

Prova 1

08.12.2019 - 9:00

Masc., 400m Livres
Infantis
Resultados

Rec Regional Inf A	4:13.24	Pedro Fontoura Oliveira	CFB		2004
Rec Regional Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Inf A	4:12.35	Andre Vilas Ruivo	DNMG	Campo Maior	2014
Rec Nacional Inf B	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Nacional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
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Infantis B

1.	Axel Guedes Asmar	07	SCP	4:58.56	359	1:10.82	2:26.35	3:42.65	4:58.56
2.	Rafael Pacheco Godinho	07	SLB	4:59.93	354	1:12.24	2:29.47	3:47.18	4:59.93
3.	Tomas Afonso Mesquita	07	SLB	5:02.96	343	1:11.04	2:28.54	3:46.95	5:02.96
4.	Rafael Miguel Mimoso	07	SLB	5:06.74	331	1:11.66	2:29.39	3:48.02	5:06.74
5.	Daniel Casaca Carvalho	07	CNCVG	5:07.35	329	1:11.63	2:30.73	3:49.91	5:07.35
6.	Pedro Pestana Barbosa	07	SCP	5:10.55	319	1:15.02	2:35.16	3:55.17	5:10.55
7.	Guilherme David Figueiras	07	ADRCIMM	5:15.78	303	1:15.56	2:34.86	3:54.66	5:15.78
8.	Tomas Santos Braga	07	CNCVG	5:16.26	302	1:14.62	2:37.20	3:57.54	5:16.26
9.	Andre Miguel Ramos	07	AEFDTV	5:20.15	291	1:16.61	2:41.13	4:04.96	5:20.15
10.	Leonardo Conceicao Reis	07	SCP	5:21.09	288	1:17.06	2:39.62	4:03.27	5:21.09
11.	Rodrigo Santos Perry	07	DRCN	5:21.23	288	1:15.54	2:37.10	3:59.81	5:21.23
12.	Lourenço Lopes Silva	07	AONDA	5:21.77	287	1:15.59	2:36.75	3:58.87	5:21.77
13.	Goncalo Saraiva Rodrigues	07	CDCP	5:21.78	286	1:17.17	2:41.12	4:03.66	5:21.78
14.	Vicente Dias Maia	07	SAD	5:24.61	279	1:19.07	2:45.26	4:10.03	5:24.61
15.	Henrique Ribeiro Martins	07	SLB	5:26.14	275	1:17.85	2:41.14	4:04.77	5:26.14
16.	Miguel Alexandre Ferreira	07	CPCD	5:26.65	274	1:16.56	2:40.62	4:04.79	5:26.65
17.	Joao Pedro Carapinha	07	SFUAP	5:26.92	273	1:19.37	2:41.91	4:05.41	5:26.92
18.	Dinis Silva Lopes	07	SAD	5:28.11	270	1:21.88	2:47.57	4:11.08	5:28.11
19.	Afonso Jose Fernandes	07	CNATRIL	5:28.30	270	1:16.02	2:39.66	4:04.99	5:28.30
20.	Afonso Melo Ferreira	07	CPCD	5:33.25	258	1:17.02	2:41.88	4:08.23	5:33.25
21.	Bruno Belmonte Ribeiro	07	GESL	5:35.03	254	1:17.26	2:43.58	4:08.83	5:35.03
22.	Rafael Piedade Quaresma	07	PDEM	5:37.26	249	1:19.84	2:45.44	4:12.58	5:37.26
23.	Gabriel Santos Alves	07	CIRL	5:43.16	236	1:20.29	2:50.66	4:18.08	5:43.16
24.	Francisco Almeida Pereira	07	GDSE	5:46.00	230	1:19.50	2:47.36	4:18.34	5:46.00
25.	Antonio Martim Bonina	07	ADRCIMM	5:48.33	226	1:20.66	2:50.49	4:20.39	5:48.33
26.	Tiago Carvalho Santos	07	CNCVG	5:49.36	224	1:20.62	2:48.16	4:18.74	5:49.36
27.	Rafael Sousa Prates	07	CPCD	5:50.19	222	1:23.26	2:53.22	4:22.58	5:50.19
28.	Manuel Maria Amado	07	SAD	5:58.52	207	1:25.93	2:58.18	4:30.27	5:58.52
29.	Rodrigo Calhau Martins	07	PDEM	5:59.62	205	1:23.87	2:56.02	4:28.69	5:59.62
30.	Lourenco Luis Mendes	07	CNCVG	6:04.07	198	1:23.11	2:57.09	4:32.94	6:04.07
31.	Tiago Dinis Ferreira	07	GESL	6:25.06	167	1:32.66	3:11.49	4:49.54	6:25.06
32.	Pedro Carvalho Santos	07	CNCVG	6:25.68	166	1:25.77	3:04.11	4:46.50	6:25.68
33.	Francisco Baiao Fernandes	07	CNMJ	6:45.31	143	1:34.33	3:18.84	5:04.85	6:45.31
34.	Hugo Cabrita Henriques	07	EULX	7:02.48	126	1:32.79	3:19.52	5:12.62	7:02.48

Infantis A

1.	Guilherme Fernandes Baptista	06	SLB	4:36.21	453	1:07.84	2:16.50	3:26.81	4:36.21
2.	Andre Correia Alves	06	SFUAP	4:44.54	415	1:08.14	2:19.77	3:32.58	4:44.54
3.	Joao Almeida Gomes	06	CNN	4:45.15	412	1:08.46	2:20.16	3:33.29	4:45.15
4.	Rodrigo Figueiredo Pissarra	06	CPCD	4:45.67	410	1:08.69	2:21.09	3:33.81	4:45.67
5.	David Miguel Morais	06	SLB	4:46.24	407	1:09.46	2:23.17	3:35.54	4:46.24
6.	Tiago Almeida Correia	06	CNMJ	4:50.01	392	1:09.81	2:23.54	3:37.36	4:50.01
7.	Antonio Coelho Vieira	06	SCP	4:50.05	391	1:08.64	2:23.11	3:37.01	4:50.05
8.	Diogo Morgado Figueira	06	CPCD	4:51.38	386	1:08.93	2:24.58	3:39.75	4:51.38
9.	Manuel Costa Simoes	06	CDCP	4:57.25	364	1:10.27	2:25.45	3:41.81	4:57.25
10.	Ricardo Freitas Neto	06	SCP	4:59.58	355	1:09.20	2:25.12	3:43.31	4:59.58
11.	Andre Cunha Ribeiro	06	SAD	4:59.68	355	1:08.37	2:25.10	3:44.34	4:59.68
12.	Rodrigo Piteira Maio	06	CFB	5:05.65	334	1:12.12	2:29.80	3:48.89	5:05.65
13.	Guilherme Santos Gavea	06	SLB	5:10.44	319	1:12.57	2:31.19	3:50.76	5:10.44
14.	Tiago Ventura Chão	06	CNS	5:18.70	295	1:19.10	2:40.37	4:01.61	5:18.70

Prova 1, Masc., 400m Livres, Infantis A

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
15.	Martim Daniel Torres	06	CNS	5:19.09	294	1:16.05	2:38.80	4:00.70	5:19.09
16.	Diogo Lopes Venceslau	06	PDEM	5:19.36	293	1:14.78	2:35.35	3:57.18	5:19.36
17.	Simao Barros Morao	06	SAD	5:24.88	278	1:16.04	2:39.44	4:04.49	5:24.88
18.	Andre Monteiro Caetano	06	MODV	5:29.30	267	1:17.53	2:42.24	4:06.63	5:29.30
19.	Tiago Nunes Silva	06	CPCD	5:32.02	261	1:14.40	2:38.55	4:04.72	5:32.02
20.	Tiago Fernandes Loucao	06	CIRL	5:36.83	250	1:18.94	2:44.59	4:10.77	5:36.83
21.	Lucas Vilaca Casimiro	06	CDCP	5:38.99	245	1:20.25	2:46.57	4:15.62	5:38.99
22.	Antonio Duarte Carvalho	06	SAD	5:40.65	241	1:22.19	2:48.84	4:16.04	5:40.65
23.	Joao Pedro Pereira	06	AHBE	6:26.18	166	1:27.15	3:05.22	4:48.22	6:26.18
DNS	Joao Miguel Moreira	06	SAD						

Infantis

1.	Guilherme Fernandes Baptista	06	SLB	4:36.21	453	1:07.84	2:16.50	3:26.81	4:36.21
2.	Andre Correia Alves	06	SFUAP	4:44.54	415	1:08.14	2:19.77	3:32.58	4:44.54
3.	Joao Almeida Gomes	06	CNN	4:45.15	412	1:08.46	2:20.16	3:33.29	4:45.15
4.	Rodrigo Figueiredo Pissarra	06	CPCD	4:45.67	410	1:08.69	2:21.09	3:33.81	4:45.67
5.	David Miguel Morais	06	SLB	4:46.24	407	1:09.46	2:23.17	3:35.54	4:46.24
6.	Tiago Almeida Correia	06	CNMJ	4:50.01	392	1:09.81	2:23.54	3:37.36	4:50.01
7.	Antonio Coelho Vieira	06	SCP	4:50.05	391	1:08.64	2:23.11	3:37.01	4:50.05
8.	Diogo Morgado Figueira	06	CPCD	4:51.38	386	1:08.93	2:24.58	3:39.75	4:51.38
9.	Manuel Costa Simoes	06	CDCP	4:57.25	364	1:10.27	2:25.45	3:41.81	4:57.25
10.	Axel Guedes Asmar	07	SCP	4:58.56	359	1:10.82	2:26.35	3:42.65	4:58.56
11.	Ricardo Freitas Neto	06	SCP	4:59.58	355	1:09.20	2:25.12	3:43.31	4:59.58
12.	Andre Cunha Ribeiro	06	SAD	4:59.68	355	1:08.37	2:25.10	3:44.34	4:59.68
13.	Rafael Pacheco Godinho	07	SLB	4:59.93	354	1:12.24	2:29.47	3:47.18	4:59.93
14.	Tomas Afonso Mesquita	07	SLB	5:02.96	343	1:11.04	2:28.54	3:46.95	5:02.96
15.	Rodrigo Piteira Maio	06	CFB	5:05.65	334	1:12.12	2:29.80	3:48.89	5:05.65
16.	Rafael Miguel Mimoso	07	SLB	5:06.74	331	1:11.66	2:29.39	3:48.02	5:06.74
17.	Daniel Casaca Carvalho	07	CNCVG	5:07.35	329	1:11.63	2:30.73	3:49.91	5:07.35
18.	Guilherme Santos Gavea	06	SLB	5:10.44	319	1:12.57	2:31.19	3:50.76	5:10.44
19.	Pedro Pestana Barbosa	07	SCP	5:10.55	319	1:15.02	2:35.16	3:55.17	5:10.55
20.	Guilherme David Figueiras	07	ADRCIMM	5:15.78	303	1:15.56	2:34.86	3:54.66	5:15.78
21.	Tomas Santos Braga	07	CNCVG	5:16.26	302	1:14.62	2:37.20	3:57.54	5:16.26
22.	Tiago Ventura Chão	06	CNS	5:18.70	295	1:19.10	2:40.37	4:01.61	5:18.70
23.	Martim Daniel Torres	06	CNS	5:19.09	294	1:16.05	2:38.80	4:00.70	5:19.09
24.	Diogo Lopes Venceslau	06	PDEM	5:19.36	293	1:14.78	2:35.35	3:57.18	5:19.36
25.	Andre Miguel Ramos	07	AEFDTV	5:20.15	291	1:16.61	2:41.13	4:04.96	5:20.15
26.	Leonardo Conceicao Reis	07	SCP	5:21.09	288	1:17.06	2:39.62	4:03.27	5:21.09
27.	Rodrigo Santos Perry	07	DRCN	5:21.23	288	1:15.54	2:37.10	3:59.81	5:21.23
28.	Lourenço Lopes Silva	07	AONDA	5:21.77	287	1:15.59	2:36.75	3:58.87	5:21.77
29.	Goncalo Saraiva Rodrigues	07	CDCP	5:21.78	286	1:17.17	2:41.12	4:03.66	5:21.78
30.	Vicente Dias Maia	07	SAD	5:24.61	279	1:19.07	2:45.26	4:10.03	5:24.61
31.	Simao Barros Morao	06	SAD	5:24.88	278	1:16.04	2:39.44	4:04.49	5:24.88
32.	Henrique Ribeiro Martins	07	SLB	5:26.14	275	1:17.85	2:41.14	4:04.77	5:26.14
33.	Miguel Alexandre Ferreira	07	CPCD	5:26.65	274	1:16.56	2:40.62	4:04.79	5:26.65
34.	Joao Pedro Carapinha	07	SFUAP	5:26.92	273	1:19.37	2:41.91	4:05.41	5:26.92
35.	Dinis Silva Lopes	07	SAD	5:28.11	270	1:21.88	2:47.57	4:11.08	5:28.11
36.	Afonso Jose Fernandes	07	CNATRIL	5:28.30	270	1:16.02	2:39.66	4:04.99	5:28.30
37.	Andre Monteiro Caetano	06	MODV	5:29.30	267	1:17.53	2:42.24	4:06.63	5:29.30
38.	Tiago Nunes Silva	06	CPCD	5:32.02	261	1:14.40	2:38.55	4:04.72	5:32.02
39.	Afonso Melo Ferreira	07	CPCD	5:33.25	258	1:17.02	2:41.88	4:08.23	5:33.25
40.	Bruno Belmonte Ribeiro	07	GESL	5:35.03	254	1:17.26	2:43.58	4:08.83	5:35.03
41.	Tiago Fernandes Loucao	06	CIRL	5:36.83	250	1:18.94	2:44.59	4:10.77	5:36.83
42.	Rafael Piedade Quaresma	07	PDEM	5:37.26	249	1:19.84	2:45.44	4:12.58	5:37.26
43.	Lucas Vilaca Casimiro	06	CDCP	5:38.99	245	1:20.25	2:46.57	4:15.62	5:38.99
44.	Antonio Duarte Carvalho	06	SAD	5:40.65	241	1:22.19	2:48.84	4:16.04	5:40.65
45.	Gabriel Santos Alves	07	CIRL	5:43.16	236	1:20.29	2:50.66	4:18.08	5:43.16
46.	Francisco Almeida Pereira	07	GDSE	5:46.00	230	1:19.50	2:47.36	4:18.34	5:46.00
47.	Antonio Martim Bonina	07	ADRCIMM	5:48.33	226	1:20.66	2:50.49	4:20.39	5:48.33
48.	Tiago Carvalho Santos	07	CNCVG	5:49.36	224	1:20.62	2:48.16	4:18.74	5:49.36
49.	Rafael Sousa Prates	07	CPCD	5:50.19	222	1:23.26	2:53.22	4:22.58	5:50.19

Prova 1, Masc., 400m Livres, Infantis

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
50.	Manuel Maria Amado	07	SAD	5:58.52	207	1:25.93	2:58.18	4:30.27	5:58.52
51.	Rodrigo Calhau Martins	07	PDEM	5:59.62	205	1:23.87	2:56.02	4:28.69	5:59.62
52.	Lourenco Luis Mendes	07	CNCVG	6:04.07	198	1:23.11	2:57.09	4:32.94	6:04.07
53.	Tiago Dinis Ferreira	07	GESL	6:25.06	167	1:32.66	3:11.49	4:49.54	6:25.06
54.	Pedro Carvalho Santos	07	CNCVG	6:25.68	166	1:25.77	3:04.11	4:46.50	6:25.68
55.	Joao Pedro Pereira	06	AHBE	6:26.18	166	1:27.15	3:05.22	4:48.22	6:26.18
56.	Francisco Baiao Fernandes	07	CNMJ	6:45.31	143	1:34.33	3:18.84	5:04.85	6:45.31
57.	Hugo Cabrita Henriques	07	EULX	7:02.48	126	1:32.79	3:19.52	5:12.62	7:02.48
DNS	Joao Miguel Moreira	06	SAD						

Prova 2
Femin., 400m Livres
Infantis

08.12.2019 - 9:54

Resultados

Rec	Tempo	Nadador	Clube	Pts	Local	Ano
Rec Regional Inf A	4:34.76	Alexandra Couto Frazao	CNA		Sto Ant ^o Cavaleiros	2015
Rec Regional Inf B	4:42.86	Beatriz Rodrigues Conde	SCP		Alges	2010
Rec Regional Absoluto	4:04.61	Diana Margarida Duraes	SLB		Copenhagen (DEN)	2017
Rec Nacional Inf A	4:25.30	Alexandra Maria Silva	FCP		Porto	1980
Rec Nacional Inf B	4:38.40	Filipa Vilas Ruivo	DNMG		Alcobaça	2009
Rec Nacional Absoluto	4:04.61	Diana Margarida Duraes	SLB		Copenhagen (DEN)	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
Infantis B									
1.	Leticia Lin	08	SCP	5:18.93	394	1:15.25	2:36.66	3:57.87	5:18.93
2.	Carolina Fernandes Rodrigues	08	SFUAP	5:24.89	373	1:20.13	2:42.79	4:04.94	5:24.89
3.	Constanca Isabel Carvalho	08	SAD	5:28.15	362	1:21.49	2:46.57	4:08.79	5:28.15
4.	Johanna Domingos Verheij	08	SFUAP	5:29.23	358	1:17.50	2:42.80	4:06.99	5:29.23
5.	Alice Barros Ferreira	08	SLB	5:31.68	350	1:21.79	2:49.06	4:13.75	5:31.68
6.	Beatriz Felizardo Fernandes	08	ADRCIMM	5:35.02	340	1:21.02	2:44.66	4:10.72	5:35.02
7.	Matilde Rodrigues Serrano	08	SFUAP	5:36.58	335	1:19.50	2:44.24	4:10.85	5:36.58
8.	Ines Gomes Costa	08	EULX	5:36.87	334	1:22.26	2:48.11	4:13.95	5:36.87
9.	Ana Beatriz Pires	08	SLB	5:37.32	333	1:22.61	2:49.45	4:15.60	5:37.32
10.	Rita Gato Costa	08	AONDA	5:39.93	325	1:21.88	2:50.64	4:16.74	5:39.93
11.	Maia Bekauri	08	COL	5:42.39	318	1:21.83	2:48.05	4:16.44	5:42.39
12.	Teresa Bonita Oliveira	08	CNS	5:44.68	312	1:23.37	2:51.97	4:20.74	5:44.68
13.	Barbara Maria Neves	08	SAD	5:45.33	310	1:19.18	2:47.23	4:16.21	5:45.33
14.	Carolina Mileu Oliveira	08	AONDA	5:52.83	291	1:23.29	2:53.75	4:23.79	5:52.83
15.	Matilde Silva Cortes	08	AONDA	5:53.10	290	1:23.89	2:54.79	4:24.63	5:53.10
16.	Beatriz Alexandra Rolim	08	SFUAP	5:53.17	290	1:23.02	2:53.76	4:25.06	5:53.17
17.	Carolina Duarte Namora	08	SFUAP	5:53.84	288	1:24.45	2:55.26	4:25.30	5:53.84
18.	Clarisse Teixeira Teles	08	CNS	6:01.46	271	1:26.94	2:58.57	4:30.79	6:01.46
19.	Alissa Grigoryeva	08	SAD	6:01.92	270	1:26.18	3:00.71	4:34.88	6:01.92
20.	Maria Rita Calhelha	08	AEFDTV	6:08.73	255	1:26.06	3:00.29	4:37.42	6:08.73
21.	Marta Oliveira Ferreira	08	CNCVG	6:13.37	245	1:28.03	3:03.40	4:38.94	6:13.37
22.	Joy Pixie Wickens	08	AHBE	6:49.31	186	1:32.78	3:19.17	5:04.65	6:49.31
DSQ	Carolina Delicado Correia	08	SCP						
<i>G1 - Efetuou falsa partida (SW 4.4)</i>									
DNS	Marta Matos Laranjeira	08	AEFDTV						

Infantis A

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Maria Carlotta Ferrari	07	GESL	5:03.46	458	1:11.33	2:29.22	3:47.03	5:03.46
2.	Juliana Soromenho Santos	07	SLB	5:07.71	439	1:13.02	2:31.33	3:50.24	5:07.71
3.	Leticia Rodrigues Magalhaes	07	PDEM	5:10.65	426	1:13.18	2:32.13	3:52.65	5:10.65
4.	Elena Del Bernat	07	SAD	5:11.59	423	1:14.13	2:33.07	3:53.29	5:11.59
5.	Maria Bandarra Matos	07	SCP	5:14.30	412	1:16.24	2:36.06	3:55.91	5:14.30
6.	Leonor Castanho Santos	07	SCP	5:14.38	411	1:16.47	2:36.95	3:55.81	5:14.38
7.	Leonor Carreiro Rodrigues	07	SLB	5:14.81	410	1:16.08	2:36.50	3:56.22	5:14.81
8.	Maria Leonor Rodrigues	07	AHBE	5:14.87	410	1:16.62	2:37.64	3:58.17	5:14.87

Prova 2, Femin., 400m Livres, Infantis A

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
9.	Luisa Ponte Jorge	07	SFUAP	5:18.23	397	1:15.25	2:36.29	3:58.76	5:18.23
10.	Teresa Joao Pires	07	SAD	5:18.28	396	1:17.16	2:37.04	3:58.29	5:18.28
11.	Leonor Peso Parente	07	PDEM	5:19.90	390	1:14.68	2:37.61	3:59.58	5:19.90
12.	Matilde Nunes Ribeiro	07	DRCN	5:21.12	386	1:17.70	2:40.27	4:01.07	5:21.12
13.	Rita Sacadura Almeida	07	SAD	5:25.20	372	1:18.70	2:42.32	4:05.22	5:25.20
14.	Ines Azevedo Baraona	07	CNMJ	5:26.08	369	1:16.45	2:39.04	4:03.73	5:26.08
15.	Matilde Anjos Frischknecht	07	CNS	5:26.78	366	1:16.90	2:40.10	4:03.83	5:26.78
16.	Rita Lima Batista	07	CNS	5:28.27	361	1:18.17	2:42.91	4:07.54	5:28.27
17.	Leonor Gino Canhao	07	SFUAP	5:29.31	358	1:17.08	2:42.10	4:06.41	5:29.31
18.	Emma Aguiar Bergamo	07	SAD	5:35.70	338	1:16.80	2:43.72	4:12.04	5:35.70
19.	Maria Rosario Matela	07	CNCVG	5:37.55	332	1:20.00	2:46.38	4:13.47	5:37.55
20.	Magda Silva Pereira	07	GESL	5:39.43	327	1:19.67	2:46.50	4:13.76	5:39.43
21.	Eva Sofia Ascenso	07	GESL	5:39.78	326	1:22.07	2:49.41	4:14.69	5:39.78
22.	Leonor Carvalho Oliveira	07	DRCN	5:41.94	320	1:18.82	2:46.07	4:14.04	5:41.94
23.	Daniela Sofia Silva	07	DRCN	5:44.49	313	1:20.26	2:48.99	4:19.83	5:44.49
24.	Clara Vieira Tojo	07	SLB	5:45.86	309	1:21.09	2:50.19	4:19.14	5:45.86
25.	Marta Filipa Cruz	07	CIRL	5:48.36	302	1:23.23	2:53.02	4:22.14	5:48.36
26.	Adelaide Maria Esteves	07	CNCVG	5:48.94	301	1:24.07	2:54.60	4:24.13	5:48.94
27.	Inês Sofia Pires	07	DRCN	5:50.37	297	1:23.17	2:55.46	4:26.76	5:50.37
28.	Margarida Rodrigues Gouveia	07	GESL	5:53.32	290	1:21.59	2:51.73	4:22.38	5:53.32
29.	Filipa Guerreiro Gomes	07	AEFDTV	5:53.94	288	1:24.61	2:56.00	4:25.92	5:53.94
30.	Mafalda Sousa Mira	07	CNN	6:05.52	262	1:25.94	2:59.78	4:32.68	6:05.52
31.	Mafalda Pereira Amado	07	AEFDTV	6:08.18	256	1:16.86	2:48.44	4:18.96	6:08.18
32.	Leonor Machado Severeino	07	AEFDTV	6:13.90	244	1:28.13	3:03.85	4:40.12	6:13.90
33.	Ana Raquel Varajao	07	ADST	6:14.59	243	1:26.53	3:02.48	4:39.43	6:14.59
34.	Diana Filipa Mendes	07	GESL	6:25.15	224	1:27.57	3:05.30	4:46.32	6:25.15
35.	Inês Sofia Neves	07	PDEM	6:52.93	181	1:37.71	3:22.43	5:07.58	6:52.93
DNS	Maria Teresa Garcell	07	AEFDTV						
DNS	Matilde Santos António	07	PDEM						

Infantis

1.	Maria Carlotta Ferrari	07	GESL	5:03.46	458	1:11.33	2:29.22	3:47.03	5:03.46
2.	Juliana Soromenho Santos	07	SLB	5:07.71	439	1:13.02	2:31.33	3:50.24	5:07.71
3.	Leticia Rodrigues Magalhaes	07	PDEM	5:10.65	426	1:13.18	2:32.13	3:52.65	5:10.65
4.	Elena Del Bernat	07	SAD	5:11.59	423	1:14.13	2:33.07	3:53.29	5:11.59
5.	Maria Bandarra Matos	07	SCP	5:14.30	412	1:16.24	2:36.06	3:55.91	5:14.30
6.	Leonor Castanho Santos	07	SCP	5:14.38	411	1:16.47	2:36.95	3:55.81	5:14.38
7.	Leonor Carreiro Rodrigues	07	SLB	5:14.81	410	1:16.08	2:36.50	3:56.22	5:14.81
8.	Maria Leonor Rodrigues	07	AHBE	5:14.87	410	1:16.62	2:37.64	3:58.17	5:14.87
9.	Luisa Ponte Jorge	07	SFUAP	5:18.23	397	1:15.25	2:36.29	3:58.76	5:18.23
10.	Teresa Joao Pires	07	SAD	5:18.28	396	1:17.16	2:37.04	3:58.29	5:18.28
11.	Leticia Lin	07	SCP	5:18.93	394	1:15.25	2:36.66	3:57.87	5:18.93
12.	Leonor Peso Parente	07	PDEM	5:19.90	390	1:14.68	2:37.61	3:59.58	5:19.90
13.	Matilde Nunes Ribeiro	07	DRCN	5:21.12	386	1:17.70	2:40.27	4:01.07	5:21.12
14.	Carolina Fernandes Rodrigues	08	SFUAP	5:24.89	373	1:20.13	2:42.79	4:04.94	5:24.89
15.	Rita Sacadura Almeida	07	SAD	5:25.20	372	1:18.70	2:42.32	4:05.22	5:25.20
16.	Ines Azevedo Baraona	07	CNMJ	5:26.08	369	1:16.45	2:39.04	4:03.73	5:26.08
17.	Matilde Anjos Frischknecht	07	CNS	5:26.78	366	1:16.90	2:40.10	4:03.83	5:26.78
18.	Constancia Isabel Carvalho	08	SAD	5:28.15	362	1:21.49	2:46.57	4:08.79	5:28.15
19.	Rita Lima Batista	07	CNS	5:28.27	361	1:18.17	2:42.91	4:07.54	5:28.27
20.	Johanna Domingos Verheij	08	SFUAP	5:29.23	358	1:17.50	2:42.80	4:06.99	5:29.23
21.	Leonor Gino Canhao	07	SFUAP	5:29.31	358	1:17.08	2:42.10	4:06.41	5:29.31
22.	Alice Barros Ferreira	08	SLB	5:31.68	350	1:21.79	2:49.06	4:13.75	5:31.68
23.	Beatriz Felizardo Fernandes	08	ADRCIMM	5:35.02	340	1:21.02	2:44.66	4:10.72	5:35.02
24.	Emma Aguiar Bergamo	07	SAD	5:35.70	338	1:16.80	2:43.72	4:12.04	5:35.70
25.	Matilde Rodrigues Serrano	08	SFUAP	5:36.58	335	1:19.50	2:44.24	4:10.85	5:36.58
26.	Ines Gomes Costa	08	EULX	5:36.87	334	1:22.26	2:48.11	4:13.95	5:36.87
27.	Ana Beatriz Pires	07	SLB	5:37.32	333	1:22.61	2:49.45	4:15.60	5:37.32
28.	Maria Rosario Matela	08	CNCVG	5:37.55	332	1:20.00	2:46.38	4:13.47	5:37.55
29.	Magda Silva Pereira	07	GESL	5:39.43	327	1:19.67	2:46.50	4:13.76	5:39.43
30.	Eva Sofia Ascenso	07	GESL	5:39.78	326	1:22.07	2:49.41	4:14.69	5:39.78

Prova 2, Femin., 400m Livres, Infantis

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
31.	Rita Gato Costa	08	AONDA	5:39.93	325	1:21.88	2:50.64	4:16.74	5:39.93
32.	Leonor Carvalho Oliveira	07	DRCN	5:41.94	320	1:18.82	2:46.07	4:14.04	5:41.94
33.	Maia Bekauri	08	COL	5:42.39	318	1:21.83	2:48.05	4:16.44	5:42.39
34.	Daniela Sofia Silva	07	DRCN	5:44.49	313	1:20.26	2:48.99	4:19.83	5:44.49
35.	Teresa Bonita Oliveira	08	CNS	5:44.68	312	1:23.37	2:51.97	4:20.74	5:44.68
36.	Barbara Maria Neves	08	SAD	5:45.33	310	1:19.18	2:47.23	4:16.21	5:45.33
37.	Clara Vieira Tojo	07	SLB	5:45.86	309	1:21.09	2:50.19	4:19.14	5:45.86
38.	Marta Filipa Cruz	07	CIRL	5:48.36	302	1:23.23	2:53.02	4:22.14	5:48.36
39.	Adelaide Maria Esteves	07	CNCVG	5:48.94	301	1:24.07	2:54.60	4:24.13	5:48.94
40.	Inês Sofia Pires	07	DRCN	5:50.37	297	1:23.17	2:55.46	4:26.76	5:50.37
41.	Carolina Mileu Oliveira	08	AONDA	5:52.83	291	1:23.29	2:53.75	4:23.79	5:52.83
42.	Matilde Silva Cortes	08	AONDA	5:53.10	290	1:23.89	2:54.79	4:24.63	5:53.10
43.	Beatriz Alexandra Rolim	08	SFUAP	5:53.17	290	1:23.02	2:53.76	4:25.06	5:53.17
44.	Margarida Rodrigues Gouveia	07	GESL	5:53.32	290	1:21.59	2:51.73	4:22.38	5:53.32
45.	Carolina Duarte Namora	08	SFUAP	5:53.84	288	1:24.45	2:55.26	4:25.30	5:53.84
46.	Filipa Guerreiro Gomes	07	AEFDTV	5:53.94	288	1:24.61	2:56.00	4:25.92	5:53.94
47.	Clarisse Teixeira Teles	08	CNS	6:01.46	271	1:26.94	2:58.57	4:30.79	6:01.46
48.	Alissa Grigoryeva	08	SAD	6:01.92	270	1:26.18	3:00.71	4:34.88	6:01.92
49.	Mafalda Sousa Mira	07	CNN	6:05.52	262	1:25.94	2:59.78	4:32.68	6:05.52
50.	Mafalda Pereira Amado	07	AEFDTV	6:08.18	256	1:16.86	2:48.44	4:18.96	6:08.18
51.	Maria Rita Calhelha	08	AEFDTV	6:08.73	255	1:26.06	3:00.29	4:37.42	6:08.73
52.	Marta Oliveira Ferreira	08	CNCVG	6:13.37	245	1:28.03	3:03.40	4:38.94	6:13.37
53.	Leonor Machado Severino	07	AEFDTV	6:13.90	244	1:28.13	3:03.85	4:40.12	6:13.90
54.	Ana Raquel Varajao	07	ADST	6:14.59	243	1:26.53	3:02.48	4:39.43	6:14.59
55.	Diana Filipa Mendes	07	GESL	6:25.15	224	1:27.57	3:05.30	4:46.32	6:25.15
56.	Joy Pixie Wickens	08	AHBE	6:49.31	186	1:32.78	3:19.17	5:04.65	6:49.31
57.	Inês Sofia Neves	07	PDEM	6:52.93	181	1:37.71	3:22.43	5:07.58	6:52.93
DSQ	Carolina Delicador Correia G1 - Efetuou falsa partida (SW 4.4)	08	SCP						
DNS	Maria Teresa Garcell	07	AEFDTV						
DNS	Marta Matos Laranjeira	08	AEFDTV						
DNS	Matilde Santos António	07	PDEM						

Prova 3
Masc., 200m Braços
Infantis

08.12.2019 - 10:50

Resultados

Rec Regional Inf A	2:31.06	João Lourenço Rebelo		Caldas da Rainha	2018
Rec Regional Inf B	2:38.70	João Coias	SAD		1990
Rec Regional Absoluto	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Nacional Inf A	2:29.59	Luis Manuel Fernandes	GDNVNF	Cantanhede	2009
Rec Nacional Inf B	2:37.57	Tomas Miguel Freitas	CDN	Funchal	2003
Rec Nacional Absoluto	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Infantis B									
1.	Joao Dinis Roque	07	SCP	3:00.30	296	39.59	1:25.12	2:12.99	3:00.30
2.	Miguel Braga Gomes	07	SCP	3:12.76	242	43.04	1:31.26	2:22.16	3:12.76
3.	Diogo Araujo Duarte	07	ADRCIMM	3:22.62	208	44.73	1:36.95	2:30.60	3:22.62
4.	Antonio Costa Serejo	07	SLB	3:30.70	185	48.15	1:43.48	2:38.02	3:30.70
5.	Gonçalo Miguel Carneiro	07	CPCD	3:32.25	181	47.73	1:42.54	2:38.09	3:32.25
6.	Rodrigo Oliveira Martins	07	GESL	3:34.10	176	47.62	1:44.35	2:41.43	3:34.10
7.	Joao Razina Oliveira	07	SFUAP	3:34.81	175	47.04	1:42.55	2:39.84	3:34.81
8.	Bernardo Miguel Lourenco	07	SAD	3:45.07	152	51.64	1:47.78	2:47.05	3:45.07
9.	Manuel Marcelos Luis	07	COL	3:54.08	135	53.22	1:53.10	2:53.96	3:54.08
DSQ	Henrique Correia Silvestre	07	CNN						
<i>Interrompeu o ciclo braçada/pernada após a viragem aos 150m.</i>									

Prova 3, Masc., 200m Bruços, Infantis B

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
DSQ	Diogo Miguel Martins	07	MODV						
	<i>G80 - Entrou na água sem autorização</i>								

Infantis A

1.	Rodrigo Andrade Mesquita	06	SCP	2:57.53	310	41.38	1:27.03	2:13.38	2:57.53
2.	Pedro Crispim Jorge	06	SFUAP	2:59.36	300	40.94	1:26.90	2:13.61	2:59.36
3.	Tomas Leal Parelho	06	CNMJ	3:08.16	260	42.58	1:30.09	2:20.14	3:08.16
4.	Goncalo Alves Costa	06	CFB	3:09.01	256	43.90	1:32.49	2:20.91	3:09.01
5.	Luis Pedro Figueiredo	06	GESL	3:10.63	250	43.13	1:31.45	2:22.00	3:10.63
6.	Rafael Duarte Beato	06	MODV	3:11.11	248	43.97	1:32.71	2:22.42	3:11.11
7.	Dinis Oliveira Clemente	06	ADRCIMM	3:13.45	239	44.18	1:33.23	2:22.73	3:13.45
8.	Francisco Tente Pinto	06	GESL	3:17.54	225	44.87	1:35.20	2:26.45	3:17.54
9.	Miguel Carlos Arede	06	SLB	3:17.69	224	46.15	1:37.29	2:28.05	3:17.69
10.	Tomas Barreiros Cardoso	06	CFB	3:20.63	214	44.45	1:35.04	2:27.64	3:20.63
DSQ	Rodrigo Afonso Costa	06	AONDA						
	<i>B3 - Efetuou múltiplas pernadas de golfinho após a partida (SW 7.1)</i>								
DNS	Pedro Miranda Martins	06	AHBE						
DNS	David Joao Ferreira	06	MODV						

Infantis

1.	Rodrigo Andrade Mesquita	06	SCP	2:57.53	310	41.38	1:27.03	2:13.38	2:57.53
2.	Pedro Crispim Jorge	06	SFUAP	2:59.36	300	40.94	1:26.90	2:13.61	2:59.36
3.	Joao Dinis Roque	07	SCP	3:00.30	296	39.59	1:25.12	2:12.99	3:00.30
4.	Tomas Leal Parelho	06	CNMJ	3:08.16	260	42.58	1:30.09	2:20.14	3:08.16
5.	Goncalo Alves Costa	06	CFB	3:09.01	256	43.90	1:32.49	2:20.91	3:09.01
6.	Luis Pedro Figueiredo	06	GESL	3:10.63	250	43.13	1:31.45	2:22.00	3:10.63
7.	Rafael Duarte Beato	06	MODV	3:11.11	248	43.97	1:32.71	2:22.42	3:11.11
8.	Miguel Braga Gomes	07	SCP	3:12.76	242	43.04	1:31.26	2:22.16	3:12.76
9.	Dinis Oliveira Clemente	06	ADRCIMM	3:13.45	239	44.18	1:33.23	2:22.73	3:13.45
10.	Francisco Tente Pinto	06	GESL	3:17.54	225	44.87	1:35.20	2:26.45	3:17.54
11.	Miguel Carlos Arede	06	SLB	3:17.69	224	46.15	1:37.29	2:28.05	3:17.69
12.	Tomas Barreiros Cardoso	06	CFB	3:20.63	214	44.45	1:35.04	2:27.64	3:20.63
13.	Diogo Araujo Duarte	07	ADRCIMM	3:22.62	208	44.73	1:36.95	2:30.60	3:22.62
14.	Antonio Costa Serejo	07	SLB	3:30.70	185	48.15	1:43.48	2:38.02	3:30.70
15.	Gonçalo Miguel Carneiro	07	CPCD	3:32.25	181	47.73	1:42.54	2:38.09	3:32.25
16.	Rodrigo Oliveira Martins	07	GESL	3:34.10	176	47.62	1:44.35	2:41.43	3:34.10
17.	Joao Razina Oliveira	07	SFUAP	3:34.81	175	47.04	1:42.55	2:39.84	3:34.81
18.	Bernardo Miguel Lourenco	07	SAD	3:45.07	152	51.64	1:47.78	2:47.05	3:45.07
19.	Manuel Marcelos Luis	07	COL	3:54.08	135	53.22	1:53.10	2:53.96	3:54.08
DSQ	Rodrigo Afonso Costa	06	AONDA						
	<i>B3 - Efetuou múltiplas pernadas de golfinho após a partida (SW 7.1)</i>								
DSQ	Henrique Correia Silvestre	07	CNN						
	<i>Interrompeu o ciclo braçada/pernada após a viragem aos 150m.</i>								
DSQ	Diogo Miguel Martins	07	MODV						
	<i>G80 - Entrou na água sem autorização</i>								
DNS	Pedro Miranda Martins	06	AHBE						
DNS	David Joao Ferreira	06	MODV						

Prova 4

08.12.2019 - 11:07

Femin., 200m Bruços
Infantis
Resultados

Rec Regional Inf A	2:36.86	Clara Gomes Pereira	SAD	Algés	2015
Rec Regional Inf B	2:45.30	Clara Gomes Pereira	SAD	Alges	2014
Rec Regional Absoluto	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Nacional Inf A	2:36.86	Clara Gomes Pereira	SAD	Algés	2015
Rec Nacional Inf B	2:45.30	Clara Gomes Pereira	SAD	Alges	2014
Rec Nacional Absoluto	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
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Infantis B

1.	Ines Perez Vieira	08	SAD	3:11.25	348	43.91	1:32.64	2:23.06	3:11.25
2.	Raquel Santos Baiona	08	ADRCIMM	3:11.60	346	44.58	1:32.33	2:22.14	3:11.60
3.	Matilde Militao Guerra	08	ADRCIMM	3:21.79	296	44.83	1:36.41	2:29.99	3:21.79
4.	Mafalda Rego Caixeiro	08	SCP	3:23.55	288	47.50	1:39.50	2:32.11	3:23.55
5.	Filipa Monteiro Santos	08	SCP	3:27.09	274	46.65	1:40.15	2:34.14	3:27.09
6.	Mariana Filipa Guedes	08	SCP	3:27.57	272	47.26	1:39.70	2:33.30	3:27.57
7.	Rita Sofia Amaral	08	SAD	3:34.01	248	48.15	1:42.74	2:38.57	3:34.01
8.	Sara Morais Sousa	08	AONDA	3:35.84	242	51.56	1:47.24	2:42.00	3:35.84
9.	Mariana Antunes Augusto	08	AONDA	3:38.19	234	50.17	1:45.05	2:43.34	3:38.19
10.	Joana Monteiro Caetano	08	MODV	3:40.45	227	51.49	1:48.62	2:45.92	3:40.45
11.	Beatriz Marques Coimbra	08	GDSE	3:42.16	222	48.36	1:45.27	2:43.54	3:42.16
12.	Catarina Lourenço Patricio	08	PDEM	3:44.52	215	52.19	1:50.06	2:47.98	3:44.52
13.	Matilde Rodrigues Martins	08	MODV	3:45.18	213	48.66	1:46.83	2:46.37	3:45.18
14.	Alice Barros Simoes	08	CNN	3:46.54	209	51.88	1:49.63	2:47.29	3:46.54
15.	Sara Sofia Valente	08	SAD	3:46.93	208	53.56	1:50.55	2:49.65	3:46.93
16.	Matilde Jorge Baleizao	08	CIRL	4:00.39	175	54.81	1:55.99	2:58.75	4:00.39
17.	Constanca Cordeiro Rolo	08	AHBE	4:03.40	168	55.70	1:57.65	3:00.34	4:03.40
18.	Filipa Esteves Silva	08	JFA	4:10.05	155	56.84	2:01.04	3:06.88	4:10.05

DSQ Ines Isabel Sa 08 SAD

B3 - Efetuou múltiplas pernadas de golfinho após a partida (SW 7.1)

DSQ Leonor Serrao Nascimento 08 SAD

B35 - Efetuou batimento alternado de pernas após a viragem aos 50 metros (SW 7.4)
Infantis A

1.	Ana Madalena Simoes	07	GESL	3:04.45	388	41.87	1:28.64	2:16.77	3:04.45
2.	Maria Francisca Malfeito	07	SCP	3:08.51	363	43.19	1:31.25	2:20.49	3:08.51
3.	Beatriz Heitor Cachaço	07	MODV	3:08.66	362	43.31	1:31.01	2:20.74	3:08.66
4.	Sara Sofia Alves	07	CNS	3:09.10	360	43.10	1:30.91	2:20.29	3:09.10
5.	Catarina Andrade Franco	07	GESL	3:11.09	349	41.58	1:29.45	2:20.22	3:11.09
6.	Catarina Alexandra Alves	07	GESL	3:14.14	333	45.05	1:34.58	2:24.80	3:14.14
7.	Alice Gomes Durao	07	SLB	3:15.90	324	44.81	1:34.32	2:25.12	3:15.90
8.	Margarida Santos Botelho	07	CNS	3:21.48	297	44.20	1:36.06	2:29.65	3:21.48
9.	Catarina Ferreira Rodrigues	07	GESL	3:22.90	291	47.58	1:39.22	2:30.92	3:22.90
10.	Ines Portela Pereira	07	GESL	3:26.84	275	48.51	1:41.42	2:34.10	3:26.84
11.	Filipa Neves DAvo	07	ANAM	3:29.09	266	46.82	1:40.47	2:35.66	3:29.09
12.	Ines Freire Alves	07	AHBE	3:37.00	238	50.64	1:46.69	2:43.45	3:37.00
13.	Lara Sofia Correia	07	CPCD	3:38.74	232	48.92	1:44.69	2:41.85	3:38.74
14.	Maria Fatima Medinas	07	CPCD	3:39.87	229	50.73	1:48.18	2:45.80	3:39.87
15.	Madalena Melo Costa	07	CIRL	3:41.96	222	50.09	1:47.80	2:44.91	3:41.96
16.	Teresa Canico Resende	07	SAD	3:44.58	215	51.10	1:48.60	2:47.29	3:44.58

DNS Anastacia Tshesnovska 07 SCP

Prova 4, Femin., 200m Bruços
Infantis

1.	Ana Madalena Simoes	07	GESL	3:04.45	388	41.87	1:28.64	2:16.77	3:04.45
2.	Maria Francisca Malfeito	07	SCP	3:08.51	363	43.19	1:31.25	2:20.49	3:08.51
3.	Beatriz Heitor Cachaço	07	MODV	3:08.66	362	43.31	1:31.01	2:20.74	3:08.66
4.	Sara Sofia Alves	07	CNS	3:09.10	360	43.10	1:30.91	2:20.29	3:09.10
5.	Catarina Andrade Franco	07	GESL	3:11.09	349	41.58	1:29.45	2:20.22	3:11.09
6.	Ines Perez Vieira	08	SAD	3:11.25	348	43.91	1:32.64	2:23.06	3:11.25
7.	Raquel Santos Baiona	08	ADRCIMM	3:11.60	346	44.58	1:32.33	2:22.14	3:11.60
8.	Catarina Alexandra Alves	07	GESL	3:14.14	333	45.05	1:34.58	2:24.80	3:14.14
9.	Alice Gomes Durao	07	SLB	3:15.90	324	44.81	1:34.32	2:25.12	3:15.90
10.	Margarida Santos Botelho	07	CNS	3:21.48	297	44.20	1:36.06	2:29.65	3:21.48
11.	Matilde Militao Guerra	08	ADRCIMM	3:21.79	296	44.83	1:36.41	2:29.99	3:21.79
12.	Catarina Ferreira Rodrigues	07	GESL	3:22.90	291	47.58	1:39.22	2:30.92	3:22.90
13.	Mafalda Rego Caixeiro	08	SCP	3:23.55	288	47.50	1:39.50	2:32.11	3:23.55
14.	Ines Portela Pereira	07	GESL	3:26.84	275	48.51	1:41.42	2:34.10	3:26.84
15.	Filipa Monteiro Santos	08	SCP	3:27.09	274	46.65	1:40.15	2:34.14	3:27.09
16.	Mariana Filipa Guedes	08	SCP	3:27.57	272	47.26	1:39.70	2:33.30	3:27.57
17.	Filipa Neves DAvo	07	ANAM	3:29.09	266	46.82	1:40.47	2:35.66	3:29.09
18.	Rita Sofia Amaral	08	SAD	3:34.01	248	48.15	1:42.74	2:38.57	3:34.01
19.	Sara Morais Sousa	08	AONDA	3:35.84	242	51.56	1:47.24	2:42.00	3:35.84
20.	Ines Freire Alves	07	AHBE	3:37.00	238	50.64	1:46.69	2:43.45	3:37.00
21.	Mariana Antunes Augusto	08	AONDA	3:38.19	234	50.17	1:45.05	2:43.34	3:38.19
22.	Lara Sofia Correia	07	CPCD	3:38.74	232	48.92	1:44.69	2:41.85	3:38.74
23.	Maria Fatima Medinas	07	CPCD	3:39.87	229	50.73	1:48.18	2:45.80	3:39.87
24.	Joana Monteiro Caetano	08	MODV	3:40.45	227	51.49	1:48.62	2:45.92	3:40.45
25.	Madalena Melo Costa	07	CIRL	3:41.96	222	50.09	1:47.80	2:44.91	3:41.96
26.	Beatriz Marques Coimbra	08	GDSE	3:42.16	222	48.36	1:45.27	2:43.54	3:42.16
27.	Catarina Lourenço Patricio	08	PDEM	3:44.52	215	52.19	1:50.06	2:47.98	3:44.52
28.	Teresa Canico Resende	07	SAD	3:44.58	215	51.10	1:48.60	2:47.29	3:44.58
29.	Matilde Rodrigues Martins	08	MODV	3:45.18	213	48.66	1:46.83	2:46.37	3:45.18
30.	Alice Barros Simoes	08	CNN	3:46.54	209	51.88	1:49.63	2:47.29	3:46.54
31.	Sara Sofia Valente	08	SAD	3:46.93	208	53.56	1:50.55	2:49.65	3:46.93
32.	Matilde Jorge Baleizao	08	CIRL	4:00.39	175	54.81	1:55.99	2:58.75	4:00.39
33.	Constanca Cordeiro Rolo	08	AHBE	4:03.40	168	55.70	1:57.65	3:00.34	4:03.40
34.	Filipa Esteves Silva	08	JFA	4:10.05	155	56.84	2:01.04	3:06.88	4:10.05
DSQ	Ines Isabel Sa	08	SAD						
	<i>B3 - Efetuou múltiplas pernadas de golfinho após a partida (SW 7.1)</i>								
DSQ	Leonor Serrao Nascimento	08	SAD						
	<i>B35 - Efetuou batimento alternado de pernas após a viragem aos 50 metros (SW 7.4)</i>								
DNS	Anastacia Tshesnovska	07	SCP						

Prova 5
Masc., 200m Costas
Infantis

08.12.2019 - 11:41

Resultados

Rec Regional Inf A	2:09.17	Joao Alexandre Vital	ADRCIMM	Algés	2012
Rec Regional Inf B	2:19.41	Pedro Fontoura Oliveira	CFB	Reboleira	2003
Rec Regional Absoluto	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Nacional Inf A	2:09.17	Joao Alexandre Vital	ADRCIMM	Algés	2012
Rec Nacional Inf B	2:15.27	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	2013
Rec Nacional Absoluto	1:52.66	Gabriel Jose Lopes	ALN	Hangzhou (CHN)	2018

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
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Infantis B

1.	Afonso Rodrigues Calhelha	07	ADRCIMM	2:37.08	304	37.25	1:17.33	1:57.43	2:37.08
2.	Diogo Teixeira Calcada	07	SCP	2:48.81	245	40.21	1:23.02	2:06.39	2:48.81
3.	Antonio Ricardo Alves	07	CNATRIL	2:49.31	242	40.39	1:23.12	2:06.99	2:49.31
4.	Afonso Bjork Freitas	07	CNN	2:51.92	231	39.48	1:23.24	2:07.82	2:51.92
5.	Hugo Castanheira Rocha	07	CNATRIL	2:54.80	220	40.99	1:25.02	2:10.71	2:54.80
6.	Gabriel Martins Tusan	07	GESL	2:54.91	220	40.80	1:25.42	2:11.36	2:54.91
7.	Tiago Luis Duarte	07	GESL	2:58.78	206	41.76	1:27.39	2:13.95	2:58.78
8.	Gustavo Paes Serrano	07	PDEM	3:11.47	167	45.40	1:35.48	2:26.87	3:11.47
9.	Miguel Amaral Santos	07	SAD	3:14.50	160	45.52	1:34.31	2:24.98	3:14.50

DSQ Caio Salgado Medeiros

C31 - Na viragem aos 150 metros, perdeu a posição dorsal na saída da parede testa (SW 6.4)

DSQ Antonio Quezada Massano

07 SLB

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.

DNS Antonio Rego Arsenio

07 SAD

Infantis A

1.	Pedro Goncalves Bonniz	06	GESL	2:25.06	386	34.42	1:11.93	1:49.49	2:25.06
2.	Tomas Maia Januario	06	GESL	2:29.88	350	35.95	1:13.33	1:52.41	2:29.88
3.	Miguel Mera Herrero	06	SCP	2:30.76	343	36.47	1:15.05	1:53.57	2:30.76
4.	Jose Diogo Fonseca	06	GESL	2:37.90	299	37.70	1:18.04	1:58.93	2:37.90
5.	Pedro Bethlem Tigre	06	SCP	2:38.73	294	37.68	1:18.44	1:59.34	2:38.73
6.	Rodrigo Franco Palare	06	GESL	2:41.05	282	37.42	1:19.01	2:00.49	2:41.05
7.	Martim Carvalho Fonseca	06	GESL	2:47.37	251	40.14	1:23.09	2:06.19	2:47.37
8.	Rafael Filipe Lopes	06	GESL	2:47.58	250	38.35	1:20.04	2:04.32	2:47.58
9.	Afonso Silva Carvalho	06	ADRCIMM	2:54.82	220	38.96	1:22.64	2:09.17	2:54.82
10.	Miguel Guilherme Sousa	06	SCP	2:55.83	216	42.09	1:26.92	2:12.40	2:55.83
11.	Vicente Correa Walker	06	AHBE	3:04.40	187	43.42	1:30.90	2:19.04	3:04.40

DSQ Rodrigo Onofre Matos

06 GESL

C31 - Na viragem aos 50 metros, perdeu a posição dorsal na saída da parede testa (SW 6.4)

Infantis

1.	Pedro Goncalves Bonniz	06	GESL	2:25.06	386	34.42	1:11.93	1:49.49	2:25.06
2.	Tomas Maia Januario	06	GESL	2:29.88	350	35.95	1:13.33	1:52.41	2:29.88
3.	Miguel Mera Herrero	06	SCP	2:30.76	343	36.47	1:15.05	1:53.57	2:30.76
4.	Afonso Rodrigues Calhelha	07	ADRCIMM	2:37.08	304	37.25	1:17.33	1:57.43	2:37.08
5.	Jose Diogo Fonseca	06	GESL	2:37.90	299	37.70	1:18.04	1:58.93	2:37.90
6.	Pedro Bethlem Tigre	06	SCP	2:38.73	294	37.68	1:18.44	1:59.34	2:38.73
7.	Rodrigo Franco Palare	06	GESL	2:41.05	282	37.42	1:19.01	2:00.49	2:41.05
8.	Martim Carvalho Fonseca	06	GESL	2:47.37	251	40.14	1:23.09	2:06.19	2:47.37
9.	Rafael Filipe Lopes	06	GESL	2:47.58	250	38.35	1:20.04	2:04.32	2:47.58
10.	Diogo Teixeira Calcada	07	SCP	2:48.81	245	40.21	1:23.02	2:06.39	2:48.81
11.	Antonio Ricardo Alves	07	CNATRIL	2:49.31	242	40.39	1:23.12	2:06.99	2:49.31
12.	Afonso Bjork Freitas	07	CNN	2:51.92	231	39.48	1:23.24	2:07.82	2:51.92
13.	Hugo Castanheira Rocha	07	CNATRIL	2:54.80	220	40.99	1:25.02	2:10.71	2:54.80
14.	Afonso Silva Carvalho	06	ADRCIMM	2:54.82	220	38.96	1:22.64	2:09.17	2:54.82
15.	Gabriel Martins Tusan	07	GESL	2:54.91	220	40.80	1:25.42	2:11.36	2:54.91

Prova 5, Masc., 200m Costas, Infantis

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
16.	Miguel Guilherme Sousa	06	SCP	2:55.83	216	42.09	1:26.92	2:12.40	2:55.83
17.	Tiago Luis Duarte	07	GESL	2:58.78	206	41.76	1:27.39	2:13.95	2:58.78
18.	Vicente Correa Walker	06	AHBE	3:04.40	187	43.42	1:30.90	2:19.04	3:04.40
19.	Gustavo Paes Serrano	07	PDEM	3:11.47	167	45.40	1:35.48	2:26.87	3:11.47
20.	Miguel Amaral Santos	07	SAD	3:14.50	160	45.52	1:34.31	2:24.98	3:14.50
DSQ	Caio Salgado Medeiros	07	AHBE						
<i>C31 - Na viragem aos 150 metros, perdeu a posição dorsal na saída da parede testa (SW 6.4)</i>									
DSQ	Antonio Quezada Massano	07	SLB						
<i>C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.</i>									
DSQ	Rodrigo Onofre Matos	06	GESL						
<i>C31 - Na viragem aos 50 metros, perdeu a posição dorsal na saída da parede testa (SW 6.4)</i>									
DNS	Antonio Rego Arsenio	07	SAD						

Prova 6
Femin., 200m Costas
Infantis

08.12.2019 - 11:53

Resultados

Rec Regional Inf A	2:21.33	Rafaela Gomes Azevedo	SAD	Alges	2015
Rec Regional Inf B	2:28.06	Rafaela Gomes Azevedo	SAD	Alges	2014
Rec Regional Absoluto	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Nacional Inf A	2:21.33	Rafaela Gomes Azevedo	SAD	Algés	2015
Rec Nacional Inf B	2:27.92	Keissy Joselin Sousa	FCP	Alcobaça	1997
Rec Nacional Absoluto	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Infantis B									
1.	Matilde Catroga Marques	08	ADRCIMM	2:53.30	325	39.86	1:25.10	2:10.12	2:53.30
2.	Emilly Gabrieli Santos	08	CNATRIL	2:58.47	298	41.80	1:27.86	2:16.24	2:58.47
3.	Lis Fatima Melo	08	GESL	3:03.27	275	44.85	1:30.94	2:17.26	3:03.27
4.	Catarina Patricia Yankovich	08	COL	3:03.52	274	42.22	1:29.61	2:17.88	3:03.52
5.	Sofia Nascimento Duarte	08	AHBE	3:06.93	259	43.64	1:31.52	2:20.28	3:06.93
6.	Monica de Carvalho Cardoso	08	GESL	3:16.44	223	45.58	1:35.67	2:27.00	3:16.44
7.	Yasmin Ruth Bexigas	08	GESL	3:16.70	222	46.14	1:36.91	2:28.36	3:16.70
8.	Noemi Gerardin	08	CNN	3:17.00	221	47.89	1:37.38	2:27.94	3:17.00
9.	Melea Lynn Browning	08	CNN	3:21.63	206	45.79	1:37.72	2:31.71	3:21.63
10.	Agata Kremneva	08	AONDA	3:26.08	193	46.81	1:39.00	2:33.81	3:26.08
11.	Mariana Mendes Coimbra	08	PDEM	3:26.66	192	48.81	1:41.45	2:36.01	3:26.66
12.	Maria Alves Gordo	08	AHBE	3:27.62	189	48.83	1:44.08	2:37.47	3:27.62
DSQ	Margarida Catroga Marques	08	ADRCIMM						
<i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 125 metros. (SW 10.2)</i>									
DNS	Camila Gaspar Teles	08	GESL						
DNS	Beatriz Silva Gomes	08	GESL						

Infantis A

1.	Daniela Alexandra Santos	07	SCP	2:45.92	371	39.91	1:22.12	2:04.81	2:45.92
2.	Ines Santos Silva	07	ADRCIMM	2:46.72	365	40.58	1:21.75	2:05.81	2:46.72
3.	Maria Leonor Costa	07	GESL	2:49.97	345	39.92	1:23.44	2:07.81	2:49.97
4.	Sara Viana Vicencio	07	SCP	2:50.12	344	40.53	1:24.12	2:07.80	2:50.12
5.	Ines Gomes Carmo	07	SLB	2:53.28	325	41.42	1:25.15	2:09.75	2:53.28
6.	Beatriz Reis Pinto	07	SLB	2:55.07	315	40.65	1:25.08	2:11.43	2:55.07
7.	Beatriz Santos Pinto	07	CNS	2:55.14	315	42.86	1:27.83	2:13.39	2:55.14
8.	Sofia Gonçalves Raposo	07	PDEM	2:58.06	300	41.05	1:26.13	2:12.74	2:58.06
9.	Maria Duarte Marçalo	07	PDEM	2:59.39	293	41.45	1:27.33	2:13.71	2:59.39
10.	Marta Nascimento Ribeiro	07	CNATRIL	2:59.41	293	40.58	1:27.02	2:14.36	2:59.41
11.	Laura Maria Cruz	07	ADRCIMM	3:01.70	282	42.28	1:28.03	2:15.04	3:01.70

Prova 6, Femin., 200m Costas, Infantis A

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
12.	Leonor Albuquerque Falcão	07	MODV	3:03.93	272	41.95	1:28.27	2:18.06	3:03.93
13.	Catarina D'Azevedo Pinto	07	CNN	3:04.25	270	43.91	1:30.86	2:18.15	3:04.25
14.	Maria Voronova	07	COL	3:05.07	267	43.42	1:29.83	2:18.06	3:05.07
15.	Daniela Pereira Silva	07	COL	3:05.82	264	43.35	1:31.04	2:20.38	3:05.82
16.	Leonor Bordalo Dias	07	MODV	3:07.34	257	43.36	1:30.87	2:19.38	3:07.34
17.	Ana Sofia Silva	07	PDEM	3:13.75	233	46.26	1:34.72	2:24.56	3:13.75
18.	Beatriz Ferreira Perpétuo	07	PDEM	3:16.71	222	45.12	1:36.11	2:27.44	3:16.71
19.	Beatriz de Matos Cachopo	07	CPCD	3:23.24	201	47.80	1:40.08	2:32.40	3:23.24
DSQ	Margarida Deus Simão	07	CPCD						

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.

Infantis

1.	Daniela Alexandra Santos	07	SCP	2:45.92	371	39.91	1:22.12	2:04.81	2:45.92
2.	Ines Santos Silva	07	ADRCIMM	2:46.72	365	40.58	1:21.75	2:05.81	2:46.72
3.	Maria Leonor Costa	07	GESL	2:49.97	345	39.92	1:23.44	2:07.81	2:49.97
4.	Sara Viana Vicencio	07	SCP	2:50.12	344	40.53	1:24.12	2:07.80	2:50.12
5.	Ines Gomes Carmo	07	SLB	2:53.28	325	41.42	1:25.15	2:09.75	2:53.28
6.	Matilde Catroga Marques	08	ADRCIMM	2:53.30	325	39.86	1:25.10	2:10.12	2:53.30
7.	Beatriz Reis Pinto	07	SLB	2:55.07	315	40.65	1:25.08	2:11.43	2:55.07
8.	Beatriz Santos Pinto	07	CNS	2:55.14	315	42.86	1:27.83	2:13.39	2:55.14
9.	Sofia Gonçalves Raposo	07	PDEM	2:58.06	300	41.05	1:26.13	2:12.74	2:58.06
10.	Emilly Gabrieli Santos	08	CNATRIL	2:58.47	298	41.80	1:27.86	2:16.24	2:58.47
11.	Maria Duarte Marçalo	07	PDEM	2:59.39	293	41.45	1:27.33	2:13.71	2:59.39
12.	Marta Nascimento Ribeiro	07	CNATRIL	2:59.41	293	40.58	1:27.02	2:14.36	2:59.41
13.	Laura Maria Cruz	07	ADRCIMM	3:01.70	282	42.28	1:28.03	2:15.04	3:01.70
14.	Lis Fatima Melo	08	GESL	3:03.27	275	44.85	1:30.94	2:17.26	3:03.27
15.	Catarina Patricia Yankovich	08	COL	3:03.52	274	42.22	1:29.61	2:17.88	3:03.52
16.	Leonor Albuquerque Falcão	07	MODV	3:03.93	272	41.95	1:28.27	2:18.06	3:03.93
17.	Catarina D'Azevedo Pinto	07	CNN	3:04.25	270	43.91	1:30.86	2:18.15	3:04.25
18.	Maria Voronova	07	COL	3:05.07	267	43.42	1:29.83	2:18.06	3:05.07
19.	Daniela Pereira Silva	07	COL	3:05.82	264	43.35	1:31.04	2:20.38	3:05.82
20.	Sofia Nascimento Duarte	08	AHBE	3:06.93	259	43.64	1:31.52	2:20.28	3:06.93
21.	Leonor Bordalo Dias	07	MODV	3:07.34	257	43.36	1:30.87	2:19.38	3:07.34
22.	Ana Sofia Silva	07	PDEM	3:13.75	233	46.26	1:34.72	2:24.56	3:13.75
23.	Monica de Carvalho Cardoso	08	GESL	3:16.44	223	45.58	1:35.67	2:27.00	3:16.44
24.	Yasmin Ruth Bexigas	08	GESL	3:16.70	222	46.14	1:36.91	2:28.36	3:16.70
25.	Beatriz Ferreira Perpétuo	07	PDEM	3:16.71	222	45.12	1:36.11	2:27.44	3:16.71
26.	Noemi Gerardin	08	CNN	3:17.00	221	47.89	1:37.38	2:27.94	3:17.00
27.	Melea Lynn Browning	08	CNN	3:21.63	206	45.79	1:37.72	2:31.71	3:21.63
28.	Beatriz de Matos Cachopo	07	CPCD	3:23.24	201	47.80	1:40.08	2:32.40	3:23.24
29.	Agata Kremneva	08	AONDA	3:26.08	193	46.81	1:39.00	2:33.81	3:26.08
30.	Mariana Mendes Coimbra	08	PDEM	3:26.66	192	48.81	1:41.45	2:36.01	3:26.66
31.	Maria Alves Gordo	08	AHBE	3:27.62	189	48.83	1:44.08	2:37.47	3:27.62
DSQ	Margarida Catroga Marques	08	ADRCIMM						

G27 - Não cumpriu a distância completa da prova. Desistiu aos 125 metros. (SW 10.2)

DSQ Margarida Deus Simão 07 CPCD
C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.

DNS Camila Gaspar Teles 08 GESL
 DNS Beatriz Silva Gomes 08 GESL

Prova 7
 08.12.2019 - 12:16

Masc., 200m Mariposa
Infantis
Resultados

Rec Regional Inf A	2:15.67	Joao Alexandre Vital	ADRCIMM	Algés	2012
Rec Regional Inf B	2:23.10	Tiago Ramos Barroso	SAD		1996
Rec Regional Absoluto	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Inf A	2:12.42	Tomas Miguel Freitas	CDN	Funchal	2004
Rec Nacional Inf B	2:19.18	Andre Vilas Ruivo	DNMG	Nazaré	2013
Rec Nacional Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Infantis B									
1.	Manuel Matos Catarino	07	CNS	2:54.39	239	37.86	1:22.69	2:08.81	2:54.39
2.	Guilherme Matias Sousa	07	GESL	3:06.66	194	36.96	1:23.93	2:16.18	3:06.66
3.	Ricardo Lima Paiva	07	GESL	3:15.46	169	42.18	1:32.94	2:24.75	3:15.46
4.	Gustavo Osorio Brasao	07	GESL	3:28.05	140	41.06	1:34.73	2:31.88	3:28.05

Infantis A

1.	Tomas Nunes Roque	06	SLB	2:35.56	336	32.85	1:11.07	1:52.58	2:35.56
2.	Pedro Miguel Pimentel	06	GESL	2:40.20	308	34.60	1:14.84	1:57.34	2:40.20
3.	Manuel Faria Silvestre	06	SLB	2:48.40	265	35.60	1:17.37	2:01.05	2:48.40
4.	Martim Barata Antunes	06	SLB	2:57.92	225	37.01	1:22.55	2:10.93	2:57.92
5.	Martim Frederico Paulino	06	CNS	3:09.09	187	41.27	1:31.43	2:21.24	3:09.09
6.	António Rafael Dias	06	MODV	3:11.72	179	36.84	1:23.60	2:15.85	3:11.72
7.	Daniel Cardoso Santos	06	MODV	3:16.42	167	40.29	1:29.31	2:21.31	3:16.42

Infantis

1.	Tomas Nunes Roque	06	SLB	2:35.56	336	32.85	1:11.07	1:52.58	2:35.56
2.	Pedro Miguel Pimentel	06	GESL	2:40.20	308	34.60	1:14.84	1:57.34	2:40.20
3.	Manuel Faria Silvestre	06	SLB	2:48.40	265	35.60	1:17.37	2:01.05	2:48.40
4.	Manuel Matos Catarino	07	CNS	2:54.39	239	37.86	1:22.69	2:08.81	2:54.39
5.	Martim Barata Antunes	06	SLB	2:57.92	225	37.01	1:22.55	2:10.93	2:57.92
6.	Guilherme Matias Sousa	07	GESL	3:06.66	194	36.96	1:23.93	2:16.18	3:06.66
7.	Martim Frederico Paulino	06	CNS	3:09.09	187	41.27	1:31.43	2:21.24	3:09.09
8.	António Rafael Dias	06	MODV	3:11.72	179	36.84	1:23.60	2:15.85	3:11.72
9.	Ricardo Lima Paiva	07	GESL	3:15.46	169	42.18	1:32.94	2:24.75	3:15.46
10.	Daniel Cardoso Santos	06	MODV	3:16.42	167	40.29	1:29.31	2:21.31	3:16.42
11.	Gustavo Osorio Brasao	07	GESL	3:28.05	140	41.06	1:34.73	2:31.88	3:28.05

Prova 8
 08.12.2019 - 12:25

Femin., 200m Mariposa
Infantis
Resultados

Rec Regional Inf A	2:27.84	Ana Francisco	SFUAP		1993
Rec Regional Inf B	2:33.11	Susana Patricia Miguel	SFUAP		2002
Rec Regional Absoluto	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Inf A	2:25.40	Raquel Maria Felgueiras	SCB		1993
Rec Nacional Inf B	2:25.29	Carolina Miranda Fernandes	CGA	Castro Daire	2017
Rec Nacional Absoluto	2:05.74	Ana Catarina Monteiro	CFV	Hangzhou (CHN)	2018

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Infantis B									
1.	Patricia Subtil Henriques	08	GESL	3:09.82	250	39.73	1:28.63	2:20.67	3:09.82
2.	Constanca Santos Ferreira	08	SAD	3:16.27	226	41.19	1:31.21	2:24.49	3:16.27
3.	Eduarda Mendes Bugalho	08	AHBE	3:42.58	155	44.46	1:42.22	2:44.87	3:42.58

Prova 8, Femin., 200m Mariposa

Infantis A

1. Rita Machita Santos	07	CNS	2:56.48	311	37.40	1:21.31	2:08.66	2:56.48
2. Ines Trindade Dionisio	07	CNN	3:29.13	187	43.95	1:37.29	2:32.64	3:29.13

Infantis

1. Rita Machita Santos	07	CNS	2:56.48	311	37.40	1:21.31	2:08.66	2:56.48
2. Patricia Subtil Henriques	08	GESL	3:09.82	250	39.73	1:28.63	2:20.67	3:09.82
3. Constanca Santos Ferreira	08	SAD	3:16.27	226	41.19	1:31.21	2:24.49	3:16.27
4. Ines Trindade Dionisio	07	CNN	3:29.13	187	43.95	1:37.29	2:32.64	3:29.13
5. Eduarda Mendes Bugalho	08	AHBE	3:42.58	155	44.46	1:42.22	2:44.87	3:42.58