

1 - 1ª Jornada

18.01.2020 - 15:00

Prova 1	Masc., 400m Livres				Juvenis
18.01.2020 - 15:00					Resultados
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
Rec Regional Absoluto	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Nacional Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	2012
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
Juvenis A									
1.	Miguel Costa Simoes	04	CDCP	4:16.56	566	1:03.81	1:06.40	1:04.03	1:02.32
2.	Andre Azevedo Baraona	04	CNMJ	4:18.06	556	1:01.51	1:06.23	1:05.81	1:04.51
3.	Afonso Figueiredo Frasquilho	04	SCP	4:20.24	542	1:02.09	1:07.05	1:06.12	1:04.98
4.	Joao Afonso Santos	04	SCP	4:23.38	523	1:02.74	1:06.51	1:07.43	1:06.70
5.	Francisco Ribeiro Vieira	04	AEFDTV	4:29.11	490	1:03.07	1:07.86	1:09.38	1:08.80
6.	Tiago Fanha Lopes	04	CNMJ	4:29.58	488	1:04.23	1:08.91	1:08.59	1:07.85
7.	Ruben Jose Salgueiro	04	SCP	4:34.31	463	1:05.62	1:10.01	1:11.01	1:07.67
8.	Pedro Forjaz Cirurgiao	04	SAD	4:34.36	462	1:05.56	1:10.36	1:10.25	1:08.19
9.	Francisco Sousa Uva	04	SAD	4:34.55	462	1:05.72	1:10.13	1:10.21	1:08.49
10.	Joao Pedro Faustino	04	CDCP	4:34.80	460	1:04.29	1:08.90	1:10.23	1:11.38
11.	Tomás Pratas Neto	04	PDEM	4:37.79	446	1:04.14	1:12.53	1:11.00	1:10.12
12.	Afonso Leonel Barreto	04	CPCD	4:37.88	445	1:03.26	1:11.48	1:11.82	1:11.32
13.	Alexandre Duarte Morais	04	PDEM	4:37.97	445	1:06.46	1:10.94	1:09.91	1:10.66
14.	Afonso Romao Francisco	04	CDCP	4:38.09	444	1:05.73	1:10.73	1:11.11	1:10.52
15.	Diogo Miguel Monteiro	04	DRCN	4:39.77	436	1:05.63	1:11.01	1:12.31	1:10.82
16.	Rafael Caceres Lopes	04	SFUAP	4:40.74	432	1:05.17	1:10.89	1:11.77	1:12.91
17.	Tomas Martins Mira	04	CNS	4:43.81	418	1:07.55	1:13.56	1:11.77	1:10.93
18.	Victor Bethlem Tigre	04	SCP	4:43.85	418	1:06.09	1:11.85	1:12.86	1:13.05
19.	Duarte Cadima Goncalves	04	CNMJ	4:45.97	408	1:04.71	1:12.84	1:15.08	1:13.34
20.	Miguel Alexandre Araujo	04	SFUAP	5:01.11	350	1:10.16	1:16.40	1:17.60	1:16.95
21.	Joao Silva Angelino	04	PDEM	5:02.73	344	1:09.24	1:15.98	1:20.31	1:17.20
22.	Afonso Miguel Ribeiro	04	PDEM	5:09.35	322	1:09.11	1:19.16	1:21.90	1:19.18
DNS	Guilherme Machado Santos	04	SFUAP						

Juvenis B

1.	Gabriel Carvalho Ferrao	05	CDCP	4:22.31	529	1:02.80	1:06.25	1:07.17	1:06.09
2.	Andre Henriques Marques	05	SLB	4:22.68	527	1:03.81	1:07.25	1:07.24	1:04.38
3.	Tiago Rodrigues Pinto	05	SCP	4:22.90	526	1:02.77	1:06.98	1:07.57	1:05.58
4.	Pedro Mahua Alvarez	05	SCP	4:29.12	490	1:04.84	1:08.90	1:08.96	1:06.42
5.	Pedro Maria Amado	05	SAD	4:29.84	486	1:03.07	1:07.67	1:09.31	1:09.79
6.	Joao Seixedo Pinheiro	05	CNS	4:31.33	478	1:05.98	1:10.18	1:08.45	1:06.72
7.	Filipe Simoes Freitas	05	SCP	4:31.47	477	1:04.07	1:08.67	1:09.94	1:08.79
8.	Jose Manuel Sa	05	SCP	4:33.47	467	1:05.44	1:10.20	1:10.61	1:07.22
9.	Manuel Angelo Pereira	05	SCP	4:33.48	467	1:05.83	1:10.21	1:10.44	1:07.00
10.	Diogo Sousa Barbosa	05	SLB	4:33.52	467	1:05.93	1:10.37	1:10.38	1:06.84
11.	Miguel Cordeiro Almeida	05	SAD	4:38.68	441	1:06.95	1:10.49	1:10.72	1:10.52
12.	Manuel Pires Oliveira	05	PDEM	4:43.83	418	1:07.72	1:13.64	1:12.03	1:10.44
13.	Simao Lopes Oliveira	05	CNS	4:44.27	416	1:08.74	1:14.14	1:11.09	1:10.30
14.	Afonso Lucio Costa	05	SCP	4:44.45	415	1:05.70	1:11.11	1:13.26	1:14.38
15.	Daniel Pankivskiy	05	CPCD	4:44.66	414	1:07.46	1:12.86	1:14.27	1:10.07
16.	Diogo Rafael Dias	05	DRCN	4:45.52	410	1:05.43	1:12.45	1:13.63	1:14.01
17.	Tomas Almeida Cordeiro	05	SAD	4:45.94	408	1:07.45	1:12.76	1:13.61	1:12.12
18.	Rodrigo Martins Bras	05	CFB	4:54.15	375	1:07.30	1:15.52	1:16.01	1:15.32
19.	Vasco Santos Silva	05	SLB	4:58.14	360	1:10.75	1:16.95	1:15.63	1:14.81
20.	Alfredo Cabrita Soudo	05	CFB	4:59.49	355	1:09.39	1:14.71	1:18.15	1:17.24
21.	Tiago Romão Lourenço	05	PDEM	5:02.03	347	1:11.36	1:18.35	1:17.12	1:15.20
22.	Gonçalo Pires Fialho	05	CNA	5:06.17	333	1:09.95	1:19.46	1:18.79	1:17.97
23.	Lourenco Matos Perdigo	05	CNN	5:10.92	318	1:12.31	1:19.47	1:20.12	1:19.02

 Website: <https://anlisboa.pt>

 Resultados online: anlisboa.info/live
anlisboa.info/live

Prova 1, Masc., 400m Livres, Juvenis B

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
24.	Francisco Fino Motta	05	PDEM	5:22.92	283	1:17.27	1:23.01	1:21.50	1:21.14
25.	Miguel Palminha Serafim	05	CNMJ	5:26.97	273	1:16.85	1:23.04	1:24.17	1:22.91
26.	Simão Matos Mira	05	FS	5:33.14	258	1:17.63	1:26.15	1:25.62	1:23.74
DNS	Pedro Dinis Casquinha	05	FS						

Juvenis

1.	Miguel Costa Simoes	04	CDCP	4:16.56	566	1:03.81	1:06.40	1:04.03	1:02.32
2.	Andre Azevedo Baraona	04	CNMJ	4:18.06	556	1:01.51	1:06.23	1:05.81	1:04.51
3.	Afonso Figueiredo Frasquilho	04	SCP	4:20.24	542	1:02.09	1:07.05	1:06.12	1:04.98
4.	Gabriel Carvalho Ferrao	05	CDCP	4:22.31	529	1:02.80	1:06.25	1:07.17	1:06.09
5.	Andre Henriques Marques	05	SLB	4:22.68	527	1:03.81	1:07.25	1:07.24	1:04.38
6.	Tiago Rodrigues Pinto	05	SCP	4:22.90	526	1:02.77	1:06.98	1:07.57	1:05.58
7.	Joao Afonso Santos	04	SCP	4:23.38	523	1:02.74	1:06.51	1:07.43	1:06.70
8.	Francisco Ribeiro Vieira	04	AEFDTV	4:29.11	490	1:03.07	1:07.86	1:09.38	1:08.80
9.	Pedro Mahua Alvarez	05	SCP	4:29.12	490	1:04.84	1:08.90	1:08.96	1:06.42
10.	Tiago Fanha Lopes	04	CNMJ	4:29.58	488	1:04.23	1:08.91	1:08.59	1:07.85
11.	Pedro Maria Amado	05	SAD	4:29.84	486	1:03.07	1:07.67	1:09.31	1:09.79
12.	Joao Seixedo Pinheiro	05	CNS	4:31.33	478	1:05.98	1:10.18	1:08.45	1:06.72
13.	Filipe Simoes Freitas	05	SCP	4:31.47	477	1:04.07	1:08.67	1:09.94	1:08.79
14.	Jose Manuel Sa	05	SCP	4:33.47	467	1:05.44	1:10.20	1:10.61	1:07.22
15.	Manuel Angelo Pereira	05	SCP	4:33.48	467	1:05.83	1:10.21	1:10.44	1:07.00
16.	Diogo Sousa Barbosa	05	SLB	4:33.52	467	1:05.93	1:10.37	1:10.38	1:06.84
17.	Ruben Jose Salgueiro	04	SCP	4:34.31	463	1:05.62	1:10.01	1:11.01	1:07.67
18.	Pedro Forjaz Cirurgiao	04	SAD	4:34.36	462	1:05.56	1:10.36	1:10.25	1:08.19
19.	Francisco Sousa Uva	04	SAD	4:34.55	462	1:05.72	1:10.13	1:10.21	1:08.49
20.	Joao Pedro Faustino	04	CDCP	4:34.80	460	1:04.29	1:08.90	1:10.23	1:11.38
21.	Tomás Pratas Neto	04	PDEM	4:37.79	446	1:04.14	1:12.53	1:11.00	1:10.12
22.	Afonso Leonel Barreto	04	CPCD	4:37.88	445	1:03.26	1:11.48	1:11.82	1:11.32
23.	Alexandre Duarte Moraes	04	PDEM	4:37.97	445	1:06.46	1:10.94	1:09.91	1:10.66
24.	Afonso Romao Francisco	04	CDCP	4:38.09	444	1:05.73	1:10.73	1:11.11	1:10.52
25.	Miguel Cordeiro Almeida	05	SAD	4:38.68	441	1:06.95	1:10.49	1:10.72	1:10.52
26.	Diogo Miguel Monteiro	04	DRCN	4:39.77	436	1:05.63	1:11.01	1:12.31	1:10.82
27.	Rafael Caceres Lopes	04	SFUAP	4:40.74	432	1:05.17	1:10.89	1:11.77	1:12.91
28.	Tomas Martins Mira	04	CNS	4:43.81	418	1:07.55	1:13.56	1:11.77	1:10.93
29.	Manuel Pires Oliveira	05	PDEM	4:43.83	418	1:07.72	1:13.64	1:12.03	1:10.44
30.	Victor Bethlem Tigre	04	SCP	4:43.85	418	1:06.09	1:11.85	1:12.86	1:13.05
31.	Simao Lopes Oliveira	05	CNS	4:44.27	416	1:08.74	1:14.14	1:11.09	1:10.30
32.	Afonso Lucio Costa	05	SCP	4:44.45	415	1:05.70	1:11.11	1:13.26	1:14.38
33.	Daniel Pankivskiy	05	CPCD	4:44.66	414	1:07.46	1:12.86	1:14.27	1:10.07
34.	Diogo Rafael Dias	05	DRCN	4:45.52	410	1:05.43	1:12.45	1:13.63	1:14.01
35.	Tomas Almeida Cordeiro	05	SAD	4:45.94	408	1:07.45	1:12.76	1:13.61	1:12.12
36.	Duarte Cadima Goncalves	04	CNMJ	4:45.97	408	1:04.71	1:12.84	1:15.08	1:13.34
37.	Rodrigo Martins Bras	05	CFB	4:54.15	375	1:07.30	1:15.52	1:16.01	1:15.32
38.	Vasco Santos Silva	05	SLB	4:58.14	360	1:10.75	1:16.95	1:15.63	1:14.81
39.	Alfredo Cabrita Soudo	05	CFB	4:59.49	355	1:09.39	1:14.71	1:18.15	1:17.24
40.	Miguel Alexandre Araujo	04	SFUAP	5:01.11	350	1:10.16	1:16.40	1:17.60	1:16.95
41.	Tiago Romão Lourenço	05	PDEM	5:02.03	347	1:11.36	1:18.35	1:17.12	1:15.20
42.	Joao Silva Angelino	04	PDEM	5:02.73	344	1:09.24	1:15.98	1:20.31	1:17.20
43.	Gonçalo Pires Fialho	05	CNA	5:06.17	333	1:09.95	1:19.46	1:18.79	1:17.97
44.	Afonso Miguel Ribeiro	04	PDEM	5:09.35	322	1:09.11	1:19.16	1:21.90	1:19.18
45.	Lourenco Matos Perdigao	05	CNN	5:10.92	318	1:12.31	1:19.47	1:20.12	1:19.02
46.	Francisco Fino Motta	05	PDEM	5:22.92	283	1:17.27	1:23.01	1:21.50	1:21.14
47.	Miguel Palminha Serafim	05	CNMJ	5:26.97	273	1:16.85	1:23.04	1:24.17	1:22.91
48.	Simão Matos Mira	05	FS	5:33.14	258	1:17.63	1:26.15	1:25.62	1:23.74
DNS	Pedro Dinis Casquinha	05	FS						
DNS	Guilherme Machado Santos	04	SFUAP						

Prova 2
18.01.2020 - 15:39

Femin., 200m Estilos

Juvenis
Resultados

Rec Regional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Regional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Absoluto	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Nacional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Absoluto	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Juvenis A									
1.	Joana Rocha Ferreira	05	SLB	2:32.62	509	34.90	39.19	43.28	35.25
2.	Sofia Antunes Sebastiao	05	CNA	2:35.00	485	32.98	39.38	46.49	36.15
3.	Joana Fernandes Gama	05	SCP	2:37.75	460	34.87	43.38	43.80	35.70
4.	Mariana Andreia Silva	05	SCP	2:38.40	455	34.37	41.11	46.79	36.13
5.	Maria Teresa Fernandes	05	SAD	2:38.75	452	35.30	41.30	46.56	35.59
6.	Maria Carolina Vargas	05	SLB	2:40.18	440	37.53	43.16	43.30	36.19
7.	Soraia Maria Salgado	05	AEFDTV	2:40.68	436	34.18	39.14	48.66	38.70
8.	Nicole Patriarca Franca	05	SCP	2:41.21	431	32.93	42.71	49.28	36.29
9.	Sara Nunes Conceicao	05	SFUAP	2:44.27	408	35.71	43.02	49.42	36.12
10.	Maria Sousa Caxaria	05	CNMJ	2:45.04	402	36.35	42.47	49.05	37.17
11.	Maria Del Rio Bernat	05	SAD	2:47.12	387	39.22	43.08	47.75	37.07
12.	Beatriz Barroso Silva	05	SCP	2:55.52	334	39.52	47.52	47.74	40.74
13.	Ines Azinheira Serra	05	PDEM	3:16.28	239	42.62	48.30	59.29	46.07

Juvenis B

1.	Maria Leonor Coelho	06	SLB	2:30.84	527	33.10	39.70	44.39	33.65
2.	Matilde Nunes Lopes	06	SLB	2:35.09	485	34.49	39.68	45.46	35.46
3.	Maria Esteves Valente	06	SLB	2:36.84	469	34.50	41.12	45.86	35.36
4.	Carolina Martins Camacho	06	SFUAP	2:37.44	463	35.85	38.64	46.83	36.12
5.	Beatriz Portugal Costa	06	SLB	2:41.49	429	35.87	41.87	47.30	36.45
6.	Filipa Ferraz Domingos	06	SCP	2:42.12	424	33.72	45.48	44.82	38.10
7.	Madalena Fragoso Guterres	06	SLB	2:42.64	420	35.15	40.73	50.21	36.55
8.	Leonor Santos Duro	06	CNS	2:43.06	417	35.44	41.90	48.98	36.74
9.	Marta Silva Santos	06	CNS	2:43.76	412	35.82	41.47	49.28	37.19
10.	Beatriz Mocego Niza	06	CNA	2:44.25	408	34.75	43.92	47.82	37.76
11.	Mariana Ramos Zacarias	06	CNS	2:44.82	404	35.63	44.11	46.73	38.35
12.	Mariana Coelho Carvalho	06	CNS	2:47.48	385	36.44	40.90	50.76	39.38
13.	Ines Gaspar Silva	06	GESL	2:48.85	375	38.82	43.04	47.80	39.19
14.	Catarina Lima Antunes	06	SCP	2:52.76	350	37.60	44.46	52.39	38.31
15.	Matilde Aparicio Pereira	06	CNA	2:53.39	347	37.93	47.12	48.39	39.95
16.	Mafalda Mourao Lopes	06	ADST	2:53.61	345	37.21	43.16	53.33	39.91
17.	Sofia Medeiros Pereira	06	CNMJ	2:54.54	340	36.52	42.81	54.11	41.10
18.	Clara Sofia Herminio	06	CDCP	2:54.99	337	38.54	44.85	53.30	38.30
19.	Rita Borges Silva	06	CNA	2:55.26	336	38.64	47.14	51.19	38.29
20.	Iris Castro Campos	06	CNA	3:00.45	307	42.94	47.12	52.97	37.42
21.	Ana Rita Guerreiro	06	CPCD	3:25.02	209	46.87	49.79	1:01.25	47.11
DSQ	Ines Correia Teixeira	06	CNA	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DSQ	Maria Pinto Monteiro	06	SFUAP	<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>					
DNS	Sara Lagorssse Caldas	06	FS						

Prova 2, Femin., 200m Estilos
Juvenis

1.	Maria Leonor Coelho	06	SLB	2:30.84	527	33.10	39.70	44.39	33.65
2.	Joana Rocha Ferreira	05	SLB	2:32.62	509	34.90	39.19	43.28	35.25
3.	Sofia Antunes Sebastiao	05	CNA	2:35.00	485	32.98	39.38	46.49	36.15
4.	Matilde Nunes Lopes	06	SLB	2:35.09	485	34.49	39.68	45.46	35.46
5.	Maria Esteves Valente	06	SLB	2:36.84	469	34.50	41.12	45.86	35.36
6.	Carolina Martins Camacho	06	SFUAP	2:37.44	463	35.85	38.64	46.83	36.12
7.	Joana Fernandes Gama	05	SCP	2:37.75	460	34.87	43.38	43.80	35.70
8.	Mariana Andreia Silva	05	SCP	2:38.40	455	34.37	41.11	46.79	36.13
9.	Maria Teresa Fernandes	05	SAD	2:38.75	452	35.30	41.30	46.56	35.59
10.	Maria Carolina Vargas	05	SLB	2:40.18	440	37.53	43.16	43.30	36.19
11.	Soraia Maria Salgado	05	AEFDTV	2:40.68	436	34.18	39.14	48.66	38.70
12.	Nicole Patriarca Franca	05	SCP	2:41.21	431	32.93	42.71	49.28	36.29
13.	Beatriz Portugal Costa	06	SLB	2:41.49	429	35.87	41.87	47.30	36.45
14.	Filipa Ferraz Domingos	06	SCP	2:42.12	424	33.72	45.48	44.82	38.10
15.	Madalena Fragoso Guterres	06	SLB	2:42.64	420	35.15	40.73	50.21	36.55
16.	Leonor Santos Duro	06	CNS	2:43.06	417	35.44	41.90	48.98	36.74
17.	Marta Silva Santos	06	CNS	2:43.76	412	35.82	41.47	49.28	37.19
18.	Beatriz Mocego Niza	06	CNA	2:44.25	408	34.75	43.92	47.82	37.76
19.	Sara Nunes Conceicao	05	SFUAP	2:44.27	408	35.71	43.02	49.42	36.12
20.	Mariana Ramos Zacarias	06	CNS	2:44.82	404	35.63	44.11	46.73	38.35
21.	Maria Sousa Caxaria	05	CNMJ	2:45.04	402	36.35	42.47	49.05	37.17
22.	Maria Del Rio Bernat	05	SAD	2:47.12	387	39.22	43.08	47.75	37.07
23.	Mariana Coelho Carvalho	06	CNS	2:47.48	385	36.44	40.90	50.76	39.38
24.	Ines Gaspar Silva	06	GESL	2:48.85	375	38.82	43.04	47.80	39.19
25.	Catarina Lima Antunes	06	SCP	2:52.76	350	37.60	44.46	52.39	38.31
26.	Matilde Aparicio Pereira	06	CNA	2:53.39	347	37.93	47.12	48.39	39.95
27.	Mafalda Mourao Lopes	06	ADST	2:53.61	345	37.21	43.16	53.33	39.91
28.	Sofia Medeiros Pereira	06	CNMJ	2:54.54	340	36.52	42.81	54.11	41.10
29.	Clara Sofia Herminio	06	CDCP	2:54.99	337	38.54	44.85	53.30	38.30
30.	Rita Borges Silva	06	CNA	2:55.26	336	38.64	47.14	51.19	38.29
31.	Beatriz Barroso Silva	05	SCP	2:55.52	334	39.52	47.52	47.74	40.74
32.	Iris Castro Campos	06	CNA	3:00.45	307	42.94	47.12	52.97	37.42
33.	Ines Azinheira Serra	05	PDEM	3:16.28	239	42.62	48.30	59.29	46.07
34.	Ana Rita Guerreiro	06	CPCD	3:25.02	209	46.87	49.79	1:01.25	47.11
DSQ	Ines Correia Teixeira	06	CNA						
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>									
DSQ	Maria Pinto Monteiro	06	SFUAP						
<i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>									
DNS	Sara Lagorsse Caldas	06	FS						

Prova 3
Masc., 200m Bruços
Juvenis

18.01.2020 - 15:57

Resultados

Rec Regional Juv A	2:18.26	Ricardo Samuel Pereira	SLB	Felgueiras	2019
Rec Regional Juv B	2:26.72	Carlos Esteves Almeida	CNA	Reboleira	2003
Rec Regional Absoluto	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Nacional Juv A	2:18.22	Andre Goncalo Santos	LSC	Felgueiras	2013
Rec Nacional Juv B	2:20.22	Andre Goncalo Santos	LSC	Braga	2012
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
Juvenis A									
1.	Andre Azevedo Baraona	04	CNMJ	2:37.62	443	36.43	41.02	40.37	39.80
2.	Joao Pedro Faustino	04	CDCP	2:41.94	408	37.26	41.48	41.50	41.70
3.	Miguel Filipe Anjo	04	CDCP	2:42.63	403	36.90	41.89	42.34	41.50
4.	Alexandre Duarte Morais	04	PDEM	2:55.17	322	37.63	43.71	46.80	47.03
5.	Henrique Antao Neves	04	CPCD	3:02.94	283	39.44	46.78	48.84	47.88
6.	Afonso Miguel Ribeiro	04	PDEM	3:15.51	232	42.57	49.76	52.84	50.34

Prova 3, Masc., 200m Bruços, Juvenis A

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
7.	Joao Silva Angelino	04	PDEM	3:19.31	219	43.67	51.08	53.48	51.08
	DNS Guilherme Machado Santos	04	SFUAP						

Juvenis B

1.	Miguel Correia Anacleto	05	SCP	2:35.28	463	34.70	39.67	40.51	40.40
2.	Gonçalo Duarte Carvalho	05	SLB	2:36.29	454	35.19	39.42	40.23	41.45
3.	Andre Henriques Marques	05	SLB	2:39.24	429	35.68	40.44	41.47	41.65
4.	Francisco Lourenco Vasconcelos	05	GESL	2:41.17	414	35.49	41.14	41.44	43.10
5.	Francisc Gututui	05	SAD	2:46.20	377	38.07	41.88	42.77	43.48
6.	Jose Alves Monteiro	05	INDANL	2:50.21	351	39.80	43.91	43.40	43.10
7.	Afonso Costa Albuquerque	05	CFB	2:57.63	309	39.51	44.13	46.05	47.94
8.	Joao Ferreira Rodrigues	05	GESL	3:04.39	276	41.42	47.05	47.61	48.31
9.	Daniel Nemchynov	05	CPCD	3:06.03	269	41.57	47.39	48.72	48.35
10.	Rodrigo Filipe Valerio	05	CPCD	3:06.21	268	41.83	47.83	49.47	47.08
11.	Simão Matos Mira	05	FS	3:14.78	234	44.33	49.33	50.85	50.27
12.	Francisco Fino Motta	05	PDEM	3:19.99	216	45.54	51.20	51.91	51.34
	DNS Rodrigo Ferreira Mimoso	05	SLB						
	DNS Pedro Dinis Casquinha	05	FS						

Juvenis

1.	Miguel Correia Anacleto	05	SCP	2:35.28	463	34.70	39.67	40.51	40.40
2.	Gonçalo Duarte Carvalho	05	SLB	2:36.29	454	35.19	39.42	40.23	41.45
3.	Andre Azevedo Baraona	04	CNMJ	2:37.62	443	36.43	41.02	40.37	39.80
4.	Andre Henriques Marques	05	SLB	2:39.24	429	35.68	40.44	41.47	41.65
5.	Francisco Lourenco Vasconcelos	05	GESL	2:41.17	414	35.49	41.14	41.44	43.10
6.	Joao Pedro Faustino	04	CDCP	2:41.94	408	37.26	41.48	41.50	41.70
7.	Miguel Filipe Anjo	04	CDCP	2:42.63	403	36.90	41.89	42.34	41.50
8.	Francisc Gututui	05	SAD	2:46.20	377	38.07	41.88	42.77	43.48
9.	Jose Alves Monteiro	05	INDANL	2:50.21	351	39.80	43.91	43.40	43.10
10.	Alexandre Duarte Morais	04	PDEM	2:55.17	322	37.63	43.71	46.80	47.03
11.	Afonso Costa Albuquerque	05	CFB	2:57.63	309	39.51	44.13	46.05	47.94
12.	Henrique Antao Neves	04	CPCD	3:02.94	283	39.44	46.78	48.84	47.88
13.	Joao Ferreira Rodrigues	05	GESL	3:04.39	276	41.42	47.05	47.61	48.31
14.	Daniel Nemchynov	05	CPCD	3:06.03	269	41.57	47.39	48.72	48.35
15.	Rodrigo Filipe Valerio	05	CPCD	3:06.21	268	41.83	47.83	49.47	47.08
16.	Simão Matos Mira	05	FS	3:14.78	234	44.33	49.33	50.85	50.27
17.	Afonso Miguel Ribeiro	04	PDEM	3:15.51	232	42.57	49.76	52.84	50.34
18.	Joao Silva Angelino	04	PDEM	3:19.31	219	43.67	51.08	53.48	51.08
19.	Francisco Fino Motta	05	PDEM	3:19.99	216	45.54	51.20	51.91	51.34
	DNS Rodrigo Ferreira Mimoso	05	SLB						
	DNS Pedro Dinis Casquinha	05	FS						
	DNS Guilherme Machado Santos	04	SFUAP						

Prova 4
18.01.2020 - 16:09
Femin., 200m Costas
Juvenis
Resultados

Rec Regional Juv A	2:16.30	Petra Quintela Chaves	SAD						1993
Rec Regional Juv B	2:19.15	Susana Patricia Miguel	SFUAP	Alhandra					2004
Rec Regional Absoluto	2:09.12	Rita Barros Frischknecht	SAD	Porto					2017
Rec Nacional Juv A	2:14.11	Camila Rodrigues Rebelo	ALN	Condeixa					2018
Rec Nacional Juv B	2:17.86	Catia Raquel Martinheira	LDC	Sines					2008
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
Juvenis A									
1.	Barbara Cunha Ventura	05	SLB	2:29.70	505	35.82	37.28	38.17	38.43
2.	Joana Rocha Ferreira	05	SLB	2:37.69	432	38.57	39.98	39.89	39.25
3.	Soraia Maria Salgado	05	AEFDTV	2:38.58	425	35.04	38.01	42.94	42.59
4.	Rita Ferreira Gomes	05	SAD	2:38.97	421	36.60	40.50	41.76	40.11
5.	Sara Nunes Conceicao	05	SFUAP	2:39.82	415	38.11	40.14	41.00	40.57
6.	Francisca Otao Tribuna	05	SLB	2:39.98	413	37.86	40.34	41.55	40.23
7.	Madalena Carrapico Alexandrino	05	SAD	2:45.51	373	39.42	41.74	42.50	41.85
8.	Carolina Alexandra Silva	05	DRCN	2:45.57	373	37.82	41.94	43.72	42.09
9.	Maria Carolina Vargas	05	SLB	2:48.19	356	41.86	41.93	42.00	42.40
10.	Catarina Silva Tavares	05	DRCN	2:59.20	294	42.01	44.76	47.01	45.42
11.	Ines Azinheira Serra	05	PDEM	3:02.87	277	43.04	47.40	46.55	45.88
12.	Matilde Aleixo Duarte	05	CNS	3:09.57	248	44.88	47.99	49.44	47.26

Juvenis B

1.	Francisca Santos Ferreira	06	SAD	2:33.39	469	37.31	39.20	39.08	37.80
2.	Maria Leonor Coelho	06	SLB	2:34.89	456	37.68	39.89	39.67	37.65
3.	Maria Soares Almeida	06	SAD	2:36.52	442	37.02	39.86	40.61	39.03
4.	Ines Correia Teixeira	06	CNA	2:36.69	440	37.77	40.10	40.07	38.75
5.	Margarida Barbara Marques	06	SAD	2:38.19	428	38.08	40.71	40.68	38.72
6.	Maria Beatriz Costa	06	SCP	2:40.81	407	38.08	41.19	41.11	40.43
7.	Matilde Nunes Lopes	06	SLB	2:41.28	404	38.14	40.75	41.72	40.67
8.	Carolina Costa Diniz	06	SCP	2:42.23	396	39.33	41.17	42.00	39.73
9.	Marina Alexandra Oliveira	06	CNS	2:43.74	386	37.98	40.67	42.23	42.86
10.	Catarina Coutinho Lima	06	SLB	2:44.91	377	39.11	42.12	41.91	41.77
11.	Beatriz Mocego Niza	06	CNA	2:46.42	367	41.17	43.15	41.37	40.73
12.	Erica Candeias Mendes	06	CNA	2:46.65	366	40.57	42.71	41.79	41.58
13.	Mafalda Mourao Lopes	06	ADST	2:50.96	339	40.81	42.91	44.44	42.80
14.	Sofia Medeiros Pereira	06	CNMJ	2:53.23	326	40.84	44.31	44.65	43.43
15.	Eva Kurnosa	06	CPCD	2:53.93	322	40.56	43.94	45.41	44.02
16.	Clara Sofia Herminio	06	CDCP	2:54.21	320	41.72	45.36	44.22	42.91
17.	Carina Tymosh	06	DRCN	2:56.28	309	41.06	44.89	46.91	43.42
18.	Beatriz de Castro Teixeira	06	CPCD	3:06.61	260	43.54	46.21	50.40	46.46
19.	Matilde Marins Pereira	06	CPCD	3:31.01	180	48.37	52.58	55.21	54.85
DSQ	Beatriz Portugal Costa	06	SLB						
<i>E-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 150m) imediatamente após o final da braçada.</i>									
DNS	Andria Bekauri	06	COL						
DNS	Sara Lagorsse Caldas	06	FS						
DNS	Maria Pinto Monteiro	06	SFUAP						

Juvenis

1.	Barbara Cunha Ventura	05	SLB	2:29.70	505	35.82	37.28	38.17	38.43
2.	Francisca Santos Ferreira	06	SAD	2:33.39	469	37.31	39.20	39.08	37.80
3.	Maria Leonor Coelho	06	SLB	2:34.89	456	37.68	39.89	39.67	37.65
4.	Maria Soares Almeida	06	SAD	2:36.52	442	37.02	39.86	40.61	39.03
5.	Ines Correia Teixeira	06	CNA	2:36.69	440	37.77	40.10	40.07	38.75
6.	Joana Rocha Ferreira	05	SLB	2:37.69	432	38.57	39.98	39.89	39.25
7.	Margarida Barbara Marques	06	SAD	2:38.19	428	38.08	40.71	40.68	38.72
8.	Soraia Maria Salgado	05	AEFDTV	2:38.58	425	35.04	38.01	42.94	42.59

Prova 4, Femin., 200m Costas, Juvenis

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
9.	Rita Ferreira Gomes	05	SAD	2:38.97	421	36.60	40.50	41.76	40.11
10.	Sara Nunes Conceicao	05	SFUAP	2:39.82	415	38.11	40.14	41.00	40.57
11.	Francisca Otao Tribuna	05	SLB	2:39.98	413	37.86	40.34	41.55	40.23
12.	Maria Beatriz Costa	06	SCP	2:40.81	407	38.08	41.19	41.11	40.43
13.	Matilde Nunes Lopes	06	SLB	2:41.28	404	38.14	40.75	41.72	40.67
14.	Carolina Costa Diniz	06	SCP	2:42.23	396	39.33	41.17	42.00	39.73
15.	Marina Alexandra Oliveira	06	CNS	2:43.74	386	37.98	40.67	42.23	42.86
16.	Catarina Coutinho Lima	06	SLB	2:44.91	377	39.11	42.12	41.91	41.77
17.	Madalena Carrapico Alexandrino	05	SAD	2:45.51	373	39.42	41.74	42.50	41.85
18.	Carolina Alexandra Silva	05	DRCN	2:45.57	373	37.82	41.94	43.72	42.09
19.	Beatriz Mocego Niza	06	CNA	2:46.42	367	41.17	43.15	41.37	40.73
20.	Erica Candeias Mendes	06	CNA	2:46.65	366	40.57	42.71	41.79	41.58
21.	Maria Carolina Vargas	05	SLB	2:48.19	356	41.86	41.93	42.00	42.40
22.	Mafalda Mourao Lopes	06	ADST	2:50.96	339	40.81	42.91	44.44	42.80
23.	Sofia Medeiros Pereira	06	CNMJ	2:53.23	326	40.84	44.31	44.65	43.43
24.	Eva Kurnosa	06	CPCD	2:53.93	322	40.56	43.94	45.41	44.02
25.	Clara Sofia Herminio	06	CDCP	2:54.21	320	41.72	45.36	44.22	42.91
26.	Carina Tymosh	06	DRCN	2:56.28	309	41.06	44.89	46.91	43.42
27.	Catarina Silva Tavares	05	DRCN	2:59.20	294	42.01	44.76	47.01	45.42
28.	Ines Azinheira Serra	05	PDEM	3:02.87	277	43.04	47.40	46.55	45.88
29.	Beatriz de Castro Teixeira	06	CPCD	3:06.61	260	43.54	46.21	50.40	46.46
30.	Matilde Aleixo Duarte	05	CNS	3:09.57	248	44.88	47.99	49.44	47.26
31.	Matilde Marins Pereira	06	CPCD	3:31.01	180	48.37	52.58	55.21	54.85
DSQ	Beatriz Portugal Costa	06	SLB						

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

DNS	Andria Bekauri	06	COL						
DNS	Sara Lagorsse Caldas	06	FS						
DNS	Maria Pinto Monteiro	06	SFUAP						

Prova 5
Masc., 200m Mariposa
Juvenis

18.01.2020 - 16:29

Resultados

Rec Regional Juv A	2:07.51	Pedro Mendonça	CNCVG	2002
Rec Regional Juv B	2:11.56	Miguel Cabrita	SAD	1989
Rec Regional Absoluto	1:53.56	Duarte Rafael Mourao	CNA S. Antonio Cavaleiros	2009
Rec Nacional Juv A	2:03.38	Diogo Parrilha da Silva	CNAL Alcobaça	2009
Rec Nacional Juv B	2:07.06	Pedro Diogo Oliveira	CNRM Entonramento	2003
Rec Nacional Absoluto	1:53.39	Diogo Filipe Carvalho	FPN Istanbul (TUR)	2009

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Juvenis A									
1.	Tomas Sa Vieira	04	SAD	2:20.84	453	31.20	35.72	37.03	36.89
2.	Francisco Ribeiro Vieira	04	AEFDTV	2:20.99	452	30.42	35.97	37.06	37.54
3.	Tomas Martins Mira	04	CNS	2:28.37	388	32.13	37.61	41.38	37.25
4.	Tiago Fanha Lopes	04	CNMJ	2:30.67	370	32.52	37.95	39.59	40.61
5.	Tomás Pratas Neto	04	PDEM	2:35.08	340	34.18	40.53	41.01	39.36
6.	Afonso Romao Francisco	04	CDCP	2:41.70	299	34.75	42.09	43.13	41.73
7.	Miguel Filipe Anjo	04	CDCP	2:42.69	294	35.99	42.05	43.91	40.74
8.	Duarte Cadima Goncalves	04	CNMJ	2:49.23	261	35.48	43.39	45.83	44.53
DNS	Guilherme Machado Santos	04	SFUAP						

Prova 5, Masc., 200m Mariposa
Juvenis B

1. Gabriel Carvalho Ferrao	05	CDCP	2:18.60	476	30.68	34.55	36.70	36.67
2. Vasco Alves Morgado	05	SAD	2:28.42	387	33.99	38.33	38.72	37.38
3. Joao Seixedo Pinheiro	05	CNS	2:30.39	372	32.44	37.05	39.48	41.42
4. Francisco Lourenco Vasconcelos	05	GESL	2:32.59	356	31.27	38.38	41.24	41.70
5. Tiago Silva Bartolo	05	SAD	2:33.12	353	33.84	38.31	39.34	41.63
6. Vasco Antela Silva	05	SCP	2:37.67	323	33.34	39.76	42.81	41.76
7. Manuel Pires Oliveira	05	PDEM	2:38.72	317	33.76	40.77	42.51	41.68
8. Afonso Costa Albuquerque	05	CFB	2:48.21	266	35.82	41.71	45.80	44.88
9. Joao Ferreira Rodrigues	05	GESL	2:53.95	240	36.94	44.57	46.49	45.95
10. Lourenco Matos Perdigo	05	CNN	3:09.56	186	35.90	46.37	52.00	55.29

Juvenis

1. Gabriel Carvalho Ferrao	05	CDCP	2:18.60	476	30.68	34.55	36.70	36.67
2. Tomas Sa Vieira	04	SAD	2:20.84	453	31.20	35.72	37.03	36.89
3. Francisco Ribeiro Vieira	04	AEFDTV	2:20.99	452	30.42	35.97	37.06	37.54
4. Tomas Martins Mira	04	CNS	2:28.37	388	32.13	37.61	41.38	37.25
5. Vasco Alves Morgado	05	SAD	2:28.42	387	33.99	38.33	38.72	37.38
6. Joao Seixedo Pinheiro	05	CNS	2:30.39	372	32.44	37.05	39.48	41.42
7. Tiago Fanha Lopes	04	CNMJ	2:30.67	370	32.52	37.95	39.59	40.61
8. Francisco Lourenco Vasconcelos	05	GESL	2:32.59	356	31.27	38.38	41.24	41.70
9. Tiago Silva Bartolo	05	SAD	2:33.12	353	33.84	38.31	39.34	41.63
10. Tomás Pratas Neto	04	PDEM	2:35.08	340	34.18	40.53	41.01	39.36
11. Vasco Antela Silva	05	SCP	2:37.67	323	33.34	39.76	42.81	41.76
12. Manuel Pires Oliveira	05	PDEM	2:38.72	317	33.76	40.77	42.51	41.68
13. Afonso Romao Francisco	04	CDCP	2:41.70	299	34.75	42.09	43.13	41.73
14. Miguel Filipe Anjo	04	CDCP	2:42.69	294	35.99	42.05	43.91	40.74
15. Afonso Costa Albuquerque	05	CFB	2:48.21	266	35.82	41.71	45.80	44.88
16. Duarte Cadima Goncalves	04	CNMJ	2:49.23	261	35.48	43.39	45.83	44.53
17. Joao Ferreira Rodrigues	05	GESL	2:53.95	240	36.94	44.57	46.49	45.95
18. Lourenco Matos Perdigo	05	CNN	3:09.56	186	35.90	46.37	52.00	55.29
DNS Guilherme Machado Santos	04	SFUAP						

Prova 6
Masc., 1500m Livres
Infantis B

18.01.2020 - 17:10

Resultados

Rec Regional	17:13.96	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Absoluto	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Nacional	17:11.29	Andre Vilas Ruivo	DNMG	Leiria	2013
Rec Nacional Absoluto	14:58.18	Jose Paulo Lopes	SCB	Felgueiras	2018

Pontos: FINA 2019

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Axel Guedes Asmar	07	Sporting	19:30.62	380
	100m: 1:10.54 1:10.54	500m: 6:24.31 1:18.90	900m: 11:39.10	1:17.76	1300m: 16:56.44 1:20.07
	200m: 2:27.91 1:17.37	600m: 7:43.66 1:19.35	1000m: 12:58.50	1:19.40	1400m: 18:13.95 1:17.51
	300m: 3:46.43 1:18.52	700m: 9:02.98 1:19.32	1100m: 14:16.54	1:18.04	1500m: 19:30.62 1:16.67
	400m: 5:05.41 1:18.98	800m: 10:21.34 1:18.36	1200m: 15:36.37	1:19.83	
2.	Leonardo Conceicao Reis	07	Sporting	19:41.40	369
	100m: 1:12.78 1:12.78	500m: 6:27.50 1:19.43	900m: 11:44.89	1:20.44	1300m: 17:05.13 1:20.54
	200m: 2:31.11 1:18.33	600m: 7:46.52 1:19.02	1000m: 13:04.83	1:19.94	1400m: 18:27.00 1:21.87
	300m: 3:49.65 1:18.54	700m: 9:05.01 1:18.49	1100m: 14:23.64	1:18.81	1500m: 19:41.40 1:14.40
	400m: 5:08.07 1:18.42	800m: 10:24.45 1:19.44	1200m: 15:44.59	1:20.95	
3.	Guilherme Matias Sousa	07	Geslours	19:54.77	357
	100m: 1:12.76 1:12.76	500m: 6:28.31 1:19.87	900m: 11:47.60	1:21.03	1300m: 17:13.12 1:23.18
	200m: 2:31.15 1:18.39	600m: 7:47.25 1:18.94	1000m: 13:06.89	1:19.29	1400m: 18:35.85 1:22.73
	300m: 3:50.36 1:19.21	700m: 9:06.04 1:18.79	1100m: 14:27.75	1:20.86	1500m: 19:54.77 1:18.92
	400m: 5:08.44 1:18.08	800m: 10:26.57 1:20.53	1200m: 15:49.94	1:22.19	
4.	Andre Miguel Ramos	07	Fisica Torres Vedras	20:07.26	346
	100m: 1:14.90 1:14.90	500m: 6:40.23 1:21.67	900m: 12:08.97	1:21.20	1300m: 17:34.27 1:20.61
	200m: 2:36.02 1:21.12	600m: 8:01.66 1:21.43	1000m: 13:29.02	1:20.05	1400m: 18:54.76 1:20.49
	300m: 3:57.21 1:21.19	700m: 9:24.58 1:22.92	1100m: 14:50.37	1:21.35	1500m: 20:07.26 1:12.50
	400m: 5:18.56 1:21.35	800m: 10:47.77 1:23.19	1200m: 16:13.66	1:23.29	

Prova 6, Masc., 1500m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
5.	Goncalo Saraiva Rodrigues	07	Cova da Piedade	20:35.56	323
	100m: 1:16.18 1:16.18	500m: 6:51.35 1:24.11	900m: 12:20.60	1:22.15	1300m: 17:53.06 1:23.70
	200m: 2:40.38 1:24.20	600m: 8:13.17 1:21.82	1000m: 13:43.39	1:22.79	1400m: 19:16.35 1:23.29
	300m: 4:04.10 1:23.72	700m: 9:35.13 1:21.96	1100m: 15:05.76	1:22.37	1500m: 20:35.56 1:19.21
	400m: 5:27.24 1:23.14	800m: 10:58.45 1:23.32	1200m: 16:29.36	1:23.60	
6.	Joao Pedro Carapinha	07	União Piedense	20:37.18	322
	100m: 1:17.71 1:17.71	500m: 6:51.97 1:23.37	900m: 12:22.69	1:22.54	1300m: 17:54.16 1:24.00
	200m: 2:41.89 1:24.18	600m: 8:15.12 1:23.15	1000m: 13:45.26	1:22.57	1400m: 19:17.97 1:23.81
	300m: 4:05.52 1:23.63	700m: 9:37.76 1:22.64	1100m: 15:07.29	1:22.03	1500m: 20:37.18 1:19.21
	400m: 5:28.60 1:23.08	800m: 11:00.15 1:22.39	1200m: 16:30.16	1:22.87	
7.	Afonso Jose Fernandes	07	Natação e Triatlo de Lisboa	20:41.87	318
	100m: 1:13.71 1:13.71	500m: 6:48.76 1:24.46	900m: 12:26.99	1:25.09	1300m: 17:58.94 1:21.69
	200m: 2:34.29 1:20.58	600m: 8:12.39 1:23.63	1000m: 13:50.70	1:23.71	1400m: 19:21.16 1:22.22
	300m: 3:58.96 1:24.67	700m: 9:36.69 1:24.30	1100m: 15:14.16	1:23.46	1500m: 20:41.87 1:20.71
	400m: 5:24.30 1:25.34	800m: 11:01.90 1:25.21	1200m: 16:37.25	1:23.09	
8.	Antonio Ricardo Alves	07	Natação e Triatlo de Lisboa	20:50.32	312
	100m: 1:20.58 1:20.58	500m: 6:57.35 1:23.97	900m: 12:33.72	1:24.25	1300m: 18:03.49 1:22.13
	200m: 2:45.16 1:24.58	600m: 8:20.97 1:23.62	1000m: 13:56.84	1:23.12	1400m: 19:27.71 1:24.22
	300m: 4:09.73 1:24.57	700m: 9:45.01 1:24.04	1100m: 15:19.12	1:22.28	1500m: 20:50.32 1:22.61
	400m: 5:33.38 1:23.65	800m: 11:09.47 1:24.46	1200m: 16:41.36	1:22.24	
9.	Diogo Miguel Martins	07	Odivelas	21:07.94	299
	100m: 1:17.60 1:17.60	500m: 6:56.67 1:25.55	900m: 12:40.12	1:25.72	1300m: 18:24.28 1:25.70
	200m: 2:41.70 1:24.10	600m: 8:23.03 1:26.36	1000m: 14:06.08	1:25.96	1400m: 19:50.71 1:26.43
	300m: 4:06.21 1:24.51	700m: 9:48.56 1:25.53	1100m: 15:33.41	1:27.33	1500m: 21:07.94 1:17.23
	400m: 5:31.12 1:24.91	800m: 11:14.40 1:25.84	1200m: 16:58.58	1:25.17	
10.	Rafael Piedade Quaresma	07	Palmela Desporto	21:10.44	297
	100m: 1:18.09 1:18.09	500m: 6:56.62 1:25.24	900m: 12:39.46	1:26.21	1300m: 18:23.82 1:26.25
	200m: 2:42.46 1:24.37	600m: 8:22.51 1:25.89	1000m: 14:05.32	1:25.86	1400m: 19:49.49 1:25.67
	300m: 4:06.71 1:24.25	700m: 9:47.62 1:25.11	1100m: 15:31.29	1:25.97	1500m: 21:10.44 1:20.95
	400m: 5:31.38 1:24.67	800m: 11:13.25 1:25.63	1200m: 16:57.57	1:26.28	
11.	Francisco Almeida Pereira	07	Desportivo Sesimbra	21:17.46	292
	100m: 1:17.08 1:17.08	500m: 6:57.08 1:25.42	900m: 12:41.30	1:25.95	1300m: 18:28.79 1:26.18
	200m: 2:41.74 1:24.66	600m: 8:23.02 1:25.94	1000m: 14:07.73	1:26.43	1400m: 19:55.34 1:26.55
	300m: 4:06.40 1:24.66	700m: 9:48.95 1:25.93	1100m: 15:34.92	1:27.19	1500m: 21:17.46 1:22.12
	400m: 5:31.66 1:25.26	800m: 11:15.35 1:26.40	1200m: 17:02.61	1:27.69	
12.	Rodrigo Santos Perry	07	Despertarecorde	21:18.36	291
	100m: 1:18.38 1:18.38	500m: 7:00.94 1:25.25	900m: 12:45.02	1:25.27	1300m: 18:31.22 1:26.47
	200m: 2:44.45 1:26.07	600m: 8:26.88 1:25.94	1000m: 14:11.75	1:26.73	1400m: 19:56.36 1:25.14
	300m: 4:10.36 1:25.91	700m: 9:52.94 1:26.06	1100m: 15:38.01	1:26.26	1500m: 21:18.36 1:22.00
	400m: 5:35.69 1:25.33	800m: 11:19.75 1:26.81	1200m: 17:04.75	1:26.74	
13.	Ricardo Lima Paiva	07	Geslours	21:22.74	288
	100m: 1:22.37 1:22.37	500m: 7:09.68 1:27.27	900m: 12:52.68	1:25.21	1300m: 18:34.46 1:24.45
	200m: 2:49.14 1:26.77	600m: 8:36.52 1:26.84	1000m: 14:18.37	1:25.69	1400m: 19:58.92 1:24.46
	300m: 4:16.11 1:26.97	700m: 10:02.21 1:25.69	1100m: 15:44.27	1:25.90	1500m: 21:22.74 1:23.82
	400m: 5:42.41 1:26.30	800m: 11:27.47 1:25.26	1200m: 17:10.01	1:25.74	
14.	Miguel Alexandre Ferreira	07	CPCD Póvoa Sta Iria	21:25.35	287
	100m: 1:18.07 1:18.07	500m: 7:01.49 1:25.96	900m: 12:48.58	1:26.63	1300m: 18:37.41 1:26.71
	200m: 2:43.12 1:25.05	600m: 8:28.46 1:26.97	1000m: 14:15.41	1:26.83	1400m: 20:04.27 1:26.86
	300m: 4:09.84 1:26.72	700m: 9:55.36 1:26.90	1100m: 15:42.56	1:27.15	1500m: 21:25.35 1:21.08
	400m: 5:35.53 1:25.69	800m: 11:21.95 1:26.59	1200m: 17:10.70	1:28.14	
15.	Afonso Bjork Freitas	07	Nacional de Nataçao	22:46.82	238
	100m: 1:21.97 1:21.97	500m: 7:25.98 1:32.79	900m: 13:36.83	1:33.78	1300m: 19:50.87 1:31.99
	200m: 2:50.69 1:28.72	600m: 8:58.18 1:32.20	1000m: 15:10.69	1:33.86	1400m: 21:20.86 1:29.99
	300m: 4:20.89 1:30.20	700m: 10:29.66 1:31.48	1100m: 16:44.29	1:33.60	1500m: 22:46.82 1:25.96
	400m: 5:53.19 1:32.30	800m: 12:03.05 1:33.39	1200m: 18:18.88	1:34.59	
16.	Daniel Ionas	07	Amadora	23:04.23	229
	100m: 1:25.10 1:25.10	500m: 7:31.58 1:32.13	900m: 13:47.09	1:34.68	1300m: 20:01.57 1:34.10
	200m: 2:56.03 1:30.93	600m: 9:04.46 1:32.88	1000m: 15:19.66	1:32.57	1400m: 21:34.64 1:33.07
	300m: 4:27.03 1:31.00	700m: 10:39.03 1:34.57	1100m: 16:53.65	1:33.99	1500m: 23:04.23 1:29.59
	400m: 5:59.45 1:32.42	800m: 12:12.41 1:33.38	1200m: 18:27.47	1:33.82	

Prova 7
18.01.2020 - 17:58

Femin., 800m Livres

 Infantis A
Resultados

Rec Regional	9:27.51	Rafaela Gomes Azevedo	SAD	Algés	2015
Rec Regional Absoluto	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional	9:03.90	Alexandra Maria Silva	FCP	Porto	1980
Rec Nacional Absoluto	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018

Pontos: FINA 2019

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Juliana Soromenho Santos	07	Benfica	10:27.21	446
	100m: 1:14.04 1:14.04	300m: 3:52.24 1:19.54	500m: 6:31.92 1:19.75	700m: 9:10.35 1:19.14	
	200m: 2:32.70 1:18.66	400m: 5:12.17 1:19.93	600m: 7:51.21 1:19.29	800m: 10:27.21 1:16.86	
2.	Leticia Rodrigues Magalhaes	07	Palmela Desporto	10:33.02	434
	100m: 1:13.33 1:13.33	300m: 3:51.71 1:19.67	500m: 6:32.11 1:19.96	700m: 9:15.07 1:21.41	
	200m: 2:32.04 1:18.71	400m: 5:12.15 1:20.44	600m: 7:53.66 1:21.55	800m: 10:33.02 1:17.95	
3.	Luisa Ponte Jorge	07	União Piedense	10:33.28	433
	100m: 1:15.43 1:15.43	300m: 3:56.53 1:20.51	500m: 6:38.07 1:20.08	700m: 9:16.70 1:19.02	
	200m: 2:36.02 1:20.59	400m: 5:17.99 1:21.46	600m: 7:57.68 1:19.61	800m: 10:33.28 1:16.58	
4.	Maria Francisca Malfeito	07	Sporting	10:39.83	420
	100m: 1:15.56 1:15.56	300m: 3:57.67 1:21.29	500m: 6:40.56 1:21.24	700m: 9:22.24 1:20.84	
	200m: 2:36.38 1:20.82	400m: 5:19.32 1:21.65	600m: 8:01.40 1:20.84	800m: 10:39.83 1:17.59	
5.	Sara Sofia Alves	07	Naval Setubalense	10:39.85	420
	100m: 1:13.47 1:13.47	300m: 3:54.09 1:20.75	500m: 6:37.64 1:21.63	700m: 9:21.85 1:22.12	
	200m: 2:33.34 1:19.87	400m: 5:16.01 1:21.92	600m: 7:59.73 1:22.09	800m: 10:39.85 1:18.00	
6.	Maria Bandarra Matos	07	Sporting	10:39.94	420
	100m: 1:16.69 1:16.69	300m: 3:57.22 1:20.85	500m: 6:39.87 1:21.77	700m: 9:21.78 1:20.97	
	200m: 2:36.37 1:19.68	400m: 5:18.10 1:20.88	600m: 8:00.81 1:20.94	800m: 10:39.94 1:18.16	
7.	Leonor Carreiro Rodrigues	07	Benfica	10:45.50	409
	100m: 1:16.65 1:16.65	300m: 4:00.93 1:22.19	500m: 6:43.51 1:20.28	700m: 9:26.56 1:21.88	
	200m: 2:38.74 1:22.09	400m: 5:23.23 1:22.30	600m: 8:04.68 1:21.17	800m: 10:45.50 1:18.94	
8.	Catarina Ferreira Rodrigues	07	Geslours	10:46.00	408
	100m: 1:16.03 1:16.03	300m: 3:57.20 1:21.56	500m: 6:41.56 1:22.10	700m: 9:26.35 1:22.52	
	200m: 2:35.64 1:19.61	400m: 5:19.46 1:22.26	600m: 8:03.83 1:22.27	800m: 10:46.00 1:19.65	
9.	Leonor Peso Parente	07	Palmela Desporto	10:48.18	404
	100m: 1:16.65 1:16.65	300m: 4:01.71 1:22.42	500m: 6:44.28 1:21.02	700m: 9:27.91 1:22.17	
	200m: 2:39.29 1:22.64	400m: 5:23.26 1:21.55	600m: 8:05.74 1:21.46	800m: 10:48.18 1:20.27	
10.	Marta Nascimento Ribeiro	07	Natação e Triatlo de Lisboa	10:50.33	400
	100m: 1:15.71 1:15.71	300m: 4:01.21 1:23.28	500m: 6:46.22 1:22.46	700m: 9:31.26 1:21.83	
	200m: 2:37.93 1:22.22	400m: 5:23.76 1:22.55	600m: 8:09.43 1:23.21	800m: 10:50.33 1:19.07	
11.	Leonor Castanho Santos	07	Sporting	10:55.92	390
	100m: 1:17.69 1:17.69	300m: 4:01.85 1:22.04	500m: 6:45.80 1:22.06	700m: 9:33.04 1:23.90	
	200m: 2:39.81 1:22.12	400m: 5:23.74 1:21.89	600m: 8:09.14 1:23.34	800m: 10:55.92 1:22.88	
12.	Beatriz Heitor Cachaco	07	Odivelas	11:04.95	374
	100m: 1:17.31 1:17.31	300m: 4:03.56 1:23.53	500m: 6:51.67 1:24.58	700m: 9:41.38 1:24.47	
	200m: 2:40.03 1:22.72	400m: 5:27.09 1:23.53	600m: 8:16.91 1:25.24	800m: 11:04.95 1:23.57	
13.	Maria Teresa Garcell	07	Fisica Torres Vedras	11:05.53	373
	100m: 1:14.31 1:14.31	300m: 4:00.37 1:23.57	500m: 6:50.70 1:25.11	700m: 9:42.70 1:24.99	
	200m: 2:36.80 1:22.49	400m: 5:25.59 1:25.22	600m: 8:17.71 1:27.01	800m: 11:05.53 1:22.83	
14.	Ines Azevedo Baraona	07	C N Montijo	11:10.34	365
	100m: 1:17.89 1:17.89	300m: 4:05.33 1:24.44	500m: 6:56.62 1:26.25	700m: 9:47.94 1:26.37	
	200m: 2:40.89 1:23.00	400m: 5:30.37 1:25.04	600m: 8:21.57 1:24.95	800m: 11:10.34 1:22.40	
15.	Matilde Anjos Frischknecht	07	Naval Setubalense	11:15.30	357
	100m: 1:19.08 1:19.08	300m: 4:10.06 1:25.47	500m: 7:00.95 1:25.22	700m: 9:51.99 1:25.40	
	200m: 2:44.59 1:25.51	400m: 5:35.73 1:25.67	600m: 8:26.59 1:25.64	800m: 11:15.30 1:23.31	
16.	Eva Sofia Ascenso	07	Geslours	11:27.21	339
	100m: 1:23.73 1:23.73	300m: 4:19.64 1:28.02	500m: 7:14.25 1:27.26	700m: 10:05.96 1:26.10	
	200m: 2:51.62 1:27.89	400m: 5:46.99 1:27.35	600m: 8:39.86 1:25.61	800m: 11:27.21 1:21.25	

Prova 8

Masc., 400m Estilos

Infantis A

18.01.2020 - 18:22

Resultados

Rec Regional	4:47.72	Joao Alexandre Vital	ADRCIMM	Sto Antº Cavaleiros	2012
Rec Regional Absoluto	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Nacional	4:40.32	Tomas Miguel Freitas	CDN	Funchal	2004
Rec Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Andre Correia Alves	06	SFUAP	5:16.14	413	1:12.77	1:20.47	1:31.26	1:11.64
2.	Afonso Silvestre Almeida	06	CNA	5:17.09	409	1:17.84	1:22.34	1:22.99	1:13.92
3.	Joao Almeida Gomes	06	CNN	5:23.71	385	1:12.36	1:22.31	1:36.12	1:12.92
4.	Pedro Bethlem Tigre	06	SCP	5:24.14	383	1:13.94	1:22.57	1:37.40	1:10.23
5.	Tomas Maia Januario	06	GESL	5:27.10	373	1:14.25	1:19.29	1:41.56	1:12.00
6.	Tiago Almeida Correia	06	CNMJ	5:31.42	358	1:16.75	1:24.57	1:37.99	1:12.11
7.	Pedro Crispim Jorge	06	SFUAP	5:31.72	357	1:18.96	1:23.85	1:35.70	1:13.21
8.	Manuel Faria Silvestre	06	SLB	5:32.24	356	1:15.91	1:25.32	1:34.80	1:16.21
9.	Rodrigo Piteira Maio	06	CFB	5:32.37	355	1:16.27	1:28.26	1:34.95	1:12.89
10.	Rodrigo Franco Palare	06	GESL	5:36.25	343	1:17.47	1:26.33	1:36.22	1:16.23
11.	Martim Barata Antunes	06	SLB	5:39.37	334	1:19.26	1:23.68	1:41.81	1:14.62
12.	Tiago Ventura Chao	06	CNS	5:41.07	329	1:17.99	1:27.18	1:40.85	1:15.05
13.	Manuel Costa Simoes	06	CDCP	5:42.13	326	1:16.52	1:30.76	1:39.32	1:15.53
14.	Rafael Duarte Beato	06	MODV	5:53.27	296	1:25.77	1:25.71	1:42.50	1:19.29
15.	Guilherme Santos Gavea	06	SLB	5:53.39	295	1:22.24	1:29.40	1:40.09	1:21.66
16.	Tiago Nunes Silva	06	CPD	5:59.95	280	1:18.84	1:27.61	1:49.55	1:23.95

Prova 9

Femin., 400m Estilos

Infantis B

18.01.2020 - 18:35

Resultados

Rec Regional	5:15.68	Susana Patricia Miguel	SFUAP	Rio Maior	2002
Rec Regional Absoluto	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional	5:15.68	Susana Patricia Miguel	SFUAP	Rio Maior	2002
Rec Nacional Absoluto	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Patricia Subtil Henriques	08	GESL	5:57.29	380	1:28.00	1:28.06	1:42.69	1:18.54
2.	Ines Gomes Costa	08	EULX	6:15.34	328	1:34.38	1:34.24	1:42.10	1:24.62
3.	Carolina Fernandes Rodrigues	08	SFUAP	6:15.74	327	1:35.06	1:32.01	1:51.13	1:17.54
4.	Johanna Domingos Verheij	08	SFUAP	6:20.40	315	1:32.79	1:30.30	1:52.48	1:24.83
5.	Matilde Rodrigues Serrano	08	SFUAP	6:21.68	312	1:36.38	1:36.89	1:43.50	1:24.91
6.	Mafalda Rego Caixeiro	08	SCP	6:22.91	309	1:34.93	1:34.83	1:47.24	1:25.91
7.	Maia Bekauri	08	COL	6:24.57	305	1:35.05	1:37.14	1:47.83	1:24.55
8.	Catarina Patricia Yankovich	08	COL	6:35.54	280	1:36.74	1:33.57	1:56.42	1:28.81
9.	Luisa Goncalves Rodrigues	08	AEFDTV	6:43.70	263	1:35.71	1:37.48	1:58.19	1:32.32
10.	Beatriz Alexandra Rolim	08	SFUAP	6:44.32	262	1:44.43	1:33.92	1:57.15	1:28.82
11.	Joana Monteiro Caetano	08	MODV	6:49.03	253	1:46.53	1:35.60	1:58.33	1:28.57
12.	Carolina Duarte Namora	08	SFUAP	6:50.63	250	1:44.64	1:44.11	1:55.66	1:26.22
13.	Beatriz Marques Coimbra	08	GDSE	6:54.58	243	1:45.44	1:41.35	1:56.12	1:31.67
14.	Marta Matos Laranjeira	08	AEFDTV	6:55.31	242	1:45.58	1:41.54	1:55.69	1:32.50
DSQ	Maria Ines Coelho	08	SLB						
<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 300 metros (SW 7.6)</i>									
DSQ	Alice Barros Ferreira	08	SLB						
<i>G1 - Efetuou falsa partida (SW 4.4)</i>									

2 - 2ª Jornada

19.01.2020 - 15:00

Prova 10	Femin., 400m Livres				Juvenis
19.01.2020 - 15:00					Resultados
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Regional Absoluto	4:04.61	Diana Margarida Duraes	SLB	Copenhague (DEN)	2017
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Absoluto	4:04.61	Diana Margarida Duraes	SLB	Copenhague (DEN)	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
Juvenis A									
1.	Maria Teresa Fernandes	05	SAD	4:43.94	559	1:08.78	1:12.39	1:12.06	1:10.71
2.	Joana Fernandes Gama	05	SCP	4:47.21	540	1:07.81	1:12.57	1:13.54	1:13.29
3.	Barbara Cunha Ventura	05	SLB	4:52.02	514	1:10.14	1:14.24	1:13.94	1:13.70
4.	Francisca Otao Tribuna	05	SLB	4:58.36	481	1:12.37	1:15.76	1:15.43	1:14.80
5.	Maria Del Rio Bernat	05	SAD	4:59.02	478	1:11.91	1:15.78	1:16.16	1:15.17
6.	Nicole Patriarca Franca	05	SCP	5:01.51	466	1:09.99	1:16.22	1:17.88	1:17.42
7.	Mariana Andreia Silva	05	SCP	5:01.61	466	1:11.74	1:17.13	1:16.63	1:16.11
8.	Sara Nunes Conceicao	05	SFUAP	5:01.81	465	1:12.92	1:17.27	1:17.20	1:14.42
9.	Maria Carolina Vargas	05	SLB	5:02.47	462	1:15.05	1:16.50	1:16.36	1:14.56
10.	Madalena Carrapico Alexandrino	05	SAD	5:02.79	461	1:12.40	1:16.95	1:17.49	1:15.95
11.	Maria Sousa Caxaria	05	CNMJ	5:09.94	429	1:11.03	1:16.88	1:20.39	1:21.64
12.	Joana Matilde Inácio	05	DRCN	5:39.11	328	1:19.50	1:25.47	1:27.26	1:26.88
13.	Matilde Aleixo Duarte	05	CNS	5:50.41	297	1:23.31	1:31.22	1:29.71	1:26.17
14.	Leonor Oliveira Caratao	05	ADST	5:51.13	295	1:22.49	1:28.70	1:30.60	1:29.34
15.	Ines Azinheira Serra	05	PDEM	6:08.77	255	1:28.57	1:35.21	1:32.98	1:32.01
DNS	Soraia Maria Salgado	05	AEFDTV						

Juvenis B

1.	Matilde Nunes Lopes	06	SLB	4:44.38	556	1:08.12	1:12.05	1:12.21	1:12.00
2.	Francisca Santos Ferreira	06	SAD	4:46.35	545	1:10.27	1:13.68	1:11.99	1:10.41
3.	Maria Esteves Valente	06	SLB	4:52.53	511	1:10.31	1:14.22	1:14.76	1:13.24
4.	Erica Candeias Mendes	06	CNA	4:57.29	487	1:12.60	1:16.05	1:14.78	1:13.86
5.	Carolina Martins Camacho	06	SFUAP	5:01.24	468	1:12.18	1:16.12	1:16.38	1:16.56
6.	Margarida Barbara Marques	06	SAD	5:02.34	463	1:14.75	1:17.41	1:09.29	1:20.89
7.	Mariana Ramos Zacarias	06	CNS	5:04.80	452	1:14.90	1:18.28	1:16.69	1:14.93
8.	Maria Beatriz Costa	06	SCP	5:05.06	450	1:12.37	1:17.98	1:18.45	1:16.26
9.	Catarina Coutinho Lima	06	SLB	5:05.52	448	1:12.65	1:17.30	1:18.43	1:17.14
10.	Leonor Santos Duro	06	CNS	5:08.72	435	1:14.95	1:18.65	1:18.60	1:16.52
	Carolina Costa Diniz	06	SCP	5:08.72	435	1:12.78	1:18.94	1:19.57	1:17.43
12.	Clara Sofia Herminio	06	CDCP	5:11.32	424	1:15.86	1:19.10	1:18.43	1:17.93
13.	Marta Silva Santos	06	CNS	5:11.39	423	1:16.58	1:19.55	1:19.28	1:15.98
14.	Rita Borges Silva	06	CNA	5:11.68	422	1:13.20	1:18.87	1:19.47	1:20.14
15.	Iris Castro Campos	06	CNA	5:12.64	418	1:15.28	1:18.65	1:19.27	1:19.44
16.	Rita João Serra	06	VKGS	5:16.66	403	1:13.63	1:20.72	1:21.91	1:20.40
17.	Sofia Medeiros Pereira	06	CNMJ	5:20.49	388	1:14.80	1:21.49	1:22.53	1:21.67
18.	Madalena Graca Dias	06	CNLX	5:23.22	379	1:19.64	1:22.63	1:21.21	1:19.74
19.	Matilde Aparicio Pereira	06	CNA	5:23.36	378	1:16.60	1:22.56	1:22.56	1:21.64
20.	Mariana Coelho Carvalho	06	CNS	5:27.89	363	1:16.45	1:22.16	1:24.80	1:24.48
21.	Leonor Eduarda Baptista	06	VKGS	5:46.06	308	1:22.03	1:28.71	1:29.96	1:25.36
DNS	Maria Pinto Monteiro	06	SFUAP						

Prova 10, Femin., 400m Livres

Juvenis

1.	Maria Teresa Fernandes	05	SAD	4:43.94	559	1:08.78	1:12.39	1:12.06	1:10.71
2.	Matilde Nunes Lopes	06	SLB	4:44.38	556	1:08.12	1:12.05	1:12.21	1:12.00
3.	Francisca Santos Ferreira	06	SAD	4:46.35	545	1:10.27	1:13.68	1:11.99	1:10.41
4.	Joana Fernandes Gama	05	SCP	4:47.21	540	1:07.81	1:12.57	1:13.54	1:13.29
5.	Barbara Cunha Ventura	05	SLB	4:52.02	514	1:10.14	1:14.24	1:13.94	1:13.70
6.	Maria Esteves Valente	06	SLB	4:52.53	511	1:10.31	1:14.22	1:14.76	1:13.24
7.	Erica Candeias Mendes	06	CNA	4:57.29	487	1:12.60	1:16.05	1:14.78	1:13.86
8.	Francisca Otao Tribuna	05	SLB	4:58.36	481	1:12.37	1:15.76	1:15.43	1:14.80
9.	Maria Del Rio Bernat	05	SAD	4:59.02	478	1:11.91	1:15.78	1:16.16	1:15.17
10.	Carolina Martins Camacho	06	SFUAP	5:01.24	468	1:12.18	1:16.12	1:16.38	1:16.56
11.	Nicole Patriarca Franca	05	SCP	5:01.51	466	1:09.99	1:16.22	1:17.88	1:17.42
12.	Mariana Andreia Silva	05	SCP	5:01.61	466	1:11.74	1:17.13	1:16.63	1:16.11
13.	Sara Nunes Conceicao	05	SFUAP	5:01.81	465	1:12.92	1:17.27	1:17.20	1:14.42
14.	Margarida Barbara Marques	06	SAD	5:02.34	463	1:14.75	1:17.41	1:09.29	1:20.89
15.	Maria Carolina Vargas	05	SLB	5:02.47	462	1:15.05	1:16.50	1:16.36	1:14.56
16.	Madalena Carrapico Alexandrino	05	SAD	5:02.79	461	1:12.40	1:16.95	1:17.49	1:15.95
17.	Mariana Ramos Zacarias	06	CNS	5:04.80	452	1:14.90	1:18.28	1:16.69	1:14.93
18.	Maria Beatriz Costa	06	SCP	5:05.06	450	1:12.37	1:17.98	1:18.45	1:16.26
19.	Catarina Coutinho Lima	06	SLB	5:05.52	448	1:12.65	1:17.30	1:18.43	1:17.14
20.	Leonor Santos Duro	06	CNS	5:08.72	435	1:14.95	1:18.65	1:18.60	1:16.52
	Carolina Costa Diniz	06	SCP	5:08.72	435	1:12.78	1:18.94	1:19.57	1:17.43
22.	Maria Sousa Caxaria	05	CNMJ	5:09.94	429	1:11.03	1:16.88	1:20.39	1:21.64
23.	Clara Sofia Herminio	06	CDCP	5:11.32	424	1:15.86	1:19.10	1:18.43	1:17.93
24.	Marta Silva Santos	06	CNS	5:11.39	423	1:16.58	1:19.55	1:19.28	1:15.98
25.	Rita Borges Silva	06	CNA	5:11.68	422	1:13.20	1:18.87	1:19.47	1:20.14
26.	Iris Castro Campos	06	CNA	5:12.64	418	1:15.28	1:18.65	1:19.27	1:19.44
27.	Rita João Serra	06	VKGS	5:16.66	403	1:13.63	1:20.72	1:21.91	1:20.40
28.	Sofia Medeiros Pereira	06	CNMJ	5:20.49	388	1:14.80	1:21.49	1:22.53	1:21.67
29.	Madalena Graca Dias	06	CNLX	5:23.22	379	1:19.64	1:22.63	1:21.21	1:19.74
30.	Matilde Aparicio Pereira	06	CNA	5:23.36	378	1:16.60	1:22.56	1:22.56	1:21.64
31.	Mariana Coelho Carvalho	06	CNS	5:27.89	363	1:16.45	1:22.16	1:24.80	1:24.48
32.	Joana Matilde Inácio	05	DRCN	5:39.11	328	1:19.50	1:25.47	1:27.26	1:26.88
33.	Leonor Eduarda Baptista	06	VKGS	5:46.06	308	1:22.03	1:28.71	1:29.96	1:25.36
34.	Matilde Aleixo Duarte	05	CNS	5:50.41	297	1:23.31	1:31.22	1:29.71	1:26.17
35.	Leonor Oliveira Caratao	05	ADST	5:51.13	295	1:22.49	1:28.70	1:30.60	1:29.34
36.	Ines Azinheira Serra	05	PDEM	6:08.77	255	1:28.57	1:35.21	1:32.98	1:32.01
DNS	Soraia Maria Salgado	05	AEFDTV						
DNS	Maria Pinto Monteiro	06	SFUAP						

Prova 11

Masc., 200m Estilos

Juvenis

19.01.2020 - 15:30

Resultados

Rec Regional Juv A	2:06.94	Diogo Gomes Sousa	CNCVG	Estoril, Alapraia	2011
Rec Regional Juv B	2:10.75	Diogo Leal Dantas	SCP	Algés	2015
Rec Regional Absoluto	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Nacional Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	2004
Rec Nacional Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	2003
Rec Nacional Absoluto	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
Juvenis A									
1.	Andre Azevedo Baraona	04	CNMJ	2:16.02	523	29.05	33.98	41.80	31.19
2.	Antonio Lombardi Carvalho	04	SCP	2:17.20	510	29.70	35.18	40.25	32.07
3.	Miguel Costa Simoes	04	CDCP	2:18.08	500	30.01	36.58	40.75	30.74
4.	Francisco Ribeiro Vieira	04	AEFDTV	2:20.30	477	29.57	36.17	42.14	32.42
5.	Tomas Sa Vieira	04	SAD	2:20.55	474	29.17	37.43	41.34	32.61
6.	Afonso Cipriano Pinto	04	SCP	2:20.78	472	30.10	34.99	42.73	32.96
7.	Joao Afonso Santos	04	SCP	2:22.36	456	30.60	37.99	41.35	32.42
8.	Miguel Filipe Anjo	04	CDCP	2:23.95	441	31.34	38.52	41.22	32.87

Prova 11, Masc., 200m Estilos, Juvenis A

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
9.	Ruben Jose Salgueiro	04	SCP	2:24.16	439	30.39	36.84	44.21	32.72
10.	Alexandre Duarte Morais	04	PDEM	2:29.20	396	31.54	40.10	42.82	34.74
11.	Rafael Caceres Lopes	04	SFUAP	2:29.67	392	31.90	38.08	45.92	33.77
12.	Victor Bethlem Tigre	04	SCP	2:30.31	387	31.81	39.32	45.00	34.18
13.	Pedro Forjaz Cirurgiao	04	SAD	2:31.74	377	32.52	40.33	45.48	33.41
14.	Miguel Alexandre Araujo	04	SFUAP	2:42.60	306	38.40	42.11	45.70	36.39
15.	Afonso Miguel Ribeiro	04	PDEM	2:43.31	302	31.48	41.29	51.43	39.11
16.	Joao Silva Angelino	04	PDEM	2:43.53	301	33.79	41.09	54.23	34.42
17.	Mateus Dias Correia	04	FS	3:20.14	164	40.23	49.68	1:05.01	45.22

Juvenis B

1.	Gonçalo Duarte Carvalho	05	SLB	2:21.39	466	30.35	36.18	40.44	34.42
2.	Gabriel Carvalho Ferrao	05	CDCP	2:21.67	463	29.94	35.90	42.74	33.09
3.	Filipe Simoes Freitas	05	SCP	2:22.37	456	30.53	37.02	41.05	33.77
4.	Simao Lopes Oliveira	05	CNS	2:23.38	447	31.56	38.85	40.48	32.49
5.	Pedro Maria Amado	05	SAD	2:23.71	443	31.94	37.34	41.83	32.60
6.	Joao Seixedo Pinheiro	05	CNS	2:24.45	437	31.79	37.68	43.31	31.67
7.	Miguel Cordeiro Almeida	05	SAD	2:25.19	430	31.69	36.63	43.32	33.55
8.	Jose Manuel Sa	05	SCP	2:25.88	424	31.78	35.67	44.68	33.75
9.	Tomas Almeida Cordeiro	05	SAD	2:27.02	414	32.65	36.67	43.45	34.25
10.	Afonso Lucio Costa	05	SCP	2:27.97	406	31.43	37.57	43.11	35.86
11.	Francisc Gututui	05	SAD	2:28.13	405	32.16	39.51	42.56	33.90
12.	Diogo Botelho Capricho	05	SCP	2:29.84	391	32.61	38.98	43.35	34.90
13.	Tiago Silva Bartolo	05	SAD	2:30.35	387	32.84	24.97	59.02	33.52
14.	Vasco Antela Silva	05	SCP	2:31.23	380	31.95	39.36	46.40	33.52
15.	Rodrigo Martins Bras	05	CFB	2:35.79	348	32.49	39.78	47.41	36.11
16.	Afonso Costa Albuquerque	05	CFB	2:36.49	343	32.58	41.36	45.31	37.24
17.	Alfredo Cabrita Soudo	05	CFB	2:37.77	335	33.50	41.54	48.70	34.03
18.	Jose Alves Monteiro	05	INDANL	2:41.11	315	33.67	40.11	48.26	39.07
19.	Vasco Santos Silva	05	SLB	2:42.55	306	32.87	41.75	52.19	35.74
20.	Tiago Romão Lourenço	05	PDEM	2:45.43	291	35.88	43.49	51.18	34.88
21.	Dinis Santos Almeida	05	FS	2:53.71	251	39.39	42.00	50.61	41.71
22.	Miguel Palminha Serafim	05	CNMJ	2:57.52	235	42.64	42.44	52.08	40.36
DNS	Rodrigo Ferreira Mimoso	05	SLB						

Juvenis

1.	Andre Azevedo Baraona	04	CNMJ	2:16.02	523	29.05	33.98	41.80	31.19
2.	Antonio Lombardi Carvalho	04	SCP	2:17.20	510	29.70	35.18	40.25	32.07
3.	Miguel Costa Simoes	04	CDCP	2:18.08	500	30.01	36.58	40.75	30.74
4.	Francisco Ribeiro Vieira	04	AEFDTV	2:20.30	477	29.57	36.17	42.14	32.42
5.	Tomas Sa Vieira	04	SAD	2:20.55	474	29.17	37.43	41.34	32.61
6.	Afonso Cipriano Pinto	04	SCP	2:20.78	472	30.10	34.99	42.73	32.96
7.	Gonçalo Duarte Carvalho	05	SLB	2:21.39	466	30.35	36.18	40.44	34.42
8.	Gabriel Carvalho Ferrao	05	CDCP	2:21.67	463	29.94	35.90	42.74	33.09
9.	Joao Afonso Santos	04	SCP	2:22.36	456	30.60	37.99	41.35	32.42
10.	Filipe Simoes Freitas	05	SCP	2:22.37	456	30.53	37.02	41.05	33.77
11.	Simao Lopes Oliveira	05	CNS	2:23.38	447	31.56	38.85	40.48	32.49
12.	Pedro Maria Amado	05	SAD	2:23.71	443	31.94	37.34	41.83	32.60
13.	Miguel Filipe Anjo	04	CDCP	2:23.95	441	31.34	38.52	41.22	32.87
14.	Ruben Jose Salgueiro	04	SCP	2:24.16	439	30.39	36.84	44.21	32.72
15.	Joao Seixedo Pinheiro	05	CNS	2:24.45	437	31.79	37.68	43.31	31.67
16.	Miguel Cordeiro Almeida	05	SAD	2:25.19	430	31.69	36.63	43.32	33.55
17.	Jose Manuel Sa	05	SCP	2:25.88	424	31.78	35.67	44.68	33.75
18.	Tomas Almeida Cordeiro	05	SAD	2:27.02	414	32.65	36.67	43.45	34.25
19.	Afonso Lucio Costa	05	SCP	2:27.97	406	31.43	37.57	43.11	35.86
20.	Francisc Gututui	05	SAD	2:28.13	405	32.16	39.51	42.56	33.90
21.	Alexandre Duarte Morais	04	PDEM	2:29.20	396	31.54	40.10	42.82	34.74
22.	Rafael Caceres Lopes	04	SFUAP	2:29.67	392	31.90	38.08	45.92	33.77
23.	Diogo Botelho Capricho	05	SCP	2:29.84	391	32.61	38.98	43.35	34.90
24.	Victor Bethlem Tigre	04	SCP	2:30.31	387	31.81	39.32	45.00	34.18
25.	Tiago Silva Bartolo	05	SAD	2:30.35	387	32.84	24.97	59.02	33.52

Prova 11, Masc., 200m Estilos, Juvenis

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
26.	Vasco Antela Silva	05	SCP	2:31.23	380	31.95	39.36	46.40	33.52
27.	Pedro Forjaz Cirurgiao	04	SAD	2:31.74	377	32.52	40.33	45.48	33.41
28.	Rodrigo Martins Bras	05	CFB	2:35.79	348	32.49	39.78	47.41	36.11
29.	Afonso Costa Albuquerque	05	CFB	2:36.49	343	32.58	41.36	45.31	37.24
30.	Alfredo Cabrita Soudo	05	CFB	2:37.77	335	33.50	41.54	48.70	34.03
31.	Jose Alves Monteiro	05	INDANL	2:41.11	315	33.67	40.11	48.26	39.07
32.	Vasco Santos Silva	05	SLB	2:42.55	306	32.87	41.75	52.19	35.74
33.	Miguel Alexandre Araujo	04	SFUAP	2:42.60	306	38.40	42.11	45.70	36.39
34.	Afonso Miguel Ribeiro	04	PDEM	2:43.31	302	31.48	41.29	51.43	39.11
35.	Joao Silva Angelino	04	PDEM	2:43.53	301	33.79	41.09	54.23	34.42
36.	Tiago Romão Lourenço	05	PDEM	2:45.43	291	35.88	43.49	51.18	34.88
37.	Dinis Santos Almeida	05	FS	2:53.71	251	39.39	42.00	50.61	41.71
38.	Miguel Palminha Serafim	05	CNMJ	2:57.52	235	42.64	42.44	52.08	40.36
39.	Mateus Dias Correia	04	FS	3:20.14	164	40.23	49.68	1:05.01	45.22
DNS	Rodrigo Ferreira Mimoso	05	SLB						

Prova 12

Femin., 200m Bruços

Juvenis

19.01.2020 - 15:46

Resultados

Rec Regional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Regional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Regional Absoluto	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Nacional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Nacional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003
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
Juvenis A									
1.	Joana Rocha Ferreira	05	SLB	2:51.20	485	39.40	44.49	43.09	44.22
2.	Carolina Fonseca Gomes	05	CDOM	2:56.93	439	40.24	45.28	45.38	46.03
3.	Sofia Antunes Sebastiao	05	CNA	2:58.87	425	41.28	45.68	45.97	45.94
4.	Rita Ferreira Gomes	05	SAD	3:04.17	390	42.02	48.53	47.13	46.49
5.	Barbara Cunha Ventura	05	SLB	3:06.13	377	42.92	47.06	48.13	48.02
6.	Beatriz Barroso Silva	05	SCP	3:06.47	375	41.94	48.11	47.69	48.73
7.	Leonor Oliveira Caratao	05	ADST	3:43.71	217	50.84	56.31	58.04	58.52

Juvenis B

1.	Maria Leonor Coelho	06	SLB	2:52.46	475	39.74	44.35	44.37	44.00
2.	Beatriz Fernandes Gama	06	SCP	2:55.28	452	39.80	44.47	45.46	45.55
3.	Ines Correia Teixeira	06	CNA	2:55.90	447	40.09	44.25	45.56	46.00
4.	Maria Soares Almeida	06	SAD	2:57.32	437	40.77	45.69	46.34	44.52
5.	Beatriz Portugal Costa	06	SLB	2:58.93	425	41.04	45.21	46.22	46.46
6.	Filipa Ferraz Domingos	06	SCP	3:00.70	413	41.16	46.10	47.06	46.38
7.	Maria Esteves Valente	06	SLB	3:01.43	408	41.52	46.55	47.13	46.23
8.	Madalena Correa Sa	06	GESL	3:02.07	403	39.62	45.31	48.74	48.40
9.	Ines Gaspar Silva	06	GESL	3:02.14	403	40.21	46.93	47.80	47.20
10.	Rita João Serra	06	VKGS	3:03.14	396	41.39	45.82	47.75	48.18
11.	Carolina Martins Camacho	06	SFUAP	3:04.11	390	42.42	46.43	47.72	47.54
12.	Marina Alexandra Oliveira	06	CNS	3:11.79	345	42.03	47.35	50.07	52.34
13.	Beatriz Fernandes Rondão	06	DRCN	3:25.80	279	45.70	53.22	54.17	52.71
14.	Patricia Sofia Coelho	06	GESL	3:34.61	246	49.10	54.85	55.60	55.06
15.	Leonor Eduarda Baptista	06	VKGS	3:38.48	233	50.32	56.27	56.56	55.33
16.	Leonor Jesus Mendes	06	FS	3:47.28	207	53.33	58.37	58.84	56.74

Prova 12, Femin., 200m Bruços
Juvenis

1.	Joana Rocha Ferreira	05	SLB	2:51.20	485	39.40	44.49	43.09	44.22
2.	Maria Leonor Coelho	06	SLB	2:52.46	475	39.74	44.35	44.37	44.00
3.	Beatriz Fernandes Gama	06	SCP	2:55.28	452	39.80	44.47	45.46	45.55
4.	Ines Correia Teixeira	06	CNA	2:55.90	447	40.09	44.25	45.56	46.00
5.	Carolina Fonseca Gomes	05	CDOM	2:56.93	439	40.24	45.28	45.38	46.03
6.	Maria Soares Almeida	06	SAD	2:57.32	437	40.77	45.69	46.34	44.52
7.	Sofia Antunes Sebastiao	05	CNA	2:58.87	425	41.28	45.68	45.97	45.94
8.	Beatriz Portugal Costa	06	SLB	2:58.93	425	41.04	45.21	46.22	46.46
9.	Filipa Ferraz Domingos	06	SCP	3:00.70	413	41.16	46.10	47.06	46.38
10.	Maria Esteves Valente	06	SLB	3:01.43	408	41.52	46.55	47.13	46.23
11.	Madalena Correa Sa	06	GESL	3:02.07	403	39.62	45.31	48.74	48.40
12.	Ines Gaspar Silva	06	GESL	3:02.14	403	40.21	46.93	47.80	47.20
13.	Rita João Serra	06	VKGS	3:03.14	396	41.39	45.82	47.75	48.18
14.	Carolina Martins Camacho	06	SFUAP	3:04.11	390	42.42	46.43	47.72	47.54
15.	Rita Ferreira Gomes	05	SAD	3:04.17	390	42.02	48.53	47.13	46.49
16.	Barbara Cunha Ventura	05	SLB	3:06.13	377	42.92	47.06	48.13	48.02
17.	Beatriz Barroso Silva	05	SCP	3:06.47	375	41.94	48.11	47.69	48.73
18.	Marina Alexandra Oliveira	06	CNS	3:11.79	345	42.03	47.35	50.07	52.34
19.	Beatriz Fernandes Rondão	06	DRCN	3:25.80	279	45.70	53.22	54.17	52.71
20.	Patricia Sofia Coelho	06	GESL	3:34.61	246	49.10	54.85	55.60	55.06
21.	Leonor Eduarda Baptista	06	VKGS	3:38.48	233	50.32	56.27	56.56	55.33
22.	Leonor Oliveira Caratao	05	ADST	3:43.71	217	50.84	56.31	58.04	58.52
23.	Leonor Jesus Mendes	06	FS	3:47.28	207	53.33	58.37	58.84	56.74

Prova 13

19.01.2020 - 15:58

Masc., 200m Costas
Juvenis
Resultados

Rec Regional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Regional Juv B	2:04.99	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Regional Absoluto	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Nacional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Nacional Juv B	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia	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
Juvenis A									
1.	Miguel Costa Simoes	04	CDCP	2:16.47	463	32.54	35.45	35.38	33.10
2.	Tiago Fanha Lopes	04	CNMJ	2:18.67	441	32.34	35.47	35.48	35.38
3.	Francisco Sousa Uva	04	SAD	2:22.99	403	33.29	35.95	37.27	36.48
4.	Tomás Pratas Neto	04	PDEM	2:24.39	391	32.77	36.40	37.79	37.43
5.	Afonso Romao Francisco	04	CDCP	2:27.47	367	35.05	37.28	37.95	37.19
6.	Tomas Martins Mira	04	CNS	2:27.81	364	35.38	38.15	38.77	35.51
7.	Rafael Caceres Lopes	04	SFUAP	2:28.26	361	35.35	37.55	37.92	37.44
8.	Joao Pedro Faustino	04	CDCP	2:34.45	319	36.36	38.91	39.86	39.32
9.	Miguel Alexandre Araujo	04	SFUAP	2:43.32	270	38.51	41.38	41.83	41.60
10.	Mateus Dias Correia	04	FS	3:17.87	152	44.85	50.66	51.74	50.62
DNS	Duarte Cadima Goncalves	04	CNMJ						

Juvenis B

1.	Andre Henriques Marques	05	SLB	2:15.96	468	32.67	35.39	34.27	33.63
2.	Diogo Sousa Barbosa	05	SLB	2:21.30	417	33.13	35.53	36.30	36.34
3.	Pedro Mahua Alvarez	05	SCP	2:21.38	417	33.51	35.40	36.62	35.85
4.	Tiago Rodrigues Pinto	05	SCP	2:22.30	409	33.34	36.13	36.58	36.25
5.	Manuel Angelo Pereira	05	SCP	2:23.42	399	34.36	36.80	36.66	35.60
6.	Miguel Correia Anacleto	05	SCP	2:25.31	384	34.16	36.81	37.45	36.89
7.	Manuel Pires Oliveira	05	PDEM	2:30.82	343	35.20	38.59	39.25	37.78
8.	Gonçalo Duarte Carvalho	05	SLB	2:32.94	329	37.43	39.59	38.04	37.88
9.	Simao Lopes Oliveira	05	CNS	2:32.96	329	37.58	39.60	38.83	36.95

Prova 13, Masc., 200m Costas, Juvenis B

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
10.	Jose Alves Monteiro	05	INDANL	2:33.05	328	35.86	40.14	39.43	37.62
11.	Vasco Alves Morgado	05	SAD	2:33.16	328	36.74	39.40	39.82	37.20
12.	Rodrigo Martins Bras	05	CFB	2:37.24	303	36.52	39.65	40.95	40.12
13.	Lourenco Matos Perdigao	05	CNN	2:39.46	290	37.12	40.80	40.86	40.68
14.	Gonçalo Pires Fialho	05	CNA	2:40.10	287	37.46	40.09	41.42	41.13
15.	Joao Ferreira Rodrigues	05	GESL	2:41.41	280	38.37	40.19	41.61	41.24
16.	Alfredo Cabrita Soudo	05	CFB	2:42.65	273	38.73	41.16	42.26	40.50
17.	Tiago Romão Lourenço	05	PDEM	2:47.69	249	39.95	42.34	43.33	42.07
18.	Dinis Santos Almeida	05	FS	2:50.03	239	39.11	43.42	44.38	43.12
DSQ	Miguel Palminha Serafim	05	CNMJ						

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 100m) imediatamente após o final da braçada.

DNS Rodrigo Ferreira Mimoso 05 SLB

Juvenis

1.	Andre Henriques Marques	05	SLB	2:15.96	468	32.67	35.39	34.27	33.63
2.	Miguel Costa Simoes	04	CDCP	2:16.47	463	32.54	35.45	35.38	33.10
3.	Tiago Fanha Lopes	04	CNMJ	2:18.67	441	32.34	35.47	35.48	35.38
4.	Diogo Sousa Barbosa	05	SLB	2:21.30	417	33.13	35.53	36.30	36.34
5.	Pedro Mahua Alvarez	05	SCP	2:21.38	417	33.51	35.40	36.62	35.85
6.	Tiago Rodrigues Pinto	05	SCP	2:22.30	409	33.34	36.13	36.58	36.25
7.	Francisco Sousa Uva	04	SAD	2:22.99	403	33.29	35.95	37.27	36.48
8.	Manuel Angelo Pereira	05	SCP	2:23.42	399	34.36	36.80	36.66	35.60
9.	Tomás Pratas Neto	04	PDEM	2:24.39	391	32.77	36.40	37.79	37.43
10.	Miguel Correia Anacleto	05	SCP	2:25.31	384	34.16	36.81	37.45	36.89
11.	Afonso Romao Francisco	04	CDCP	2:27.47	367	35.05	37.28	37.95	37.19
12.	Tomas Martins Mira	04	CNS	2:27.81	364	35.38	38.15	38.77	35.51
13.	Rafael Caceres Lopes	04	SFUAP	2:28.26	361	35.35	37.55	37.92	37.44
14.	Manuel Pires Oliveira	05	PDEM	2:30.82	343	35.20	38.59	39.25	37.78
15.	Gonçalo Duarte Carvalho	05	SLB	2:32.94	329	37.43	39.59	38.04	37.88
16.	Simao Lopes Oliveira	05	CNS	2:32.96	329	37.58	39.60	38.83	36.95
17.	Jose Alves Monteiro	05	INDANL	2:33.05	328	35.86	40.14	39.43	37.62
18.	Vasco Alves Morgado	05	SAD	2:33.16	328	36.74	39.40	39.82	37.20
19.	Joao Pedro Faustino	04	CDCP	2:34.45	319	36.36	38.91	39.86	39.32
20.	Rodrigo Martins Bras	05	CFB	2:37.24	303	36.52	39.65	40.95	40.12
21.	Lourenco Matos Perdigao	05	CNN	2:39.46	290	37.12	40.80	40.86	40.68
22.	Gonçalo Pires Fialho	05	CNA	2:40.10	287	37.46	40.09	41.42	41.13
23.	Joao Ferreira Rodrigues	05	GESL	2:41.41	280	38.37	40.19	41.61	41.24
24.	Alfredo Cabrita Soudo	05	CFB	2:42.65	273	38.73	41.16	42.26	40.50
25.	Miguel Alexandre Araujo	04	SFUAP	2:43.32	270	38.51	41.38	41.83	41.60
26.	Tiago Romão Lourenço	05	PDEM	2:47.69	249	39.95	42.34	43.33	42.07
27.	Dinis Santos Almeida	05	FS	2:50.03	239	39.11	43.42	44.38	43.12
28.	Mateus Dias Correia	04	FS	3:17.87	152	44.85	50.66	51.74	50.62
DSQ	Miguel Palminha Serafim	05	CNMJ						

C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 100m) imediatamente após o final da braçada.

DNS Rodrigo Ferreira Mimoso 05 SLB

DNS Duarte Cadima Goncalves 04 CNMJ

Prova 14
19.01.2020 - 16:13

Femin., 200m Mariposa

Juvenis
Resultados

Rec Regional Juv A	2:18.93	Susana Patricia Miguel	SFUAP	Cantanhede	2004
Rec Regional Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Absoluto	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional Juv A	2:17.51	Raquel Maria Felgueiras			1995
Rec Nacional Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	2004
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
Juvenis A									
1.	Sofia Antunes Sebastiao	05	CNA	2:36.88	443	34.45	39.88	42.34	40.21
2.	Maria Sousa Caxaria	05	CNMJ	2:56.86	309	36.90	44.89	46.83	48.24

Juvenis B

1.	Leonor Tavares Catalao	06	SCP	2:36.20	449	34.25	39.85	40.89	41.21
2.	Beatriz Mocego Niza	06	CNA	2:40.11	416	34.71	39.79	42.56	43.05
3.	Catarina Lima Antunes	06	SCP	2:47.97	361	37.28	42.69	44.31	43.69
4.	Madalena Fragoso Guterres	06	SLB	2:50.36	346	35.55	42.07	45.64	47.10
5.	Madalena Correa Sa	06	GESL	2:55.19	318	37.69	44.60	47.09	45.81
6.	Marta Silva Santos	06	CNS	3:08.51	255	38.61	47.22	51.28	51.40
7.	Mafalda Mourao Lopes	06	ADST	3:13.21	237	37.55	46.72	53.79	55.15
8.	Ines Gaspar Silva	06	GESL	3:13.83	234	40.75	51.95	51.38	49.75
9.	Patricia Sofia Coelho	06	GESL	3:19.54	215	43.82	52.31	52.93	50.48
DSQ	Mariana Ramos Zacarias	06	CNS						

M30 - Toque não simultâneo das mãos na parede testa na viragem aos 150 metros (SW 8.4)

Juvenis

1.	Leonor Tavares Catalao	06	SCP	2:36.20	449	34.25	39.85	40.89	41.21
2.	Sofia Antunes Sebastiao	05	CNA	2:36.88	443	34.45	39.88	42.34	40.21
3.	Beatriz Mocego Niza	06	CNA	2:40.11	416	34.71	39.79	42.56	43.05
4.	Catarina Lima Antunes	06	SCP	2:47.97	361	37.28	42.69	44.31	43.69
5.	Madalena Fragoso Guterres	06	SLB	2:50.36	346	35.55	42.07	45.64	47.10
6.	Madalena Correa Sa	06	GESL	2:55.19	318	37.69	44.60	47.09	45.81
7.	Maria Sousa Caxaria	05	CNMJ	2:56.86	309	36.90	44.89	46.83	48.24
8.	Marta Silva Santos	06	CNS	3:08.51	255	38.61	47.22	51.28	51.40
9.	Mafalda Mourao Lopes	06	ADST	3:13.21	237	37.55	46.72	53.79	55.15
10.	Ines Gaspar Silva	06	GESL	3:13.83	234	40.75	51.95	51.38	49.75
11.	Patricia Sofia Coelho	06	GESL	3:19.54	215	43.82	52.31	52.93	50.48
DSQ	Mariana Ramos Zacarias	06	CNS						

M30 - Toque não simultâneo das mãos na parede testa na viragem aos 150 metros (SW 8.4)

Prova 15
19.01.2020 - 16:51

Masc., 1500m Livres

Infantis A
Resultados

Rec Regional	16:31.35	Pedro Fontoura Oliveira	CFB	Reboleira	2004
Rec Regional Absoluto	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Nacional	16:13.14	Andre Vilas Ruivo	DNMG	Campo Maior	2014
Rec Nacional Absoluto	14:58.18	Jose Paulo Lopes	SCB	Felgueiras	2018

Pontos: FINA 2019

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Andre Correia Alves	06	União Piedense	18:26.60	450
	100m: 1:09.97 1:09.97		500m: 6:06.66 1:14.32	900m: 11:03.11 1:14.20	1300m: 16:00.35 1:13.96
	200m: 2:25.11 1:15.14		600m: 7:20.48 1:13.82	1000m: 12:17.93 1:14.82	1400m: 17:14.46 1:14.11
	300m: 3:38.82 1:13.71		700m: 8:34.86 1:14.38	1100m: 13:32.17 1:14.24	1500m: 18:26.60 1:12.14
	400m: 4:52.34 1:13.52		800m: 9:48.91 1:14.05	1200m: 14:46.39 1:14.22	
2.	Rodrigo Andrade Mesquita	06	Sporting	18:37.78	436
	100m: 1:11.69 1:11.69		500m: 6:11.91 1:16.22	900m: 11:11.36 1:13.80	1300m: 16:11.02 1:15.30
	200m: 2:26.86 1:15.17		600m: 7:27.10 1:15.19	1000m: 12:26.12 1:14.76	1400m: 17:25.66 1:14.64
	300m: 3:41.30 1:14.44		700m: 8:42.43 1:15.33	1100m: 13:40.84 1:14.72	1500m: 18:37.78 1:12.12
	400m: 4:55.69 1:14.39		800m: 9:57.56 1:15.13	1200m: 14:55.72 1:14.88	
3.	Tomas Maia Januario	06	Geslours	18:46.74	426
	100m: 1:09.09 1:09.09		500m: 6:07.30 1:14.56	900m: 11:11.47 1:15.77	1300m: 16:14.95 1:17.19
	200m: 2:24.52 1:15.43		600m: 7:22.63 1:15.33	1000m: 12:26.97 1:15.50	1400m: 17:31.43 1:16.48
	300m: 3:38.70 1:14.18		700m: 8:39.26 1:16.63	1100m: 13:42.13 1:15.16	1500m: 18:46.74 1:15.31
	400m: 4:52.74 1:14.04		800m: 9:55.70 1:16.44	1200m: 14:57.76 1:15.63	
4.	Afonso Silvestre Almeida	06	Amadora	18:48.51	424
	100m: 1:11.79 1:11.79		500m: 6:13.40 1:15.48	900m: 11:12.20 1:14.89	1300m: 16:16.87 1:16.44
	200m: 2:27.65 1:15.86		600m: 7:28.09 1:14.69	1000m: 12:27.73 1:15.53	1400m: 17:33.32 1:16.45
	300m: 3:42.56 1:14.91		700m: 8:42.41 1:14.32	1100m: 13:43.71 1:15.98	1500m: 18:48.51 1:15.19
	400m: 4:57.92 1:15.36		800m: 9:57.31 1:14.90	1200m: 15:00.43 1:16.72	
5.	Pedro Crispim Jorge	06	União Piedense	19:02.63	408
	100m: 1:11.84 1:11.84		500m: 6:15.77 1:16.16	900m: 11:21.61 1:16.14	1300m: 16:30.82 1:17.47
	200m: 2:27.85 1:16.01		600m: 7:32.23 1:16.46	1000m: 12:38.62 1:17.01	1400m: 17:48.44 1:17.62
	300m: 3:43.22 1:15.37		700m: 8:48.74 1:16.51	1100m: 13:55.80 1:17.18	1500m: 19:02.63 1:14.19
	400m: 4:59.61 1:16.39		800m: 10:05.47 1:16.73	1200m: 15:13.35 1:17.55	
6.	Antonio Coelho Vieira	06	Sporting	19:02.99	408
	100m: 1:11.18 1:11.18		500m: 6:14.01 1:16.73	900m: 11:24.46 1:16.61	1300m: 16:30.99 1:16.50
	200m: 2:26.88 1:15.70		600m: 7:30.59 1:16.58	1000m: 12:41.02 1:16.56	1400m: 17:48.05 1:17.06
	300m: 3:41.80 1:14.92		700m: 8:48.54 1:17.95	1100m: 13:57.14 1:16.12	1500m: 19:02.99 1:14.94
	400m: 4:57.28 1:15.48		800m: 10:07.85 1:19.31	1200m: 15:14.49 1:17.35	
7.	Tiago Almeida Correia	06	C N Montijo	19:03.84	407
	100m: 1:10.27 1:10.27		500m: 6:14.60 1:16.59	900m: 11:22.00 1:17.01	1300m: 16:31.39 1:17.31
	200m: 2:26.23 1:15.96		600m: 7:30.94 1:16.34	1000m: 12:38.81 1:16.81	1400m: 17:49.24 1:17.85
	300m: 3:42.00 1:15.77		700m: 8:47.63 1:16.69	1100m: 13:56.55 1:17.74	1500m: 19:03.84 1:14.60
	400m: 4:58.01 1:16.01		800m: 10:04.99 1:17.36	1200m: 15:14.08 1:17.53	
8.	Ricardo Freitas Neto	06	Sporting	19:23.75	386
	100m: 1:12.37 1:12.37		500m: 6:24.53 1:18.01	900m: 11:37.64 1:18.98	1300m: 16:49.74 1:17.95
	200m: 2:30.22 1:17.85		600m: 7:42.61 1:18.08	1000m: 12:56.31 1:18.67	1400m: 18:07.99 1:18.25
	300m: 3:48.52 1:18.30		700m: 9:00.38 1:17.77	1100m: 14:14.04 1:17.73	1500m: 19:23.75 1:15.76
	400m: 5:06.52 1:18.00		800m: 10:18.66 1:18.28	1200m: 15:31.79 1:17.75	
9.	Pedro Miguel Pimentel	06	Geslours	19:31.06	379
	100m: 1:11.88 1:11.88		500m: 6:21.41 1:18.03	900m: 11:34.14 1:18.16	1300m: 16:51.67 1:19.75
	200m: 2:28.15 1:16.27		600m: 7:39.96 1:18.55	1000m: 12:53.16 1:19.02	1400m: 18:12.01 1:20.34
	300m: 3:45.60 1:17.45		700m: 8:58.13 1:18.17	1100m: 14:12.62 1:19.46	1500m: 19:31.06 1:19.05
	400m: 5:03.38 1:17.78		800m: 10:15.98 1:17.85	1200m: 15:31.92 1:19.30	
10.	Tiago Ventura Chao	06	Naval Setubalense	19:33.88	377
	100m: 1:11.09 1:11.09		500m: 6:25.74 1:19.01	900m: 11:46.00 1:20.72	1300m: 16:58.12 1:19.17
	200m: 2:28.70 1:17.61		600m: 7:45.38 1:19.64	1000m: 13:03.54 1:17.54	1400m: 18:16.49 1:18.37
	300m: 3:47.14 1:18.44		700m: 9:05.19 1:19.81	1100m: 14:21.00 1:17.46	1500m: 19:33.88 1:17.39
	400m: 5:06.73 1:19.59		800m: 10:25.28 1:20.09	1200m: 15:38.95 1:17.95	
11.	Rodrigo Piteira Maio	06	Belenenses	19:52.31	359
	100m: 1:10.94 1:10.94		500m: 6:18.60 1:18.54	900m: 11:40.50 1:20.63	1300m: 17:06.94 1:21.10
	200m: 2:26.91 1:15.97		600m: 7:38.21 1:19.61	1000m: 13:02.48 1:21.98	1400m: 18:30.48 1:23.54
	300m: 3:42.75 1:15.84		700m: 9:00.04 1:21.83	1100m: 14:24.29 1:21.81	1500m: 19:52.31 1:21.83
	400m: 5:00.06 1:17.31		800m: 10:19.87 1:19.83	1200m: 15:45.84 1:21.55	
12.	Manuel Costa Simoes	06	Cova da Piedade	19:54.74	357
	100m: 1:14.75 1:14.75		500m: 6:39.54 1:21.40	900m: 12:01.68 1:20.82	1300m: 17:20.64 1:19.87
	200m: 2:34.51 1:19.76		600m: 8:00.10 1:20.56	1000m: 13:22.00 1:20.32	1400m: 18:38.57 1:17.93
	300m: 3:55.94 1:21.43		700m: 9:20.47 1:20.37	1100m: 14:41.46 1:19.46	1500m: 19:54.74 1:16.17
	400m: 5:18.14 1:22.20		800m: 10:40.86 1:20.39	1200m: 16:00.77 1:19.31	

Prova 15, Masc., 1500m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
13.	Rodrigo Franco Palare	06	Geslours	20:01.24	351
	100m: 1:14.27 1:14.27	500m: 6:36.51 1:20.77	900m: 12:01.84 1:21.12	1300m: 17:25.97 1:21.12	
	200m: 2:34.12 1:19.85	600m: 7:58.03 1:21.52	1000m: 13:22.74 1:20.90	1400m: 18:44.75 1:18.78	
	300m: 3:54.82 1:20.70	700m: 9:19.78 1:21.75	1100m: 14:43.82 1:21.08	1500m: 20:01.24 1:16.49	
	400m: 5:15.74 1:20.92	800m: 10:40.72 1:20.94	1200m: 16:04.85 1:21.03		
14.	Tomas Leal Parelho	06	C N Montijo	20:52.17	310
	100m: 1:16.58 1:16.58	500m: 6:53.55 1:24.97	900m: 12:30.64 1:24.66	1300m: 18:08.13 1:25.12	
	200m: 2:40.31 1:23.73	600m: 8:17.58 1:24.03	1000m: 13:55.14 1:24.50	1400m: 19:31.99 1:23.86	
	300m: 4:04.35 1:24.04	700m: 9:41.95 1:24.37	1100m: 15:19.52 1:24.38	1500m: 20:52.17 1:20.18	
	400m: 5:28.58 1:24.23	800m: 11:05.98 1:24.03	1200m: 16:43.01 1:23.49		
15.	Rafael Duarte Beato	06	Odivelas	21:15.81	293
	100m: 1:18.07 1:18.07	500m: 6:57.81 1:26.80	900m: 12:45.94 1:26.67	1300m: 18:33.52 1:26.64	
	200m: 2:40.75 1:22.68	600m: 8:25.10 1:27.29	1000m: 14:13.31 1:27.37	1400m: 19:58.23 1:24.71	
	300m: 4:05.58 1:24.83	700m: 9:51.17 1:26.07	1100m: 15:40.92 1:27.61	1500m: 21:15.81 1:17.58	
	400m: 5:31.01 1:25.43	800m: 11:19.27 1:28.10	1200m: 17:06.88 1:25.96		
16.	Andre Monteiro Caetano	06	Odivelas	21:38.89	278
	100m: 1:14.98 1:14.98	500m: 7:00.72 1:27.74	900m: 12:53.44 1:28.75	1300m: 18:47.62 1:28.73	
	200m: 2:39.06 1:24.08	600m: 8:28.80 1:28.08	1000m: 14:21.89 1:28.45	1400m: 20:13.73 1:26.11	
	300m: 4:04.94 1:25.88	700m: 9:57.33 1:28.53	1100m: 15:50.45 1:28.56	1500m: 21:38.89 1:25.16	
	400m: 5:32.98 1:28.04	800m: 11:24.69 1:27.36	1200m: 17:18.89 1:28.44		

Prova 16

19.01.2020 - 17:35

Femin., 800m Livres
Infantis B
Resultados

Rec Regional	9:49.25	Beatriz Rodrigues Conde	SCP	Tavira	2010
Rec Regional Absoluto	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Nacional	9:33.95	Filipa Vilas Ruivo	DNMG	Nazaré	2009
Rec Nacional Absoluto	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018

Pontos: FINA 2019

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Patricia Subtil Henriques	08	Geslours	10:42.76	414
	100m: 1:14.94 1:14.94	300m: 3:56.86 1:21.06	500m: 6:39.90 1:21.36	700m: 9:23.85 1:21.78	
	200m: 2:35.80 1:20.86	400m: 5:18.54 1:21.68	600m: 8:02.07 1:22.17	800m: 10:42.76 1:18.91	
2.	Leticia Lin	08	Sporting	10:51.78	397
	100m: 1:14.89 1:14.89	300m: 3:56.81 1:21.14	500m: 6:40.51 1:22.22	700m: 9:28.37 1:24.25	
	200m: 2:35.67 1:20.78	400m: 5:18.29 1:21.48	600m: 8:04.12 1:23.61	800m: 10:51.78 1:23.41	
3.	Carolina Fernandes Rodrigues	08	União Piedense	11:00.85	381
	100m: 1:20.68 1:20.68	300m: 4:08.46 1:24.02	500m: 6:57.35 1:24.76	700m: 9:44.49 1:22.48	
	200m: 2:44.44 1:23.76	400m: 5:32.59 1:24.13	600m: 8:22.01 1:24.66	800m: 11:00.85 1:16.36	
4.	Ana Beatriz Pires	08	Benfica	11:02.83	378
	100m: 1:20.50 1:20.50	300m: 4:09.00 1:23.93	500m: 6:55.46 1:23.28	700m: 9:43.54 1:24.39	
	200m: 2:45.07 1:24.57	400m: 5:32.18 1:23.18	600m: 8:19.15 1:23.69	800m: 11:02.83 1:19.29	
5.	Johanna Domingos Verheij	08	União Piedense	11:12.64	361
	100m: 1:20.32 1:20.32	300m: 4:10.66 1:25.13	500m: 7:00.27 1:24.57	700m: 9:50.24 1:25.01	
	200m: 2:45.53 1:25.21	400m: 5:35.70 1:25.04	600m: 8:25.23 1:24.96	800m: 11:12.64 1:22.40	
6.	Ines Gomes Costa	08	CCDEULx	11:19.59	350
	100m: 1:18.89 1:18.89	300m: 4:09.77 1:26.19	500m: 7:03.58 1:27.23	700m: 9:56.91 1:26.43	
	200m: 2:43.58 1:24.69	400m: 5:36.35 1:26.58	600m: 8:30.48 1:26.90	800m: 11:19.59 1:22.68	
7.	Matilde Rodrigues Serrano	08	União Piedense	11:20.67	349
	100m: 1:19.15 1:19.15	300m: 4:09.46 1:25.79	500m: 7:01.13 1:26.27	700m: 9:55.31 1:26.20	
	200m: 2:43.67 1:24.52	400m: 5:34.86 1:25.40	600m: 8:29.11 1:27.98	800m: 11:20.67 1:25.36	
8.	Carolina Delicado Correia	08	Sporting	11:33.54	330
	100m: 1:19.83 1:19.83	300m: 4:15.19 1:28.26	500m: 7:11.05 1:28.05	700m: 10:06.75 1:27.87	
	200m: 2:46.93 1:27.10	400m: 5:43.00 1:27.81	600m: 8:38.88 1:27.83	800m: 11:33.54 1:26.79	
9.	Joana Monteiro Caetano	08	Odivelas	11:53.91	302
	100m: 1:24.12 1:24.12	300m: 4:26.09 1:30.62	500m: 7:27.52 1:30.83	700m: 10:28.61 1:29.49	
	200m: 2:55.47 1:31.35	400m: 5:56.69 1:30.60	600m: 8:59.12 1:31.60	800m: 11:53.91 1:25.30	
10.	Lis Fatima Melo	08	Geslours	12:02.30	292
	100m: 1:23.64 1:23.64	300m: 4:27.75 1:33.16	500m: 7:33.86 1:32.87	700m: 10:37.29 1:31.51	
	200m: 2:54.59 1:30.95	400m: 6:00.99 1:33.24	600m: 9:05.78 1:31.92	800m: 12:02.30 1:25.01	
11.	Carolina Duarte Namora	08	União Piedense	12:12.29	280
	100m: 1:25.78 1:25.78	300m: 4:31.61 1:34.01	500m: 7:38.24 1:33.15	700m: 10:41.90 1:30.96	
	200m: 2:57.60 1:31.82	400m: 6:05.09 1:33.48	600m: 9:10.94 1:32.70	800m: 12:12.29 1:30.39	

Prova 16, Femin., 800m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Marta Matos Laranjeira	08	Fisica Torres Vedras	12:14.88	277
	100m: 1:23.15 1:23.15	300m: 4:29.32 1:33.38	500m: 7:37.61 1:33.46	700m: 10:45.25 1:33.96	
	200m: 2:55.94 1:32.79	400m: 6:04.15 1:34.83	600m: 9:11.29 1:33.68	800m: 12:14.88 1:29.63	
13.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	12:21.54	270
	100m: 1:23.43 1:23.43	300m: 4:30.89 1:35.32	500m: 7:42.06 1:35.51	700m: 10:50.99 1:33.89	
	200m: 2:55.57 1:32.14	400m: 6:06.55 1:35.66	600m: 9:17.10 1:35.04	800m: 12:21.54 1:30.55	
14.	Beatriz Silva Gomes	08	Geslours	12:28.22	262
	100m: 1:25.59 1:25.59	300m: 4:35.86 1:34.77	500m: 7:45.66 1:36.17	700m: 10:55.01 1:36.80	
	200m: 3:01.09 1:35.50	400m: 6:09.49 1:33.63	600m: 9:18.21 1:32.55	800m: 12:28.22 1:33.21	
15.	Yasmin Ruth Bexigas	08	Geslours	12:33.76	257
	100m: 1:24.65 1:24.65	300m: 4:33.96 1:35.81	500m: 7:43.67 1:35.02	700m: 10:58.19 1:36.71	
	200m: 2:58.15 1:33.50	400m: 6:08.65 1:34.69	600m: 9:21.48 1:37.81	800m: 12:33.76 1:35.57	
16.	Beatriz Marques Coimbra	08	Desportivo Sesimbra	12:34.10	256
	100m: 1:23.83 1:23.83	300m: 4:34.34 1:36.32	500m: 7:48.48 1:37.02	700m: 11:01.75 1:36.17	
	200m: 2:58.02 1:34.19	400m: 6:11.46 1:37.12	600m: 9:25.58 1:37.10	800m: 12:34.10 1:32.35	

Prova 17

Masc., 400m Estilos

Infantis B

19.01.2020 - 18:03

Resultados

Rec Regional	5:02.78	Pedro Fontoura Oliveira	CFB	Odivelas	2003
Rec Regional Absoluto	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Nacional	4:49.65	Andre Vilas Ruivo	DNMG	S. António Cavaleiros	2013
Rec Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Tomas Afonso Mesquita	07	SLB	5:27.34	372	1:19.91	1:21.38	1:33.18	1:12.87
2.	Rafael Miguel Mimoso	07	SLB	5:29.45	365	1:19.05	1:24.96	1:28.00	1:17.44
3.	Rafael Pacheco Godinho	07	SLB	5:33.56	351	1:17.19	1:26.05	1:36.61	1:13.71
4.	Joao Dinis Roque	07	SCP	5:33.60	351	1:17.36	1:24.32	1:36.62	1:15.30
5.	Miguel Braga Gomes	07	SCP	5:52.38	298	1:25.03	1:27.49	1:38.87	1:20.99
6.	Goncalo Saraiva Rodrigues	07	CDCP	5:55.99	289	1:30.25	1:22.69	1:46.08	1:16.97
7.	Andre Miguel Ramos	07	AEFDTV	5:57.20	286	1:28.60	1:26.20	1:48.63	1:13.77
8.	Guilherme Matias Sousa	07	GESL	5:57.95	284	1:22.90	1:29.90	1:47.82	1:17.33
9.	Joao Pedro Carapinha	07	SFUAP	5:58.86	282	1:27.05	1:31.81	1:43.40	1:16.60
10.	Afonso Jose Fernandes	07	CNATRIL	5:58.97	282	1:20.06	1:37.89	1:38.50	1:22.52
11.	Diogo Miguel Martins	07	MODV	5:59.05	282	1:28.12	1:30.14	1:44.09	1:16.70
12.	Rafael Piedade Quaresma	07	PDEM	6:06.06	266	1:26.23	1:30.03	1:49.81	1:19.99
13.	Daniel Ionas	07	CNA	6:09.49	258	1:26.65	1:34.36	1:41.27	1:27.21
14.	Ricardo Lima Paiva	07	GESL	6:12.75	252	1:29.73	1:32.35	1:48.22	1:22.45
15.	Antonio Ricardo Alves	07	CNATRIL	6:19.29	239	1:29.21	1:28.06	2:03.10	1:18.92
16.	Hugo Castanheira Rocha	07	CNATRIL	6:25.26	228	1:33.27	1:26.69	2:05.71	1:19.59

Prova 18
19.01.2020 - 18:16

Femin., 400m Estilos

Infantis A
Resultados

Rec Regional	5:07.22	Susana Patricia Miguel	SFUAP	Santarem	2003
Rec Regional Absoluto	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Nacional	5:05.68	Filijpa Vilas Ruivo	DNMG	Leiria	2010
Rec Nacional Absoluto	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017

Pontos: FINA 2019

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Leticia Rodrigues Magalhaes	07	PDEM	5:43.39	428	1:21.43	1:25.96	1:39.00	1:17.00
2.	Sara Viana Vicencio	07	SCP	5:47.93	412	1:23.10	1:26.19	1:38.43	1:20.21
3.	Sara Sofia Alves	07	CNS	5:51.45	399	1:27.63	1:25.92	1:40.83	1:17.07
4.	Leonor Peso Parente	07	PDEM	5:52.33	396	1:22.94	1:27.71	1:43.26	1:18.42
5.	Catarina Ferreira Rodrigues	07	GESL	5:53.82	391	1:23.12	1:31.02	1:42.50	1:17.18
6.	Matilde Nunes Ribeiro	07	DRCN	5:54.79	388	1:24.40	1:29.47	1:41.74	1:19.18
7.	Beatriz Heitor Cachaco	07	MODV	5:54.92	388	1:21.25	1:32.41	1:42.88	1:18.38
8.	Matilde Anjos Frischknecht	07	CNS	5:55.88	385	1:26.43	1:32.37	1:33.26	1:23.82
9.	Maria Teresa Garcell	07	AEFDTV	5:58.44	377	1:21.30	1:31.92	1:40.45	1:24.77
10.	Daniela Alexandra Santos	07	SCP	5:59.96	372	1:27.15	1:25.59	1:44.53	1:22.69
11.	Ines Azevedo Baraona	07	CNMJ	6:07.29	350	1:25.82	1:31.55	1:48.59	1:21.33
12.	Luisa Ponte Jorge	07	SFUAP	6:08.41	347	1:22.71	1:32.34	1:54.74	1:18.62
13.	Leonor Carvalho Oliveira	07	DRCN	6:16.36	325	1:30.00	1:35.96	1:41.64	1:28.76
14.	Filipa Neves DAvo	07	ANAM	6:31.75	288	1:30.83	1:43.59	1:48.80	1:28.53
15.	Ines Trindade Dionisio	07	CNN	6:45.51	260	1:46.37	1:40.24	1:26.39	1:52.51
DSQ	Anastacia Tshesnovska	07	SCP						

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