

1 - 1ª Jornada

03.06.2023 - 15:15

Prova 1
03.06.2023

Masc., 800m Livres

Cadetes A
Resultados

Mínimos de Acesso : 13:20.00

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Xavier Cordeiro Melo 100m: 1:19.40 1:19.40 200m: 2:45.09 1:25.69	11	Sporting	11:14.71 300m: 4:10.75 1:25.66 500m: 7:01.93 1:24.87 700m: 9:51.93 1:24.47 400m: 5:37.06 1:26.31 600m: 8:27.46 1:25.53 800m: 11:14.71 1:22.78	283
2.	Tome Pargana Mendes 100m: 1:19.46 1:19.46 200m: 2:46.62 1:27.16	11	União Piedense	11:22.09 300m: 4:13.18 1:26.56 500m: 7:08.21 1:27.28 700m: 9:59.53 1:25.03 400m: 5:40.93 1:27.75 600m: 8:34.50 1:26.29 800m: 11:22.09 1:22.56	274
3.	André Santos Braga 100m: 2:08.50 2:08.50 200m: 3:38.06 1:29.56	11	Colégio Vasco da Gama	11:33.12 300m: 5:06.68 1:28.62 500m: 8:00.93 1:27.28 700m: 10:53.93 1:25.93 400m: 6:33.65 1:26.97 600m: 9:28.00 1:27.07 800m: 11:33.12 39.19	261
4.	Joao Marcelino Rodrigues 100m: 1:24.53 1:24.53 200m: 2:52.38 1:27.85	11	Sporting	11:34.88 300m: 4:19.38 1:27.00 500m: 7:15.45 1:29.25 700m: 10:08.91 1:26.18 400m: 5:46.20 1:26.82 600m: 8:42.73 1:27.28 800m: 11:34.88 1:25.97	259
5.	Simao Pascoal Fernandes 100m: 1:20.16 1:20.16 200m: 2:48.57 1:28.41	11	Colegio Int Monte Maior	11:40.32 300m: 4:17.82 1:29.25 500m: 7:17.42 1:30.07 700m: 11:40.32 400m: 5:47.35 1:29.53 600m: 8:46.50 1:29.08 800m: 11:40.32	253
6.	Francisco Lalanda Correia 100m: 1:20.75 1:20.75 200m: 2:50.40 1:29.65	11	Colegio Int Monte Maior	11:45.59 300m: 4:19.46 1:29.06 500m: 7:20.03 1:31.16 700m: 10:19.34 1:28.69 400m: 5:48.87 1:29.41 600m: 8:50.65 1:30.62 800m: 11:45.59 1:26.25	248
7.	Tiago Pinheiro Carranca 100m: 1:16.55 1:16.55 200m: 2:45.22 1:28.67	11	Colegio Int Monte Maior	11:45.72 300m: 4:15.85 1:30.63 500m: 7:19.22 1:31.07 700m: 10:22.09 1:30.78 400m: 5:48.15 1:32.30 600m: 8:51.31 1:32.09 800m: 11:45.72 1:23.63	248
8.	Matias Malheiro Mata 100m: 1:26.02 1:26.02 200m: 2:56.82 1:30.80	11	Sporting	11:55.00 300m: 4:28.76 1:31.94 500m: 7:29.20 1:30.40 700m: 10:31.13 1:31.06 400m: 5:58.80 1:30.04 600m: 9:00.07 1:30.87 800m: 11:55.00 1:23.87	238
9.	Diogo Afonso Mesquita 100m: 1:25.69 1:25.69 200m: 2:56.89 1:31.20	11	Benfica	11:58.73 300m: 4:28.48 1:31.59 500m: 7:31.80 1:30.38 700m: 10:34.11 1:31.14 400m: 6:01.42 1:32.94 600m: 9:02.97 1:31.17 800m: 11:58.73 1:24.62	234
10.	Francisco Pimentel Coelho 100m: 1:26.53 1:26.53 200m: 2:57.84 1:31.31	11	Benfica	12:00.91 300m: 4:29.82 1:31.98 500m: 7:31.34 1:29.62 700m: 10:34.87 1:31.09 400m: 6:01.72 1:31.90 600m: 9:03.78 1:32.44 800m: 12:00.91 1:26.04	232
11.	Tiago Guedes Caldas 100m: 1:22.25 1:22.25 200m: 2:56.38 1:34.13	11	Benfica	12:06.00 300m: 4:29.02 1:32.64 500m: 7:33.71 1:32.39 700m: 10:38.52 1:32.04 400m: 6:01.32 1:32.30 600m: 9:06.48 1:32.77 800m: 12:06.00 1:27.48	227
12.	Miguel Iago Barreiros 100m: 1:24.75 1:24.75 200m: 2:56.58 1:31.83	11	Sporting	12:10.90 300m: 4:27.97 1:31.39 500m: 7:35.22 1:33.89 700m: 10:42.58 1:34.39 400m: 6:01.33 1:33.36 600m: 9:08.19 1:32.97 800m: 12:10.90 1:28.32	223
13.	Thomas James Barnett 100m: 1:26.52 1:26.52 200m: 2:59.84 1:33.32	11	Nacional de Natação	12:12.40 300m: 4:34.11 1:34.27 500m: 7:43.69 1:34.75 700m: 10:45.93 1:31.68 400m: 6:08.94 1:34.83 600m: 9:14.25 1:30.56 800m: 12:12.40 1:26.47	221
14.	David Pacheco Castanheira 100m: 1:28.20 1:28.20 200m: 3:01.80 1:33.60	11	Gesloures	12:14.06 300m: 4:36.80 1:34.80 500m: 7:43.95 1:33.28 700m: 10:48.36 1:31.66 400m: 6:10.67 1:34.07 600m: 9:16.70 1:32.75 800m: 12:14.06 1:25.70	220
15.	Rafael Ferreira Colin 100m: 1:23.19 1:23.19 200m: 2:53.43 1:30.24	11	Bombeiros dos Estoris	12:14.09 300m: 4:27.24 1:33.81 500m: 7:33.68 1:34.11 700m: 10:43.92 1:35.19 400m: 5:59.57 1:32.33 600m: 9:08.73 1:35.05 800m: 12:14.09 1:30.17	220
16.	Simao Verissimo Aires 100m: 1:24.50 1:24.50 200m: 2:58.31 1:33.81	11	Laranjeiro	12:19.90 300m: 4:33.31 1:35.00 500m: 7:45.78 1:37.78 700m: 10:51.81 1:33.41 400m: 6:08.00 1:34.69 600m: 9:18.40 1:32.62 800m: 12:19.90 1:28.09	215
17.	Daniel Hutsul Pateiro 100m: 1:30.23 1:30.23 200m: 3:03.30 1:33.07	11	Gesloures	12:22.16 300m: 4:37.91 1:34.61 500m: 7:50.46 1:35.98 700m: 10:55.66 1:32.12 400m: 6:14.48 1:36.57 600m: 9:23.54 1:33.08 800m: 12:22.16 1:26.50	213
18.	Duarte Ribeiro Lima 100m: 1:28.03 1:28.03 200m: 3:02.86 1:34.83	11	Gesloures	12:22.17 300m: 4:39.18 1:36.32 500m: 7:52.06 1:37.63 700m: 10:56.56 1:30.31 400m: 6:14.43 1:35.25 600m: 9:26.25 1:34.19 800m: 12:22.17 1:25.61	213

Resultados online: anlisboa.pt/live

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Prova 1, Masc., 800m Livres, Cadetes A

Pos.	Nadador	Ano	Clube	Tempo	Pts	
19.	Dinis Andrade Cabral	11	Palmela Desporto	12:27.45	208	
	100m: 1:23.64 200m: 2:57.04	300m: 4:32.02 400m: 6:09.80	1:34.98 1:37.78	500m: 7:47.89 600m: 9:24.29	700m: 10:58.32 800m: 12:27.45	1:34.03 1:29.13
20.	Duarte Oliveira Pinto	11	Geslours	12:35.44	202	
	100m: 1:27.56 200m: 3:01.61	300m: 4:36.44 400m: 6:12.93	1:34.83 1:36.49	500m: 7:50.76 600m: 9:27.21	700m: 11:02.52 800m: 12:35.44	1:35.31 1:32.92
21.	Carlos Henrique Dias	11	Fisica Torres Vedras	12:39.78	198	
	100m: 1:30.15 200m: 3:12.59	300m: 4:55.65 400m: 6:39.18	1:43.06 1:43.53	500m: 8:24.21 600m: 10:09.28	700m: 11:50.56 800m: 12:39.78	1:41.28 49.22
22.	Miguel Jorge Fialho	11	Amadora	12:44.82	194	
	100m: 1:23.56 200m: 3:00.06	300m: 4:39.08 400m: 6:17.38	1:39.02 1:38.30	500m: 7:55.66 600m: 9:34.95	700m: 11:14.28 800m: 12:44.82	1:39.33 1:30.54
23.	Rodrigo Zigue Filipe	11	Geslours	13:08.77	177	
	100m: 1:33.32 200m: 3:14.25	300m: 4:51.46 400m: 6:32.81	1:37.21 1:41.35	500m: 8:13.94 600m: 9:55.01	700m: 11:30.15 800m: 13:08.77	1:35.14 1:38.62
24.	Vasco Batista Duarte	11	Geslours	13:16.34	172	
	100m: 1:34.15 200m: 3:16.84	300m: 4:57.15 400m: 6:39.65	1:40.31 1:42.50	500m: 8:20.81 600m: 10:00.18	700m: 11:40.40 800m: 13:16.34	1:40.22 1:35.94
25.	Máximo Mota Nobre <i>FTL</i>	11	Vikings Sobral de Monte Agraço	13:20.68	169	
	100m: 1:33.40 200m: 3:13.50	300m: 4:55.15 400m: 6:36.12	1:41.65 1:40.97	500m: 8:17.50 600m: 9:59.40	700m: 11:41.56 800m: 13:20.68	1:42.16 1:39.12
26.	Antonio Santos Mota <i>FTL</i>	11	Benfica	13:29.44	164	
	100m: 1:34.98 200m: 3:18.21	300m: 5:02.83 400m: 6:48.08	1:44.62 1:45.25	500m: 8:29.53 600m: 10:12.61	700m: 11:55.14 800m: 13:29.44	1:42.53 1:34.30
27.	Vicente Guerreiro Velez <i>FTL</i>	11	Fisica Torres Vedras	13:32.09	162	
	100m: 1:36.04 200m: 3:21.13	300m: 5:06.40 400m: 6:49.68	1:45.27 1:43.28	500m: 8:34.09 600m: 10:19.51	700m: 12:00.86 800m: 13:32.09	1:41.35 1:31.23
28.	Bruno Miguel Figueiredo <i>FTL</i>	11	Fisica Torres Vedras	13:59.77	147	
	100m: 1:36.67 200m: 3:27.12	300m: 5:13.25 400m: 7:01.76	1:46.13 1:48.51	500m: 8:47.52 600m: 10:34.57	700m: 12:21.47 800m: 13:59.77	1:46.90 1:38.30
29.	Joao Pedro Santos <i>FTL</i>	11	Alges	14:01.61	146	
	100m: 1:41.47 200m: 3:30.97	300m: 5:20.51 400m: 7:09.38	1:49.54 1:48.87	500m: 8:56.74 600m: 10:43.71	700m: 12:30.42 800m: 14:01.61	1:46.71 1:31.19
30.	Joao Santos Ferro <i>FTL</i>	11	Amadora	14:22.95	135	
	100m: 1:36.39 200m: 3:20.67	300m: 5:08.26 400m: 6:59.07	1:47.59 1:50.81	500m: 8:50.07 600m: 10:43.36	700m: 12:33.92 800m: 14:22.95	1:50.56 1:49.03
31.	Antonio Melo Pereira <i>FTL</i>	11	Benfica	14:44.87	125	
	100m: 1:43.40 200m: 3:34.29	300m: 5:24.19 400m: 7:17.29	1:49.90 1:53.10	500m: 9:10.79 600m: 11:03.94	700m: 12:56.84 800m: 14:44.87	1:52.90 1:48.03

Resultados online: anlisboa.pt/live

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Prova 2
03.06.2023

Masc., 400m Livres

Cadetes A
Resultados

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	André Santos Braga	11	CNCVG	5:37.56	248	1:21.40	2:48.25	4:13.96	5:37.56
2.	Antonio Maria Neves	11	FS	5:45.78	231	1:21.15	2:51.18	4:21.15	5:45.78
3.	Tomas Rodrigues Morais	11	ADRCIMM	6:01.02	203	1:23.61	2:57.74	4:31.30	6:01.02
4.	Joao Pedro Correia	11	FS	6:02.69	200	1:24.28	2:58.45	4:32.36	6:02.69
5.	Goncalo Pedras Sousa	11	ADRCIMM	6:11.96	185	1:27.18	3:02.43	4:36.78	6:11.96
6.	Vasco Miguel Gregorio	11	GESL	6:16.91	178	1:27.16	3:04.56	4:44.69	6:16.91
7.	Joao Maria Ventura	11	CNCVG	6:30.75	160	1:33.87	3:14.37	4:54.96	6:30.75
8.	Tomas Neto Rodrigues	11	CNCVG	6:37.86	151	1:34.40	3:16.27	4:58.09	6:37.86
9.	Luis Eugenio Poitout	11	CNCVG	6:40.25	149	1:35.43	3:18.28	5:01.11	6:40.25
10.	Tomas Santos Simoes	11	ADRCIMM	6:43.61	145	1:35.64	3:20.61	5:02.36	6:43.61
11.	Tiago Botelho Silva	11	GESL	6:51.46	137	1:37.29	3:24.15	5:09.24	6:51.46
12.	Rui Manuel Duarte	11	SAD	6:53.57	135	1:32.54	3:21.29	5:08.29	6:53.57
13.	Dinis Gomes Araujo	11	FS	6:54.71	134	1:34.11	3:22.86	5:10.22	6:54.71
14.	Tiago dos Carneiro	11	FS	6:59.51	129	1:35.76	3:22.33	5:11.23	6:59.51
15.	Santiago Costa Veloso	11	ADRCIMM	7:05.16	124	1:35.93	3:24.68	5:17.47	7:05.16
16.	Isaac Carvalho Alves	11	FS	7:12.08	118	1:40.42	3:34.98	5:28.89	7:12.08
17.	Diogo Sousa Gaspar	11	SAD	7:14.44	116	1:40.64	3:34.47	5:25.11	7:14.44
18.	Sebastiao Ferreira Dias	11	AEFDTV	7:31.85	103	1:45.90	3:42.53	5:40.58	7:31.85
19.	Rafael Busca Barata	11	CNCVG	7:54.07	89	1:48.92	3:50.42	5:57.16	7:54.07
20.	Diogo Costa Varandas	11	CNA	8:05.46	83	1:56.09	4:02.56	6:08.06	8:05.46
DNS	Afonso Neves Fernandes	11	VKGS						

Prova 3
03.06.2023

Masc., 4 x 100m Livres

Cadetes A
Resultados

Pontos: FINA 2022

Pos.	Ano	Clube	Tempo	Pts
1.		Sporting	5:03.41	219
	11	Joao Marcelino Rodrigues	1:14.53	11
	11	Miguel Iago Barreiros	1:18.30	11
2.		Benfica	5:27.50	174
	11	Francisco Pimentel Coelho	1:21.37	11
	11	Diogo Afonso Mesquita	1:20.59	11
3.		Fisica Torres Vedras	5:49.25	143
	11	Sebastiao Ferreira Dias	1:34.50	11
	11	Bruno Miguel Figueiredo	1:30.18	11

DSQ Colégio Vasco da Gama 1 Colégio Vasco da Gama
O 3º nadador participou com fato de banho não conforme com o regulamento.

André Santos Braga, Luis Eugenio Poitout, Tomas Neto Rodrigues, Rafael Busca Barata

Prova 4
03.06.2023

Femin., 400m Livres

Cadetes B
Resultados

Mínimos de Acesso : 7:50.00

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
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Resultados online: anlisboa.pt/live

Prova 4, Femin., 400m Livres

1.	Joana Ferreira Espada	13	AONDA	6:33.43	210	1:29.65	3:13.68	4:58.50	6:33.43
2.	Madalena Marques Martins	13	SFUAP	6:34.39	208	1:31.76	3:13.76	4:54.92	6:34.39
3.	Maria Nunes Roque	13	SLB	6:50.03	185	1:34.71	3:20.17	5:06.78	6:50.03
4.	Maria Francisca Fragoeiro	14	SFUAP	6:53.18	181	1:35.15	3:19.68	5:06.96	6:53.18
5.	Rita Saldanha Martins	13	ADRCIMM	7:05.66	165	1:37.06	3:26.74	5:15.31	7:05.66
6.	Madalena D'Eca Bispo	13	VKGS	7:20.14	150	1:35.50	3:29.97	5:25.96	7:20.14
7.	Catarina Santa Caldeira	14	AONDA	7:30.47	140	1:48.56	3:42.76	5:37.02	7:30.47
8.	Ana Catarina Fernandes	13	VKGS	7:33.42	137	1:49.36	3:45.16	5:41.07	7:33.42
9.	Carolina Rio Caetano	13	VKGS	7:34.91	135	1:47.63	3:45.60	5:41.76	7:34.91
10.	Matilde Cravo Barreiros FTL	13	PDEM	8:09.84	108	1:48.69	3:55.40	6:02.66	8:09.84
11.	Beatriz Cruz Figueiredo FTL	13	AEFDTV	8:22.08	101	2:03.62	4:11.58	6:20.87	8:22.08
DNS	Mia Barreto Proenca	14	SLB						
DNS	Matilde Fel�cio Bandeira	13	AEFDTV						

Prova 5
03.06.2023

Femin., 200m Livres

Cadetes B
Resultados

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m
1.	Mariana Rodriguez Almeida	13	AONDA - Azeit�o	3:23.69	158	1:39.56	3:23.69
2.	Eduarda Muga Ribeiro	14	Alges	3:25.54	154	1:37.95	3:25.54
3.	Laurine Aurore Amorim	13	Col�gio Vasco da Gama	3:36.56	132	1:42.03	3:36.56
4.	Joana Guerra Oliveira	13	Colegio Int Monte Maior	3:38.02	129	1:47.65	3:38.02
5.	Maria Martins Graca	13	AONDA - Azeit�o	3:43.21	120	1:49.15	3:43.21
6.	Erica Sofia Martins	13	Colegio Int Monte Maior	3:45.41	117	1:51.46	3:45.41
7.	Joana Gonalves Pires	14	Vikings Sobral de Monte Agrao	3:52.18	107	1:49.65	3:52.18
8.	Lu�sa Maria Carreira	14	Vikings Sobral de Monte Agrao	3:54.19	104	1:51.34	3:54.19
9.	M�xima de Azevedo Coutinho	13	Col�gio Vasco da Gama	3:55.92	102	1:53.32	3:55.92
10.	Madalena Alexandra Mariano	14	Vikings Sobral de Monte Agrao	3:57.97	99	1:52.15	3:57.97
11.	Ines Costa Varandas	13	Amadora	3:59.87	97	1:55.21	3:59.87
DNS	Leonor Aragao Parrulas	13	Col�gio Vasco da Gama				

Resultados online: anlisboa.pt/live

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parceiros



2 - 2ª Jornada

04.06.2023 - 15:15

Prova 6 Femin., 800m Livres Cadetes A
04.06.2023 Resultados

Mínimos de Acesso : 14:20.00

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Maria Ines Nunes 100m: 1:21.90 1:21.90 200m: 2:06.68 44.78	12	Sporting	11:46.26 300m: 3:36.30 1:29.62 500m: 6:36.81 1:30.39 700m: 10:22.91 2:15.80 400m: 5:06.42 1:30.12 600m: 8:07.11 1:30.30 800m: 11:46.26 1:23.35	312
2.	Laura Flores Serra 100m: 1:23.21 1:23.21 200m: 2:52.37 1:29.16	12	Vikings Sobral de Monte Agraço	11:46.74 300m: 4:21.03 1:28.66 500m: 7:19.90 1:30.47 700m: 10:19.78 1:29.35 400m: 5:49.43 1:28.40 600m: 8:50.43 1:30.53 800m: 11:46.74 1:26.96	311
3.	Maria Antunes Monjardino 100m: 1:23.59 1:23.59 200m: 2:53.62 1:30.03	12	Colegio Int Monte Maior	11:53.90 300m: 4:22.34 1:28.72 500m: 7:23.44 1:30.22 700m: 10:25.09 1:30.96 400m: 5:53.22 1:30.88 600m: 8:54.13 1:30.69 800m: 11:53.90 1:28.81	302
4.	Carlota Velada Pereira 100m: 1:23.72 1:23.72 200m: 2:54.07 1:30.35	12	Sporting	12:12.13 300m: 4:25.74 1:31.67 500m: 7:34.81 1:35.34 700m: 10:41.98 1:33.32 400m: 5:59.47 1:33.73 600m: 9:08.66 1:33.85 800m: 12:12.13 1:30.15	280
5.	Sofia Dias Ferreira 100m: 1:25.87 1:25.87 200m: 3:01.29 1:35.42	12	Palmela Desporto	12:23.82 300m: 4:37.40 1:36.11 500m: 7:48.33 1:36.06 700m: 10:56.36 1:33.48 400m: 6:12.27 1:34.87 600m: 9:22.88 1:34.55 800m: 12:23.82 1:27.46	267
6.	Matilde Figueiredo Mourato 100m: 1:25.37 1:25.37 200m: 2:59.53 1:34.16	12	Geslours	12:29.22 300m: 4:34.07 1:34.54 500m: 7:45.67 1:36.48 700m: 10:58.79 1:36.12 400m: 6:09.19 1:35.12 600m: 9:22.67 1:37.00 800m: 12:29.22 1:30.43	261
7.	Maria Ines Antunes 100m: 1:29.85 1:29.85 200m: 3:06.20 1:36.35	12	Benfica	12:33.91 300m: 4:43.30 1:37.10 500m: 7:54.99 1:34.10 700m: 11:05.58 1:34.17 400m: 6:20.89 1:37.59 600m: 9:31.41 1:36.42 800m: 12:33.91 1:28.33	257
8.	Matilde Lopes Cruz 100m: 1:29.15 1:29.15 200m: 2:16.39 47.24	12	Colegio Int Monte Maior	12:35.63 300m: 3:03.82 47.43 500m: 7:03.54 1:36.37 700m: 10:14.72 1:36.31 400m: 5:27.17 2:23.35 600m: 8:38.41 1:34.87 800m: 12:35.63 2:20.91	255
9.	Jade Duarte Bexigas 100m: 1:28.81 1:28.81 200m: 3:05.81 1:37.00	12	Geslours	12:48.03 300m: 4:43.21 1:37.40 500m: 8:00.28 1:39.22 700m: 11:14.00 1:36.13 400m: 6:21.06 1:37.85 600m: 9:37.87 1:37.59 800m: 12:48.03 1:34.03	243
10.	Isabella Andrea Carvalho 100m: 1:21.28 1:21.28 200m: 3:01.53 1:40.25	12	Colegio Int Monte Maior	12:49.53 300m: 4:38.50 1:36.97 500m: 7:55.93 1:40.86 700m: 11:11.40 1:37.03 400m: 6:15.07 1:36.57 600m: 9:34.37 1:38.44 800m: 12:49.53 1:38.13	241
11.	Leticia Carvalho Sousa 100m: 1:31.80 1:31.80 200m: 3:08.89 1:37.09	12	Vikings Sobral de Monte Agraço	12:50.18 300m: 4:46.08 1:37.19 500m: 7:59.07 1:36.84 700m: 11:14.31 1:37.75 400m: 6:22.23 1:36.15 600m: 9:36.56 1:37.49 800m: 12:50.18 1:35.87	241
12.	Margarida Cordeiro Melo 100m: 3:10.44	12	Sporting	13:09.69 300m: 4:50.66 1:40.22 500m: 700m: 13:09.69 400m: 6:31.38 1:40.72 600m:	223
13.	Inês Alexandra Mariano 100m: 1:31.65 1:31.65 200m: 3:12.46 1:40.81	12	Vikings Sobral de Monte Agraço	13:19.78 300m: 4:54.31 1:41.85 500m: 8:15.31 1:40.97 700m: 11:41.09 1:42.25 400m: 6:34.34 1:40.03 600m: 9:58.84 1:43.53 800m: 13:19.78 1:38.69	215
14.	Marta Almeida Lopes 100m: 1:30.76 1:30.76 200m: 3:08.60 1:37.84	12	Benfica	13:25.53 300m: 4:47.70 1:39.10 500m: 8:12.51 1:42.60 700m: 11:39.22 1:44.16 400m: 6:29.91 1:42.21 600m: 9:55.06 1:42.55 800m: 13:25.53 1:46.31	210
15.	Telma Filipa Magalhaes 100m: 1:30.91 1:30.91 200m: 3:14.46 1:43.55	12	Fisica Torres Vedras	13:25.95 300m: 4:57.20 1:42.74 500m: 8:23.84 1:43.70 700m: 11:51.40 1:42.98 400m: 6:40.14 1:42.94 600m: 10:08.42 1:44.58 800m: 13:25.95 1:34.55	210
16.	Rita Alexandra Ribeiro 100m: 1:36.90 1:36.90 200m: 3:22.50 1:45.60	12	Alges	13:43.78 300m: 5:07.75 1:45.25 500m: 8:38.62 1:44.53 700m: 12:08.43 1:44.87 400m: 6:54.09 1:46.34 600m: 10:23.56 1:44.94 800m: 13:43.78 1:35.35	197
17.	Leonor Martins Rodrigues 100m: 1:37.47 1:37.47 200m: 3:22.81 1:45.34	12	Geslours	13:45.08 300m: 5:06.97 1:44.16 500m: 8:36.10 1:44.35 700m: 12:04.38 1:44.73 400m: 6:51.75 1:44.78 600m: 10:19.65 1:43.55 800m: 13:45.08 1:40.70	196
18.	Matilde Casimiro Bibi 100m: 1:33.92 1:33.92 200m: 3:18.16 1:44.24	12	Benfica	13:47.16 300m: 5:05.76 1:47.60 500m: 8:39.47 1:47.20 700m: 12:09.73 1:44.63 400m: 6:52.27 1:46.51 600m: 10:25.10 1:45.63 800m: 13:47.16 1:37.43	194

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Prova 6, Femin., 800m Livres, Cadetes A

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Clara Cruz Carvalho FTL	12	Sporting	14:26.84	169
	100m: 1:40.56 1:40.56 300m: 5:18.82 1:49.69 500m: 9:01.28 1:51.44 700m: 12:42.08 1:49.64 200m: 3:29.13 1:48.57 400m: 7:09.84 1:51.02 600m: 10:52.44 1:51.16 800m: 14:26.84 1:44.76				
20.	Ines Moreira Pedro FTL	12	Benfica	14:32.59	165
	100m: 1:40.06 1:40.06 300m: 5:22.09 1:52.59 500m: 9:06.37 1:52.50 700m: 12:50.65 1:50.31 200m: 3:29.50 1:49.44 400m: 7:13.87 1:51.78 600m: 11:00.34 1:53.97 800m: 14:32.59 1:41.94				
21.	Madalena Correia Climaco FTL	12	Fisica Torres Vedras	14:43.39	159
	100m: 1:42.80 1:42.80 300m: 5:24.64 1:52.25 500m: 9:06.37 1:52.50 700m: 12:50.65 1:50.31 200m: 3:32.39 1:49.59 400m: 7:13.87 1:51.78 600m: 11:00.34 1:53.97 800m: 14:43.39				

Prova 7
04.06.2023

Femin., 400m Livres

Cadetes A
Resultados

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Mariana Lopes Carvalho	12	ADRCIMM	6:06.61	259	2:14.18	3:47.16	5:23.20	6:06.61
2.	Arina Golendukhina	12	PDEM	6:23.40	227	1:24.59	3:03.53	4:43.25	6:23.40
3.	Margarida Afonso Barata	12	ADRCIMM	6:25.46	223	1:30.56	3:08.18	4:48.96	6:25.46
4.	Joana Lemos Sousa	12	ADRCIMM	6:25.50	223	1:32.21	3:11.01	4:50.07	6:25.50
5.	Maria Chenrim Raimundo	12	FS	6:42.24	196	1:39.15	3:20.06	5:01.41	6:42.24
6.	Margarida Sofia Morais	12	PDEM	6:48.98	187	1:32.85	3:19.11	5:05.30	6:48.98
7.	Matilde Gorbunova Henriques	12	SAD	6:53.32	181	1:35.06	3:20.75	5:08.76	6:53.32
8.	Margarida Pires Correia	12	GESL	6:54.50	179	1:37.21	3:19.28	5:01.72	6:54.50
9.	Yara Alexandra Carreira	12	SCP	7:10.10	160	1:30.57	3:23.05	5:18.13	7:10.10
10.	Mariana Santos Simoes	12	ADRCIMM	7:10.66	160	1:37.44	3:30.37	5:22.11	7:10.66
11.	Carlota Martins Correia	12	FS	7:22.88	147	1:42.72	3:34.52	5:29.94	7:22.88
12.	Maria Rita Augusto	12	SAD	7:36.81	134	1:38.37	3:34.25	5:36.43	7:36.81
13.	Diana Paulovna Almeida	12	SAD	7:44.34	127	1:38.90	3:41.62	5:44.84	7:44.34
DNS	Ana Carolina Nogueira	12	VKGS						
DNS	Inês Margarida Moiteiro	12	VKGS						

Prova 8
04.06.2023

Femin., 4 x 100m Livres

Cadetes A
Resultados

Pontos: FINA 2022

Pos.	Ano	Clube	Tempo	Pts
1.	Sporting 1	Sporting	5:32.65	239
	Maria Ines Nunes	12 36.77 1:19.23	Carlota Velada Pereira	12 1:18.30
	Clara Cruz Carvalho	12 1:29.29	Margarida Cordeiro Melo	12 1:25.83
2.	Benfica 1	Benfica	5:34.85	234
	Matilde Casimiro Bibi	12 37.69 1:23.64	Ines Moreira Pedro	12 1:29.35
	Maria Ines Antunes	12 1:19.42	Marta Almeida Lopes	12 1:22.44
3.	Vikings Sobral de Monte Agraço	Vikings Sobral de Monte Agraço	5:55.00	196
	Letícia Carvalho Sousa	12 39.03 1:24.03	Ana Carolina Nogueira	12 1:48.70
	Inês Alexandra Mariano	12 1:25.84	Laura Flores Serra	12 1:16.43

Resultados online: anlisboa.pt/live

Prova 9
04.06.2023

Masc., 400m Livres

Cadetes B
Resultados

Mínimos de Acesso : 7:20.00

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m	300m	400m
1.	Pedro Pontes Prior	12	CIRL	5:44.87	233	1:20.78	2:48.56	4:17.00	5:44.87
2.	Romeu Ferreira Mimoso	13	SLB	6:01.27	202	1:24.27	2:57.73	4:30.66	6:01.27
3.	Tomas Caldeira Marques	12	AONDA	6:11.14	187	1:27.63	3:04.29	4:41.45	6:11.14
4.	Miguel Almeida Pereira	12	AONDA	6:15.04	181	2:18.77	3:55.46	5:31.49	6:15.04
5.	Afonso Miguel Ramos	12	AEFDTV	6:15.82	180	1:24.85	3:01.73	4:41.06	6:15.82
6.	Goncalo Nunes Costa	12	GESL	6:18.19	176	1:26.27	3:03.89	4:43.04	6:18.19
7.	David Budu	12	PDEM	6:22.71	170	1:28.15	3:06.15	4:45.81	6:22.71
8.	Duarte Oliveira Diniz	12	SLB	6:23.29	169	1:29.08	3:06.70	4:46.32	6:23.29
9.	Rafael Alexandre Figueiredo	12	SFUAP	6:24.53	168	1:27.81	3:08.31	4:49.43	6:24.53
10.	Joao Pedro Fonseca	12	AONDA	6:25.54	166	1:30.27	3:10.16	4:48.57	6:25.54
11.	Diego Miguel Mota	12	GESL	6:36.09	153	1:30.48	3:13.27	4:54.97	6:36.09
12.	Tiago Esteves Rodrigues	12	GESL	6:40.31	149	2:31.90	4:14.99	5:55.84	6:40.31
13.	Manuel Joao Fonseca	12	ADRCIMM	6:41.72	147	1:31.61	3:12.07	4:58.61	6:41.72
14.	Francisco Pinto Mascarenhas	13	FS	6:42.46	146	1:33.52	3:17.23	5:00.92	6:42.46
15.	Martim Serras Pequeno	12	ADRCIMM	6:44.17	144	2:26.97	4:07.21	5:54.94	6:44.17
16.	Dinis Marta Paulinho	12	FS	6:46.12	142	1:31.71	3:15.84	5:00.81	6:46.12
17.	Francisco Carrapico Alexandrino	12	SAD	7:06.31	123	1:36.46	3:27.09	5:18.59	7:06.31
18.	Guilherme Pereira Sousa FTL	12	AEFDTV	7:21.42	111	1:41.87	3:37.94	5:29.32	7:21.42
19.	Joao Leitão Duarte FTL	12	GESL	7:25.91	107	1:42.14	3:39.92	5:31.82	7:25.91
20.	Manuel Nunes FTL	12	PDEM	7:42.70	96	1:41.63	3:43.71	5:45.54	7:42.70
DNS	Francisco Tavares Lago	12	FS						

Prova 10
04.06.2023

Masc., 200m Livres

Cadetes B
Resultados

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	100m	200m
1.	Goncalo Raposo Pinheiro	13	AONDA - Azeitão	3:13.00	136	1:34.03	3:13.00
2.	Rodrigo Catarino Morais	12	Geslours	3:19.07	124	1:37.13	3:19.07
3.	Joao Ricardo Cunha	12	AONDA - Azeitão	3:20.47	121	1:40.42	3:20.47
4.	Daniel Vieira Lopes	12	Salesianos	3:23.98	115	1:37.37	3:23.98
5.	Mateus Henriques Jorge	13	Vikings Sobral de Monte Agraço	3:33.83	100	2:39.36	3:33.83
6.	Vicente Muga Ribeiro	12	Alges	3:35.92	97	1:46.47	3:35.92
7.	Tomas Neves Freire	12	Colégio Vasco da Gama	3:37.09	95	1:44.65	3:37.09
8.	Nicolau Pargana Mendes	13	União Piedense	3:39.66	92	1:42.60	3:39.66
9.	Joao Afonso Alcantara	12	Colégio Vasco da Gama	3:47.60	83	1:51.02	3:47.60
10.	João Lopez	13	Palmela Desporto	3:48.18	82	1:47.90	3:48.18
11.	Manuel Lopez	13	Palmela Desporto	3:51.21	79	1:51.71	3:51.21
12.	Miguel Vilar Silva	12	Alges	3:53.31	77	2:55.34	3:53.31
13.	Luis Diego Martins	14	AONDA - Azeitão	4:11.46	61	2:00.93	4:11.46
DNS	Joao Maria Santos	12	Colegio Int Monte Maior				
DNS	Daniel Jose Cacula	13	Palmela Desporto				

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