11.22</b>	583	1:01.60	1:09.62
6.	Sebastiao Limbert Piedade	00	Algés	2:10.38	<b>2:11.26</b>	582	1:01.30	1:09.96
7.	Afonso Mateus Ribeiro	95	Belenenses	2:13.67	<b>2:11.57</b>	578	1:02.15	1:09.42
8.	Diogo Garcez Mateus	02	A Onda Azeitão	2:13.93	<b>2:12.12</b>	571	1:03.77	1:08.35
9.	Joao Esteves Padrela	99	Belenenses	2:24.25	<b>2:12.29</b>	569	1:04.22	1:08.07
10.	Bruno Miguel Martins	93	Geslours	2:12.54	<b>2:13.14</b>	558	1:05.86	1:07.28
11.	Rafael Filipe Nunes	96	Benfica	2:12.66	<b>2:13.16</b>	558	1:04.27	1:08.89
12.	Ricardo Saraiva Pires	98	Laranjeiro	2:13.63	<b>2:13.28</b>	556	1:00.77	1:12.51
13.	Ricardo Basilio Marreiros	97	Individual ANL	2:24.25	<b>2:13.40</b>	555	1:01.83	1:11.57
14.	Rodrigo Almeida Cabrito	01	Belenenses	2:13.71	<b>2:13.80</b>	550	1:05.20	1:08.60
15.	Goncalo Henriques Wanzeller	03	Belenenses	2:15.28	<b>2:14.45</b>	542	1:03.76	1:10.69
16.	Luis Cabral Junior	03	Belenenses	2:16.79	<b>2:15.25</b>	532	1:04.76	1:10.49
17.	Tiago Rafael Martins	97	Avançado EULx	2:16.33	<b>2:15.76</b>	526	1:05.68	1:10.01
18.	Goncalo Morais Gordo	02	Colegio Int Monte Maior	2:13.32	<b>2:15.82</b>	525	1:05.05	1:10.77
19.	Joao Maria Colaco	03	Sporting	2:20.12	<b>2:17.39</b>	508	1:02.96	1:14.43
20.	Pedro Dordio Carreiro	97	Geslours	2:17.64	<b>2:17.46</b>	507	1:04.68	1:12.78
21.	Rodrigo Costa Teixeira	99	Laranjeiro	2:17.17	<b>2:18.49</b>	496	1:05.16	1:13.33
22.	Tomas Almeida Leitao	03	Algés	2:18.96	<b>2:18.93</b>	491	1:05.68	1:13.25
23.	Vicente Morgado Ventoso	00	Avançado EULx	2:24.25	<b>2:19.10</b>	489	1:07.66	1:11.44
24.	Ricardo Martins Ferreira	03	A Onda Azeitão	2:18.99	<b>2:19.13</b>	489	1:06.88	1:12.25
25.	Joao Miguel Cascalheira	03	Naval Setubalense	2:18.73	<b>2:19.45</b>	485	1:06.17	1:13.28
26.	Pedro Henriques Correia	03	Benfica	2:19.68	<b>2:19.52</b>	485	1:05.22	1:14.30
27.	Afonso Cipriano Pinto	04	Sporting	2:22.51	<b>2:20.42</b>	475	1:06.19	1:14.23
28.	Tiago Fanha Lopes	04	C N Montijo	2:22.50	<b>2:20.78</b>	472	1:06.35	1:14.43
29.	Duarte Cadima Goncalves	04	C N Montijo	2:25.59	<b>2:21.07</b>	469	1:08.32	1:12.75
30.	Rodrigo Antonio Rosa	96	Benfica	2:15.34	<b>2:21.34</b>	466	1:03.83	1:17.51
31.	Pedro Ferraz Esteves	99	Natação de Lisboa	2:24.25	<b>2:21.37</b>	466	1:06.82	1:14.55
32.	Joao Afonso Santos	04	Sporting	2:23.44	<b>2:21.88</b>	461	1:09.26	1:12.62
33.	Guilherme Matias Cristino	03	União Piedense	2:22.30	<b>2:22.29</b>	457	1:07.65	1:14.64
34.	Guilherme Machado Santos	04	União Piedense	2:23.78	<b>2:22.62</b>	454	1:05.89	1:16.73
35.	Miguel Duarte Cruz	99	Belenenses	2:21.04	<b>2:23.09</b>	449	1:07.31	1:15.78
36.	Diogo Miguel Duraes	03	C N Montijo	2:23.61	<b>2:23.11</b>	449	1:08.70	1:14.41
37.	Joao Pedro Penelas	04	Geslours	2:26.42	<b>2:23.47</b>	446	1:06.59	1:16.88
38.	Daniel Alexandre Ascenso	03	Geslours	2:24.95	<b>2:24.45</b>	437	1:08.56	1:15.89
39.	Joao Matos Fidalgo	03	Benfica	2:22.96	<b>2:24.77</b>	434	1:08.00	1:16.77
40.	Miguel Madeira Silva	04	A Onda Azeitão	2:22.33	<b>2:24.85</b>	433	1:08.83	1:16.02
41.	Rodrigo Beja Lopes	03	A Onda Azeitão	2:21.50	<b>2:25.40</b>	428	1:07.19	1:18.21
42.	Tiago Miguel Trombinhas	04	Colegio Int Monte Maior	2:21.98	<b>2:25.84</b>	424	1:10.66	1:15.18
43.	Dinis Viola Caroco	03	Sporting	2:26.59	<b>2:25.97</b>	423	1:07.38	1:18.59
44.	Gonçalo Gomes Augusto	04	A Onda Azeitão	2:29.69	<b>2:26.42</b>	419	1:09.78	1:16.64
45.	Tomás Pratas Neto	04	Palmela Desporto	2:27.95	<b>2:27.13</b>	413	1:09.72	1:17.41
46.	Hugo Tomas Silva	04	A Onda Azeitão	2:27.68	<b>2:27.23</b>	412	1:09.54	1:17.69
47.	Joao Miguel Martins	02	Belenenses	2:22.78	<b>2:27.62</b>	409	1:07.75	1:19.87
48.	Francisco Amaro Santos	04	Geslours	2:28.54	<b>2:27.79</b>	408	1:11.63	1:16.16
49.	Jaeden Michael Nunes	04	Belenenses	2:29.71	<b>2:27.80</b>	408	1:10.61	1:17.19
50.	Yann Chetelat Fock	04	Avançado EULx	2:25.26	<b>2:27.95</b>	406	1:09.78	1:18.17
51.	Rodrigo Neves Fernandes	04	Geslours	2:29.31	<b>2:28.37</b>	403	1:09.72	1:18.65
52.	Goncalo Afonso Gouveia	04	Sporting	2:35.89	<b>2:28.77</b>	400	1:09.68	1:19.09
53.	Goncalo Feliciano Santos	03	Sporting	2:29.56	<b>2:28.81</b>	399	1:09.82	1:18.99
54.	Afonso Esteves Tome	03	Colegio Int Monte Maior	2:23.19	<b>2:29.20</b>	396	1:10.92	1:18.28
55.	Goncalo Filipe Carrapito	04	União Piedense	2:27.45	<b>2:31.34</b>	380	1:12.14	1:19.20

**Prova 42, Masc., 200m Estilos, Absolutos**

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	100m	200m
56.	Duarte Brito Justino	04	Colegio Int Monte Maior	2:30.72	<b>2:32.87</b>	368	1:12.43	1:20.44
57.	Tomas Martins Mira	04	Naval Setubalense	2:27.43	<b>2:32.96</b>	368	1:12.74	1:20.22
58.	Pedro Miguel Matos	03	Colégio Vasco da Gama	2:30.55	<b>2:32.98</b>	368	1:11.15	1:21.83
59.	Alexandre Duarte Morais	04	Palmela Desporto	2:27.96	<b>2:36.00</b>	347	1:12.87	1:23.13
60.	Daniel Elias Duarte	04	Laranjeiro	2:37.72	<b>2:36.13</b>	346	1:12.44	1:23.69
DSQ	Ricardo Correia Teixeira	01	Belenenses	2:27.10				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								
DSQ	David Manuel Vale	03	Gesloures	2:23.24				
<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>								
DSQ	Goncalo Filipe Valente	03	Gesloures	2:26.89				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								
DSQ	Joao Manuel Vargas	00	Individual ANL	2:15.60				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								
DSQ	Carlos Afonso Almeida	98	Algés	2:24.25				
<i>E-B36 - No percurso de bruços, efect. batimento alternado de pernas após a viragem aos 125 metros (SW 7.4)</i>								
DSQ	Luis Maia Pegado	03	Sporting	2:34.90				
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>								
DSQ	Tomas Nogueira Gomes	03	União Piedense	2:11.47				
<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 125 metros (SW 7.6)</i>								

**Prova 43**

14.07.2019 - 18:53

**Femin., 4 x 100m Estilos**
**Absolutos  
Resultados**

Rec Nacional Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	2009
Rec Nacional Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	2018
Rec Nacional Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	2018
Rec Nacional Juv A	4:31.07	Sporting Clube de Portugal	SCP	Tomar	2018
Rec Nacional Juv	4:31.07	Sporting Clube de Portugal	SCP	Tomar	2018
Rec Nacional Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	2006
Rec Nacional Abs	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	2009

TAC - Fem Juv B 50m: 5:34.14; Juv A 50m: 5:24.85; Juv 50m: 5:24.85; Jun 50m: 5:21.55; Sen 50m: 5:12.83

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
<b>Juvenis</b>					
1.		Sporting Juv			
		<i>Rec Nacional</i>			
			4:45.50	<b>4:29.46</b>	583
		Mariana Morais Delfino	04	33.06	1:07.59
		Marta Macedo Inacio	04	35.95	1:17.47
		Maria Ferreira Moura	04	28.88	1:02.82
		Daniela Alexandra Pedro	04	29.03	1:01.58
2.		Avançado EULx Juv			
		<i>Lara Moreira Lopo</i>			
		<i>Leonor Esteves Santos</i>			
			4:52.66	<b>4:45.36</b>	491
		Lara Moreira Lopo	05	37.48	1:16.50
		Leonor Esteves Santos	04	36.02	1:16.98
		Carmo Dias Vieira	05	32.81	1:10.53
		Margarida Domingues Nunes	05	29.07	1:01.35
3.		Benfica Juv			
		<i>Joana Maia Antunes</i>			
		<i>Maria Carolina Vargas</i>			
			4:46.95	<b>4:46.61</b>	485
		Joana Maia Antunes	04	33.51	1:09.75
		Maria Carolina Vargas	05	40.20	1:24.90
		Isadora Maia Andre	05	32.30	1:08.86
		Joana Rocha Ferreira	05	30.74	1:03.10
4.		A Onda Juv			
		<i>Catarina Martins Ferreira</i>			
		<i>Ana Belo Braga</i>			
			5:05.20	<b>5:05.95</b>	398
		Catarina Martins Ferreira	05	39.07	1:20.90
		Ana Belo Braga	05	39.00	1:23.62
		Luciana Rodrigues Moura	05	33.37	1:13.06
		Mariana Reis Ferreira	05	32.70	1:08.37
5.		União Piedense Juv			
		<i>Maria Martins Camacho</i>			
		<i>Sara Nunes Conceicao</i>			
			5:02.21	<b>5:10.04</b>	383
		Maria Martins Camacho	04	36.48	1:14.86
		Sara Nunes Conceicao	05	41.02	1:28.66
		Marta Pereira Domingos	04	33.92	1:16.90
		Emily Monteiro Cunha	04	32.82	1:09.62

**Prova 43, Femin., 4 x 100m Estilos**
**Absolutos**

Rank	Clube	Time	Swimmer	Time	Swimmer	Total	Points	
1.	Natação de Lisboa Abs	4:35.63	Ana Raquel Ferreira	1:06.95	Catarina Martins Mestre	<b>4:27.73</b>	595	
			Rita Fernandes Leitao	1:15.83	Catarina Trigo Ferreira	29.32	1:03.89	
2.	Sporting Juv	4:45.50	Mariana Morais Delfino	1:09.56	Maria Ferreira Moura	<b>4:29.46</b>	583	
			Marta Macedo Inacio	1:17.35	Daniela Alexandra Pedro	29.15	1:01.06	
3.	Monte Maior Abs	4:31.37	Carolina Fale Costa	1:08.45	Francisca Salvador Mesquita	<b>4:30.07</b>	579	
			Andreia Wongsangnoi Alves	1:12.31	Mariana Amaral Mendes	30.33	1:02.91	
4.	Benfica Abs	4:26.07	Sofia Alexandra Rolao	1:07.09	Natacha Sofia Silva	<b>4:30.19</b>	579	
			Claudia Ferreira Borges	1:07.09	Ines Silva Bernardo	29.07	1:00.25	
5.	Avançado EULx Juv	4:52.66	Lara Moreira Lopo	1:07.09	Carmo Dias Vieira	<b>4:45.36</b>	491	
			Leonor Esteves Santos	1:07.09	Margarida Domingues Nunes	28.94	1:01.03	
6.	Benfica Juv	4:46.95	Joana Maia Antunes	1:07.09	Isadora Maia Andre	<b>4:46.61</b>	485	
			Maria Carolina Vargas	1:07.09	Joana Rocha Ferreira	28.94	1:01.03	
7.	A Onda Juv	NT	Catarina Martins Ferreira	1:07.09	Luciana Rodrigues Moura	<b>5:05.95</b>	398	
			Ana Belo Braga	1:07.09	Mariana Reis Ferreira	28.94	1:01.03	
8.	União Piedense Juv	5:02.21	Maria Martins Camacho	1:07.09	Marta Pereira Domingos	<b>5:10.04</b>	383	
			Sara Nunes Conceicao	1:07.09	Emily Monteiro Cunha	28.94	1:01.03	
DSQ	Laranjeiro Abs	4:44.30	<i>EG01 - O 2º nadador iniciou o seu percurso antes do nadador que o precede ter terminado o seu (SW 10.11)</i>					
			Sofia Alexandra Nunes	1:07.09	Joana Filipa Varandas			
			Soraia Guerra Rolim	1:07.09	Iris Pereira Carrao			

**Prova 44**

14.07.2019 - 19:05

**Masc., 4 x 100m Estilos**
**Absolutos**
**Resultados**

Rank	Clube	Time	Swimmer	Time	Swimmer	Total	Points
1.	Rec Nacional Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014	
2.	Rec Nacional Jun	3:50.30	Sporting Clube de Braga	SCB	Porto	2017	
3.	Rec Nacional Juv A	4:00.34	Sporting Clube de Portugal	SCP	Albufeira	2017	
4.	Rec Nacional Juv	3:59.81	Sporting Clube de Braga	SCB	Ponte da Barca	2014	
5.	Rec Nacional Juv B	4:04.46	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014	
6.	Rec Nacional Abs	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014	

TAC - Masc Juv B 50m: 5:00.00; Juv A 50m: 4:54.56; Juv 50m: 4:54.56; Jun 50m: 4:46.67; Sen 50m: 4:35.77

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
1.		Belenses	4:06.31	<b>3:59.39</b>	575
		Goncalo Henriques Wanzeller	03	26.87	57.92
		Luis Cabral Junior	03	25.78	55.73
2.		Benfica	4:08.96	<b>4:09.86</b>	506
		Pedro Henriques Correia	03	29.11	1:02.72
		Ricardo Samuel Pereira	03	26.76	56.87
3.		Sporting	4:23.53	<b>4:13.17</b>	486
		Afonso Figueiredo Frاسquilho	04	28.88	1:01.88
		Joao Afonso Santos	04	25.15	53.01
4.		Geslours	4:16.19	<b>4:14.04</b>	481
		Goncalo Filipe Valente	03	28.43	1:02.81
		Afonso Goncalves Jorge	04	26.69	55.53

**Prova 44, Masc., 4 x 100m Estilos, Juvenis**

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts		
5.		Vasco da Gama Juv <i>Rec Regional</i>	Colégio Vasco da Gama	4:26.38	<b>4:17.50</b>	462	
	04	Bernardo Jorge Simoes	28.91	59.67	03	29.31	1:02.75
	03	Pedro Miguel Matos	35.22	1:15.69	03	27.86	59.39
6.		A Onda Juv	A Onda Azeitão	4:17.51	<b>4:19.72</b>	450	
	03	Gonçalo Nuno Raposo	31.15	1:03.91	03	28.46	1:01.72
	04	Miguel Madeira Silva	36.58	1:17.74	03	26.96	56.35
7.		Cova da Piedade Juv	Cova da Piedade	4:29.00	<b>4:26.31</b>	418	
	04	Miguel Costa Simoes	31.45	1:04.57	03	31.19	1:07.58
	04	Joao Pedro Faustino	35.18	1:15.70	04	28.17	58.46
DSQ		Monte Maior Juv	Colegio Int Monte Maior	4:28.40			
		<i>EE-B3 - O 2º nadador efectuou múltiplas pernadas de golfinho após a partida (SW 7.1)</i>					
	04	Tiago Morgado Nogueira	32.59	1:06.12	03		
	04	Duarte Brito Justino			04		
DSQ		União Piedense Juv	União Piedense	4:15.52			
		<i>EG01 - O 2º nadador iniciou o seu percurso antes do nadador que o precede ter terminado o seu (SW 10.11)</i>					
	04	Guilherme Machado Santos	31.42	1:04.65	03		
	03	David Van Ossenbruggen			04		

**Absolutos**

1.		União Piedense Abs	União Piedense	3:59.00	<b>3:55.37</b>	605	
	01	David Matias Cristino	29.25	59.85	01	26.62	57.92
	86	Fernando Souza Silva	30.99	1:04.91	01	24.86	52.69
2.		Benfica Abs	Benfica	3:48.24	<b>3:55.89</b>	601	
	97	Joao Mota Correia	28.81	59.37	03	26.11	56.77
	00	Daniel Nogueira Catalao	32.06	1:08.74	00	23.42	51.01
3.		Geslours Abs	Geslours	3:59.95	<b>3:56.83</b>	594	
	02	Martim Primavera Alfama	27.80	57.45	98	27.08	59.66
	99	Andre Tavares Grenho	30.54	1:06.12	93	25.92	53.60
4.		Belenenses Juv	Belenenses	4:06.31	<b>3:59.39</b>	575	
	03	Gonçalo Henriques Wanzeller			03		
	03	Luis Cabral Junior			03		
5.		A Onda Abs	A Onda Azeitão	3:59.30	<b>4:02.14</b>	556	
	00	Diogo Puidival Marques	29.82	1:03.26	90	26.11	58.28
	02	Diogo Garcez Mateus	30.76	1:07.09	00	24.93	53.51
6.		Monte Maior Abs	Colegio Int Monte Maior	4:06.38	<b>4:06.41</b>	527	
	01	Diogo Santos Cardoso	31.24	1:03.80	02	25.26	55.67
	02	Gonçalo Morais Gordo	33.25	1:11.31	02	26.84	55.63
7.		Natação de Lisboa Abs	Natação de Lisboa	4:02.98	<b>4:07.91</b>	518	
	03	Tiago Miguel Dias	29.40	1:00.58	99	28.10	1:03.30
	00	Joao Costa Fonseca	30.77	1:07.70	98	26.17	56.33
8.		Benfica Juv	Benfica	4:08.96	<b>4:09.86</b>	506	
	03	Pedro Henriques Correia			03		
	03	Ricardo Samuel Pereira			03		
9.		Sporting Juv	Sporting	4:23.53	<b>4:13.17</b>	486	
	04	Afonso Figueiredo Frasquilho			04		
	04	Joao Afonso Santos			04		
10.		Geslours Juv	Geslours	4:16.19	<b>4:14.04</b>	481	
	03	Gonçalo Filipe Valente			03		
	04	Afonso Goncalves Jorge			04		
11.		Vasco da Gama Juv	Colégio Vasco da Gama	4:26.38	<b>4:17.50</b>	462	
	04	Bernardo Jorge Simoes			03		
	03	Pedro Miguel Matos			03		
12.		A Onda Juv	A Onda Azeitão	4:17.51	<b>4:19.72</b>	450	
	03	Gonçalo Nuno Raposo			03		
	04	Miguel Madeira Silva			03		
13.		Cova da Piedade Juv	Cova da Piedade	4:29.00	<b>4:26.31</b>	418	
	04	Miguel Costa Simoes			03		
	04	Joao Pedro Faustino			04		