

1 - Eliminatórias

20.06.2019 - 9:00

Prova 1	Femin., 400m Livres				Absoluto
20.06.2019 - 9:00	Absolutos (NP)				Resultados Elimin
Rec Taça Gesloures Sen	4:25.26	Beatriz Paulo Ranito	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	4:33.78	Ana Raquel Graveto	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:31.04	Ema Jeronimo Conceicao	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:40.54	Maria Carlota Rebelo	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	4:43.54	Ana Beatriz Simoes	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.92	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
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Infantis

1.	Maria Leonor Coelho	06	Benfica	4:48.48	4:49.92	529
	50m: 33.54 100m: 1:10.25		150m: 2:24.83 200m: 3:39.41		350m: 4:49.92 400m: 4:49.92	
2.	Beatriz Fernandes Gama	06	Sporting	5:01.95	5:05.46	452
	50m: 35.31 100m: 1:13.61		150m: 2:31.65 200m: 3:48.78		350m: 5:05.46 400m: 5:05.46	
3.	Maria Pinto Monteiro	06	União Piedense	5:07.38	5:08.31	440
	50m: 34.09 100m: 1:12.62		150m: 2:32.65 200m: 3:51.50		350m: 5:08.31 400m: 5:08.31	
4.	Madalena Correa Sa	06	Gesloures	5:15.97	5:09.71	434
	50m: 33.84 100m: 1:11.96		150m: 2:31.03 200m: 3:50.43		350m: 5:09.71 400m: 5:09.71	
5.	Beatriz Mocego Niza	06	Amadora	4:54.72	5:10.28	431
	50m: 35.93 100m: 1:14.40		150m: 2:33.93 200m: 3:48.37		350m: 5:10.28 400m: 5:10.28	
6.	Marta Silva Santos	06	Naval Setubalense	5:13.32	5:11.54	426
	50m: 35.95 100m: 1:14.83		150m: 2:34.64 200m: 3:54.43		350m: 5:11.54 400m: 5:11.54	
7.	Maria Teresa Garcell	07	Fisica Torres Vedras	5:13.80	5:14.92	412
	50m: 34.51 100m: 1:13.10		150m: 2:23.80 200m: 3:54.73		350m: 5:14.92 400m: 5:14.92	
8.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	5:23.92	5:17.94	401
	50m: 34.60 100m: 1:13.40		150m: 2:34.12 200m: 3:55.98		350m: 5:17.94 400m: 5:17.94	
9.	Teresa Joao Pires	07	Algés	5:43.38	5:26.30	371
	50m: 37.97 100m: 1:18.12		150m: 2:41.68 200m: 4:04.85		350m: 5:26.30 400m: 5:26.30	
10.	Catarina Danae Duarte	06	Bombeiros dos Estoris	5:24.19	5:35.37	341
	50m: 34.84 100m: 1:14.68		150m: 2:40.06 200m: 4:07.43		350m: 5:35.37 400m: 5:35.37	
11.	Sofia Medeiros Pereira	06	C N Montijo	5:48.41	5:37.93	334
	50m: 37.84 100m: 1:19.25		150m: 2:45.03 200m: 4:11.37		350m: 5:37.93 400m: 5:37.93	
12.	Ines Santos Silva	07	Colégio Int Monte Maior	5:35.09	5:38.56	332
	50m: 40.28 100m: 1:23.57		150m: 2:50.11 200m: 4:14.33		350m: 5:38.56 400m: 5:38.56	
13.	Marta Filipa Cruz	07	Laranjeiro	6:10.66	6:00.67	274
	50m: 38.95 100m: 1:24.72		150m: 2:59.07 200m: 4:32.48		350m: 6:00.67 400m: 6:00.67	

Juvenis

1.	Marta Macedo Inacio	04	Sporting	4:38.39	4:44.28	561
	50m: 33.28 100m: 1:09.23		150m: 1:45.57 200m: 2:21.71	35.84 35.89	350m: 4:09.40 400m: 4:44.28	35.96 34.88
2.	Mariana Marques Santos	05	Gesloures	4:48.61	4:44.85	558
	50m: 32.73 100m: 1:08.51		150m: 1:44.67 200m: 2:20.94	36.21 36.49	350m: 4:09.62 400m: 4:44.85	35.98 35.23

Prova 1, Femin., 400m Livres, Elimin, Juvenis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Maria Martins Camacho 50m: 32.79 32.79 100m: 1:09.48 36.69	04	União Piedense 150m: 1:46.14 36.66 200m: 2:23.37 37.23	250m: 3:00.72 37.35 300m: 3:38.99 38.27	350m: 4:16.22 37.23 400m: 4:53.09 36.87	512
4.	Diana Valadas Horta 50m: 33.57 33.57 100m: 1:10.69 37.12	04	Laranjeiro 150m: 1:47.86 37.17 200m: 2:25.32 37.46	250m: 3:02.71 37.39 300m: 3:40.67 37.96	350m: 4:18.29 37.62 400m: 4:55.39 37.10	500
5.	Mariana Fragoço Guterres 50m: 33.70 33.70 100m: 1:10.53 36.83	04	Benfica 150m: 1:48.48 37.95 200m: 2:27.00 38.52	250m: 3:06.10 39.10 300m: 3:45.42 39.32	350m: 4:23.88 38.46 400m: 5:02.05 38.17	468
6.	Luisa Morais Marques 50m: 33.21 33.21 100m: 1:10.59 37.38	05	Física Torres Vedras 150m: 1:49.60 39.01 200m: 2:29.47 39.87	250m: 3:09.48 40.01 300m: 3:50.16 40.68	350m: 4:30.46 40.30 400m: 5:09.98 39.52	433
7.	Carolina Anjos Frischknecht 50m: 35.56 35.56 100m: 1:14.91 39.35	04	Naval Setubalense 150m: 1:55.24 40.33 200m: 2:35.86 40.62	250m: 3:16.11 40.25 300m: 3:56.10 39.99	350m: 4:36.20 40.10 400m: 5:14.47 38.27	414
8.	Margarida Mendes Bras 50m: 35.48 35.48 100m: 1:14.89 39.41	04	C N Montijo 150m: 1:55.38 40.49 200m: 2:36.39 41.01	250m: 3:17.41 41.02 300m: 3:59.71 42.30	350m: 4:41.95 42.24 400m: 5:22.09 40.14	386
9.	Luana Santos Freitas 50m: 36.23 36.23 100m: 1:16.58 40.35	04	Amadora 150m: 1:58.32 41.74 200m: 2:39.56 41.24	250m: 3:22.16 42.60 300m: 4:04.82 42.66	350m: 4:45.46 40.64 400m: 5:25.39 39.93	374

Juniores & Seniores

1.	Francisca Salvador Mesquita <i>Recorde da Taça</i> 50m: 30.86 30.86 100m: 1:04.50 33.64	02	Colégio Int Monte Maior 150m: 1:38.26 33.76 200m: 2:12.52 34.26	250m: 2:46.55 34.03 300m: 3:20.55 34.00	350m: 3:54.59 34.04 400m: 4:28.18 33.59	668
2.	Ema Jeronimo Conceicao 50m: 31.49 31.49 100m: 1:05.16 33.67	03	Física Torres Vedras 150m: 1:39.12 33.96 200m: 2:13.61 34.49	250m: 2:48.06 34.45 300m: 3:22.03 33.97	350m: 3:56.20 34.17 400m: 4:31.01 34.81	648
3.	Sofia Alexandra Rolao 50m: 30.37 30.37 100m: 1:04.83 34.46	98	Benfica 150m: 1:39.47 34.64 200m: 2:14.15 34.68	250m: 2:48.73 34.58 300m: 3:23.91 35.18	350m: 3:59.20 35.29 400m: 4:32.18 32.98	639
4.	Teresa Miguel Veloso 50m: 31.37 31.37 100m: 1:04.94 33.57	00	Sporting 150m: 1:38.93 33.99 200m: 2:13.34 34.41	250m: 2:47.97 34.63 300m: 3:22.90 34.93	350m: 3:58.16 35.26 400m: 4:33.33 35.17	631
5.	Bruna Martins Riesenberger 50m: 31.73 31.73 100m: 1:06.06 34.33	97	Laranjeiro 150m: 1:41.24 35.18 200m: 2:16.45 35.21	250m: 2:51.66 35.21 300m: 3:27.07 35.41	350m: 4:02.82 35.75 400m: 4:37.55 34.73	603
6.	Margarida Sobral Pimenta 50m: 31.59 31.59 100m: 1:06.22 34.63	99	Belenenses 150m: 1:41.45 35.23 200m: 2:16.87 35.42	250m: 2:52.21 35.34 300m: 3:27.61 35.40	350m: 4:03.03 35.42 400m: 4:37.66 34.63	602
7.	Margarida Messias Ribeiro 50m: 32.05 32.05 100m: 1:07.63 35.58	98	Gesloures 150m: 1:44.33 36.70 200m: 2:20.55 36.22	250m: 2:56.70 36.15 300m: 3:33.33 36.63	350m: 4:09.24 35.91 400m: 4:44.93 35.69	557
8.	Beatriz Quintao Amantes 50m: 32.40 32.40 100m: 1:07.48 35.08	03	União Piedense 150m: 1:43.12 35.64 200m: 2:19.20 36.08	250m: 2:55.80 36.60 300m: 3:33.51 37.71	350m: 4:11.34 37.83 400m: 4:47.77 36.43	541
9.	Iolanda Sofia Clerigo 50m: 32.35 32.35 100m: 1:09.23 36.88	02	Palmela Desporto 150m: 1:46.86 37.63 200m: 2:24.63 37.77	250m: 3:03.40 38.77 300m: 3:42.68 39.28	350m: 4:22.39 39.71 400m: 5:00.66 38.27	474
10.	Catarina Ines Correia 50m: 34.53 34.53 100m: 1:12.34 37.81	03	Naval Setubalense 150m: 1:50.83 38.49 200m: 2:29.90 39.07	250m: 3:09.04 39.14 300m: 3:48.01 38.97	350m: 4:26.89 38.88 400m: 5:03.97 37.08	459

Absoluto

1.	Francisca Salvador Mesquita <i>Recorde da Taça</i> 50m: 30.86 30.86 100m: 1:04.50 33.64	02	Colégio Int Monte Maior 150m: 1:38.26 33.76 200m: 2:12.52 34.26	250m: 2:46.55 34.03 300m: 3:20.55 34.00	350m: 3:54.59 34.04 400m: 4:28.18 33.59	668
2.	Ema Jeronimo Conceicao 50m: 31.49 31.49 100m: 1:05.16 33.67	03	Física Torres Vedras 150m: 1:39.12 33.96 200m: 2:13.61 34.49	250m: 2:48.06 34.45 300m: 3:22.03 33.97	350m: 3:56.20 34.17 400m: 4:31.01 34.81	648

Prova 1, Femin., 400m Livres, Elimin, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts	
3.	Sofia Alexandra Rolao 50m: 30.37 30.37 100m: 1:04.83 34.46	98	Benfica 150m: 1:39.47 34.64 200m: 2:14.15 34.68	250m: 2:48.73 34.58 300m: 3:23.91 35.18	5:03.00 350m: 3:59.20 35.29 400m: 4:32.18 32.98	639	
4.	Teresa Miguel Veloso 50m: 31.37 31.37 100m: 1:04.94 33.57	00	Sporting 150m: 1:38.93 33.99 200m: 2:13.34 34.41	250m: 2:47.97 34.63 300m: 3:22.90 34.93	4:25.11 350m: 3:58.16 35.26 400m: 4:33.33 35.17	631	
5.	Bruna Martins Riesenberger 50m: 31.73 31.73 100m: 1:06.06 34.33	97	Laranjeiro 150m: 1:41.24 35.18 200m: 2:16.45 35.21	250m: 2:51.66 35.21 300m: 3:27.07 35.41	4:30.72 350m: 4:02.82 35.75 400m: 4:37.55 34.73	603	
6.	Margarida Sobral Pimenta 50m: 31.59 31.59 100m: 1:06.22 34.63	99	Belenenses 150m: 1:41.45 35.23 200m: 2:16.87 35.42	250m: 2:52.21 35.34 300m: 3:27.61 35.40	4:34.13 350m: 4:03.03 35.42 400m: 4:37.66 34.63	602	
7.	Marta Macedo Inacio 50m: 33.28 33.28 100m: 1:09.23 35.95	04	Sporting 150m: 1:45.57 36.34 200m: 2:21.71 36.14	250m: 2:57.55 35.84 300m: 3:33.44 35.89	4:38.39 350m: 4:09.40 35.96 400m: 4:44.28 34.88	561	
8.	Mariana Marques Santos 50m: 32.73 32.73 100m: 1:08.51 35.78	05	Gesloures 150m: 1:44.67 36.16 200m: 2:20.94 36.27	250m: 2:57.15 36.21 300m: 3:33.64 36.49	4:48.61 350m: 4:09.62 35.98 400m: 4:44.85 35.23	558	
9.	Margarida Messias Ribeiro 50m: 32.05 32.05 100m: 1:07.63 35.58	98	Gesloures 150m: 1:44.33 36.70 200m: 2:20.55 36.22	250m: 2:56.70 36.15 300m: 3:33.33 36.63	4:32.79 350m: 4:09.24 35.91 400m: 4:44.93 35.69	557	
10.	Beatriz Quintao Amantes 50m: 32.40 32.40 100m: 1:07.48 35.08	03	União Piedense 150m: 1:43.12 35.64 200m: 2:19.20 36.08	250m: 2:55.80 36.60 300m: 3:33.51 37.71	4:44.88 350m: 4:11.34 37.83 400m: 4:47.77 36.43	541	
11.	Maria Leonor Coelho 50m: 33.54 33.54 100m: 1:10.25 36.71	06	Benfica 200m: 2:24.83	250m: 3:39.41	350m: 4:49.92	4:48.48 4:49.92	529
12.	Maria Martins Camacho 50m: 32.79 32.79 100m: 1:09.48 36.69	04	União Piedense 150m: 1:46.14 36.66 200m: 2:23.37 37.23	250m: 3:00.72 37.35 300m: 3:38.99 38.27	350m: 4:16.22 37.23 400m: 4:53.09 36.87	4:52.07 4:53.09	512
13.	Diana Valadas Horta 50m: 33.57 33.57 100m: 1:10.69 37.12	04	Laranjeiro 150m: 1:47.86 37.17 200m: 2:25.32 37.46	250m: 3:02.71 37.39 300m: 3:40.67 37.96	350m: 4:18.29 37.62 400m: 4:55.39 37.10	5:13.28 4:55.39	500
14.	Iolanda Sofia Clerigo 50m: 32.35 32.35 100m: 1:09.23 36.88	02	Palmela Desporto 150m: 1:46.86 37.63 200m: 2:24.63 37.77	250m: 3:03.40 38.77 300m: 3:42.68 39.28	350m: 4:22.39 39.71 400m: 5:00.66 38.27	5:02.29 5:00.66	474
15.	Mariana Fragoso Guterres 50m: 33.70 33.70 100m: 1:10.53 36.83	04	Benfica 150m: 1:48.48 37.95 200m: 2:27.00 38.52	250m: 3:06.10 39.10 300m: 3:45.42 39.32	350m: 4:23.88 38.46 400m: 5:02.05 38.17	4:51.60 5:02.05	468
16.	Catarina Ines Correia 50m: 34.53 34.53 100m: 1:12.34 37.81	03	Naval Setubalense 150m: 1:50.83 38.49 200m: 2:29.90 39.07	250m: 3:09.04 39.14 300m: 3:48.01 38.97	350m: 4:26.89 38.88 400m: 5:03.97 37.08	5:00.34 5:03.97	459
17.	Beatriz Fernandes Gama 50m: 35.31 35.31 100m: 1:13.61 38.30	06	Sporting 200m: 2:31.65	250m: 3:48.78	350m: 5:05.46	5:01.95 5:05.46	452
18.	Maria Pinto Monteiro 50m: 34.09 34.09 100m: 1:12.62 38.53	06	União Piedense 200m: 2:32.65	250m: 3:51.50	350m: 5:08.31	5:07.38 5:08.31	440
19.	Madalena Correa Sa 50m: 33.84 33.84 100m: 1:11.96 38.12	06	Gesloures 200m: 2:31.03	250m: 3:50.43	350m: 5:09.71	5:15.97 5:09.71	434
20.	Luisa Morais Marques 50m: 33.21 33.21 100m: 1:10.59 37.38	05	Fisica Torres Vedras 150m: 1:49.60 39.01 200m: 2:29.47 39.87	250m: 3:09.48 40.01 300m: 3:50.16 40.68	350m: 4:30.46 40.30 400m: 5:09.98 39.52	5:07.98 5:09.98	433
21.	Beatriz Mocego Niza 50m: 35.93 35.93 100m: 1:14.40 38.47	06	Amadora 200m: 2:33.93	250m: 3:48.37	350m: 5:10.28	4:54.72 5:10.28	431
22.	Marta Silva Santos 50m: 35.95 35.95 100m: 1:14.83 38.88	06	Naval Setubalense 150m: 2:34.64	250m: 3:54.43	350m: 5:11.54	5:13.32 5:11.54	426
23.	Carolina Anjos Frischknecht 50m: 35.56 35.56 100m: 1:14.91 39.35	04	Naval Setubalense 150m: 1:55.24 40.33 200m: 2:35.86 40.62	250m: 3:16.11 40.25 300m: 3:56.10 39.99	350m: 4:36.20 40.10 400m: 5:14.47 38.27	5:11.93 5:14.47	414
24.	Maria Teresa Garcell 50m: 34.51 34.51 100m: 1:13.10 38.59	07	Fisica Torres Vedras 150m: 2:23.80	250m: 3:54.73	350m: 5:14.92	5:13.80 5:14.92	412

Prova 1, Femin., 400m Livres, Elimin, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
25.	Leticia Rodrigues Magalhaes 50m: 34.60 34.60 100m: 1:13.40 38.80	07	Palmela Desporto	5:23.92 150m: 2:34.12 250m: 3:55.98 350m: 4:17.94 400m: 5:17.94	5:17.94	401
26.	Margarida Mendes Bras 50m: 35.48 35.48 100m: 1:14.89 39.41	04	C N Montijo	5:36.80 150m: 1:55.38 40.49 250m: 3:17.41 41.02 350m: 4:41.95 42.24 200m: 2:36.39 41.01 300m: 3:59.71 42.30 400m: 5:22.09 40.14	5:22.09	386
27.	Luana Santos Freitas 50m: 36.23 36.23 100m: 1:16.58 40.35	04	Amadora	5:19.24 150m: 1:58.32 41.74 250m: 3:22.16 42.60 350m: 4:45.46 40.64 200m: 2:39.56 41.24 300m: 4:04.82 42.66 400m: 5:25.39 39.93	5:25.39	374
28.	Teresa Joao Pires 50m: 37.97 37.97 100m: 1:18.12 40.15	07	Algés	5:43.38 150m: 2:41.68 250m: 4:04.85 350m: 5:26.30 400m: 5:26.30	5:26.30	371
29.	Catarina Danae Duarte 50m: 34.84 34.84 100m: 1:14.68 39.84	06	Bombeiros dos Estoris	5:24.19 150m: 2:40.06 250m: 4:07.43 350m: 5:35.37 400m: 5:35.37	5:35.37	341
30.	Sofia Medeiros Pereira 50m: 37.84 37.84 100m: 1:19.25 41.41	06	C N Montijo	5:48.41 150m: 2:45.03 250m: 4:11.37 350m: 5:37.93 400m: 5:37.93	5:37.93	334
31.	Ines Santos Silva 50m: 40.28 40.28 100m: 1:23.57 43.29	07	Colégio Int Monte Maior	5:35.09 150m: 2:50.11 250m: 4:14.33 350m: 5:38.56 400m: 5:38.56	5:38.56	332
32.	Marta Filipa Cruz 50m: 38.95 38.95 100m: 1:24.72 45.77	07	Laranjeiro	6:10.66 150m: 2:59.07 250m: 4:32.48 350m: 6:00.67 400m: 6:00.67	6:00.67	274

Infantis B

1.	Maria Teresa Garcell 50m: 34.51 34.51 100m: 1:13.10 38.59	07	Fisica Torres Vedras	5:13.80 150m: 2:23.80 250m: 3:54.73 350m: 5:14.92 400m: 5:14.92	5:14.92	412
2.	Leticia Rodrigues Magalhaes 50m: 34.60 34.60 100m: 1:13.40 38.80	07	Palmela Desporto	5:23.92 150m: 2:34.12 250m: 3:55.98 350m: 5:17.94 400m: 5:17.94	5:17.94	401
3.	Teresa Joao Pires 50m: 37.97 37.97 100m: 1:18.12 40.15	07	Algés	5:43.38 150m: 2:41.68 250m: 4:04.85 350m: 5:26.30 400m: 5:26.30	5:26.30	371
4.	Ines Santos Silva 50m: 40.28 40.28 100m: 1:23.57 43.29	07	Colégio Int Monte Maior	5:35.09 150m: 2:50.11 250m: 4:14.33 350m: 5:38.56 400m: 5:38.56	5:38.56	332
5.	Marta Filipa Cruz 50m: 38.95 38.95 100m: 1:24.72 45.77	07	Laranjeiro	6:10.66 150m: 2:59.07 250m: 4:32.48 350m: 6:00.67 400m: 6:00.67	6:00.67	274

Infantis A

1.	Maria Leonor Coelho 50m: 33.54 33.54 100m: 1:10.25 36.71	06	Benfica	4:48.48 150m: 2:24.83 250m: 3:39.41 350m: 4:49.92 400m: 4:49.92	4:49.92	529
2.	Beatriz Fernandes Gama 50m: 35.31 35.31 100m: 1:13.61 38.30	06	Sporting	5:01.95 150m: 2:31.65 250m: 3:48.78 350m: 5:05.46 400m: 5:05.46	5:05.46	452
3.	Maria Pinto Monteiro 50m: 34.09 34.09 100m: 1:12.62 38.53	06	União Piedense	5:07.38 150m: 2:32.65 250m: 3:51.50 350m: 5:08.31 400m: 5:08.31	5:08.31	440
4.	Madalena Correa Sa 50m: 33.84 33.84 100m: 1:11.96 38.12	06	Gesloures	5:15.97 150m: 2:31.03 250m: 3:50.43 350m: 5:09.71 400m: 5:09.71	5:09.71	434
5.	Beatriz Mocego Niza 50m: 35.93 35.93 100m: 1:14.40 38.47	06	Amadora	4:54.72 150m: 2:33.93 250m: 3:48.37 350m: 5:10.28 400m: 5:10.28	5:10.28	431
6.	Marta Silva Santos 50m: 35.95 35.95 100m: 1:14.83 38.88	06	Naval Setubalense	5:13.32 150m: 2:34.64 250m: 3:54.43 350m: 5:11.54 400m: 5:11.54	5:11.54	426
7.	Catarina Danae Duarte 50m: 34.84 34.84 100m: 1:14.68 39.84	06	Bombeiros dos Estoris	5:24.19 150m: 2:40.06 250m: 4:07.43 350m: 5:35.37 400m: 5:35.37	5:35.37	341

Prova 1, Femin., 400m Livres, Elimin, Infantis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
8.	Sofia Medeiros Pereira	06	C N Montijo	5:48.41	5:37.93	334
	50m: 37.84 37.84	150m: 1:44.67 36.16	250m: 2:57.15 36.21	350m: 4:09.62 35.98		
	100m: 1:19.25 41.41	200m: 2:45.03 30.00	300m: 4:11.37 36.49	400m: 5:37.93 44.48		

Juvenis B

1.	Mariana Marques Santos	05	Gesloures	4:48.61	4:44.85	558
	50m: 32.73 32.73	150m: 1:44.67 36.16	250m: 2:57.15 36.21	350m: 4:09.62 35.98		
	100m: 1:08.51 35.78	200m: 2:20.94 36.27	300m: 3:33.64 36.49	400m: 4:44.85 35.23		
2.	Luisa Morais Marques	05	Fisica Torres Vedras	5:07.98	5:09.98	433
	50m: 33.21 33.21	150m: 1:49.60 39.01	250m: 3:09.48 40.01	350m: 4:30.46 40.30		
	100m: 1:10.59 37.38	200m: 2:29.47 39.87	300m: 3:50.16 40.68	400m: 5:09.98 39.52		

Juvenis A

1.	Marta Macedo Inacio	04	Sporting	4:38.39	4:44.28	561
	50m: 33.28 33.28	150m: 1:45.57 36.34	250m: 2:57.55 35.84	350m: 4:09.40 35.96		
	100m: 1:09.23 35.95	200m: 2:21.71 36.14	300m: 3:33.44 35.89	400m: 4:44.28 34.88		
2.	Maria Martins Camacho	04	União Piedense	4:52.07	4:53.09	512
	50m: 32.79 32.79	150m: 1:46.14 36.66	250m: 3:00.72 37.35	350m: 4:16.22 37.23		
	100m: 1:09.48 36.69	200m: 2:23.37 37.23	300m: 3:38.99 38.27	400m: 4:53.09 36.87		
3.	Diana Valadas Horta	04	Laranjeiro	5:13.28	4:55.39	500
	50m: 33.57 33.57	150m: 1:47.86 37.17	250m: 3:02.71 37.39	350m: 4:18.29 37.62		
	100m: 1:10.69 37.12	200m: 2:25.32 37.46	300m: 3:40.67 37.96	400m: 4:55.39 37.10		
4.	Mariana Fragoso Guterres	04	Benfica	4:51.60	5:02.05	468
	50m: 33.70 33.70	150m: 1:48.48 37.95	250m: 3:06.10 39.10	350m: 4:23.88 38.46		
	100m: 1:10.53 36.83	200m: 2:27.00 38.52	300m: 3:45.42 39.32	400m: 5:02.05 38.17		
5.	Carolina Anjos Frischknecht	04	Naval Setubalense	5:11.93	5:14.47	414
	50m: 35.56 35.56	150m: 1:55.24 40.33	250m: 3:16.11 40.25	350m: 4:36.20 40.10		
	100m: 1:14.91 39.35	200m: 2:35.86 40.62	300m: 3:56.10 39.99	400m: 5:14.47 38.27		
6.	Margarida Mendes Bras	04	C N Montijo	5:36.80	5:22.09	386
	50m: 35.48 35.48	150m: 1:55.38 40.49	250m: 3:17.41 41.02	350m: 4:41.95 42.24		
	100m: 1:14.89 39.41	200m: 2:36.39 41.01	300m: 3:59.71 42.30	400m: 5:22.09 40.14		
7.	Luana Santos Freitas	04	Amadora	5:19.24	5:25.39	374
	50m: 36.23 36.23	150m: 1:58.32 41.74	250m: 3:22.16 42.60	350m: 4:45.46 40.64		
	100m: 1:16.58 40.35	200m: 2:39.56 41.24	300m: 4:04.82 42.66	400m: 5:25.39 39.93		

Juniores

1.	Francisca Salvador Mesquita <i>Recorde da Taça</i>	02	Colégio Int Monte Maior	4:26.63	4:28.18	668
	50m: 30.86 30.86	150m: 1:38.26 33.76	250m: 2:46.55 34.03	350m: 3:54.59 34.04		
	100m: 1:04.50 33.64	200m: 2:12.52 34.26	300m: 3:20.55 34.00	400m: 4:28.18 33.59		
2.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	4:28.28	4:31.01	648
	50m: 31.49 31.49	150m: 1:39.12 33.96	250m: 2:48.06 34.45	350m: 3:56.20 34.17		
	100m: 1:05.16 33.67	200m: 2:13.61 34.49	300m: 3:22.03 33.97	400m: 4:31.01 34.81		
3.	Beatriz Quintao Amantes	03	União Piedense	4:44.88	4:47.77	541
	50m: 32.40 32.40	150m: 1:43.12 35.64	250m: 2:55.80 36.60	350m: 4:11.34 37.83		
	100m: 1:07.48 35.08	200m: 2:19.20 36.08	300m: 3:33.51 37.71	400m: 4:47.77 36.43		
4.	Iolanda Sofia Clerigo	02	Palmela Desporto	5:02.29	5:00.66	474
	50m: 32.35 32.35	150m: 1:46.86 37.63	250m: 3:03.40 38.77	350m: 4:22.39 39.71		
	100m: 1:09.23 36.88	200m: 2:24.63 37.77	300m: 3:42.68 39.28	400m: 5:00.66 38.27		
5.	Catarina Ines Correia	03	Naval Setubalense	5:00.34	5:03.97	459
	50m: 34.53 34.53	150m: 1:50.83 38.49	250m: 3:09.04 39.14	350m: 4:26.89 38.88		
	100m: 1:12.34 37.81	200m: 2:29.90 39.07	300m: 3:48.01 38.97	400m: 5:03.97 37.08		

Seniores

1.	Sofia Alexandra Rolao	98	Benfica	5:03.00	4:32.18	639
	50m: 30.37 30.37	150m: 1:39.47 34.64	250m: 2:48.73 34.58	350m: 3:59.20 35.29		
	100m: 1:04.83 34.46	200m: 2:14.15 34.68	300m: 3:23.91 35.18	400m: 4:32.18 32.98		
2.	Teresa Miguel Veloso	00	Sporting	4:25.11	4:33.33	631
	50m: 31.37 31.37	150m: 1:38.93 33.99	250m: 2:47.97 34.63	350m: 3:58.16 35.26		
	100m: 1:04.94 33.57	200m: 2:13.34 34.41	300m: 3:22.90 34.93	400m: 4:33.33 35.17		

Prova 1, Femin., 400m Livres, Elimin, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Bruna Martins Riesenberger	97	Laranjeiro	4:30.72	4:37.55	603
	50m: 31.73 31.73 100m: 1:06.06 34.33	150m: 1:41.24 35.18 200m: 2:16.45 35.21	250m: 2:51.66 35.21 300m: 3:27.07 35.41	350m: 4:02.82 35.75 400m: 4:37.55 34.73		
4.	Margarida Sobral Pimenta	99	Belenenses	4:34.13	4:37.66	602
	50m: 31.59 31.59 100m: 1:06.22 34.63	150m: 1:41.45 35.23 200m: 2:16.87 35.42	250m: 2:52.21 35.34 300m: 3:27.61 35.40	350m: 4:03.03 35.42 400m: 4:37.66 34.63		
5.	Margarida Messias Ribeiro	98	Gesloures	4:32.79	4:44.93	557
	50m: 32.05 32.05 100m: 1:07.63 35.58	150m: 1:44.33 36.70 200m: 2:20.55 36.22	250m: 2:56.70 36.15 300m: 3:33.33 36.63	350m: 4:09.24 35.91 400m: 4:44.93 35.69		
EXH	Ines Gaspar Silva	06	Gesloures	5:15.57	5:10.30	431
	50m: 33.82 33.82 100m: 1:11.89 38.07	150m: 2:30.15	250m: 3:50.19 300m: 4:07.81	350m: 5:10.30 400m: 5:34.86		
EXH	Magda Silva Pereira	07	Gesloures	5:41.59	5:34.86	343
	50m: 36.56 36.56 100m: 1:16.84 40.28	150m: 2:42.56	250m: 4:07.81 300m: 4:07.81	350m: 5:34.86 400m: 5:34.86		
EXH	Eva Sofia Ascenso	07	Gesloures	5:58.44	5:58.58	279
	50m: 40.62 40.62 100m: 1:26.16 45.54	150m: 2:59.81	250m: 4:32.28 300m: 4:32.28	350m: 5:58.58 400m: 5:58.58		

Prova 2

20.06.2019 - 9:18

Masc., 400m Livres Absolutos (NP)

Absoluto Resultados Elimin

Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:16.71	Francisco Alves Souza	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:16.65	Martim Miranda Machado	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.68	Yann Forjaz Fock	POR	Loures	14.05.2017
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Tiago Rodrigues Pinto	05	Sporting	4:40.94	4:44.72	414
	50m: 32.05 32.05 100m: 1:07.59 35.54	150m: 2:20.59 200m: 2:20.59	250m: 3:33.11 300m: 3:33.11	350m: 4:44.72 400m: 4:44.72		
2.	Gonçalo Duarte Carvalho	05	Benfica	4:49.53	4:46.65	405
	50m: 33.09 33.09 100m: 1:08.71 35.62	150m: 2:21.46 200m: 2:21.46	250m: 3:33.96 300m: 3:33.96	350m: 4:46.65 400m: 4:46.65		
3.	Francisco Lourenco Vasconcelos	05	Gesloures	4:51.60	4:47.90	400
	50m: 32.44 32.44 100m: 1:08.29 35.85	150m: 2:21.29 200m: 2:21.29	250m: 3:34.74 300m: 3:34.74	350m: 4:47.90 400m: 4:47.90		
4.	Afonso Silvestre Almeida	06	Amadora	4:51.65	4:58.71	358
	50m: 33.56 33.56 100m: 1:10.34 36.78	150m: 2:26.25 200m: 2:26.25	250m: 3:41.90 300m: 3:41.90	350m: 4:58.71 400m: 4:58.71		
5.	Rodrigo Martins Bras	05	Belenenses	4:51.81	4:58.88	358
	50m: 32.13 32.13 100m: 1:08.98 36.85	150m: 2:25.25 200m: 2:25.25	250m: 3:42.35 300m: 3:42.35	350m: 4:58.88 400m: 4:58.88		
6.	Simao Lopes Oliveira	05	Naval Setubalense	5:02.00	4:59.31	356
	50m: 34.53 34.53 100m: 1:12.90 38.37	150m: 2:31.34 200m: 2:31.34	250m: 3:45.75 300m: 3:45.75	350m: 4:59.31 400m: 4:59.31		
7.	Pedro Crispim Jorge	06	União Piedense	5:01.55	5:02.61	345
	50m: 34.29 34.29 100m: 1:12.91 38.62	150m: 2:30.41 200m: 2:30.41	250m: 3:47.96 300m: 3:47.96	350m: 5:02.61 400m: 5:02.61		
8.	Tiago Almeida Correia	06	C N Montijo	5:02.23	5:05.48	335
	50m: 34.16 34.16 100m: 1:12.63 38.47	150m: 2:31.29 200m: 2:31.29	250m: 3:49.45 300m: 3:49.45	350m: 5:05.48 400m: 5:05.48		
9.	Tiago Romao Lourenco	05	Palmela Desporto	5:09.18	5:11.64	315
	50m: 35.10 35.10 100m: 1:15.11 40.01	150m: 2:34.51 200m: 2:34.51	250m: 3:54.94 300m: 3:54.94	350m: 5:11.64 400m: 5:11.64		

Prova 2, Masc., 400m Livres, Elimin, Infantis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
10.	Mateus Correa Walker 50m: 35.45 35.45 100m: 1:16.99 41.54	05	Bombeiros dos Estoris	5:11.54	5:27.40	272
11.	Tiago Fernandes Loucao 50m: 36.20 36.20 100m: 1:17.48 41.28	06	Laranjeiro	5:48.74	5:35.72	252

Juvenis

1.	Bernardo Victorino Almeida <i>Recorde da Taça</i> 50m: 29.00 29.00 100m: 1:00.33 31.33	04	Sporting	4:12.05	4:08.04	626
2.	Antonio Santos Pereira 50m: 28.49 28.49 100m: 1:00.99 32.50	03	Bombeiros dos Estoris	4:25.82	4:17.17	562
3.	Rodrigo Reis Dias 50m: 30.99 30.99 100m: 1:03.64 32.65	03	Belenenses	4:14.03	4:24.01	519
4.	Tiago Miguel Trombinhas 50m: 30.29 30.29 100m: 1:03.78 33.49	04	Colégio Int Monte Maior	4:25.52	4:28.34	494
5.	Francisco Amaro Santos 50m: 31.08 31.08 100m: 1:05.05 33.97	04	Gesloures	4:28.90	4:33.07	469
6.	Guilherme Machado Santos 50m: 31.14 31.14 100m: 1:06.12 34.98	04	União Piedense	4:48.40	4:35.52	457
7.	Diogo Miguel Duraes 50m: 30.69 30.69 100m: 1:04.68 33.99	03	C N Montijo	4:35.02	4:37.05	449
8.	Tomas Martins Mira 50m: 29.94 29.94 100m: 1:04.93 34.99	04	Naval Setubalense	4:43.42	4:41.56	428

Juniores & Seniores

1.	Diogo Santos Cardoso 50m: 28.98 28.98 100m: 1:00.58 31.60	01	Colégio Int Monte Maior	4:03.35	4:12.44	594
2.	Francisco Alves Souza 50m: 29.44 29.44 100m: 1:01.31 31.87	02	Gesloures	4:14.31	4:17.58	559
3.	Carlos Filipe Lopes 50m: 29.78 29.78 100m: 1:03.01 33.23	01	União Piedense	4:40.00	4:19.22	548
4.	Afonso Mateus Ribeiro 50m: 29.33 29.33 100m: 1:00.47 31.14	95	Belenenses	4:19.66	4:20.85	538
5.	Joao Nogueira Mendes 50m: 30.06 30.06 100m: 1:03.07 33.01	02	Laranjeiro	4:20.28	4:22.87	526
6.	Antonio Maria Ferreira 50m: 30.42 30.42 100m: 1:04.19 33.77	00	Palmela Desporto	4:39.74	4:35.19	458
DSQ	Bruno Rey Barros <i>G1 - Efectuou falsa partida (SW 4.4)</i>	01	Sporting	4:04.19		

Prova 2, Masc., 400m Livres, Elimin

Absoluto

1.	Bernardo Victorino Almeida	04	Sporting	4:12.05	4:08.04	626
	<i>Recorde da Taça</i>					
	50m: 29.00 29.00	150m: 1:32.69 32.36	250m: 2:34.82 30.66	350m: 3:37.57 31.59		
	100m: 1:00.33 31.33	200m: 2:04.16 31.47	300m: 3:05.98 31.16	400m: 4:08.04 30.47		
2.	Diogo Santos Cardoso	01	Colégio Int Monte Maior	4:03.35	4:12.44	594
	50m: 28.98 28.98	150m: 1:32.70 32.12	250m: 2:36.61 31.79	350m: 3:40.75 31.92		
	100m: 1:00.58 31.60	200m: 2:04.82 32.12	300m: 3:08.83 32.22	400m: 4:12.44 31.69		
3.	Antonio Santos Pereira	03	Bombeiros dos Estoris	4:25.82	4:17.17	562
	50m: 28.49 28.49	150m: 1:33.71 32.72	250m: 2:40.03 32.81	350m: 3:45.90 32.64		
	100m: 1:00.99 32.50	200m: 2:07.22 33.51	300m: 3:13.26 33.23	400m: 4:17.17 31.27		
4.	Francisco Alves Souza	02	Gesloures	4:14.31	4:17.58	559
	50m: 29.44 29.44	150m: 1:34.08 32.77	250m: 2:39.15 32.06	350m: 3:44.81 32.84		
	100m: 1:01.31 31.87	200m: 2:07.09 33.01	300m: 3:11.97 32.82	400m: 4:17.58 32.77		
5.	Carlos Filipe Lopes	01	União Piedense	4:40.00	4:19.22	548
	50m: 29.78 29.78	150m: 1:36.54 33.53	250m: 2:42.65 32.24	350m: 3:47.35 32.03		
	100m: 1:03.01 33.23	200m: 2:10.41 33.87	300m: 3:15.32 32.67	400m: 4:19.22 31.87		
6.	Afonso Mateus Ribeiro	95	Belenenses	4:19.66	4:20.85	538
	50m: 29.33 29.33	150m: 1:33.48 33.01	250m: 2:40.13 33.24	350m: 3:46.95 33.41		
	100m: 1:00.47 31.14	200m: 2:06.89 33.41	300m: 3:13.54 33.41	400m: 4:20.85 33.90		
7.	Joao Nogueira Mendes	02	Laranjeiro	4:20.28	4:22.87	526
	50m: 30.06 30.06	150m: 1:36.42 33.35	250m: 2:43.62 33.40	350m: 3:50.84 33.49		
	100m: 1:03.07 33.01	200m: 2:10.22 33.80	300m: 3:17.35 33.73	400m: 4:22.87 32.03		
8.	Rodrigo Reis Dias	03	Belenenses	4:14.03	4:24.01	519
	50m: 30.99 30.99	150m: 1:36.52 32.88	250m: 2:43.57 33.50	350m: 3:50.88 33.35		
	100m: 1:03.64 32.65	200m: 2:10.07 33.55	300m: 3:17.53 33.96	400m: 4:24.01 33.13		
9.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	4:25.52	4:28.34	494
	50m: 30.29 30.29	150m: 1:37.65 33.87	250m: 2:45.48 34.05	350m: 3:54.59 34.86		
	100m: 1:03.78 33.49	200m: 2:11.43 33.78	300m: 3:19.73 34.25	400m: 4:28.34 33.75		
10.	Francisco Amaro Santos	04	Gesloures	4:28.90	4:33.07	469
	50m: 31.08 31.08	150m: 1:39.26 34.21	250m: 2:48.82 34.87	350m: 3:58.76 34.85		
	100m: 1:05.05 33.97	200m: 2:13.95 34.69	300m: 3:23.91 35.09	400m: 4:33.07 34.31		
11.	Antonio Maria Ferreira	00	Palmela Desporto	4:39.74	4:35.19	458
	50m: 30.42 30.42	150m: 1:39.36 35.17	250m: 2:51.59 36.01	350m: 4:01.44 35.07		
	100m: 1:04.19 33.77	200m: 2:15.58 36.22	300m: 3:26.37 34.78	400m: 4:35.19 33.75		
12.	Guilherme Machado Santos	04	União Piedense	4:48.40	4:35.52	457
	50m: 31.14 31.14	150m: 1:41.02 34.90	250m: 2:51.13 35.06	350m: 4:01.42 35.25		
	100m: 1:06.12 34.98	200m: 2:16.07 35.05	300m: 3:26.17 35.04	400m: 4:35.52 34.10		
13.	Diogo Miguel Duraes	03	C N Montijo	4:35.02	4:37.05	449
	50m: 30.69 30.69	150m: 1:40.48 35.80	250m: 2:51.67 35.38	350m: 4:02.87 35.55		
	100m: 1:04.68 33.99	200m: 2:16.29 35.81	300m: 3:27.32 35.65	400m: 4:37.05 34.18		
14.	Tomas Martins Mira	04	Naval Setubalense	4:43.42	4:41.56	428
	50m: 29.94 29.94	150m: 1:41.54 36.61	250m: 2:54.09 36.22	350m: 4:05.99 36.19		
	100m: 1:04.93 34.99	200m: 2:17.87 36.33	300m: 3:29.80 35.71	400m: 4:41.56 35.57		
15.	Tiago Rodrigues Pinto	05	Sporting	4:40.94	4:44.72	414
	50m: 32.05 32.05	150m: 2:20.59 250m: 3:33.11	350m: 4:44.72			
	100m: 1:07.59 35.54	200m: 2:20.59	300m: 3:33.11	400m: 4:44.72		
16.	Gonçalo Duarte Carvalho	05	Benfica	4:49.53	4:46.65	405
	50m: 33.09 33.09	150m: 2:21.46 250m: 3:33.96	350m: 4:46.65			
	100m: 1:08.71 35.62	200m: 2:21.46	300m: 3:33.96	400m: 4:46.65		
17.	Francisco Lourenco Vasconcelos	05	Gesloures	4:51.60	4:47.90	400
	50m: 32.44 32.44	150m: 2:21.29 250m: 3:34.74	350m: 4:47.90			
	100m: 1:08.29 35.85	200m: 2:21.29	300m: 3:34.74	400m: 4:47.90		
18.	Afonso Silvestre Almeida	06	Amadora	4:51.65	4:58.71	358
	50m: 33.56 33.56	150m: 2:26.25 250m: 3:41.90	350m: 4:58.71			
	100m: 1:10.34 36.78	200m: 2:26.25	300m: 3:41.90	400m: 4:58.71		
19.	Rodrigo Martins Bras	05	Belenenses	4:51.81	4:58.88	358
	50m: 32.13 32.13	150m: 2:25.25 250m: 3:42.35	350m: 4:58.88			
	100m: 1:08.98 36.85	200m: 2:25.25	300m: 3:42.35	400m: 4:58.88		
20.	Simao Lopes Oliveira	05	Naval Setubalense	5:02.00	4:59.31	356
	50m: 34.53 34.53	150m: 2:31.34 250m: 3:45.75	350m: 4:59.31			
	100m: 1:12.90 38.37	200m: 2:31.34	300m: 3:45.75	400m: 4:59.31		
21.	Pedro Crispim Jorge	06	União Piedense	5:01.55	5:02.61	345
	50m: 34.29 34.29	150m: 2:30.41 250m: 3:47.96	350m: 5:02.61			
	100m: 1:12.91 38.62	200m: 2:30.41	300m: 3:47.96	400m: 5:02.61		

Prova 2, Masc., 400m Livres, Elimin, Absoluto

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
22.	Tiago Almeida Correia 50m: 34.16 34.16 100m: 1:12.63 38.47	06	C N Montijo	5:02.23	5:05.48	335
			150m: 2:31.29 250m: 3:49.45 300m: 4:06.60	350m: 5:05.48 400m: 5:05.48		
23.	Tiago Romao Lourenco 50m: 35.10 35.10 100m: 1:15.11 40.01	05	Palmela Desporto	5:09.18	5:11.64	315
			150m: 2:34.51 250m: 3:54.94 300m: 4:06.60	350m: 5:11.64 400m: 5:11.64		
24.	Mateus Correa Walker 50m: 35.45 35.45 100m: 1:16.99 41.54	05	Bombeiros dos Estoris	5:11.54	5:27.40	272
			150m: 2:42.54 250m: 4:06.60 300m: 4:06.60	350m: 5:27.40 400m: 5:27.40		
25.	Tiago Fernandes Loucao 50m: 36.20 36.20 100m: 1:17.48 41.28	06	Laranjeiro	5:48.74	5:35.72	252
			150m: 2:42.99 250m: 4:09.52 300m: 4:09.52	350m: 5:35.72 400m: 5:35.72		
DSQ	Bruno Rey Barros <i>G1 - Efectuou falsa partida (SW 4.4)</i>	01	Sporting	4:04.19		

Infantis B

1.	Afonso Silvestre Almeida 50m: 33.56 33.56 100m: 1:10.34 36.78	06	Amadora	4:51.65	4:58.71	358
			150m: 2:26.25 250m: 3:41.90 300m: 3:41.90	350m: 4:58.71 400m: 4:58.71		
2.	Pedro Crispim Jorge 50m: 34.29 34.29 100m: 1:12.91 38.62	06	União Piedense	5:01.55	5:02.61	345
			150m: 2:30.41 250m: 3:47.96 300m: 3:47.96	350m: 5:02.61 400m: 5:02.61		
3.	Tiago Almeida Correia 50m: 34.16 34.16 100m: 1:12.63 38.47	06	C N Montijo	5:02.23	5:05.48	335
			150m: 2:31.29 250m: 3:49.45 300m: 3:49.45	350m: 5:05.48 400m: 5:05.48		
4.	Tiago Fernandes Loucao 50m: 36.20 36.20 100m: 1:17.48 41.28	06	Laranjeiro	5:48.74	5:35.72	252
			150m: 2:42.99 250m: 4:09.52 300m: 4:09.52	350m: 5:35.72 400m: 5:35.72		

Infantis A

1.	Tiago Rodrigues Pinto 50m: 32.05 32.05 100m: 1:07.59 35.54	05	Sporting	4:40.94	4:44.72	414
			150m: 2:20.59 250m: 3:33.11 300m: 3:33.11	350m: 4:44.72 400m: 4:44.72		
2.	Gonçalo Duarte Carvalho 50m: 33.09 33.09 100m: 1:08.71 35.62	05	Benfica	4:49.53	4:46.65	405
			150m: 2:21.46 250m: 3:33.96 300m: 3:33.96	350m: 4:46.65 400m: 4:46.65		
3.	Francisco Lourenco Vasconcelos 50m: 32.44 32.44 100m: 1:08.29 35.85	05	Gesloures	4:51.60	4:47.90	400
			150m: 2:21.29 250m: 3:34.74 300m: 3:34.74	350m: 4:47.90 400m: 4:47.90		
4.	Rodrigo Martins Bras 50m: 32.13 32.13 100m: 1:08.98 36.85	05	Belenenses	4:51.81	4:58.88	358
			150m: 2:25.25 250m: 3:42.35 300m: 3:42.35	350m: 4:58.88 400m: 4:58.88		
5.	Simao Lopes Oliveira 50m: 34.53 34.53 100m: 1:12.90 38.37	05	Naval Setubalense	5:02.00	4:59.31	356
			150m: 2:31.34 250m: 3:45.75 300m: 3:45.75	350m: 4:59.31 400m: 4:59.31		
6.	Tiago Romao Lourenco 50m: 35.10 35.10 100m: 1:15.11 40.01	05	Palmela Desporto	5:09.18	5:11.64	315
			150m: 2:34.51 250m: 3:54.94 300m: 3:54.94	350m: 5:11.64 400m: 5:11.64		
7.	Mateus Correa Walker 50m: 35.45 35.45 100m: 1:16.99 41.54	05	Bombeiros dos Estoris	5:11.54	5:27.40	272
			150m: 2:42.54 250m: 4:06.60 300m: 4:06.60	350m: 5:27.40 400m: 5:27.40		

Juvenis B

1.	Bernardo Victorino Almeida <i>Recorde da Taça</i> 50m: 29.00 29.00 100m: 1:00.33 31.33	04	Sporting	4:12.05	4:08.04	626
			150m: 1:32.69 32.36 250m: 2:34.82 30.66 350m: 3:37.57 31.59 200m: 2:04.16 31.47 300m: 3:05.98 31.16 400m: 4:08.04 30.47			
2.	Tiago Miguel Trombinhas 50m: 30.29 30.29 100m: 1:03.78 33.49	04	Colégio Int Monte Maior	4:25.52	4:28.34	494
			150m: 1:37.65 33.87 250m: 2:45.48 34.05 350m: 3:54.59 34.86 200m: 2:11.43 33.78 300m: 3:19.73 34.25 400m: 4:28.34 33.75			

Prova 2, Masc., 400m Livres, Elimin, Juvenis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
3.	Francisco Amaro Santos	04	Gesloures	4:28.90	4:33.07	469
	50m: 31.08 31.08	150m: 1:39.26 34.21	250m: 2:48.82 34.87	350m: 3:58.76 34.85		
	100m: 1:05.05 33.97	200m: 2:13.95 34.69	300m: 3:23.91 35.09	400m: 4:33.07 34.31		
4.	Guilherme Machado Santos	04	União Piedense	4:48.40	4:35.52	457
	50m: 31.14 31.14	150m: 1:41.02 34.90	250m: 2:51.13 35.06	350m: 4:01.42 35.25		
	100m: 1:06.12 34.98	200m: 2:16.07 35.05	300m: 3:26.17 35.04	400m: 4:35.52 34.10		
5.	Tomas Martins Mira	04	Naval Setubalense	4:43.42	4:41.56	428
	50m: 29.94 29.94	150m: 1:41.54 36.61	250m: 2:54.09 36.22	350m: 4:05.99 36.19		
	100m: 1:04.93 34.99	200m: 2:17.87 36.33	300m: 3:29.80 35.71	400m: 4:41.56 35.57		

Juvenis A

1.	Antonio Santos Pereira	03	Bombeiros dos Estoris	4:25.82	4:17.17	562
	50m: 28.49 28.49	150m: 1:33.71 32.72	250m: 2:40.03 32.81	350m: 3:45.90 32.64		
	100m: 1:00.99 32.50	200m: 2:07.22 33.51	300m: 3:13.26 33.23	400m: 4:17.17 31.27		
2.	Rodrigo Reis Dias	03	Belenenses	4:14.03	4:24.01	519
	50m: 30.99 30.99	150m: 1:36.52 32.88	250m: 2:43.57 33.50	350m: 3:50.88 33.35		
	100m: 1:03.64 32.65	200m: 2:10.07 33.55	300m: 3:17.53 33.96	400m: 4:24.01 33.13		
3.	Diogo Miguel Duraes	03	C N Montijo	4:35.02	4:37.05	449
	50m: 30.69 30.69	150m: 1:40.48 35.80	250m: 2:51.67 35.38	350m: 4:02.87 35.55		
	100m: 1:04.68 33.99	200m: 2:16.29 35.81	300m: 3:27.32 35.65	400m: 4:37.05 34.18		

Juniores

1.	Diogo Santos Cardoso	01	Colégio Int Monte Maior	4:03.35	4:12.44	594
	50m: 28.98 28.98	150m: 1:32.70 32.12	250m: 2:36.61 31.79	350m: 3:40.75 31.92		
	100m: 1:00.58 31.60	200m: 2:04.82 32.12	300m: 3:08.83 32.22	400m: 4:12.44 31.69		
2.	Francisco Alves Souza	02	Gesloures	4:14.31	4:17.58	559
	50m: 29.44 29.44	150m: 1:34.08 32.77	250m: 2:39.15 32.06	350m: 3:44.81 32.84		
	100m: 1:01.31 31.87	200m: 2:07.09 33.01	300m: 3:11.97 32.82	400m: 4:17.58 32.77		
3.	Carlos Filipe Lopes	01	União Piedense	4:40.00	4:19.22	548
	50m: 29.78 29.78	150m: 1:36.54 33.53	250m: 2:42.65 32.24	350m: 3:47.35 32.03		
	100m: 1:03.01 33.23	200m: 2:10.41 33.87	300m: 3:15.32 32.67	400m: 4:19.22 31.87		
4.	Joao Nogueira Mendes	02	Laranjeiro	4:20.28	4:22.87	526
	50m: 30.06 30.06	150m: 1:36.42 33.35	250m: 2:43.62 33.40	350m: 3:50.84 33.49		
	100m: 1:03.07 33.01	200m: 2:10.22 33.80	300m: 3:17.35 33.73	400m: 4:22.87 32.03		
DSQ	Bruno Rey Barros	01	Sporting	4:04.19		
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>					

Seniores

1.	Afonso Mateus Ribeiro	95	Belenenses	4:19.66	4:20.85	538
	50m: 29.33 29.33	150m: 1:33.48 33.01	250m: 2:40.13 33.24	350m: 3:46.95 33.41		
	100m: 1:00.47 31.14	200m: 2:06.89 33.41	300m: 3:13.54 33.41	400m: 4:20.85 33.90		
2.	Antonio Maria Ferreira	00	Palmela Desporto	4:39.74	4:35.19	458
	50m: 30.42 30.42	150m: 1:39.36 35.17	250m: 2:51.59 36.01	350m: 4:01.44 35.07		
	100m: 1:04.19 33.77	200m: 2:15.58 36.22	300m: 3:26.37 34.78	400m: 4:35.19 33.75		
EXH	Joao Manuel Vargas	00	Individual ANL	4:13.01	4:12.73	592
	50m: 29.23 29.23	150m: 1:33.73 32.68	250m: 2:37.87 31.87	350m: 3:41.57 31.58		
	100m: 1:01.05 31.82	200m: 2:06.00 32.27	300m: 3:09.99 32.12	400m: 4:12.73 31.16		
EXH	Jose Diogo Fonseca	06	Gesloures	5:00.16	5:01.09	350
	50m: 33.85 33.85	150m: 2:27.04 250m: 3:44.23	350m: 5:01.09			
	100m: 1:10.79 36.94	200m: 2:27.04 300m: 3:44.23	400m: 5:01.09			
EXH	Tomas Maia Januario	06	Gesloures	5:06.16	5:05.28	336
	50m: 34.03 34.03	150m: 2:30.96 250m: 3:49.06	350m: 5:05.28			
	100m: 1:12.50 38.47	200m: 2:30.96 300m: 3:49.06	400m: 5:05.28			
EXH	Pedro Miguel Pimentel	06	Gesloures	5:20.07	5:11.34	316
	50m: 34.65 34.65	150m: 2:34.15 250m: 3:52.79	350m: 5:11.34			
	100m: 1:13.38 38.73	200m: 2:34.15 300m: 3:52.79	400m: 5:11.34			
EXH	Francisco Tente Pinto	06	Gesloures	6:01.64	5:32.56	259
	50m: 35.37 35.37	150m: 2:40.96 250m: 4:06.65	350m: 5:32.56			
	100m: 1:16.03 40.66	200m: 2:40.96 300m: 4:06.65	400m: 5:32.56			

Prova 3	Femin., 100m Costas				Absoluto
20.06.2019 - 9:34	Absolutos (NP)				Resultados Elimin
Rec Taça Gesloures Sen	1:04.05	Ines Camacho Fernandes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:06.93	Laura Sanchez Rodrigues	POR	Loures	14.05.2017
Rec Taça Gesloures Juv A	1:06.61	Filipa Ramos Peixeira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:06.24	Filipa Ramos Peixeira	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	1:08.92	Maria Ferreira Moura	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:11.32	Leonor Tavares Catalao	POR	Sto Antº Cavaleiros	01.07.2018
Rec Regional Abs	1:01.01	Rita Barros Frischknecht	SAD	Felgueiras	21.12.2018
Rec Nacional Abs	1:00.64	Ana Sofia Leite	GCVR	Porto	12.12.2015

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Luana Cardoso Magalhaes	06	Bombeiros dos Estoris	1:10.94	1:13.77	415	36.09	37.68
2.	Ines Correia Teixeira	06	Amadora	1:17.02	1:14.68	400	36.59	38.09
3.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	1:19.35	1:18.28	347	38.34	39.94
4.	Margarida Barbara Marques	06	Algés	1:18.65	1:18.59	343	37.73	40.86
5.	Maria Bandarra Matos	07	Sporting	1:21.02	1:18.60	343	38.58	40.02
6.	Carolina Costa Diniz	06	Sporting	1:21.63	1:19.06	337	39.75	39.31
7.	Ana Madalena Simoes	07	Gesloures	1:23.08	1:20.06	324	38.68	41.38
8.	Daniela Dias Coutinho	06	Gesloures	1:19.97	1:20.13	323	38.13	42.00
9.	Maria Leonor Rodrigues	07	Bombeiros dos Estoris	1:21.14	1:20.65	317	39.22	41.43
10.	Mariana Ramos Zacarias	06	Naval Setubalense	1:22.60	1:21.48	308	39.92	41.56
11.	Dumitrita Ghelinschi	06	C N Montijo	1:23.46	1:23.41	287	41.15	42.26
12.	Ines Gomes Carmo	07	Benfica	1:25.89	1:25.58	265	41.68	43.90
13.	Sofia Goncalves Raposo	07	Palmela Desporto	1:24.72	1:25.63	265	40.90	44.73
14.	Rita Borges Silva	06	Amadora	1:26.27	1:26.25	259	41.84	44.41
15.	Madalena Lopes Marcelino	07	Fisica Torres Vedras	1:34.75	1:27.15	251	43.09	44.06
16.	Leonor Gino Canhao	07	União Piedense	1:30.64	1:27.46	249	42.43	45.03
17.	Catarina Sofia Gonçalves	06	Naval Setubalense	1:28.96	1:27.47	249	41.96	45.51
18.	Clara Vieira Tojo	07	Benfica	1:32.18	1:27.57	248	43.41	44.16
19.	Laura Maria Cruz	07	Colégio Int Monte Maior	1:32.21	1:29.46	232	43.46	46.00
20.	Ana Moniz Cunha	07	Algés	1:36.01	1:33.23	205	44.63	48.60
21.	Margarida Pires Oliveira	06	Colégio Int Monte Maior	1:34.09	1:35.07	193	46.79	48.28
DSQ	Leonor Machado Severeino	07	Fisica Torres Vedras	1:36.33				
	<i>C50 - Perdeu a posição dorsal na chegada. (SW 6.5)</i>							

Juvenis

1.	Carolina Fale Costa	04	Colégio Int Monte Maior	1:09.17	1:09.21	502	33.22	35.99
2.	Sofia Vilardell Rodrigues	04	Gesloures	1:07.85	1:09.36	499	34.11	35.25
3.	Mariana Moraes Delfino	04	Sporting	1:07.89	1:09.41	498	34.06	35.35
4.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:07.49	1:09.78	490	33.29	36.49
5.	Yonina Brancourt	04	Gesloures	1:11.07	1:10.72	471	34.50	36.22
6.	Sofia Antunes Sebastiao	05	Amadora	1:11.23	1:11.80	450	34.95	36.85
7.	Anais Cloe Pereira	04	Sporting	1:10.48	1:11.95	447	35.73	36.22
8.	Rafaela Diogo Martins	05	Naval Setubalense	1:14.60	1:12.78	432	35.56	37.22
9.	Barbara Cunha Ventura	05	Benfica	1:13.00	1:14.02	410	36.72	37.30
10.	Maria Correia Ricardo	05	Naval Setubalense	1:14.75	1:14.26	406	36.45	37.81
11.	Francisca Otao Tribuna	05	Benfica	1:14.74	1:14.60	401	36.57	38.03
12.	Maria Martins Camacho	04	União Piedense	1:13.88	1:15.63	385	36.35	39.28
13.	Maria Freire Alves	04	Bombeiros dos Estoris	NT	1:15.96	380	37.06	38.90
14.	Sara Nunes Conceicao	05	União Piedense	1:16.96	1:16.43	373	37.24	39.19
15.	Ines Azinheira Serra	05	Palmela Desporto	1:26.23	1:26.90	253	42.69	44.21

Juniores & Seniores

1.	Francisca Salvador Mesquita	02	Colégio Int Monte Maior	1:09.10	1:05.66	588	32.15	33.51
	<i>Recorde da Taça</i>							
2.	Filipa Ramos Peixeira	03	Sporting	1:04.73	1:06.60	564	32.29	34.31
3.	Luana Correia Rodrigues	01	Belenenses	1:06.46	1:08.18	525	33.57	34.61
4.	Maria Mousinho Esteves	02	Laranjeiro	1:07.18	1:08.98	507	33.99	34.99
5.	Mafalda Sofia Dias	01	Palmela Desporto	1:08.33	1:09.33	500	33.57	35.76
6.	Ines Figueira Santos	00	União Piedense	1:10.97	1:11.25	460	34.45	36.80

Prova 3, Femin., 100m Costas, Elimin, Juniores & Seniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
7.	Leonor Maria Neves	03	Gesloures	1:09.67	1:11.43	457	34.68	36.75
8.	Andreia Wongsangnoi Alves	03	Colégio Int Monte Maior	1:08.06	1:12.41	438	35.12	37.29
9.	Celeste Santos Ricardo	01	União Piedense	1:10.65	1:12.82	431	35.23	37.59
10.	Claudia Beatriz Martins	03	Gesloures	1:14.67	1:13.90	412	35.76	38.14
11.	Mafalda Marques Pinto	02	Sporting	1:17.00	1:14.25	407	35.48	38.77
12.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	1:15.76	1:15.88	381	36.85	39.03
13.	Mariana Antunes Silva	02	Fisica Torres Vedras	1:16.31	1:17.80	353	37.37	40.43
14.	Leonor Ramos Zacarias	03	Naval Setubalense	1:17.00	1:19.76	328	39.32	40.44

Absoluto

1.	Francisca Salvador Mesquita <i>Recorde da Taça</i>	02	Colégio Int Monte Maior	1:09.10	1:05.66	588	32.15	33.51
2.	Filipa Ramos Peixeira	03	Sporting	1:04.73	1:06.60	564	32.29	34.31
3.	Luana Correia Rodrigues	01	Belenenses	1:06.46	1:08.18	525	33.57	34.61
4.	Maria Mousinho Esteves	02	Laranjeiro	1:07.18	1:08.98	507	33.99	34.99
5.	Carolina Fale Costa	04	Colégio Int Monte Maior	1:09.17	1:09.21	502	33.22	35.99
6.	Mafalda Sofia Dias	01	Palmela Desporto	1:08.33	1:09.33	500	33.57	35.76
7.	Sofia Vilardell Rodrigues	04	Gesloures	1:07.85	1:09.36	499	34.11	35.25
8.	Mariana Morais Delfino	04	Sporting	1:07.89	1:09.41	498	34.06	35.35
9.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:07.49	1:09.78	490	33.29	36.49
10.	Yonina Brancourt	04	Gesloures	1:11.07	1:10.72	471	34.50	36.22
11.	Ines Figueira Santos	00	União Piedense	1:10.97	1:11.25	460	34.45	36.80
12.	Leonor Maria Neves	03	Gesloures	1:09.67	1:11.43	457	34.68	36.75
13.	Sofia Antunes Sebastiao	05	Amadora	1:11.23	1:11.80	450	34.95	36.85
14.	Anais Cloe Pereira	04	Sporting	1:10.48	1:11.95	447	35.73	36.22
15.	Andreia Wongsangnoi Alves	03	Colégio Int Monte Maior	1:08.06	1:12.41	438	35.12	37.29
16.	Rafaela Diogo Martins	05	Naval Setubalense	1:14.60	1:12.78	432	35.56	37.22
17.	Celeste Santos Ricardo	01	União Piedense	1:10.65	1:12.82	431	35.23	37.59
18.	Luana Cardoso Magalhaes	06	Bombeiros dos Estoris	1:10.94	1:13.77	415	36.09	37.68
19.	Claudia Beatriz Martins	03	Gesloures	1:14.67	1:13.90	412	35.76	38.14
20.	Barbara Cunha Ventura	05	Benfica	1:13.00	1:14.02	410	36.72	37.30
21.	Mafalda Marques Pinto	02	Sporting	1:17.00	1:14.25	407	35.48	38.77
22.	Maria Correia Ricardo	05	Naval Setubalense	1:14.75	1:14.26	406	36.45	37.81
23.	Francisca Otao Tribuna	05	Benfica	1:14.74	1:14.60	401	36.57	38.03
24.	Ines Correia Teixeira	06	Amadora	1:17.02	1:14.68	400	36.59	38.09
25.	Maria Martins Camacho	04	União Piedense	1:13.88	1:15.63	385	36.35	39.28
26.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	1:15.76	1:15.88	381	36.85	39.03
27.	Maria Freire Alves	04	Bombeiros dos Estoris	NT	1:15.96	380	37.06	38.90
28.	Sara Nunes Conceicao	05	União Piedense	1:16.96	1:16.43	373	37.24	39.19
29.	Mariana Antunes Silva	02	Fisica Torres Vedras	1:16.31	1:17.80	353	37.37	40.43
30.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	1:19.35	1:18.28	347	38.34	39.94
31.	Margarida Barbara Marques	06	Algés	1:18.65	1:18.59	343	37.73	40.86
32.	Maria Bandarra Matos	07	Sporting	1:21.02	1:18.60	343	38.58	40.02
33.	Carolina Costa Diniz	06	Sporting	1:21.63	1:19.06	337	39.75	39.31
34.	Leonor Ramos Zacarias	03	Naval Setubalense	1:17.00	1:19.76	328	39.32	40.44
35.	Ana Madalena Simoes	07	Gesloures	1:23.08	1:20.06	324	38.68	41.38
36.	Daniela Dias Coutinho	06	Gesloures	1:19.97	1:20.13	323	38.13	42.00
37.	Maria Leonor Rodrigues	07	Bombeiros dos Estoris	1:21.14	1:20.65	317	39.22	41.43
38.	Mariana Ramos Zacarias	06	Naval Setubalense	1:22.60	1:21.48	308	39.92	41.56
39.	Dumitrita Ghelinschi	06	C N Montijo	1:23.46	1:23.41	287	41.15	42.26
40.	Ines Gomes Carmo	07	Benfica	1:25.89	1:25.58	265	41.68	43.90
41.	Sofia Goncalves Raposo	07	Palmela Desporto	1:24.72	1:25.63	265	40.90	44.73
42.	Rita Borges Silva	06	Amadora	1:26.27	1:26.25	259	41.84	44.41
43.	Ines Azinheira Serra	05	Palmela Desporto	1:26.23	1:26.90	253	42.69	44.21
44.	Madalena Lopes Marcelino	07	Fisica Torres Vedras	1:34.75	1:27.15	251	43.09	44.06
45.	Leonor Gino Canhao	07	União Piedense	1:30.64	1:27.46	249	42.43	45.03
46.	Catarina Sofia Gonçalves	06	Naval Setubalense	1:28.96	1:27.47	249	41.96	45.51
47.	Clara Vieira Tojo	07	Benfica	1:32.18	1:27.57	248	43.41	44.16
48.	Laura Maria Cruz	07	Colégio Int Monte Maior	1:32.21	1:29.46	232	43.46	46.00
49.	Ana Moniz Cunha	07	Algés	1:36.01	1:33.23	205	44.63	48.60
50.	Margarida Pires Oliveira	06	Colégio Int Monte Maior	1:34.09	1:35.07	193	46.79	48.28
DSQ	Leonor Machado Severeino	07	Fisica Torres Vedras	1:36.33				

C50 - Perdeu a posição dorsal na chegada. (SW 6.5)

Prova 4	Masc., 100m Costas				Absoluto
20.06.2019 - 9:44	Absolutos (NP)				Resultados Elimin
Rec Taça Gesloures Sen	56.77	Francisco Rogerio Santos	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	58.34	Diogo Leal Dantas	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	59.62	Martim Primavera Alfama	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:00.17	Martim Primavera Alfama	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	1:03.82	Andre Azevedo Baraona	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	1:07.67	Diogo Matos Ribeiro	POR	Loures	14.05.2017
Rec Regional Abs	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14.12.2013
Rec Nacional Abs	51.48	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	11.12.2018

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Joel Michael Fribergh	05	Bombeiros dos Estoris	1:08.08	1:07.16	386	32.45	34.71
2.	Jose Manuel Sa	05	Sporting	1:08.56	1:09.46	348	33.50	35.96
3.	Afonso Lucio Costa	05	Sporting	1:12.44	1:11.32	322	34.75	36.57
4.	Manuel Pires Oliveira	05	Palmela Desporto	1:11.38	1:12.94	301	35.68	37.26
5.	Leandro Carvalho Semedo	06	Gesloures	NT	1:14.57	281	35.54	39.03
6.	Gonçalo Pires Fialho	05	Amadora	1:18.90	1:16.37	262	36.71	39.66
7.	Guilherme Santos Gavea	06	Benfica	1:18.01	1:16.50	261	37.03	39.47
	Tomas Maia Januario	06	Gesloures	1:14.09	1:16.50	261	37.25	39.25
9.	Alfredo Cabrita Soudo	05	Belenenses	1:19.11	1:17.76	248	38.76	39.00
10.	Martim Frederico Paulino	06	Naval Setubalense	1:20.56	1:18.45	242	38.69	39.76
11.	Antonio Maria Monteiro	06	Bombeiros dos Estoris	1:17.82	1:19.34	234	38.91	40.43
12.	Vasco Santos Silva	05	Benfica	1:18.79	1:19.91	229	38.78	41.13
13.	Goncalo Alves Costa	06	Belenenses	1:22.31	1:21.61	215	39.30	42.31
14.	Francisco Fino Motta	05	Palmela Desporto	1:24.83	1:22.51	208	40.42	42.09
15.	Antonio Duarte Carvalho	06	Algés	1:42.16	1:22.99	204	40.24	42.75
16.	Tomas Leal Parelho	06	C N Montijo	1:22.77	1:23.46	201	40.96	42.50
DSQ	Gonçalo Albino Ramos	06	Naval Setubalense	1:19.60				
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>							
DSQ	Rodrigo Onofre Matos	06	Gesloures	1:29.88				
	<i>C31 - Mov.vir. não contínuo, c/acentuado deslize pos.ventral, antes da vir.aos 50 metros. (SW 6.4)</i>							
DSQ	Francisco Martim Franco	06	Gesloures	1:30.26				
	<i>C31 - Mov.vir. não contínuo, c/acentuado deslize pos.ventral, antes da vir.aos 50 metros. (SW 6.4)</i>							

Juvenis

1.	Pedro Pires Gomes	03	Belenenses	1:04.08	1:02.53	478	30.52	32.01
2.	Andre Azevedo Baraona	04	C N Montijo	1:01.19	1:02.77	472	30.28	32.49
3.	Nicolae Iachimovschi	03	Belenenses	1:01.82	1:03.89	448	30.64	33.25
4.	Goncalo Filipe Valente	03	Gesloures	1:03.83	1:04.70	431	31.58	33.12
5.	Dinis Viola Caroco	03	Sporting	1:04.76	1:04.93	427	32.11	32.82
6.	Afonso Figueiredo Frasquilho	04	Sporting	1:03.48	1:05.33	419	31.49	33.84
7.	Tiago Morgado Nogueira	04	Colégio Int Monte Maior	1:05.29	1:05.35	418	31.92	33.43
8.	Tiago Fanha Lopes	04	C N Montijo	1:04.48	1:05.95	407	31.53	34.42
9.	Joao Pedro Penelas	04	Gesloures	1:05.27	1:06.25	402	31.94	34.31
10.	Jose Miguel Oliveira	03	Naval Setubalense	1:04.45	1:07.74	376	32.96	34.78
11.	Tomas Pratas Neto	04	Palmela Desporto	1:09.45	1:08.18	368	33.04	35.14
12.	Duarte Brito Justino	04	Colégio Int Monte Maior	1:07.22	1:08.21	368	32.93	35.28
13.	Daniel Shumeika Zayika	03	Benfica	1:07.36	1:08.93	357	33.22	35.71
14.	Pedro Henriques Correia	03	Benfica	1:05.10	1:09.33	350	33.59	35.74
15.	Goncalo Filipe Carrapito	04	União Piedense	1:09.55	1:10.13	339	33.73	36.40
16.	Joao Silva Angelino	04	Palmela Desporto	1:12.53	1:14.89	278	36.42	38.47
17.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:23.57	1:17.67	249	37.56	40.11
18.	Miguel Alexandre Araujo	04	União Piedense	1:19.69	1:17.85	247	38.45	39.40

Prova 4, Masc., 100m Costas, Elimin

Juniores & Seniores

1.	Ruy Manuel Domingos	02	Sporting	59.05	1:00.39	530	29.19	31.20
2.	Ricardo Saraiva Pires	98	Laranjeiro	57.40	1:01.39	505	29.59	31.80
3.	Ricardo Pinela Ferreira	01	Benfica	1:00.17	1:01.80	495	30.04	31.76
4.	Ricardo Martins Bras	01	Belenenses	1:04.37	1:02.22	485	30.28	31.94
5.	Filipe Ferreira Luz	98	Gesloures	1:00.90	1:02.24	484	29.88	32.36
6.	Diogo Carrasco Correia	95	Belenenses	1:13.00	1:02.30	483	29.04	33.26
7.	Guilherme Ventura Carvalho	01	Gesloures	1:03.77	1:02.35	482	30.92	31.43
8.	Bernardo Garcia Perloiro	00	Sporting	1:13.00	1:02.55	477	29.75	32.80
9.	Edgar Filipe Santos	01	União Piedense	1:00.90	1:04.08	444	30.69	33.39
10.	Rodrigo Costa Teixeira	99	Laranjeiro	1:06.05	1:04.68	432	31.59	33.09
11.	Tiago Maria Camoes	01	União Piedense	1:04.00	1:05.62	413	31.37	34.25
12.	Pedro Henriques Marques	00	União Piedense	1:05.04	1:09.79	343	31.84	37.95
13.	Nuno Miguel Silva	02	Física Torres Vedras	1:12.16	1:12.13	311	35.68	36.45
14.	Jose Luis Buzio	02	Naval Setubalense	1:11.53	1:12.80	303	35.11	37.69

Absoluto

1.	Ruy Manuel Domingos	02	Sporting	59.05	1:00.39	530	29.19	31.20
2.	Ricardo Saraiva Pires	98	Laranjeiro	57.40	1:01.39	505	29.59	31.80
3.	Ricardo Pinela Ferreira	01	Benfica	1:00.17	1:01.80	495	30.04	31.76
4.	Ricardo Martins Bras	01	Belenenses	1:04.37	1:02.22	485	30.28	31.94
5.	Filipe Ferreira Luz	98	Gesloures	1:00.90	1:02.24	484	29.88	32.36
6.	Diogo Carrasco Correia	95	Belenenses	1:13.00	1:02.30	483	29.04	33.26
7.	Guilherme Ventura Carvalho	01	Gesloures	1:03.77	1:02.35	482	30.92	31.43
8.	Pedro Pires Gomes	03	Belenenses	1:04.08	1:02.53	478	30.52	32.01
9.	Bernardo Garcia Perloiro	00	Sporting	1:13.00	1:02.55	477	29.75	32.80
10.	Andre Azevedo Baraona	04	C N Montijo	1:01.19	1:02.77	472	30.28	32.49
11.	Nicolae Iachimovschi	03	Belenenses	1:01.82	1:03.89	448	30.64	33.25
12.	Edgar Filipe Santos	01	União Piedense	1:00.90	1:04.08	444	30.69	33.39
13.	Rodrigo Costa Teixeira	99	Laranjeiro	1:06.05	1:04.68	432	31.59	33.09
14.	Goncalo Filipe Valente	03	Gesloures	1:03.83	1:04.70	431	31.58	33.12
15.	Dinis Viola Caroco	03	Sporting	1:04.76	1:04.93	427	32.11	32.82
16.	Afonso Figueiredo Frasquilho	04	Sporting	1:03.48	1:05.33	419	31.49	33.84
17.	Tiago Morgado Nogueira	04	Colégio Int Monte Maior	1:05.29	1:05.35	418	31.92	33.43
18.	Tiago Maria Camoes	01	União Piedense	1:04.00	1:05.62	413	31.37	34.25
19.	Tiago Fanha Lopes	04	C N Montijo	1:04.48	1:05.95	407	31.53	34.42
20.	Joao Pedro Penelas	04	Gesloures	1:05.27	1:06.25	402	31.94	34.31
21.	Joel Michael Fribergh	05	Bombeiros dos Estoris	1:08.08	1:07.16	386	32.45	34.71
22.	Jose Miguel Oliveira	03	Naval Setubalense	1:04.45	1:07.74	376	32.96	34.78
23.	Tomas Pratas Neto	04	Palmela Desporto	1:09.45	1:08.18	368	33.04	35.14
24.	Duarte Brito Justino	04	Colégio Int Monte Maior	1:07.22	1:08.21	368	32.93	35.28
25.	Daniel Shumeika Zayika	03	Benfica	1:07.36	1:08.93	357	33.22	35.71
26.	Pedro Henriques Correia	03	Benfica	1:05.10	1:09.33	350	33.59	35.74
27.	Jose Manuel Sa	05	Sporting	1:08.56	1:09.46	348	33.50	35.96
28.	Pedro Henriques Marques	00	União Piedense	1:05.04	1:09.79	343	31.84	37.95
29.	Goncalo Filipe Carrapito	04	União Piedense	1:09.55	1:10.13	339	33.73	36.40
30.	Afonso Lucio Costa	05	Sporting	1:12.44	1:11.32	322	34.75	36.57
31.	Nuno Miguel Silva	02	Física Torres Vedras	1:12.16	1:12.13	311	35.68	36.45
32.	Jose Luis Buzio	02	Naval Setubalense	1:11.53	1:12.80	303	35.11	37.69
33.	Manuel Pires Oliveira	05	Palmela Desporto	1:11.38	1:12.94	301	35.68	37.26
34.	Leandro Carvalho Semedo	06	Gesloures	NT	1:14.57	281	35.54	39.03
35.	Joao Silva Angelino	04	Palmela Desporto	1:12.53	1:14.89	278	36.42	38.47
36.	Gonçalo Pires Fialho	05	Amadora	1:18.90	1:16.37	262	36.71	39.66
37.	Guilherme Santos Gavea	06	Benfica	1:18.01	1:16.50	261	37.03	39.47
	Tomas Maia Januario	06	Gesloures	1:14.09	1:16.50	261	37.25	39.25
39.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:23.57	1:17.67	249	37.56	40.11
40.	Alfredo Cabrita Soudo	05	Belenenses	1:19.11	1:17.76	248	38.76	39.00
41.	Miguel Alexandre Araujo	04	União Piedense	1:19.69	1:17.85	247	38.45	39.40
42.	Martim Frederico Paulino	06	Naval Setubalense	1:20.56	1:18.45	242	38.69	39.76
43.	Antonio Maria Monteiro	06	Bombeiros dos Estoris	1:17.82	1:19.34	234	38.91	40.43
44.	Vasco Santos Silva	05	Benfica	1:18.79	1:19.91	229	38.78	41.13
45.	Goncalo Alves Costa	06	Belenenses	1:22.31	1:21.61	215	39.30	42.31
46.	Francisco Fino Motta	05	Palmela Desporto	1:24.83	1:22.51	208	40.42	42.09
47.	Antonio Duarte Carvalho	06	Algés	1:42.16	1:22.99	204	40.24	42.75
48.	Tomas Leal Parelho	06	C N Montijo	1:22.77	1:23.46	201	40.96	42.50

Prova 4, Masc., 100m Costas, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
DSQ	Gonçalo Albino Ramos <i>G1 - Efectuou falsa partida (SW 4.4)</i>	06	Naval Setubalense	1:19.60				
DSQ	Rodrigo Onofre Matos <i>C31 - Mov.vir. não contínuo, c/acentuado deslize pos.ventral, antes da vir.aos 50 metros. (SW 6.4)</i>	06	Gesloures	1:29.88				
DSQ	Francisco Martim Franco <i>C31 - Mov.vir. não contínuo, c/acentuado deslize pos.ventral, antes da vir.aos 50 metros. (SW 6.4)</i>	06	Gesloures	1:30.26				
EXH	Francisco Martins Pedro	01	Gesloures	1:04.15	1:04.26	440	31.28	32.98
EXH	Miguel Dordio Carreiro	97	Gesloures	1:07.96	1:08.95	356	33.25	35.70
EXH	Francisco Matos Mota	03	Gesloures	1:17.09	1:16.99	256	37.98	39.01
EXH	Luis Pedro Figueiredo	06	Gesloures	1:25.73	1:19.36	233	38.05	41.31
EXH	Rafael Filipe Lopes	06	Gesloures	1:20.83	1:19.68	231	38.81	40.87
EXH	Vyacheslav Hliba	05	Gesloures	1:23.20	1:22.54	207	39.88	42.66

Prova 5

Femin., 100m Mariposa

Absoluto

20.06.2019 - 9:55

Absolutos (NP)

Resultados Elimin

Rec Taça Gesloures Sen	1:04.06	Laura Sanchez Rodrigues	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:06.26	Lia Ana Lima	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	1:05.70	Leonor Camacho Fernandes	POR	Loures	14.05.2017
Rec Taça Gesloures Juv B	1:04.10	Maria Ferreira Moura	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	1:07.41	Maria Ferreira Moura	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:09.48	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	59.45	Ines Camacho Fernandes	SCP	Porto	09.12.2017
Rec Nacional Abs	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18.12.2010

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Filipa Ferraz Domingos	06	Sporting	1:11.42	1:13.76	405	34.35	39.41
2.	Beatriz Mocego Niza	06	Amadora	1:17.26	1:14.20	398	34.28	39.92
3.	Maria Carlotta Ferrari	07	Gesloures	1:12.56	1:17.71	347	35.34	42.37
4.	Leonor Roque Mendes	06	Colégio Int Monte Maior	1:23.33	1:18.57	335	35.55	43.02
5.	Carolina Martins Camacho	06	União Piedense	1:21.46	1:18.76	333	36.85	41.91
6.	Leonor Eduarda Baptista	06	Benfica	1:24.15	1:18.96	330	36.37	42.59
7.	Ines Azevedo Baraona	07	C N Montijo	1:17.81	1:21.14	304	36.40	44.74
8.	Juliana Soromenho Santos	07	Benfica	1:26.82	1:22.40	291	38.69	43.71
9.	Catarina Ferreira Rodrigues	07	Amadora	1:24.49	1:22.81	286	39.26	43.55
10.	Maria Coronel Andre	06	Bombeiros dos Estoris	1:42.00	1:23.71	277	38.56	45.15
11.	Catarina Mendes Rocha	07	Gesloures	1:24.94	1:24.59	269	39.53	45.06
12.	Rita Lima Batista	07	Naval Setubalense	1:23.03	1:25.46	260	38.84	46.62
13.	Margarida Valente Silva	07	Fisica Torres Vedras	1:35.51	1:28.65	233	39.75	48.90
14.	Daniela Alexandra Santos	07	Sporting	1:28.29	1:30.78	217	41.71	49.07
15.	Mafalda Sa Bandeira	07	Fisica Torres Vedras	1:41.17	1:37.21	177	43.53	53.68
16.	Ines Freire Alves	07	Bombeiros dos Estoris	1:42.00	1:45.43	138	48.75	56.68

Juvenis

1.	Soraia Alexandra Delgado	05	Sporting	1:07.29	1:08.53	506	32.09	36.44
2.	Alice Jesus Morgado	04	Gesloures	1:07.49	1:08.87	498	33.06	35.81
3.	Maria Ferreira Moura	04	Sporting	1:02.75	1:08.95	496	31.79	37.16
4.	Lidiana Correia Rodrigues	04	Belenenses	1:07.08	1:09.90	476	32.79	37.11
5.	Carolina Fale Costa	04	Colégio Int Monte Maior	1:06.87	1:10.16	471	33.89	36.27
6.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:14.73	1:10.54	463	33.11	37.43
7.	Iris Pereira Carrao	05	Laranjeiro	1:12.12	1:12.20	432	33.90	38.30
8.	Catarina Nunes Costa	04	Gesloures	1:09.83	1:12.91	420	34.52	38.39
9.	Mariana Fragoso Guterres	04	Benfica	1:11.57	1:14.04	401	34.24	39.80
10.	Neuza Velho Magalhaes	05	Benfica	1:13.82	1:14.48	394	34.22	40.26
11.	Marta Pereira Domingos	04	União Piedense	1:15.73	1:15.99	371	34.76	41.23
12.	Rafaela Diogo Martins	05	Naval Setubalense	1:14.33	1:16.11	369	35.37	40.74

Prova 5, Femin., 100m Mariposa, Elimin, Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
13.	Beatriz Isabel Tavares	05	Naval Setubalense	1:23.90	1:18.63	335	36.60	42.03
14.	Maria Sousa Caxaria	05	C N Montijo	1:19.04	1:22.41	290	37.46	44.95
15.	Carolina Sofia Miranda	04	C N Montijo	1:29.17	1:31.74	210	41.43	50.31

Juniores & Seniores

1.	Ines Camacho Fernandes	97	Sporting	59.92	1:04.63	603	30.03	34.60
2.	Lia Ana Lima	01	Sporting	1:01.73	1:04.74	600	30.36	34.38
3.	Madalena Rodrigues Tome <i>Recorde da Taça</i>	03	Bombeiros dos Estoris	1:08.72	1:06.04	565	30.76	35.28
4.	Mariana Amaral Mendes	02	Colégio Int Monte Maior	1:06.77	1:07.48	530	32.56	34.92
5.	Daniela Mascarenhas Henriques	03	Gesloures	1:08.25	1:07.69	525	32.33	35.36
6.	Ana Rita Matos	02	Belenenses	1:08.38	1:09.37	487	32.96	36.41
7.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.54	1:09.57	483	31.72	37.85
8.	Beatriz Vaz Rebelo	03	Gesloures	1:24.00	1:10.28	469	32.53	37.75
9.	Tatiana Alexandre Cardoso	01	Amadora	1:09.77	1:11.37	447	33.08	38.29
10.	Joana Isabel Pulquerio	03	União Piedense	1:12.40	1:13.52	409	33.78	39.74
11.	Margarida Cunha Barros	02	União Piedense	1:10.47	1:13.85	404	34.27	39.58
12.	Ana Margarida Soares	03	Naval Setubalense	1:24.00	1:14.62	391	35.86	38.76
13.	Marta Sousa Caxaria	03	C N Montijo	1:10.52	1:15.75	374	34.78	40.97
14.	Ana Barbara Alves	01	Fisica Torres Vedras	1:17.07	1:19.35	325	35.72	43.63
15.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	1:23.08	1:25.43	261	37.94	47.49

Absoluto

1.	Ines Camacho Fernandes	97	Sporting	59.92	1:04.63	603	30.03	34.60
2.	Lia Ana Lima	01	Sporting	1:01.73	1:04.74	600	30.36	34.38
3.	Madalena Rodrigues Tome <i>Recorde da Taça</i>	03	Bombeiros dos Estoris	1:08.72	1:06.04	565	30.76	35.28
4.	Mariana Amaral Mendes	02	Colégio Int Monte Maior	1:06.77	1:07.48	530	32.56	34.92
5.	Daniela Mascarenhas Henriques	03	Gesloures	1:08.25	1:07.69	525	32.33	35.36
6.	Soraia Alexandra Delgado	05	Sporting	1:07.29	1:08.53	506	32.09	36.44
7.	Alice Jesus Morgado	04	Gesloures	1:07.49	1:08.87	498	33.06	35.81
8.	Maria Ferreira Moura	04	Sporting	1:02.75	1:08.95	496	31.79	37.16
9.	Ana Rita Matos	02	Belenenses	1:08.38	1:09.37	487	32.96	36.41
10.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.54	1:09.57	483	31.72	37.85
11.	Lidiana Correia Rodrigues	04	Belenenses	1:07.08	1:09.90	476	32.79	37.11
12.	Carolina Fale Costa	04	Colégio Int Monte Maior	1:06.87	1:10.16	471	33.89	36.27
13.	Beatriz Vaz Rebelo	03	Gesloures	1:24.00	1:10.28	469	32.53	37.75
14.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:14.73	1:10.54	463	33.11	37.43
15.	Tatiana Alexandre Cardoso	01	Amadora	1:09.77	1:11.37	447	33.08	38.29
16.	Iris Pereira Carrao	05	Laranjeiro	1:12.12	1:12.20	432	33.90	38.30
17.	Catarina Nunes Costa	04	Gesloures	1:09.83	1:12.91	420	34.52	38.39
18.	Joana Isabel Pulquerio	03	União Piedense	1:12.40	1:13.52	409	33.78	39.74
19.	Filipa Ferraz Domingos	06	Sporting	1:11.42	1:13.76	405	34.35	39.41
20.	Margarida Cunha Barros	02	União Piedense	1:10.47	1:13.85	404	34.27	39.58
21.	Mariana Fragoso Guterres	04	Benfica	1:11.57	1:14.04	401	34.24	39.80
22.	Beatriz Mocego Niza	06	Amadora	1:17.26	1:14.20	398	34.28	39.92
23.	Neuza Velho Magalhaes	05	Benfica	1:13.82	1:14.48	394	34.22	40.26
24.	Ana Margarida Soares	03	Naval Setubalense	1:24.00	1:14.62	391	35.86	38.76
25.	Marta Sousa Caxaria	03	C N Montijo	1:10.52	1:15.75	374	34.78	40.97
26.	Marta Pereira Domingos	04	União Piedense	1:15.73	1:15.99	371	34.76	41.23
27.	Rafaela Diogo Martins	05	Naval Setubalense	1:14.33	1:16.11	369	35.37	40.74
28.	Maria Carlotta Ferrari	07	Gesloures	1:12.56	1:17.71	347	35.34	42.37
29.	Leonor Roque Mendes	06	Colégio Int Monte Maior	1:23.33	1:18.57	335	35.55	43.02
30.	Beatriz Isabel Tavares	05	Naval Setubalense	1:23.90	1:18.63	335	36.60	42.03
31.	Carolina Martins Camacho	06	União Piedense	1:21.46	1:18.76	333	36.85	41.91
32.	Leonor Eduarda Baptista	06	Benfica	1:24.15	1:18.96	330	36.37	42.59
33.	Ana Barbara Alves	01	Fisica Torres Vedras	1:17.07	1:19.35	325	35.72	43.63
34.	Ines Azevedo Baraona	07	C N Montijo	1:17.81	1:21.14	304	36.40	44.74
35.	Juliana Soromenho Santos	07	Benfica	1:26.82	1:22.40	291	38.69	43.71
36.	Maria Sousa Caxaria	05	C N Montijo	1:19.04	1:22.41	290	37.46	44.95
37.	Catarina Ferreira Rodrigues	07	Amadora	1:24.49	1:22.81	286	39.26	43.55
38.	Maria Coronel Andre	06	Bombeiros dos Estoris	1:42.00	1:23.71	277	38.56	45.15

Prova 5, Femin., 100m Mariposa, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
39.	Catarina Mendes Rocha	07	Gesloures	1:24.94	1:24.59	269	39.53	45.06
40.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	1:23.08	1:25.43	261	37.94	47.49
41.	Rita Lima Batista	07	Naval Setubalense	1:23.03	1:25.46	260	38.84	46.62
42.	Margarida Valente Silva	07	Fisica Torres Vedras	1:35.51	1:28.65	233	39.75	48.90
43.	Daniela Alexandra Santos	07	Sporting	1:28.29	1:30.78	217	41.71	49.07
44.	Carolina Sofia Miranda	04	C N Montijo	1:29.17	1:31.74	210	41.43	50.31
45.	Mafalda Sa Bandeira	07	Fisica Torres Vedras	1:41.17	1:37.21	177	43.53	53.68
46.	Ines Freire Alves	07	Bombeiros dos Estoris	1:42.00	1:45.43	138	48.75	56.68
EXH	Ines Portela Pereira	07	Gesloures	1:33.75	1:28.64	233	41.96	46.68
EXH	Magda Silva Pereira	07	Gesloures	1:28.94	1:29.56	226	39.84	49.72
EXH	Catarina Alexandra Alves	07	Gesloures	1:39.34	1:31.12	215	41.24	49.88
EXH	Patricia Sofia Coelho	06	Gesloures	1:34.67	1:33.70	197	43.14	50.56

Prova 6 Masc., 100m Mariposa Absoluto (NP) Resultados Elimin

Rec Taça Gesloures Sen	57.26	Antonio Manuel Mendes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	58.59	Joao Silverio Duarte	POR	Loures	14.05.2017
Rec Taça Gesloures Juv A	58.74	Ruy Manuel Domingos	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	59.81	Manuel Baptista Simoes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	59.72	Diogo Matos Ribeiro	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	1:06.51	Goncalo Brites Moita	POR	Loures	14.05.2017
Rec Regional Abs	51.70	Duarte Rafael Mourao	CNA	Leiria	05.12.2009
Rec Nacional Abs	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11.11.2009

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Andre Henriques Marques	05	Benfica	1:04.61	1:06.50	377	30.46	36.04
2.	Tiago Silva Bartolo	05	Algés	1:20.21	1:06.74	373	31.63	35.11
3.	Tiago Rodrigues Pinto	05	Sporting	1:03.83	1:08.24	349	31.90	36.34
4.	Manuel Angelo Pereira	05	Sporting	1:05.40	1:08.92	339	32.54	36.38
5.	Francisco Lourenco Vasconcelos	05	Gesloures	1:09.53	1:09.44	331	31.16	38.28
6.	Rodrigo Piteira Maio	06	Belenenses	1:13.68	1:12.99	286	34.30	38.64
7.	Miguel Dias Batista	05	Amadora	1:14.94	1:15.12	262	33.99	41.13
8.	Afonso Costa Albuquerque	05	Belenenses	1:18.03	1:15.13	262	34.39	40.74
9.	Tiago Almeida Correia	06	C N Montijo	1:13.21	1:15.50	258	34.43	41.07
10.	Pedro Miguel Pimentel	06	Gesloures	1:14.81	1:15.65	256	34.40	41.25
11.	Henrique Caetano Grilo	05	Colégio Int Monte Maior	1:16.93	1:15.73	255	34.87	40.86
12.	Manuel Faria Silvestre	06	Benfica	1:21.52	1:16.37	249	34.32	42.05
13.	Tiago Romao Lourenco	05	Palmela Desporto	1:17.62	1:21.16	207	36.98	44.18
14.	Rafael Trindade Rodrigues	06	Amadora	1:30.15	1:22.90	195	36.31	46.59
15.	Vicente Correa Walker	06	Bombeiros dos Estoris	1:31.35	1:28.80	158	40.16	48.64
16.	Martim Frederico Paulino	06	Naval Setubalense	1:35.79	1:30.72	148	42.65	48.07
17.	Diogo Valadas Horta	06	Laranjeiro	1:32.08	1:31.28	146	42.71	48.57
18.	Martim Daniel Torres	06	Naval Setubalense	1:39.91	1:33.35	136	43.05	50.30
19.	Pedro Miranda Martins	06	Bombeiros dos Estoris	NT	1:48.78	86	49.23	59.55
DSQ	Daniel Munoz Lopes	05	Gesloures	1:26.64				

M13 - Efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)

Juvenis

1.	Rodrigo Reis Dias	03	Belenenses	57.48	1:00.83	493	28.47	32.36
2.	Luis Cabral Junior	03	Belenenses	59.93	1:01.58	475	28.50	33.08
3.	Joao Miguel Cascalheira	03	Naval Setubalense	1:02.30	1:03.33	437	29.58	33.75
4.	Joao Matos Fidalgo	03	Benfica	1:01.09	1:03.95	424	29.59	34.36
5.	Afonso Cipriano Pinto	04	Sporting	1:03.88	1:04.11	421	29.78	34.33
6.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	1:02.83	1:05.08	403	30.36	34.72
7.	Alexandre Coelho Vieira	03	Sporting	1:03.47	1:05.19	401	30.11	35.08
8.	Afonso Esteves Tome	03	Colégio Int Monte Maior	1:04.71	1:06.07	385	30.93	35.14
9.	Guilherme Matias Cristino	03	União Piedense	1:08.18	1:07.29	364	30.48	36.81

Prova 6, Masc., 100m Mariposa, Elimin, Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
10.	Alexandre Duarte Morais	04	Palmela Desporto	1:05.68	1:07.68	358	31.49	36.19
11.	Rafael Caceres Lopes	04	União Piedense	1:04.90	1:07.80	356	31.70	36.10
12.	Tiago Morgado Nogueira	04	Colégio Int Monte Maior	1:06.39	1:08.16	350	32.53	35.63
13.	Rodrigo Neves Fernandes	04	Gesloures	1:09.87	1:08.57	344	32.08	36.49
14.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	1:07.39	1:09.58	329	33.30	36.28
15.	Afonso Goncalves de Jorge	04	Gesloures	1:08.16	1:10.64	315	33.33	37.31

Juniores & Seniores

1.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	57.83	57.49	584	26.38	31.11
2.	Fernando Souza Silva	86	União Piedense	53.72	58.87	544	27.39	31.48
3.	Vicente Oliveira Gomes	02	Sporting	56.00	58.95	542	27.32	31.63
4.	Goncalo Morais Gordo	02	Colégio Int Monte Maior	57.40	1:00.01	514	28.17	31.84
5.	Filipe Ferrao Melo	01	Naval Setubalense	59.94	1:00.38	504	28.29	32.09
6.	Andre Tavares Grenho	99	Gesloures	59.43	1:00.40	504	27.89	32.51
7.	Diogo Alexandre Casteleiro	01	Sporting	1:00.67	1:00.79	494	28.64	32.15
8.	Edgar Filipe Santos	01	União Piedense	59.31	1:00.87	492	28.67	32.20
9.	Pedro Mendes Ferreira	01	Belenenses	59.95	1:01.10	487	28.70	32.40
10.	Rafael Rodrigues Jacinto	02	Belenenses	59.77	1:01.58	475	29.04	32.54
11.	Afonso Amaro Santos	02	Gesloures	1:14.00	1:02.39	457	28.48	33.91
12.	Leonardo Pedro Rochinha	98	Bombeiros dos Estoris	1:14.00	1:03.01	444	28.08	34.93
13.	Joao Nogueira Mendes	02	Laranjeiro	1:01.08	1:03.10	442	29.40	33.70
14.	Henrique Rodrigues Cruz	02	Colégio Int Monte Maior	1:00.35	1:03.60	432	29.84	33.76
15.	Miguel Henriques Marques	00	Benfica	59.83	1:06.23	382	28.37	37.86
16.	Tomas Patricio Martins	02	Fisica Torres Vedras	1:08.59	1:10.44	318	32.38	38.06
17.	Diogo Miguel Esteves	02	Naval Setubalense	1:13.60	1:12.19	295	33.20	38.99

Absoluto

1.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	57.83	57.49	584	26.38	31.11
2.	Fernando Souza Silva	86	União Piedense	53.72	58.87	544	27.39	31.48
3.	Vicente Oliveira Gomes	02	Sporting	56.00	58.95	542	27.32	31.63
4.	Goncalo Morais Gordo	02	Colégio Int Monte Maior	57.40	1:00.01	514	28.17	31.84
5.	Filipe Ferrao Melo	01	Naval Setubalense	59.94	1:00.38	504	28.29	32.09
6.	Andre Tavares Grenho	99	Gesloures	59.43	1:00.40	504	27.89	32.51
7.	Diogo Alexandre Casteleiro	01	Sporting	1:00.67	1:00.79	494	28.64	32.15
8.	Rodrigo Reis Dias	03	Belenenses	57.48	1:00.83	493	28.47	32.36
9.	Edgar Filipe Santos	01	União Piedense	59.31	1:00.87	492	28.67	32.20
10.	Pedro Mendes Ferreira	01	Belenenses	59.95	1:01.10	487	28.70	32.40
11.	Rafael Rodrigues Jacinto	02	Belenenses	59.77	1:01.58	475	29.04	32.54
	Luis Cabral Junior	03	Belenenses	59.93	1:01.58	475	28.50	33.08
13.	Afonso Amaro Santos	02	Gesloures	1:14.00	1:02.39	457	28.48	33.91
14.	Leonardo Pedro Rochinha	98	Bombeiros dos Estoris	1:14.00	1:03.01	444	28.08	34.93
15.	Joao Nogueira Mendes	02	Laranjeiro	1:01.08	1:03.10	442	29.40	33.70
16.	Joao Miguel Cascalheira	03	Naval Setubalense	1:02.30	1:03.33	437	29.58	33.75
17.	Henrique Rodrigues Cruz	02	Colégio Int Monte Maior	1:00.35	1:03.60	432	29.84	33.76
18.	Joao Matos Fidalgo	03	Benfica	1:01.09	1:03.95	424	29.59	34.36
19.	Afonso Cipriano Pinto	04	Sporting	1:03.88	1:04.11	421	29.78	34.33
20.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	1:02.83	1:05.08	403	30.36	34.72
21.	Alexandre Coelho Vieira	03	Sporting	1:03.47	1:05.19	401	30.11	35.08
22.	Afonso Esteves Tome	03	Colégio Int Monte Maior	1:04.71	1:06.07	385	30.93	35.14
23.	Miguel Henriques Marques	00	Benfica	59.83	1:06.23	382	28.37	37.86
24.	Andre Henriques Marques	05	Benfica	1:04.61	1:06.50	377	30.46	36.04
25.	Tiago Silva Bartolo	05	Algés	1:20.21	1:06.74	373	31.63	35.11
26.	Guilherme Matias Cristino	03	União Piedense	1:08.18	1:07.29	364	30.48	36.81
27.	Alexandre Duarte Morais	04	Palmela Desporto	1:05.68	1:07.68	358	31.49	36.19
28.	Rafael Caceres Lopes	04	União Piedense	1:04.90	1:07.80	356	31.70	36.10
29.	Tiago Morgado Nogueira	04	Colégio Int Monte Maior	1:06.39	1:08.16	350	32.53	35.63
30.	Tiago Rodrigues Pinto	05	Sporting	1:03.83	1:08.24	349	31.90	36.34
31.	Rodrigo Neves Fernandes	04	Gesloures	1:09.87	1:08.57	344	32.08	36.49
32.	Manuel Angelo Pereira	05	Sporting	1:05.40	1:08.92	339	32.54	36.38
33.	Francisco Lourenco Vasconcelos	05	Gesloures	1:09.53	1:09.44	331	31.16	38.28
34.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	1:07.39	1:09.58	329	33.30	36.28
35.	Tomas Patricio Martins	02	Fisica Torres Vedras	1:08.59	1:10.44	318	32.38	38.06
36.	Afonso Goncalves de Jorge	04	Gesloures	1:08.16	1:10.64	315	33.33	37.31

Prova 6, Masc., 100m Mariposa, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
37.	Diogo Miguel Esteves	02	Naval Setubalense	1:13.60	1:12.19	295	33.20	38.99
38.	Rodrigo Piteira Maio	06	Belenenses	1:13.68	1:12.94	286	34.30	38.64
39.	Miguel Dias Batista	05	Amadora	1:14.94	1:15.12	262	33.99	41.13
40.	Afonso Costa Albuquerque	05	Belenenses	1:18.03	1:15.13	262	34.39	40.74
41.	Tiago Almeida Correia	06	C N Montijo	1:13.21	1:15.50	258	34.43	41.07
42.	Pedro Miguel Pimentel	06	Gesloures	1:14.81	1:15.65	256	34.40	41.25
43.	Henrique Caetano Grilo	05	Colégio Int Monte Maior	1:16.93	1:15.73	255	34.87	40.86
44.	Manuel Faria Silvestre	06	Benfica	1:21.52	1:16.37	249	34.32	42.05
45.	Tiago Romao Lourenco	05	Palmela Desporto	1:17.62	1:21.16	207	36.98	44.18
46.	Rafael Trindade Rodrigues	06	Amadora	1:30.15	1:22.90	195	36.31	46.59
47.	Vicente Correa Walker	06	Bombeiros dos Estoris	1:31.35	1:28.80	158	40.16	48.64
48.	Martim Frederico Paulino	06	Naval Setubalense	1:35.79	1:30.72	148	42.65	48.07
49.	Diogo Valadas Horta	06	Laranjeiro	1:32.08	1:31.28	146	42.71	48.57
50.	Martim Daniel Torres	06	Naval Setubalense	1:39.91	1:33.35	136	43.05	50.30
51.	Pedro Miranda Martins	06	Bombeiros dos Estoris	NT	1:48.78	86	49.23	59.55
DSQ	Daniel Munoz Lopes	05	Gesloures	1:26.64				

M13 - Efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)

EXH	Luis Carlos Correia	03	Individual ANL	1:04.67	1:04.72	409	30.20	34.52
EXH	Rodrigo Franco Palare	06	Gesloures	1:19.65	1:16.74	245	34.99	41.75
EXH	Yan Hliba	05	Gesloures	1:20.06	1:25.21	179	37.09	48.12

Prova 7 Femin., 200m Estilos Absolutos (NP) Resultados Elimin Absoluto

20.06.2019 - 10:12	2:22.68	Mafalda Gomes Beleza	POR	Loures	14.05.2017
Rec Taça Gesloures Sen	2:24.77	Filipa Serrano Rodrigues	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	2:24.38	Maria Carlota Rebelo	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	2:23.79	Maria Ferreira Moura	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	2:31.71	Erica Cristina Reis	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	2:34.99	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	16.12.2017
Rec Nacional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	16.12.2017

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Infantis										
1.	Maria Esteves Valente	06	SLB	2:37.49	2:40.70	436	35.43	42.06		
2.	Catarina Andrade Franco	07	GESL	2:44.08	2:45.68	397	34.46	43.88		
3.	Maria Teresa Garcell	07	AEFDTV	2:46.59	2:46.37	392	36.32	44.11		
4.	Maria Pinto Monteiro	06	SFUAP	2:47.57	2:47.65	384	35.68	42.75		
5.	Ines Gaspar Silva	06	GESL	2:51.79	2:48.49	378	38.56	43.36		
6.	Erica Candeias Mendes	06	CNA	2:45.99	2:48.90	375	37.25	43.41		
7.	Marta Silva Santos	06	CNS	2:46.16	2:49.19	373	38.10	44.19		
8.	Luana Cardoso Magalhaes	06	AHBE	2:45.06	2:49.46	371	38.28	42.74		
9.	Mariana Ramos Zacarias	06	CNS	2:49.69	2:52.38	353	37.66	44.10		
10.	Maria Bandarra Matos	07	SCP	2:55.89	2:54.25	342	38.59	44.19		
11.	Catarina Lima Antunes	06	SCP	2:53.46	2:56.25	330	37.47	44.25		
12.	Emma Aguiar Bergamo	07	SAD	3:10.32	2:57.26	324	42.37	47.13		
13.	Inês Iachimovschi	07	CNA	2:58.21	2:57.53	323	41.16	43.15		
14.	Leonor Peso Parente	07	PDEM	3:00.13	2:59.93	310	39.75	46.56		
15.	Luisa Ponte Jorge	07	SFUAP	3:01.81	3:00.46	307	39.99	43.94		
16.	Maria Leonor Rodrigues	07	AHBE	3:01.40	3:03.88	291	41.89	44.30		
17.	Margarida Valente Silva	07	AEFDTV	3:09.59	3:06.53	278	43.06	46.75		
18.	Laura Maria Cruz	07	ADRCIMM	3:10.70	3:07.65	273	43.87	47.19		
DSQ	Beatriz Portugal Costa	06	SLB	2:47.07						
<i>E-B17 - Perdeu a posição ventral aos 100 metros. (SW 7.2)</i>										
DSQ	Sofia Medeiros Pereira	06	CNMJ	3:01.26						
<i>E-C31 - Mov.vir. não contínuo, c/acentuado deslize pos.ventral, antes da vir.aos 75 metros. (SW 6.4)</i>										
DSQ	Catarina Alexandra Alves	07	GESL	3:15.06						
<i>E-B34 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>										

Prova 7, Femin., 200m Estilos, Elimin

Juvenis

1.	Sofia Antunes Sebastiao	05	CNA	2:34.85	2:34.32	492	34.09	40.95	45.40	33.88
2.	Isadora Maia Andre	05	SLB	2:31.60	2:34.72	488	32.90	39.37	46.27	36.18
3.	Maria Ferreira Moura	04	SCP	2:20.66	2:35.53	480	32.37	40.58	46.79	35.79
4.	Catarina Nunes Costa	04	GESL	2:33.83	2:35.59	480	34.10	41.35	45.22	34.92
5.	Marta Macedo Inacio	04	SCP	2:30.28	2:35.70	479	33.84	41.10	45.17	35.59
6.	Sara Carreira Melo	05	GESL	2:38.85	2:36.44	472	34.73	40.22	46.36	35.13
7.	Joana Rocha Ferreira	05	SLB	2:38.51	2:37.43	463	35.24	40.62	46.68	34.89
8.	Soraia Maria Salgado	05	AEFDTV	2:34.80	2:37.65	461	33.45	40.10	47.09	37.01
9.	Maria Freire Alves	04	AHBE	2:39.67	2:41.75	427	34.69	42.07	47.20	37.79
10.	Marta Pereira Domingos	04	SFUAP	2:39.34	2:43.30	415	35.47	46.48	44.77	36.58
11.	Carolina Sofia Miranda	04	CNMJ	3:12.28	3:13.48	249	42.95	49.74	57.37	43.42
DSQ	Renata Campos Reis	04	GESL	3:13.00						

E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)

Juniores & Seniores

1.	Mariana Amaral Mendes	02	ADRCIMM	2:24.88	2:26.58	574	32.57	38.40	42.39	33.22
2.	Teresa Miguel Veloso	00	SCP	2:23.08	2:28.98	547	32.27	39.40	42.69	34.62
3.	Bruna Martins Riesenberger	97	CIRL	2:23.52	2:29.22	544	32.78	39.91	43.42	33.11
4.	Mafalda Gomes Beleza	94	SCP	2:21.82	2:32.64	508	32.98	39.11	43.56	36.99
5.	Leonor Maria Neves	03	GESL	2:40.30	2:37.18	466	33.56	41.10	46.51	36.01
6.	Rafaela Sofia Silva	03	SLB	2:36.36	2:37.31	464	34.22	39.69	45.92	37.48
7.	Maria Mousinho Esteves	02	CIRL	2:38.82	2:39.57	445	32.83	39.52	51.80	35.42
8.	Tatiana Valentim Oliveira	03	AEFDTV	2:47.48	2:41.91	426	36.25	42.74	46.23	36.69
9.	Leonor Ramos Zacarias	03	CNS	2:45.48	2:50.46	365	37.38	42.39	51.45	39.24
10.	Mariana Antunes Silva	02	AEFDTV	NT	2:53.54	346	38.65	43.72	51.90	39.27
DSQ	Claudia Beatriz Martins	03	GESL	2:38.24						

E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)

Absoluto

1.	Mariana Amaral Mendes	02	ADRCIMM	2:24.88	2:26.58	574	32.57	38.40	42.39	33.22
2.	Teresa Miguel Veloso	00	SCP	2:23.08	2:28.98	547	32.27	39.40	42.69	34.62
3.	Bruna Martins Riesenberger	97	CIRL	2:23.52	2:29.22	544	32.78	39.91	43.42	33.11
4.	Mafalda Gomes Beleza	94	SCP	2:21.82	2:32.64	508	32.98	39.11	43.56	36.99
5.	Sofia Antunes Sebastiao	05	CNA	2:34.85	2:34.32	492	34.09	40.95	45.40	33.88
6.	Isadora Maia Andre	05	SLB	2:31.60	2:34.72	488	32.90	39.37	46.27	36.18
7.	Maria Ferreira Moura	04	SCP	2:20.66	2:35.53	480	32.37	40.58	46.79	35.79
8.	Catarina Nunes Costa	04	GESL	2:33.83	2:35.59	480	34.10	41.35	45.22	34.92
9.	Marta Macedo Inacio	04	SCP	2:30.28	2:35.70	479	33.84	41.10	45.17	35.59
10.	Sara Carreira Melo	05	GESL	2:38.85	2:36.44	472	34.73	40.22	46.36	35.13
11.	Leonor Maria Neves	03	GESL	2:40.30	2:37.18	466	33.56	41.10	46.51	36.01
12.	Rafaela Sofia Silva	03	SLB	2:36.36	2:37.31	464	34.22	39.69	45.92	37.48
13.	Joana Rocha Ferreira	05	SLB	2:38.51	2:37.43	463	35.24	40.62	46.68	34.89
14.	Soraia Maria Salgado	05	AEFDTV	2:34.80	2:37.65	461	33.45	40.10	47.09	37.01
15.	Maria Mousinho Esteves	02	CIRL	2:38.82	2:39.57	445	32.83	39.52	51.80	35.42
16.	Maria Esteves Valente	06	SLB	2:37.49	2:40.70	436	35.43	42.06		
17.	Maria Freire Alves	04	AHBE	2:39.67	2:41.75	427	34.69	42.07	47.20	37.79
18.	Tatiana Valentim Oliveira	03	AEFDTV	2:47.48	2:41.91	426	36.25	42.74	46.23	36.69
19.	Marta Pereira Domingos	04	SFUAP	2:39.34	2:43.30	415	35.47	46.48	44.77	36.58
20.	Catarina Andrade Franco	07	GESL	2:44.08	2:45.68	397	34.46	43.88		
21.	Maria Teresa Garcell	07	AEFDTV	2:46.59	2:46.37	392	36.32	44.11		
22.	Maria Pinto Monteiro	06	SFUAP	2:47.57	2:47.65	384	35.68	42.75		
23.	Ines Gaspar Silva	06	GESL	2:51.79	2:48.49	378	38.56	43.36		
24.	Erica Candeias Mendes	06	CNA	2:45.99	2:48.90	375	37.25	43.41		
25.	Marta Silva Santos	06	CNS	2:46.16	2:49.19	373	38.10	44.19		
26.	Luana Cardoso Magalhaes	06	AHBE	2:45.06	2:49.46	371	38.28	42.74		
27.	Leonor Ramos Zacarias	03	CNS	2:45.48	2:50.46	365	37.38	42.39	51.45	39.24
28.	Mariana Ramos Zacarias	06	CNS	2:49.69	2:52.38	353	37.66	44.10		
29.	Mariana Antunes Silva	02	AEFDTV	NT	2:53.54	346	38.65	43.72	51.90	39.27
30.	Maria Bandarra Matos	07	SCP	2:55.89	2:54.25	342	38.59	44.19		
31.	Catarina Lima Antunes	06	SCP	2:53.46	2:56.25	330	37.47	44.25		
32.	Emma Aguiar Bergamo	07	SAD	3:10.32	2:57.26	324	42.37	47.13		

Prova 7, Femin., 200m Estilos, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
33.	Inês Iachimovschi	07	CNA	2:58.21	2:57.53	323	41.16	43.15		
34.	Leonor Peso Parente	07	PDEM	3:00.13	2:59.93	310	39.75	46.56		
35.	Luisa Ponte Jorge	07	SFUAP	3:01.81	3:00.46	307	39.99	43.94		
36.	Maria Leonor Rodrigues	07	AHBE	3:01.40	3:03.88	291	41.89	44.30		
37.	Margarida Valente Silva	07	AEFDTV	3:09.59	3:06.53	278	43.06	46.75		
38.	Laura Maria Cruz	07	ADRCIMM	3:10.70	3:07.65	273	43.87	47.19		
39.	Carolina Sofia Miranda	04	CNMJ	3:12.28	3:13.48	249	42.95	49.74	57.37	43.42
DSQ	Claudia Beatriz Martins	03	GESL	2:38.24						
<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de braços (SW 7.6)</i>										
DSQ	Renata Campos Reis	04	GESL	3:13.00						
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>										
DSQ	Beatriz Portugal Costa	06	SLB	2:47.07						
<i>E-B17 - Perdeu a posição ventral aos 100 metros. (SW 7.2)</i>										
DSQ	Sofia Medeiros Pereira	06	CNMJ	3:01.26						
<i>E-C31 - Mov.vir. não contínuo, c/accentuado deslize pos.ventral, antes da vir.aos 75 metros. (SW 6.4)</i>										
DSQ	Catarina Alexandra Alves	07	GESL	3:15.06						
<i>E-B34 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>										
EXH	Simone Filipe Monteiro	05	GESL	2:54.81	2:44.78	404	35.96	39.66	50.06	39.10
EXH	Joana Cristina Biltes	06	GESL	3:22.55	3:11.53	257	40.94	47.58		

Prova 8

20.06.2019 - 10:27

Masc., 200m Estilos Absolutos (NP)

Absoluto Resultados Elimin

Rec Taça Gesloures Sen	2:07.05	Tiago Cunha Costa	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	2:09.93	Lucas Pereira Bastos	POR	Loures	14.05.2017
Rec Taça Gesloures Juv A	2:13.61	Pedro Miguel Pinto	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	2:15.77	Vicente Oliveira Gomes	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	2:19.56	Bernardo Victorino Almeida	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	2:23.23	Diogo Matos Ribeiro	POR	Loures	14.05.2017
Rec Regional Abs	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	11.12.2018
Rec Nacional Abs	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	04.12.2015

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Infantis										
1.	Salvador Goya Perloiro	05	SLB	2:21.47	2:28.70	400	31.98	39.40		
2.	Pedro Goncalves Bonniz	06	GESL	2:32.52	2:29.96	390	33.84	39.73		
3.	Diogo Botelho Capricho	05	SCP	2:39.06	2:31.99	375	33.65	39.23		
4.	Pedro Mahua Alvarez	05	SCP	3:15.00	2:32.50	371	33.24	38.13		
5.	David Miguel Morais	06	SLB	2:32.62	2:33.62	363	32.99	41.45		
6.	Eduard Daniel Milanov	05	CNS	2:40.91	2:35.62	349	33.12	41.22		
7.	Andre Correia Alves	06	SFUAP	2:33.40	2:36.18	345	34.21	40.35		
8.	Tomas Ferreira Duro	05	ADRCIMM	2:27.34	2:38.59	330	32.96	38.47		
9.	Jose Diogo Fonseca	06	GESL	2:42.69	2:42.50	307	35.05	43.13		
10.	Rodrigo Martins Bras	05	CFB	2:37.43	2:42.71	305	33.81	41.00		
11.	Joao Ferreira Rodrigues	05	CNA	2:49.23	2:48.18	276	40.48	44.09		
12.	Tiago Ventura Chao	06	CNS	2:53.77	2:49.68	269	36.25	45.31		
13.	Miguel Jose Oliveira	05	AHBE	2:49.74	2:51.12	262	37.50	44.59		
14.	Francisco Fino Motta	05	PDEM	2:52.18	2:54.78	246	38.96	44.85		
15.	Mateus Correa Walker	05	AHBE	2:49.56	2:55.81	242	39.59	47.40		
16.	Ivo Pinto Duarte	05	CFB	2:59.96	2:56.08	241	36.49	44.48		
17.	Rafael Trindade Rodrigues	06	CNA	2:59.90	2:57.35	236	37.76	46.76		

Prova 8, Masc., 200m Estilos, Elimin

Juvenis

1.	Goncalo Henriques Wanzeller	03	CFB	2:19.00	2:15.28	532	29.47	34.16	40.35	31.30
2.	Bernardo Victorino Almeida	04	SCP	2:14.45	2:17.68	504	29.72	35.93	40.44	31.59
3.	Andre Azevedo Baraona	04	CNMJ	2:16.85	2:20.36	476	29.97	34.30	43.45	32.64
4.	Salvador Ataíde Parente	03	GESL	2:19.90	2:20.40	476	30.20	36.06	40.69	33.45
5.	Pedro Henriques Correia	03	SLB	2:19.68	2:21.39	466	29.90	36.23	42.74	32.52
6.	Joao Maria Colaco	03	SCP	2:22.27	2:22.73	453	30.63	36.85	43.40	31.85
7.	Afonso Goncalves de Jorge	04	GESL	2:24.56	2:23.77	443	32.56	36.89	40.65	33.67
8.	Guilherme Machado Santos	04	SFUAP	2:24.27	2:26.70	417	31.38	36.22	43.92	35.18
9.	Diogo Miguel Duraes	03	CNMJ	2:23.61	2:27.51	410	32.92	38.05	41.77	34.77
10.	Rafael Caceres Lopes	04	SFUAP	2:25.51	2:27.81	408	30.99	37.27	46.61	32.94
11.	Jaeden Michael Nunes	04	CFB	NT	2:30.62	385	32.44	38.10	44.35	35.73
12.	Jose Miguel Oliveira	03	CNS	2:31.31	2:35.56	350	34.51	38.32	47.05	35.68

Juniores & Seniores

1.	Diogo Santos Costa	02	ADRCIMM	2:16.32	2:10.70	590	26.97	33.28	40.59	29.86
2.	David Matias Cristino	01	SFUAP	2:06.03	2:12.14	571	28.58	33.77	39.27	30.52
3.	Martim Primavera Alfama	02	GESL	2:15.10	2:13.03	559	28.95	33.00	40.45	30.63
4.	Daniel Nogueira Catalao	00	SLB	2:05.86	2:14.10	546	28.99	35.16	37.08	32.87
5.	Filipe Ferreira Luz	98	GESL	2:13.47	2:14.46	542	29.45	34.01	41.17	29.83
6.	Bernardo Garcia Perloiro	00	SCP	2:12.08	2:14.75	538	29.49	34.65	39.07	31.54
7.	Pedro Miguel Pinto	02	SCP	2:11.34	2:14.81	537	30.02	35.27	39.36	30.16
8.	Bernardo Geada Brito	02	SFUAP	2:21.61	2:15.17	533	28.03	37.19	38.62	31.33
9.	Rodrigo Almeida Cabrito	01	CFB	2:13.71	2:15.32	531	29.97	35.27	38.31	31.77
10.	Diogo Santos Cardoso	01	ADRCIMM	2:11.66	2:19.18	488	30.73	36.57	40.76	31.12
11.	Ricardo Martins Bras	01	CFB	2:19.10	2:19.29	487	30.95	35.84	40.78	31.72
12.	Antonio Maria Ferreira	00	PDEM	2:29.28	2:28.44	402	28.98	40.61	45.67	33.18

Absoluto

1.	Diogo Santos Costa	02	ADRCIMM	2:16.32	2:10.70	590	26.97	33.28	40.59	29.86
2.	David Matias Cristino	01	SFUAP	2:06.03	2:12.14	571	28.58	33.77	39.27	30.52
3.	Martim Primavera Alfama	02	GESL	2:15.10	2:13.03	559	28.95	33.00	40.45	30.63
4.	Daniel Nogueira Catalao	00	SLB	2:05.86	2:14.10	546	28.99	35.16	37.08	32.87
5.	Filipe Ferreira Luz	98	GESL	2:13.47	2:14.46	542	29.45	34.01	41.17	29.83
6.	Bernardo Garcia Perloiro	00	SCP	2:12.08	2:14.75	538	29.49	34.65	39.07	31.54
7.	Pedro Miguel Pinto	02	SCP	2:11.34	2:14.81	537	30.02	35.27	39.36	30.16
8.	Bernardo Geada Brito	02	SFUAP	2:21.61	2:15.17	533	28.03	37.19	38.62	31.33
9.	Goncalo Henriques Wanzeller	03	CFB	2:19.00	2:15.28	532	29.47	34.16	40.35	31.30
10.	Rodrigo Almeida Cabrito	01	CFB	2:13.71	2:15.32	531	29.97	35.27	38.31	31.77
11.	Bernardo Victorino Almeida	04	SCP	2:14.45	2:17.68	504	29.72	35.93	40.44	31.59
12.	Diogo Santos Cardoso	01	ADRCIMM	2:11.66	2:19.18	488	30.73	36.57	40.76	31.12
13.	Ricardo Martins Bras	01	CFB	2:19.10	2:19.29	487	30.95	35.84	40.78	31.72
14.	Andre Azevedo Baraona	04	CNMJ	2:16.85	2:20.36	476	29.97	34.30	43.45	32.64
15.	Salvador Ataíde Parente	03	GESL	2:19.90	2:20.40	476	30.20	36.06	40.69	33.45
16.	Pedro Henriques Correia	03	SLB	2:19.68	2:21.39	466	29.90	36.23	42.74	32.52
17.	Joao Maria Colaco	03	SCP	2:22.27	2:22.73	453	30.63	36.85	43.40	31.85
18.	Afonso Goncalves de Jorge	04	GESL	2:24.56	2:23.77	443	32.56	36.89	40.65	33.67
19.	Guilherme Machado Santos	04	SFUAP	2:24.27	2:26.70	417	31.38	36.22	43.92	35.18
20.	Diogo Miguel Duraes	03	CNMJ	2:23.61	2:27.51	410	32.92	38.05	41.77	34.77
21.	Rafael Caceres Lopes	04	SFUAP	2:25.51	2:27.81	408	30.99	37.27	46.61	32.94
22.	Antonio Maria Ferreira	00	PDEM	2:29.28	2:28.44	402	28.98	40.61	45.67	33.18
23.	Salvador Goya Perloiro	05	SLB	2:21.47	2:28.70	400	31.98	39.40		
24.	Pedro Goncalves Bonniz	06	GESL	2:32.52	2:29.96	390	33.84	39.73		
25.	Jaeden Michael Nunes	04	CFB	NT	2:30.62	385	32.44	38.10	44.35	35.73
26.	Diogo Botelho Capricho	05	SCP	2:39.06	2:31.99	375	33.65	39.23		
27.	Pedro Mahua Alvarez	05	SCP	3:15.00	2:32.50	371	33.24	38.13		
28.	David Miguel Morais	06	SLB	2:32.62	2:33.62	363	32.99	41.45		
29.	Jose Miguel Oliveira	03	CNS	2:31.31	2:35.56	350	34.51	38.32	47.05	35.68
30.	Eduard Daniel Milanov	05	CNS	2:40.91	2:35.62	349	33.12	41.22		
31.	Andre Correia Alves	06	SFUAP	2:33.40	2:36.18	345	34.21	40.35		
32.	Tomas Ferreira Duro	05	ADRCIMM	2:27.34	2:38.59	330	32.96	38.47		
33.	Jose Diogo Fonseca	06	GESL	2:42.69	2:42.50	307	35.05	43.13		
34.	Rodrigo Martins Bras	05	CFB	2:37.43	2:42.71	305	33.81	41.00		
35.	Joao Ferreira Rodrigues	05	CNA	2:49.23	2:48.18	276	40.48	44.09		

Prova 8, Masc., 200m Estilos, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
36.	Tiago Ventura Chao	06	CNS	2:53.77	2:49.68	269	36.25	45.31		
37.	Miguel Jose Oliveira	05	AHBE	2:49.74	2:51.12	262	37.50	44.59		
38.	Francisco Fino Motta	05	PDEM	2:52.18	2:54.78	246	38.96	44.85		
39.	Mateus Correa Walker	05	AHBE	2:49.56	2:55.81	242	39.59	47.40		
40.	Ivo Pinto Duarte	05	CFB	2:59.96	2:56.08	241	36.49	44.48		
41.	Rafael Trindade Rodrigues	06	CNA	2:59.90	2:57.35	236	37.76	46.76		
EXH	Afonso Amaro Santos	02	GESL	2:19.62	2:17.31	508	30.50	35.47	39.26	32.08
EXH	Daniel Alexandre Ascenso	03	GESL	2:25.91	2:24.95	432	30.58	36.74	43.26	34.37
EXH	Simao Martins Pereira	04	GESL	2:35.00	2:44.09	298	35.32	41.10	49.17	38.50
EXH	Yan Hliba	05	GESL	3:05.09	3:04.86	208	38.26	49.55		

Prova 9 Femin., 100m Bruços Absoluto

20.06.2019 - 10:39

Rec	Nome do Nadador	Tempo	Clube	Local	Resultado Absoluto
Rec Taça Gesloures Sen	Ines Camacho Fernandes	1:14.18	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	Luana Correia Rodrigues	1:15.22	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	Daniela Mascarenhas Henriques	1:19.08	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	Ana Carolina Monteiro	1:19.25	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	Erica Cristina Reis	1:21.16	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	Madalena Correa Sa	1:26.61	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Regional Abs	Diana Duarte Gomes	1:07.17	CNA	S. Antonio Cavaleiros	19.12.2009
Rec Nacional Abs	Diana Duarte Gomes	1:07.17	CNA	S. António Cavaleiros	19.12.2009

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Madalena Correa Sa	06	Gesloures	1:25.46	1:23.42	417	33.46	49.96
2.	Ines Correia Teixeira	06	Amadora	1:26.51	1:24.40	403	39.90	44.50
3.	Beatriz Fernandes Gama	06	Sporting	1:26.17	1:25.06	394	40.70	44.36
4.	Matilde Nunes Lopes	06	Benfica	1:24.32	1:25.78	384	40.62	45.16
5.	Mariana Ribeiro Roseiro	06	Palmela Desporto	1:25.82	1:27.16	366	40.96	46.20
6.	Filipa Ferraz Domingos	06	Sporting	1:27.66	1:27.84	357	42.12	45.72
7.	Maria Carlotta Ferrari	07	Gesloures	1:27.28	1:28.16	353	42.10	46.06
8.	Carolina Martins Camacho	06	União Piedense	1:30.34	1:29.05	343	42.86	46.19
9.	Catarina Danae Duarte	06	Bombeiros dos Estoriz	1:20.85	1:29.73	335	42.08	47.65
10.	Dumitrita Ghelinschi	06	C N Montijo	1:35.18	1:33.06	300	44.76	48.30
11.	Leonor Peso Parente	07	Palmela Desporto	1:34.00	1:35.40	279	44.93	50.47
12.	Luana Ababii	07	Amadora	1:35.82	1:36.50	269	46.50	50.00
13.	Beatriz Reis Pinto	07	Benfica	1:38.78	1:41.19	234	48.71	52.48
14.	Leonor Gino Canhao	07	União Piedense	1:45.59	1:46.53	200	50.34	56.19
15.	Ines Freire Alves	07	Bombeiros dos Estoriz	1:45.46	1:46.92	198	51.13	55.79
16.	Mafalda Sa Bandeira	07	Fisica Torres Vedras	1:48.74	1:47.03	197	51.44	55.59
DSQ	Madalena Lopes Marcelino	07	Fisica Torres Vedras	1:48.94				
<i>B31 - Efectuou múltiplas pernadas de golfinho após a viragem aos 25 metros (SW 7.1)</i>								
DSQ	Marta Filipa Cruz	07	Laranjeiro	1:42.28				
<i>B34 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>								

Juvenis

1.	Erica Cristina Reis	05	Sporting	1:14.50	1:18.07	509	37.05	41.02
<i>Recorde da Taça</i>								
2.	Soraia Alexandra Delgado	05	Sporting	1:15.49	1:19.11	489	38.50	40.61
3.	Maria Correia Ricardo	05	Naval Setubalense	1:17.54	1:20.43	466	38.21	42.22
4.	Sara Carreira Melo	05	Gesloures	1:23.01	1:21.26	451	38.83	42.43
5.	Alice Jesus Morgado	04	Gesloures	1:22.09	1:22.92	425	40.10	42.82
6.	Maria Carolina Vargas	05	Benfica	1:24.13	1:24.58	400	40.38	44.20
7.	Diana Valadas Horta	04	Laranjeiro	1:22.11	1:27.57	361	41.79	45.78
8.	Luana Santos Freitas	04	Amadora	1:26.38	1:28.85	345	42.00	46.85
9.	Emily Monteiro Cunha	04	União Piedense	1:36.00	1:29.05	343	41.51	47.54

Prova 9, Femin., 100m Bruços, Elimin, Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
10.	Maria Sousa Caxaria	05	C N Montijo	1:27.96	1:31.33	318	42.21	49.12
11.	Matilde Duarte Aleixo	05	Naval Setubalense	1:35.80	1:38.57	253	46.38	52.19

Juniores & Seniores

1.	Luana Correia Rodrigues	01	Belenenses	1:14.43	1:15.96	553	36.19	39.77
2.	Daniela Mascarenhas Henriques	03	Gesloures	1:16.46	1:18.52	500	37.58	40.94
3.	Andreia Wongsangnoi Alves	03	Colégio Int Monte Maior	1:17.40	1:18.84	494	37.47	41.37
4.	Madalena Reis Cerdeira	03	Sporting	1:12.24	1:19.16	488	37.07	42.09
5.	Beatriz Antunes Carvalho	99	Sporting	1:16.50	1:19.87	475	37.53	42.34
6.	Margarida Mota Silva	03	Palmela Desporto	1:19.83	1:20.25	469	37.45	42.80
7.	Cristiana Silva Ulpiano	95	Laranjeiro	1:19.93	1:20.78	460	38.07	42.71
8.	Tatiana Alexandre Cardoso	01	Amadora	1:19.68	1:22.64	429	39.43	43.21
9.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	1:20.28	1:22.65	429	39.04	43.61
10.	Rafaela Sofia Silva	03	Benfica	1:21.12	1:23.78	412	39.68	44.10
11.	Iolanda Sofia Clerigo	02	Palmela Desporto	1:20.91	1:25.82	383	40.03	45.79
12.	Joana Isabel Pulquerio	03	União Piedense	1:26.38	1:26.41	375	40.80	45.61
13.	Marta Sousa Caxaria	03	C N Montijo	1:20.62	1:28.96	344	42.25	46.71
DSQ	Margarida Cunha Barros	02	União Piedense	1:27.60				

G1 - Efectuou falsa partida (SW 4.4)

Absoluto

1.	Luana Correia Rodrigues	01	Belenenses	1:14.43	1:15.96	553	36.19	39.77
2.	Erica Cristina Reis	05	Sporting	1:14.50	1:18.07	509	37.05	41.02
	<i>Recorde da Taça</i>							
3.	Daniela Mascarenhas Henriques	03	Gesloures	1:16.46	1:18.52	500	37.58	40.94
4.	Andreia Wongsangnoi Alves	03	Colégio Int Monte Maior	1:17.40	1:18.84	494	37.47	41.37
5.	Soraia Alexandra Delgado	05	Sporting	1:15.49	1:19.11	489	38.50	40.61
6.	Madalena Reis Cerdeira	03	Sporting	1:12.24	1:19.16	488	37.07	42.09
7.	Beatriz Antunes Carvalho	99	Sporting	1:16.50	1:19.87	475	37.53	42.34
8.	Margarida Mota Silva	03	Palmela Desporto	1:19.83	1:20.25	469	37.45	42.80
9.	Maria Correia Ricardo	05	Naval Setubalense	1:17.54	1:20.43	466	38.21	42.22
10.	Cristiana Silva Ulpiano	95	Laranjeiro	1:19.93	1:20.78	460	38.07	42.71
11.	Sara Carreira Melo	05	Gesloures	1:23.01	1:21.26	451	38.83	42.43
12.	Tatiana Alexandre Cardoso	01	Amadora	1:19.68	1:22.64	429	39.43	43.21
13.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	1:20.28	1:22.65	429	39.04	43.61
14.	Alice Jesus Morgado	04	Gesloures	1:22.09	1:22.92	425	40.10	42.82
15.	Madalena Correa Sa	06	Gesloures	1:25.46	1:23.42	417	33.46	49.96
16.	Rafaela Sofia Silva	03	Benfica	1:21.12	1:23.78	412	39.68	44.10
17.	Ines Correia Teixeira	06	Amadora	1:26.51	1:24.40	403	39.90	44.50
18.	Maria Carolina Vargas	05	Benfica	1:24.13	1:24.58	400	40.38	44.20
19.	Beatriz Fernandes Gama	06	Sporting	1:26.17	1:25.06	394	40.70	44.36
20.	Matilde Nunes Lopes	06	Benfica	1:24.32	1:25.78	384	40.62	45.16
21.	Iolanda Sofia Clerigo	02	Palmela Desporto	1:20.91	1:25.82	383	40.03	45.79
22.	Joana Isabel Pulquerio	03	União Piedense	1:26.38	1:26.41	375	40.80	45.61
23.	Mariana Ribeiro Roseiro	06	Palmela Desporto	1:25.82	1:27.16	366	40.96	46.20
24.	Diana Valadas Horta	04	Laranjeiro	1:22.11	1:27.57	361	41.79	45.78
25.	Filipa Ferraz Domingos	06	Sporting	1:27.66	1:27.84	357	42.12	45.72
26.	Maria Carlotta Ferrari	07	Gesloures	1:27.28	1:28.16	353	42.10	46.06
27.	Luana Santos Freitas	04	Amadora	1:26.38	1:28.85	345	42.00	46.85
28.	Marta Sousa Caxaria	03	C N Montijo	1:20.62	1:28.96	344	42.25	46.71
29.	Emily Monteiro Cunha	04	União Piedense	1:36.00	1:29.05	343	41.51	47.54
	Carolina Martins Camacho	06	União Piedense	1:30.34	1:29.05	343	42.86	46.19
31.	Catarina Danae Duarte	06	Bombeiros dos Estoris	1:20.85	1:29.73	335	42.08	47.65
32.	Maria Sousa Caxaria	05	C N Montijo	1:27.96	1:31.33	318	42.21	49.12
33.	Dumitrita Ghelinschi	06	C N Montijo	1:35.18	1:33.06	300	44.76	48.30
34.	Leonor Peso Parente	07	Palmela Desporto	1:34.00	1:35.40	279	44.93	50.47
35.	Luana Ababii	07	Amadora	1:35.82	1:36.50	269	46.50	50.00
36.	Matilde Duarte Aleixo	05	Naval Setubalense	1:35.80	1:38.57	253	46.38	52.19
37.	Beatriz Reis Pinto	07	Benfica	1:38.78	1:41.19	234	48.71	52.48
38.	Leonor Gino Canhao	07	União Piedense	1:45.59	1:46.53	200	50.34	56.19
39.	Ines Freire Alves	07	Bombeiros dos Estoris	1:45.46	1:46.92	198	51.13	55.79
40.	Mafalda Sa Bandeira	07	Fisica Torres Vedras	1:48.74	1:47.03	197	51.44	55.59

Prova 9, Femin., 100m Bruços, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
DSQ	Margarida Cunha Barros <i>G1 - Efectuou falsa partida (SW 4.4)</i>	02	União Piedense	1:27.60				
DSQ	Madalena Lopes Marcelino <i>B31 - Efectuou múltiplas pernadas de golfinho após a viragem aos 25 metros (SW 7.1)</i>	07	Fisica Torres Vedras	1:48.94				
DSQ	Marta Filipa Cruz <i>B34 - Toque não simultâneo das mãos na parede testa na viragem aos 50 metros (SW 7.6)</i>	07	Laranjeiro	1:42.28				
EXH	Joana Gouveia Santos	07	Gesloures	1:46.00	1:35.05	282	45.92	49.13
EXH	Ines Portela Pereira	07	Gesloures	1:40.49	1:41.38	232	48.81	52.57
EXH	Patricia Sofia Coelho	06	Gesloures	1:40.32	1:42.19	227	48.10	54.09
EXH	Eva Sofia Ascenso	07	Gesloures	1:50.00	1:55.50	157	54.03	1:01.47

Prova 10

20.06.2019 - 10:48

Masc., 100m Bruços Absolutos (NP)

Absoluto Resultados Elimin

Rec Taça Gesloures Sen	1:04.28	Antonio Manuel Mendes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:06.44	Daniel Nogueira Catalao	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	1:09.65	Goncalo Silveirinha Caldeira	POR	Loures	14.05.2017
Rec Taça Gesloures Juv B	1:05.89	Ricardo Samuel Pereira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	1:12.47	Luis Cabral Junior	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:14.06	Goncalo Brites Moita	POR	Loures	14.05.2017
Rec Regional Abs	58.48	Carlos Esteves Almeida	ESJB	Porto	20.12.2014
Rec Nacional Abs	58.19	Carlos Esteves Almeida	FPN	Chatres (FRA)	22.11.2012

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Goncalo Ramos Costa	05	Gesloures	1:15.86	1:15.75	395	36.13	39.62
2.	Pedro Goncalves Bonniz	06	Gesloures	1:17.32	1:16.25	387	35.96	40.29
3.	Pedro Mahua Alvarez	05	Sporting	1:18.98	1:21.85	313	38.76	43.09
4.	Afonso Lucio Costa	05	Sporting	1:20.98	1:22.10	310	38.66	43.44
5.	Guilherme Fernandes Baptista	06	Benfica	1:25.42	1:22.92	301	37.96	44.96
6.	Afonso Costa Albuquerque	05	Belenenses	1:26.08	1:23.38	296	39.70	43.68
7.	Miguel Dias Batista	05	Amadora	1:19.69	1:23.48	295	39.62	43.86
8.	Jose Alves Monteiro	05	Algés	1:24.80	1:24.03	289	39.81	44.22
9.	Andre Correia Alves	06	União Piedense	1:29.81	1:26.06	269	40.71	45.35
10.	Eduard Daniel Milanov	05	Naval Setubalense	1:27.31	1:27.16	259	40.94	46.22
11.	Martim Barata Antunes	06	Benfica	1:28.30	1:28.00	252	41.09	46.91
12.	Goncalo Alves Costa	06	Belenenses	1:27.88	1:28.13	251	41.90	46.23
13.	Joao Ferreira Rodrigues	05	Amadora	1:34.12	1:29.44	240	42.42	47.02
14.	Joao Miguel Moreira	06	Algés	1:38.50	1:33.89	207	43.56	50.33
15.	Tomas Leal Parelho	06	C N Montijo	1:32.33	1:35.34	198	45.34	50.00
16.	Timothy Michael Fribergh	06	Bombeiros dos Estoris	1:39.96	1:35.36	198	44.45	50.91
17.	Afonso Silva Carvalho	06	Colégio Int Monte Maior	1:55.14	1:37.20	187	46.14	51.06
18.	Diogo Valadas Horta	06	Laranjeiro	1:44.07	1:39.96	172	48.62	51.34
19.	Tiago Ventura Chao	06	Naval Setubalense	1:37.36	1:42.44	159	48.64	53.80

Juvenis

1.	Ricardo Samuel Pereira <i>Recorde da Taça</i>	03	Benfica	1:03.37	1:04.76	633	30.80	33.96
2.	Luis Cabral Junior	03	Belenenses	1:05.32	1:10.58	489	32.90	37.68
3.	Duarte Cadima Goncalves	04	C N Montijo	1:12.21	1:13.68	429	34.61	39.07
4.	Jaeden Michael Nunes	04	Belenenses	1:13.46	1:14.79	411	35.98	38.81
5.	Tiago Fanha Lopes	04	C N Montijo	1:13.73	1:14.96	408	35.42	39.54
6.	Rodrigo Neves Fernandes	04	Gesloures	1:18.86	1:15.78	395	35.82	39.96
7.	Joao Maria Colaco	03	Sporting	1:11.38	1:16.26	387	36.06	40.20
8.	Alexandre Coelho Vieira	03	Sporting	1:16.17	1:17.51	369	35.77	41.74
9.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	1:15.14	1:17.61	367	36.62	40.99
10.	Tomas Pratas Neto	04	Palmela Desporto	1:17.51	1:19.00	348	36.64	42.36

Prova 10, Masc., 100m Bruços, Elimin, Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
11.	Goncalo Miguel Rodrigues	03	Bombeiros dos Estoris	1:19.50	1:19.73	339	38.30	41.43
12.	Goncalo Filipe Carrapito	04	União Piedense	1:21.46	1:20.13	334	37.44	42.69
13.	Miguel Alexandre Araujo	04	União Piedense	1:22.30	1:22.09	310	39.28	42.81

Juniores & Seniores

1.	Rodrigo Almeida Cabrito	01	Belenenses	1:04.46	1:07.63	555	32.53	35.10
2.	Andre Tavares Grenho	99	Gesloures	1:04.74	1:07.73	553	31.88	35.85
3.	Goncalo Silveirinha Caldeira	01	Sporting	1:04.55	1:08.50	535	32.13	36.37
4.	Daniel Nogueira Catalao	00	Benfica	1:06.44	1:08.62	532	32.83	35.79
5.	Bruno Miguel Martins	93	Gesloures	1:05.51	1:08.64	531	32.37	36.27
6.	Fernando Souza Silva	86	União Piedense	1:19.00	1:09.07	521	31.94	37.13
7.	David Matias Cristino	01	União Piedense	1:09.23	1:09.63	509	32.91	36.72
8.	Afonso Mateus Ribeiro	95	Belenenses	1:19.00	1:09.77	506	33.30	36.47
9.	Filipe Ferrao Melo	01	Naval Setubalense	1:10.37	1:10.20	497	33.53	36.67
10.	Martim Rebelo Malfeito	02	Sporting	1:08.05	1:10.71	486	32.85	37.86
11.	Rui Miguel Correia	96	C N Montijo	1:08.89	1:10.86	483	33.12	37.74
12.	Goncalo Morais Gordo	02	Colégio Int Monte Maior	1:09.13	1:11.26	475	33.79	37.47
13.	Diogo Santos Costa	02	Colégio Int Monte Maior	1:19.00	1:11.59	468	33.00	38.59
14.	Tomas Patricio Martins	02	Fisica Torres Vedras	1:17.44	1:18.66	353	36.85	41.81
15.	Diogo Miguel Esteves	02	Naval Setubalense	1:18.47	1:19.11	347	37.78	41.33

Absoluto

1.	Ricardo Samuel Pereira <i>Recorde da Taça</i>	03	Benfica	1:03.37	1:04.76	633	30.80	33.96
2.	Rodrigo Almeida Cabrito	01	Belenenses	1:04.46	1:07.63	555	32.53	35.10
3.	Andre Tavares Grenho	99	Gesloures	1:04.74	1:07.73	553	31.88	35.85
4.	Goncalo Silveirinha Caldeira	01	Sporting	1:04.55	1:08.50	535	32.13	36.37
5.	Daniel Nogueira Catalao	00	Benfica	1:06.44	1:08.62	532	32.83	35.79
6.	Bruno Miguel Martins	93	Gesloures	1:05.51	1:08.64	531	32.37	36.27
7.	Fernando Souza Silva	86	União Piedense	1:19.00	1:09.07	521	31.94	37.13
8.	David Matias Cristino	01	União Piedense	1:09.23	1:09.63	509	32.91	36.72
9.	Afonso Mateus Ribeiro	95	Belenenses	1:19.00	1:09.77	506	33.30	36.47
10.	Filipe Ferrao Melo	01	Naval Setubalense	1:10.37	1:10.20	497	33.53	36.67
11.	Luis Cabral Junior	03	Belenenses	1:05.32	1:10.58	489	32.90	37.68
12.	Martim Rebelo Malfeito	02	Sporting	1:08.05	1:10.71	486	32.85	37.86
13.	Rui Miguel Correia	96	C N Montijo	1:08.89	1:10.86	483	33.12	37.74
14.	Goncalo Morais Gordo	02	Colégio Int Monte Maior	1:09.13	1:11.26	475	33.79	37.47
15.	Diogo Santos Costa	02	Colégio Int Monte Maior	1:19.00	1:11.59	468	33.00	38.59
16.	Duarte Cadima Goncalves	04	C N Montijo	1:12.21	1:13.68	429	34.61	39.07
17.	Jaeden Michael Nunes	04	Belenenses	1:13.46	1:14.79	411	35.98	38.81
18.	Tiago Fanha Lopes	04	C N Montijo	1:13.73	1:14.96	408	35.42	39.54
19.	Goncalo Ramos Costa	05	Gesloures	1:15.86	1:15.75	395	36.13	39.62
20.	Rodrigo Neves Fernandes	04	Gesloures	1:18.86	1:15.78	395	35.82	39.96
21.	Pedro Goncalves Bonniz	06	Gesloures	1:17.32	1:16.25	387	35.96	40.29
22.	Joao Maria Colaco	03	Sporting	1:11.38	1:16.26	387	36.06	40.20
23.	Alexandre Coelho Vieira	03	Sporting	1:16.17	1:17.51	369	35.77	41.74
24.	Tiago Miguel Trombinhas	04	Colégio Int Monte Maior	1:15.14	1:17.61	367	36.62	40.99
25.	Tomas Patricio Martins	02	Fisica Torres Vedras	1:17.44	1:18.66	353	36.85	41.81
26.	Tomas Pratas Neto	04	Palmela Desporto	1:17.51	1:19.00	348	36.64	42.36
27.	Diogo Miguel Esteves	02	Naval Setubalense	1:18.47	1:19.11	347	37.78	41.33
28.	Goncalo Miguel Rodrigues	03	Bombeiros dos Estoris	1:19.50	1:19.73	339	38.30	41.43
29.	Goncalo Filipe Carrapito	04	União Piedense	1:21.46	1:20.13	334	37.44	42.69
30.	Pedro Mahua Alvarez	05	Sporting	1:18.98	1:21.85	313	38.76	43.09
31.	Miguel Alexandre Araujo	04	União Piedense	1:22.30	1:22.09	310	39.28	42.81
32.	Afonso Lucio Costa	05	Sporting	1:20.98	1:22.10	310	38.66	43.44
33.	Guilherme Fernandes Baptista	06	Benfica	1:25.42	1:22.92	301	37.96	44.96
34.	Afonso Costa Albuquerque	05	Belenenses	1:26.08	1:23.38	296	39.70	43.68
35.	Miguel Dias Batista	05	Amadora	1:19.69	1:23.48	295	39.62	43.86
36.	Jose Alves Monteiro	05	Algés	1:24.80	1:24.03	289	39.81	44.22
37.	Andre Correia Alves	06	União Piedense	1:29.81	1:26.06	269	40.71	45.35
38.	Eduard Daniel Milanov	05	Naval Setubalense	1:27.31	1:27.16	259	40.94	46.22
39.	Martim Barata Antunes	06	Benfica	1:28.30	1:28.00	252	41.09	46.91

Prova 10, Masc., 100m Bruços, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
40.	Goncalo Alves Costa	06	Belenenses	1:27.88	1:28.13	251	41.90	46.23
41.	Joao Ferreira Rodrigues	05	Amadora	1:34.12	1:29.44	240	42.42	47.02
42.	Joao Miguel Moreira	06	Algés	1:38.50	1:33.89	207	43.56	50.33
43.	Tomas Leal Parelho	06	C N Montijo	1:32.33	1:35.34	198	45.34	50.00
44.	Timothy Michael Fribergh	06	Bombeiros dos Estoris	1:39.96	1:35.36	198	44.45	50.91
45.	Afonso Silva Carvalho	06	Colégio Int Monte Maior	1:55.14	1:37.20	187	46.14	51.06
46.	Diogo Valadas Horta	06	Laranjeiro	1:44.07	1:39.96	172	48.62	51.34
47.	Tiago Ventura Chao	06	Naval Setubalense	1:37.36	1:42.44	159	48.64	53.80
EXH	Joao Manuel Vargas	00	Individual ANL	1:05.84	1:07.30	564	31.73	35.57
EXH	Francisco Lourenco Vasconcelos	05	Gesloures	1:25.96	1:20.53	329	38.28	42.25
EXH	Leandro Carvalho Semedo	06	Gesloures	1:34.59	1:30.82	229	41.93	48.89
EXH	Francisco Martim Franco	06	Gesloures	1:39.19	1:43.34	155	48.81	54.53

Prova 11

20.06.2019 - 10:56

Femin., 100m Livres Absolutos (NP)

Absoluto Resultados Elimin

Rec Taça Gesloures Sen	58.39	Jessica Teixeira Vieira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:01.15	Anna Baptista Ferreira	POR	Loures	14.05.2017
Rec Taça Gesloures Juv A	59.63	Filipa Ramos Peixeira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:02.61	Joana Francisca Rodrigues	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	1:01.49	Maria Ferreira Moura	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:07.29	Ana Matos Cabral	POR	Loures	14.05.2017
Rec Regional Abs	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	20.12.2009
Rec Nacional Abs	55.12	Ana Pinho Rodrigues	ADS	Felgueiras	21.12.2018

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Catarina Andrade Franco	07	Gesloures	1:04.10	1:07.73	408	32.18	35.55
2.	Rita Martins Lopes	06	Bombeiros dos Estoris	1:07.23	1:08.28	398	32.43	35.85
3.	Ines Gaspar Silva	06	Gesloures	1:09.78	1:08.90	387	32.70	36.20
4.	Carolina Costa Diniz	06	Sporting	1:10.51	1:09.36	380	33.54	35.82
5.	Maria Coronel Andre	06	Bombeiros dos Estoris	1:11.45	1:10.06	368	33.81	36.25
6.	Madalena Fragoso Guterres	06	Benfica	1:10.55	1:10.09	368	34.09	36.00
7.	Margarida Barbara Marques	06	Algés	1:14.09	1:10.13	367	33.26	36.87
8.	Catarina Coutinho Lima	06	Benfica	1:10.41	1:10.44	363	34.14	36.30
9.	Luisa Ponte Jorge	07	União Piedense	1:11.78	1:10.69	359	33.54	37.15
10.	Catarina Lima Antunes	06	Sporting	1:10.06	1:10.77	357	34.46	36.31
11.	Iris Castro Campos	06	Amadora	1:12.34	1:11.11	352	34.47	36.64
12.	Matilde Aparicio Pereira	06	Amadora	1:14.78	1:12.87	327	34.81	38.06
13.	Ines Azevedo Baraona	07	C N Montijo	1:10.37	1:12.88	327	35.15	37.73
	Rita Sacadura Almeida	07	Algés	1:15.54	1:12.88	327	34.27	38.61
15.	Mariana Ribeiro Roseiro	06	Palmela Desporto	1:12.58	1:13.51	319	35.09	38.42
16.	Rita Lima Batista	07	Naval Setubalense	1:16.17	1:14.43	307	35.72	38.71
17.	Rita Costa Goncalves	07	Fisica Torres Vedras	1:23.39	1:19.50	252	36.31	43.19
18.	Beatriz Ferreira Perpétuo	07	Palmela Desporto	1:33.00	1:21.20	236	38.16	43.04
19.	Leonor Machado Severeino	07	Fisica Torres Vedras	1:31.72	1:21.41	235	38.86	42.55
20.	Catarina Sofia Gonçalves	06	Naval Setubalense	1:22.11	1:21.78	231	38.72	43.06

Juvenis

1.	Rita Abibe Goncalves	05	Gesloures	1:03.70	1:02.04	531	30.24	31.80
	<i>Recorde da Taça</i>							
2.	Ana Beatriz Simoes	05	Sporting	1:00.92	1:02.15	528	30.33	31.82
3.	Sofia Vilardell Rodrigues	04	Gesloures	1:02.81	1:03.13	504	30.43	32.70
4.	Mariana Morais Delfino	04	Sporting	1:00.18	1:03.25	501	30.35	32.90
5.	Iris Pereira Carrao	05	Laranjeiro	1:02.15	1:04.39	475	30.90	33.49
6.	Lidiana Correia Rodrigues	04	Belenenses	1:03.46	1:04.47	473	31.57	32.90
7.	Joana Rocha Ferreira	05	Benfica	1:03.34	1:04.56	471	31.50	33.06
8.	Sara Nunes Conceicao	05	União Piedense	1:04.72	1:04.81	466	30.96	33.85
9.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	1:06.75	1:06.83	425	31.71	35.12

Prova 11, Femin., 100m Livres, Elimin, Juvenis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
10.	Andreia Velho Magalhaes	04	Benfica	1:04.55	1:07.12	419	31.57	35.55
11.	Margarida Mendes Bras	04	C N Montijo	1:10.24	1:09.45	378	33.56	35.89
12.	Maria Jacob Marta	05	Bombeiros dos Estoris	1:08.49	1:09.66	375	32.56	37.10
13.	Emily Monteiro Cunha	04	União Piedense	1:22.00	1:10.11	368	33.65	36.46
14.	Beatriz Isabel Tavares	05	Naval Setubalense	1:08.21	1:11.63	345	34.77	36.86
15.	Carolina Anjos Frischknecht	04	Naval Setubalense	1:11.04	1:11.92	341	34.58	37.34
16.	Ines Azinheira Serra	05	Palmela Desporto	1:21.12	1:19.23	255	37.07	42.16

Juniores & Seniores

1.	Ema Jeronimo Conceicao <i>Recorde da Taça</i>	03	Fisica Torres Vedras	58.35	58.59	630	28.57	30.02
2.	Sofia Alexandra Rolao	98	Benfica	59.36	58.79	624	28.38	30.41
3.	Mafalda Marques Pinto	02	Sporting	57.94	59.75	594	29.26	30.49
4.	Mafalda Gomes Beleza	94	Sporting	57.76	1:01.83	536	29.62	32.21
5.	Ines Figueira Santos	00	União Piedense	1:01.67	1:02.27	525	30.07	32.20
6.	Mafalda Sofia Dias	01	Palmela Desporto	1:02.31	1:02.33	523	30.22	32.11
7.	Margarida Messias Ribeiro	98	Gesloures	1:01.54	1:02.58	517	30.40	32.18
8.	Beatriz Vaz Rebelo	03	Gesloures	1:00.64	1:02.97	508	30.42	32.55
9.	Ana Margarida Soares	03	Naval Setubalense	1:01.33	1:03.21	502	30.89	32.32
10.	Soraia Guerra Rolim	95	Laranjeiro	1:02.74	1:03.73	490	30.77	32.96
11.	Madalena Rodrigues Tome	03	Bombeiros dos Estoris	1:05.28	1:04.12	481	30.63	33.49
12.	Celeste Santos Ricardo	01	União Piedense	1:04.53	1:05.33	455	31.10	34.23
13.	Matilde Pereira Carrao	03	Laranjeiro	1:04.94	1:06.04	440	31.18	34.86
14.	Margarida Mota Silva	03	Palmela Desporto	1:01.58	1:06.43	432	31.19	35.24
15.	Ana Rita Matos	02	Belenenses	1:09.00	1:06.73	427	31.51	35.22
16.	Catarina Ines Correia	03	Naval Setubalense	1:07.29	1:08.31	398	33.16	35.15
17.	Ana Barbara Alves	01	Fisica Torres Vedras	1:08.63	1:11.10	353	33.60	37.50

Absoluto

1.	Ema Jeronimo Conceicao <i>Recorde da Taça</i>	03	Fisica Torres Vedras	58.35	58.59	630	28.57	30.02
2.	Sofia Alexandra Rolao	98	Benfica	59.36	58.79	624	28.38	30.41
3.	Mafalda Marques Pinto	02	Sporting	57.94	59.75	594	29.26	30.49
4.	Mafalda Gomes Beleza	94	Sporting	57.76	1:01.83	536	29.62	32.21
5.	Rita Abibe Goncalves <i>Recorde da Taça</i>	05	Gesloures	1:03.70	1:02.04	531	30.24	31.80
6.	Ana Beatriz Simoes	05	Sporting	1:00.92	1:02.15	528	30.33	31.82
7.	Ines Figueira Santos	00	União Piedense	1:01.67	1:02.27	525	30.07	32.20
8.	Mafalda Sofia Dias	01	Palmela Desporto	1:02.31	1:02.33	523	30.22	32.11
9.	Margarida Messias Ribeiro	98	Gesloures	1:01.54	1:02.58	517	30.40	32.18
10.	Beatriz Vaz Rebelo	03	Gesloures	1:00.64	1:02.97	508	30.42	32.55
11.	Sofia Vilardell Rodrigues	04	Gesloures	1:02.81	1:03.13	504	30.43	32.70
12.	Ana Margarida Soares	03	Naval Setubalense	1:01.33	1:03.21	502	30.89	32.32
13.	Mariana Morais Delfino	04	Sporting	1:00.18	1:03.25	501	30.35	32.90
14.	Soraia Guerra Rolim	95	Laranjeiro	1:02.74	1:03.73	490	30.77	32.96
15.	Madalena Rodrigues Tome	03	Bombeiros dos Estoris	1:05.28	1:04.12	481	30.63	33.49
16.	Iris Pereira Carrao	05	Laranjeiro	1:02.15	1:04.39	475	30.90	33.49
17.	Lidiana Correia Rodrigues	04	Belenenses	1:03.46	1:04.47	473	31.57	32.90
18.	Joana Rocha Ferreira	05	Benfica	1:03.34	1:04.56	471	31.50	33.06
19.	Sara Nunes Conceicao	05	União Piedense	1:04.72	1:04.81	466	30.96	33.85
20.	Celeste Santos Ricardo	01	União Piedense	1:04.53	1:05.33	455	31.10	34.23
21.	Matilde Pereira Carrao	03	Laranjeiro	1:04.94	1:06.04	440	31.18	34.86
22.	Margarida Mota Silva	03	Palmela Desporto	1:01.58	1:06.43	432	31.19	35.24
23.	Ana Rita Matos	02	Belenenses	1:09.00	1:06.73	427	31.51	35.22
24.	Maria Antonia Ferraz	05	Bombeiros dos Estoris	1:06.75	1:06.83	425	31.71	35.12
25.	Andreia Velho Magalhaes	04	Benfica	1:04.55	1:07.12	419	31.57	35.55
26.	Catarina Andrade Franco	07	Gesloures	1:04.10	1:07.73	408	32.18	35.55
27.	Rita Martins Lopes	06	Bombeiros dos Estoris	1:07.23	1:08.28	398	32.43	35.85
28.	Catarina Ines Correia	03	Naval Setubalense	1:07.29	1:08.31	398	33.16	35.15
29.	Ines Gaspar Silva	06	Gesloures	1:09.78	1:08.90	387	32.70	36.20
30.	Carolina Costa Diniz	06	Sporting	1:10.51	1:09.36	380	33.54	35.82

Prova 11, Femin., 100m Livres, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
31.	Margarida Mendes Bras	04	C N Montijo	1:10.24	1:09.45	378	33.56	35.89
32.	Maria Jacob Marta	05	Bombeiros dos Estoris	1:08.49	1:09.66	375	32.56	37.10
33.	Maria Coronel Andre	06	Bombeiros dos Estoris	1:11.45	1:10.06	368	33.81	36.25
34.	Madalena Fragoso Guterres	06	Benfica	1:10.55	1:10.09	368	34.09	36.00
35.	Emily Monteiro Cunha	04	União Piedense	1:22.00	1:10.11	368	33.65	36.46
36.	Margarida Barbara Marques	06	Algés	1:14.09	1:10.13	367	33.26	36.87
37.	Catarina Coutinho Lima	06	Benfica	1:10.41	1:10.44	363	34.14	36.30
38.	Luisa Ponte Jorge	07	União Piedense	1:11.78	1:10.69	359	33.54	37.15
39.	Catarina Lima Antunes	06	Sporting	1:10.06	1:10.77	357	34.46	36.31
40.	Ana Barbara Alves	01	Fisica Torres Vedras	1:08.63	1:11.10	353	33.60	37.50
41.	Iris Castro Campos	06	Amadora	1:12.34	1:11.11	352	34.47	36.64
42.	Beatriz Isabel Tavares	05	Naval Setubalense	1:08.21	1:11.63	345	34.77	36.86
43.	Carolina Anjos Frischknecht	04	Naval Setubalense	1:11.04	1:11.92	341	34.58	37.34
44.	Matilde Aparicio Pereira	06	Amadora	1:14.78	1:12.87	327	34.81	38.06
45.	Ines Azevedo Baraona	07	C N Montijo	1:10.37	1:12.88	327	35.15	37.73
	Rita Sacadura Almeida	07	Algés	1:15.54	1:12.88	327	34.27	38.61
47.	Mariana Ribeiro Roseiro	06	Palmela Desporto	1:12.58	1:13.51	319	35.09	38.42
48.	Rita Lima Batista	07	Naval Setubalense	1:16.17	1:14.43	307	35.72	38.71
49.	Ines Azinheira Serra	05	Palmela Desporto	1:21.12	1:19.23	255	37.07	42.16
50.	Rita Costa Goncalves	07	Fisica Torres Vedras	1:23.39	1:19.50	252	36.31	43.19
51.	Beatriz Ferreira Perpétuo	07	Palmela Desporto	1:33.00	1:21.20	236	38.16	43.04
52.	Leonor Machado Severeino	07	Fisica Torres Vedras	1:31.72	1:21.41	235	38.86	42.55
53.	Catarina Sofia Gonçalves	06	Naval Setubalense	1:22.11	1:21.78	231	38.72	43.06
EXH	Yonina Brancourt	04	Gesloures	1:03.65	1:03.45	496	30.91	32.54
EXH	Simone Filipe Monteiro	05	Gesloures	1:05.93	1:05.52	451	31.86	33.66
EXH	Claudia Beatriz Martins	03	Gesloures	1:02.77	1:05.73	446	31.24	34.49
EXH	Daniela Dias Coutinho	06	Gesloures	1:16.36	1:11.65	344	34.96	36.69
EXH	Joana Cristina Biltes	06	Gesloures	1:22.35	1:16.32	285	35.78	40.54

Prova 12

20.06.2019 - 11:06

Masc., 100m Livres

Absolutos (NP)

Absoluto

Resultados Elimin

Rec Taça Gesloures Sen	51.46	Francisco Rogerio Santos	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	54.22	Miguel Henriques Marques	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	54.84	Rafael Rodrigues Jacinto	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	56.28	Martim Miranda Machado	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	54.35	Diogo Matos Ribeiro	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	58.86	Diogo Matos Ribeiro	POR	Loures	14.05.2017
Rec Regional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	11.12.2018
Rec Nacional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	11.12.2018

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Joel Michael Fribergh	05	Bombeiros dos Estoris	NT	1:01.15	396	29.32	31.83
2.	Miguel Cordeiro Almeida	05	Algés	NT	1:02.06	379	30.35	31.71
3.	Manuel Pires Oliveira	05	Palmela Desporto	1:01.95	1:02.35	374	29.93	32.42
4.	Alfredo Cabrita Soudo	05	Belenenses	1:02.70	1:02.84	365	30.78	32.06
5.	Afonso Silvestre Almeida	06	Amadora	1:03.31	1:02.94	364	30.11	32.83
6.	Manuel Angelo Pereira	05	Sporting	1:04.06	1:03.04	362	30.52	32.52
7.	Jose Manuel Sa	05	Sporting	1:05.11	1:03.64	352	30.25	33.39
8.	Rodrigo Franco Palare	06	Gesloures	1:03.86	1:03.70	351	30.69	33.01
9.	Vasco Alves Morgado	05	Algés	1:06.58	1:04.12	344	30.80	33.32
10.	Diogo Sousa Barbosa	05	Benfica	1:03.88	1:04.13	344	30.86	33.27
11.	Rodrigo Piteira Maio	06	Belenenses	1:10.90	1:06.06	314	31.65	34.41
12.	Tomas Maia Januario	06	Gesloures	1:06.77	1:07.17	299	31.98	35.19
13.	Pedro Crispim Jorge	06	União Piedense	1:07.04	1:07.30	297	31.90	35.40
14.	Gonçalo Albino Ramos	06	Naval Setubalense	1:06.65	1:07.40	296	32.25	35.15
15.	Guilherme Santos Gavea	06	Benfica	1:09.23	1:07.80	291	32.29	35.51
16.	Gonçalo Pires Fialho	05	Amadora	1:07.95	1:08.43	283	32.00	36.43
17.	Miguel Jose Oliveira	05	Bombeiros dos Estoris	1:26.00	1:08.61	281	32.95	35.66

Prova 12, Masc., 100m Livres, Elimin, Infantis

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
18.	Dinis Oliveira Clemente	06	Colégio Int Monte Maior	1:10.50	1:10.27	261	32.65	37.62
19.	Diogo Lopes Venceslau	06	Palmela Desporto	1:11.54	1:11.18	251	34.26	36.92
20.	Tiago Fernandes Loucao	06	Laranjeiro	1:16.39	1:11.62	247	34.31	37.31
21.	Martim Daniel Torres	06	Naval Setubalense	1:25.70	1:13.72	226	34.68	39.04

Juvenis

1.	Goncalo Henriques Wanzeller <i>Recorde da Taça</i>	03	Belenenses	1:18.00	54.71	554	26.31	28.40
2.	Antonio Santos Pereira	03	Bombeiros dos Estoris	54.81	55.90	519	27.13	28.77
3.	Alexandre Duarte Morais	04	Palmela Desporto	57.71	57.93	466	28.25	29.68
4.	Salvador Ataide Parente	03	Gesloures	57.83	57.96	466	28.33	29.63
5.	Daniel Shumeika Zayika	03	Benfica	57.55	57.97	465	28.01	29.96
6.	Tomas Martins Mira	04	Naval Setubalense	58.00	58.07	463	27.71	30.36
7.	Afonso Esteves Tome	03	Colégio Int Monte Maior	57.83	58.41	455	28.38	30.03
8.	Joao Pedro Penelas	04	Gesloures	57.68	58.54	452	27.76	30.78
9.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	57.98	58.63	450	28.66	29.97
10.	Afonso Figueiredo Frasquilho	04	Sporting	57.33	58.92	443	28.41	30.51
11.	Joao Miguel Cascalheira	03	Naval Setubalense	56.51	58.93	443	28.32	30.61
12.	Joao Matos Fidalgo	03	Benfica	58.69	59.36	433	28.68	30.68
13.	Duarte Cadima Goncalves	04	C N Montijo	59.19	59.69	426	28.34	31.35
	Guilherme Matias Cristino	03	União Piedense	59.69	59.69	426	28.23	31.46
15.	Joao Silva Angelino	04	Palmela Desporto	59.40	59.81	424	28.56	31.25
16.	Nicolae Iachimovschi	03	Belenenses	NT	1:00.14	417	27.99	32.15
17.	Afonso Cipriano Pinto	04	Sporting	59.80	1:02.17	377	29.27	32.90
18.	Duarte Brito Justino	04	Colégio Int Monte Maior	1:01.63	1:03.27	358	30.47	32.80
19.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	1:03.67	1:04.51	338	30.81	33.70
20.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:17.36	1:08.57	281	33.00	35.57

Juniores & Seniores

1.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	NT	52.33	633	25.50	26.83
2.	Tiago Maria Camoes <i>Recorde da Taça</i>	01	União Piedense	55.44	54.10	573	25.66	28.44
3.	Ricardo Saraiva Pires	98	Laranjeiro	53.12	54.35	565	25.99	28.36
4.	Eduardo Gomes Fernandes	02	Sporting	52.23	54.39	564	26.16	28.23
5.	Rafael Rodrigues Jacinto	02	Belenenses	53.80	54.58	558	26.53	28.05
6.	Joao Esteves Padrela	99	Belenenses	51.88	54.88	549	26.36	28.52
7.	Leonardo Pedro Rochinha	98	Bombeiros dos Estoris	52.36	55.30	536	26.15	29.15
8.	Ricardo Pinela Ferreira	01	Benfica	56.42	55.79	522	27.06	28.73
9.	Pedro Dordio Carreiro	97	Gesloures	55.06	56.04	515	27.05	28.99
10.	Miguel Rohula Reis	01	Sporting	56.09	56.16	512	27.25	28.91
11.	Rodrigo Costa Teixeira	99	Laranjeiro	56.34	56.54	502	27.59	28.95
12.	Guilherme Ventura Carvalho	01	Gesloures	57.50	57.03	489	27.85	29.18
13.	Rui Miguel Correia	96	C N Montijo	56.17	57.22	484	27.42	29.80
14.	Henrique Rodrigues Cruz	02	Colégio Int Monte Maior	56.62	58.01	464	28.33	29.68
15.	Miguel Henriques Marques	00	Benfica	52.97	58.57	451	26.52	32.05
16.	Jose Luis Buzio	02	Naval Setubalense	1:00.64	1:01.27	394	29.80	31.47
17.	Nuno Miguel Silva	02	Fisica Torres Vedras	1:03.01	1:01.85	383	29.79	32.06

Absoluto

1.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	NT	52.33	633	25.50	26.83
2.	Tiago Maria Camoes <i>Recorde da Taça</i>	01	União Piedense	55.44	54.10	573	25.66	28.44
3.	Ricardo Saraiva Pires	98	Laranjeiro	53.12	54.35	565	25.99	28.36
4.	Eduardo Gomes Fernandes	02	Sporting	52.23	54.39	564	26.16	28.23
5.	Rafael Rodrigues Jacinto	02	Belenenses	53.80	54.58	558	26.53	28.05
6.	Goncalo Henriques Wanzeller <i>Recorde da Taça</i>	03	Belenenses	1:18.00	54.71	554	26.31	28.40
7.	Joao Esteves Padrela	99	Belenenses	51.88	54.88	549	26.36	28.52
8.	Leonardo Pedro Rochinha	98	Bombeiros dos Estoris	52.36	55.30	536	26.15	29.15

Prova 12, Masc., 100m Livres, Elimin, Absoluto

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
9.	Ricardo Pinela Ferreira	01	Benfica	56.42	55.79	522	27.06	28.73
10.	Antonio Santos Pereira	03	Bombeiros dos Estoris	54.81	55.90	519	27.13	28.77
11.	Pedro Dordio Carreiro	97	Gesloures	55.06	56.04	515	27.05	28.99
12.	Miguel Rohula Reis	01	Sporting	56.09	56.16	512	27.25	28.91
13.	Rodrigo Costa Teixeira	99	Laranjeiro	56.34	56.54	502	27.59	28.95
14.	Guilherme Ventura Carvalho	01	Gesloures	57.50	57.03	489	27.85	29.18
15.	Rui Miguel Correia	96	C N Montijo	56.17	57.22	484	27.42	29.80
16.	Alexandre Duarte Morais	04	Palmela Desporto	57.71	57.93	466	28.25	29.68
17.	Salvador Ataide Parente	03	Gesloures	57.83	57.96	466	28.33	29.63
18.	Daniel Shumeika Zayika	03	Benfica	57.55	57.97	465	28.01	29.96
19.	Henrique Rodrigues Cruz	02	Colégio Int Monte Maior	56.62	58.01	464	28.33	29.68
20.	Tomas Martins Mira	04	Naval Setubalense	58.00	58.07	463	27.71	30.36
21.	Afonso Esteves Tome	03	Colégio Int Monte Maior	57.83	58.41	455	28.38	30.03
22.	Joao Pedro Penelas	04	Gesloures	57.68	58.54	452	27.76	30.78
23.	Miguel Henriques Marques	00	Benfica	52.97	58.57	451	26.52	32.05
24.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	57.98	58.63	450	28.66	29.97
25.	Afonso Figueiredo Frasquilho	04	Sporting	57.33	58.92	443	28.41	30.51
26.	Joao Miguel Cascalheira	03	Naval Setubalense	56.51	58.93	443	28.32	30.61
27.	Joao Matos Fidalgo	03	Benfica	58.69	59.36	433	28.68	30.68
28.	Duarte Cadima Goncalves	04	C N Montijo	59.19	59.69	426	28.34	31.35
	Guilherme Matias Cristino	03	União Piedense	59.69	59.69	426	28.23	31.46
30.	Joao Silva Angelino	04	Palmela Desporto	59.40	59.81	424	28.56	31.25
31.	Nicolae Iachimovschi	03	Belenenses	NT	1:00.14	417	27.99	32.15
32.	Joel Michael Fribergh	05	Bombeiros dos Estoris	NT	1:01.15	396	29.32	31.83
33.	Jose Luis Buzio	02	Naval Setubalense	1:00.64	1:01.27	394	29.80	31.47
34.	Nuno Miguel Silva	02	Fisica Torres Vedras	1:03.01	1:01.85	383	29.79	32.06
35.	Miguel Cordeiro Almeida	05	Algés	NT	1:02.06	379	30.35	31.71
36.	Afonso Cipriano Pinto	04	Sporting	59.80	1:02.17	377	29.27	32.90
37.	Manuel Pires Oliveira	05	Palmela Desporto	1:01.95	1:02.35	374	29.93	32.42
38.	Alfredo Cabrita Soudo	05	Belenenses	1:02.70	1:02.84	365	30.78	32.06
39.	Afonso Silvestre Almeida	06	Amadora	1:03.31	1:02.94	364	30.11	32.83
40.	Manuel Angelo Pereira	05	Sporting	1:04.06	1:03.04	362	30.52	32.52
41.	Duarte Brito Justino	04	Colégio Int Monte Maior	1:01.63	1:03.27	358	30.47	32.80
42.	Jose Manuel Sa	05	Sporting	1:05.11	1:03.64	352	30.25	33.39
43.	Rodrigo Franco Palare	06	Gesloures	1:03.86	1:03.70	351	30.69	33.01
44.	Vasco Alves Morgado	05	Algés	1:06.58	1:04.12	344	30.80	33.32
45.	Diogo Sousa Barbosa	05	Benfica	1:03.88	1:04.13	344	30.86	33.27
46.	Guilherme Lousada Carneiro	04	Bombeiros dos Estoris	1:03.67	1:04.51	338	30.81	33.70
47.	Rodrigo Piteira Maio	06	Belenenses	1:10.90	1:06.06	314	31.65	34.41
48.	Tomas Maia Januario	06	Gesloures	1:06.77	1:07.17	299	31.98	35.19
49.	Pedro Crispim Jorge	06	União Piedense	1:07.04	1:07.30	297	31.90	35.40
50.	Gonçalo Albino Ramos	06	Naval Setubalense	1:06.65	1:07.40	296	32.25	35.15
51.	Guilherme Santos Gavea	06	Benfica	1:09.23	1:07.80	291	32.29	35.51
52.	Gonçalo Pires Fialho	05	Amadora	1:07.95	1:08.43	283	32.00	36.43
53.	Rodrigo Rebelo Pereira	04	Laranjeiro	1:17.36	1:08.57	281	33.00	35.57
54.	Miguel Jose Oliveira	05	Bombeiros dos Estoris	1:26.00	1:08.61	281	32.95	35.66
55.	Dinis Oliveira Clemente	06	Colégio Int Monte Maior	1:10.50	1:10.27	261	32.65	37.62
56.	Diogo Lopes Venceslau	06	Palmela Desporto	1:11.54	1:11.18	251	34.26	36.92
57.	Tiago Fernandes Loucao	06	Laranjeiro	1:16.39	1:11.62	247	34.31	37.31
58.	Martim Daniel Torres	06	Naval Setubalense	1:25.70	1:13.72	226	34.68	39.04
EXH	Ricardo Silva Marujo	00	Gesloures	57.17	56.54	502	27.11	29.43
EXH	Luis Carlos Correia	03	Individual ANL	58.37	58.95	443	28.35	30.60
EXH	Miguel Dordio Carreiro	97	Gesloures	58.39	59.36	433	28.56	30.80
EXH	Daniel Alexandre Ascenso	03	Gesloures	59.85	1:00.05	419	29.37	30.68
EXH	Goncalo Filipe Valente	03	Gesloures	1:00.11	1:01.24	395	29.90	31.34
EXH	Goncalo Ramos Costa	05	Gesloures	1:06.71	1:06.16	313	31.73	34.43
EXH	Francisco Matos Mota	03	Gesloures	1:05.66	1:06.54	308	31.96	34.58
EXH	Francisco Tente Pinto	06	Gesloures	1:16.20	1:08.10	287	32.14	35.96
EXH	Daniel Munoz Lopes	05	Gesloures	1:06.27	1:08.68	280	31.56	37.12
EXH	Rafael Filipe Lopes	06	Gesloures	1:09.72	1:08.71	279	32.50	36.21
EXH	Luis Pedro Figueiredo	06	Gesloures	1:11.31	1:08.85	278	32.66	36.19
EXH	Vyacheslav Hliba	05	Gesloures	1:10.28	1:10.52	258	33.06	37.46
EXH	Rodrigo Onofre Matos	06	Gesloures	1:15.81	1:20.48	174	37.72	42.76

Prova 13
20.06.2019 - 11:16

Femin., 100m Livres
Natação Adaptada

Absoluto
Resultados Elimin

Pontos: FINA 2018

Lugar	Ano	Class.Dif	Tempo final	Pts	50m	100m
1. Ana Filipa Carvalho	88	S14 Sporting	1:46.42	105 Q		

Prova 14
20.06.2019 - 11:19

Masc., 100m Livres
Natação Adaptada

Absoluto
Resultados Elimin

Pontos: FINA 2018

Lugar	Ano	Class.Dif	Tempo final	Pts	50m	100m
1. David Realista Grachat	87	S9 Gesloures	1:03.82	349 Q	31.96	31.86
2. Ricardo Andrade Belezas	91	S15 Sporting	1:04.15	343 Q	32.46	31.69
3. Josemar Joel Ferreira	95	S15 Sporting	1:09.10	275 Q	32.23	36.87
4. R. Castanheira	01	S8 Gesloures	1:10.81	255 Q	34.25	36.56
5. Ricardo Aderneira Soares	99	S8 Gesloures	1:11.58	247 Q	34.77	36.81
6. Daniel Carlos Videira	92	S6 Gesloures	1:13.97	224 Q	36.12	37.85
7. Nuno Alexandre Silva	92	S14 Sporting	1:16.39	203 Q	36.84	39.55
8. Diogo Alexandre Matos	99	S21 Gesloures	1:18.37	188 Q	35.16	43.21
9. Jose Carneirinho Ribeiro	90	S14 Sporting	1:19.37	181	37.08	42.29
10. Andre Reis Almeida	00	S21 Sporting	1:22.94	159	37.94	45.00
11. Joao Francisco Vaz	92	S21 Sporting	1:26.63	139	40.49	46.14
12. Vicente Barros Pereira	05	S21 Sporting	1:32.37	115	44.75	47.62
13. Francisco Jose Vicente	99	S21 Sporting	1:34.06	109	43.76	50.30

Prova 17
20.06.2019 - 11:25

Femin., 100m Livres
Masters

Masters
Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Master 1								
1.	Ana Rita Mendes	91	Gesloures	1:07.19	1:08.51	394	31.04	37.47
2.	Madalena Viegas Carvalho	92	Colégio Int Monte Maior	1:18.00	1:15.19	298	34.91	40.28
3.	Gisela Felix Seixas	94	Amadora	1:25.40	1:24.61	209	40.21	44.40
4.	Andreia Azevedo Almeida	86	Palmela Desporto	2:06.65	1:59.03	75	58.18	1:00.85
DSQ	Marta Garanhoto Bruno	93	Colégio Int Monte Maior	1:22.00				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								

Master 2

1.	Filipa Cristina Fernandes	76	Gesloures	1:14.18	1:17.01	277	35.18	41.83
2.	Maria Joao Rocha	80	Gesloures	1:23.19	1:22.83	223	38.97	43.86
3.	Rita Sofia Melo	81	Colégio Int Monte Maior	1:27.00	1:23.34	219	38.81	44.53
4.	Patricia Alexandra Santos	78	Gesloures	1:27.89	1:33.33	156	41.34	51.99
5.	Carla Sofia Sequeira	75	Colégio Int Monte Maior	1:39.13	1:34.90	148	46.12	48.78

Master 3

1.	Cláudia Maria Silva	70	Palmela Desporto	1:17.68	1:20.81	240	37.61	43.20
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Master 4

DSQ	Maria Isabel Correia	64	C N Montijo	1:35.00				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								

Prova 17, Femin., 100m Livres

Masters

1.	Ana Rita Mendes	91	Gesloures	1:07.19	1:08.51	394	31.04	37.47	
2.	Madalena Viegas Carvalho	92	Colégio Int Monte Maior	1:18.00	1:15.19	298	34.91	40.28	
3.	Filipa Cristina Fernandes	76	Gesloures	1:14.18	1:17.01	277	35.18	41.83	
4.	Cláudia Maria Silva	70	Palmela Desporto	1:17.68	1:20.81	240	37.61	43.20	
5.	Maria Joao Rocha	80	Gesloures	1:23.19	1:22.83	223	38.97	43.86	
6.	Rita Sofia Melo	81	Colégio Int Monte Maior	1:27.00	1:23.34	219	38.81	44.53	
7.	Gisela Felix Seixas	94	Amadora	1:25.40	1:24.61	209	40.21	44.40	
8.	Patricia Alexandra Santos	78	Gesloures	1:27.89	1:33.33	156	41.34	51.99	
9.	Carla Sofia Sequeira	75	Colégio Int Monte Maior	1:39.13	1:34.90	148	46.12	48.78	
10.	Andreia Azevedo Almeida	86	Palmela Desporto	2:06.65	1:59.03	75	58.18	1:00.85	
DSQ	Marta Garanhoto Bruno	93	Colégio Int Monte Maior	1:22.00					
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>								
DSQ	Maria Isabel Correia	64	C N Montijo	1:35.00					
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>								

Prova 18

20.06.2019 - 11:30

Masc., 100m Livres Masters

Masters Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Master 1								
1.	Joao Pedro Ferreira	91	Gesloures	1:03.16	1:02.15	378	28.91	33.24
Master 2								
1.	Nuno Rogerio Santos	76	Gesloures	1:05.94	1:03.61	352	30.59	33.02
2.	David Alexandre Rodrigues	82	Colégio Int Monte Maior	1:06.83	1:06.24	312	30.33	35.91
3.	Joao Pedro Lima	77	Gesloures	1:14.07	1:13.91	224	35.12	38.79
4.	Pedro Alexandre Lopes	75	C N Montijo	1:20.00	1:17.05	198	35.99	41.06
5.	Rafael Ferreira Baraona	77	C N Montijo	1:30.00	1:22.41	162	37.12	45.29
Master 3								
1.	Eurico Manuel Santos	70	Colégio Int Monte Maior	1:10.00	1:06.76	305	32.62	34.14
2.	Mario Antonio Neves	68	Gesloures	1:14.15	1:09.11	274	34.10	35.01
3.	Jose Samuel Duarte	65	Sporting	1:07.24	1:10.07	263	34.03	36.04
4.	Adelino Jose Casas	66	Sporting	1:11.52	1:14.19	222	35.72	38.47
5.	Jose Manuel Pereira	70	Palmela Desporto	1:13.67	1:14.44	220	34.53	39.91
6.	Filipe Cadima Goncalves	68	C N Montijo	1:17.35	1:17.70	193	35.43	42.27
7.	Fernando Manuel Santana	68	Colégio Int Monte Maior	1:26.00	1:24.21	151	40.36	43.85
8.	Henrique Martins Ferreira	69	Amadora	1:33.58	1:32.26	115	42.68	49.58
Master 4								
1.	Paulo Paula Carvalho	61	Sporting	1:21.99	1:03.10	361	30.40	32.70
2.	Sergio Antonio Duarte	59	Colégio Int Monte Maior	1:21.45	1:23.08	158	36.12	46.96
3.	Paulo Filipe Luz	59	Gesloures	1:21.96	1:26.81	138	41.72	45.09
4.	Joao Castro Teixeira	61	Amadora	1:31.49	1:29.29	127	42.44	46.85
5.	Joao Pedro Afonso	64	C N Montijo	1:40.00	1:35.32	104	44.76	50.56
Masters								
1.	Joao Pedro Ferreira	91	Gesloures	1:03.16	1:02.15	378	28.91	33.24
2.	Paulo Paula Carvalho	61	Sporting	1:21.99	1:03.10	361	30.40	32.70
3.	Nuno Rogerio Santos	76	Gesloures	1:05.94	1:03.61	352	30.59	33.02
4.	David Alexandre Rodrigues	82	Colégio Int Monte Maior	1:06.83	1:06.24	312	30.33	35.91
5.	Eurico Manuel Santos	70	Colégio Int Monte Maior	1:10.00	1:06.76	305	32.62	34.14
6.	Mario Antonio Neves	68	Gesloures	1:14.15	1:09.11	274	34.10	35.01
7.	Jose Samuel Duarte	65	Sporting	1:07.24	1:10.07	263	34.03	36.04
8.	Joao Pedro Lima	77	Gesloures	1:14.07	1:13.91	224	35.12	38.79

Prova 18, Masc., 100m Livres, Masters

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
9.	Adelino Jose Casas	66	Sporting	1:11.52	1:14.19	222	35.72	38.47
10.	Jose Manuel Pereira	70	Palmela Desporto	1:13.67	1:14.44	220	34.53	39.91
11.	Pedro Alexandre Lopes	75	C N Montijo	1:20.00	1:17.05	198	35.99	41.06
12.	Filipe Cadima Goncalves	68	C N Montijo	1:17.35	1:17.70	193	35.43	42.27
13.	Rafael Ferreira Baraona	77	C N Montijo	1:30.00	1:22.41	162	37.12	45.29
14.	Sergio Antonio Duarte	59	Colégio Int Monte Maior	1:21.45	1:23.08	158	36.12	46.96
15.	Fernando Manuel Santana	68	Colégio Int Monte Maior	1:26.00	1:24.21	151	40.36	43.85
16.	Paulo Filipe Luz	59	Gesloures	1:21.96	1:26.81	138	41.72	45.09
17.	Joao Castro Teixeira	61	Amadora	1:31.49	1:29.29	127	42.44	46.85
18.	Henrique Martins Ferreira	69	Amadora	1:33.58	1:32.26	115	42.68	49.58
19.	Joao Pedro Afonso	64	C N Montijo	1:40.00	1:35.32	104	44.76	50.56

Prova 19

20.06.2019 - 11:37

Femin., 100m Estilos Masters

Masters Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Master 1								
1.	Ana Rita Mendes	91	Gesloures	1:16.96	1:19.39	360	36.99	42.40
2.	Madalena Viegas Carvalho	92	Colégio Int Monte Maior	1:25.00	1:26.38	279	40.15	46.23
3.	Marta Garanhoto Bruno	93	Colégio Int Monte Maior	1:30.00	1:29.30	253	42.36	46.94
4.	Gisela Felix Seixas	94	Amadora	NT	1:40.93	175	46.34	54.59
5.	Andreia Azevedo Almeida	86	Palmela Desporto	2:13.58	2:16.40	71	1:10.14	1:06.26

Master 2

1.	Filipa Cristina Fernandes	76	Gesloures	1:19.63	1:22.22	324	38.14	44.08
2.	Rita Sofia Melo	81	Colégio Int Monte Maior	1:31.00	1:32.63	227	43.38	49.25
3.	Patricia Alexandra Santos	78	Gesloures	1:36.10	1:39.32	184	47.73	51.59
4.	Maria Joao Rocha	80	Gesloures	1:38.06	1:42.15	169	47.13	55.02
DSQ	Carla Sofia Sequeira	75	Colégio Int Monte Maior	1:59.20				

E-B2 - Após a partida a cabeça não cortou a superf. da água antes das mãos virarem para dentro na parte mais larga do 2º ciclo

Master 4

1.	Maria Isabel Correia	64	C N Montijo	1:38.90	1:35.74	205	45.20	50.54
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Masters

1.	Ana Rita Mendes	91	Gesloures	1:16.96	1:19.39	360	36.99	42.40
2.	Filipa Cristina Fernandes	76	Gesloures	1:19.63	1:22.22	324	38.14	44.08
3.	Madalena Viegas Carvalho	92	Colégio Int Monte Maior	1:25.00	1:26.38	279	40.15	46.23
4.	Marta Garanhoto Bruno	93	Colégio Int Monte Maior	1:30.00	1:29.30	253	42.36	46.94
5.	Rita Sofia Melo	81	Colégio Int Monte Maior	1:31.00	1:32.63	227	43.38	49.25
6.	Maria Isabel Correia	64	C N Montijo	1:38.90	1:35.74	205	45.20	50.54
7.	Patricia Alexandra Santos	78	Gesloures	1:36.10	1:39.32	184	47.73	51.59
8.	Gisela Felix Seixas	94	Amadora	NT	1:40.93	175	46.34	54.59
9.	Maria Joao Rocha	80	Gesloures	1:38.06	1:42.15	169	47.13	55.02
10.	Andreia Azevedo Almeida	86	Palmela Desporto	2:13.58	2:16.40	71	1:10.14	1:06.26
DSQ	Carla Sofia Sequeira	75	Colégio Int Monte Maior	1:59.20				

E-B2 - Após a partida a cabeça não cortou a superf. da água antes das mãos virarem para dentro na parte mais larga do 2º ciclo

Prova 20
20.06.2019 - 11:42

Masc., 100m Estilos
Masters

Masters
Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Master 1								
1.	Joao Pedro Ferreira	91	Gesloures	1:10.82	1:11.42	349	33.96	37.46
Master 2								
1.	Nuno Rogerio Santos	76	Gesloures	1:13.40	1:14.16	312	33.86	40.30
2.	Joao Pedro Lima	77	Gesloures	1:24.69	1:24.15	213	38.77	45.38
3.	Felippe Figueiredo	80	Palmela Desporto	1:30.96	1:26.87	194	36.82	50.05
4.	Rafael Ferreira Baraona	77	C N Montijo	1:29.45	1:35.08	148	42.43	52.65
DSQ	Pedro Alexandre Lopes	75	C N Montijo	1:30.00				
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>							
Master 3								
1.	Jose Samuel Duarte	65	Sporting	1:13.17	1:14.12	312	37.68	36.44
2.	Mario Antonio Neves	68	Gesloures	1:20.81	1:19.71	251	39.13	40.58
3.	Eurico Manuel Santos	70	Colégio Int Monte Maior	1:17.00	1:21.00	239	36.78	44.22
4.	Adelino Jose Casas	66	Sporting	1:25.76	1:27.74	188	40.66	47.08
5.	Filipe Cadima Goncalves	68	C N Montijo	1:35.00	1:32.69	159	44.01	48.68
6.	Jose Manuel Pereira	70	Palmela Desporto	1:34.10	1:34.52	150	46.80	47.72
7.	Fernando Manuel Santana	68	Colégio Int Monte Maior	1:42.00	1:41.09	123	48.81	52.28
8.	Henrique Martins Ferreira	69	Amadora	1:43.96	1:46.89	104	49.11	57.78
Master 4								
1.	Paulo Paula Carvalho	61	Sporting	1:11.81	1:13.76	317	33.82	39.94
2.	Paulo Filipe Luz	59	Gesloures	1:31.26	1:32.27	162	44.03	48.24
3.	Sergio Antonio Duarte	59	Colégio Int Monte Maior	1:46.00	1:38.62	132	47.69	50.93
4.	Joao Castro Teixeira	61	Amadora	1:50.70	1:47.06	103	51.40	55.66
5.	Joao Pedro Afonso	64	C N Montijo	1:55.00	1:53.12	87	55.00	58.12
Masters								
1.	Joao Pedro Ferreira	91	Gesloures	1:10.82	1:11.42	349	33.96	37.46
2.	Paulo Paula Carvalho	61	Sporting	1:11.81	1:13.76	317	33.82	39.94
3.	Jose Samuel Duarte	65	Sporting	1:13.17	1:14.12	312	37.68	36.44
4.	Nuno Rogerio Santos	76	Gesloures	1:13.40	1:14.16	312	33.86	40.30
5.	Mario Antonio Neves	68	Gesloures	1:20.81	1:19.71	251	39.13	40.58
6.	Eurico Manuel Santos	70	Colégio Int Monte Maior	1:17.00	1:21.00	239	36.78	44.22
7.	Joao Pedro Lima	77	Gesloures	1:24.69	1:24.15	213	38.77	45.38
8.	Felippe Figueiredo	80	Palmela Desporto	1:30.96	1:26.87	194	36.82	50.05
9.	Adelino Jose Casas	66	Sporting	1:25.76	1:27.74	188	40.66	47.08
10.	Paulo Filipe Luz	59	Gesloures	1:31.26	1:32.27	162	44.03	48.24
11.	Filipe Cadima Goncalves	68	C N Montijo	1:35.00	1:32.69	159	44.01	48.68
12.	Jose Manuel Pereira	70	Palmela Desporto	1:34.10	1:34.52	150	46.80	47.72
13.	Rafael Ferreira Baraona	77	C N Montijo	1:29.45	1:35.08	148	42.43	52.65
14.	Sergio Antonio Duarte	59	Colégio Int Monte Maior	1:46.00	1:38.62	132	47.69	50.93
15.	Fernando Manuel Santana	68	Colégio Int Monte Maior	1:42.00	1:41.09	123	48.81	52.28
16.	Henrique Martins Ferreira	69	Amadora	1:43.96	1:46.89	104	49.11	57.78
17.	Joao Castro Teixeira	61	Amadora	1:50.70	1:47.06	103	51.40	55.66
18.	Joao Pedro Afonso	64	C N Montijo	1:55.00	1:53.12	87	55.00	58.12
DSQ	Pedro Alexandre Lopes	75	C N Montijo	1:30.00				
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>							

Prova 21
20.06.2019 - 11:49

Femin., 100m Livres
Prova extracompetição

Cadetes
Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
1.	Patricia Subtil Henriques	08	Gesloures	1:14.14	1:13.56	318	34.79	38.77
2.	Camila Gaspar Teles	08	Gesloures	1:28.65	1:21.72	232	38.06	43.66
3.	Yasmin Ruth Bexigas	08	Gesloures	1:27.46	1:22.96	222	38.53	44.43
4.	Beatriz Ribeiro Lima	09	Gesloures	1:29.18	1:27.50	189	42.03	45.47
5.	Lis Fatima Melo	08	Gesloures	1:34.92	1:28.86	180	41.39	47.47
6.	Ana Filipa Santo	10	Gesloures	1:37.67	1:33.62	154	41.56	52.06
7.	Daniela Pina Rodrigues	09	Gesloures	1:35.40	1:34.65	149	44.40	50.25
8.	Laura Cosme Malheiro	09	Gesloures	1:45.18	1:39.62	128	44.82	54.80
9.	Sara Neves Fernandes	09	Gesloures	1:45.05	1:41.00	123	47.37	53.63

Prova 22
20.06.2019 - 11:54

Masc., 100m Livres
Prova extracompetição

Cadetes
Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
1.	Bruno Belmonte Ribeiro	07	Gesloures	1:15.61	1:15.38	211	36.13	39.25
2.	Ricardo Lima Paiva	07	Gesloures	1:14.35	1:15.87	207	37.03	38.84
3.	Gabriel Martins Tusan	07	Gesloures	1:26.96	1:18.04	190	37.07	40.97
4.	Mateus Ferreira Penelas	08	Gesloures	1:32.08	1:22.25	163	39.54	42.71
5.	Francisco Rodrigues Vilar	08	Gesloures	1:29.89	1:22.75	160	39.71	43.04
6.	Rodrigo Oliveira Martins	07	Gesloures	1:33.84	1:24.40	150	38.87	45.53
7.	Joao Filipe Prazeres	08	Gesloures	1:35.58	1:25.50	145	41.65	43.85
8.	Afonso Mendonça Ornelas	08	Gesloures	1:37.77	1:26.60	139	41.25	45.35
9.	Rodrigo Duque Cristovao	08	Gesloures	1:30.34	1:28.08	132	41.38	46.70
10.	Joao Almeida Neves	08	Gesloures	1:30.55	1:28.52	130	41.52	47.00
11.	Miguel Pedro Feio	08	Gesloures	1:29.84	1:28.99	128	41.64	47.35
12.	Martin Pedro Esteves	08	Gesloures	1:37.08	1:31.35	119	43.23	48.12
13.	Rodrigo Pedro Esteves	08	Gesloures	1:29.54	1:32.85	113		
14.	Afonso Manuel Rodrigues	08	Gesloures	1:33.51	1:34.91	106	42.82	52.09

Prova 23
20.06.2019 - 12:01

Femin., 200m Estilos
Prova extracompetição

Cadetes
Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
1.	Patricia Subtil Henriques	08	GESL	2:59.72	3:11.12	259	40.75	47.27		
2.	Yasmin Ruth Bexigas	08	GESL	3:39.59	3:26.56	205	48.21	52.75		
3.	Daniela Pina Rodrigues	09	GESL	3:50.00	3:45.15	158	52.25	58.18		
4.	Lis Fatima Melo	08	GESL	3:44.91	3:49.41	149	51.28	52.47		
5.	Laura Cosme Malheiro	09	GESL	3:50.00	3:51.20	146	55.69	58.22		
6.	Sara Neves Fernandes	09	GESL	3:50.00	4:04.65	123	58.96	1:04.50		
DSQ	Camila Gaspar Teles	08	GESL	3:50.00						
<i>E-M13 - Efectuou batimento alternado de pernas/pés durante o percurso (SW 8.3)</i>										
DSQ	Beatriz Ribeiro Lima	09	GESL	3:50.00						
<i>E-C31 - Mov.vir. não contínuo, c/accentuado deslize pos.ventral, antes da vir.aos 75 metros. (SW 6.4)</i>										
DSQ	Ana Filipa Santo	10	GESL	3:50.00						
<i>E-B35 - Tocou com uma só mão na parede testa na viragem aos 125 metros (SW 7.6)</i>										

Prova 24
20.06.2019 - 12:10

Masc., 200m Estilos
Prova extracompetição

Cadetes
Resultados

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
1.	Ricardo Lima Paiva	07	GESL	3:06.28	3:04.56	209	40.83	47.83		
2.	Bruno Belmonte Ribeiro	07	GESL	3:04.43	3:08.93	195	42.34	48.87		
3.	Gabriel Martins Tusan	07	GESL	3:27.70	3:14.28	179	43.11	48.82		
4.	Joao Filipe Prazeres	08	GESL	3:50.00	3:23.10	157	48.57	51.66		
5.	Francisco Rodrigues Vilar	08	GESL	3:50.00	3:24.46	154	48.89	50.89		
6.	Rodrigo Oliveira Martins	07	GESL	3:50.00	3:32.39	137	53.04	55.28		
7.	Afonso Mendonça Ornelas	08	GESL	3:50.00	3:32.40	137	49.48	54.00		
8.	Mateus Ferreira Penelas	08	GESL	3:50.00	3:36.46	129	54.52	52.18		
9.	Miguel Pedro Feio	08	GESL	3:50.00	3:39.75	124	54.06	53.56		
10.	Rodrigo Pedro Esteves	08	GESL	3:50.00	3:43.81	117	53.09	53.28		
11.	Joao Almeida Neves	08	GESL	3:50.00	3:44.33	116	54.80	57.42		
12.	Martin Pedro Esteves	08	GESL	3:50.00	3:51.32	106	57.47	58.99		
13.	Rodrigo Duque Cristovao	08	GESL	3:50.00	4:01.28	93	52.25	57.65		
14.	Afonso Manuel Rodrigues	08	GESL	3:50.00	4:15.74	78	1:07.50	1:03.92		

2 - Finais

20.06.2019 - 15:30

Prova 1	Femin., 400m Livres				Absoluto
20.06.2019 - 15:30	Absolutos (NP)				Resultados Final
Rec Taça Gesloures Sen	4:25.26	Beatriz Paulo Ranito	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	4:28.18	Francisca Salvador Mesquita	POR	Sto Ant ^o Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	4:31.04	Ema Jeronimo Conceicao	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:40.54	Maria Carlota Rebelo	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	4:43.54	Ana Beatriz Simoes	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.92	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017
Rec Nacional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	17.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts	
Infantis							
1.	Maria Leonor Coelho	06	Benfica	4:49.92	4:43.84	564	
	50m: 32.47	150m: 1:44.34	36.20	250m: 2:57.09	36.31	350m: 4:09.13	35.54
	100m: 1:08.14	200m: 2:20.78	36.44	300m: 3:33.59	36.50	400m: 4:43.84	34.71
2.	Beatriz Mocego Niza	06	Amadora	5:10.28	4:50.72	524	
	50m: 32.71	150m: 1:45.77	36.87	250m: 2:59.79	36.83	350m: 4:14.59	37.50
	100m: 1:08.90	200m: 2:22.96	37.19	300m: 3:37.09	37.30	400m: 4:50.72	36.13
3.	Beatriz Fernandes Gama	06	Sporting	5:05.46	5:01.62	470	
	50m: 34.42	150m: 1:50.38	38.27	250m: 3:08.02	39.01	350m: 4:24.68	37.89
	100m: 1:12.11	200m: 2:29.01	38.63	300m: 3:46.79	38.77	400m: 5:01.62	36.94
4.	Madalena Correa Sa	06	Gesloures	5:09.71	5:05.84	450	
	50m: 34.52	150m: 1:51.58	39.01	250m: 3:09.54	38.92	350m: 4:27.54	38.86
	100m: 1:12.57	200m: 2:30.62	39.04	300m: 3:48.68	39.14	400m: 5:05.84	38.30
5.	Marta Silva Santos	06	Naval Setubalense	5:11.54	5:07.49	443	
	50m: 36.06	150m: 1:50.38	39.19	250m: 3:12.63	38.85	350m: 4:30.68	38.90
	100m: 1:14.99	200m: 2:33.78	39.60	300m: 3:51.78	39.15	400m: 5:07.49	36.81
6.	Maria Pinto Monteiro	06	União Piedense	5:08.31	5:11.79	425	
	50m: 33.43	150m: 1:52.50	40.28	250m: 3:13.33	40.22	350m: 4:32.56	39.56
	100m: 1:12.22	200m: 2:33.11	40.61	300m: 3:53.00	39.67	400m: 5:11.79	39.23
7.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	5:17.94	5:14.07	416	
	50m: 35.54	150m: 1:54.45	39.40	250m: 3:14.67	40.28	350m: 4:35.72	40.31
	100m: 1:15.05	200m: 2:34.39	39.94	300m: 3:55.41	40.74	400m: 5:14.07	38.35
8.	Maria Teresa Garcell	07	Fisica Torres Vedras	5:14.92	5:16.00	408	
	50m: 34.41	150m: 1:53.39	40.27	250m: 3:15.97	41.29	350m: 4:38.21	40.99
	100m: 1:13.12	200m: 2:34.68	41.29	300m: 3:57.22	41.25	400m: 5:16.00	37.79

Juvenis

1.	Marta Macedo Inacio	04	Sporting	4:44.28	4:38.41	597	
	50m: 32.37	150m: 1:42.25	34.96	250m: 2:53.08	35.38	350m: 4:04.38	35.74
	100m: 1:07.29	200m: 2:17.70	35.45	300m: 3:28.64	35.56	400m: 4:38.41	34.03
2.	Mariana Marques Santos	05	Gesloures	4:44.85	4:42.79	570	
	50m: 32.42	150m: 1:43.35	35.92	250m: 2:55.07	36.04	350m: 4:07.58	36.29
	100m: 1:07.43	200m: 2:19.03	35.68	300m: 3:31.29	36.22	400m: 4:42.79	35.21
3.	Maria Martins Camacho	04	União Piedense	4:53.09	4:51.15	522	
	50m: 33.01	150m: 1:46.12	36.79	250m: 2:59.86	36.95	350m: 4:14.38	37.62
	100m: 1:09.33	200m: 2:22.91	36.79	300m: 3:36.76	36.90	400m: 4:51.15	36.77
4.	Diana Valadas Horta	04	Laranjeiro	4:55.39	4:53.86	508	
	50m: 33.21	150m: 1:46.65	37.15	250m: 3:01.15	37.23	350m: 4:16.38	37.75
	100m: 1:09.50	200m: 2:23.92	37.27	300m: 3:38.63	37.48	400m: 4:53.86	37.48
5.	Mariana Frago Guterres	04	Benfica	5:02.05	5:01.17	472	
	50m: 33.80	150m: 1:48.93	38.00	250m: 3:06.69	38.33	350m: 4:23.11	38.36
	100m: 1:10.93	200m: 2:27.36	38.43	300m: 3:44.75	39.06	400m: 5:01.17	38.06
6.	Carolina Anjos Frischknecht	04	Naval Setubalense	5:14.47	5:16.88	405	
	50m: 36.05	150m: 1:57.10	40.73	250m: 3:17.79	40.12	350m: 4:37.77	39.86
	100m: 1:16.37	200m: 2:37.67	40.57	300m: 3:57.91	40.12	400m: 5:16.88	39.11
7.	Luana Santos Freitas	04	Amadora	5:25.39	5:19.49	395	
	50m: 35.87	150m: 1:58.14	41.21	250m: 3:20.05	40.28	350m: 4:41.84	41.06
	100m: 1:16.93	200m: 2:39.77	41.63	300m: 4:00.78	40.73	400m: 5:19.49	37.65

Prova 1, Femin., 400m Livres, Final, Juvenis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
8.	Margarida Mendes Bras	04	C N Montijo	5:22.09	5:23.60	380
	50m: 34.48 34.48	150m: 1:53.85 40.96	250m: 3:18.40	42.54	350m: 4:43.29 42.22	
	100m: 1:12.89 38.41	200m: 2:35.86 42.01	300m: 4:01.07	42.67	400m: 5:23.60 40.31	

Juniores & Seniores

1.	Teresa Miguel Veloso	00	Sporting	4:33.33	4:25.45	689
	50m: 31.18 31.18	150m: 1:37.78 33.38	250m: 2:44.27	33.12	350m: 3:51.80 33.91	
	100m: 1:04.40 33.22	200m: 2:11.15 33.37	300m: 3:17.89	33.62	400m: 4:25.45 33.65	
2.	Francisca Salvador Mesquita <i>Recorde da Taça</i>	02	Colégio Int Monte Maior	4:28.18	4:26.74	679
	50m: 30.35 30.35	150m: 1:37.99 34.12	250m: 2:46.40	34.22	350m: 3:54.77 34.28	
	100m: 1:03.87 33.52	200m: 2:12.18 34.19	300m: 3:20.49	34.09	400m: 4:26.74 31.97	
3.	Ema Jeronimo Conceicao	03	Fisica Torres Vedras	4:31.01	4:26.78	679
	50m: 30.64 30.64	150m: 1:37.94 33.81	250m: 2:46.49	34.31	350m: 3:55.21 34.31	
	100m: 1:04.13 33.49	200m: 2:12.18 34.24	300m: 3:20.90	34.41	400m: 4:26.78 31.57	
4.	Sofia Alexandra Rolao	98	Benfica	4:32.18	4:29.87	656
	50m: 30.37 30.37	150m: 1:38.31 34.21	250m: 2:47.23	34.53	350m: 3:56.83 34.87	
	100m: 1:04.10 33.73	200m: 2:12.70 34.39	300m: 3:21.96	34.73	400m: 4:29.87 33.04	
5.	Margarida Sobral Pimenta	99	Belenenses	4:37.66	4:34.07	626
	50m: 31.30 31.30	150m: 1:39.38 34.21	250m: 2:48.65	34.83	350m: 3:59.37 35.32	
	100m: 1:05.17 33.87	200m: 2:13.82 34.44	300m: 3:24.05	35.40	400m: 4:34.07 34.70	
6.	Bruna Martins Riesenberger	97	Laranjeiro	4:37.55	4:36.97	607
	50m: 31.90 31.90	150m: 1:40.82 34.77	250m: 2:51.50	35.33	350m: 4:01.98 35.20	
	100m: 1:06.05 34.15	200m: 2:16.17 35.35	300m: 3:26.78	35.28	400m: 4:36.97 34.99	
7.	Margarida Messias Ribeiro	98	Gesloures	4:44.93	4:38.47	597
	50m: 32.07 32.07	150m: 1:41.98 35.15	250m: 2:52.85	35.59	350m: 4:04.09 35.01	
	100m: 1:06.83 34.76	200m: 2:17.26 35.28	300m: 3:29.08	36.23	400m: 4:38.47 34.38	
8.	Beatriz Quintao Amantes	03	União Piedense	4:47.77	4:45.16	556
	50m: 32.00 32.00	150m: 1:42.87 35.82	250m: 2:55.65	36.47	350m: 4:09.20 36.93	
	100m: 1:07.05 35.05	200m: 2:19.18 36.31	300m: 3:32.27	36.62	400m: 4:45.16 35.96	

Prova 2

20.06.2019 - 15:50

Masc., 400m Livres Absolutos (NP)

Absoluto Resultados Final

Rec Taça Gesloures Sen	4:00.65	Tomas Miguel Veloso	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	3:59.35	Diogo Leal Dantas	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	4:16.71	Francisco Alves Souza	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	4:08.04	Bernardo Victorino Almeida	POR	Sto Ant ^o Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	4:27.14	Goncalo Brites Moita	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	4:50.68	Yann Forjaz Fock	POR	Loures	14.05.2017
Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017
Rec Nacional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	09.12.2017

Pontos: FINA 2018

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
1.	Tiago Rodrigues Pinto	05	Sporting	4:44.72	4:28.57	493
	50m: 30.75 30.75	150m: 1:38.39 34.02	250m: 2:47.69	34.62	350m: 3:56.08 34.28	
	100m: 1:04.37 33.62	200m: 2:13.07 34.68	300m: 3:21.80	34.11	400m: 4:28.57 32.49	
2.	Gonçalo Duarte Carvalho	05	Benfica	4:46.65	4:42.09	425
	50m: 31.71 31.71	150m: 1:41.96 35.57	250m: 2:53.44	35.94	350m: 4:06.09 36.59	
	100m: 1:06.39 34.68	200m: 2:17.50 35.54	300m: 3:29.50	36.06	400m: 4:42.09 36.00	
3.	Francisco Lourenco Vasconcelos	05	Gesloures	4:47.90	4:45.34	411
	50m: 31.39 31.39	150m: 1:42.15 35.57	250m: 2:55.63	37.00	350m: 4:09.39 36.68	
	100m: 1:06.58 35.19	200m: 2:18.63 36.48	300m: 3:32.71	37.08	400m: 4:45.34 35.95	
4.	Afonso Silvestre Almeida <i>Recorde da Taça</i>	06	Amadora	4:58.71	4:50.33	390
	50m: 32.47 32.47	150m: 1:44.95 36.48	250m: 2:59.16	37.13	350m: 4:14.01 37.69	
	100m: 1:08.47 36.00	200m: 2:22.03 37.08	300m: 3:36.32	37.16	400m: 4:50.33 36.32	

Prova 2, Masc., 400m Livres, Final, Infantis

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo	Pts
5.	Rodrigo Martins Bras 50m: 31.68 31.68 100m: 1:07.20 35.52	05	Belenenses 150m: 1:44.68 37.48 200m: 2:21.79 37.11	250m: 2:59.46 300m: 3:36.86	4:58.88 37.67 350m: 4:14.67 37.81 37.40 400m: 4:51.45 36.78	386
6.	Simao Lopes Oliveira 50m: 33.25 33.25 100m: 1:10.59 37.34	05	Naval Setubalense 150m: 1:49.32 38.73 200m: 2:28.43 39.11	250m: 3:05.28 300m: 3:42.95	4:59.31 36.85 350m: 4:20.30 37.35 37.67 400m: 4:57.04 36.74	364
7.	Tiago Almeida Correia 50m: 33.98 33.98 100m: 1:11.17 37.19	06	C N Montijo 150m: 1:49.37 38.20 200m: 2:27.80 38.43	250m: 3:05.54 300m: 3:43.16	5:05.48 37.74 350m: 4:21.08 37.92 37.62 400m: 4:57.15 36.07	364
8.	Pedro Crispim Jorge 50m: 33.99 33.99 100m: 1:12.18 38.19	06	União Piedense 150m: 1:51.17 38.99 200m: 2:30.66 39.49	250m: 3:10.04 300m: 3:48.28	5:02.61 39.38 350m: 4:27.31 39.03 38.24 400m: 5:04.82 37.51	337

Juvenis

1.	Bernardo Victorino Almeida <i>Recorde da Taça, , Recorde Regional e Recorde Nacional</i> 50m: 27.50 27.50 100m: 57.56 30.06	04	Sporting 150m: 1:28.23 30.67 200m: 1:59.12 30.89	250m: 2:30.18 300m: 3:01.62	4:08.04 31.06 350m: 3:32.86 31.24 31.44 400m: 4:03.15 30.29	665
2.	Rodrigo Reis Dias <i>Recorde da Taça</i> 50m: 28.65 28.65 100m: 59.83 31.18	03	Belenenses 150m: 1:31.24 31.41 200m: 2:03.52 32.28	250m: 2:35.51 300m: 3:07.66	4:24.01 31.99 350m: 3:40.08 32.42 32.15 400m: 4:11.51 31.43	601
3.	Antonio Santos Pereira 50m: 28.43 28.43 100m: 1:00.46 32.03	03	Bombeiros dos Estoris 150m: 1:33.44 32.98 200m: 2:06.27 32.83	250m: 2:39.24 300m: 3:11.78	4:17.17 32.97 350m: 3:44.16 32.38 32.54 400m: 4:15.57 31.41	572
4.	Francisco Amaro Santos 50m: 29.94 29.94 100m: 1:02.34 32.40	04	Gesloures 150m: 1:34.88 32.54 200m: 2:08.14 33.26	250m: 2:42.12 300m: 3:16.30	4:33.07 33.98 350m: 3:50.64 34.34 34.18 400m: 4:23.87 33.23	520
5.	Tiago Miguel Trombinhas 50m: 30.84 30.84 100m: 1:04.67 33.83	04	Colégio Int Monte Maior 150m: 1:39.21 34.54 200m: 2:14.01 34.80	250m: 2:48.90 300m: 3:23.68	4:28.34 34.89 350m: 3:58.77 35.09 34.78 400m: 4:31.79 33.02	476
6.	Guilherme Machado Santos 50m: 30.24 30.24 100m: 1:04.23 33.99	04	União Piedense 150m: 1:38.95 34.72 200m: 2:14.13 35.18	250m: 2:49.21 300m: 3:24.49	4:35.52 35.08 350m: 3:59.26 34.77 35.28 400m: 4:32.20 32.94	474
7.	Diogo Miguel Duraes 50m: 30.80 30.80 100m: 1:04.31 33.51	03	C N Montijo 150m: 1:39.20 34.89 200m: 2:14.57 35.37	250m: 2:50.01 300m: 3:25.18	4:37.05 35.44 350m: 4:00.25 35.07 35.17 400m: 4:34.38 34.13	462
8.	Tomas Martins Mira 50m: 30.72 30.72 100m: 1:05.67 34.95	04	Naval Setubalense 150m: 1:42.47 36.80 200m: 2:18.87 36.40	250m: 2:55.32 300m: 3:31.46	4:41.56 36.45 350m: 4:07.32 35.86 36.14 400m: 4:42.84 35.52	422

Juniores & Seniores

1.	Diogo Santos Cardoso 50m: 28.82 28.82 100m: 59.78 30.96	01	Colégio Int Monte Maior 150m: 1:31.00 31.22 200m: 2:02.38 31.38	250m: 2:34.01 300m: 3:05.67	4:12.44 31.63 350m: 3:37.44 31.77 31.66 400m: 4:08.48 31.04	623
2.	Afonso Mateus Ribeiro 50m: 29.43 29.43 100m: 1:00.51 31.08	95	Belenenses 150m: 1:31.87 31.36 200m: 2:04.40 32.53	250m: 2:36.51 300m: 3:08.82	4:20.85 32.11 350m: 3:41.61 32.79 32.31 400m: 4:13.28 31.67	588
3.	Francisco Alves Souza 50m: 28.74 28.74 100m: 59.99 31.25	02	Gesloures 150m: 1:31.85 31.86 200m: 2:04.24 32.39	250m: 2:36.50 300m: 3:09.40	4:17.58 32.26 350m: 3:41.52 32.12 32.90 400m: 4:13.51 31.99	586
4.	Joao Nogueira Mendes 50m: 29.83 29.83 100m: 1:02.18 32.35	02	Laranjeiro 150m: 1:34.94 32.76 200m: 2:08.31 33.37	250m: 2:41.68 300m: 3:15.17	4:22.87 33.37 350m: 3:47.95 32.78 33.49 400m: 4:19.16 31.21	549
5.	Carlos Filipe Lopes 50m: 29.75 29.75 100m: 1:02.49 32.74	01	União Piedense 150m: 1:35.66 33.17 200m: 2:09.50 33.84	250m: 2:41.78 300m: 3:15.45	4:19.22 32.28 350m: 3:49.94 34.49 33.67 400m: 4:24.88 34.94	514
6.	Antonio Maria Ferreira 50m: 30.23 30.23 100m: 1:03.21 32.98	00	Palmela Desporto 150m: 1:37.43 34.22 200m: 2:12.22 34.79	250m: 2:47.55 300m: 3:22.65	4:35.19 35.33 350m: 3:57.71 35.06 35.10 400m: 4:32.20 34.49	474

Prova 3

20.06.2019 - 16:09

Femin., 100m Costas Absolutos (NP)

Absoluto Resultados Final

Rec Taça Gesloures Sen	1:04.05	Ines Camacho Fernandes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:05.66	Francisca Salvador Mesquita	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	1:06.61	Filipa Ramos Peixeira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:06.24	Filipa Ramos Peixeira	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	1:08.92	Maria Ferreira Moura	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:11.32	Leonor Tavares Catalao	POR	Sto Antº Cavaleiros	01.07.2018
Rec Regional Abs	1:01.01	Rita Barros Frischknecht	SAD	Felgueiras	21.12.2018
Rec Nacional Abs	1:00.64	Ana Sofia Leite	GCVR	Porto	12.12.2015

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Luana Cardoso Magalhaes	06	Bombeiros dos Estoris	1:13.77	1:11.57	454	34.72	36.85
2.	Ines Correia Teixeira	06	Amadora	1:14.68	1:13.86	413	36.11	37.75
3.	Margarida Barbara Marques	06	Algés	1:18.59	1:18.18	348	37.63	40.55
4.	Carolina Costa Diniz	06	Sporting	1:19.06	1:18.36	346	39.08	39.28
5.	Daniela Dias Coutinho	06	Gesloures	1:20.13	1:18.87	339	38.69	40.18
6.	Maria Bandarra Matos	07	Sporting	1:18.60	1:19.05	337	39.51	39.54
7.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	1:18.28	1:19.76	328	39.04	40.72
8.	Ana Madalena Simoes	07	Gesloures	1:20.06	1:24.57	275	41.25	43.32

Juvenis

1.	Mariana Morais Delfino	04	Sporting	1:09.41	1:08.41	520	33.73	34.68
2.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:09.78	1:08.43	520	33.01	35.42
3.	Carolina Fale Costa	04	Colégio Int Monte Maior	1:09.21	1:08.66	514	33.71	34.95
4.	Sofia Vilardell Rodrigues	04	Gesloures	1:09.36	1:09.07	505	33.76	35.31
5.	Yonina Brancourt	04	Gesloures	1:10.72	1:10.40	477	33.79	36.61
6.	Sofia Antunes Sebastiao	05	Amadora	1:11.80	1:11.34	458	34.58	36.76
7.	Anais Cloe Pereira	04	Sporting	1:11.95	1:12.72	433	35.59	37.13
8.	Rafaela Diogo Martins	05	Naval Setubalense	1:12.78	1:14.27	406	36.10	38.17

Juniores & Seniores

1.	Filipa Ramos Peixeira	03	Sporting	1:06.60	1:05.24	600	31.67	33.57
<i>Recorde da Taça</i>								
2.	Francisca Salvador Mesquita	02	Colégio Int Monte Maior	1:05.66	1:06.09	577	32.30	33.79
3.	Maria Mousinho Esteves	02	Laranjeiro	1:08.98	1:07.36	545	33.06	34.30
4.	Luana Correia Rodrigues	01	Belenenses	1:08.18	1:07.79	534	33.33	34.46
5.	Mafalda Sofia Dias	01	Palmela Desporto	1:09.33	1:09.00	507	33.52	35.48
6.	Ines Figueira Santos	00	União Piedense	1:11.25	1:10.75	470	34.43	36.32
7.	Leonor Maria Neves	03	Gesloures	1:11.43	1:10.77	470	34.17	36.60
8.	Andreia Wongsangnoi Alves	03	Colégio Int Monte Maior	1:12.41	1:13.51	419	36.62	36.89

Prova 4

20.06.2019 - 16:17

Masc., 100m Costas Absolutos (NP)

Absoluto Resultados Final

Rec Taça Gesloures Sen	56.77	Francisco Rogerio Santos	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	58.34	Diogo Leal Dantas	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	59.62	Martim Primavera Alfama	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:00.17	Martim Primavera Alfama	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	1:03.82	Andre Azevedo Baraona	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	1:07.67	Diogo Matos Ribeiro	POR	Loures	14.05.2017
Rec Regional Abs	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14.12.2013
Rec Nacional Abs	51.48	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	11.12.2018

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Joel Michael Fribergh	05	Bombeiros dos Estoris	1:07.16	1:06.06	405	32.33	33.73
2.	Jose Manuel Sa	05	Sporting	1:09.46	1:07.10	387	32.65	34.45
3.	Afonso Lucio Costa	05	Sporting	1:11.32	1:09.80	343	33.71	36.09
4.	Manuel Pires Oliveira	05	Palmela Desporto	1:12.94	1:12.69	304	35.17	37.52
5.	Tomas Maia Januario	06	Gesloures	1:16.50	1:13.86	290	36.52	37.34
6.	Leandro Carvalho Semedo	06	Gesloures	1:14.57	1:14.62	281	36.07	38.55
7.	Guilherme Santos Gavea	06	Benfica	1:16.50	1:16.35	262	36.90	39.45
8.	Gonçalo Pires Fialho	05	Amadora	1:16.37	1:18.26	243	37.72	40.54

Juvenis

1.	Andre Azevedo Baraona	04	C N Montijo	1:02.77	1:01.67	498	29.48	32.19
2.	Nicolae Iachimovschi	03	Belenenses	1:03.89	1:02.10	488	29.79	32.31
3.	Pedro Pires Gomes	03	Belenenses	1:02.53	1:02.63	475	30.38	32.25
4.	Afonso Figueiredo Frasquilho	04	Sporting	1:05.33	1:03.44	457	30.67	32.77
5.	Goncalo Filipe Valente	03	Gesloures	1:04.70	1:04.92	427	31.38	33.54
6.	Tiago Fanha Lopes	04	C N Montijo	1:05.95	1:05.27	420	31.15	34.12
7.	Tiago Morgado Nogueira	04	Colégio Int Monte Maior	1:05.35	1:05.53	415	32.35	33.18
8.	Dinis Viola Caroco	03	Sporting	1:04.93	1:05.64	413	32.27	33.37

Juniores & Seniores

1.	Ricardo Saraiva Pires	98	Laranjeiro	1:01.39	58.27	591	28.32	29.95
2.	Ruy Manuel Domingos	02	Sporting	1:00.39	59.73	548	28.78	30.95
3.	Filipe Ferreira Luz	98	Gesloures	1:02.24	1:00.02	540	29.14	30.88
4.	Ricardo Pinela Ferreira	01	Benfica	1:01.80	1:00.32	532	28.80	31.52
5.	Diogo Carrasco Correia	95	Belenenses	1:02.30	1:01.77	496	29.82	31.95
6.	Bernardo Garcia Perloiro	00	Sporting	1:02.55	1:02.13	487	29.94	32.19
7.	Ricardo Martins Bras	01	Belenenses	1:02.22	1:02.62	476	30.81	31.81
DSQ	Guilherme Ventura Carvalho	01	Gesloures	1:02.35				

O atleta esteve totalmente submerso antes da chegada

Prova 13

20.06.2019 - 16:26

Femin., 100m Livres Natação Adaptada

Absoluto Resultados Final

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
1.	Ana Filipa Carvalho	88	Sporting	1:46.42	1:45.31	108	48.44	56.87

Prova 14
20.06.2019 - 16:29

Masc., 100m Livres
Natação Adaptada

Absoluto
Resultados Final

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
1.	David Realista Grachat	87	Gesloures	1:03.82	57.20	484	27.39	29.81
2.	Ricardo Andrade Belezas	91	Sporting	1:04.15	59.97	420	28.51	31.46
3.	Josemar Joel Ferreira	95	Sporting	1:09.10	1:08.85	278	31.75	37.10
4.	Ricardo Aderneira Soares	99	Gesloures	1:11.58	1:08.87	277	33.54	35.33
5.	Daniel Carlos Videira	92	Gesloures	1:13.97	1:10.38	260	33.97	36.41
<i>Rec Classe</i>								
6.	Nuno Alexandre Silva	92	Sporting	1:16.39	1:12.51	238	34.98	37.53
7.	Rodolfo Francisco Castanheira	01	Gesloures	1:10.81	1:13.04	232	35.79	37.25
8.	Diogo Alexandre Matos	99	Gesloures	1:18.37	1:14.36	220	34.75	39.61
<i>Rec Classe</i>								

Prova 5
20.06.2019 - 16:32

Femin., 100m Mariposa
Absolutos (NP)

Absoluto
Resultados Final

Rec Taça Gesloures Sen	1:04.06	Laura Sanchez Rodrigues	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:06.04	Madalena Rodrigues Tome	POR	Sto Ant ^o Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	1:05.70	Leonor Camacho Fernandes	POR	Loures	14.05.2017
Rec Taça Gesloures Juv B	1:04.10	Maria Ferreira Moura	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	1:07.41	Maria Ferreira Moura	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:09.48	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	59.45	Ines Camacho Fernandes	SCP	Porto	09.12.2017
Rec Nacional Abs	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18.12.2010

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Filipa Ferraz Domingos	06	Sporting	1:13.76	1:12.40	429	34.14	38.26
2.	Beatriz Mocego Niza	06	Amadora	1:14.20	1:13.84	404	34.22	39.62
3.	Maria Carlotta Ferrari	07	Gesloures	1:17.71	1:15.06	385	36.02	39.04
4.	Carolina Martins Camacho	06	União Piedense	1:18.76	1:16.18	368	35.59	40.59
5.	Leonor Eduarda Baptista	06	Benfica	1:18.96	1:18.09	342	36.19	41.90
6.	Ines Azevedo Baraona	07	C N Montijo	1:21.14	1:20.19	315	37.18	43.01
7.	Catarina Ferreira Rodrigues	07	Amadora	1:22.81	1:23.15	283	39.81	43.34
DSQ	Juliana Soromenho Santos	07	Benfica	1:22.40				
<i>M34 - Efectuou batimento alternado de pernas/pés após a viragem aos 25 metros. (SW 8.3)</i>								

Juvenis

1.	Maria Ferreira Moura	04	Sporting	1:08.95	1:02.87	655	29.20	33.67
<i>Recorde da Taça</i>								
2.	Soraia Alexandra Delgado	05	Sporting	1:08.53	1:08.21	513	32.06	36.15
3.	Lidiana Correia Rodrigues	04	Belenenses	1:09.90	1:08.22	512	32.47	35.75
4.	Alice Jesus Morgado	04	Gesloures	1:08.87	1:08.31	510	32.30	36.01
5.	Carolina Fale Costa	04	Colégio Int Monte Maior	1:10.16	1:08.43	508	32.71	35.72
6.	Iris Pereira Carrao	05	Laranjeiro	1:12.20	1:11.24	450	33.42	37.82
7.	Madalena Sampaio Torgal	05	Bombeiros dos Estoris	1:10.54	1:12.04	435	33.67	38.37
8.	Mariana Fragoso Guterres	04	Benfica	1:14.04	1:14.21	398	34.41	39.80

Prova 5, Femin., 100m Mariposa, Final

Juniores & Seniores

1.	Ines Camacho Fernandes	97	Sporting	1:04.63	1:02.17	677	29.07	33.10
	<i>Recorde da Taça</i>							
2.	Lia Ana Lima	01	Sporting	1:04.74	1:04.18	616	30.28	33.90
3.	Madalena Rodrigues Tome	03	Bombeiros dos Estoril	1:06.04	1:06.23	560	31.30	34.93
4.	Mariana Amaral Mendes	02	Colégio Int Monte Maior	1:07.48	1:06.57	552	31.88	34.69
5.	Daniela Mascarenhas Henriques	03	Gesloures	1:07.69	1:07.66	525	32.20	35.46
6.	Ana Rita Matos	02	Belenenses	1:09.37	1:08.70	502	32.31	36.39
7.	Sofia Alexandra Nunes	00	Laranjeiro	1:09.57	1:09.87	477	32.36	37.51
DSQ	Beatriz Vaz Rebelo	03	Gesloures	1:10.28				
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>							

Prova 6

20.06.2019 - 16:40

Masc., 100m Mariposa Absolutos (NP)

Absoluto Resultados Final

Rec Taça Gesloures Sen	57.26	Antonio Manuel Mendes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	58.59	Joao Silverio Duarte	POR	Loures	14.05.2017
Rec Taça Gesloures Juv A	58.74	Ruy Manuel Domingos	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	59.81	Manuel Baptista Simoes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	59.72	Diogo Matos Ribeiro	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	1:06.51	Goncalo Brites Moita	POR	Loures	14.05.2017
Rec Regional Abs	51.70	Duarte Rafael Mourao	CNA	Leiria	05.12.2009
Rec Nacional Abs	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11.11.2009

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Andre Henriques Marques	05	Benfica	1:06.50	1:03.90	425	29.89	34.01
2.	Tiago Rodrigues Pinto	05	Sporting	1:08.24	1:04.21	419	30.81	33.40
3.	Manuel Angelo Pereira	05	Sporting	1:08.92	1:05.57	394	31.22	34.35
4.	Tiago Silva Bartolo	05	Algés	1:06.74	1:06.14	384	31.43	34.71
5.	Francisco Lourenco Vasconcelos	05	Gesloures	1:09.44	1:09.76	327	31.72	38.04
6.	Rodrigo Piteira Maio	06	Belenenses	1:12.94	1:14.15	272	34.71	39.44
7.	Miguel Dias Batista	05	Amadora	1:15.12	1:15.53	257	34.46	41.07
8.	Tiago Almeida Correia	06	C N Montijo	1:15.50	1:16.19	251	35.10	41.09

Juvenis

1.	Rodrigo Reis Dias	03	Belenenses	1:00.83	58.97	542	27.46	31.51
2.	Luis Cabral Junior	03	Belenenses	1:01.58	1:00.56	500	28.22	32.34
3.	Joao Miguel Cascalheira	03	Naval Setubalense	1:03.33	1:02.42	457	29.15	33.27
4.	Joao Matos Fidalgo	03	Benfica	1:03.95	1:03.39	436	29.45	33.94
5.	Afonso Cipriano Pinto	04	Sporting	1:04.11	1:03.44	435	29.74	33.70
6.	Francisco Ribeiro Vieira	04	Física Torres Vedras	1:05.08	1:03.75	428	29.17	34.58
7.	Alexandre Coelho Vieira	03	Sporting	1:05.19	1:03.80	427	29.67	34.13
8.	Afonso Esteves Tome	03	Colégio Int Monte Maior	1:06.07	1:04.93	406	30.61	34.32

Juniores & Seniores

1.	Fernando Souza Silva	86	União Piedense	58.87	54.41	690	25.45	28.96
	<i>Recorde da Taça</i>							
2.	Vicente Oliveira Gomes	02	Sporting	58.95	56.90	603	26.29	30.61
	<i>Recorde da Taça</i>							
3.	Daniel Rochinha Pedro	98	Bombeiros dos Estoril	57.49	56.94	602	26.06	30.88
4.	Goncalo Morais Gordo	02	Colégio Int Monte Maior	1:00.01	59.90	517	28.11	31.79
5.	Filipe Ferrao Melo	01	Naval Setubalense	1:00.38	59.91	516	27.95	31.96
6.	Andre Tavares Grenho	99	Gesloures	1:00.40	1:00.13	511	27.87	32.26
7.	Edgar Filipe Santos	01	União Piedense	1:00.87	1:00.33	506	28.10	32.23
8.	Diogo Alexandre Casteleiro	01	Sporting	1:00.79	1:01.00	489	28.58	32.42

Prova 7	Femin., 200m Estilos				Absoluto
20.06.2019 - 17:00	Absolutos (NP)				Resultados Final
Rec Taça Gesloures Sen	2:22.68	Mafalda Gomes Beleza	POR	Loures	14.05.2017
Rec Taça Gesloures Jun	2:24.77	Filipa Serrano Rodrigues	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	2:24.38	Maria Carlota Rebelo	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	2:23.79	Maria Ferreira Moura	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	2:31.71	Erica Cristina Reis	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	2:34.99	Isadora Maia Andre	POR	Loures	14.05.2017
Rec Regional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	16.12.2017
Rec Nacional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	16.12.2017

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Infantis										
1.	Maria Esteves Valente	06	SLB	2:40.70	2:38.17	457	35.99	41.30	45.78	35.10
2.	Catarina Andrade Franco	07	GESL	2:45.68	2:46.53	391	36.72	45.65	49.00	35.16
3.	Maria Teresa Garcell	07	AEFDTV	2:46.37	2:46.58	391	36.70	44.12	46.66	39.10
4.	Luana Cardoso Magalhaes	06	AHBE	2:49.46	2:47.25	386	37.70	42.16	49.23	38.16
5.	Marta Silva Santos	06	CNS	2:49.19	2:48.04	381	37.75	42.16	51.52	36.61
6.	Ines Gaspar Silva	06	GESL	2:48.49	2:49.30	372	38.90	43.51	49.08	37.81
7.	Erica Candeias Mendes	06	CNA	2:48.90	2:50.94	362	37.81	43.95	49.47	39.71
8.	Maria Pinto Monteiro	06	SFUAP	2:47.65	2:52.76	350	37.61	44.05	53.13	37.97

Juvenis

1.	Maria Ferreira Moura	04	SCP	2:35.53	2:23.75	609	30.55	36.82	43.74	32.64
	<i>Recorde da Taça</i>									
2.	Marta Macedo Inacio	04	SCP	2:35.70	2:31.22	523	32.47	39.52	43.85	35.38
3.	Sofia Antunes Sebastiao	05	CNA	2:34.32	2:32.80	507	33.43	38.94	46.62	33.81
4.	Catarina Nunes Costa	04	GESL	2:35.59	2:33.22	503	34.05	40.73	43.94	34.50
5.	Isadora Maia Andre	05	SLB	2:34.72	2:35.27	483	34.53	39.64	46.11	34.99
6.	Sara Carreira Melo	05	GESL	2:36.44	2:35.66	479	34.90	39.14	45.99	35.63
7.	Soraia Maria Salgado	05	AEFDTV	2:37.65	2:35.89	477	32.99	39.27	46.43	37.20
8.	Joana Rocha Ferreira	05	SLB	2:37.43	2:37.58	462	34.50	39.90	47.26	35.92

Juniores & Seniores

1.	Teresa Miguel Veloso	00	SCP	2:28.98	2:23.06	618	31.35	37.22	40.96	33.53
2.	Mafalda Gomes Beleza	94	SCP	2:32.64	2:23.94	606	31.79	37.20	42.18	32.77
3.	Mariana Amaral Mendes	02	ADRCIMM	2:26.58	2:25.58	586	32.21	38.01	42.46	32.90
4.	Bruna Martins Riesenberger	97	CIRL	2:29.22	2:29.50	541	32.57	39.10	42.82	35.01
5.	Leonor Maria Neves	03	GESL	2:37.18	2:31.58	519	32.86	38.98	45.20	34.54
6.	Maria Mousinho Esteves	02	CIRL	2:39.57	2:36.18	475	33.70	39.27	47.90	35.31
7.	Rafaella Sofia Silva	03	SLB	2:37.31	2:36.81	469	34.38	40.45	46.14	35.84
8.	Tatiana Valentim Oliveira	03	AEFDTV	2:41.91	2:41.63	428	36.20	42.72	45.72	36.99

Prova 8

20.06.2019 - 17:13

Masc., 200m Estilos Absolutos (NP)

Absoluto Resultados Final

Rec Taça Gesloures Sen	2:07.05	Tiago Cunha Costa	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	2:09.93	Lucas Pereira Bastos	POR	Loures	14.05.2017
Rec Taça Gesloures Juv A	2:13.61	Pedro Miguel Pinto	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	2:15.77	Vicente Oliveira Gomes	POR	Loures	14.05.2017
Rec Taça Gesloures Inf A	2:19.56	Bernardo Victorino Almeida	POR	Sto Ant ^o Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	2:23.23	Diogo Matos Ribeiro	POR	Loures	14.05.2017
Rec Regional Abs	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	11.12.2018
Rec Nacional Abs	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	04.12.2015

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Infantis										
1.	Salvador Goya Perloiro	05	SLB	2:28.70	2:21.53	464	29.80	36.78	42.30	32.65
2.	Pedro Mahua Alvarez	05	SCP	2:32.50	2:26.46	419	32.95	36.73	43.11	33.67
3.	Pedro Goncalves Bonniz	06	GESL	2:29.96	2:27.62	409	33.53	37.99	41.85	34.25
4.	Diogo Botelho Capricho	05	SCP	2:31.99	2:29.20	396	32.87	40.37	40.56	35.40
5.	David Miguel Morais	06	SLB	2:33.62	2:32.64	370	33.09	39.89	44.16	35.50
6.	Andre Correia Alves	06	SFUAP	2:36.18	2:33.16	366	34.37	39.33	45.96	33.50
7.	Eduard Daniel Milanov	05	CNS	2:35.62	2:37.29	338	34.25	40.92	46.78	35.34
8.	Jose Diogo Fonseca	06	GESL	2:42.50	2:42.78	305	35.55	42.92	47.74	36.57

Juvenis

1.	Bernardo Victorino Almeida	04	SCP	2:17.68	2:14.70	539	28.63	34.60	40.46	31.01
	<i>Recorde da Taça</i>									
2.	Goncalo Henriques Wanzeller	03	CFB	2:15.28	2:15.94	524	29.13	35.86	39.94	31.01
3.	Salvador Ataíde Parente	03	GESL	2:20.40	2:19.32	487	30.42	36.31	39.92	32.67
4.	Andre Azevedo Baraona	04	CNMJ	2:20.36	2:19.63	484	29.76	34.02	43.79	32.06
5.	Joao Maria Colaco	03	SCP	2:22.73	2:20.12	478	30.43	36.01	42.16	31.52
6.	Pedro Henriques Correia	03	SLB	2:21.39	2:21.38	466	30.59	36.60	42.66	31.53
7.	Afonso Goncalves de Jorge	04	GESL	2:23.77	2:25.31	429	31.83	38.26	40.85	34.37
8.	Guilherme Machado Santos	04	SFUAP	2:26.70	2:26.17	421	31.55	35.82	44.18	34.62

Juniores & Seniores

1.	Daniel Nogueira Catalao	00	SLB	2:14.10	2:08.56	620	28.08	32.38	36.99	31.11
2.	Diogo Santos Costa	02	ADRCIMM	2:10.70	2:09.22	610	27.22	32.70	39.68	29.62
	<i>Recorde da Taça</i>									
3.	Martim Primavera Alfama	02	GESL	2:13.03	2:11.52	579	28.35	32.33	39.89	30.95
4.	Bernardo Garcia Perloiro	00	SCP	2:14.75	2:12.57	565	28.38	33.57	38.64	31.98
5.	David Matias Cristino	01	SFUAP	2:12.14	2:12.87	561	28.74	34.02	39.29	30.82
6.	Filipe Ferreira Luz	98	GESL	2:14.46	2:13.37	555	29.35	33.69	40.85	29.48
7.	Bernardo Geada Brito	02	SFUAP	2:15.17	2:15.02	535	28.59	36.73	38.54	31.16
DSQ	Pedro Miguel Pinto	02	SCP	2:14.81						

E-B34 - Toque não simultâneo das mãos na parede testa na viragem aos 125 metros (SW 7.6)

Prova 9 Absoluto
20.06.2019 - 17:25 Resultados Final
Femin., 100m Bruços Absolutos (NP)

Rec Taça Gesloures Sen	1:14.18	Ines Camacho Fernandes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:15.22	Luana Correia Rodrigues	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	1:19.08	Daniela Mascarenhas Henriques	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:18.07	Erica Cristina Reis	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	1:21.16	Erica Cristina Reis	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	1:26.61	Madalena Correa Sa	POR	Sto Antº Cavaleiros	01.07.2018
Rec Regional Abs	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	19.12.2009
Rec Nacional Abs	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19.12.2009

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Madalena Correa Sa	06	Gesloures	1:23.42	1:23.13	422	39.35	43.78
2.	Ines Correia Teixeira	06	Amadora	1:24.40	1:23.17	421	39.45	43.72
3.	Matilde Nunes Lopes	06	Benfica	1:25.78	1:23.55	415	40.12	43.43
4.	Beatriz Fernandes Gama	06	Sporting	1:25.06	1:25.01	394	40.55	44.46
5.	Carolina Martins Camacho	06	União Piedense	1:29.05	1:26.96	368	41.66	45.30
6.	Maria Carlotta Ferrari	07	Gesloures	1:28.16	1:27.59	360	41.04	46.55
7.	Filipa Ferraz Domingos	06	Sporting	1:27.84	1:27.87	357	42.47	45.40
8.	Mariana Ribeiro Roseiro	06	Palmela Desporto	1:27.16	1:28.95	344	42.01	46.94

Juvenis

1.	Erica Cristina Reis	05	Sporting	1:18.07	1:15.16	571	36.04	39.12
<i>Recorde da Taça</i>								
2.	Soraia Alexandra Delgado	05	Sporting	1:19.11	1:18.24	506	37.96	40.28
3.	Maria Correia Ricardo	05	Naval Setubalense	1:20.43	1:19.68	479	37.79	41.89
4.	Alice Jesus Morgado	04	Gesloures	1:22.92	1:22.68	429	39.69	42.99
5.	Maria Carolina Vargas	05	Benfica	1:24.58	1:22.85	426	40.96	41.89
6.	Sara Carreira Melo	05	Gesloures	1:21.26	1:23.56	415	39.54	44.02
7.	Diana Valadas Horta	04	Laranjeiro	1:27.57	1:29.27	340	41.34	47.93
8.	Luana Santos Freitas	04	Amadora	1:28.85	1:29.83	334	42.41	47.42

Juniores & Seniores

1.	Andreia Wongsangnoi Alves	03	Colégio Int Monte Maior	1:18.84	1:17.96	511	36.77	41.19
2.	Daniela Mascarenhas Henriques	03	Gesloures	1:18.52	1:17.98	511	37.23	40.75
3.	Beatriz Antunes Carvalho	99	Sporting	1:19.87	1:18.58	499	37.34	41.24
4.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	1:22.65	1:21.84	442	38.25	43.59
5.	Tatiana Alexandre Cardoso	01	Amadora	1:22.64	1:21.94	440	38.87	43.07
DSQ	Luana Correia Rodrigues	01	Belenenses	1:15.96				
<i>G1 - Efectuou falsa partida (SW 4.4)</i>								
DSQ	Margarida Mota Silva	03	Palmela Desporto	1:20.25				
<i>B3 - Efectuou múltiplas pernadas de golfinho após a partida (SW 7.1)</i>								

Prova 10
20.06.2019 - 17:33

Masc., 100m Bruços
Absolutos (NP)

Absoluto
Resultados Final

Rec Taça Gesloures Sen	1:04.28	Antonio Manuel Mendes	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	1:06.44	Daniel Nogueira Catalao	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv A	1:04.76	Ricardo Samuel Pereira	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv B	1:05.89	Ricardo Samuel Pereira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	1:12.47	Luis Cabral Junior	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:14.06	Goncalo Brites Moita	POR	Loures	14.05.2017
Rec Regional Abs	58.48	Carlos Esteves Almeida	ESJB	Porto	20.12.2014
Rec Nacional Abs	58.19	Carlos Esteves Almeida	FPN	Chatres (FRA)	22.11.2012

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Goncalo Ramos Costa	05	Gesloures	1:15.75	1:14.97	408	35.94	39.03
2.	Pedro Goncalves Bonniz	06	Gesloures	1:16.25	1:15.75	395	35.95	39.80
3.	Afonso Lucio Costa	05	Sporting	1:22.10	1:17.34	371	36.52	40.82
4.	Pedro Mahua Alvarez	05	Sporting	1:21.85	1:18.77	351	37.26	41.51
5.	Guilherme Fernandes Baptista	06	Benfica	1:22.92	1:21.05	322	38.14	42.91
6.	Miguel Dias Batista	05	Amadora	1:23.48	1:21.58	316	39.00	42.58
7.	Afonso Costa Albuquerque	05	Belenenses	1:23.38	1:22.68	304	39.57	43.11
8.	Jose Alves Monteiro	05	Algés	1:24.03	1:29.32	241	39.64	49.68

Juvenis

1.	Ricardo Samuel Pereira	03	Benfica	1:04.76	1:04.77	632	30.70	34.07
2.	Luis Cabral Junior	03	Belenenses	1:10.58	1:06.70	579	31.56	35.14
3.	Duarte Cadima Goncalves	04	C N Montijo	1:13.68	1:12.98	442	34.40	38.58
4.	Jaeden Michael Nunes	04	Belenenses	1:14.79	1:13.15	439	34.39	38.76
5.	Tiago Fanha Lopes	04	C N Montijo	1:14.96	1:14.06	423	34.77	39.29
6.	Joao Maria Colaco	03	Sporting	1:16.26	1:14.24	420	35.19	39.05
7.	Rodrigo Neves Fernandes	04	Gesloures	1:15.78	1:16.12	389	35.67	40.45
8.	Alexandre Coelho Vieira	03	Sporting	1:17.51	1:16.49	384	36.55	39.94

Juniores & Seniores

1.	Fernando Souza Silva	86	União Piedense	1:09.07	1:04.66	636	30.79	33.87
2.	Rodrigo Almeida Cabrito	01	Belenenses	1:07.63	1:05.87	601	31.62	34.25
	<i>Recorde da Taça</i>							
3.	Daniel Nogueira Catalao	00	Benfica	1:08.62	1:06.33	589	31.75	34.58
4.	Andre Tavares Grenho	99	Gesloures	1:07.73	1:06.72	579	31.19	35.53
5.	Bruno Miguel Martins	93	Gesloures	1:08.64	1:07.61	556	32.07	35.54
6.	Afonso Mateus Ribeiro	95	Belenenses	1:09.77	1:08.12	544	32.20	35.92
7.	Goncalo Silveirinha Caldeira	01	Sporting	1:08.50	1:08.23	541	32.15	36.08
8.	David Matias Cristino	01	União Piedense	1:09.63	1:10.58	489	33.87	36.71

Prova 11

20.06.2019 - 17:42

Femin., 100m Livres Absolutos (NP)

Absoluto Resultados Final

Rec Taça Gesloures Sen	58.39	Jessica Teixeira Vieira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	58.59	Ema Jeronimo Conceicao	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	59.63	Filipa Ramos Peixeira	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Juv B	1:02.04	Rita Abibe Goncalves	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Inf A	1:01.49	Maria Ferreira Moura	POR	Loures	14.05.2017
Rec Taça Gesloures Inf B	1:07.29	Ana Matos Cabral	POR	Loures	14.05.2017
Rec Regional Abs	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	20.12.2009
Rec Nacional Abs	55.12	Ana Pinho Rodrigues	ADS	Felgueiras	21.12.2018

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Catarina Andrade Franco <i>Recorde da Taça</i>	07	Gesloures	1:07.73	1:04.34	476	31.19	33.15
2.	Rita Martins Lopes	06	Bombeiros dos Estoris	1:08.28	1:07.56	411	32.30	35.26
3.	Carolina Costa Diniz	06	Sporting	1:09.36	1:09.27	381	33.44	35.83
4.	Catarina Coutinho Lima	06	Benfica	1:10.44	1:10.10	368	34.25	35.85
5.	Madalena Fragoso Guterres	06	Benfica	1:10.09	1:10.18	367	34.21	35.97
6.	Margarida Barbara Marques	06	Algés	1:10.13	1:10.30	365	33.25	37.05
7.	Ines Gaspar Silva	06	Gesloures	1:08.90	1:10.32	364	33.72	36.60
8.	Maria Coronel Andre	06	Bombeiros dos Estoris	1:10.06	1:10.87	356	34.13	36.74

Juvenis

1.	Ana Beatriz Simoes <i>Recorde da Taça</i>	05	Sporting	1:02.15	1:01.01	558	29.66	31.35
2.	Rita Abibe Goncalves	05	Gesloures	1:02.04	1:01.71	539	30.01	31.70
3.	Mariana Morais Delfino	04	Sporting	1:03.25	1:02.01	532	30.23	31.78
4.	Sofia Vilardell Rodrigues	04	Gesloures	1:03.13	1:02.26	525	29.97	32.29
5.	Joana Rocha Ferreira	05	Benfica	1:04.56	1:03.83	487	30.90	32.93
6.	Lidiana Correia Rodrigues	04	Belenenses	1:04.47	1:04.07	482	31.18	32.89
7.	Sara Nunes Conceicao	05	União Piedense	1:04.81	1:05.28	456	31.28	34.00

Juniores & Seniores

1.	Ema Jeronimo Conceicao <i>Recorde da Taça</i>	03	Fisica Torres Vedras	58.59	58.19	643	28.39	29.80
2.	Sofia Alexandra Rolao	98	Benfica	58.79	58.74	626	28.24	30.50
3.	Mafalda Marques Pinto	02	Sporting	59.75	58.96	619	28.35	30.61
4.	Mafalda Gomes Beleza	94	Sporting	1:01.83	1:01.06	557	29.96	31.10
5.	Beatriz Vaz Rebelo	03	Gesloures	1:02.97	1:01.36	549	29.61	31.75
6.	Margarida Messias Ribeiro	98	Gesloures	1:02.58	1:02.02	531	30.50	31.52
7.	Ines Figueira Santos	00	União Piedense	1:02.27	1:02.20	527	29.99	32.21
8.	Ana Margarida Soares	03	Naval Setubalense	1:03.21	1:02.21	527	30.71	31.50

Prova 12	Masc., 100m Livres				Absoluto
20.06.2019 - 17:50	Absolutos (NP)				Resultados Final
Rec Taça Gesloures Sen	51.46	Francisco Rogerio Santos	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Jun	54.10	Tiago Maria Camoes	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv A	54.71	Goncalo Henriques Wanzeller	POR	Sto Antº Cavaleiros	20.06.2019
Rec Taça Gesloures Juv B	56.28	Martim Miranda Machado	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf A	54.35	Diogo Matos Ribeiro	POR	Sto Antº Cavaleiros	01.07.2018
Rec Taça Gesloures Inf B	58.86	Diogo Matos Ribeiro	POR	Loures	14.05.2017
Rec Regional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	11.12.2018
Rec Nacional Abs	47.61	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	11.12.2018

Pontos: FINA 2018

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Infantis								
1.	Joel Michael Fribergh	05	Bombeiros dos Estoris	1:01.15	1:00.01	419	29.10	30.91
2.	Manuel Angelo Pereira	05	Sporting	1:03.04	1:01.38	392	29.72	31.66
3.	Manuel Pires Oliveira	05	Palmela Desporto	1:02.35	1:01.51	389	29.83	31.68
4.	Miguel Cordeiro Almeida	05	Algés	1:02.06	1:02.06	379	30.10	31.96
5.	Jose Manuel Sa	05	Sporting	1:03.64	1:02.32	374	30.22	32.10
6.	Alfredo Cabrita Soudo	05	Belenenses	1:02.84	1:02.38	373	30.68	31.70
	Afonso Silvestre Almeida	06	Amadora	1:02.94	1:02.38	373	30.35	32.03
8.	Rodrigo Franco Palare	06	Gesloures	1:03.70	1:03.03	362	30.51	32.52

Juvenis

1.	Goncalo Henriques Wanzeller	03	Belenenses	54.71	54.87	549	26.59	28.28
2.	Daniel Shumeika Zayika	03	Benfica	57.97	56.90	492	27.60	29.30
3.	Salvador Ataide Parente	03	Gesloures	57.96	57.08	488	27.82	29.26
4.	Alexandre Duarte Morais	04	Palmela Desporto	57.93	57.95	466	28.12	29.83
5.	Afonso Esteves Tome	03	Colégio Int Monte Maior	58.41	58.19	460	28.50	29.69
6.	Joao Pedro Penelas	04	Gesloures	58.54	59.27	435	28.54	30.73
7.	Tomas Martins Mira	04	Naval Setubalense	58.07	59.30	435	28.49	30.81
DSQ	Antonio Santos Pereira	03	Bombeiros dos Estoris	55.90				
	<i>G1 - Efectuou falsa partida (SW 4.4)</i>							

Juniores & Seniores

1.	Daniel Rochinha Pedro	98	Bombeiros dos Estoris	52.33	51.42	667	24.74	26.68
	<i>Recorde da Taça</i>							
2.	Ricardo Saraiva Pires	98	Laranjeiro	54.35	52.94	611	25.67	27.27
3.	Joao Esteves Padrela	99	Belenenses	54.88	53.66	587	26.02	27.64
4.	Eduardo Gomes Fernandes	02	Sporting	54.39	53.87	580	25.89	27.98
	<i>Recorde da Taça</i>							
5.	Rafael Rodrigues Jacinto	02	Belenenses	54.58	54.09	573	26.36	27.73
6.	Tiago Maria Camoes	01	União Piedense	54.10	54.19	570	26.08	28.11
7.	Leonardo Pedro Rochinha	98	Bombeiros dos Estoris	55.30	54.53	559	25.88	28.65
8.	Ricardo Pinela Ferreira	01	Benfica	55.79	56.38	506	26.66	29.72

Prova 15	Femin., 4 x 100m Estilos				Absoluto
20.06.2019 - 17:57					Resultados

Rec Taça Gesloures	4:33.60	Sporting Clube de Portugal	POR	Sto Antº Cavaleiros	01.07.2018
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Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
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Prova 15, Femin., 4 x 100m Estilos

1. Sporting 1 <i>Recorde da Taça</i>	Sporting	NT	4:31.60	570
Filipa Ramos Peixeira 03 31.93 1:05.86	Filipa Ferraz Domingos 06 33.93 1:13.46			
Ines Camacho Fernandes 97 35.03 1:14.03	Maria Ferreira Moura 04 27.80 58.25			
2. Geslooures 1	Geslooures	NT	4:36.50	540
Sofia Vilardell Rodrigues 04 33.26 1:08.35	Daniela Mascarenhas Henriques 03 31.74 1:07.56			
Margarida Messias Ribeiro 98 36.02 1:16.65	Catarina Andrade Franco 07 30.49 1:03.94			
3. Benfica 1	Benfica	4:37.32	4:45.54	490
Sofia Alexandra Rolao 98 33.30 1:09.41	Isadora Maia Andre 05 33.57 1:12.13			
Rafaela Sofia Silva 03 38.00 1:21.61	Maria Leonor Coelho 06 29.91 1:02.39			
4. União Piedense 1	União Piedense	4:45.00	4:46.89	483
Carolina Martins Camacho 06 36.00 1:13.39	Beatriz Quintao Amantes 03 31.98 1:10.66			
Marta Pereira Domingos 04 37.63 1:20.51	Ines Figueira Santos 00 30.15 1:02.33			
5. Fisica Torres Vedras 1	Fisica Torres Vedras	NT	4:54.03	449
Soraia Maria Salgado 05 33.85 1:10.21	Ana Barbara Alves 01 35.80 1:18.42			
Maria Teresa Garcell 07 39.79 1:24.04	Erna Jeronimo Conceicao 03 29.90 1:01.36			
6. C N Montijo 1	C N Montijo	NT	5:08.07	390
Ana Fernandes Costa 00 35.17 1:14.51	Marta Sousa Caxaria 03 33.19 1:14.59			
Maria Sousa Caxaria 05 39.99 1:27.19	Ines Azevedo Baraona 07 34.19 1:11.78			
DSQ Laranjeiro 1	Laranjeiro	4:54.68		
<i>E-B35 - Tocou com uma só mão na parede testa na viragem aos 125 metros (SW 7.6)</i>				
Maria Mousinho Esteves, Marta Filipa Cruz, Iris Pereira Carrao, Sofia Alexandra Nunes				

Prova 16 20.06.2019 - 18:03

Masc., 4 x 100m Estilos

Absoluto Resultados

Rec Taça Geslooures 4:03.49 Clube Nautico Academico/UrgicentrPORnfil Loures 14.05.2017

Pontos: FINA 2018

Pos.	Ano	Clube	T.Inscr.	Tempo	Pts
1. Benfica 1 <i>Recorde da Taça</i>		Benfica	4:00.77	4:01.50	560
Ricardo Pinela Ferreira 01 29.57 1:01.00	Daniel Nogueira Catalao 00 26.90 58.48				
Ricardo Samuel Pereira 03 30.44 1:04.38	Andre Henriques Marques 05 27.27 57.64				
2. União Piedense 1 <i>Recorde da Taça</i>		União Piedense	4:12.00	4:06.55	527
Fernando Souza Silva 86 26.98 56.16	Carlos Filipe Lopes 01 26.82 58.15				
Guilherme Matias Cristino 03 32.39 1:10.09	Andre Correia Alves 06 29.40 1:02.15				
3. Belenenses 1		Belenenses	NT	4:08.40	515
Pedro Pires Gomes 03 30.10 1:02.71	Diogo Carrasco Correia 95 27.14 58.60				
Rodrigo Almeida Cabrito 01 30.81 1:05.43	Rodrigo Martins Bras 05 28.93 1:01.66				
4. Sporting 1		Sporting	NT	4:09.37	509
Ruy Manuel Domingos 02 29.21 1:00.16	Bernardo Victorino Almeida 04 27.77 1:01.31				
Bernardo Garcia Perloiro 00 31.74 1:08.44	Tiago Rodrigues Pinto 05 28.63 59.46				
5. Geslooures 1 <i>Recorde da Taça</i>		Geslooures	NT	4:11.16	498
Martim Primavera Alfama 02 27.88 57.52	Filipe Ferreira Luz 98 27.74 59.50				
Afonso Goncalves de Jorge 04 34.53 1:12.84	Francisco Lourenco Vasconcelos 05 28.94 1:01.30				