

1 - 1ª Jornada

14.11.15 - 15:30

Prova 1

Femin., 200m Estilos

Infantis B

14.11.15 - 15:30

Resultados

Rec Regional	2:31.96	Susana Patricia Miguel	SFUAP		2002
Rec Regional Absoluto	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Nacional	2:30.96	Filipa Vilas Ruivo	DNMG	Alcobaça	2009
Rec Nacional Absoluto	2:12.75	Victoria Kaminskaya	PIMP	Porto	2014

Mínimo Acesso : 3:26.01

Pontos: FINA 2015

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m	
1.	Maria Ferreira Moura	04	GESL	<b>2:41.37</b>	430	34.67	43.12	47.68	35.90	
2.	Leonor Alves Morganho	04	SAD	<b>2:46.27</b>	393	37.34	43.12	48.44	37.37	
3.	Maria Gomes Pereira	04	SAD	<b>2:47.74</b>	383	38.43	44.67	47.16	37.48	
4.	Alice Jesus Morgado	04	GDV	<b>2:50.78</b>	363	36.61	45.37	48.95	39.85	
5.	Susana Chanoca Narciso	04	GDSE	<b>2:52.54</b>	352	38.29	44.29	52.13	37.83	
6.	Lidiana Correia Rodrigues	04	CNA	<b>2:52.90</b>	350	38.75	44.77	49.94	39.44	
7.	Rita Santos Boioes	04	CNMJ	<b>2:55.79</b>	333	37.82	46.53	50.63	40.81	
8.	Mariana Morais Delfino	04	AEULCCD	<b>2:59.15</b>	314	39.95	46.35	53.44	39.41	
9.	Ana Costa Gonçalves	04	SCP	<b>2:59.17</b>	314	39.63	46.63	51.70	41.21	
10.	Marta Pereira Domingos	04	ANAM	<b>2:59.24</b>	314	44.07	45.08	50.13	39.96	
11.	Carolina Fale Costa	04	ADRCIMM	<b>2:59.29</b>	313	39.54	46.52	53.68	39.55	
12.	Vera Figueiredo Narra	04	CNA	<b>3:00.25</b>	308	39.93	44.98	55.70	39.64	
13.	Leonor Esteves Santos	04	AEULCCD	<b>3:01.19</b>	304	41.09	49.50	50.67	39.93	
14.	Carolina Porem Henriques	04	CNA	<b>3:02.09</b>	299	40.18	46.41	53.91	41.59	
15.	Joana Maia Antunes	04	SCP	<b>3:02.65</b>	296	40.62	43.95	57.25	40.83	
16.	Margarida Filipe Ferreira	04	ANSE	<b>3:02.71</b>	296	39.81	48.87	52.39	41.64	
17.	Carolina Pinto Luz	04	GDSE	<b>3:03.21</b>	294	42.34	47.65	52.95	40.27	
18.	Matilde Calhau Silva	04	SCP	<b>3:03.92</b>	290	42.56	47.93	54.44	38.99	
19.	Madalena da Graca Gerales	04	SCP	<b>3:04.49</b>	288	43.15	47.58	53.19	40.57	
20.	Sara Alexandra Castro	04	CNMJ	<b>3:04.50</b>	288	42.40	45.89	54.02	42.19	
21.	Carolina Jose Nascimento	04	CPCD	<b>3:06.22</b>	280	43.74	46.77	54.25	41.46	
22.	Daniela Alexandra Pedro	04	CNCVG	<b>3:06.92</b>	277	43.70	47.20	53.69	42.33	
23.	Alisa Bekauri	04	COL	<b>3:09.01</b>	267	42.70	47.28	56.09	42.94	
24.	Rafaela Salsinha Fontes	04	ANAM	<b>3:09.14</b>	267	38.52	51.55	56.62	42.45	
25.	Sofia VilardeLL Rodrigues	04	GESL	<b>3:09.38</b>	266	46.53	46.62	53.31	42.92	
26.	Marta Silva Figueiredo	04	ANAM	<b>3:09.44</b>	266	43.25	49.76	55.24	41.19	
27.	Catarina Nunes Costa	04	GESL	<b>3:09.87</b>	264	44.14	50.70	53.66	41.37	
28.	Rita Aldir Santos	04	AEULCCD	<b>3:11.17</b>	259	42.66	48.25	55.80	44.46	
29.	Raquel Raposo Lopes	04	ANSE	<b>3:11.28</b>	258	44.32	48.56	54.82	43.58	
30.	Daniela Filipa Marques	04	PDEM	<b>3:11.64</b>	257	44.69	48.68	55.88	42.39	
31.	Matilde Carvalho Barao	04	CNCVG	<b>3:15.24</b>	243	46.56	49.40	57.03	42.25	
32.	Andreia Velho Magalhaes	04	SLB	<b>3:16.21</b>	239	44.08	48.71	58.67	44.75	
33.	Sara Vitoria Gomes	04	ANAM	<b>3:16.70</b>	237	45.84	51.36	56.15	43.35	
34.	Alice Castico Moreira	04	CNMJ	<b>3:17.90</b>	233	47.50	49.45	53.88	47.07	
35.	Alice Carvalho Amigo	04	GDSE	<b>3:18.02</b>	233	44.62	48.63	1:00.45	44.32	
36.	Maria Martins Camacho	04	SFUAP	<b>3:18.70</b>	230	46.67	48.23	59.97	43.83	
37.	Ines Marques Joaquim	04	SLB	<b>3:19.96</b>	226	42.88	50.86	59.87	46.35	
38.	Joana Miguel Sousa	04	AHBE	<b>3:22.41</b>	218	47.54	49.94	59.12	45.81	
39.	Luana Santos Freitas	04	CNA	<b>3:22.44</b>	218	48.50	52.01	55.59	46.34	
40.	Andreia Santos Silva	04	CNCVG	<b>3:25.05</b>	209	50.81	51.56	56.18	46.50	
41.	Clara Patricia Rolo	04	GESL	<b>3:25.90</b>	207	48.54	50.84	57.69	48.83	
42.	Margarida Inacio Romba	04	PDEM	<b>3:49.25</b>	150	49.56	58.96	1:06.51	54.22	
	<i>Fora Minimo Acesso</i>									
DSQ	Margarida Carvalho Barao	04	CNCVG							
	<i>Durante o percurso de braços, efetuou movimento não simultâneo das pernas.</i>									
DSQ	Barbara Almeida Ribeiro	04	CNCVG							
	<i>E-B31 - No percurso de braços, tocou com uma só mão na parede testa na viragem aos 125 metros (SW 7.6)</i>									
DSQ	Maria Freire Alves	04	AHBE							
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de braços (SW 7.6)</i>									

Prova 1, Femin., 200m Estilos

EXH Liliana Odzelashvili 04 GESL **3:17.11** 236 45.94 48.28 55.59 47.30

Prova 2

Masc., 200m Estilos

Infantis B

14.11.15 - 15:53

Resultados

Rec Regional	2:22.40	Pedro Fontoura Oliveira	CFB						2003
Rec Regional Absoluto	1:55.48	Alexis Manacas Santos	SCP	Porto					2014
Rec Nacional	2:17.96	Andre Vilas Ruivo	DNMG	Nazaré					2013
Rec Nacional Absoluto	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)					2009

Mínimo Acesso : 3:08.84

Pontos: FINA 2015

Lugar	Nome do Nadador	Ano	Clube	Tempo Final	Pts	50m	100m	150m	200m
1.	Tomas Nogueira Gomes	03	SFUAP	<b>2:41.34</b>	313	37.88	39.27	48.59	35.60
2.	Ricardo Novikov	03	SAD	<b>2:43.65</b>	300	37.06	44.09	47.74	34.76
3.	Duarte Silva Taleigo	03	CNA	<b>2:46.43</b>	285	37.66	41.41	52.30	35.06
4.	Rodrigo Reis Dias	03	CFB	<b>2:46.63</b>	284	35.45	44.09	50.21	36.88
5.	David Van Ossenbruggen	03	SFUAP	<b>2:47.65</b>	279	37.69	42.16	47.24	40.56
6.	Ricardo Martins Ferreira	03	EMDS	<b>2:48.66</b>	274	38.37	42.05	50.21	38.03
7.	Pedro Miguel Matos	03	CNCVG	<b>2:50.71</b>	264	40.30	42.76	48.03	39.62
8.	Joao Luis Matos	03	CNCVG	<b>2:54.75</b>	246	40.31	45.93	48.63	39.88
9.	Salvador Ataide Parente	03	GESL	<b>2:55.39</b>	244	39.90	45.32	51.05	39.12
10.	Guilherme Matias Cristino	03	ANAM	<b>2:55.62</b>	243	40.40	44.12	51.83	39.27
11.	Andre Martins Sousa	03	CNMJ	<b>2:56.41</b>	240	39.50	44.32	55.18	37.41
12.	Alexandre Coelho Vieira	03	SCP	<b>2:56.60</b>	239	40.69	44.59	53.46	37.86
13.	Tomas Augusto Teixeira	03	CNCVG	<b>2:56.64</b>	239	41.58	43.95	49.55	41.56
14.	Luis Maia Pegado	03	SCP	<b>2:56.84</b>	238	38.50	45.60	53.81	38.93
15.	Joao Pinela Santos	03	SFUAP	<b>2:56.88</b>	238	40.63	47.75	50.15	38.35
16.	Diogo Miguel Duraes	03	CNMJ	<b>2:57.54</b>	235	42.89	44.19	51.10	39.36
17.	Pedro Esteves Duarte	03	ANAM	<b>2:58.53</b>	231	41.76	42.62	53.84	40.31
18.	Gonçalo Miguel Rodrigues	03	AHBE	<b>3:00.89</b>	222	41.38	46.11	52.48	40.92
19.	Daniel Shumeika Zayika	03	SLB	<b>3:01.08</b>	221	39.68	46.34	55.17	39.89
20.	Fabio Miguel Farinha	03	SLB	<b>3:01.67</b>	219	42.82	44.81	53.49	40.55
21.	Guilherme Carmo Manz	03	CNCVG	<b>3:02.02</b>	218	40.52	46.55	52.86	42.09
22.	Goncalo Vieira Almeida	03	SFUAP	<b>3:03.63</b>	212	41.61	45.87	54.67	41.48
23.	Goncalo Filipe Valente	03	GESL	<b>3:04.42</b>	210	44.37	44.36	53.71	41.98
24.	Goncalo Nuno Raposo	03	PDEM	<b>3:04.85</b>	208	41.75	45.48	56.96	40.66
25.	Daniel Alexandre Ascenso	03	GESL	<b>3:06.59</b>	202	43.82	47.72	53.30	41.75
26.	Miguel Fernandes Rosado	03	CIRL	<b>3:07.06</b>	201	45.06	48.04	53.82	40.14
27.	Andre Santos Costa	03	CNA	<b>3:08.41</b>	197	39.72	49.55	55.07	44.07
28.	Francisco Teixeira Monteiro	03	ANAM	<b>3:09.48</b>	193	45.12	44.15	59.24	40.97
	<i>Fora Minimo Acesso</i>								
29.	Lourenço Rodrigues Ferreira	03	AHBE	<b>3:11.27</b>	188	43.61	47.05	59.08	41.53
	<i>Fora Minimo Acesso</i>								
30.	Gonçalo Formosinho Rodrigues	03	AEULCCD	<b>3:13.28</b>	182	40.98	49.77	58.78	43.75
	<i>Fora Minimo Acesso</i>								
31.	Bernardo Pinto Coelho	03	PDEM	<b>3:18.18</b>	169	46.07	49.68	56.92	45.51
	<i>Fora Minimo Acesso</i>								
DSQ	Pedro Pires Gomes	03	CFB						
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de bruços (SW 7.6)</i>								
DSQ	Luis Cabral Junior	03	CFB						
	<i>E-C32 - Depois de perder a posição dorsal, não iniciou a viragem (aos 75m) imediatamente após o final da braçada.</i>								
DSQ	Rodrigo Beja Lopes	03	PDEM						
	<i>E-B31 - No percurso de bruços, tocou com uma só mão na parede testa na viragem aos 125 metros (SW 7.6)</i>								
DNS	Rodrigo Alcides Silva	03	PDEM						
DNS	Miguel Fernandes Miranda	03	PDEM						
DNS	Pedro Fernandes Miranda	03	PDEM						
DNS	Joao Maria Colaco	03	SCP						
EXH	Nicolae Iachimovschi	03	CNA	<b>2:55.68</b>	243	41.17	43.62	49.87	41.02

Prova 3  
14.11.15 - 16:12

Femin., 400m Estilos

Infantis A  
Resultados

Rec Regional	5:07.22	Susana Patricia Miguel	SFUAP	Santarem	2003
Rec Regional Absoluto	4:44.10	Nadia Moraes Vieira	GESL	Porto	2012
Rec Nacional	5:05.68	Filiipa Vilas Ruivo	DNMG	Leiria	2010
Rec Nacional Absoluto	4:39.03	Victoria Kaminskaya	PIMP	Porto	2014

Mínimo Acesso : 6:56.03

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Sara Moura Cruz	03	Alges	<b>5:31.04</b>	483
	50m: 33.95 33.95	150m: 1:58.05 42.29	250m: 3:24.76 45.73	350m: 4:52.55 39.82	
	100m: 1:15.76 41.81	200m: 2:39.03 40.98	300m: 4:12.73 47.97	400m: 5:31.04 38.49	
2.	Mariana Marques Mercedes	03	Olivais e Moscavide	<b>5:37.56</b>	456
	50m: 35.99 35.99	150m: 2:01.86 42.25	250m: 3:34.64 49.89	350m: 5:02.70 38.88	
	100m: 1:19.61 43.62	200m: 2:44.75 42.89	300m: 4:23.82 49.18	400m: 5:37.56 34.86	
3.	Filipa Ramos Peixeira	03	Sporting	<b>5:41.06</b>	442
	50m: 35.81 35.81	150m: 1:59.58 39.60	250m: 3:31.55 50.93	350m: 5:03.19 39.48	
	100m: 1:19.98 44.17	200m: 2:40.62 41.04	300m: 4:23.71 52.16	400m: 5:41.06 37.87	
4.	Catarina Guimaraes Moreira	03	Alges	<b>5:41.53</b>	440
	50m: 36.04 36.04	150m: 2:02.42 42.37	250m: 3:34.65 49.32	350m: 5:03.88 38.30	
	100m: 1:20.05 44.01	200m: 2:45.33 42.91	300m: 4:25.58 50.93	400m: 5:41.53 37.65	
5.	Joana Ribeiro Martins	03	Benfica	<b>5:42.36</b>	437
	50m: 35.68 35.68	150m: 2:00.64 42.30	250m: 3:35.28 52.84	350m: 5:05.94 37.52	
	100m: 1:18.34 42.66	200m: 2:42.44 41.80	300m: 4:28.42 53.14	400m: 5:42.36 36.42	
6.	Margarida Mota Silva	03	C N Montijo	<b>5:48.82</b>	413
	50m: 38.70 38.70	150m: 2:09.72 43.43	250m: 3:41.06 48.20	350m: 5:11.43 39.91	
	100m: 1:26.29 47.59	200m: 2:52.86 43.14	300m: 4:31.52 50.46	400m: 5:48.82 37.39	
7.	Daniela Mascarenhas Henriques	03	Geslours	<b>5:49.79</b>	410
	50m: 40.56 40.56	150m: 2:12.50 45.18	250m: 3:45.12 48.29	350m: 5:13.45 39.29	
	100m: 1:27.32 46.76	200m: 2:56.83 44.33	300m: 4:34.16 49.04	400m: 5:49.79 36.34	
8.	Ema Jerónimo Conceição	03	Fisica Torres Vedras	<b>5:52.46</b>	400
	50m: 39.53 39.53	150m: 2:12.15 45.36	250m: 3:44.94 49.30	350m: 5:15.49 39.24	
	100m: 1:26.79 47.26	200m: 2:55.64 43.49	300m: 4:36.25 51.31	400m: 5:52.46 36.97	
9.	Beatriz Azevedo Isaias	03	Colégio Monte Maior	<b>5:54.68</b>	393
	50m: 35.24 35.24	150m: 2:01.75 45.50	250m: 3:39.08 54.36	350m: 5:14.79 42.08	
	100m: 1:16.25 41.01	200m: 2:44.72 42.97	300m: 4:32.71 53.63	400m: 5:54.68 39.89	
10.	Beatriz Quintao Amantes	03	União Piedense	<b>6:01.62</b>	371
	50m: 37.45 37.45	150m: 2:06.39 45.29	250m: 3:44.59 53.81	350m: 5:21.00 41.86	
	100m: 1:21.10 43.65	200m: 2:50.78 44.39	300m: 4:39.14 54.55	400m: 6:01.62 40.62	
11.	Mafalda Viegas Cruz	03	Sporting	<b>6:06.55</b>	356
	50m: 40.17 40.17	150m: 2:15.76 46.72	250m: 3:51.83 50.78	350m: 5:24.92 41.45	
	100m: 1:29.04 48.87	200m: 3:01.05 45.29	300m: 4:43.47 51.64	400m: 6:06.55 41.63	
12.	Claudia Beatriz Martins	03	Geslours	<b>6:07.12</b>	354
	50m: 40.77 40.77	150m: 2:15.65 46.19	250m: 3:52.53 51.51	350m: 5:26.69 40.71	
	100m: 1:29.46 48.69	200m: 3:01.02 45.37	300m: 4:45.98 53.45	400m: 6:07.12 40.43	
13.	Barbara Silva Viegas	03	Sporting	<b>6:08.22</b>	351
	50m: 39.96 39.96	150m: 2:13.78 47.39	250m: 3:54.29 55.64	350m: 5:29.33 39.24	
	100m: 1:26.39 46.43	200m: 2:58.65 44.87	300m: 4:50.09 55.80	400m: 6:08.22 38.89	
14.	Rafaela Sofia Silva	03	Benfica	<b>6:10.02</b>	346
	50m: 42.59 42.59	150m: 2:18.63 44.86	250m: 3:55.25 52.14	350m: 5:29.07 41.30	
	100m: 1:33.77 51.18	200m: 3:03.11 44.48	300m: 4:47.77 52.52	400m: 6:10.02 40.95	
15.	Beatriz Picanço Martins	03	Benfica	<b>6:10.28</b>	345
	50m: 40.15 40.15	150m: 2:14.53 45.44	250m: 3:54.51 55.32	350m: 5:32.61 39.74	
	100m: 1:29.09 48.94	200m: 2:59.19 44.66	300m: 4:52.87 58.36	400m: 6:10.28 37.67	
16.	Beatriz Vaz Rebelo	03	Geslours	<b>6:11.59</b>	342
	50m: 40.00 40.00	150m: 2:14.53 46.16	250m: 3:52.56 52.57	350m: 5:29.02 42.11	
	100m: 1:28.37 48.37	200m: 2:59.99 45.46	300m: 4:46.91 54.35	400m: 6:11.59 42.57	
17.	Ana Margarida Soares	03	Naval Setubalense	<b>6:13.96</b>	335
	50m: 42.03 42.03	150m: 2:19.42 45.74	250m: 3:56.72 52.45	350m: 5:33.56 42.30	
	100m: 1:33.68 51.65	200m: 3:04.27 44.85	300m: 4:51.26 54.54	400m: 6:13.96 40.40	
18.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	<b>6:16.17</b>	329
	50m: 45.21 45.21	150m: 2:26.33 49.08	250m: 4:01.72 48.03	350m: 5:34.90 43.56	
	100m: 1:37.25 52.04	200m: 3:13.69 47.36	300m: 4:51.34 49.62	400m: 6:16.17 41.27	

Prova 3, Femin., 400m Estilos, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Madalena Reis Cerdeira	03	Avançado EULx	<b>6:17.00</b>	327
	50m: 42.94 42.94	150m: 2:23.17 48.79	250m: 4:02.45 51.68	350m: 5:37.42 42.91	
	100m: 1:34.38 51.44	200m: 3:10.77 47.60	300m: 4:54.51 52.06	400m: 6:17.00 39.58	
20.	Maria Ines Ribeiro	03	Alges	<b>6:20.70</b>	318
	50m: 44.29 44.29	150m: 2:23.81 45.97	250m: 4:02.01 52.33	350m: 5:39.45 43.34	
	100m: 1:37.84 53.55	200m: 3:09.68 45.87	300m: 4:56.11 54.10	400m: 6:20.70 41.25	
21.	Madalena Rodrigues Tomé	03	Estoris	<b>6:20.88</b>	317
	50m: 37.57 37.57	150m: 2:11.97 48.47	250m: 3:57.69 58.06	350m: 5:38.89 43.72	
	100m: 1:23.50 45.93	200m: 2:59.63 47.66	300m: 4:55.17 57.48	400m: 6:20.88 41.99	
22.	Margarida Teixeira Moreira	03	Belenenses	<b>6:23.92</b>	310
	50m: 41.28 41.28	150m: 2:16.65 47.37	250m: 4:00.52 57.63	350m: 5:43.71 45.24	
	100m: 1:29.28 48.00	200m: 3:02.89 46.24	300m: 4:58.47 57.95	400m: 6:23.92 40.21	
23.	Margarida Sousa Gaspar	03	Colégio Monte Maior	<b>6:24.57</b>	308
	50m: 40.70 40.70	150m: 2:20.04 47.50	250m: 4:01.90 55.66	350m: 5:42.78 44.78	
	100m: 1:32.54 51.84	200m: 3:06.24 46.20	300m: 4:58.00 56.10	400m: 6:24.57 41.79	
24.	Sophia Rose Taylor	03	Alges	<b>6:24.65</b>	308
	50m: 41.92 41.92	150m: 2:21.19 48.71	250m: 4:03.77 56.54	350m: 5:45.08 43.86	
	100m: 1:32.48 50.56	200m: 3:07.23 46.04	300m: 5:01.22 57.45	400m: 6:24.65 39.57	
25.	Catarina Manita Rapaz	03	Desportivo Sesimbra	<b>6:25.95</b>	305
	50m: 43.05 43.05	150m: 2:21.91 47.97	250m: 4:03.46 56.58	350m: 5:44.54 42.67	
	100m: 1:33.94 50.89	200m: 3:06.88 44.97	300m: 5:01.87 58.41	400m: 6:25.95 41.41	
26.	Mariana Bança Ferreira	03	Naval Setubalense	<b>6:26.99</b>	302
	50m: 43.87 43.87	150m: 2:24.93 47.86	250m: 4:05.40 55.05	350m: 5:45.02 42.95	
	100m: 1:37.07 53.20	200m: 3:10.35 45.42	300m: 5:02.07 56.67	400m: 6:26.99 41.97	
27.	Raquel Pereira Pinto	03	Naval Setubalense	<b>6:29.08</b>	297
	50m: 43.56 43.56	150m: 2:21.36 47.07	250m: 4:02.22 56.13	350m: 5:45.92 45.97	
	100m: 1:34.29 50.73	200m: 3:06.09 44.73	300m: 4:59.95 57.73	400m: 6:29.08 43.16	
28.	Leonor Sequeira Barardo	03	Fisica Torres Vedras	<b>6:38.41</b>	277
	50m: 42.79 42.79	150m: 2:22.57 46.21	250m: 4:08.10 59.22	350m: 5:53.92 47.56	
	100m: 1:36.36 53.57	200m: 3:08.88 46.31	300m: 5:06.36 58.26	400m: 6:38.41 44.49	
29.	Laura Morais Marques	03	Fisica Torres Vedras	<b>6:39.26</b>	275
	50m: 47.32 47.32	150m: 2:35.02 51.18	250m: 4:17.97 53.82	350m: 5:56.74 44.54	
	100m: 1:43.84 56.52	200m: 3:24.15 49.13	300m: 5:12.20 54.23	400m: 6:39.26 42.52	
30.	Mariana Valente Fernandes	03	Palmela Desporto	<b>7:02.31</b>	232
	<i>Fora Minimo Acesso</i>				
	50m: 45.30 45.30	150m: 2:34.08 51.62	250m: 4:27.13 1:02.92	350m: 6:16.48 48.28	
	100m: 1:42.46 57.16	200m: 3:24.21 50.13	300m: 5:28.20 1:01.07	400m: 7:02.31 45.83	
31.	Marta Dias Damaso	03	Palmela Desporto	<b>7:02.61</b>	232
	<i>Fora Minimo Acesso</i>				
	50m: 46.27 46.27	150m: 2:36.00 52.48	250m: 4:26.27 59.08	350m: 6:16.24 48.89	
	100m: 1:43.52 57.25	200m: 3:27.19 51.19	300m: 5:27.35 1:01.08	400m: 7:02.61 46.37	
32.	Filipa Andre Teixeira	03	Amadora	<b>7:20.04</b>	205
	<i>Fora Minimo Acesso</i>				
	50m: 46.80 46.80	150m: 2:35.68 50.61	250m: 4:30.36 1:04.61	350m: 6:28.44 52.33	
	100m: 1:45.07 58.27	200m: 3:25.75 50.07	300m: 5:36.11 1:05.75	400m: 7:20.04 51.60	
DSQ	Beatriz Marcelino Sequeira	03	Amadora		
	<i>E-M35 - No percurso de mariposa, efectuou batimento alternado de pernas/pés após a viragem aos 50 metros. (SW 8.3)</i>				
EXH	Marta Vainauskaite	03	Estoris	<b>6:24.51</b>	308
	50m: 42.03 42.03	150m: 2:19.07 49.13	250m: 4:01.22 54.79	350m: 5:42.38 45.92	
	100m: 1:29.94 47.91	200m: 3:06.43 47.36	300m: 4:56.46 55.24	400m: 6:24.51 42.13	

Prova 4  
14.11.15 - 16:48

Masc., 400m Estilos

Infantis A  
Resultados

Rec Regional	4:47.72	Joao Alexandre Vital	ADRCIMM	Sto Antº Cavaleiros	2012
Rec Regional Absoluto	4:10.55	Pedro Miguel Pinotes	SCP	Leiria	2009
Rec Nacional	4:40.32	Tomas Miguel Freitas	CDN	Funchal	2004
Rec Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Mínimo Acesso : 6:23.41

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Vicente Oliveira Gomes	02	Sporting	<b>5:16.41</b>	412
	50m: 32.87 32.87	150m: 1:53.18 42.26	250m: 3:20.01 45.91	350m: 4:42.65 36.01	
	100m: 1:10.92 38.05	200m: 2:34.10 40.92	300m: 4:06.64 46.63	400m: 5:16.41 33.76	
2.	Tomas Penha Monteiro	02	Alges	<b>5:19.84</b>	399
	50m: 33.94 33.94	150m: 1:54.44 40.97	250m: 3:21.15 46.17	350m: 4:44.56 35.79	
	100m: 1:13.47 39.53	200m: 2:34.98 40.54	300m: 4:08.77 47.62	400m: 5:19.84 35.28	
3.	Diogo Santos Costa	02	Colégio Monte Maior	<b>5:20.14</b>	398
	50m: 34.17 34.17	150m: 1:54.76 40.80	250m: 3:21.43 46.30	350m: 4:45.73 35.28	
	100m: 1:13.96 39.79	200m: 2:35.13 40.37	300m: 4:10.45 49.02	400m: 5:20.14 34.41	
4.	Martim Rebelo Malfeito	02	Sporting	<b>5:25.37</b>	379
	50m: 33.70 33.70	150m: 1:58.05 42.86	250m: 3:26.09 44.72	350m: 4:48.81 37.06	
	100m: 1:15.19 41.49	200m: 2:41.37 43.32	300m: 4:11.75 45.66	400m: 5:25.37 36.56	
5.	Diogo Nuno Valente	02	Sporting	<b>5:27.85</b>	370
	50m: 32.61 32.61	150m: 1:54.77 41.87	250m: 3:22.32 47.78	350m: 4:49.80 39.98	
	100m: 1:12.90 40.29	200m: 2:34.54 39.77	300m: 4:09.82 47.50	400m: 5:27.85 38.05	
6.	Rodrigo Neves Pacheco	02	Colégio Monte Maior	<b>5:29.55</b>	364
	50m: 34.88 34.88	150m: 2:00.00 44.04	250m: 3:29.81 46.79	350m: 4:53.35 36.82	
	100m: 1:15.96 41.08	200m: 2:43.02 43.02	300m: 4:16.53 46.72	400m: 5:29.55 36.20	
7.	Pedro Miguel Pinto	02	Fisica Torres Vedras	<b>5:31.60</b>	358
	50m: 34.15 34.15	150m: 1:57.54 42.71	250m: 3:25.26 46.67	350m: 4:54.12 41.73	
	100m: 1:14.83 40.68	200m: 2:38.59 41.05	300m: 4:12.39 47.13	400m: 5:31.60 37.48	
8.	Rafael Moreira Oliveira	02	Belenenses	<b>5:32.19</b>	356
	50m: 35.02 35.02	150m: 1:57.47 40.85	250m: 3:26.50 48.61	350m: 4:54.68 38.66	
	100m: 1:16.62 41.60	200m: 2:37.89 40.42	300m: 4:16.02 49.52	400m: 5:32.19 37.51	
9.	Bernardo Geada Brito	02	Naval Amorense	<b>5:33.17</b>	353
	50m: 34.99 34.99	150m: 2:00.96 44.53	250m: 3:29.89 46.65	350m: 4:56.34 38.22	
	100m: 1:16.43 41.44	200m: 2:43.24 42.28	300m: 4:18.12 48.23	400m: 5:33.17 36.83	
10.	Francisco Padilla Correia	02	Geslours	<b>5:33.43</b>	352
	50m: 37.56 37.56	150m: 2:08.36 45.96	250m: 3:36.08 43.58	350m: 4:58.41 37.90	
	100m: 1:22.40 44.84	200m: 2:52.50 44.14	300m: 4:20.51 44.43	400m: 5:33.43 35.02	
11.	Bernardo Safara Inverno	02	Sporting	<b>5:34.38</b>	349
	50m: 35.88 35.88	150m: 2:03.52 45.68	250m: 3:33.07 46.52	350m: 4:59.23 39.08	
	100m: 1:17.84 41.96	200m: 2:46.55 43.03	300m: 4:20.15 47.08	400m: 5:34.38 35.15	
12.	Henrique Chan Machado	02	Alges	<b>5:36.18</b>	343
	50m: 36.29 36.29	150m: 2:01.47 42.91	250m: 3:31.63 47.78	350m: 4:57.61 38.75	
	100m: 1:18.56 42.27	200m: 2:43.85 42.38	300m: 4:18.86 47.23	400m: 5:36.18 38.57	
13.	Daniel Rodrigues Alves	02	Belenenses	<b>5:36.20</b>	343
	50m: 36.01 36.01	150m: 2:01.93 41.55	250m: 3:30.23 47.65	350m: 4:58.31 39.04	
	100m: 1:20.38 44.37	200m: 2:42.58 40.65	300m: 4:19.27 49.04	400m: 5:36.20 37.89	
14.	Tiago Leite Barreiros	02	Alges	<b>5:37.97</b>	338
	50m: 36.52 36.52	150m: 2:02.05 41.77	250m: 3:33.08 49.61	350m: 5:01.94 38.57	
	100m: 1:20.28 43.76	200m: 2:43.47 41.42	300m: 4:23.37 50.29	400m: 5:37.97 36.03	
15.	Hugo Nunes Magalhaes	02	Alges	<b>5:38.61</b>	336
	50m: 35.38 35.38	150m: 1:59.88 42.39	250m: 3:27.92 47.97	350m: 4:57.98 40.59	
	100m: 1:17.49 42.11	200m: 2:39.95 40.07	300m: 4:17.39 49.47	400m: 5:38.61 40.63	
16.	Manuel Bernardo Castro	02	Sporting	<b>5:41.46</b>	328
	50m: 37.38 37.38	150m: 2:05.76 42.52	250m: 3:35.63 47.10	350m: 5:03.10 39.44	
	100m: 1:23.24 45.86	200m: 2:48.53 42.77	300m: 4:23.66 48.03	400m: 5:41.46 38.36	
17.	Afonso Amaro Santos	02	Geslours	<b>5:41.87</b>	326
	50m: 41.38 41.38	150m: 2:14.20 43.27	250m: 3:40.19 44.28	350m: 5:06.04 39.45	
	100m: 1:30.93 49.55	200m: 2:55.91 41.71	300m: 4:26.59 46.40	400m: 5:41.87 35.83	
18.	Francisco Gomes Anjos	02	União Piedense	<b>5:41.96</b>	326
	50m: 37.29 37.29	150m: 2:04.33 44.05	250m: 3:36.97 51.49	350m: 5:06.56 39.00	
	100m: 1:20.28 42.99	200m: 2:45.48 41.15	300m: 4:27.56 50.59	400m: 5:41.96 35.40	

Prova 4, Masc., 400m Estilos, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Tomás Patrício Martins	02	Fisica Torres Vedras	<b>5:42.97</b>	323
	50m: 37.28 37.28	150m: 2:07.90 46.06	250m: 3:38.50 45.74	350m: 5:05.35 39.94	
	100m: 1:21.84 44.56	200m: 2:52.76 44.86	300m: 4:25.41 46.91	400m: 5:42.97 37.62	
20.	Ruy Manuel Domingos	02	Sporting	<b>5:43.04</b>	323
	50m: 34.87 34.87	150m: 2:00.99 43.90	250m: 3:33.04 49.55	350m: 5:03.33 40.48	
	100m: 1:17.09 42.22	200m: 2:43.49 42.50	300m: 4:22.85 49.81	400m: 5:43.04 39.71	
21.	Rafael Alves Costa	02	Sporting	<b>5:44.91</b>	318
	50m: 37.34 37.34	150m: 2:05.98 42.63	250m: 3:36.99 50.66	350m: 5:06.65 39.17	
	100m: 1:23.35 46.01	200m: 2:46.33 40.35	300m: 4:27.48 50.49	400m: 5:44.91 38.26	
22.	Rodrigo Rosa Fernandes	02	CPCD Póvoa Sta Iria	<b>5:47.27</b>	311
	50m: 36.49 36.49	150m: 2:05.41 44.75	250m: 3:39.48 50.85	350m: 5:11.07 40.01	
	100m: 1:20.66 44.17	200m: 2:48.63 43.22	300m: 4:31.06 51.58	400m: 5:47.27 36.20	
23.	Diogo Garcez Mateus	02	Desporto Setúbal	<b>5:51.77</b>	300
	50m: 36.01 36.01	150m: 2:04.25 45.25	250m: 3:39.41 51.22	350m: 5:11.48 41.38	
	100m: 1:19.00 42.99	200m: 2:48.19 43.94	300m: 4:30.10 50.69	400m: 5:51.77 40.29	
24.	Pedro Alves Martinho	02	Estoris	<b>5:54.09</b>	294
	50m: 37.98 37.98	150m: 2:09.44 44.39	250m: 3:42.99 50.82	350m: 5:15.12 41.48	
	100m: 1:25.05 47.07	200m: 2:52.17 42.73	300m: 4:33.64 50.65	400m: 5:54.09 38.97	
25.	Joao Nogueira Mendes	02	Clube Instrucao Laranjeiro	<b>5:54.21</b>	293
	50m: 39.73 39.73	150m: 2:08.82 44.51	250m: 3:45.37 53.95	350m: 5:17.54 39.03	
	100m: 1:24.31 44.58	200m: 2:51.42 42.60	300m: 4:38.51 53.14	400m: 5:54.21 36.67	
26.	Rafael Rodrigues Jacinto	02	Belenenses	<b>5:54.60</b>	292
	50m: 36.58 36.58	150m: 2:05.65 45.85	250m: 3:39.60 50.05	350m: 5:14.44 43.05	
	100m: 1:19.80 43.22	200m: 2:49.55 43.90	300m: 4:31.39 51.79	400m: 5:54.60 40.16	
27.	Diogo Sousa Pinto	02	Oriental	<b>5:59.62</b>	280
	50m: 37.56 37.56	150m: 2:10.12 45.86	250m: 3:46.85 49.48	350m: 5:20.08 43.45	
	100m: 1:24.26 46.70	200m: 2:57.37 47.25	300m: 4:36.63 49.78	400m: 5:59.62 39.54	
28.	Diogo Rogado Guerreiro	02	Desporto Setúbal	<b>6:03.80</b>	271
	50m: 37.26 37.26	150m: 2:09.87 47.04	250m: 3:48.40 52.73	350m: 5:23.83 42.37	
	100m: 1:22.83 45.57	200m: 2:55.67 45.80	300m: 4:41.46 53.06	400m: 6:03.80 39.97	
29.	Claudio Bularu Freitas	02	CPCD Póvoa Sta Iria	<b>6:05.04</b>	268
	50m: 37.20 37.20	150m: 2:15.21 51.06	250m: 3:56.87 53.86	350m: 5:31.06 39.16	
	100m: 1:24.15 46.95	200m: 3:03.01 47.80	300m: 4:51.90 55.03	400m: 6:05.04 33.98	
30.	Pedro Almeida Marques	02	Naval Setubalense	<b>6:09.14</b>	259
	50m: 40.73 40.73	150m: 2:15.24 47.30	250m: 3:48.95 48.97	350m: 5:25.20 45.19	
	100m: 1:27.94 47.21	200m: 2:59.98 44.74	300m: 4:40.01 51.06	400m: 6:09.14 43.94	
31.	Henrique Rodrigues Cruz	02	Colégio Monte Maior	<b>6:19.99</b>	238
	50m: 43.89 43.89	150m: 2:25.13 47.67	250m: 4:05.61 52.75	350m: 5:41.25 41.99	
	100m: 1:37.46 53.57	200m: 3:12.86 47.73	300m: 4:59.26 53.65	400m: 6:19.99 38.74	
32.	Rodrigo Gomes Gamito <i>Fora Minimo Acesso</i>	02	Palmela Desporto	<b>6:25.79</b>	227
	50m: 44.24 44.24	150m: 2:27.90 49.24	250m: 4:07.70 51.83	350m: 5:44.36 43.34	
	100m: 1:38.66 54.42	200m: 3:15.87 47.97	300m: 5:01.02 53.32	400m: 6:25.79 41.43	
33.	Nuno Xavier Cardoso <i>Fora Minimo Acesso</i>	02	Palmela Desporto	<b>6:32.16</b>	216
	50m: 42.85 42.85	150m: 2:25.35 45.88	250m: 4:09.16 59.64	350m: 5:51.40 42.52	
	100m: 1:39.47 56.62	200m: 3:09.52 44.17	300m: 5:08.88 59.72	400m: 6:32.16 40.76	
DSQ	Rodrigo Lanz Dias <i>G1 - Efectuou falsa partida (SW 4.4)</i>	02	Naval Setubalense		

Prova 5  
14.11.15 - 17:33

Femin., 400m Estilos

Juvenis  
Resultados

Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Absoluto	4:44.10	Nadia Morais Vieira	GESL	Porto	2012
Rec Nacional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Absoluto	4:39.03	Victoria Kaminskaya	PIMP	Porto	2014

Mínimo Acesso Juv B: 6:22.72; Juv A: 6:11.99

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Clara Gomes Pereira	02	Alges	<b>5:13.48</b>	569
	50m: 34.11 34.11	150m: 1:55.51 42.15	250m: 3:18.90 42.71	350m: 4:38.92 36.38	
	100m: 1:13.36 39.25	200m: 2:36.19 40.68	300m: 4:02.54 43.64	400m: 5:13.48 34.56	
2.	Mariana Amaral Mendes	02	Colégio Monte Maior	<b>5:17.78</b>	546
	50m: 35.03 35.03	150m: 1:56.25 41.32	250m: 3:21.35 44.50	350m: 4:43.30 36.12	
	100m: 1:14.93 39.90	200m: 2:36.85 40.60	300m: 4:07.18 45.83	400m: 5:17.78 34.48	
3.	Maria Margarida Belo	02	Sporting	<b>5:19.72</b>	536
	50m: 34.57 34.57	150m: 1:55.77 40.77	250m: 3:21.51 45.86	350m: 4:42.87 36.07	
	100m: 1:15.00 40.43	200m: 2:35.65 39.88	300m: 4:06.80 45.29	400m: 5:19.72 36.85	
4.	Rafaela Gomes Azevedo	02	Alges	<b>5:20.25</b>	534
	50m: 34.50 34.50	150m: 1:54.08 38.53	250m: 3:19.74 47.93	350m: 4:45.32 37.08	
	100m: 1:15.55 41.05	200m: 2:31.81 37.73	300m: 4:08.24 48.50	400m: 5:20.25 34.93	
5.	Leonor Camacho Fernandes	02	Sporting	<b>5:27.60</b>	499
	50m: 33.39 33.39	150m: 1:54.24 42.52	250m: 3:23.62 48.08	350m: 4:50.82 37.95	
	100m: 1:11.72 38.33	200m: 2:35.54 41.30	300m: 4:12.87 49.25	400m: 5:27.60 36.78	
6.	Ana Rita Matos	02	Geslours	<b>5:33.84</b>	471
	50m: 34.57 34.57	150m: 1:58.75 42.66	250m: 3:27.37 47.24	350m: 4:55.86 40.03	
	100m: 1:16.09 41.52	200m: 2:40.13 41.38	300m: 4:15.83 48.46	400m: 5:33.84 37.98	
7.	Madalena Maria Ferreira	02	Sporting	<b>5:37.49</b>	456
	50m: 34.53 34.53	150m: 1:58.07 43.43	250m: 3:31.74 51.28	350m: 4:58.95 38.88	
	100m: 1:14.64 40.11	200m: 2:40.46 42.39	300m: 4:20.07 48.33	400m: 5:37.49 38.54	
8.	Alexandra Couto Frazao	02	Amadora	<b>5:43.31</b>	433
	50m: 37.64 37.64	150m: 2:04.29 42.87	250m: 3:37.77 52.28	350m: 5:07.58 37.60	
	100m: 1:21.42 43.78	200m: 2:45.49 41.20	300m: 4:29.98 52.21	400m: 5:43.31 35.73	
9.	Natacha Sofia Silva	02	Benfica	<b>5:45.27</b>	426
	50m: 37.28 37.28	150m: 2:05.24 45.36	250m: 3:36.66 47.11	350m: 5:05.49 41.37	
	100m: 1:19.88 42.60	200m: 2:49.55 44.31	300m: 4:24.12 47.46	400m: 5:45.27 39.78	
10.	Carolina Barros Domingos	02	Sporting	<b>5:45.40</b>	425
	50m: 37.53 37.53	150m: 2:06.47 44.75	250m: 3:39.32 50.94	350m: 5:08.07 38.85	
	100m: 1:21.72 44.19	200m: 2:48.38 41.91	300m: 4:29.22 49.90	400m: 5:45.40 37.33	
11.	Leticia Maia Andre	02	União Piedense	<b>5:46.01</b>	423
	50m: 36.80 36.80	150m: 2:06.90 46.08	250m: 3:38.83 47.52	350m: 5:07.27 39.32	
	100m: 1:20.82 44.02	200m: 2:51.31 44.41	300m: 4:27.95 49.12	400m: 5:46.01 38.74	
12.	Margarida Cunha Barros	02	Naval Amorense	<b>5:46.99</b>	420
	50m: 37.15 37.15	150m: 2:05.83 47.22	250m: 3:39.14 47.76	350m: 5:06.90 39.17	
	100m: 1:18.61 41.46	200m: 2:51.38 45.55	300m: 4:27.73 48.59	400m: 5:46.99 40.09	
13.	Ana Raquel Graveto	02	Benfica	<b>5:52.17</b>	401
	50m: 36.00 36.00	150m: 2:04.75 46.03	250m: 3:40.22 51.74	350m: 5:13.87 41.09	
	100m: 1:18.72 42.72	200m: 2:48.48 43.73	300m: 4:32.78 52.56	400m: 5:52.17 38.30	
14.	Maria Mousinho Esteves	02	Amadora	<b>5:52.59</b>	400
	50m: 37.50 37.50	150m: 2:07.23 41.92	250m: 3:43.92 55.44	350m: 5:16.62 38.13	
	100m: 1:25.31 47.81	200m: 2:48.48 41.25	300m: 4:38.49 54.57	400m: 5:52.59 35.97	
15.	Filipa Inacio Cazeiro	02	Clube Instrucao Laranjeiro	<b>5:52.68</b>	400
	50m: 35.93 35.93	150m: 2:01.36 44.52	250m: 3:37.12 52.41	350m: 5:11.50 40.08	
	100m: 1:16.84 40.91	200m: 2:44.71 43.35	300m: 4:31.42 54.30	400m: 5:52.68 41.18	
16.	Mariana Pedro Pereira	02	Geslours	<b>5:54.63</b>	393
	50m: 39.28 39.28	150m: 2:10.43 46.13	250m: 3:42.75 47.59	350m: 5:13.90 41.70	
	100m: 1:24.30 45.02	200m: 2:55.16 44.73	300m: 4:32.20 49.45	400m: 5:54.63 40.73	
17.	Mafalda Marques Pinto	02	Benfica	<b>5:57.88</b>	382
	50m: 36.83 36.83	150m: 2:04.98 42.90	250m: 3:41.58 54.62	350m: 5:18.42 41.85	
	100m: 1:22.08 45.25	200m: 2:46.96 41.98	300m: 4:36.57 54.99	400m: 5:57.88 39.46	

Prova 5, Femin., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Patricia Marques Bacelar	02	Desportivo Sesimbra	<b>5:58.64</b>	380
	50m: 36.49 36.49	150m: 2:04.38 45.54	250m: 3:43.31 54.59	350m: 5:17.96 41.02	
	100m: 1:18.84 42.35	200m: 2:48.72 44.34	300m: 4:36.94 53.63	400m: 5:58.64 40.68	
19.	Carolina Morais Oliveira	02	Amadora	<b>5:59.58</b>	377
	50m: 42.34 42.34	150m: 2:19.13 44.63	250m: 3:52.30 50.23	350m: 5:21.01 40.15	
	100m: 1:34.50 52.16	200m: 3:02.07 42.94	300m: 4:40.86 48.56	400m: 5:59.58 38.57	
20.	Iolanda Sofia Clérigo	02	Naval Setubalense	<b>6:03.57</b>	365
	50m: 39.88 39.88	150m: 2:15.68 46.05	250m: 3:50.57 49.88	350m: 5:24.82 42.22	
	100m: 1:29.63 49.75	200m: 3:00.69 45.01	300m: 4:42.60 52.03	400m: 6:03.57 38.75	
21.	Lara Moutinho Silva	02	Palmela Desporto	<b>6:03.89</b>	364
	50m: 38.54 38.54	150m: 2:13.95 47.85	250m: 3:51.03 52.23	350m: 5:24.78 41.79	
	100m: 1:26.10 47.56	200m: 2:58.80 44.85	300m: 4:42.99 51.96	400m: 6:03.89 39.11	
22.	Catarina Pinho Estevez	02	Naval Setubalense	<b>6:04.75</b>	361
	50m: 38.95 38.95	150m: 2:13.54 47.41	250m: 3:50.22 51.85	350m: 5:25.18 42.58	
	100m: 1:26.13 47.18	200m: 2:58.37 44.83	300m: 4:42.60 52.38	400m: 6:04.75 39.57	
23.	Daniela Ferreira Pinto <i>Fora Minimo Acesso</i>	02	Oriental	<b>6:35.35</b>	283
	50m: 42.87 42.87	150m: 2:23.64 46.10	250m: 4:06.31 56.48	350m: 5:49.32 46.07	
	100m: 1:37.54 54.67	200m: 3:09.83 46.19	300m: 5:03.25 56.94	400m: 6:35.35 46.03	
24.	Rita Costa Albuquerque <i>Fora Minimo Acesso</i>	02	Olivais e Moscavide	<b>6:35.70</b>	283
	50m: 40.58 40.58	150m: 2:21.83 51.54	250m: 4:07.66 54.76	350m: 5:51.88 47.43	
	100m: 1:30.29 49.71	200m: 3:12.90 51.07	300m: 5:04.45 56.79	400m: 6:35.70 43.82	
DSQ	Joana Filipa Varandas	02	Desporto Setúbal		
	<i>Efetuoou batimento alternado de pernas durante o percurso subaquático, após a viragem aos 250 metros.</i>				
DSQ	Carolina Ganhao Ferro	02	Gesloures		
	<i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>				
DSQ	Ana Catarina Barata	02	União Piedense		
	<i>E-B51 - Tocou com uma só mão na parede testa na chegada do percurso de braços (SW 7.6)</i>				

Juvenis A

1.	Carolina Rosa Marcelino	01	Alges	<b>5:09.06</b>	594
	50m: 32.42 32.42	150m: 1:49.94 39.98	250m: 3:13.59 44.33	350m: 4:34.25 36.29	
	100m: 1:09.96 37.54	200m: 2:29.26 39.32	300m: 3:57.96 44.37	400m: 5:09.06 34.81	
2.	Filipa Serrano Rodrigues	01	União Piedense	<b>5:09.97</b>	589
	50m: 33.31 33.31	150m: 1:50.62 39.60	250m: 3:15.35 46.26	350m: 4:35.82 34.76	
	100m: 1:11.02 37.71	200m: 2:29.09 38.47	300m: 4:01.06 45.71	400m: 5:09.97 34.15	
3.	Luisa Maria Machado	01	União Piedense	<b>5:10.28</b>	587
	50m: 33.58 33.58	150m: 1:54.60 41.20	250m: 3:16.64 42.72	350m: 4:36.30 36.16	
	100m: 1:13.40 39.82	200m: 2:33.92 39.32	300m: 4:00.14 43.50	400m: 5:10.28 33.98	
4.	Raquel Antunes Tremoco	01	Sporting	<b>5:17.52</b>	548
	50m: 32.88 32.88	150m: 1:51.70 39.64	250m: 3:19.03 46.61	350m: 4:42.28 36.50	
	100m: 1:12.06 39.18	200m: 2:32.42 40.72	300m: 4:05.78 46.75	400m: 5:17.52 35.24	
5.	Rita Alexandra Vital	01	Alges	<b>5:21.98</b>	525
	50m: 34.21 34.21	150m: 1:53.81 40.62	250m: 3:21.03 46.94	350m: 4:46.13 36.88	
	100m: 1:13.19 38.98	200m: 2:34.09 40.28	300m: 4:09.25 48.22	400m: 5:21.98 35.85	
6.	Mafalda Rato Monteiro	01	Naval Setubalense	<b>5:23.43</b>	518
	50m: 34.08 34.08	150m: 1:55.06 41.90	250m: 3:21.29 45.29	350m: 4:46.66 39.17	
	100m: 1:13.16 39.08	200m: 2:36.00 40.94	300m: 4:07.49 46.20	400m: 5:23.43 36.77	
7.	Mariana Sobral Galacha	01	Sporting	<b>5:25.07</b>	510
	50m: 34.39 34.39	150m: 1:56.37 41.64	250m: 3:22.41 46.35	350m: 4:47.17 38.12	
	100m: 1:14.73 40.34	200m: 2:36.06 39.69	300m: 4:09.05 46.64	400m: 5:25.07 37.90	
8.	Mariana Delicado Correia	01	Sporting	<b>5:25.39</b>	509
	50m: 33.63 33.63	150m: 1:52.72 39.88	250m: 3:21.38 48.48	350m: 4:48.34 38.20	
	100m: 1:12.84 39.21	200m: 2:32.90 40.18	300m: 4:10.14 48.76	400m: 5:25.39 37.05	
9.	Tatiana Raquel Pombo	01	Nautica do Seixal	<b>5:25.83</b>	507
	50m: 32.72 32.72	150m: 1:54.69 44.38	250m: 3:23.55 47.18	350m: 4:49.67 37.80	
	100m: 1:10.31 37.59	200m: 2:36.37 41.68	300m: 4:11.87 48.32	400m: 5:25.83 36.16	
10.	Raquel Santos Sousa	01	Belenenses	<b>5:27.65</b>	498
	50m: 33.66 33.66	150m: 1:53.18 40.85	250m: 3:22.70 48.66	350m: 4:50.29 38.51	
	100m: 1:12.33 38.67	200m: 2:34.04 40.86	300m: 4:11.78 49.08	400m: 5:27.65 37.36	

Prova 5, Femin., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Ana Cruz Antunes 50m: 35.00 35.00 100m: 1:16.71 41.71	01	Benfica 150m: 1:59.83 43.12 200m: 2:41.04 41.21	250m: 3:27.46 46.42 300m: 4:15.03 47.57	<b>5:29.27</b> 350m: 4:53.99 38.96 400m: 5:29.27 35.28
12.	Mafalda Sofia Dias 50m: 35.45 35.45 100m: 1:15.69 40.24	01	Naval Setubalense 150m: 1:57.97 42.28 200m: 2:39.32 41.35	250m: 3:27.31 47.99 300m: 4:16.23 48.92	<b>5:31.71</b> 350m: 4:55.52 39.29 400m: 5:31.71 36.19
13.	Ines Rodrigues Ferreira 50m: 34.83 34.83 100m: 1:15.31 40.48	01	Benfica 150m: 2:00.07 44.76 200m: 2:42.89 42.82	250m: 3:31.01 48.12 300m: 4:19.44 48.43	<b>5:34.97</b> 350m: 4:57.38 37.94 400m: 5:34.97 37.59
14.	Celeste Santos Ricardo 50m: 35.74 35.74 100m: 1:17.04 41.30	01	Naval Amorense 150m: 1:58.85 41.81 200m: 2:39.42 40.57	250m: 3:30.43 51.01 300m: 4:21.94 51.51	<b>5:35.04</b> 350m: 4:58.90 36.96 400m: 5:35.04 36.14
15.	Ana Margarida Branco 50m: 33.51 33.51 100m: 1:11.79 38.28	01	Alges 150m: 1:55.35 43.56 200m: 2:38.82 43.47	250m: 3:29.86 51.04 300m: 4:21.71 51.85	<b>5:38.66</b> 350m: 5:01.10 39.39 400m: 5:38.66 37.56
16.	Filipa Bile Grilo 50m: 36.25 36.25 100m: 1:20.50 44.25	01	Benfica 150m: 2:02.99 42.49 200m: 2:43.93 40.94	250m: 3:32.75 48.82 300m: 4:22.22 49.47	<b>5:39.83</b> 350m: 5:02.13 39.91 400m: 5:39.83 37.70
17.	Beatriz Seixas Goncalves 50m: 37.69 37.69 100m: 1:21.51 43.82	01	Colégio Monte Maior 150m: 2:04.00 42.49 200m: 2:45.70 41.70	250m: 3:35.61 49.91 300m: 4:26.05 50.44	<b>5:40.05</b> 350m: 5:03.70 37.65 400m: 5:40.05 36.35
18.	Sofia Isabel Lourenco 50m: 36.84 36.84 100m: 1:18.55 41.71	01	Alges 150m: 2:04.77 46.22 200m: 2:48.15 43.38	250m: 3:38.30 50.15 300m: 4:28.78 50.48	<b>5:44.92</b> 350m: 5:08.33 39.55 400m: 5:44.92 36.59
19.	Sara Rulin Loureiro 50m: 37.28 37.28 100m: 1:20.86 43.58	01	Benfica 150m: 2:04.55 43.69 200m: 2:46.69 42.14	250m: 3:37.87 51.18 300m: 4:29.36 51.49	<b>5:45.75</b> 350m: 5:08.59 39.23 400m: 5:45.75 37.16
20.	Joana Mira Pereira 50m: 36.32 36.32 100m: 1:19.13 42.81	01	Naval Setubalense 150m: 2:05.03 45.90 200m: 2:50.46 45.43	250m: 3:40.70 50.24 300m: 4:31.27 50.57	<b>5:48.08</b> 350m: 5:11.25 39.98 400m: 5:48.08 36.83
21.	Liliana Simoes Romao 50m: 37.11 37.11 100m: 1:20.54 43.43	01	Geslours 150m: 2:02.63 42.09 200m: 2:44.54 41.91	250m: 3:36.78 52.24 300m: 4:28.83 52.05	<b>5:49.26</b> 350m: 5:08.93 40.10 400m: 5:49.26 40.33
22.	Luana Correia Rodrigues 50m: 40.78 40.78 100m: 1:30.39 49.61	01	Amadora 150m: 2:13.40 43.01 200m: 2:54.79 41.39	250m: 3:41.95 47.16 300m: 4:30.39 48.44	<b>5:49.39</b> 350m: 5:11.41 41.02 400m: 5:49.39 37.98
23.	Adriana Nogueira Mascarenhas 50m: 36.88 36.88 100m: 1:20.34 43.46	01	Naval Setubalense 150m: 2:07.91 47.57 200m: 2:53.66 45.75	250m: 3:42.67 49.01 300m: 4:30.76 48.09	<b>5:51.83</b> 350m: 5:12.22 41.46 400m: 5:51.83 39.61
24.	Bruna Paulo Lourenco 50m: 36.32 36.32 100m: 1:20.36 44.04	01	Sporting 150m: 2:06.36 46.00 200m: 2:49.81 43.45	250m: 3:41.82 52.01 300m: 4:33.65 51.83	<b>5:54.51</b> 350m: 5:15.65 42.00 400m: 5:54.51 38.86
25.	Maria Rodrigues Tome 50m: 35.75 35.75 100m: 1:20.15 44.40	01	Olivais e Moscavide 150m: 2:04.81 44.66 200m: 2:48.77 43.96	250m: 3:42.91 54.14 300m: 4:36.94 54.03	<b>6:00.38</b> 350m: 5:19.76 42.82 400m: 6:00.38 40.62
DSQ	Tatiana Alexandre Cardoso <i>E-C50 - Perdeu a posição dorsal na chegada do percurso de costas (SW 6.5)</i>	01	Amadora		

Prova 6  
14.11.15 - 18:19

Masc., 400m Estilos

Juvenis  
Resultados

Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Absoluto	4:10.55	Pedro Miguel Pinotes	SCP	Leiria	2009
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	2009

Mínimo Acesso Juv B: 5:51.64; Juv A: 5:45.19

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Diogo Santos Cardoso	01	Colégio Monte Maior	<b>4:53.91</b>	514
	50m: 31.62 31.62	150m: 1:47.47 39.63	250m: 3:06.52 41.09	350m: 4:21.06 33.47	
	100m: 1:07.84 36.22	200m: 2:25.43 37.96	300m: 3:47.59 41.07	400m: 4:53.91 32.85	
2.	David Matias Cristino	01	Naval Amorense	<b>4:54.74</b>	510
	50m: 31.39 31.39	150m: 1:45.58 37.54	250m: 3:05.49 43.02	350m: 4:23.14 34.04	
	100m: 1:08.04 36.65	200m: 2:22.47 36.89	300m: 3:49.10 43.61	400m: 4:54.74 31.60	
3.	Alexandre Miguel Branco	01	Alges	<b>4:55.31</b>	507
	50m: 31.50 31.50	150m: 1:44.74 37.69	250m: 3:04.96 43.24	350m: 4:22.20 33.93	
	100m: 1:07.05 35.55	200m: 2:21.72 36.98	300m: 3:48.27 43.31	400m: 4:55.31 33.11	
4.	Jose Maria Pereira	01	Sporting	<b>4:59.10</b>	488
	50m: 31.93 31.93	150m: 1:47.46 39.62	250m: 3:08.93 42.81	350m: 4:26.63 33.82	
	100m: 1:07.84 35.91	200m: 2:26.12 38.66	300m: 3:52.81 43.88	400m: 4:59.10 32.47	
5.	Diogo Alexandre Araujo	01	Estrelas S. Joao Brito	<b>5:03.52</b>	467
	50m: 32.05 32.05	150m: 1:47.37 38.78	250m: 3:08.96 42.94	350m: 4:29.63 35.93	
	100m: 1:08.59 36.54	200m: 2:26.02 38.65	300m: 3:53.70 44.74	400m: 5:03.52 33.89	
6.	Rafael Alcantara Aires	01	Naval Amorense	<b>5:04.52</b>	462
	50m: 31.38 31.38	150m: 1:45.10 36.86	250m: 3:08.29 46.74	350m: 4:30.48 35.82	
	100m: 1:08.24 36.86	200m: 2:21.55 36.45	300m: 3:54.66 46.37	400m: 5:04.52 34.04	
7.	Edgar Filipe Santos	01	Naval Amorense	<b>5:06.22</b>	454
	50m: 32.12 32.12	150m: 1:48.70 39.49	250m: 3:12.84 46.45	350m: 4:33.98 33.52	
	100m: 1:09.21 37.09	200m: 2:26.39 37.69	300m: 4:00.46 47.62	400m: 5:06.22 32.24	
8.	Ricardo Pinela Ferreira	01	Alges	<b>5:06.91</b>	451
	50m: 31.17 31.17	150m: 1:46.95 39.79	250m: 3:11.42 44.56	350m: 4:31.54 34.86	
	100m: 1:07.16 35.99	200m: 2:26.86 39.91	300m: 3:56.68 45.26	400m: 5:06.91 35.37	
9.	Tiago Maria Camoes	01	União Piedense	<b>5:07.86</b>	447
	50m: 32.01 32.01	150m: 1:47.89 39.17	250m: 3:13.39 47.41	350m: 4:35.30 34.48	
	100m: 1:08.72 36.71	200m: 2:25.98 38.09	300m: 4:00.82 47.43	400m: 5:07.86 32.56	
10.	Guilherme Ventura Carvalho	01	Geslourses	<b>5:14.74</b>	418
	50m: 33.02 33.02	150m: 1:52.89 41.09	250m: 3:17.34 44.28	350m: 4:38.86 36.27	
	100m: 1:11.80 38.78	200m: 2:33.06 40.17	300m: 4:02.59 45.25	400m: 5:14.74 35.88	
11.	Gonçalo Silveirinha Caldeira	01	Amadora	<b>5:17.70</b>	407
	50m: 32.37 32.37	150m: 1:53.85 41.89	250m: 3:18.41 43.77	350m: 4:40.58 38.65	
	100m: 1:11.96 39.59	200m: 2:34.64 40.79	300m: 4:01.93 43.52	400m: 5:17.70 37.12	
12.	Renato Barros Frischknecht	01	Alges	<b>5:18.64</b>	403
	50m: 33.43 33.43	150m: 1:55.86 41.30	250m: 3:19.88 43.88	350m: 4:42.17 37.81	
	100m: 1:14.56 41.13	200m: 2:36.00 40.14	300m: 4:04.36 44.48	400m: 5:18.64 36.47	
13.	Francisco Martins Pedro	01	Geslourses	<b>5:18.86</b>	402
	50m: 33.56 33.56	150m: 1:51.36 39.28	250m: 3:18.84 48.15	350m: 4:43.21 36.39	
	100m: 1:12.08 38.52	200m: 2:30.69 39.33	300m: 4:06.82 47.98	400m: 5:18.86 35.65	
14.	Tomas Afonso Graca	01	Benfica	<b>5:19.62</b>	400
	50m: 33.04 33.04	150m: 1:53.46 40.20	250m: 3:18.68 46.11	350m: 4:43.64 36.80	
	100m: 1:13.26 40.22	200m: 2:32.57 39.11	300m: 4:06.84 48.16	400m: 5:19.62 35.98	
15.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	<b>5:20.26</b>	397
	50m: 36.37 36.37	150m: 1:56.39 38.50	250m: 3:20.30 45.83	350m: 4:44.00 36.18	
	100m: 1:17.89 41.52	200m: 2:34.47 38.08	300m: 4:07.82 47.52	400m: 5:20.26 36.26	
16.	Diogo Afonso Miranda	01	União Piedense	<b>5:21.02</b>	394
	50m: 34.52 34.52	150m: 1:54.17 39.68	250m: 3:20.10 47.53	350m: 4:44.83 37.83	
	100m: 1:14.49 39.97	200m: 2:32.57 38.40	300m: 4:07.00 46.90	400m: 5:21.02 36.19	
17.	Guilherme Filipe Alcobia	01	Benfica	<b>5:22.20</b>	390
	50m: 32.57 32.57	150m: 1:54.50 41.91	250m: 3:20.96 45.14	350m: 4:45.16 38.99	
	100m: 1:12.59 40.02	200m: 2:35.82 41.32	300m: 4:06.17 45.21	400m: 5:22.20 37.04	

Prova 6, Masc., 400m Estilos, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Rodrigo Almeida Cabrito	01	Belenenses	<b>5:22.97</b>	387
	50m: 33.62 33.62	150m: 2:01.10 42.94	250m: 3:25.16 43.21	350m: 4:46.87 38.02	
	100m: 1:18.16 44.54	200m: 2:41.95 40.85	300m: 4:08.85 43.69	400m: 5:22.97 36.10	
19.	Rodrigo Ponte Jorge	01	Naval Amorense	<b>5:24.06</b>	383
	50m: 32.21 32.21	150m: 1:52.31 40.66	250m: 3:22.08 47.77	350m: 4:47.21 35.60	
	100m: 1:11.65 39.44	200m: 2:34.31 42.00	300m: 4:11.61 49.53	400m: 5:24.06 36.85	
20.	Afonso Maria Carvalho	01	Sporting	<b>5:24.59</b>	381
	50m: 33.56 33.56	150m: 1:55.42 42.62	250m: 3:20.50 44.82	350m: 4:46.52 39.39	
	100m: 1:12.80 39.24	200m: 2:35.68 40.26	300m: 4:07.13 46.63	400m: 5:24.59 38.07	
21.	Ricardo Martins Bras	01	Belenenses	<b>5:24.61</b>	381
	50m: 33.87 33.87	150m: 1:55.98 40.91	250m: 3:20.90 45.12	350m: 4:46.01 39.08	
	100m: 1:15.07 41.20	200m: 2:35.78 39.80	300m: 4:06.93 46.03	400m: 5:24.61 38.60	
22.	Bernardo Craveiro Bandarra	01	Alges	<b>5:25.87</b>	377
	50m: 32.93 32.93	150m: 1:56.28 40.63	250m: 3:23.74 48.13	350m: 4:49.72 37.09	
	100m: 1:15.65 42.72	200m: 2:35.61 39.33	300m: 4:12.63 48.89	400m: 5:25.87 36.15	
23.	Ricardo Correia Teixeira	01	Belenenses	<b>5:36.06</b>	344
	50m: 34.76 34.76	150m: 2:02.59 43.83	250m: 3:29.24 43.72	350m: 4:57.02 41.23	
	100m: 1:18.76 44.00	200m: 2:45.52 42.93	300m: 4:15.79 46.55	400m: 5:36.06 39.04	
24.	Joao Batista Silva	01	Palmela Desporto	<b>5:36.96</b>	341
	50m: 34.42 34.42	150m: 2:00.00 42.71	250m: 3:31.07 50.01	350m: 5:01.11 37.94	
	100m: 1:17.29 42.87	200m: 2:41.06 41.06	300m: 4:23.17 52.10	400m: 5:36.96 35.85	
25.	Diogo Alexandre Casteleiro	01	Sporting	<b>5:37.02</b>	341
	50m: 34.59 34.59	150m: 1:59.69 43.09	250m: 3:30.90 49.82	350m: 4:59.55 37.42	
	100m: 1:16.60 42.01	200m: 2:41.08 41.39	300m: 4:22.13 51.23	400m: 5:37.02 37.47	
26.	Claudio Filipe Pedroso	01	Estoris	<b>5:40.92</b>	329
	50m: 34.63 34.63	150m: 2:01.34 45.12	250m: 3:33.50 47.39	350m: 5:02.58 39.49	
	100m: 1:16.22 41.59	200m: 2:46.11 44.77	300m: 4:23.09 49.59	400m: 5:40.92 38.34	
27.	Henrique Rasteiro Luis	01	Colégio Monte Maior	<b>5:42.52</b>	325
	50m: 36.58 36.58	150m: 2:01.96 42.36	250m: 3:35.13 51.62	350m: 5:06.68 39.97	
	100m: 1:19.60 43.02	200m: 2:43.51 41.55	300m: 4:26.71 51.58	400m: 5:42.52 35.84	
28.	Filipe Eduardo Morais	01	CPCD Póvoa Sta Iria	<b>5:46.88</b>	312
	50m: 36.70 36.70	150m: 2:07.61 46.90	250m: 3:40.21 47.02	350m: 5:08.33 40.47	
	100m: 1:20.71 44.01	200m: 2:53.19 45.58	300m: 4:27.86 47.65	400m: 5:46.88 38.55	
29.	Bernardo Silva Felix <i>Fora Minimo Acesso</i>	01	Palmela Desporto	<b>5:53.77</b>	294
	50m: 35.47 35.47	150m: 2:06.15 45.26	250m: 3:41.69 52.13	350m: 5:13.27 39.57	
	100m: 1:20.89 45.42	200m: 2:49.56 43.41	300m: 4:33.70 52.01	400m: 5:53.77 40.50	
DSQ	Luis Martins Tripa	01	Geslours		
	<i>E-B50 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (SW 7.6)</i>				
DNS	Gonçalo Carvalho Ferrao	01	Nautica do Seixal		
DNS	Miguel Monteiro Dinis	01	Alges		

Juvenis A

1.	Diogo Leal Dantas	00	Sporting	<b>4:39.07</b>	600
	50m: 29.44 29.44	150m: 1:39.59 36.25	250m: 2:55.21 39.93	350m: 4:07.54 32.73	
	100m: 1:03.34 33.90	200m: 2:15.28 35.69	300m: 3:34.81 39.60	400m: 4:39.07 31.53	
2.	Jose Tomas Simeao	00	Clube Instrucao Laranjeiro	<b>4:40.45</b>	592
	50m: 29.90 29.90	150m: 1:39.69 35.57	250m: 2:55.91 40.87	350m: 4:09.09 31.73	
	100m: 1:04.12 34.22	200m: 2:15.04 35.35	300m: 3:37.36 41.45	400m: 4:40.45 31.36	
3.	Bernardo Garcia Perloiro	00	Sporting	<b>4:49.95</b>	535
	50m: 30.66 30.66	150m: 1:41.76 35.87	250m: 3:00.05 41.83	350m: 4:16.40 34.05	
	100m: 1:05.89 35.23	200m: 2:18.22 36.46	300m: 3:42.35 42.30	400m: 4:49.95 33.55	
4.	Afonso Guilherme Jesus	00	Sporting	<b>4:53.27</b>	517
	50m: 31.54 31.54	150m: 1:45.79 38.11	250m: 3:04.52 40.73	350m: 4:20.77 34.35	
	100m: 1:07.68 36.14	200m: 2:23.79 38.00	300m: 3:46.42 41.90	400m: 4:53.27 32.50	
5.	Sebastiao Limbert Piedade	00	Alges	<b>4:55.68</b>	505
	50m: 31.38 31.38	150m: 1:46.05 38.45	250m: 3:05.50 41.48	350m: 4:22.58 35.03	
	100m: 1:07.60 36.22	200m: 2:24.02 37.97	300m: 3:47.55 42.05	400m: 4:55.68 33.10	
6.	Filipe Miguel Santo	00	Sporting	<b>4:57.06</b>	498
	50m: 30.89 30.89	150m: 1:45.56 38.95	250m: 3:05.56 42.74	350m: 4:23.69 34.25	
	100m: 1:06.61 35.72	200m: 2:22.82 37.26	300m: 3:49.44 43.88	400m: 4:57.06 33.37	

Prova 6, Masc., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Simão Correia Ricardo	00	Naval Setubalense	<b>4:59.05</b>	488
	50m: 32.75 32.75	150m: 1:49.74 40.29	250m: 3:09.06 40.45	350m: 4:25.77 36.25	
	100m: 1:09.45 36.70	200m: 2:28.61 38.87	300m: 3:49.52 40.46	400m: 4:59.05 33.28	
8.	Daniel Nogueira Catalão	00	União Piedense	<b>4:59.76</b>	484
	50m: 31.49 31.49	150m: 1:47.06 39.99	250m: 3:07.48 40.93	350m: 4:25.22 35.47	
	100m: 1:07.07 35.58	200m: 2:26.55 39.49	300m: 3:49.75 42.27	400m: 4:59.76 34.54	
9.	João Pedro Silva	00	Naval Amorense	<b>5:00.27</b>	482
	50m: 30.80 30.80	150m: 1:45.59 39.91	250m: 3:09.33 44.72	350m: 4:28.23 34.69	
	100m: 1:05.68 34.88	200m: 2:24.61 39.02	300m: 3:53.54 44.21	400m: 5:00.27 32.04	
10.	Daniel Cipriano Pinto	00	Sporting	<b>5:00.32</b>	482
	50m: 30.75 30.75	150m: 1:44.51 37.68	250m: 3:03.93 42.61	350m: 4:25.75 36.28	
	100m: 1:06.83 36.08	200m: 2:21.32 36.81	300m: 3:49.47 45.54	400m: 5:00.32 34.57	
11.	Francisco Silva Pinheiro	00	Alges	<b>5:00.90</b>	479
	50m: 31.09 31.09	150m: 1:46.34 39.47	250m: 3:09.15 43.02	350m: 4:27.75 34.80	
	100m: 1:06.87 35.78	200m: 2:26.13 39.79	300m: 3:52.95 43.80	400m: 5:00.90 33.15	
12.	Joao Manuel Vargas	00	Alges	<b>5:01.11</b>	478
	50m: 32.18 32.18	150m: 1:49.87 38.89	250m: 3:10.25 42.74	350m: 4:27.70 34.75	
	100m: 1:10.98 38.80	200m: 2:27.51 37.64	300m: 3:52.95 42.70	400m: 5:01.11 33.41	
13.	Pedro Barata Neves	00	Clube Instrucao Laranjeiro	<b>5:03.91</b>	465
	50m: 32.14 32.14	150m: 1:47.42 40.24	250m: 3:10.71 44.83	350m: 4:30.95 34.28	
	100m: 1:07.18 35.04	200m: 2:25.88 38.46	300m: 3:56.67 45.96	400m: 5:03.91 32.96	
14.	Tomas Dias Ferreira	00	Geslours	<b>5:06.02</b>	455
	50m: 32.99 32.99	150m: 1:51.55 40.57	250m: 3:14.08 43.03	350m: 4:32.49 35.14	
	100m: 1:10.98 37.99	200m: 2:31.05 39.50	300m: 3:57.35 43.27	400m: 5:06.02 33.53	
15.	Pedro Henriques Marques	00	União Piedense	<b>5:07.91</b>	447
	50m: 30.97 30.97	150m: 1:47.01 40.03	250m: 3:12.35 47.18	350m: 4:33.48 34.10	
	100m: 1:06.98 36.01	200m: 2:25.17 38.16	300m: 3:59.38 47.03	400m: 5:07.91 34.43	
16.	Diogo Monteiro Sousa	00	Naval Setubalense	<b>5:13.52</b>	423
	50m: 33.33 33.33	150m: 1:52.02 40.64	250m: 3:14.36 44.17	350m: 4:37.40 37.15	
	100m: 1:11.38 38.05	200m: 2:30.19 38.17	300m: 4:00.25 45.89	400m: 5:13.52 36.12	
17.	João Fernandes Garcia	00	Avançado EULx	<b>5:13.73</b>	422
	50m: 31.75 31.75	150m: 1:48.18 39.64	250m: 3:15.90 48.46	350m: 4:39.55 34.84	
	100m: 1:08.54 36.79	200m: 2:27.44 39.26	300m: 4:04.71 48.81	400m: 5:13.73 34.18	
18.	Bernardo Antunes Augusto	00	Naval Setubalense	<b>5:14.64</b>	419
	50m: 32.84 32.84	150m: 1:53.63 42.86	250m: 3:20.09 45.16	350m: 4:39.77 35.38	
	100m: 1:10.77 37.93	200m: 2:34.93 41.30	300m: 4:04.39 44.30	400m: 5:14.64 34.87	
19.	Nuno Tiago Pinela	00	Colégio Vasco da Gama	<b>5:18.40</b>	404
	50m: 34.07 34.07	150m: 1:52.72 40.15	250m: 3:16.25 44.71	350m: 4:41.11 39.12	
	100m: 1:12.57 38.50	200m: 2:31.54 38.82	300m: 4:01.99 45.74	400m: 5:18.40 37.29	
20.	Diogo Puidival Marques	00	Desporto Setúbal	<b>5:26.63</b>	374
	50m: 31.83 31.83	150m: 1:52.89 42.91	250m: 3:23.59 49.02	350m: 4:50.53 37.63	
	100m: 1:09.98 38.15	200m: 2:34.57 41.68	300m: 4:12.90 49.31	400m: 5:26.63 36.10	
21.	Rodrigo Guerreiro Benavente	00	Desporto Setúbal	<b>5:31.60</b>	358
	50m: 32.64 32.64	150m: 1:53.04 42.31	250m: 3:25.52 50.41	350m: 4:54.29 37.44	
	100m: 1:10.73 38.09	200m: 2:35.11 42.07	300m: 4:16.85 51.33	400m: 5:31.60 37.31	
22.	Ricardo Silva Marujo	00	Geslours	<b>5:32.80</b>	354
	50m: 34.56 34.56	150m: 1:56.17 42.14	250m: 3:26.89 49.42	350m: 4:55.44 37.51	
	100m: 1:14.03 39.47	200m: 2:37.47 41.30	300m: 4:17.93 51.04	400m: 5:32.80 37.36	
DSQ	Joao Pedro Gaspar	00	Colégio Monte Maior		
	<i>E-B30 - No percurso de braços, efect. toque não simultâneo das mãos na parede testa na viragem aos 250 metros (SW 7.6)</i>				
DSQ	Sergio Chan Machado	00	Alges		
	<i>E-M2 - Efectuou batimento alternado de pernas/pés após a partida. (SW 8.3)</i>				
DSQ	Manuel Castelo Branco	00	Estoris		
	<i>E-B31 - No percurso de braços, tocou com uma só mão na parede testa na viragem aos 275 metros (SW 7.6)</i>				
EXH	Benkai He	00	Fisica Torres Vedras	<b>5:20.39</b>	397
	50m: 33.20 33.20	150m: 1:53.48 40.91	250m: 3:19.01 45.88	350m: 4:43.43 39.42	
	100m: 1:12.57 39.37	200m: 2:33.13 39.65	300m: 4:04.01 45.00	400m: 5:20.39 36.96	
EXH	Luis Carrara Bittini	01	Alges	<b>5:11.54</b>	431
	50m: 32.88 32.88	150m: 1:49.64 37.48	250m: 3:13.95 46.73	350m: 4:36.56 35.20	
	100m: 1:12.16 39.28	200m: 2:27.22 37.58	300m: 4:01.36 47.41	400m: 5:11.54 34.98	

2 - 2ª Jornada - 1ª Sessão

15.11.15 - 9:00

Prova 7	Femin., 400m Livres				Infantis B
15.11.15 - 9:00					Resultados
Rec Regional	4:42.86	Beatriz Rodrigues Conde	SCP	Alges	2010
Rec Regional Absoluto	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Nacional	4:38.40	Filipa Vilas Ruivo	DNMG	Alcobaça	2009
Rec Nacional Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	2009

Mínimo Acesso : 6:01.88

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Maria Ferreira Moura	04	Geslours	<b>5:15.55</b>	410
	50m: 36.37 36.37	150m: 1:56.18 40.24	250m: 3:16.15 39.72	350m: 4:36.47 40.01	
	100m: 1:15.94 39.57	200m: 2:36.43 40.25	300m: 3:56.46 40.31	400m: 5:15.55 39.08	
2.	Leonor Alves Morganho	04	Alges	<b>5:17.31</b>	403
	50m: 37.04 37.04	150m: 1:56.77 40.69	250m: 3:17.37 39.92	350m: 4:38.02 40.16	
	100m: 1:16.08 39.04	200m: 2:37.45 40.68	300m: 3:57.86 40.49	400m: 5:17.31 39.29	
3.	Maria Gomes Pereira	04	Alges	<b>5:22.02</b>	386
	50m: 36.32 36.32	150m: 1:57.11 41.28	250m: 3:19.87 40.91	350m: 4:42.36 41.15	
	100m: 1:15.83 39.51	200m: 2:38.96 41.85	300m: 4:01.21 41.34	400m: 5:22.02 39.66	
4.	Susana Chanoca Narciso	04	Desportivo Sesimbra	<b>5:23.40</b>	381
	50m: 35.94 35.94	150m: 1:58.00 41.47	250m: 3:21.64 41.27	350m: 4:44.42 41.45	
	100m: 1:16.53 40.59	200m: 2:40.37 42.37	300m: 4:02.97 41.33	400m: 5:23.40 38.98	
5.	Lidiana Correia Rodrigues	04	Amadora	<b>5:24.94</b>	375
	50m: 37.93 37.93	150m: 2:00.63 42.30	250m: 3:24.67 41.99	350m: 4:46.41 40.47	
	100m: 1:18.33 40.40	200m: 2:42.68 42.05	300m: 4:05.94 41.27	400m: 5:24.94 38.53	
6.	Leonor Esteves Santos	04	Avançado EULx	<b>5:31.82</b>	353
	50m: 38.00 38.00	150m: 2:02.32 42.60	250m: 3:26.75 42.31	350m: 4:51.73 42.67	
	100m: 1:19.72 41.72	200m: 2:44.44 42.12	300m: 4:09.06 42.31	400m: 5:31.82 40.09	
7.	Alice Jesus Morgado	04	Vialonga	<b>5:34.74</b>	343
	50m: 37.65 37.65	150m: 2:01.55 42.30	250m: 3:27.12 42.98	350m: 4:53.39 42.96	
	100m: 1:19.25 41.60	200m: 2:44.14 42.59	300m: 4:10.43 43.31	400m: 5:34.74 41.35	
8.	Carolina Porem Henriques	04	Amadora	<b>5:35.55</b>	341
	50m: 38.64 38.64	150m: 2:03.03 42.54	250m: 3:27.88 41.79	350m: 4:53.29 42.57	
	100m: 1:20.49 41.85	200m: 2:46.09 43.06	300m: 4:10.72 42.84	400m: 5:35.55 42.26	
9.	Marta Pereira Domingos	04	Naval Amorense	<b>5:39.83</b>	328
	50m: 38.30 38.30	150m: 2:05.10 44.07	250m: 3:32.53 43.39	350m: 4:58.79 43.43	
	100m: 1:21.03 42.73	200m: 2:49.14 44.04	300m: 4:15.36 42.83	400m: 5:39.83 41.04	
10.	Mariana Morais Delfino	04	Avançado EULx	<b>5:40.43</b>	326
	50m: 37.67 37.67	150m: 2:02.17 42.58	250m: 3:28.98 43.89	350m: 4:57.32 43.94	
	100m: 1:19.59 41.92	200m: 2:45.09 42.92	300m: 4:13.38 44.40	400m: 5:40.43 43.11	
11.	Matilde Calhau Silva	04	Sporting	<b>5:40.56</b>	326
	50m: 38.76 38.76	150m: 2:04.93 43.58	250m: 3:31.35 43.04	350m: 4:58.53 43.78	
	100m: 1:21.35 42.59	200m: 2:48.31 43.38	300m: 4:14.75 43.40	400m: 5:40.56 42.03	
12.	Madalena da Graca Geraldès	04	Sporting	<b>5:41.23</b>	324
	50m: 37.18 37.18	150m: 2:02.81 44.06	250m: 3:30.38 43.73	350m: 4:58.47 43.99	
	100m: 1:18.75 41.57	200m: 2:46.65 43.84	300m: 4:14.48 44.10	400m: 5:41.23 42.76	
13.	Vera Figueiredo Narra	04	Amadora	<b>5:41.54</b>	323
	50m: 36.80 36.80	150m: 2:00.03 42.82	250m: 3:29.00 44.53	350m: 4:58.15 44.91	
	100m: 1:17.21 40.41	200m: 2:44.47 44.44	300m: 4:13.24 44.24	400m: 5:41.54 43.39	
14.	Carolina Fale Costa	04	Colégio Monte Maior	<b>5:43.93</b>	317
	50m: 39.52 39.52	150m: 2:04.88 42.73	250m: 3:33.55 44.43	350m: 5:02.16 43.41	
	100m: 1:22.15 42.63	200m: 2:49.12 44.24	300m: 4:18.75 45.20	400m: 5:43.93 41.77	
15.	Rita Santos Boioes	04	C N Montijo	<b>5:46.41</b>	310
	50m: 37.35 37.35	150m: 2:04.13 44.30	250m: 3:34.13 45.03	350m: 5:04.22 44.41	
	100m: 1:19.83 42.48	200m: 2:49.10 44.97	300m: 4:19.81 45.68	400m: 5:46.41 42.19	
16.	Carolina Jose Nascimento	04	CPCD Póvoa Sta Iria	<b>5:48.62</b>	304
	50m: 39.25 39.25	150m: 2:08.16 44.80	250m: 3:38.19 44.62	350m: 5:05.95 42.71	
	100m: 1:23.36 44.11	200m: 2:53.57 45.41	300m: 4:23.24 45.05	400m: 5:48.62 42.67	
17.	Margarida Filipe Ferreira	04	Nautica do Seixal	<b>5:51.21</b>	297
	50m: 37.52 37.52	150m: 2:06.17 45.34	250m: 3:36.58 45.17	350m: 5:06.71 44.66	
	100m: 1:20.83 43.31	200m: 2:51.41 45.24	300m: 4:22.05 45.47	400m: 5:51.21 44.50	

Prova 7, Femin., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
18.	Carolina Pinto Luz 50m: 39.18 39.18 100m: 1:23.65 44.47	04	Desportivo Sesimbra	<b>5:51.99</b> 350m: 5:09.50 44.68 400m: 5:51.99 42.49	295
19.	Daniela Alexandra Pedro 50m: 39.35 39.35 100m: 1:23.26 43.91	04	Colégio Vasco da Gama	<b>5:52.62</b> 350m: 5:11.31 45.68 400m: 5:52.62 41.31	294
20.	Raquel Raposo Lopes 50m: 38.91 38.91 100m: 1:21.88 42.97	04	Nautica do Seixal	<b>5:53.19</b> 350m: 5:08.60 45.67 400m: 5:53.19 44.59	292
21.	Ana Costa Gonçalves 50m: 39.05 39.05 100m: 1:22.95 43.90	04	Sporting	<b>5:53.28</b> 350m: 5:10.53 45.45 400m: 5:53.28 42.75	292
22.	Sara Alexandra Castro 50m: 37.76 37.76 100m: 1:20.52 42.76	04	C N Montijo	<b>5:55.11</b> 350m: 5:10.79 47.07 400m: 5:55.11 44.32	288
23.	Joana Maia Antunes 50m: 37.19 37.19 100m: 1:19.42 42.23	04	Sporting	<b>5:56.59</b> 350m: 5:10.88 46.10 400m: 5:56.59 45.71	284
24.	Barbara Almeida Ribeiro 50m: 40.76 40.76 100m: 1:24.99 44.23	04	Colégio Vasco da Gama	<b>6:00.25</b> 350m: 5:15.08 46.05 400m: 6:00.25 45.17	275
25.	Matilde Carvalho Barao 50m: 41.19 41.19 100m: 1:25.50 44.31	04	Colégio Vasco da Gama	<b>6:01.06</b> 350m: 5:15.13 45.86 400m: 6:01.06 45.93	274
26.	Rafaela Salsinha Fontes 50m: 38.61 38.61 100m: 1:22.68 44.07	04	Naval Amorense	<b>6:01.82</b> 350m: 5:17.41 47.56 400m: 6:01.82 44.41	272
27.	Catarina Nunes Costa <i>Fora Minimo Acesso</i> 50m: 42.16 42.16 100m: 1:27.86 45.70	04	Geslours	<b>6:02.43</b> 350m: 5:19.46 45.03 400m: 6:02.43 42.97	270
28.	Alice Carvalho Amigo <i>Fora Minimo Acesso</i> 50m: 39.62 39.62 100m: 1:25.55 45.93	04	Desportivo Sesimbra	<b>6:04.47</b> 350m: 5:21.62 47.46 400m: 6:04.47 42.85	266
29.	Alisa Bekauri <i>Fora Minimo Acesso</i> 50m: 39.99 39.99 100m: 1:24.68 44.69	04	Oriental	<b>6:04.68</b> 350m: 5:19.50 46.96 400m: 6:04.68 45.18	265
30.	Margarida Carvalho Barao <i>Fora Minimo Acesso</i> 50m: 39.85 39.85 100m: 1:24.72 44.87	04	Colégio Vasco da Gama	<b>6:04.83</b> 350m: 5:20.03 47.69 400m: 6:04.83 44.80	265
31.	Daniela Filipa Marques <i>Fora Minimo Acesso</i> 50m: 40.00 40.00 100m: 1:25.22 45.22	04	Palmela Desporto	<b>6:05.62</b> 350m: 5:19.00 47.24 400m: 6:05.62 46.62	263
32.	Rita Aldir Santos <i>Fora Minimo Acesso</i> 50m: 41.18 41.18 100m: 1:27.26 46.08	04	Avançado EULx	<b>6:06.21</b> 350m: 5:22.11 46.13 400m: 6:06.21 44.10	262
33.	Maria Martins Camacho <i>Fora Minimo Acesso</i> 50m: 39.54 39.54 100m: 1:25.99 46.45	04	União Piedense	<b>6:09.77</b> 350m: 5:24.06 48.28 400m: 6:09.77 45.71	255
34.	Alice Castico Moreira <i>Fora Minimo Acesso</i> 50m: 41.16 41.16 100m: 1:26.70 45.54	04	C N Montijo	<b>6:10.10</b> 350m: 5:24.04 47.94 400m: 6:10.10 46.06	254
35.	Sara Vitoria Gomes <i>Fora Minimo Acesso</i> 50m: 38.97 38.97 100m: 1:22.15 43.18	04	Naval Amorense	<b>6:10.44</b> 350m: 5:23.26 49.50 400m: 6:10.44 47.18	253

Prova 7, Femin., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
36.	Catarina Alexandra Marques <i>Fora Minimo Acesso</i>	04	Colégio Vasco da Gama	<b>6:11.70</b>	251
	50m: 40.77 40.77	150m: 2:15.86 48.35	250m: 3:49.46 46.77	350m: 5:25.20 47.55	
	100m: 1:27.51 46.74	200m: 3:02.69 46.83	300m: 4:37.65 48.19	400m: 6:11.70 46.50	
37.	Andreia Velho Magalhaes <i>Fora Minimo Acesso</i>	04	Benfica	<b>6:13.08</b>	248
	50m: 38.64 38.64	150m: 2:11.24 47.83	250m: 3:48.64 48.88	350m: 5:26.48 49.04	
	100m: 1:23.41 44.77	200m: 2:59.76 48.52	300m: 4:37.44 48.80	400m: 6:13.08 46.60	
38.	Marta Silva Figueiredo <i>Fora Minimo Acesso</i>	04	Naval Amorense	<b>6:13.60</b>	247
	50m: 40.28 40.28	150m: 2:15.34 47.72	250m: 3:50.72 48.76	350m: 5:26.55 47.29	
	100m: 1:27.62 47.34	200m: 3:01.96 46.62	300m: 4:39.26 48.54	400m: 6:13.60 47.05	
39.	Ines Marques Joaquim <i>Fora Minimo Acesso</i>	04	Benfica	<b>6:19.58</b>	235
	50m: 41.16 41.16	150m: 2:16.85 47.83	250m: 3:53.08 47.96	350m: 5:30.35 48.90	
	100m: 1:29.02 47.86	200m: 3:05.12 48.27	300m: 4:41.45 48.37	400m: 6:19.58 49.23	
40.	Luana Santos Freitas <i>Fora Minimo Acesso</i>	04	Amadora	<b>6:22.00</b>	231
	50m: 41.66 41.66	150m: 2:20.09 49.73	250m: 3:56.33 47.42	350m: 5:36.14 49.68	
	100m: 1:30.36 48.70	200m: 3:08.91 48.82	300m: 4:46.46 50.13	400m: 6:22.00 45.86	

Prova 8

15.11.15 - 9:33

Masc., 400m Livres

Infantis B

Resultados

Rec Regional	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Regional Absoluto	3:49.19	Ricardo Ferreira Cotovio	SCP	Porto	2012
Rec Nacional	4:21.95	Pedro Fontoura Oliveira	CFB	Santarém	2003
Rec Nacional Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	2009

Mínimo Acesso : 5:32.45

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Duarte Silva Taleigo	03	Amadora	<b>4:53.71</b>	377
	50m: 33.03 33.03	150m: 1:47.56 37.92	250m: 3:03.20 38.12	350m: 4:17.65 37.89	
	100m: 1:09.64 36.61	200m: 2:25.08 37.52	300m: 3:39.76 36.56	400m: 4:53.71 36.06	
2.	Tomas Nogueira Gomes	03	União Piedense	<b>5:02.64</b>	344
	50m: 33.02 33.02	150m: 1:49.29 38.91	250m: 3:08.83 39.67	350m: 4:26.10 38.72	
	100m: 1:10.38 37.36	200m: 2:29.16 39.87	300m: 3:47.38 38.55	400m: 5:02.64 36.54	
3.	Ricardo Novikov	03	Alges	<b>5:03.71</b>	341
	50m: 34.52 34.52	150m: 1:52.13 39.22	250m: 3:10.78 39.04	350m: 4:28.95 38.86	
	100m: 1:12.91 38.39	200m: 2:31.74 39.61	300m: 3:50.09 39.31	400m: 5:03.71 34.76	
4.	Ricardo Martins Ferreira	03	Desporto Setúbal	<b>5:05.48</b>	335
	50m: 33.66 33.66	150m: 1:50.95 39.30	250m: 3:09.30 38.69	350m: 4:28.02 39.42	
	100m: 1:11.65 37.99	200m: 2:30.61 39.66	300m: 3:48.60 39.30	400m: 5:05.48 37.46	
5.	Rodrigo Reis Dias	03	Belenenses	<b>5:11.83</b>	315
	50m: 34.16 34.16	150m: 1:53.64 40.28	250m: 3:13.22 39.86	350m: 4:33.60 40.25	
	100m: 1:13.36 39.20	200m: 2:33.36 39.72	300m: 3:53.35 40.13	400m: 5:11.83 38.23	
6.	Andre Martins Sousa	03	C N Montijo	<b>5:19.77</b>	292
	50m: 36.17 36.17	150m: 1:55.73 40.49	250m: 3:18.04 41.56	350m: 4:40.25 41.14	
	100m: 1:15.24 39.07	200m: 2:36.48 40.75	300m: 3:59.11 41.07	400m: 5:19.77 39.52	
7.	Luis Cabral Junior	03	Belenenses	<b>5:20.69</b>	289
	50m: 36.30 36.30	150m: 1:55.69 40.79	250m: 3:17.43 41.43	350m: 4:42.30 42.00	
	100m: 1:14.90 38.60	200m: 2:36.00 40.31	300m: 4:00.30 42.87	400m: 5:20.69 38.39	
8.	Alexandre Coelho Vieira	03	Sporting	<b>5:25.56</b>	277
	50m: 38.05 38.05	150m: 2:02.82 42.29	250m: 3:25.31 41.21	350m: 4:46.75 40.29	
	100m: 1:20.53 42.48	200m: 2:44.10 41.28	300m: 4:06.46 41.15	400m: 5:25.56 38.81	
9.	Salvador Ataide Parente	03	Geslours	<b>5:30.40</b>	265
	50m: 38.17 38.17	150m: 2:02.42 42.49	250m: 3:27.23 42.24	350m: 4:50.88 42.05	
	100m: 1:19.93 41.76	200m: 2:44.99 42.57	300m: 4:08.83 41.60	400m: 5:30.40 39.52	

Prova 8, Masc., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
10.	David Van Ossenbruggen 50m: 35.99 35.99 100m: 1:17.41 41.42	150m: 2:00.44 43.03 200m: 2:43.10 42.66	03 União Piedense	250m: 3:26.30 43.20 300m: 4:08.64 42.34 350m: 4:51.21 42.57 400m: 5:30.71 39.50	<b>5:30.71</b> 264
11.	Miguel Fernandes Rosado <i>Fora Minimo Acesso</i> 50m: 37.31 37.31 100m: 1:19.60 42.29	150m: 2:02.40 42.80 200m: 2:45.16 42.76	03 Clube Instrucao Laranjeiro	250m: 3:27.91 42.75 300m: 4:10.90 42.99 350m: 4:53.10 42.20 400m: 5:33.46 40.36	<b>5:33.46</b> 257
12.	Joao Pinela Santos <i>Fora Minimo Acesso</i> 50m: 37.37 37.37 100m: 1:18.98 41.61	150m: 2:02.03 43.05 200m: 2:45.39 43.36	03 União Piedense	250m: 3:29.25 43.86 300m: 4:12.99 43.74 350m: 4:55.90 42.91 400m: 5:33.68 37.78	<b>5:33.68</b> 257
13.	Diogo Miguel Duraes <i>Fora Minimo Acesso</i> 50m: 38.66 38.66 100m: 1:21.14 42.48	150m: 2:03.56 42.42 200m: 2:46.56 43.00	03 C N Montijo	250m: 3:30.20 43.64 300m: 4:14.02 43.82 350m: 4:55.61 41.59 400m: 5:34.08 38.47	<b>5:34.08</b> 256
14.	Goncalo Filipe Valente <i>Fora Minimo Acesso</i> 50m: 36.76 36.76 100m: 1:18.43 41.67	150m: 2:01.21 42.78 200m: 2:43.84 42.63	03 Gesloures	250m: 3:27.17 43.33 300m: 4:10.23 43.06 350m: 4:53.51 43.28 400m: 5:34.92 41.41	<b>5:34.92</b> 254
15.	Guilherme Matias Cristino <i>Fora Minimo Acesso</i> 50m: 36.74 36.74 100m: 1:18.10 41.36	150m: 2:01.51 43.41 200m: 2:45.12 43.61	03 Naval Amorense	250m: 3:28.10 42.98 300m: 4:11.67 43.57 350m: 4:54.88 43.21 400m: 5:35.03 40.15	<b>5:35.03</b> 254
16.	Joao Luis Matos <i>Fora Minimo Acesso</i> 50m: 36.52 36.52 100m: 1:18.41 41.89	150m: 2:00.82 42.41 200m: 2:44.20 43.38	03 Colégio Vasco da Gama	250m: 3:27.45 43.25 300m: 4:10.97 43.52 350m: 4:54.33 43.36 400m: 5:35.37 41.04	<b>5:35.37</b> 253
17.	Luis Maia Pegado <i>Fora Minimo Acesso</i> 50m: 37.55 37.55 100m: 1:20.04 42.49	150m: 2:03.48 43.44 200m: 2:45.54 42.06	03 Sporting	250m: 3:27.81 42.27 300m: 4:10.94 43.13 350m: 4:53.71 42.77 400m: 5:36.08 42.37	<b>5:36.08</b> 251
18.	Pedro Esteves Duarte <i>Fora Minimo Acesso</i> 50m: 37.13 37.13 100m: 1:19.18 42.05	150m: 2:02.71 43.53 200m: 2:45.75 43.04	03 Naval Amorense	250m: 3:27.10 41.35 300m: 4:11.03 43.93 350m: 4:54.14 43.11 400m: 5:36.35 42.21	<b>5:36.35</b> 251
19.	Goncalo Vieira Almeida <i>Fora Minimo Acesso</i> 50m: 39.29 39.29 100m: 1:22.52 43.23	150m: 2:06.29 43.77 200m: 2:49.01 42.72	03 União Piedense	250m: 3:31.30 42.29 300m: 4:14.19 42.89 350m: 4:57.40 43.21 400m: 5:38.64 41.24	<b>5:38.64</b> 246
20.	Rodrigo Beja Lopes <i>Fora Minimo Acesso</i> 50m: 37.86 37.86 100m: 1:20.51 42.65	150m: 2:03.84 43.33 200m: 2:46.81 42.97	03 Palmela Desporto	250m: 3:29.94 43.13 300m: 4:14.84 44.90 350m: 4:59.32 44.48 400m: 5:38.93 39.61	<b>5:38.93</b> 245
21.	Goncalo Nuno Raposo <i>Fora Minimo Acesso</i> 50m: 37.51 37.51 100m: 1:19.38 41.87	150m: 2:03.52 44.14 200m: 2:47.90 44.38	03 Palmela Desporto	250m: 3:32.27 44.37 300m: 4:16.83 44.56 350m: 4:59.84 43.01 400m: 5:41.00 41.16	<b>5:41.00</b> 241
22.	Fabio Miguel Farinha <i>Fora Minimo Acesso</i> 50m: 38.54 38.54 100m: 1:21.31 42.77	150m: 2:04.52 43.21 200m: 2:48.70 44.18	03 Benfica	250m: 3:32.57 43.87 300m: 4:15.48 42.91 350m: 4:59.49 44.01 400m: 5:41.12 41.63	<b>5:41.12</b> 240
23.	Daniel Shumeika Zayika <i>Fora Minimo Acesso</i> 50m: 38.89 38.89 100m: 1:21.33 42.44	150m: 2:04.95 43.62 200m: 2:48.93 43.98	03 Benfica	250m: 3:33.23 44.30 300m: 4:16.66 43.43 350m: 5:00.34 43.68 400m: 5:41.79 41.45	<b>5:41.79</b> 239
24.	Pedro Miguel Matos <i>Fora Minimo Acesso</i> 50m: 38.21 38.21 100m: 1:22.10 43.89	150m: 2:06.15 44.05 200m: 2:50.06 43.91	03 Colégio Vasco da Gama	250m: 3:34.63 44.57 300m: 4:18.34 43.71 350m: 5:01.67 43.33 400m: 5:44.58 42.91	<b>5:44.58</b> 233
25.	Guilherme Carmo Manz <i>Fora Minimo Acesso</i> 50m: 37.31 37.31 100m: 1:20.60 43.29	150m: 2:05.11 44.51 200m: 2:50.16 45.05	03 Colégio Vasco da Gama	250m: 3:34.80 44.64 300m: 4:19.34 44.54 350m: 5:03.93 44.59 400m: 5:46.04 42.11	<b>5:46.04</b> 230

Prova 8, Masc., 400m Livres, Infantis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
26.	Henrique Pinheiro Valente <i>Fora Minimo Acesso</i>	03	Colégio Vasco da Gama	<b>5:50.39</b>	222
	50m: 38.88 38.88 150m: 2:06.67 44.12 250m: 3:35.76 44.65 350m: 5:07.09 45.52 100m: 1:22.55 43.67 200m: 2:51.11 44.44 300m: 4:21.57 45.81 400m: 5:50.39 43.30				
27.	Tomas Augusto Teixeira <i>Fora Minimo Acesso</i>	03	Colégio Vasco da Gama	<b>5:51.03</b>	221
	50m: 38.66 38.66 150m: 2:05.52 43.97 250m: 3:35.88 44.83 350m: 5:05.84 45.12 100m: 1:21.55 42.89 200m: 2:51.05 45.53 300m: 4:20.72 44.84 400m: 5:51.03 45.19				
28.	Gonçalo Miguel Rodrigues <i>Fora Minimo Acesso</i>	03	Estoris	<b>5:51.09</b>	220
	50m: 37.29 37.29 150m: 2:04.89 45.09 250m: 3:36.65 46.37 350m: 5:08.97 46.09 100m: 1:19.80 42.51 200m: 2:50.28 45.39 300m: 4:22.88 46.23 400m: 5:51.09 42.12				
29.	Francisco Teixeira Monteiro <i>Fora Minimo Acesso</i>	03	Naval Amorense	<b>5:52.54</b>	218
	50m: 37.19 37.19 150m: 2:05.64 44.97 250m: 3:36.32 45.23 350m: 5:09.10 45.50 100m: 1:20.67 43.48 200m: 2:51.09 45.45 300m: 4:23.60 47.28 400m: 5:52.54 43.44				
30.	Gonçalo Formosinho Rodrigues <i>Fora Minimo Acesso</i>	03	Avançado EULx	<b>6:03.69</b>	198
	50m: 40.00 40.00 150m: 2:11.27 46.73 250m: 3:45.39 46.47 350m: 5:17.92 46.59 100m: 1:24.54 44.54 200m: 2:58.92 47.65 300m: 4:31.33 45.94 400m: 6:03.69 45.77				
31.	Andre Santos Costa <i>Fora Minimo Acesso</i>	03	Amadora	<b>6:10.85</b>	187
	50m: 39.86 39.86 150m: 2:14.14 47.33 250m: 3:49.21 47.66 350m: 5:23.07 46.17 100m: 1:26.81 46.95 200m: 3:01.55 47.41 300m: 4:36.90 47.69 400m: 6:10.85 47.78				
EXH	Nicolae Iachimovschi	03	Amadora	<b>5:26.10</b>	275
	50m: 35.03 35.03 150m: 1:55.58 40.57 250m: 3:19.09 41.96 350m: 4:44.12 42.53 100m: 1:15.01 39.98 200m: 2:37.13 41.55 300m: 4:01.59 42.50 400m: 5:26.10 41.98				

Prova 9  
15.11.15 - 10:15

Femin., 1500m Livres

Juvenis  
Resultados

Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Regional Juv A	17:49.40	Barbara Marques Rodrigues	SAD	Algés	2012
Rec Regional Absoluto	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	2013
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia de Âncora	2014
Rec Nacional Absoluto	16:31.25	Angelica Maria Andre	CFP	Porto	2014

Mínimo Acesso Juv B: 20:34.50; Juv A: 19:59.89

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Mariana Amaral Mendes	02	Colégio Monte Maior	<b>18:08.58</b>	603
	50m: 34.60 34.60 450m: 5:21.97 35.81 850m: 10:13.71 36.65 1250m: 15:07.19 36.27 100m: 1:10.40 35.80 500m: 5:58.07 36.10 900m: 10:50.82 37.11 1300m: 15:44.03 36.84 150m: 1:46.08 35.68 550m: 6:34.59 36.52 950m: 11:27.74 36.92 1350m: 16:20.95 36.92 200m: 2:22.26 36.18 600m: 7:10.71 36.12 1000m: 12:04.07 36.33 1400m: 16:57.65 36.70 250m: 2:58.16 35.90 650m: 7:46.75 36.04 1050m: 12:40.91 36.84 1450m: 17:34.43 36.78 300m: 3:34.34 36.18 700m: 8:23.39 36.64 1100m: 13:17.39 36.48 1500m: 18:08.58 34.15 350m: 4:10.49 36.15 750m: 8:59.97 36.58 1150m: 13:54.10 36.71 400m: 4:46.16 35.67 800m: 9:37.06 37.09 1200m: 14:30.92 36.82				
2.	Rafaela Gomes Azevedo	02	Alges	<b>18:24.42</b>	577
	50m: 35.23 35.23 450m: 5:25.55 36.76 850m: 10:20.13 36.83 1250m: 15:17.37 37.30 100m: 1:09.95 34.72 500m: 6:02.57 37.02 900m: 10:57.13 37.00 1300m: 15:54.83 37.46 150m: 1:46.35 36.40 550m: 6:38.98 36.41 950m: 11:34.18 37.05 1350m: 16:32.06 37.23 200m: 2:22.73 36.38 600m: 7:15.62 36.64 1000m: 12:11.24 37.06 1400m: 17:09.60 37.54 250m: 2:59.93 37.20 650m: 7:52.58 36.96 1050m: 12:48.55 37.31 1450m: 17:46.83 37.23 300m: 3:35.94 36.01 700m: 8:29.28 36.70 1100m: 13:25.65 37.10 1500m: 18:24.42 37.59 350m: 4:12.44 36.50 750m: 9:06.28 37.00 1150m: 14:02.77 37.12 400m: 4:48.79 36.35 800m: 9:43.30 37.02 1200m: 14:40.07 37.30				

Prova 9, Femin., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts		
3.	Clara Gomes Pereira	02	Alges	<b>18:38.22</b>	556		
	50m: 34.56	450m: 5:27.67	36.97	850m: 10:26.82	37.92	1250m: 15:29.89	37.60
	100m: 1:11.06	500m: 6:04.47	36.80	900m: 11:04.90	38.08	1300m: 16:08.34	38.45
	150m: 1:47.23	550m: 6:41.53	37.06	950m: 11:42.22	37.32	1350m: 16:46.33	37.99
	200m: 2:23.88	600m: 7:19.01	37.48	1000m: 12:20.41	38.19	1400m: 17:24.61	38.28
	250m: 3:00.49	650m: 7:55.97	36.96	1050m: 12:58.12	37.71	1450m: 18:02.85	38.24
	300m: 3:36.86	700m: 8:33.82	37.85	1100m: 13:36.45	38.33	1500m: 18:38.22	35.37
	350m: 4:13.51	750m: 9:11.19	37.37	1150m: 14:14.59	38.14		
	400m: 4:50.70	800m: 9:48.90	37.71	1200m: 14:52.29	37.70		
4.	Maria Margarida Belo	02	Sporting	<b>18:54.15</b>	533		
	50m: 35.86	450m: 5:43.91	38.63	850m: 10:46.58	37.51	1250m: 15:47.90	37.46
	100m: 1:14.61	500m: 6:21.95	38.04	900m: 11:24.10	37.52	1300m: 16:25.52	37.62
	150m: 1:53.12	550m: 7:00.29	38.34	950m: 12:01.94	37.84	1350m: 17:03.19	37.67
	200m: 2:31.87	600m: 7:38.40	38.11	1000m: 12:39.68	37.74	1400m: 17:41.11	37.92
	250m: 3:10.10	650m: 8:16.59	38.19	1050m: 13:17.06	37.38	1450m: 18:18.24	37.13
	300m: 3:48.86	700m: 8:54.31	37.72	1100m: 13:54.71	37.65	1500m: 18:54.15	35.91
	350m: 4:27.24	750m: 9:31.37	37.06	1150m: 14:32.45	37.74		
	400m: 5:05.28	800m: 10:09.07	37.70	1200m: 15:10.44	37.99		
5.	Alexandra Couto Frazao	02	Amadora	<b>18:54.24</b>	533		
	50m: 35.38	450m: 5:27.43	36.95	850m: 10:31.28	38.42	1250m: 15:42.39	38.81
	100m: 1:11.09	500m: 6:03.73	36.30	900m: 11:10.24	38.96	1300m: 16:20.63	38.24
	150m: 1:47.38	550m: 6:40.86	37.13	950m: 11:49.12	38.88	1350m: 16:59.24	38.61
	200m: 2:23.75	600m: 7:18.52	37.66	1000m: 12:27.77	38.65	1400m: 17:37.28	38.04
	250m: 3:00.30	650m: 7:57.02	38.50	1050m: 13:06.88	39.11	1450m: 18:15.57	38.29
	300m: 3:37.10	700m: 8:35.84	38.82	1100m: 13:46.00	39.12	1500m: 18:54.24	38.67
	350m: 4:13.80	750m: 9:14.40	38.56	1150m: 14:24.85	38.85		
	400m: 4:50.48	800m: 9:52.86	38.46	1200m: 15:03.58	38.73		
6.	Leonor Camacho Fernandes	02	Sporting	<b>19:06.12</b>	516		
	50m: 34.21	450m: 5:24.50	37.53	850m: 10:31.01	39.24	1250m: 15:47.49	39.93
	100m: 1:10.16	500m: 6:02.41	37.91	900m: 11:10.57	39.56	1300m: 16:27.58	40.09
	150m: 1:45.97	550m: 6:40.43	38.02	950m: 11:49.94	39.37	1350m: 17:07.38	39.80
	200m: 2:22.02	600m: 7:18.39	37.96	1000m: 12:29.09	39.15	1400m: 17:47.44	40.06
	250m: 2:58.09	650m: 7:56.80	38.41	1050m: 13:08.22	39.13	1450m: 18:27.26	39.82
	300m: 3:34.19	700m: 8:33.81	37.01	1100m: 13:48.12	39.90	1500m: 19:06.12	38.86
	350m: 4:10.62	750m: 9:12.30	38.49	1150m: 14:28.45	40.33		
	400m: 4:46.97	800m: 9:51.77	39.47	1200m: 15:07.56	39.11		
7.	Madalena Maria Ferreira	02	Sporting	<b>19:20.04</b>	498		
	50m: 35.35	450m: 5:41.81	38.79	850m: 10:54.23	39.36	1250m: 16:08.09	39.46
	100m: 1:12.59	500m: 6:20.90	39.09	900m: 11:33.16	38.93	1300m: 16:47.40	39.31
	150m: 1:50.28	550m: 6:59.81	38.91	950m: 12:12.17	39.01	1350m: 17:26.38	38.98
	200m: 2:28.33	600m: 7:38.61	38.80	1000m: 12:50.88	38.71	1400m: 18:05.29	38.91
	250m: 3:06.60	650m: 8:17.59	38.98	1050m: 13:30.65	39.77	1450m: 18:43.18	37.89
	300m: 3:45.47	700m: 8:56.33	38.74	1100m: 14:09.79	39.14	1500m: 19:20.04	36.86
	350m: 4:24.07	750m: 9:35.48	39.15	1150m: 14:48.93	39.14		
	400m: 5:03.02	800m: 10:14.87	39.39	1200m: 15:28.63	39.70		
8.	Carolina Barros Domingos	02	Sporting	<b>19:32.18</b>	483		
	50m: 37.18	450m: 5:52.16	38.91	850m: 11:05.94	39.26	1250m: 16:18.87	39.23
	100m: 1:16.07	500m: 6:31.29	39.13	900m: 11:45.02	39.08	1300m: 16:58.23	39.36
	150m: 1:55.67	550m: 7:10.70	39.41	950m: 12:24.26	39.24	1350m: 17:36.71	38.48
	200m: 2:35.04	600m: 7:49.77	39.07	1000m: 13:03.33	39.07	1400m: 18:16.17	39.46
	250m: 3:14.80	650m: 8:29.17	39.40	1050m: 13:42.44	39.11	1450m: 18:54.71	38.54
	300m: 3:54.34	700m: 9:08.56	39.39	1100m: 14:21.65	39.21	1500m: 19:32.18	37.47
	350m: 4:33.75	750m: 9:47.65	39.09	1150m: 15:01.14	39.49		
	400m: 5:13.25	800m: 10:26.68	39.03	1200m: 15:39.64	38.50		
9.	Joana Filipa Varandas	02	Desporto Setúbal	<b>19:42.91</b>	469		
	50m: 36.74	450m: 5:47.95	39.46	850m: 11:05.79	40.02	1250m: 16:27.21	39.79
	100m: 1:14.92	500m: 6:27.14	39.19	900m: 11:46.28	40.49	1300m: 17:06.61	39.40
	150m: 1:53.82	550m: 7:07.43	40.29	950m: 12:26.20	39.92	1350m: 17:46.10	39.49
	200m: 2:32.51	600m: 7:47.20	39.77	1000m: 13:06.11	39.91	1400m: 18:25.68	39.58
	250m: 3:11.25	650m: 8:26.41	39.21	1050m: 13:46.68	40.57	1450m: 19:04.80	39.12
	300m: 3:50.62	700m: 9:06.78	40.37	1100m: 14:27.58	40.90	1500m: 19:42.91	38.11
	350m: 4:29.22	750m: 9:46.20	39.42	1150m: 15:07.69	40.11		
	400m: 5:08.49	800m: 10:25.77	39.57	1200m: 15:47.42	39.73		
10.	Maria Mousinho Esteves	02	Amadora	<b>20:01.15</b>	448		
	50m: 36.95	450m: 5:54.53	40.09	850m: 11:17.03	39.66	1250m: 16:41.88	40.73
	100m: 1:16.40	500m: 6:34.26	39.73	900m: 11:57.38	40.35	1300m: 17:23.01	41.13
	150m: 1:55.58	550m: 7:15.20	40.94	950m: 12:37.89	40.51	1350m: 18:03.44	40.43
	200m: 2:34.06	600m: 7:55.59	40.39	1000m: 13:18.41	40.52	1400m: 18:43.57	40.13
	250m: 3:14.01	650m: 8:36.35	40.76	1050m: 13:59.34	40.93	1450m: 19:23.42	39.85
	300m: 3:54.28	700m: 9:15.92	39.57	1100m: 14:39.17	39.83	1500m: 20:01.15	37.73
	350m: 4:33.56	750m: 9:57.03	41.11	1150m: 15:20.70	41.53		
	400m: 5:14.44	800m: 10:37.37	40.34	1200m: 16:01.15	40.45		

Prova 9, Femin., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
11.	Ana Rita Matos	02	Gesloures	<b>20:04.51</b>	445
	50m: 37.37	450m: 5:57.03	40.30	850m: 11:22.40	40.99
	100m: 1:16.76	500m: 6:37.33	40.30	900m: 12:02.85	40.45
	150m: 1:56.52	550m: 7:18.03	40.70	950m: 12:43.19	40.34
	200m: 2:36.15	600m: 7:58.91	40.88	1000m: 13:24.06	40.87
	250m: 3:16.01	650m: 8:39.34	40.43	1050m: 14:04.37	40.31
	300m: 3:55.90	700m: 9:19.78	40.44	1100m: 14:44.75	40.38
	350m: 4:36.47	750m: 10:00.75	40.97	1150m: 15:25.27	40.52
	400m: 5:16.73	800m: 10:41.41	40.66	1200m: 16:06.01	40.74
				1250m: 16:46.74	40.73
				1300m: 17:27.02	40.28
				1350m: 18:07.56	40.54
				1400m: 18:48.39	40.83
				1450m: 19:27.48	39.09
				1500m: 20:04.51	37.03
12.	Ana Raquel Graveto	02	Benfica	<b>20:14.20</b>	434
	50m: 36.66	450m: 5:55.82	39.93	850m: 11:20.16	40.86
	100m: 1:15.32	500m: 6:36.18	40.36	900m: 12:01.26	41.10
	150m: 1:55.34	550m: 7:16.42	40.24	950m: 12:42.23	40.97
	200m: 2:35.39	600m: 7:56.93	40.51	1000m: 13:23.42	41.19
	250m: 3:15.46	650m: 8:37.43	40.50	1050m: 14:04.66	41.24
	300m: 3:55.73	700m: 9:18.06	40.63	1100m: 14:46.28	41.62
	350m: 4:34.64	750m: 9:58.58	40.52	1150m: 15:27.69	41.41
	400m: 5:15.89	800m: 10:39.30	40.72	1200m: 16:09.29	41.60
				1250m: 16:50.65	41.36
				1300m: 17:32.12	41.47
				1350m: 18:13.47	41.35
				1400m: 18:54.81	41.34
				1450m: 19:36.43	41.62
				1500m: 20:14.20	37.77
13.	Carolina Ganhao Ferro	02	Gesloures	<b>20:16.83</b>	431
	50m: 37.28	450m: 5:55.08	40.48	850m: 11:21.76	40.97
	100m: 1:15.99	500m: 6:35.55	40.47	900m: 12:03.14	41.38
	150m: 1:55.31	550m: 7:16.37	40.82	950m: 12:44.20	41.06
	200m: 2:34.87	600m: 7:56.85	40.48	1000m: 13:25.53	41.33
	250m: 3:14.94	650m: 8:37.63	40.78	1050m: 14:06.73	41.20
	300m: 3:54.62	700m: 9:18.73	41.10	1100m: 14:48.79	42.06
	350m: 4:34.30	750m: 10:00.04	41.31	1150m: 15:30.33	41.54
	400m: 5:14.60	800m: 10:40.79	40.75	1200m: 16:12.68	42.35
				1250m: 16:54.63	41.95
				1300m: 17:36.01	41.38
				1350m: 18:17.11	41.10
				1400m: 18:58.03	40.92
				1450m: 19:38.55	40.52
				1500m: 20:16.83	38.28
14.	Natacha Sofia Silva	02	Benfica	<b>20:24.99</b>	423
	50m: 38.79	450m: 6:01.62	40.84	850m: 11:28.35	40.73
	100m: 1:18.40	500m: 6:42.48	40.86	900m: 12:09.89	41.54
	150m: 1:58.97	550m: 7:23.30	40.82	950m: 12:50.74	40.85
	200m: 2:39.10	600m: 8:04.17	40.87	1000m: 13:31.64	40.90
	250m: 3:19.28	650m: 8:45.11	40.94	1050m: 14:13.56	41.92
	300m: 3:59.64	700m: 9:25.95	40.84	1100m: 14:54.72	41.16
	350m: 4:40.17	750m: 10:06.79	40.84	1150m: 15:36.68	41.96
	400m: 5:20.78	800m: 10:47.62	40.83	1200m: 16:18.11	41.43
				1250m: 16:59.39	41.28
				1300m: 17:41.19	41.80
				1350m: 18:22.75	41.56
				1400m: 19:04.20	41.45
				1450m: 19:45.78	41.58
				1500m: 20:24.99	39.21
15.	Patricia Marques Bacelar	02	Desportivo Sesimbra	<b>20:25.25</b>	422
	50m: 37.55	450m: 6:05.71	41.39	850m: 11:32.29	41.00
	100m: 1:17.86	500m: 6:46.23	40.52	900m: 12:12.88	40.59
	150m: 1:58.73	550m: 7:27.33	41.10	950m: 12:53.76	40.88
	200m: 2:39.13	600m: 8:08.36	41.03	1000m: 13:34.84	41.08
	250m: 3:20.56	650m: 8:49.16	40.80	1050m: 14:15.65	40.81
	300m: 4:01.95	700m: 9:29.90	40.74	1100m: 14:56.83	41.18
	350m: 4:43.19	750m: 10:10.80	40.90	1150m: 15:37.61	40.78
	400m: 5:24.32	800m: 10:51.29	40.49	1200m: 16:19.00	41.39
				1250m: 17:00.30	41.30
				1300m: 17:41.62	41.32
				1350m: 18:23.18	41.56
				1400m: 19:04.34	41.16
				1450m: 19:45.32	40.98
				1500m: 20:25.25	39.93
16.	Margarida Cunha Barros	02	Naval Amorense	<b>20:28.25</b>	419
	50m: 37.74	450m: 6:03.18	41.08	850m: 11:32.69	41.76
	100m: 1:18.71	500m: 6:43.52	40.34	900m: 12:12.79	40.10
	150m: 2:00.26	550m: 7:24.50	40.98	950m: 12:54.20	41.41
	200m: 2:40.59	600m: 8:04.44	39.94	1000m: 13:35.90	41.70
	250m: 3:20.88	650m: 8:45.16	40.72	1050m: 14:17.48	41.58
	300m: 4:01.07	700m: 9:26.95	41.79	1100m: 14:58.60	41.12
	350m: 4:41.40	750m: 10:09.47	42.52	1150m: 15:41.04	42.44
	400m: 5:22.10	800m: 10:50.93	41.46	1200m: 16:22.55	41.51
				1250m: 17:05.39	42.84
				1300m: 17:47.06	41.67
				1350m: 18:28.32	41.26
				1400m: 19:09.92	41.60
				1450m: 19:49.36	39.44
				1500m: 20:28.25	38.89
17.	Mafalda Marques Pinto	02	Benfica	<b>20:31.15</b>	416
	50m: 37.22	450m: 6:00.40	40.96	850m: 11:30.46	41.09
	100m: 1:17.16	500m: 6:41.83	41.43	900m: 12:13.08	42.62
	150m: 1:57.77	550m: 7:23.35	41.52	950m: 12:55.14	42.06
	200m: 2:38.02	600m: 8:04.55	41.20	1000m: 13:37.27	42.13
	250m: 3:18.17	650m: 8:45.78	41.23	1050m: 14:18.69	41.42
	300m: 3:58.39	700m: 9:26.72	40.94	1100m: 15:00.66	41.97
	350m: 4:39.01	750m: 10:08.04	41.32	1150m: 15:42.59	41.93
	400m: 5:19.44	800m: 10:49.37	41.33	1200m: 16:24.69	42.10
				1250m: 17:07.15	42.46
				1300m: 17:48.38	41.23
				1350m: 18:29.71	41.33
				1400m: 19:12.16	42.45
				1450m: 19:52.74	40.58
				1500m: 20:31.15	38.41
18.	Catarina Pinho Estevez	02	Naval Setubalense	<b>20:32.30</b>	415
	50m: 37.46	450m: 6:06.39	41.06	850m: 11:36.89	41.05
	100m: 1:18.31	500m: 6:47.67	41.28	900m: 12:18.45	41.56
	150m: 1:59.71	550m: 7:29.01	41.34	950m: 13:00.33	41.88
	200m: 2:40.89	600m: 8:10.63	41.62	1000m: 13:41.94	41.61
	250m: 3:21.78	650m: 8:51.89	41.26	1050m: 14:23.56	41.62
	300m: 4:02.49	700m: 9:33.02	41.13	1100m: 15:05.78	42.22
	350m: 4:43.89	750m: 10:14.50	41.48	1150m: 15:47.26	41.48
	400m: 5:25.33	800m: 10:55.84	41.34	1200m: 16:29.39	42.13
				1250m: 17:10.68	41.29
				1300m: 17:51.82	41.14
				1350m: 18:32.91	41.09
				1400m: 19:14.09	41.18
				1450m: 19:55.41	41.32
				1500m: 20:32.30	36.89

Prova 9, Femin., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
19.	Carolina Morais Oliveira <i>Fora Minimo Acesso</i>	02	Amadora	<b>20:34.76</b>	413
	50m: 37.97 37.97 450m: 6:00.81 41.66 850m: 11:32.74 41.17 1250m: 17:07.32 42.14				
	100m: 1:16.90 38.93 500m: 6:42.55 41.74 900m: 12:14.73 41.99 1300m: 17:48.32 41.00				
	150m: 1:56.60 39.70 550m: 7:24.42 41.87 950m: 12:56.19 41.46 1350m: 18:30.69 42.37				
	200m: 2:36.46 39.86 600m: 8:06.01 41.59 1000m: 13:37.80 41.61 1400m: 19:12.63 41.94				
	250m: 3:16.68 40.22 650m: 8:47.28 41.27 1050m: 14:19.72 41.92 1450m: 19:54.13 41.50				
	300m: 3:57.25 40.57 700m: 9:29.01 41.73 1100m: 15:01.45 41.73 1500m: 20:34.76 40.63				
	350m: 4:38.11 40.86 750m: 10:10.35 41.34 1150m: 15:43.60 42.15				
	400m: 5:19.15 41.04 800m: 10:51.57 41.22 1200m: 16:25.18 41.58				
20.	Lara Moutinho Silva <i>Fora Minimo Acesso</i>	02	Palmela Desporto	<b>20:45.93</b>	402
	50m: 37.27 37.27 450m: 6:09.77 41.99 850m: 11:44.50 42.26 1250m: 17:20.75 41.85				
	100m: 1:17.52 40.25 500m: 6:51.89 42.12 900m: 12:26.70 42.20 1300m: 18:02.23 41.48				
	150m: 1:58.82 41.30 550m: 7:33.40 41.51 950m: 13:08.86 42.16 1350m: 18:43.58 41.35				
	200m: 2:40.64 41.82 600m: 8:15.07 41.67 1000m: 13:50.84 41.98 1400m: 19:25.52 41.94				
	250m: 3:22.26 41.62 650m: 8:56.61 41.54 1050m: 14:33.01 42.17 1450m: 20:06.65 41.13				
	300m: 4:04.12 41.86 700m: 9:38.47 41.86 1100m: 15:15.80 42.79 1500m: 20:45.93 39.28				
	350m: 4:46.10 41.98 750m: 10:20.52 42.05 1150m: 15:57.06 41.26				
	400m: 5:27.78 41.68 800m: 11:02.24 41.72 1200m: 16:38.90 41.84				
21.	Filipa Inacio Cazeiro <i>Fora Minimo Acesso</i>	02	Clube Instrucao Laranjeiro	<b>20:47.40</b>	400
	50m: 38.04 38.04 450m: 6:00.43 41.08 850m: 11:33.66 41.15 1250m: 17:16.05 42.51				
	100m: 1:17.53 39.49 500m: 6:42.12 41.69 900m: 12:16.13 42.47 1300m: 17:58.35 42.30				
	150m: 1:57.44 39.91 550m: 7:23.60 41.48 950m: 12:58.77 42.64 1350m: 18:41.68 43.33				
	200m: 2:37.46 40.02 600m: 8:05.71 42.11 1000m: 13:41.75 42.98 1400m: 19:24.16 42.48				
	250m: 3:17.57 40.11 650m: 8:47.22 41.51 1050m: 14:24.07 42.32 1450m: 20:06.54 42.38				
	300m: 3:58.28 40.71 700m: 9:28.94 41.72 1100m: 15:07.54 43.47 1500m: 20:47.40 40.86				
	350m: 4:38.06 39.78 750m: 10:10.83 41.89 1150m: 15:50.44 42.90				
	400m: 5:19.35 41.29 800m: 10:52.51 41.68 1200m: 16:33.54 43.10				
22.	Catarina Trigo Ferreira <i>Fora Minimo Acesso</i>	02	Amadora	<b>21:02.90</b>	386
	50m: 38.62 38.62 450m: 6:17.36 42.59 850m: 11:58.18 42.30 1250m: 17:37.50 41.54				
	100m: 1:19.26 40.64 500m: 7:00.05 42.69 900m: 12:41.39 43.21 1300m: 18:18.90 41.40				
	150m: 2:01.44 42.18 550m: 7:43.11 43.06 950m: 13:23.75 42.36 1350m: 19:00.41 41.51				
	200m: 2:43.69 42.25 600m: 8:25.97 42.86 1000m: 14:06.27 42.52 1400m: 19:41.80 41.39				
	250m: 3:26.22 42.53 650m: 9:08.25 42.28 1050m: 14:48.79 42.52 1450m: 20:22.95 41.15				
	300m: 4:08.74 42.52 700m: 9:50.33 42.08 1100m: 15:31.24 42.45 1500m: 21:02.90 39.95				
	350m: 4:51.97 43.23 750m: 10:33.16 42.83 1150m: 16:13.97 42.73				
	400m: 5:34.77 42.80 800m: 11:15.88 42.72 1200m: 16:55.96 41.99				
23.	Patricia Alexandra Boto <i>Fora Minimo Acesso</i>	02	Nautica do Seixal	<b>22:11.37</b>	329
	50m: 39.10 39.10 450m: 6:26.38 43.97 850m: 12:26.23 45.05 1250m: 18:29.97 45.77				
	100m: 1:21.23 42.13 500m: 7:11.23 44.85 900m: 13:11.76 45.53 1300m: 19:15.64 45.67				
	150m: 2:04.27 43.04 550m: 7:55.95 44.72 950m: 13:57.29 45.53 1350m: 20:00.03 44.39				
	200m: 2:47.31 43.04 600m: 8:41.44 45.49 1000m: 14:42.93 45.64 1400m: 20:44.77 44.74				
	250m: 3:30.89 43.58 650m: 9:26.52 45.08 1050m: 15:27.52 44.59 1450m: 21:29.51 44.74				
	300m: 4:14.50 43.61 700m: 10:11.49 44.97 1100m: 16:13.37 45.85 1500m: 22:11.37 41.86				
	350m: 4:58.39 43.89 750m: 10:56.19 44.70 1150m: 16:58.95 45.58				
	400m: 5:42.41 44.02 800m: 11:41.18 44.99 1200m: 17:44.20 45.25				
24.	Rita Costa Albuquerque <i>Fora Minimo Acesso</i>	02	Olivais e Moscavide	<b>22:54.69</b>	299
	50m: 41.80 41.80 450m: 6:38.79 45.70 850m: 12:49.85 47.83 1250m: 19:06.60 47.13				
	100m: 1:24.24 42.44 500m: 7:25.41 46.62 900m: 13:35.95 46.10 1300m: 19:53.84 47.24				
	150m: 2:08.37 44.13 550m: 8:11.39 45.98 950m: 14:22.76 46.81 1350m: 20:40.54 46.70				
	200m: 2:53.18 44.81 600m: 8:57.65 46.26 1000m: 15:10.65 47.89 1400m: 21:27.00 46.46				
	250m: 3:37.36 44.18 650m: 9:43.52 45.87 1050m: 15:57.34 46.69 1450m: 22:11.65 44.65				
	300m: 4:22.01 44.65 700m: 10:29.74 46.22 1100m: 16:43.74 46.40 1500m: 22:54.69 43.04				
	350m: 5:07.50 45.49 750m: 11:15.10 45.36 1150m: 17:31.22 47.48				
	400m: 5:53.09 45.59 800m: 12:02.02 46.92 1200m: 18:19.47 48.25				

Juvenis A

1.	Filipa Serrano Rodrigues	01	União Piedense	<b>17:55.01</b>	626
	50m: 35.06 35.06 450m: 5:20.94 35.90 850m: 10:08.62 35.68 1250m: 14:57.32 35.73				
	100m: 1:10.48 35.42 500m: 5:56.82 35.88 900m: 10:44.29 35.67 1300m: 15:33.50 36.18				
	150m: 1:46.27 35.79 550m: 6:32.69 35.87 950m: 11:20.10 35.81 1350m: 16:09.60 36.10				
	200m: 2:21.86 35.59 600m: 7:08.72 36.03 1000m: 11:56.14 36.04 1400m: 16:45.53 35.93				
	250m: 2:57.52 35.66 650m: 7:44.63 35.91 1050m: 12:32.56 36.42 1450m: 17:21.17 35.64				
	300m: 3:33.54 36.02 700m: 8:20.82 36.19 1100m: 13:08.65 36.09 1500m: 17:55.01 33.84				
	350m: 4:09.37 35.83 750m: 8:56.94 36.12 1150m: 13:45.04 36.39				
	400m: 4:45.04 35.67 800m: 9:32.94 36.00 1200m: 14:21.59 36.55				

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
2.	Luisa Maria Machado	01	União Piedense	<b>18:10.12</b>	600
	50m: 35.22 35.22	450m: 5:24.36 36.16	850m: 10:14.23 36.12	1250m: 15:07.61 36.86	
	100m: 1:10.88 35.66	500m: 6:00.63 36.27	900m: 10:50.61 36.38	1300m: 15:44.50 36.89	
	150m: 1:46.76 35.88	550m: 6:36.84 36.21	950m: 11:27.19 36.58	1350m: 16:21.12 36.62	
	200m: 2:22.64 35.88	600m: 7:13.28 36.44	1000m: 12:03.76 36.57	1400m: 16:57.79 36.67	
	250m: 2:58.98 36.34	650m: 7:49.29 36.01	1050m: 12:40.63 36.87	1450m: 17:34.33 36.54	
	300m: 3:35.05 36.07	700m: 8:25.80 36.51	1100m: 13:17.46 36.83	1500m: 18:10.12 35.79	
	350m: 4:11.53 36.48	750m: 9:02.01 36.21	1150m: 13:54.19 36.73		
	400m: 4:48.20 36.67	800m: 9:38.11 36.10	1200m: 14:30.75 36.56		
3.	Carolina Rosa Marcelino	01	Alges	<b>18:19.04</b>	586
	50m: 35.88 35.88	450m: 5:25.02 36.44	850m: 10:19.16 37.16	1250m: 15:14.97 37.32	
	100m: 1:11.48 35.60	500m: 6:01.87 36.85	900m: 10:56.03 36.87	1300m: 15:51.89 36.92	
	150m: 1:47.52 36.04	550m: 6:38.19 36.32	950m: 11:33.17 37.14	1350m: 16:27.93 36.04	
	200m: 2:24.16 36.64	600m: 7:15.08 36.89	1000m: 12:10.18 37.01	1400m: 17:04.98 37.05	
	250m: 3:00.11 35.95	650m: 7:52.14 37.06	1050m: 12:46.60 36.42	1450m: 17:42.20 37.22	
	300m: 3:36.27 36.16	700m: 8:28.90 36.76	1100m: 13:23.71 37.11	1500m: 18:19.04 36.84	
	350m: 4:12.68 36.41	750m: 9:05.09 36.19	1150m: 14:00.42 36.71		
	400m: 4:48.58 35.90	800m: 9:42.00 36.91	1200m: 14:37.65 37.23		
4.	Tatiana Raquel Pombo	01	Nautica do Seixal	<b>18:56.83</b>	529
	50m: 34.53 34.53	450m: 5:31.34 37.81	850m: 10:36.11 38.26	1250m: 15:45.71 38.81	
	100m: 1:10.50 35.97	500m: 6:09.32 37.98	900m: 11:14.45 38.34	1300m: 16:24.70 38.99	
	150m: 1:47.27 36.77	550m: 6:47.09 37.77	950m: 11:53.24 38.79	1350m: 17:03.44 38.74	
	200m: 2:24.36 37.09	600m: 7:25.07 37.98	1000m: 12:32.32 39.08	1400m: 17:42.01 38.57	
	250m: 3:01.46 37.10	650m: 8:03.20 38.13	1050m: 13:10.92 38.60	1450m: 18:20.58 38.57	
	300m: 3:38.83 37.37	700m: 8:41.36 38.16	1100m: 13:49.38 38.46	1500m: 18:56.83 36.25	
	350m: 4:15.98 37.15	750m: 9:19.25 37.89	1150m: 14:28.20 38.82		
	400m: 4:53.53 37.55	800m: 9:57.85 38.60	1200m: 15:06.90 38.70		
5.	Raquel Santos Sousa	01	Belenenses	<b>18:59.19</b>	526
	50m: 35.13 35.13	450m: 5:37.80 38.76	850m: 10:43.08 37.87	1250m: 15:48.51 38.63	
	100m: 1:11.03 35.90	500m: 6:16.64 38.84	900m: 11:20.91 37.83	1300m: 16:27.19 38.68	
	150m: 1:47.78 36.75	550m: 6:54.90 38.26	950m: 11:59.15 38.24	1350m: 17:05.64 38.45	
	200m: 2:24.93 37.15	600m: 7:32.93 38.03	1000m: 12:37.13 37.98	1400m: 17:44.14 38.50	
	250m: 3:02.99 38.06	650m: 8:11.47 38.54	1050m: 13:15.08 37.95	1450m: 18:22.40 38.26	
	300m: 3:41.42 38.43	700m: 8:49.51 38.04	1100m: 13:53.32 38.24	1500m: 18:59.19 36.79	
	350m: 4:20.13 38.71	750m: 9:27.30 37.79	1150m: 14:31.68 38.36		
	400m: 4:59.04 38.91	800m: 10:05.21 37.91	1200m: 15:09.88 38.20		
6.	Raquel Antunes Tremoco	01	Sporting	<b>19:01.37</b>	523
	50m: 36.19 36.19	450m: 5:36.70 37.47	850m: 10:43.72 38.51	1250m: 15:50.47 38.94	
	100m: 1:13.25 37.06	500m: 6:15.06 38.36	900m: 11:22.27 38.55	1300m: 16:28.24 37.77	
	150m: 1:50.85 37.60	550m: 6:53.45 38.39	950m: 12:00.82 38.55	1350m: 17:06.26 38.02	
	200m: 2:28.37 37.52	600m: 7:32.17 38.72	1000m: 12:38.87 38.05	1400m: 17:44.81 38.55	
	250m: 3:06.32 37.95	650m: 8:10.79 38.62	1050m: 13:16.59 37.72	1450m: 18:23.44 38.63	
	300m: 3:43.63 37.31	700m: 8:48.75 37.96	1100m: 13:54.82 38.23	1500m: 19:01.37 37.93	
	350m: 4:21.56 37.93	750m: 9:26.95 38.20	1150m: 14:33.18 38.36		
	400m: 4:59.23 37.67	800m: 10:05.21 38.26	1200m: 15:11.53 38.35		
7.	Mariana Delicado Correia	01	Sporting	<b>19:07.46</b>	514
	50m: 35.52 35.52	450m: 5:38.60 38.14	850m: 10:44.06 38.39	1250m: 15:53.32 38.47	
	100m: 1:12.79 37.27	500m: 6:16.80 38.20	900m: 11:22.38 38.32	1300m: 16:32.21 38.89	
	150m: 1:50.72 37.93	550m: 6:55.36 38.56	950m: 12:00.57 38.19	1350m: 17:11.42 39.21	
	200m: 2:28.70 37.98	600m: 7:33.20 37.84	1000m: 12:39.84 39.27	1400m: 17:50.17 38.75	
	250m: 3:06.37 37.67	650m: 8:11.37 38.17	1050m: 13:18.12 38.28	1450m: 18:29.25 39.08	
	300m: 3:44.29 37.92	700m: 8:49.25 37.88	1100m: 13:56.52 38.40	1500m: 19:07.46 38.21	
	350m: 4:22.18 37.89	750m: 9:27.47 38.22	1150m: 14:36.10 39.58		
	400m: 5:00.46 38.28	800m: 10:05.67 38.20	1200m: 15:14.85 38.75		
8.	Ana Cruz Antunes	01	Benfica	<b>19:08.86</b>	513
	50m: 35.87 35.87	450m: 5:37.90 37.52	850m: 10:45.87 38.59	1250m: 15:57.83 39.17	
	100m: 1:13.54 37.67	500m: 6:16.05 38.15	900m: 11:24.59 38.72	1300m: 16:37.39 39.56	
	150m: 1:51.67 38.13	550m: 6:54.93 38.88	950m: 12:03.86 39.27	1350m: 17:15.76 38.37	
	200m: 2:29.31 37.64	600m: 7:33.24 38.31	1000m: 12:43.16 39.30	1400m: 17:55.87 40.11	
	250m: 3:06.93 37.62	650m: 8:11.57 38.33	1050m: 13:21.60 38.44	1450m: 18:33.73 37.86	
	300m: 3:44.62 37.69	700m: 8:49.96 38.39	1100m: 14:00.43 38.83	1500m: 19:08.86 35.13	
	350m: 4:22.50 37.88	750m: 9:28.32 38.36	1150m: 14:39.98 39.55		
	400m: 5:00.38 37.88	800m: 10:07.28 38.96	1200m: 15:18.66 38.68		
9.	Rita Alexandra Vital	01	Alges	<b>19:09.40</b>	512
	50m: 36.04 36.04	450m: 5:36.77 37.69	850m: 10:44.36 38.36	1250m: 15:55.65 39.25	
	100m: 1:13.00 36.96	500m: 6:14.70 37.93	900m: 11:22.84 38.48	1300m: 16:35.38 39.73	
	150m: 1:49.77 36.77	550m: 6:53.20 38.50	950m: 12:01.48 38.64	1350m: 17:14.93 39.55	
	200m: 2:27.27 37.50	600m: 7:31.55 38.35	1000m: 12:39.17 37.69	1400m: 17:54.50 39.57	
	250m: 3:04.53 37.26	650m: 8:10.34 38.79	1050m: 13:17.87 38.70	1450m: 18:32.84 38.34	
	300m: 3:42.47 37.94	700m: 8:48.57 38.23	1100m: 13:57.58 39.71	1500m: 19:09.40 36.56	
	350m: 4:20.65 38.18	750m: 9:27.21 38.64	1150m: 14:36.96 39.38		
	400m: 4:59.08 38.43	800m: 10:06.00 38.79	1200m: 15:16.40 39.44		

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
10.	Ana Margarida Branco	01	Alges	<b>19:13.88</b>	<b>506</b>
	50m: 35.71	450m: 5:41.55	38.69	850m: 10:52.92	38.62
	100m: 1:13.19	500m: 6:20.77	39.22	900m: 11:31.47	38.55
	150m: 1:51.49	550m: 6:59.55	38.78	950m: 12:09.94	38.47
	200m: 2:29.75	600m: 7:38.44	38.89	1000m: 12:48.75	38.81
	250m: 3:08.06	650m: 8:17.28	38.84	1050m: 13:27.05	38.30
	300m: 3:46.27	700m: 8:56.10	38.82	1100m: 14:05.89	38.84
	350m: 4:26.15	750m: 9:35.54	39.44	1150m: 14:44.83	38.94
	400m: 5:02.86	800m: 10:14.30	38.76	1200m: 15:24.09	39.26
				1250m: 16:02.39	38.30
				1300m: 16:41.03	38.64
				1350m: 17:19.85	38.82
				1400m: 17:58.94	39.09
				1450m: 18:37.08	38.14
				1500m: 19:13.88	36.80
11.	Mafalda Rato Monteiro	01	Naval Setubalense	<b>19:17.79</b>	<b>501</b>
	50m: 36.07	450m: 5:42.45	38.74	850m: 10:53.29	39.02
	100m: 1:13.91	500m: 6:20.88	38.43	900m: 11:32.19	38.90
	150m: 1:52.01	550m: 6:59.54	38.66	950m: 12:11.10	38.91
	200m: 2:30.32	600m: 7:38.11	38.57	1000m: 12:50.24	39.14
	250m: 3:08.58	650m: 8:17.14	39.03	1050m: 13:29.27	39.03
	300m: 3:46.71	700m: 8:56.01	38.87	1100m: 14:08.55	39.28
	350m: 4:25.04	750m: 9:35.12	39.11	1150m: 14:47.70	39.15
	400m: 5:03.71	800m: 10:14.27	39.15	1200m: 15:26.70	39.00
				1250m: 16:05.59	38.89
				1300m: 16:44.51	38.92
				1350m: 17:23.86	39.35
				1400m: 18:02.89	39.03
				1450m: 18:41.17	38.28
				1500m: 19:17.79	36.62
12.	Celeste Santos Ricardo	01	Naval Amorense	<b>19:28.44</b>	<b>487</b>
	50m: 37.10	450m: 5:49.57	39.09	850m: 11:03.49	39.18
	100m: 1:15.66	500m: 6:29.05	39.48	900m: 11:43.18	39.69
	150m: 1:55.41	550m: 7:08.24	39.19	950m: 12:22.94	39.76
	200m: 2:34.90	600m: 7:47.43	39.19	1000m: 13:02.62	39.68
	250m: 3:14.11	650m: 8:26.34	38.91	1050m: 13:41.85	39.23
	300m: 3:52.78	700m: 9:05.60	39.26	1100m: 14:21.03	39.18
	350m: 4:31.86	750m: 9:44.73	39.13	1150m: 15:00.38	39.35
	400m: 5:10.48	800m: 10:24.31	39.58	1200m: 15:39.73	39.35
				1250m: 16:19.12	39.39
				1300m: 16:58.38	39.26
				1350m: 17:36.70	38.32
				1400m: 18:14.66	37.96
				1450m: 18:52.22	37.56
				1500m: 19:28.44	36.22
13.	Beatriz Seixas Goncalves	01	Colégio Monte Maior	<b>19:30.27</b>	<b>485</b>
	50m: 36.75	450m: 5:42.64	38.68	850m: 10:58.91	39.72
	100m: 1:14.53	500m: 6:21.56	38.92	900m: 11:38.87	39.96
	150m: 1:52.24	550m: 7:00.63	39.07	950m: 12:18.51	39.64
	200m: 2:29.82	600m: 7:40.17	39.54	1000m: 12:58.64	40.13
	250m: 3:07.97	650m: 8:19.39	39.22	1050m: 13:38.69	40.05
	300m: 3:46.45	700m: 8:59.01	39.62	1100m: 14:19.13	40.44
	350m: 4:24.96	750m: 9:39.01	40.00	1150m: 14:57.31	38.18
	400m: 5:03.96	800m: 10:19.19	40.18	1200m: 15:36.44	39.13
				1250m: 16:15.83	39.39
				1300m: 16:55.22	39.39
				1350m: 17:33.84	38.62
				1400m: 18:13.46	39.62
				1450m: 18:53.13	39.67
				1500m: 19:30.27	37.14
14.	Mariana Sobral Galacha	01	Sporting	<b>19:31.14</b>	<b>484</b>
	50m: 36.31	450m: 5:39.41	38.17	850m: 10:52.56	38.90
	100m: 1:13.41	500m: 6:17.74	38.33	900m: 11:32.49	39.93
	150m: 1:51.43	550m: 6:56.62	38.88	950m: 12:12.47	39.98
	200m: 2:29.57	600m: 7:35.46	38.84	1000m: 12:52.06	39.59
	250m: 3:07.21	650m: 8:14.58	39.12	1050m: 13:31.90	39.84
	300m: 3:44.95	700m: 8:54.33	39.75	1100m: 14:12.02	40.12
	350m: 4:22.93	750m: 9:33.85	39.52	1150m: 14:51.97	39.95
	400m: 5:01.24	800m: 10:13.66	39.81	1200m: 15:32.05	40.08
				1250m: 16:11.49	39.44
				1300m: 16:52.13	40.64
				1350m: 17:32.46	40.33
				1400m: 18:12.51	40.05
				1450m: 18:52.43	39.92
				1500m: 19:31.14	38.71
15.	Sara Rulin Loureiro	01	Benfica	<b>19:49.67</b>	<b>462</b>
	50m: 38.27	450m: 5:54.72	39.34	850m: 11:10.66	39.76
	100m: 1:17.53	500m: 6:34.23	39.51	900m: 11:50.30	39.64
	150m: 1:56.93	550m: 7:13.42	39.19	950m: 12:29.97	39.67
	200m: 2:36.13	600m: 7:52.87	39.45	1000m: 13:09.66	39.69
	250m: 3:15.95	650m: 8:32.32	39.45	1050m: 13:49.87	40.21
	300m: 3:55.87	700m: 9:11.76	39.44	1100m: 14:29.87	40.00
	350m: 4:35.64	750m: 9:51.07	39.31	1150m: 15:10.37	40.50
	400m: 5:15.38	800m: 10:30.90	39.83	1200m: 15:50.81	40.44
				1250m: 16:31.38	40.57
				1300m: 17:11.52	40.14
				1350m: 17:51.26	39.74
				1400m: 18:31.97	40.71
				1450m: 19:12.08	40.11
				1500m: 19:49.67	37.59
16.	Tatiana Alexandre Cardoso	01	Amadora	<b>19:58.09</b>	<b>452</b>
	50m: 38.13	450m: 5:50.73	38.66	850m: 11:11.27	40.50
	100m: 1:16.80	500m: 6:30.08	39.35	900m: 11:51.68	40.41
	150m: 1:55.65	550m: 7:10.08	40.00	950m: 12:32.57	40.89
	200m: 2:34.91	600m: 7:49.70	39.62	1000m: 13:13.20	40.63
	250m: 3:14.25	650m: 8:29.81	40.11	1050m: 13:53.84	40.64
	300m: 3:53.25	700m: 9:09.96	40.15	1100m: 14:34.21	40.37
	350m: 4:32.58	750m: 9:50.13	40.17	1150m: 15:15.03	40.82
	400m: 5:12.07	800m: 10:30.77	40.64	1200m: 15:56.46	41.43
				1250m: 16:37.14	40.68
				1300m: 17:17.93	40.79
				1350m: 17:58.60	40.67
				1400m: 18:39.44	40.84
				1450m: 19:19.46	40.02
				1500m: 19:58.09	38.63
17.	Filipa Bile Grilo	01	Benfica	<b>20:01.71</b>	<b>448</b>
	<i>Fora Minimo Acesso</i>				
	50m: 36.77	450m: 5:55.56	39.87	850m: 11:15.67	40.09
	100m: 1:15.95	500m: 6:35.32	39.76	900m: 11:56.01	40.34
	150m: 1:55.99	550m: 7:15.47	40.15	950m: 12:36.28	40.27
	200m: 2:35.72	600m: 7:55.79	40.32	1000m: 13:16.44	40.16
	250m: 3:15.17	650m: 8:35.00	39.21	1050m: 13:56.49	40.05
	300m: 3:55.06	700m: 9:14.76	39.76	1100m: 14:36.70	40.21
	350m: 4:35.82	750m: 9:55.68	40.92	1150m: 15:17.56	40.86
	400m: 5:15.69	800m: 10:35.58	39.90	1200m: 15:58.27	40.71
				1250m: 16:38.61	40.34
				1300m: 17:19.02	40.41
				1350m: 18:00.42	41.40
				1400m: 18:41.12	40.70
				1450m: 19:21.97	40.85
				1500m: 20:01.71	39.74

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts			
18.	Mafalda Sofia Dias	01	Naval Setubalense	<b>20:07.84</b>	441			
	<i>Fora Minimo Acesso</i>							
	50m: 38.42	38.42	450m: 6:03.67	41.22	850m: 11:27.42	40.27	1250m: 16:52.49	40.59
	100m: 1:18.36	39.94	500m: 6:44.86	41.19	900m: 12:08.01	40.59	1300m: 17:32.95	40.46
	150m: 1:59.06	40.70	550m: 7:24.52	39.66	950m: 12:48.98	40.97	1350m: 18:12.97	40.02
	200m: 2:40.32	41.26	600m: 8:05.32	40.80	1000m: 13:29.88	40.90	1400m: 18:52.88	39.91
	250m: 3:20.88	40.56	650m: 8:45.18	39.86	1050m: 14:10.43	40.55	1450m: 19:31.51	36.63
	300m: 4:01.74	40.86	700m: 9:25.75	40.57	1100m: 14:50.90	40.47	1500m: 20:07.84	36.33
	350m: 4:41.88	40.14	750m: 10:06.83	41.08	1150m: 15:31.23	40.33		
	400m: 5:22.45	40.57	800m: 10:47.15	40.32	1200m: 16:11.90	40.67		
19.	Luana Correia Rodrigues	01	Amadora	<b>20:09.43</b>	439			
	<i>Fora Minimo Acesso</i>							
	50m: 36.75	36.75	450m: 5:52.65	40.00	850m: 11:16.11	40.32	1250m: 16:45.15	41.79
	100m: 1:15.15	38.40	500m: 6:32.74	40.09	900m: 11:56.53	40.42	1300m: 17:26.52	41.37
	150m: 1:54.42	39.27	550m: 7:13.13	40.39	950m: 12:37.34	40.81	1350m: 18:07.75	41.23
	200m: 2:33.70	39.28	600m: 7:53.84	40.71	1000m: 13:18.58	41.24	1400m: 18:48.88	41.13
	250m: 3:12.84	39.14	650m: 8:34.33	40.49	1050m: 13:59.27	40.69	1450m: 19:30.07	41.19
	300m: 3:52.50	39.66	700m: 9:14.82	40.49	1100m: 14:40.53	41.26	1500m: 20:09.43	39.36
	350m: 4:32.44	39.94	750m: 9:55.57	40.75	1150m: 15:21.99	41.46		
	400m: 5:12.65	40.21	800m: 10:35.79	40.22	1200m: 16:03.36	41.37		
20.	Sofia Isabel Lourenco	01	Alges	<b>20:09.90</b>	439			
	<i>Fora Minimo Acesso</i>							
	50m: 38.98	38.98	450m: 5:57.63	40.62	850m: 11:21.20	41.53	1250m: 16:49.83	40.79
	100m: 1:18.90	39.92	500m: 6:38.29	40.66	900m: 12:02.23	41.03	1300m: 17:30.61	40.78
	150m: 1:58.10	39.20	550m: 7:18.34	40.05	950m: 12:43.27	41.04	1350m: 18:11.69	41.08
	200m: 2:37.59	39.49	600m: 7:58.65	40.31	1000m: 13:24.40	41.13	1400m: 18:52.06	40.37
	250m: 3:17.42	39.83	650m: 8:38.94	40.29	1050m: 14:05.45	41.05	1450m: 19:32.21	40.15
	300m: 3:56.66	39.24	700m: 9:18.72	39.78	1100m: 14:46.34	40.89	1500m: 20:09.90	37.69
	350m: 4:36.98	40.32	750m: 9:59.00	40.28	1150m: 15:27.62	41.28		
	400m: 5:17.01	40.03	800m: 10:39.67	40.67	1200m: 16:09.04	41.42		
21.	Maria Rodrigues Tome	01	Olivais e Moscavide	<b>20:18.06</b>	430			
	<i>Fora Minimo Acesso</i>							
	50m: 35.25	35.25	450m: 5:52.83	40.52	850m: 11:22.01	41.10	1250m: 16:56.06	41.49
	100m: 1:12.97	37.72	500m: 6:33.54	40.71	900m: 12:03.61	41.60	1300m: 17:37.79	41.73
	150m: 1:50.95	37.98	550m: 7:14.31	40.77	950m: 12:45.23	41.62	1350m: 18:18.72	40.93
	200m: 2:30.53	39.58	600m: 7:55.76	41.45	1000m: 13:26.99	41.76	1400m: 18:59.35	40.63
	250m: 3:10.75	40.22	650m: 8:36.72	40.96	1050m: 14:09.29	42.30	1450m: 19:39.25	39.90
	300m: 3:50.98	40.23	700m: 9:17.98	41.26	1100m: 14:50.67	41.38	1500m: 20:18.06	38.81
	350m: 4:31.60	40.62	750m: 9:59.17	41.19	1150m: 15:32.34	41.67		
	400m: 5:12.31	40.71	800m: 10:40.91	41.74	1200m: 16:14.57	42.23		
22.	Ines Rodrigues Ferreira	01	Benfica	<b>20:38.06</b>	409			
	<i>Fora Minimo Acesso</i>							
	50m: 36.72	36.72	450m: 6:02.66	41.23	850m: 11:34.42	41.49	1250m: 17:12.06	42.50
	100m: 1:15.56	38.84	500m: 6:43.34	40.68	900m: 12:16.36	41.94	1300m: 17:54.19	42.13
	150m: 1:55.78	40.22	550m: 7:24.96	41.62	950m: 12:58.87	42.51	1350m: 18:36.17	41.98
	200m: 2:36.13	40.35	600m: 8:06.34	41.38	1000m: 13:41.16	42.29	1400m: 19:17.79	41.62
	250m: 3:16.57	40.44	650m: 8:48.36	42.02	1050m: 14:22.35	41.19	1450m: 19:59.17	41.38
	300m: 3:57.92	41.35	700m: 9:29.93	41.57	1100m: 15:04.76	42.41	1500m: 20:38.06	38.89
	350m: 4:39.59	41.67	750m: 10:11.74	41.81	1150m: 15:47.12	42.36		
	400m: 5:21.43	41.84	800m: 10:52.93	41.19	1200m: 16:29.56	42.44		
23.	Bruna Paulo Lourenco	01	Sporting	<b>20:50.85</b>	397			
	<i>Fora Minimo Acesso</i>							
	50m: 36.76	36.76	450m: 6:07.44	41.68	850m: 11:41.90	42.51	1250m: 17:21.43	42.75
	100m: 1:16.50	39.74	500m: 6:49.21	41.77	900m: 12:24.55	42.65	1300m: 18:03.95	42.52
	150m: 1:57.59	41.09	550m: 7:31.08	41.87	950m: 13:07.05	42.50	1350m: 18:46.49	42.54
	200m: 2:38.74	41.15	600m: 8:12.33	41.25	1000m: 13:49.04	41.99	1400m: 19:28.56	42.07
	250m: 3:20.30	41.56	650m: 8:54.27	41.94	1050m: 14:31.65	42.61	1450m: 20:10.82	42.26
	300m: 4:02.27	41.97	700m: 9:35.74	41.47	1100m: 15:14.03	42.38	1500m: 20:50.85	40.03
	350m: 4:43.84	41.57	750m: 10:17.43	41.69	1150m: 15:56.24	42.21		
	400m: 5:25.76	41.92	800m: 10:59.39	41.96	1200m: 16:38.68	42.44		
24.	Andreia Catarina Meireles	01	Clube Instrucao Laranjeiro	<b>20:52.54</b>	395			
	<i>Fora Minimo Acesso</i>							
	50m: 39.81	39.81	450m: 6:13.87	41.93	850m: 11:49.29	42.33	1250m: 17:25.67	42.06
	100m: 1:21.01	41.20	500m: 6:55.49	41.62	900m: 12:32.38	43.09	1300m: 18:08.29	42.62
	150m: 2:02.11	41.10	550m: 7:36.78	41.29	950m: 13:13.86	41.48	1350m: 18:49.81	41.52
	200m: 2:43.50	41.39	600m: 8:18.70	41.92	1000m: 13:55.45	41.59	1400m: 19:31.07	41.26
	250m: 3:25.64	42.14	650m: 9:00.72	42.02	1050m: 14:37.54	42.09	1450m: 20:12.73	41.66
	300m: 4:07.72	42.08	700m: 9:42.83	42.11	1100m: 15:19.59	42.05	1500m: 20:52.54	39.81
	350m: 4:49.64	41.92	750m: 10:25.01	42.18	1150m: 16:01.82	42.23		
	400m: 5:31.94	42.30	800m: 11:06.96	41.95	1200m: 16:43.61	41.79		

Prova 9, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts			
25.	Joana Mira Pereira <i>Fora Mínimo Acesso</i>	01	Naval Setubalense	<b>20:52.95</b>	395			
	50m: 38.74	38.74	450m: 6:12.71	42.61	850m: 11:51.37	42.05	1250m: 17:30.60	40.82
	100m: 1:18.46	39.72	500m: 6:55.12	42.41	900m: 12:33.14	41.77	1300m: 18:11.58	40.98
	150m: 1:58.80	40.34	550m: 7:37.19	42.07	950m: 13:15.58	42.44	1350m: 18:52.26	40.68
	200m: 2:40.16	41.36	600m: 8:19.67	42.48	1000m: 13:59.05	43.47	1400m: 19:32.50	40.24
	250m: 3:22.67	42.51	650m: 9:02.06	42.39	1050m: 14:43.03	43.98	1450m: 20:13.48	40.98
	300m: 4:05.09	42.42	700m: 9:45.89	43.83	1100m: 15:26.47	43.44	1500m: 20:52.95	39.47
	350m: 4:47.38	42.29	750m: 10:27.54	41.65	1150m: 16:08.33	41.86		
	400m: 5:30.10	42.72	800m: 11:09.32	41.78	1200m: 16:49.78	41.45		

Prova 10

15.11.15 - 12:42

Masc., 800m Livres

Infantis A

Resultados

Rec Regional	8:42.19	Pedro Fontoura Oliveira	CFB	Reboleira	2004
Rec Regional Absoluto	7:55.24	Pedro Miguel Pinotes	SCP	Porto	2014
Rec Nacional	8:38.30	Andre Vilas Ruivo	DNMG	Campo Maior	2014
Rec Nacional Absoluto	7:55.24	Pedro Miguel Pinotes	SCP	Porto	2014

Mínimo Acesso : 11:15.51

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts			
1.	Tomas Penha Monteiro	02	Alges	<b>9:49.01</b>	426			
	50m: 33.81	33.81	250m: 2:59.09	36.74	450m: 5:27.93	37.20	650m: 7:58.45	38.07
	100m: 1:09.55	35.74	300m: 3:35.74	36.65	500m: 6:05.24	37.31	700m: 8:35.82	37.37
	150m: 1:45.85	36.30	350m: 4:13.20	37.46	550m: 6:42.92	37.68	750m: 9:13.98	38.16
	200m: 2:22.35	36.50	400m: 4:50.73	37.53	600m: 7:20.38	37.46	800m: 9:49.01	35.03
2.	Martim Rebelo Malfeito	02	Sporting	<b>9:53.07</b>	417			
	50m: 34.23	34.23	250m: 3:00.90	37.09	450m: 5:29.82	37.33	650m: 8:02.72	38.15
	100m: 1:10.16	35.93	300m: 3:37.91	37.01	500m: 6:07.68	37.86	700m: 8:40.51	37.79
	150m: 1:46.93	36.77	350m: 4:15.28	37.37	550m: 6:46.08	38.40	750m: 9:18.58	38.07
	200m: 2:23.81	36.88	400m: 4:52.49	37.21	600m: 7:24.57	38.49	800m: 9:53.07	34.49
3.	Diogo Santos Costa	02	Colégio Monte Maior	<b>9:57.27</b>	409			
	50m: 34.78	34.78	250m: 3:02.14	37.37	450m: 5:30.42	37.24	650m: 8:01.02	38.51
	100m: 1:10.90	36.12	300m: 3:39.19	37.05	500m: 6:07.43	37.01	700m: 8:38.98	37.96
	150m: 1:47.88	36.98	350m: 4:16.67	37.48	550m: 6:44.76	37.33	750m: 9:18.76	39.78
	200m: 2:24.77	36.89	400m: 4:53.18	36.51	600m: 7:22.51	37.75	800m: 9:57.27	38.51
4.	Vicente Oliveira Gomes	02	Sporting	<b>9:59.59</b>	404			
	50m: 34.82	34.82	250m: 3:04.46	37.62	450m: 5:36.91	38.07	650m: 8:09.37	38.05
	100m: 1:11.87	37.05	300m: 3:42.36	37.90	500m: 6:15.53	38.62	700m: 8:47.73	38.36
	150m: 1:49.54	37.67	350m: 4:20.62	38.26	550m: 6:53.41	37.88	750m: 9:24.78	37.05
	200m: 2:26.84	37.30	400m: 4:58.84	38.22	600m: 7:31.32	37.91	800m: 9:59.59	34.81
5.	Rafael Moreira Oliveira	02	Belenenses	<b>9:59.69</b>	404			
	50m: 35.31	35.31	250m: 3:02.43	36.71	450m: 5:30.67	37.61	650m: 8:05.98	39.31
	100m: 1:12.07	36.76	300m: 3:39.33	36.90	500m: 6:08.80	38.13	700m: 8:44.22	38.24
	150m: 1:48.40	36.33	350m: 4:15.90	36.57	550m: 6:47.37	38.57	750m: 9:23.24	39.02
	200m: 2:25.72	37.32	400m: 4:53.06	37.16	600m: 7:26.67	39.30	800m: 9:59.69	36.45
6.	Francisco Alves Souza	02	Geslours	<b>9:59.97</b>	403			
	50m: 34.99	34.99	250m: 3:04.92	37.98	450m: 5:36.86	37.48	650m: 8:09.76	37.84
	100m: 1:12.27	37.28	300m: 3:42.94	38.02	500m: 6:15.25	38.39	700m: 8:47.98	38.22
	150m: 1:49.80	37.53	350m: 4:20.98	38.04	550m: 6:53.29	38.04	750m: 9:25.23	37.25
	200m: 2:26.94	37.14	400m: 4:59.38	38.40	600m: 7:31.92	38.63	800m: 9:59.97	34.74
7.	Rodrigo Neves Pacheco	02	Colégio Monte Maior	<b>10:00.14</b>	403			
	50m: 36.47	36.47	250m: 3:09.97	38.62	450m: 5:41.60	37.25	650m: 8:09.57	37.24
	100m: 1:14.61	38.14	300m: 3:48.41	38.44	500m: 6:18.80	37.20	700m: 8:47.86	37.29
	150m: 1:52.93	38.32	350m: 4:26.89	38.48	550m: 6:55.98	37.18	750m: 9:24.79	36.93
	200m: 2:31.35	38.42	400m: 5:04.35	37.46	600m: 7:33.33	37.35	800m: 10:00.14	35.35
8.	Bernardo Safara Inverno	02	Sporting	<b>10:06.93</b>	389			
	50m: 35.27	35.27	250m: 3:07.79	38.49	450m: 5:40.93	37.87	650m: 8:14.93	39.19
	100m: 1:13.21	37.94	300m: 3:46.03	38.24	500m: 6:19.25	38.32	700m: 8:53.19	38.26
	150m: 1:51.16	37.95	350m: 4:24.76	38.73	550m: 6:57.54	38.29	750m: 9:31.48	38.29
	200m: 2:29.30	38.14	400m: 5:03.06	38.30	600m: 7:35.74	38.20	800m: 10:06.93	35.45
9.	Francisco Padilla Correia	02	Geslours	<b>10:07.20</b>	389			
	50m: 36.94	36.94	250m: 3:10.87	38.85	450m: 5:44.39	38.09	650m: 8:16.78	37.72
	100m: 1:15.27	38.33	300m: 3:49.28	38.41	500m: 6:22.64	38.25	700m: 8:54.66	37.88
	150m: 1:53.39	38.12	350m: 4:28.08	38.80	550m: 7:00.25	37.61	750m: 9:32.79	38.13
	200m: 2:32.02	38.63	400m: 5:06.30	38.22	600m: 7:39.06	38.81	800m: 10:07.20	34.41

Prova 10, Masc., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
10.	Diogo Nuno Valente	02	Sporting	<b>10:10.55</b>	383
	50m: 36.38 36.38	250m: 3:09.04 38.25	450m: 5:42.06 37.97	650m: 8:16.94 38.64	
	100m: 1:14.69 38.31	300m: 3:47.23 38.19	500m: 6:20.37 38.31	700m: 8:56.06 39.12	
	150m: 1:52.59 37.90	350m: 4:25.63 38.40	550m: 6:59.24 38.87	750m: 9:34.67 38.61	
	200m: 2:30.79 38.20	400m: 5:04.09 38.46	600m: 7:38.30 39.06	800m: 10:10.55 35.88	
11.	Rodrigo Rosa Fernandes	02	CPCD Póvoa Sta Iria	<b>10:20.76</b>	364
	50m: 35.79 35.79	250m: 3:10.31 38.94	450m: 5:47.97 39.48	650m: 8:26.11 39.62	
	100m: 1:13.63 37.84	300m: 3:49.54 39.23	500m: 6:27.33 39.36	700m: 9:05.81 39.70	
	150m: 1:52.19 38.56	350m: 4:28.95 39.41	550m: 7:07.04 39.71	750m: 9:44.73 38.92	
	200m: 2:31.37 39.18	400m: 5:08.49 39.54	600m: 7:46.49 39.45	800m: 10:20.76 36.03	
12.	Pedro Cidraes Garcia	02	Estoris	<b>10:21.76</b>	362
	50m: 37.04 37.04	250m: 3:14.02 40.20	450m: 5:52.35 39.01	650m: 8:29.22 38.69	
	100m: 1:15.43 38.39	300m: 3:53.87 39.85	500m: 6:32.01 39.66	700m: 9:07.67 38.45	
	150m: 1:54.56 39.13	350m: 4:33.53 39.66	550m: 7:11.59 39.58	750m: 9:45.90 38.23	
	200m: 2:33.82 39.26	400m: 5:13.34 39.81	600m: 7:50.53 38.94	800m: 10:21.76 35.86	
13.	Afonso Amaro Santos	02	Geslours	<b>10:21.93</b>	362
	50m: 37.57 37.57	250m: 3:12.00 38.93	450m: 5:48.66 39.25	650m: 8:25.59 39.41	
	100m: 1:15.93 38.36	300m: 3:51.38 39.38	500m: 6:27.40 38.74	700m: 9:04.65 39.06	
	150m: 1:54.49 38.56	350m: 4:30.47 39.09	550m: 7:06.41 39.01	750m: 9:44.30 39.65	
	200m: 2:33.07 38.58	400m: 5:09.41 38.94	600m: 7:46.18 39.77	800m: 10:21.93 37.63	
14.	Daniel Rodrigues Alves	02	Belenenses	<b>10:22.39</b>	361
	50m: 37.47 37.47	250m: 3:13.65 39.21	450m: 5:51.20 39.32	650m: 8:29.22 38.50	
	100m: 1:15.98 38.51	300m: 3:53.62 39.97	500m: 6:30.89 39.69	700m: 9:07.78 38.56	
	150m: 1:55.19 39.21	350m: 4:32.87 39.25	550m: 7:10.64 39.75	750m: 9:46.74 38.96	
	200m: 2:34.44 39.25	400m: 5:11.88 39.01	600m: 7:50.72 40.08	800m: 10:22.39 35.65	
15.	Pedro Miguel Pinto	02	Fisica Torres Vedras	<b>10:22.83</b>	360
	50m: 35.15 35.15	250m: 3:09.96 39.15	450m: 5:48.61 39.43	650m: 8:27.74 39.47	
	100m: 1:12.84 37.69	300m: 3:49.58 39.62	500m: 6:28.15 39.54	700m: 9:08.16 40.42	
	150m: 1:51.87 39.03	350m: 4:29.41 39.83	550m: 7:08.04 39.89	750m: 9:47.07 38.91	
	200m: 2:30.81 38.94	400m: 5:09.18 39.77	600m: 7:48.27 40.23	800m: 10:22.83 35.76	
16.	Ruy Manuel Domingos	02	Sporting	<b>10:24.19</b>	358
	50m: 35.91 35.91	250m: 3:10.34 38.88	450m: 5:47.39 39.21	650m: 8:26.41 39.57	
	100m: 1:13.89 37.98	300m: 3:49.27 38.93	500m: 6:26.96 39.57	700m: 9:06.45 40.04	
	150m: 1:52.58 38.69	350m: 4:28.51 39.24	550m: 7:06.85 39.89	750m: 9:46.51 40.06	
	200m: 2:31.46 38.88	400m: 5:08.18 39.67	600m: 7:46.84 39.99	800m: 10:24.19 37.68	
17.	Manuel Bernardo Castro	02	Sporting	<b>10:25.36</b>	356
	50m: 36.69 36.69	250m: 3:13.85 39.42	450m: 5:51.81 39.69	650m: 8:29.53 39.42	
	100m: 1:15.81 39.12	300m: 3:53.08 39.23	500m: 6:31.19 39.38	700m: 9:08.68 39.15	
	150m: 1:55.09 39.28	350m: 4:32.63 39.55	550m: 7:10.65 39.46	750m: 9:48.08 39.40	
	200m: 2:34.43 39.34	400m: 5:12.12 39.49	600m: 7:50.11 39.46	800m: 10:25.36 37.28	
18.	Rafael Rodrigues Jacinto	02	Belenenses	<b>10:29.39</b>	349
	50m: 38.05 38.05	250m: 3:12.96 39.16	450m: 5:52.97 40.32	650m: 8:34.04 40.49	
	100m: 1:16.70 38.65	300m: 3:52.61 39.65	500m: 6:33.18 40.21	700m: 9:14.69 40.65	
	150m: 1:55.79 39.09	350m: 4:32.66 40.05	550m: 7:13.59 40.41	750m: 9:53.06 38.37	
	200m: 2:33.80 38.01	400m: 5:12.65 39.99	600m: 7:53.55 39.96	800m: 10:29.39 36.33	
19.	Tiago Leite Barreiros	02	Alges	<b>10:31.60</b>	346
	50m: 36.75 36.75	250m: 3:13.33 38.90	450m: 5:52.07 39.68	650m: 8:32.92 40.76	
	100m: 1:15.32 38.57	300m: 3:52.41 39.08	500m: 6:31.70 39.63	700m: 9:12.03 39.11	
	150m: 1:54.58 39.26	350m: 4:31.92 39.51	550m: 7:11.84 40.14	750m: 9:52.75 40.72	
	200m: 2:34.43 39.85	400m: 5:12.39 40.47	600m: 7:52.16 40.32	800m: 10:31.60 38.85	
20.	Joao Nogueira Mendes	02	Clube Instrucao Laranjeiro	<b>10:34.26</b>	341
	50m: 37.29 37.29	250m: 3:16.12 40.05	450m: 5:57.03 40.42	650m: 8:37.10 40.01	
	100m: 1:16.39 39.10	300m: 3:56.32 40.20	500m: 6:37.05 40.02	700m: 9:16.95 39.85	
	150m: 1:56.12 39.73	350m: 4:36.44 40.12	550m: 7:17.18 40.13	750m: 9:56.77 39.82	
	200m: 2:36.07 39.95	400m: 5:16.61 40.17	600m: 7:57.09 39.91	800m: 10:34.26 37.49	
21.	Francisco Gomes Anjos	02	União Piedense	<b>10:38.58</b>	334
	50m: 36.69 36.69	250m: 3:17.52 40.50	450m: 6:01.75 41.49	650m: 8:42.74 39.21	
	100m: 1:16.13 39.44	300m: 3:58.44 40.92	500m: 6:42.47 40.72	700m: 9:22.13 39.39	
	150m: 1:56.60 40.47	350m: 4:39.64 41.20	550m: 7:23.07 40.60	750m: 10:02.35 40.22	
	200m: 2:37.02 40.42	400m: 5:20.26 40.62	600m: 8:03.53 40.46	800m: 10:38.58 36.23	
22.	Pedro Alves Martinho	02	Estoris	<b>10:47.65</b>	320
	50m: 35.72 35.72	250m: 3:13.01 39.89	450m: 5:57.99 41.51	650m: 8:46.10 42.95	
	100m: 1:14.40 38.68	300m: 3:53.84 40.83	500m: 6:39.77 41.78	700m: 9:28.00 41.90	
	150m: 1:53.28 38.88	350m: 4:34.44 40.60	550m: 7:21.90 42.13	750m: 10:09.56 41.56	
	200m: 2:33.12 39.84	400m: 5:16.48 42.04	600m: 8:03.15 41.25	800m: 10:47.65 38.09	

Prova 10, Masc., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
23.	Hugo Nunes Magalhaes	02	Alges	<b>10:55.42</b>	309
	50m: 37.98 37.98	250m: 3:19.97 40.64	450m: 6:03.60 40.83	650m: 8:51.01 42.25	
	100m: 1:18.52 40.54	300m: 4:00.51 40.54	500m: 6:44.61 41.01	700m: 9:32.61 41.60	
	150m: 1:58.73 40.21	350m: 4:41.61 41.10	550m: 7:26.76 42.15	750m: 10:14.36 41.75	
	200m: 2:39.33 40.60	400m: 5:22.77 41.16	600m: 8:08.76 42.00	800m: 10:55.42 41.06	
24.	Rafael Alves Costa	02	Sporting	<b>10:58.04</b>	305
	50m: 38.51 38.51	250m: 3:22.10 40.93	450m: 6:06.97 41.53	650m: 8:54.74 41.39	
	100m: 1:19.54 41.03	300m: 4:03.37 41.27	500m: 6:49.48 42.51	700m: 9:36.78 42.04	
	150m: 1:59.91 40.37	350m: 4:44.73 41.36	550m: 7:31.01 41.53	750m: 10:18.45 41.67	
	200m: 2:41.17 41.26	400m: 5:25.44 40.71	600m: 8:13.35 42.34	800m: 10:58.04 39.59	
25.	Diogo Garcez Mateus	02	Desporto Setúbal	<b>10:59.23</b>	304
	50m: 36.52 36.52	250m: 3:18.36 41.45	450m: 6:05.97 42.24	650m: 8:55.65 42.39	
	100m: 1:15.44 38.92	300m: 4:00.10 41.74	500m: 6:48.73 42.76	700m: 9:37.77 42.12	
	150m: 1:55.40 39.96	350m: 4:41.90 41.80	550m: 7:31.04 42.31	750m: 10:19.88 42.11	
	200m: 2:36.91 41.51	400m: 5:23.73 41.83	600m: 8:13.26 42.22	800m: 10:59.23 39.35	
26.	Henrique Chan Machado	02	Alges	<b>11:02.99</b>	299
	50m: 36.12 36.12	250m: 3:16.21 41.02	450m: 6:05.02 42.56	650m: 8:55.89 42.78	
	100m: 1:14.82 38.70	300m: 3:58.02 41.81	500m: 6:47.89 42.87	700m: 9:38.04 42.15	
	150m: 1:54.29 39.47	350m: 4:40.42 42.40	550m: 7:30.49 42.60	750m: 10:20.08 42.04	
	200m: 2:35.19 40.90	400m: 5:22.46 42.04	600m: 8:13.11 42.62	800m: 11:02.99 42.91	
27.	Claudio Bularu Freitas	02	CPCD Póvoa Sta Iria	<b>11:10.01</b>	289
	50m: 39.02 39.02	250m: 3:24.39 41.49	450m: 6:13.19 41.38	650m: 9:05.19 43.64	
	100m: 1:20.74 41.72	300m: 4:06.94 42.55	500m: 6:54.72 41.53	700m: 9:48.81 43.62	
	150m: 2:02.16 41.42	350m: 4:49.34 42.40	550m: 7:38.46 43.74	750m: 10:30.68 41.87	
	200m: 2:42.90 40.74	400m: 5:31.81 42.47	600m: 8:21.55 43.09	800m: 11:10.01 39.33	
28.	Diogo Rogado Guerreiro	02	Desporto Setúbal	<b>11:16.50</b>	281
	<i>Fora Minimo Acesso</i>				
	50m: 37.47 37.47	250m: 3:25.04 42.47	450m: 6:17.20 43.38	650m: 9:12.31 43.79	
	100m: 1:17.89 40.42	300m: 4:07.61 42.57	500m: 7:00.35 43.15	700m: 9:56.10 43.79	
	150m: 1:59.76 41.87	350m: 4:50.79 43.18	550m: 7:44.34 43.99	750m: 10:38.16 42.06	
	200m: 2:42.57 42.81	400m: 5:33.82 43.03	600m: 8:28.52 44.18	800m: 11:16.50 38.34	
29.	Nuno Xavier Cardoso	02	Palmela Desporto	<b>11:25.94</b>	270
	<i>Fora Minimo Acesso</i>				
	50m: 39.30 39.30	250m: 3:31.74 43.67	450m: 6:24.32 42.74	650m: 9:21.40 43.28	
	100m: 1:21.59 42.29	300m: 4:14.18 42.44	500m: 7:09.28 44.96	700m: 10:05.46 44.06	
	150m: 2:04.86 43.27	350m: 4:57.55 43.37	550m: 7:53.56 44.28	750m: 10:47.81 42.35	
	200m: 2:48.07 43.21	400m: 5:41.58 44.03	600m: 8:38.12 44.56	800m: 11:25.94 38.13	
30.	Rodrigo Lanz Dias	02	Naval Setubalense	<b>11:41.54</b>	252
	<i>Fora Minimo Acesso</i>				
	50m: 40.29 40.29	250m: 3:39.87 44.06	450m: 6:38.93 44.30	650m: 9:36.25 45.66	
	100m: 1:25.17 44.88	300m: 4:25.19 45.32	500m: 7:21.37 42.44	700m: 10:19.62 43.37	
	150m: 2:10.58 45.41	350m: 5:09.37 44.18	550m: 8:06.27 44.90	750m: 11:02.81 43.19	
	200m: 2:55.81 45.23	400m: 5:54.63 45.26	600m: 8:50.59 44.32	800m: 11:41.54 38.73	
31.	Pedro Almeida Marques	02	Naval Setubalense	<b>12:03.48</b>	230
	<i>Fora Minimo Acesso</i>				
	50m: 42.89 42.89	250m: 3:43.53 44.84	450m: 6:44.55 45.09	650m: 9:47.17 46.07	
	100m: 1:27.60 44.71	300m: 4:28.86 45.33	500m: 7:29.70 45.15	700m: 10:33.14 45.97	
	150m: 2:12.98 45.38	350m: 5:13.91 45.05	550m: 8:15.23 45.53	750m: 11:18.99 45.85	
	200m: 2:58.69 45.71	400m: 5:59.46 45.55	600m: 9:01.10 45.87	800m: 12:03.48 44.49	
32.	Rodrigo Gomes Gamito	02	Palmela Desporto	<b>12:11.74</b>	222
	<i>Fora Minimo Acesso</i>				
	50m: 39.52 39.52	250m: 3:40.19 45.12	450m: 6:48.48 46.60	650m: 9:57.20 47.33	
	100m: 1:23.33 43.81	300m: 4:27.11 46.92	500m: 7:35.80 47.32	700m: 10:42.90 45.70	
	150m: 2:08.99 45.66	350m: 5:14.18 47.07	550m: 8:22.44 46.64	750m: 11:29.24 46.34	
	200m: 2:55.07 46.08	400m: 6:01.88 47.70	600m: 9:09.87 47.43	800m: 12:11.74 42.50	
33.	Pedro Miguel Silva	02	Palmela Desporto	<b>12:24.07</b>	211
	<i>Fora Minimo Acesso</i>				
	50m: 38.67 38.67	250m: 3:40.58 45.14	450m: 6:46.32 47.95	650m: 10:03.16 49.48	
	100m: 1:22.13 43.46	300m: 4:26.44 45.86	500m: 7:34.43 48.11	700m: 10:50.77 47.61	
	150m: 2:08.61 46.48	350m: 5:11.68 45.24	550m: 8:23.67 49.24	750m: 11:38.95 48.18	
	200m: 2:55.44 46.83	400m: 5:58.37 46.69	600m: 9:13.68 50.01	800m: 12:24.07 45.12	
DNS	Bernardo Geadá Brito	02	Naval Amorense		

3 - 2ª Jornada - 2ª Sessão

15.11.15 - 16:00

Prova 11	Femin., 800m Livres				Infantis A
15.11.15 - 16:00					Resultados
Rec Regional	9:27.51	Rafaela Gomes Azevedo	SAD	Algés	2015
Rec Regional Absoluto	8:45.91	Marta Andreia Lopes Ferreira	SCP	Riesa (GER)	2002
Rec Nacional	9:03.90	Alexandra Maria Silva	FCP	Porto	1980
Rec Nacional Absoluto	8:41.65	Angelica Maria Andre	LSC	Porto	2012

Mínimo Acesso : 11:43.05

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
1.	Mariana Marques Mercedes	03	Olivais e Moscavide	<b>10:06.13</b>	494
	50m: 35.93 35.93	250m: 3:10.00	38.19	450m: 5:42.42	37.29
	100m: 1:14.31 38.38	300m: 3:48.54	38.54	500m: 6:21.28	38.86
	150m: 1:52.94 38.63	350m: 4:27.24	38.70	550m: 6:59.69	38.41
	200m: 2:31.81 38.87	400m: 5:05.13	37.89	600m: 7:37.85	38.16
				650m: 8:16.24	38.39
				700m: 8:54.51	38.27
				750m: 9:32.29	37.78
				800m: 10:06.13	33.84
2.	Sara Moura Cruz	03	Alges	<b>10:12.96</b>	478
	50m: 35.15 35.15	250m: 3:06.91	38.50	450m: 5:42.50	39.18
	100m: 1:12.05 36.90	300m: 3:45.79	38.88	500m: 6:21.88	39.38
	150m: 1:50.03 37.98	350m: 4:24.57	38.78	550m: 7:00.66	38.78
	200m: 2:28.41 38.38	400m: 5:03.32	38.75	600m: 7:39.00	38.34
				650m: 8:18.16	39.16
				700m: 8:57.27	39.11
				750m: 9:35.86	38.59
				800m: 10:12.96	37.10
3.	Daniela Mascarenhas Henriques	03	Gesloures	<b>10:17.94</b>	466
	50m: 36.65 36.65	250m: 3:10.65	39.05	450m: 5:46.36	39.23
	100m: 1:14.62 37.97	300m: 3:49.50	38.85	500m: 6:25.49	39.13
	150m: 1:53.11 38.49	350m: 4:28.16	38.66	550m: 7:05.33	39.84
	200m: 2:31.60 38.49	400m: 5:07.13	38.97	600m: 7:46.55	41.22
				650m: 8:25.68	39.13
				700m: 9:04.60	38.92
				750m: 9:42.28	37.68
				800m: 10:17.94	35.66
4.	Ema Jerónimo Conceição	03	Fisica Torres Vedras	<b>10:19.20</b>	463
	50m: 37.46 37.46	250m: 3:15.57	39.64	450m: 5:52.37	39.31
	100m: 1:16.60 39.14	300m: 3:55.03	39.46	500m: 6:30.96	38.59
	150m: 1:56.18 39.58	350m: 4:34.24	39.21	550m: 7:09.85	38.89
	200m: 2:35.93 39.75	400m: 5:13.06	38.82	600m: 7:48.61	38.76
				650m: 8:27.49	38.88
				700m: 9:05.67	38.18
				750m: 9:43.11	37.44
				800m: 10:19.20	36.09
5.	Filipa Ramos Peixeira	03	Sporting	<b>10:20.94</b>	460
	50m: 36.19 36.19	250m: 3:13.75	39.62	450m: 5:51.47	38.91
	100m: 1:14.85 38.66	300m: 3:53.73	39.98	500m: 6:30.39	38.92
	150m: 1:54.23 39.38	350m: 4:32.94	39.21	550m: 7:09.15	38.76
	200m: 2:34.13 39.90	400m: 5:12.56	39.62	600m: 7:48.06	38.91
				650m: 8:26.60	38.54
				700m: 9:05.34	38.74
				750m: 9:43.70	38.36
				800m: 10:20.94	37.24
6.	Beatriz Picanço Martins	03	Benfica	<b>10:34.44</b>	431
	50m: 36.75 36.75	250m: 3:12.52	39.22	450m: 5:53.53	40.80
	100m: 1:15.08 38.33	300m: 3:53.39	40.87	500m: 6:33.99	40.46
	150m: 1:54.22 39.14	350m: 4:32.33	38.94	550m: 7:15.04	41.05
	200m: 2:33.30 39.08	400m: 5:12.73	40.40	600m: 7:54.76	39.72
				650m: 8:35.64	40.88
				700m: 9:16.97	41.33
				750m: 9:56.80	39.83
				800m: 10:34.44	37.64
7.	Catarina Guimaraes Moreira	03	Alges	<b>10:36.35</b>	427
	50m: 37.30 37.30	250m: 3:16.68	39.80	450m: 5:57.20	39.52
	100m: 1:17.03 39.73	300m: 3:57.10	40.42	500m: 6:37.34	40.14
	150m: 1:57.08 40.05	350m: 4:37.56	40.46	550m: 7:17.65	40.31
	200m: 2:36.88 39.80	400m: 5:17.68	40.12	600m: 7:57.67	40.02
				650m: 8:37.42	39.75
				700m: 9:17.31	39.89
				750m: 9:58.35	41.04
				800m: 10:36.35	38.00
8.	Margarida Mota Silva	03	C N Montijo	<b>10:47.95</b>	404
	50m: 35.46 35.46	250m: 3:14.73	40.41	450m: 6:00.40	41.34
	100m: 1:14.17 38.71	300m: 3:56.35	41.62	500m: 6:41.12	40.72
	150m: 1:54.16 39.99	350m: 4:37.79	41.44	550m: 7:22.69	41.57
	200m: 2:34.32 40.16	400m: 5:19.06	41.27	600m: 8:04.71	42.02
				650m: 8:45.26	40.55
				700m: 9:26.93	41.67
				750m: 10:08.05	41.12
				800m: 10:47.95	39.90
9.	Beatriz Azevedo Isaias	03	Colégio Monte Maior	<b>10:49.26</b>	402
	50m: 37.48 37.48	250m: 3:16.04	40.01	450m: 5:59.21	41.51
	100m: 1:16.74 39.26	300m: 3:56.47	40.43	500m: 6:41.11	41.90
	150m: 1:56.29 39.55	350m: 4:36.66	40.19	550m: 7:22.86	41.75
	200m: 2:36.03 39.74	400m: 5:17.70	41.04	600m: 8:04.55	41.69
				650m: 8:46.35	41.80
				700m: 9:29.14	42.79
				750m: 10:10.55	41.41
				800m: 10:49.26	38.71
10.	Leonor Maria Neves	03	Vialonga	<b>10:51.40</b>	398
	50m: 38.00 38.00	250m: 3:22.05	41.44	450m: 6:08.18	40.63
	100m: 1:18.85 40.85	300m: 4:04.17	42.12	500m: 6:50.00	41.82
	150m: 1:59.86 41.01	350m: 4:45.80	41.63	550m: 7:32.23	42.23
	200m: 2:40.61 40.75	400m: 5:27.55	41.75	600m: 8:12.96	40.73
				650m: 8:53.50	40.54
				700m: 9:33.25	39.75
				750m: 10:14.26	41.01
				800m: 10:51.40	37.14
11.	Barbara Silva Viegas	03	Sporting	<b>10:52.61</b>	396
	50m: 38.04 38.04	250m: 3:22.28	41.52	450m: 6:07.49	40.50
	100m: 1:18.51 40.47	300m: 4:03.90	41.62	500m: 6:49.15	41.66
	150m: 1:59.50 40.99	350m: 4:45.28	41.38	550m: 7:30.13	40.98
	200m: 2:40.76 41.26	400m: 5:26.99	41.71	600m: 8:12.30	42.17
				650m: 8:53.31	41.01
				700m: 9:34.40	41.09
				750m: 10:14.23	39.83
				800m: 10:52.61	38.38

Prova 11, Femin., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
12.	Beatriz Quintao Amantes	03	União Piedense	<b>10:54.27</b>	393
	50m: 38.92 38.92	250m: 3:24.00 41.37	450m: 6:09.22 40.95	650m: 8:55.02 41.13	
	100m: 1:20.00 41.08	300m: 4:05.23 41.23	500m: 6:50.63 41.41	700m: 9:35.09 40.07	
	150m: 2:01.51 41.51	350m: 4:46.38 41.15	550m: 7:32.33 41.70	750m: 10:16.33 41.24	
	200m: 2:42.63 41.12	400m: 5:28.27 41.89	600m: 8:13.89 41.56	800m: 10:54.27 37.94	
13.	Margarida Teixeira Moreira	03	Belenenses	<b>10:59.17</b>	384
	50m: 37.08 37.08	250m: 3:19.78 41.00	450m: 6:05.52 41.55	650m: 8:54.46 42.70	
	100m: 1:17.12 40.04	300m: 4:00.83 41.05	500m: 6:47.41 41.89	700m: 9:35.11 40.65	
	150m: 1:57.87 40.75	350m: 4:42.40 41.57	550m: 7:29.85 42.44	750m: 10:19.00 43.89	
	200m: 2:38.78 40.91	400m: 5:23.97 41.57	600m: 8:11.76 41.91	800m: 10:59.17 40.17	
14.	Claudia Beatriz Martins	03	Geslours	<b>11:04.55</b>	375
	50m: 38.80 38.80	250m: 3:25.95 42.00	450m: 6:12.89 41.96	650m: 9:02.29 43.11	
	100m: 1:20.77 41.97	300m: 4:07.50 41.55	500m: 6:54.90 42.01	700m: 9:44.58 42.29	
	150m: 2:02.20 41.43	350m: 4:48.98 41.48	550m: 7:36.71 41.81	750m: 10:25.79 41.21	
	200m: 2:43.95 41.75	400m: 5:30.93 41.95	600m: 8:19.18 42.47	800m: 11:04.55 38.76	
15.	Sophia Rose Taylor	03	Alges	<b>11:07.49</b>	370
	50m: 37.97 37.97	250m: 3:25.09 42.36	450m: 6:15.11 41.90	650m: 9:04.69 42.11	
	100m: 1:18.82 40.85	300m: 4:07.92 42.83	500m: 6:57.47 42.36	700m: 9:47.31 42.62	
	150m: 2:00.52 41.70	350m: 4:50.41 42.49	550m: 7:39.71 42.24	750m: 10:29.61 42.30	
	200m: 2:42.73 42.21	400m: 5:33.21 42.80	600m: 8:22.58 42.87	800m: 11:07.49 37.88	
16.	Mafalda Viegas Cruz	03	Sporting	<b>11:08.80</b>	368
	50m: 39.21 39.21	250m: 3:27.17 42.51	450m: 6:16.00 41.45	650m: 9:05.06 42.06	
	100m: 1:19.99 40.78	300m: 4:09.41 42.24	500m: 6:58.33 42.33	700m: 9:47.77 42.71	
	150m: 2:02.40 42.41	350m: 4:52.02 42.61	550m: 7:40.38 42.05	750m: 10:29.07 41.30	
	200m: 2:44.66 42.26	400m: 5:34.55 42.53	600m: 8:23.00 42.62	800m: 11:08.80 39.73	
17.	Beatriz Vaz Rebelo	03	Geslours	<b>11:15.16</b>	357
	50m: 37.40 37.40	250m: 3:24.94 42.83	450m: 6:16.05 43.25	650m: 9:08.60 43.09	
	100m: 1:18.12 40.72	300m: 4:07.27 42.33	500m: 6:59.13 43.08	700m: 9:51.75 43.15	
	150m: 1:59.82 41.70	350m: 4:50.09 42.82	550m: 7:42.63 43.50	750m: 10:34.96 43.21	
	200m: 2:42.11 42.29	400m: 5:32.80 42.71	600m: 8:25.51 42.88	800m: 11:15.16 40.20	
18.	Maria Ines Ribeiro	03	Alges	<b>11:17.81</b>	353
	50m: 38.12 38.12	250m: 3:25.55 42.26	450m: 6:16.38 42.91	650m: 9:09.28 43.30	
	100m: 1:19.43 41.31	300m: 4:07.89 42.34	500m: 6:59.37 42.99	700m: 9:53.10 43.82	
	150m: 2:01.00 41.57	350m: 4:50.34 42.45	550m: 7:42.71 43.34	750m: 10:36.67 43.57	
	200m: 2:43.29 42.29	400m: 5:33.47 43.13	600m: 8:25.98 43.27	800m: 11:17.81 41.14	
19.	Mariana Bança Ferreira	03	Naval Setubalense	<b>11:19.28</b>	351
	50m: 39.61 39.61	250m: 3:27.76 42.20	450m: 6:19.86 43.40	650m: 9:13.14 42.87	
	100m: 1:21.01 41.40	300m: 4:10.26 42.50	500m: 7:02.93 43.07	700m: 9:56.26 43.12	
	150m: 2:02.68 41.67	350m: 4:53.45 43.19	550m: 7:46.46 43.53	750m: 10:38.93 42.67	
	200m: 2:45.56 42.88	400m: 5:36.46 43.01	600m: 8:30.27 43.81	800m: 11:19.28 40.35	
20.	Margarida Sousa Gaspar	03	Colégio Monte Maior	<b>11:21.11</b>	348
	50m: 38.94 38.94	250m: 3:30.15 42.68	450m: 6:22.66 43.53	650m: 9:15.59 43.28	
	100m: 1:21.91 42.97	300m: 4:12.74 42.59	500m: 7:06.08 43.42	700m: 9:58.55 42.96	
	150m: 2:05.04 43.13	350m: 4:55.71 42.97	550m: 7:49.35 43.27	750m: 10:41.03 42.48	
	200m: 2:47.47 42.43	400m: 5:39.13 43.42	600m: 8:32.31 42.96	800m: 11:21.11 40.08	
21.	Madalena Rodrigues Tomé	03	Estoris	<b>11:23.33</b>	345
	50m: 40.07 40.07	250m: 3:35.19 44.13	450m: 6:29.04 42.85	650m: 9:19.77 42.89	
	100m: 1:24.05 43.98	300m: 4:17.56 42.37	500m: 7:11.83 42.79	700m: 10:02.16 42.39	
	150m: 2:08.56 44.51	350m: 5:01.90 44.34	550m: 7:55.23 43.40	750m: 10:44.08 41.92	
	200m: 2:51.06 42.50	400m: 5:46.19 44.29	600m: 8:36.88 41.65	800m: 11:23.33 39.25	
22.	Tatiana Valentim Oliveira	03	Fisica Torres Vedras	<b>11:24.39</b>	343
	50m: 42.31 42.31	250m: 3:37.21 43.38	450m: 6:29.98 43.25	650m: 9:19.90 42.75	
	100m: 1:26.65 44.34	300m: 4:20.47 43.26	500m: 7:12.33 42.35	700m: 10:02.58 42.68	
	150m: 2:10.70 44.05	350m: 5:03.62 43.15	550m: 7:55.11 42.78	750m: 10:44.59 42.01	
	200m: 2:53.83 43.13	400m: 5:46.73 43.11	600m: 8:37.15 42.04	800m: 11:24.39 39.80	
23.	Rafaela Sofia Silva	03	Benfica	<b>11:25.92</b>	341
	50m: 39.85 39.85	250m: 3:32.83 43.78	450m: 6:27.60 43.41	650m: 9:20.77 43.41	
	100m: 1:22.53 42.68	300m: 4:16.71 43.88	500m: 7:11.28 43.68	700m: 10:03.79 43.02	
	150m: 2:05.80 43.27	350m: 5:00.40 43.69	550m: 7:54.32 43.04	750m: 10:45.85 42.06	
	200m: 2:49.05 43.25	400m: 5:44.19 43.79	600m: 8:37.36 43.04	800m: 11:25.92 40.07	
24.	Catarina Inês Correia	03	Naval Setubalense	<b>11:28.34</b>	337
	50m: 41.90 41.90	250m: 3:40.04 44.98	450m: 6:34.41 43.28	650m: 9:26.27 42.42	
	100m: 1:25.87 43.97	300m: 4:24.21 44.17	500m: 7:17.79 43.38	700m: 10:08.37 42.10	
	150m: 2:10.17 44.30	350m: 5:07.46 43.25	550m: 8:00.94 43.15	750m: 10:49.98 41.61	
	200m: 2:55.06 44.89	400m: 5:51.13 43.67	600m: 8:43.85 42.91	800m: 11:28.34 38.36	

Prova 11, Femin., 800m Livres, Infantis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
25.	Madalena Reis Cerdeira	03	Avançado EULx	<b>11:36.46</b>	326
	50m: 42.44 42.44	250m: 3:40.84 42.67	450m: 6:36.69 43.40	650m: 9:30.27 43.33	
	100m: 1:27.62 45.18	300m: 4:24.41 43.57	500m: 7:19.72 43.03	700m: 10:13.73 43.46	
	150m: 2:12.77 45.15	350m: 5:08.77 44.36	550m: 8:03.38 43.66	750m: 10:56.98 43.25	
	200m: 2:58.17 45.40	400m: 5:53.29 44.52	600m: 8:46.94 43.56	800m: 11:36.46 39.48	
26.	Catarina Manita Rapaz	03	Desportivo Sesimbra	<b>11:46.19</b>	312
	<i>Fora Minimo Acesso</i>				
	50m: 40.17 40.17	250m: 3:36.86 44.60	450m: 6:34.57 44.02	650m: 9:31.64 44.84	
	100m: 1:24.26 44.09	300m: 4:21.31 44.45	500m: 7:18.35 43.78	700m: 10:18.43 46.79	
	150m: 2:08.54 44.28	350m: 5:05.47 44.16	550m: 8:02.13 43.78	750m: 11:03.52 45.09	
	200m: 2:52.26 43.72	400m: 5:50.55 45.08	600m: 8:46.80 44.67	800m: 11:46.19 42.67	
27.	Raquel Pereira Pinto	03	Naval Setubalense	<b>12:23.00</b>	268
	<i>Fora Minimo Acesso</i>				
	50m: 42.19 42.19	250m: 3:42.83 45.38	450m: 6:50.87 48.10	650m: 10:02.18 46.88	
	100m: 1:27.00 44.81	300m: 4:28.69 45.86	500m: 7:38.64 47.77	700m: 10:50.21 48.03	
	150m: 2:12.19 45.19	350m: 5:14.71 46.02	550m: 8:26.59 47.95	750m: 11:38.25 48.04	
	200m: 2:57.45 45.26	400m: 6:02.77 48.06	600m: 9:15.30 48.71	800m: 12:23.00 44.75	
28.	Beatriz Marcelino Sequeira	03	Amadora	<b>12:38.05</b>	252
	<i>Fora Minimo Acesso</i>				
	50m: 44.66 44.66	250m: 3:56.19 48.59	450m: 7:08.65 47.45	650m: 10:20.42 47.78	
	100m: 1:32.33 47.67	300m: 4:44.38 48.19	500m: 7:57.22 48.57	700m: 11:08.38 47.96	
	150m: 2:19.93 47.60	350m: 5:31.85 47.47	550m: 8:45.61 48.39	750m: 11:54.15 45.77	
	200m: 3:07.60 47.67	400m: 6:21.20 49.35	600m: 9:32.64 47.03	800m: 12:38.05 43.90	
29.	Marta Dias Damaso	03	Palmela Desporto	<b>12:39.49</b>	251
	<i>Fora Minimo Acesso</i>				
	50m: 41.35 41.35	250m: 3:50.59 48.04	450m: 7:04.24 49.07	650m: 10:17.38 47.69	
	100m: 1:27.34 45.99	300m: 4:38.90 48.31	500m: 7:53.06 48.82	700m: 11:05.86 48.48	
	150m: 2:14.58 47.24	350m: 5:27.12 48.22	550m: 8:41.62 48.56	750m: 11:54.14 48.28	
	200m: 3:02.55 47.97	400m: 6:15.17 48.05	600m: 9:29.69 48.07	800m: 12:39.49 45.35	
30.	Mariana Valente Fernandes	03	Palmela Desporto	<b>12:42.09</b>	248
	<i>Fora Minimo Acesso</i>				
	50m: 42.45 42.45	250m: 3:50.66 48.12	450m: 7:05.16 48.42	650m: 10:20.85 48.70	
	100m: 1:28.33 45.88	300m: 4:39.27 48.61	500m: 7:53.76 48.60	700m: 11:08.42 47.57	
	150m: 2:15.45 47.12	350m: 5:27.61 48.34	550m: 8:43.10 49.34	750m: 11:56.20 47.78	
	200m: 3:02.54 47.09	400m: 6:16.74 49.13	600m: 9:32.15 49.05	800m: 12:42.09 45.89	
31.	Filipa Andre Teixeira	03	Amadora	<b>13:52.49</b>	190
	<i>Fora Minimo Acesso</i>				
	50m: 44.62 44.62	250m: 4:13.52 53.11	450m: 7:45.90 53.05	650m: 11:18.44 51.90	
	100m: 1:35.35 50.73	300m: 5:06.48 52.96	500m: 8:40.31 54.41	700m: 12:09.46 51.02	
	150m: 2:27.72 52.37	350m: 5:58.85 52.37	550m: 9:33.69 53.38	750m: 13:02.18 52.72	
	200m: 3:20.41 52.69	400m: 6:52.85 54.00	600m: 10:26.54 52.85	800m: 13:52.49 50.31	
DSQ	Ana Margarida Soares	03	Naval Setubalense		
	<i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 650 metros. (SW 10.2)</i>				
DSQ	Joana Ribeiro Martins	03	Benfica		
	<i>G27 - Não cumpriu a distância completa da prova. Desistiu aos 550 metros. (SW 10.2)</i>				
DNS	Barbara Sofia Amaral	03	Gesloures		
EXH	Marta Vainauskaite	03	Estoris	<b>11:58.66</b>	296
	<i>Fora Minimo Acesso</i>				
	50m: 43.64 43.64	250m: 3:44.52 45.12	450m: 6:47.27 45.55	650m: 9:48.51 44.64	
	100m: 1:28.01 44.37	300m: 4:30.65 46.13	500m: 7:32.75 45.48	700m: 10:33.89 45.38	
	150m: 2:13.06 45.05	350m: 5:16.70 46.05	550m: 8:18.05 45.30	750m: 11:17.67 43.78	
	200m: 2:59.40 46.34	400m: 6:01.72 45.02	600m: 9:03.87 45.82	800m: 11:58.66 40.99	

Prova 12  
15.11.15 - 17:03

Masc., 1500m Livres

Juvenis  
Resultados

Rec Regional Juv B	16:25.03	Pedro Fontoura Oliveira	CFB	Cantanhede	2004
Rec Regional Juv A	16:03.51	Andre Filipe Farinha	SLB	Algés	2012
Rec Regional Absoluto	15:14.94	Rafael Lourenco Gil	ANAM	Porto	2014
Rec Nacional Juv B	16:09.71	Luis Miguel Monteiro	FCP	Felgueiras	1998
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC		2007
Rec Nacional Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	2005

Mínimo Acesso Juv B: 19:40.33; Juv A: 19:18.66

Pontos: FINA 2015

Pos.	Nadador	Ano	Clube	Tempo	Pts
<b>Juvenis B</b>					
1.	Diogo Santos Cardoso	01	Colégio Monte Maior	<b>16:44.92</b>	605
	50m: 32.94	450m: 5:04.12	33.56	850m: 9:33.19	33.42
	100m: 1:06.90	500m: 5:37.89	33.77	900m: 10:06.39	33.20
	150m: 1:41.45	550m: 6:11.37	33.48	950m: 10:39.86	33.47
	200m: 2:15.47	600m: 6:45.16	33.79	1000m: 11:13.33	33.47
	250m: 2:49.17	650m: 7:18.93	33.77	1050m: 11:46.79	33.46
	300m: 3:22.94	700m: 7:52.74	33.81	1100m: 12:20.42	33.63
	350m: 3:56.49	750m: 8:26.32	33.58	1150m: 12:54.12	33.70
	400m: 4:30.56	800m: 8:59.77	33.45	1200m: 13:27.42	33.30
2.	Jose Maria Pereira	01	Sporting	<b>17:06.97</b>	567
	50m: 32.60	450m: 5:05.61	34.26	850m: 9:40.30	34.33
	100m: 1:06.33	500m: 5:39.44	33.83	900m: 10:14.68	34.38
	150m: 1:40.32	550m: 6:13.85	34.41	950m: 10:49.18	34.50
	200m: 2:14.58	600m: 6:48.10	34.25	1000m: 11:23.67	34.49
	250m: 2:48.80	650m: 7:22.56	34.46	1050m: 11:58.35	34.68
	300m: 3:23.11	700m: 7:57.19	34.63	1100m: 12:32.97	34.62
	350m: 3:57.22	750m: 8:31.52	34.33	1150m: 13:07.78	34.81
	400m: 4:31.35	800m: 9:05.97	34.45	1200m: 13:42.11	34.33
3.	Rafael Alcantara Aires	01	Naval Amorense	<b>17:10.10</b>	562
	50m: 31.55	450m: 4:59.36	34.26	850m: 9:37.71	34.82
	100m: 1:04.11	500m: 5:33.86	34.50	900m: 10:13.16	35.45
	150m: 1:37.08	550m: 6:08.45	34.59	950m: 10:48.50	35.34
	200m: 2:10.01	600m: 6:43.41	34.96	1000m: 11:23.87	35.37
	250m: 2:43.27	650m: 7:17.99	34.58	1050m: 11:59.04	35.17
	300m: 3:17.06	700m: 7:53.27	35.28	1100m: 12:34.01	34.97
	350m: 3:50.85	750m: 8:28.33	35.06	1150m: 13:09.71	35.70
	400m: 4:25.10	800m: 9:02.89	34.56	1200m: 13:45.06	35.35
4.	David Matias Cristino	01	Naval Amorense	<b>17:14.63</b>	554
	50m: 32.19	450m: 5:06.05	34.54	850m: 9:43.67	33.91
	100m: 1:05.90	500m: 5:41.10	35.05	900m: 10:18.32	34.65
	150m: 1:39.95	550m: 6:15.63	34.53	950m: 10:53.33	35.01
	200m: 2:14.24	600m: 6:50.48	34.85	1000m: 11:28.36	35.03
	250m: 2:48.51	650m: 7:25.09	34.61	1050m: 12:02.99	34.63
	300m: 3:22.66	700m: 7:59.61	34.52	1100m: 12:38.16	35.17
	350m: 3:56.75	750m: 8:34.34	34.73	1150m: 13:12.40	34.24
	400m: 4:31.51	800m: 9:09.76	35.42	1200m: 13:47.46	35.06
5.	Alexandre Miguel Branco	01	Algés	<b>17:27.06</b>	535
	50m: 31.45	450m: 5:08.23	35.41	850m: 9:51.27	35.53
	100m: 1:04.31	500m: 5:43.53	35.30	900m: 10:26.74	35.47
	150m: 1:37.99	550m: 6:18.84	35.31	950m: 11:02.20	35.46
	200m: 2:12.46	600m: 6:54.11	35.27	1000m: 11:37.42	35.22
	250m: 2:47.18	650m: 7:29.66	35.55	1050m: 12:12.66	35.24
	300m: 3:22.19	700m: 8:05.29	35.63	1100m: 12:47.69	35.03
	350m: 3:57.44	750m: 8:40.43	35.14	1150m: 13:22.86	35.17
	400m: 4:32.82	800m: 9:15.74	35.31	1200m: 13:58.00	35.14
6.	Edgar Filipe Santos	01	Naval Amorense	<b>17:42.67</b>	511
	50m: 33.47	450m: 5:16.94	35.74	850m: 10:04.04	35.72
	100m: 1:08.38	500m: 5:52.40	35.46	900m: 10:39.54	35.50
	150m: 1:44.03	550m: 6:28.29	35.89	950m: 11:15.75	36.21
	200m: 2:19.08	600m: 7:04.08	35.79	1000m: 11:51.89	36.14
	250m: 2:54.43	650m: 7:40.14	36.06	1050m: 12:28.07	36.18
	300m: 3:30.20	700m: 8:16.44	36.30	1100m: 13:04.56	36.49
	350m: 4:05.21	750m: 8:52.32	35.88	1150m: 13:40.23	35.67
	400m: 4:41.20	800m: 9:28.32	36.00	1200m: 14:16.48	36.25

Prova 12, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
7.	Diogo Alexandre Araujo	01	Estrelas S. Joao Brito	<b>17:58.48</b>	489
	50m: 32.73 32.73	450m: 5:16.96 36.45	850m: 10:08.40 35.77	1250m: 14:58.47 36.47	
	100m: 1:06.22 33.49	500m: 5:52.80 35.84	900m: 10:44.17 35.77	1300m: 15:34.22 35.75	
	150m: 1:41.09 34.87	550m: 6:29.95 37.15	950m: 11:20.49 36.32	1350m: 16:11.38 37.16	
	200m: 2:16.46 35.37	600m: 7:06.97 37.02	1000m: 11:57.52 37.03	1400m: 16:48.02 36.64	
	250m: 2:52.22 35.76	650m: 7:43.85 36.88	1050m: 12:33.84 36.32	1450m: 17:23.86 35.84	
	300m: 3:28.13 35.91	700m: 8:21.53 37.68	1100m: 13:10.16 36.32	1500m: 17:58.48 34.62	
	350m: 4:04.18 36.05	750m: 8:59.08 37.55	1150m: 13:46.22 36.06		
	400m: 4:40.51 36.33	800m: 9:32.83 33.75	1200m: 14:22.00 35.78		
8.	Guilherme Ventura Carvalho	01	Geslours	<b>18:02.03</b>	484
	50m: 33.51 33.51	450m: 5:18.35 35.72	850m: 10:09.66 36.52	1250m: 15:02.67 36.85	
	100m: 1:08.28 34.77	500m: 5:54.36 36.01	900m: 10:46.07 36.41	1300m: 15:39.43 36.76	
	150m: 1:43.44 35.16	550m: 6:30.56 36.20	950m: 11:22.58 36.51	1350m: 16:15.43 36.00	
	200m: 2:19.02 35.58	600m: 7:06.55 35.99	1000m: 11:59.32 36.74	1400m: 16:51.59 36.16	
	250m: 2:54.81 35.79	650m: 7:43.16 36.61	1050m: 12:35.91 36.59	1450m: 17:27.78 36.19	
	300m: 3:30.74 35.93	700m: 8:19.78 36.62	1100m: 13:12.53 36.62	1500m: 18:02.03 34.25	
	350m: 4:06.63 35.89	750m: 8:56.59 36.81	1150m: 13:49.26 36.73		
	400m: 4:42.63 36.00	800m: 9:33.14 36.55	1200m: 14:25.82 36.56		
9.	Tomas Afonso Graca	01	Benfica	<b>18:17.23</b>	465
	50m: 33.83 33.83	450m: 5:25.07 36.80	850m: 10:18.85 36.90	1250m: 15:14.00 36.78	
	100m: 1:08.99 35.16	500m: 6:01.62 36.55	900m: 10:55.55 36.70	1300m: 15:50.35 36.35	
	150m: 1:45.36 36.37	550m: 6:38.15 36.53	950m: 11:32.73 37.18	1350m: 16:27.22 36.87	
	200m: 2:21.75 36.39	600m: 7:14.58 36.43	1000m: 12:09.36 36.63	1400m: 17:04.26 37.04	
	250m: 2:58.34 36.59	650m: 7:51.48 36.90	1050m: 12:46.14 36.78	1450m: 17:41.39 37.13	
	300m: 3:34.78 36.44	700m: 8:28.18 36.70	1100m: 13:23.34 37.20	1500m: 18:17.23 35.84	
	350m: 4:11.48 36.70	750m: 9:04.78 36.60	1150m: 14:00.73 37.39		
	400m: 4:48.27 36.79	800m: 9:41.95 37.17	1200m: 14:37.22 36.49		
10.	Tiago Maria Camoes	01	União Piedense	<b>18:21.56</b>	459
	50m: 33.34 33.34	450m: 5:23.39 36.48	850m: 10:21.01 37.18	1250m: 15:21.14 38.01	
	100m: 1:09.09 35.75	500m: 6:00.62 37.23	900m: 10:58.40 37.39	1300m: 15:58.23 37.09	
	150m: 1:45.39 36.30	550m: 6:37.34 36.72	950m: 11:35.63 37.23	1350m: 16:35.63 37.40	
	200m: 2:22.02 36.63	600m: 7:14.52 37.18	1000m: 12:13.14 37.51	1400m: 17:12.87 37.24	
	250m: 2:58.10 36.08	650m: 7:51.68 37.16	1050m: 12:50.48 37.34	1450m: 17:49.34 36.47	
	300m: 3:34.26 36.16	700m: 8:28.89 37.21	1100m: 13:27.67 37.19	1500m: 18:21.56 32.22	
	350m: 4:10.75 36.49	750m: 9:06.36 37.47	1150m: 14:05.34 37.67		
	400m: 4:46.91 36.16	800m: 9:43.83 37.47	1200m: 14:43.13 37.79		
11.	Ricardo Pinela Ferreira	01	Alges	<b>18:23.95</b>	456
	50m: 33.25 33.25	450m: 5:17.96 36.21	850m: 10:19.61 38.30	1250m: 15:19.69 37.69	
	100m: 1:08.47 35.22	500m: 5:55.08 37.12	900m: 10:56.94 37.33	1300m: 15:57.65 37.96	
	150m: 1:43.42 34.95	550m: 6:32.27 37.19	950m: 11:34.40 37.46	1350m: 16:34.41 36.76	
	200m: 2:18.88 35.46	600m: 7:10.08 37.81	1000m: 12:11.38 36.98	1400m: 17:11.94 37.53	
	250m: 2:54.12 35.24	650m: 7:47.76 37.68	1050m: 12:48.95 37.57	1450m: 17:48.46 36.52	
	300m: 3:30.03 35.91	700m: 8:25.63 37.87	1100m: 13:26.28 37.33	1500m: 18:23.95 35.49	
	350m: 4:05.54 35.51	750m: 9:03.37 37.74	1150m: 14:03.72 37.44		
	400m: 4:41.75 36.21	800m: 9:41.31 37.94	1200m: 14:42.00 38.28		
12.	Renato Barros Frischknecht	01	Alges	<b>18:26.19</b>	453
	50m: 32.96 32.96	450m: 5:23.85 37.13	850m: 10:22.04 37.46	1250m: 15:21.61 37.05	
	100m: 1:08.06 35.10	500m: 6:01.28 37.43	900m: 10:59.40 37.36	1300m: 15:58.82 37.21	
	150m: 1:43.80 35.74	550m: 6:38.41 37.13	950m: 11:36.92 37.52	1350m: 16:35.67 36.85	
	200m: 2:19.70 35.90	600m: 7:15.29 36.88	1000m: 12:14.09 37.17	1400m: 17:12.12 36.45	
	250m: 2:56.08 36.38	650m: 7:52.55 37.26	1050m: 12:51.92 37.83	1450m: 17:48.82 36.70	
	300m: 3:32.75 36.67	700m: 8:29.85 37.30	1100m: 13:29.36 37.44	1500m: 18:26.19 37.37	
	350m: 4:09.65 36.90	750m: 9:07.31 37.46	1150m: 14:07.19 37.83		
	400m: 4:46.72 37.07	800m: 9:44.58 37.27	1200m: 14:44.56 37.37		
13.	Bernardo Craveiro Bandarra	01	Alges	<b>18:36.66</b>	441
	50m: 34.08 34.08	450m: 5:28.99 37.03	850m: 10:26.25 37.47	1250m: 15:29.26 37.45	
	100m: 1:10.14 36.06	500m: 6:06.09 37.10	900m: 11:04.13 37.88	1300m: 16:07.01 37.75	
	150m: 1:47.17 37.03	550m: 6:43.08 36.99	950m: 11:41.78 37.65	1350m: 16:45.07 38.06	
	200m: 2:23.79 36.62	600m: 7:20.43 37.35	1000m: 12:19.40 37.62	1400m: 17:22.13 37.06	
	250m: 3:00.74 36.95	650m: 7:57.31 36.88	1050m: 12:57.63 38.23	1450m: 17:59.76 37.63	
	300m: 3:37.73 36.99	700m: 8:34.38 37.07	1100m: 13:35.49 37.86	1500m: 18:36.66 36.90	
	350m: 4:15.09 37.36	750m: 9:11.32 36.94	1150m: 14:13.88 38.39		
	400m: 4:51.96 36.87	800m: 9:48.78 37.46	1200m: 14:51.81 37.93		
14.	Francisco Martins Pedro	01	Geslours	<b>18:39.92</b>	437
	50m: 34.38 34.38	450m: 5:33.33 37.45	850m: 10:33.07 37.59	1250m: 15:35.18 37.98	
	100m: 1:10.69 36.31	500m: 6:10.90 37.57	900m: 11:10.85 37.78	1300m: 16:13.15 37.97	
	150m: 1:47.78 37.09	550m: 6:48.21 37.31	950m: 11:48.70 37.85	1350m: 16:51.06 37.91	
	200m: 2:25.09 37.31	600m: 7:25.70 37.49	1000m: 12:26.29 37.59	1400m: 17:29.44 38.38	
	250m: 3:02.71 37.62	650m: 8:02.98 37.28	1050m: 13:03.97 37.68	1450m: 18:06.80 37.36	
	300m: 3:40.34 37.63	700m: 8:40.42 37.44	1100m: 13:41.69 37.72	1500m: 18:39.92 33.12	
	350m: 4:18.47 38.13	750m: 9:17.98 37.56	1150m: 14:19.46 37.77		
	400m: 4:55.88 37.41	800m: 9:55.48 37.50	1200m: 14:57.20 37.74		

Prova 12, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts			
15.	Rodrigo Melo Pinto	01	Colégio Vasco da Gama	<b>18:40.53</b>	436			
	50m: 34.24	34.24	450m: 5:27.33	37.88	850m: 10:27.40	37.73	1250m: 15:31.35	38.27
	100m: 1:09.55	35.31	500m: 6:04.31	36.98	900m: 11:05.19	37.79	1300m: 16:09.67	38.32
	150m: 1:45.84	36.29	550m: 6:41.77	37.46	950m: 11:43.06	37.87	1350m: 16:48.53	38.86
	200m: 2:22.26	36.42	600m: 7:19.35	37.58	1000m: 12:21.32	38.26	1400m: 17:26.75	38.22
	250m: 2:58.69	36.43	650m: 7:56.97	37.62	1050m: 12:59.28	37.96	1450m: 18:05.54	38.79
	300m: 3:35.10	36.41	700m: 8:34.34	37.37	1100m: 13:36.90	37.62	1500m: 18:40.53	34.99
	350m: 4:12.04	36.94	750m: 9:12.20	37.86	1150m: 14:15.40	38.50		
	400m: 4:49.45	37.41	800m: 9:49.67	37.47	1200m: 14:53.08	37.68		
16.	Rodrigo Ponte Jorge	01	Naval Amorense	<b>18:41.52</b>	435			
	50m: 31.34	31.34	450m: 5:18.31	37.67	850m: 10:26.43	38.99	1250m: 15:34.65	39.41
	100m: 1:04.74	33.40	500m: 5:56.51	38.20	900m: 11:05.53	39.10	1300m: 16:11.67	37.02
	150m: 1:39.31	34.57	550m: 6:34.85	38.34	950m: 11:42.92	37.39	1350m: 16:51.71	40.04
	200m: 2:14.69	35.38	600m: 7:13.12	38.27	1000m: 12:21.57	38.65	1400m: 17:30.29	38.58
	250m: 2:50.23	35.54	650m: 7:51.48	38.36	1050m: 12:58.69	37.12	1450m: 18:06.02	35.73
	300m: 3:27.08	36.85	700m: 8:30.00	38.52	1100m: 13:37.61	38.92	1500m: 18:41.52	35.50
	350m: 4:03.90	36.82	750m: 9:09.17	39.17	1150m: 14:16.22	38.61		
	400m: 4:40.64	36.74	800m: 9:47.44	38.27	1200m: 14:55.24	39.02		
17.	Diogo Afonso Miranda	01	União Piedense	<b>18:49.83</b>	425			
	50m: 34.79	34.79	450m: 5:35.37	37.85	850m: 10:38.16	37.99	1250m: 15:42.79	38.22
	100m: 1:11.80	37.01	500m: 6:13.11	37.74	900m: 11:16.02	37.86	1300m: 16:20.56	37.77
	150m: 1:49.47	37.67	550m: 6:50.43	37.32	950m: 11:53.99	37.97	1350m: 16:58.18	37.62
	200m: 2:26.68	37.21	600m: 7:28.34	37.91	1000m: 12:32.11	38.12	1400m: 17:35.92	37.74
	250m: 3:04.37	37.69	650m: 8:06.42	38.08	1050m: 13:10.12	38.01	1450m: 18:13.29	37.37
	300m: 3:41.97	37.60	700m: 8:44.08	37.66	1100m: 13:48.28	38.16	1500m: 18:49.83	36.54
	350m: 4:20.02	38.05	750m: 9:22.08	38.00	1150m: 14:26.40	38.12		
	400m: 4:57.52	37.50	800m: 10:00.17	38.09	1200m: 15:04.57	38.17		
18.	Henrique Rasteiro Luis	01	Colégio Monte Maior	<b>18:58.53</b>	416			
	50m: 34.47	34.47	450m: 5:35.89	37.94	850m: 10:44.08	38.25	1250m: 15:52.39	38.42
	100m: 1:11.48	37.01	500m: 6:14.24	38.35	900m: 11:22.33	38.25	1300m: 16:30.44	38.05
	150m: 1:48.35	36.87	550m: 6:52.87	38.63	950m: 12:00.16	37.83	1350m: 17:08.03	37.59
	200m: 2:25.66	37.31	600m: 7:31.84	38.97	1000m: 12:38.54	38.38	1400m: 17:46.07	38.04
	250m: 3:03.28	37.62	650m: 8:10.03	38.19	1050m: 13:17.59	39.05	1450m: 18:23.34	37.27
	300m: 3:41.26	37.98	700m: 8:48.94	38.91	1100m: 13:56.17	38.58	1500m: 18:58.53	35.19
	350m: 4:19.31	38.05	750m: 9:27.59	38.65	1150m: 14:34.94	38.77		
	400m: 4:57.95	38.64	800m: 10:05.83	38.24	1200m: 15:13.97	39.03		
19.	Joao Batista Silva	01	Palmela Desporto	<b>19:00.05</b>	414			
	50m: 34.15	34.15	450m: 5:31.75	37.36	850m: 10:37.65	38.34	1250m: 15:50.01	39.27
	100m: 1:10.06	35.91	500m: 6:09.36	37.61	900m: 11:16.68	39.03	1300m: 16:28.85	38.84
	150m: 1:47.28	37.22	550m: 6:47.49	38.13	950m: 11:55.70	39.02	1350m: 17:08.04	39.19
	200m: 2:24.51	37.23	600m: 7:25.69	38.20	1000m: 12:34.73	39.03	1400m: 17:46.83	38.79
	250m: 3:01.71	37.20	650m: 8:03.43	37.74	1050m: 13:14.12	39.39	1450m: 18:24.86	38.03
	300m: 3:39.35	37.64	700m: 8:42.00	38.57	1100m: 13:52.67	38.55	1500m: 19:00.05	35.19
	350m: 4:16.94	37.59	750m: 9:20.55	38.55	1150m: 14:31.74	39.07		
	400m: 4:54.39	37.45	800m: 9:59.31	38.76	1200m: 15:10.74	39.00		
20.	Ricardo Martins Bras	01	Belenenses	<b>19:02.58</b>	411			
	50m: 34.34	34.34	450m: 5:33.32	39.36	850m: 10:41.48	38.47	1250m: 15:53.58	40.00
	100m: 1:09.26	34.92	500m: 6:11.46	38.14	900m: 11:19.54	38.06	1300m: 16:33.76	40.18
	150m: 1:45.57	36.31	550m: 6:51.00	39.54	950m: 11:59.25	39.71	1350m: 17:11.16	37.40
	200m: 2:22.46	36.89	600m: 7:30.15	39.15	1000m: 12:37.88	38.63	1400m: 17:49.26	38.10
	250m: 2:59.95	37.49	650m: 8:08.07	37.92	1050m: 13:16.74	38.86	1450m: 18:27.06	37.80
	300m: 3:37.74	37.79	700m: 8:45.97	37.90	1100m: 13:55.55	38.81	1500m: 19:02.58	35.52
	350m: 4:15.72	37.98	750m: 9:24.46	38.49	1150m: 14:35.40	39.85		
	400m: 4:53.96	38.24	800m: 10:03.01	38.55	1200m: 15:13.58	38.18		
21.	Gonçalo Silveirinha Caldeira	01	Amadora	<b>19:10.64</b>	403			
	50m: 34.50	34.50	450m: 5:37.65	38.70	850m: 10:47.87	38.62	1250m: 15:57.99	38.86
	100m: 1:11.12	36.62	500m: 6:16.75	39.10	900m: 11:27.30	39.43	1300m: 16:37.28	39.29
	150m: 1:49.26	38.14	550m: 6:55.36	38.61	950m: 12:06.24	38.94	1350m: 17:16.73	39.45
	200m: 2:26.57	37.31	600m: 7:33.99	38.63	1000m: 12:44.52	38.28	1400m: 17:56.13	39.40
	250m: 3:04.13	37.56	650m: 8:12.97	38.98	1050m: 13:22.94	38.42	1450m: 18:33.64	37.51
	300m: 3:42.19	38.06	700m: 8:51.67	38.70	1100m: 14:01.75	38.81	1500m: 19:10.64	37.00
	350m: 4:20.80	38.61	750m: 9:30.62	38.95	1150m: 14:40.63	38.88		
	400m: 4:58.95	38.15	800m: 10:09.25	38.63	1200m: 15:19.13	38.50		
22.	Diogo Alexandre Casteleiro	01	Sporting	<b>19:12.19</b>	401			
	50m: 34.49	34.49	450m: 5:38.42	38.54	850m: 10:50.02	38.64	1250m: 15:57.21	38.86
	100m: 1:12.14	37.65	500m: 6:17.48	39.06	900m: 11:28.75	38.73	1300m: 16:35.94	38.73
	150m: 1:49.95	37.81	550m: 6:56.55	39.07	950m: 12:07.54	38.79	1350m: 17:14.36	38.42
	200m: 2:28.17	38.22	600m: 7:35.65	39.10	1000m: 12:45.21	37.67	1400m: 17:53.24	38.88
	250m: 3:06.16	37.99	650m: 8:14.33	38.68	1050m: 13:23.11	37.90	1450m: 18:32.64	39.40
	300m: 3:44.39	38.23	700m: 8:53.59	39.26	1100m: 14:01.56	38.45	1500m: 19:12.19	39.55
	350m: 4:22.12	37.73	750m: 9:32.72	39.13	1150m: 14:40.08	38.52		
	400m: 4:59.88	37.76	800m: 10:11.38	38.66	1200m: 15:18.35	38.27		

Prova 12, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	Tempo	Pts
23.	Afonso Maria Carvalho	01	Sporting	<b>19:25.23</b>	<b>388</b>
	50m: 35.28 35.28	450m: 5:39.81 38.40	850m: 10:50.71 38.97	1250m: 16:09.48 39.45	
	100m: 1:12.27 36.99	500m: 6:18.42 38.61	900m: 11:30.41 39.70	1300m: 16:48.81 39.33	
	150m: 1:49.85 37.58	550m: 6:56.71 38.29	950m: 12:09.66 39.25	1350m: 17:28.19 39.38	
	200m: 2:27.85 38.00	600m: 7:35.84 39.13	1000m: 12:49.13 39.47	1400m: 18:07.66 39.47	
	250m: 3:06.11 38.26	650m: 8:14.81 38.97	1050m: 13:28.86 39.73	1450m: 18:47.72 40.06	
	300m: 3:44.43 38.32	700m: 8:53.70 38.89	1100m: 14:09.28 40.42	1500m: 19:25.23 37.51	
	350m: 4:22.59 38.16	750m: 9:32.66 38.96	1150m: 14:49.65 40.37		
	400m: 5:01.41 38.82	800m: 10:11.74 39.08	1200m: 15:30.03 40.38		
24.	Guilherme Filipe Alcobia	01	Benfica	<b>19:38.84</b>	<b>375</b>
	50m: 34.16 34.16	450m: 5:40.83 39.22	850m: 10:58.62 40.57	1250m: 16:22.90 40.22	
	100m: 1:10.75 36.59	500m: 6:18.84 38.01	900m: 11:39.09 40.47	1300m: 17:03.69 40.79	
	150m: 1:48.58 37.83	550m: 6:58.96 40.12	950m: 12:19.49 40.40	1350m: 17:45.38 41.69	
	200m: 2:26.90 38.32	600m: 7:38.30 39.34	1000m: 13:00.18 40.69	1400m: 18:25.73 40.35	
	250m: 3:04.80 37.90	650m: 8:17.75 39.45	1050m: 13:40.99 40.81	1450m: 19:06.07 40.34	
	300m: 3:43.37 38.57	700m: 8:58.21 40.46	1100m: 14:21.24 40.25	1500m: 19:38.84 32.77	
	350m: 4:22.42 39.05	750m: 9:38.42 40.21	1150m: 15:01.62 40.38		
	400m: 5:01.61 39.19	800m: 10:18.05 39.63	1200m: 15:42.68 41.06		
25.	Hugo Tavares Reis <i>Fora Minimo Acesso</i>	01	Estrelas S. Joao Brito	<b>20:01.89</b>	<b>353</b>
	50m: 34.74 34.74	450m: 5:47.81 39.11	850m: 11:10.41 40.55	1250m: 16:38.81 41.72	
	100m: 1:13.34 38.60	500m: 6:28.38 40.57	900m: 11:51.65 41.24	1300m: 17:20.19 41.38	
	150m: 1:51.65 38.31	550m: 7:08.12 39.74	950m: 12:32.18 40.53	1350m: 18:01.92 41.73	
	200m: 2:30.70 39.05	600m: 7:48.34 40.22	1000m: 13:13.52 41.34	1400m: 18:43.37 41.45	
	250m: 3:10.38 39.68	650m: 8:28.56 40.22	1050m: 13:54.86 41.34	1450m: 19:23.73 40.36	
	300m: 3:49.37 38.99	700m: 9:08.68 40.12	1100m: 14:36.19 41.33	1500m: 20:01.89 38.16	
	350m: 4:29.33 39.96	750m: 9:49.97 41.29	1150m: 15:17.13 40.94		
	400m: 5:08.70 39.37	800m: 10:29.86 39.89	1200m: 15:57.09 39.96		
26.	Luis Martins Tripa <i>Fora Minimo Acesso</i>	01	Gesloures	<b>20:05.35</b>	<b>350</b>
	50m: 35.47 35.47	450m: 5:56.09 40.61	850m: 11:23.08 40.36	1250m: 16:48.64 40.65	
	100m: 1:14.44 38.97	500m: 6:37.44 41.35	900m: 12:03.32 40.24	1300m: 17:28.75 40.11	
	150m: 1:53.84 39.40	550m: 7:18.34 40.90	950m: 12:43.83 40.51	1350m: 18:09.32 40.57	
	200m: 2:33.46 39.62	600m: 7:59.35 41.01	1000m: 13:24.82 40.99	1400m: 18:50.26 40.94	
	250m: 3:13.65 40.19	650m: 8:40.61 41.26	1050m: 14:05.87 41.05	1450m: 19:28.28 38.02	
	300m: 3:54.03 40.38	700m: 9:21.67 41.06	1100m: 14:46.70 40.83	1500m: 20:05.35 37.07	
	350m: 4:35.36 41.33	750m: 10:01.61 39.94	1150m: 15:27.19 40.49		
	400m: 5:15.48 40.12	800m: 10:42.72 41.11	1200m: 16:07.99 40.80		
DNS	Gonçalo Carvalho Ferrao	01	Nautica do Seixal		
DNS	Miguel Monteiro Dinis	01	Alges		

Juvenis A

1.	Diogo Leal Dantas	00	Sporting	<b>16:32.93</b>	<b>627</b>
	50m: 31.28 31.28	450m: 4:51.28 33.02	850m: 9:16.34 33.44	1250m: 13:46.93 34.10	
	100m: 1:03.16 31.88	500m: 5:24.30 33.02	900m: 9:49.73 33.39	1300m: 14:20.94 34.01	
	150m: 1:35.18 32.02	550m: 5:57.01 32.71	950m: 10:23.29 33.56	1350m: 14:54.96 34.02	
	200m: 2:07.41 32.23	600m: 6:30.08 33.07	1000m: 10:57.08 33.79	1400m: 15:28.79 33.83	
	250m: 2:39.82 32.41	650m: 7:03.51 33.43	1050m: 11:30.94 33.86	1450m: 16:01.02 32.23	
	300m: 3:12.45 32.63	700m: 7:36.50 32.99	1100m: 12:04.81 33.87	1500m: 16:32.93 31.91	
	350m: 3:45.22 32.77	750m: 8:09.80 33.30	1150m: 12:38.68 33.87		
	400m: 4:18.26 33.04	800m: 8:42.90 33.10	1200m: 13:12.83 34.15		
2.	Filipe Miguel Santo	00	Sporting	<b>17:02.99</b>	<b>573</b>
	50m: 31.62 31.62	450m: 4:58.77 33.88	850m: 9:34.14 34.18	1250m: 14:10.49 34.90	
	100m: 1:03.48 31.86	500m: 5:32.93 34.16	900m: 10:08.46 34.32	1300m: 14:45.28 34.79	
	150m: 1:36.05 32.57	550m: 6:07.17 34.24	950m: 10:43.05 34.59	1350m: 15:20.26 34.98	
	200m: 2:09.31 33.26	600m: 6:41.94 34.77	1000m: 11:17.57 34.52	1400m: 15:54.97 34.71	
	250m: 2:42.76 33.45	650m: 7:16.18 34.24	1050m: 11:51.85 34.28	1450m: 16:29.22 34.25	
	300m: 3:16.50 33.74	700m: 7:50.72 34.54	1100m: 12:26.42 34.57	1500m: 17:02.99 33.77	
	350m: 3:50.73 34.23	750m: 8:25.49 34.77	1150m: 13:00.86 34.44		
	400m: 4:24.89 34.16	800m: 8:59.96 34.47	1200m: 13:35.59 34.73		

Prova 12, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts
3.	Bernardo Garcia Perloiro	00	Sporting	<b>17:10.83</b>	560
	50m: 31.58	450m: 5:01.02	34.48	850m: 9:39.82	35.04
	100m: 1:04.35	500m: 5:35.50	34.48	900m: 10:14.62	34.80
	150m: 1:37.24	550m: 6:09.95	34.45	950m: 10:49.41	34.79
	200m: 2:10.66	600m: 6:44.84	34.89	1000m: 11:24.24	34.83
	250m: 2:44.31	650m: 7:19.65	34.81	1050m: 11:59.48	35.24
	300m: 3:18.23	700m: 7:54.85	35.20	1100m: 12:34.59	35.11
	350m: 3:52.39	750m: 8:29.75	34.90	1150m: 13:09.43	34.84
	400m: 4:26.54	800m: 9:04.78	35.03	1200m: 13:44.18	34.75
				1250m: 14:18.93	34.75
				1300m: 14:53.64	34.71
				1350m: 15:27.99	34.35
				1400m: 16:02.81	34.82
				1450m: 16:37.40	34.59
				1500m: 17:10.83	33.43
4.	Jose Tomas Simeao	00	Clube Instrucao Laranjeiro	<b>17:10.95</b>	560
	50m: 31.45	450m: 4:59.12	34.19	850m: 9:37.76	34.92
	100m: 1:04.02	500m: 5:33.73	34.61	900m: 10:12.89	35.13
	150m: 1:37.40	550m: 6:08.29	34.56	950m: 10:48.56	35.67
	200m: 2:10.77	600m: 6:43.18	34.89	1000m: 11:23.82	35.26
	250m: 2:43.74	650m: 7:18.37	35.19	1050m: 11:59.00	35.18
	300m: 3:17.02	700m: 7:53.30	34.93	1100m: 12:34.90	35.90
	350m: 3:51.00	750m: 8:27.92	34.62	1150m: 13:09.83	34.93
	400m: 4:24.93	800m: 9:02.84	34.92	1200m: 13:45.23	35.40
				1250m: 14:21.08	35.85
				1300m: 14:56.95	35.87
				1350m: 15:31.52	34.57
				1400m: 16:05.58	34.06
				1450m: 16:39.35	33.77
				1500m: 17:10.95	31.60
5.	Pedro Barata Neves	00	Clube Instrucao Laranjeiro	<b>17:26.38</b>	536
	50m: 33.31	450m: 5:11.38	34.96	850m: 9:51.09	35.05
	100m: 1:07.79	500m: 5:46.41	35.03	900m: 10:26.50	35.41
	150m: 1:42.55	550m: 6:21.02	34.61	950m: 11:02.14	35.64
	200m: 2:17.13	600m: 6:55.72	34.70	1000m: 11:37.10	34.96
	250m: 2:52.11	650m: 7:31.02	35.30	1050m: 12:12.08	34.98
	300m: 3:26.76	700m: 8:06.30	35.28	1100m: 12:48.22	36.14
	350m: 4:01.46	750m: 8:41.26	34.96	1150m: 13:24.28	36.06
	400m: 4:36.42	800m: 9:16.04	34.78	1200m: 14:00.23	35.95
				1250m: 14:35.05	34.82
				1300m: 15:10.58	35.53
				1350m: 15:45.62	35.04
				1400m: 16:20.35	34.73
				1450m: 16:54.51	34.16
				1500m: 17:26.38	31.87
6.	Sebastiao Limbert Piedade	00	Alges	<b>17:26.80</b>	535
	50m: 32.85	450m: 5:07.98	34.52	850m: 9:48.89	35.56
	100m: 1:07.35	500m: 5:43.10	35.12	900m: 10:24.18	35.29
	150m: 1:41.46	550m: 6:18.23	35.13	950m: 10:59.73	35.55
	200m: 2:15.67	600m: 6:53.09	34.86	1000m: 11:35.03	35.30
	250m: 2:49.85	650m: 7:28.42	35.33	1050m: 12:10.60	35.57
	300m: 3:24.38	700m: 8:03.32	34.90	1100m: 12:46.02	35.42
	350m: 3:58.79	750m: 8:38.29	34.97	1150m: 13:21.16	35.14
	400m: 4:33.46	800m: 9:13.33	35.04	1200m: 13:56.79	35.63
				1250m: 14:32.17	35.38
				1300m: 15:07.42	35.25
				1350m: 15:42.70	35.28
				1400m: 16:18.79	36.09
				1450m: 16:54.05	35.26
				1500m: 17:26.80	32.75
7.	Joao Manuel Vargas	00	Alges	<b>17:31.31</b>	528
	50m: 32.21	450m: 5:07.56	35.25	850m: 9:52.22	35.57
	100m: 1:05.12	500m: 5:42.87	35.31	900m: 10:27.83	35.61
	150m: 1:38.81	550m: 6:18.17	35.30	950m: 11:03.26	35.43
	200m: 2:13.31	600m: 6:53.63	35.46	1000m: 11:38.86	35.60
	250m: 2:47.79	650m: 7:29.48	35.85	1050m: 12:14.08	35.22
	300m: 3:22.21	700m: 8:05.31	35.83	1100m: 12:49.50	35.42
	350m: 3:57.34	750m: 8:41.26	35.95	1150m: 13:25.07	35.57
	400m: 4:32.31	800m: 9:16.65	35.39	1200m: 14:00.62	35.55
				1250m: 14:36.11	35.49
				1300m: 15:11.31	35.20
				1350m: 15:46.55	35.24
				1400m: 16:22.18	35.63
				1450m: 16:57.36	35.18
				1500m: 17:31.31	33.95
8.	Francisco Silva Pinheiro	00	Alges	<b>17:47.74</b>	504
	50m: 32.56	450m: 5:09.99	34.86	850m: 9:55.60	36.01
	100m: 1:06.71	500m: 5:45.21	35.22	900m: 10:32.23	36.63
	150m: 1:41.26	550m: 6:20.46	35.25	950m: 11:08.41	36.18
	200m: 2:15.98	600m: 6:56.06	35.60	1000m: 11:44.68	36.27
	250m: 2:50.69	650m: 7:31.83	35.77	1050m: 12:20.84	36.16
	300m: 3:25.35	700m: 8:07.89	36.06	1100m: 12:57.43	36.59
	350m: 4:00.16	750m: 8:43.71	35.82	1150m: 13:34.16	36.73
	400m: 4:35.13	800m: 9:19.59	35.88	1200m: 14:10.47	36.31
				1250m: 14:47.00	36.53
				1300m: 15:23.39	36.39
				1350m: 15:59.93	36.54
				1400m: 16:36.55	36.62
				1450m: 17:12.57	36.02
				1500m: 17:47.74	35.17
9.	João Pedro Silva	00	Naval Amorense	<b>17:48.69</b>	503
	50m: 31.39	450m: 5:14.67	35.77	850m: 9:59.00	35.18
	100m: 1:05.96	500m: 5:50.52	35.85	900m: 10:34.40	35.40
	150m: 1:41.73	550m: 6:26.28	35.76	950m: 11:10.45	36.05
	200m: 2:16.78	600m: 7:01.57	35.29	1000m: 11:45.75	35.30
	250m: 2:51.45	650m: 7:38.50	36.93	1050m: 12:22.88	37.13
	300m: 3:26.96	700m: 8:13.98	35.48	1100m: 13:00.36	37.48
	350m: 4:02.57	750m: 8:49.16	35.18	1150m: 13:37.16	36.80
	400m: 4:38.90	800m: 9:23.82	34.66	1200m: 14:14.06	36.90
				1250m: 14:50.28	36.22
				1300m: 15:27.53	37.25
				1350m: 16:04.85	37.32
				1400m: 16:41.13	36.28
				1450m: 17:16.74	35.61
				1500m: 17:48.69	31.95
10.	Sergio Chan Machado	00	Alges	<b>17:50.54</b>	500
	50m: 32.65	450m: 5:13.50	36.04	850m: 10:02.21	36.30
	100m: 1:06.66	500m: 5:49.62	36.12	900m: 10:38.37	36.16
	150m: 1:41.35	550m: 6:25.65	36.03	950m: 11:14.62	36.25
	200m: 2:16.23	600m: 7:01.45	35.80	1000m: 11:50.63	36.01
	250m: 2:51.07	650m: 7:37.54	36.09	1050m: 12:26.70	36.07
	300m: 3:26.42	700m: 8:13.70	36.16	1100m: 13:02.44	35.74
	350m: 4:01.71	750m: 8:49.60	35.90	1150m: 13:38.52	36.08
	400m: 4:37.46	800m: 9:25.91	36.31	1200m: 14:14.80	36.28
				1250m: 14:51.33	36.53
				1300m: 15:27.37	36.04
				1350m: 16:03.92	36.55
				1400m: 16:39.97	36.05
				1450m: 17:15.73	35.76
				1500m: 17:50.54	34.81

Prova 12, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts			
11.	Daniel Cipriano Pinto	00	Sporting	<b>17:54.41</b>	495			
	50m: 31.83	31.83	450m: 5:08.25	35.43	850m: 9:59.05	37.00	1250m: 14:52.88	36.45
	100m: 1:04.95	33.12	500m: 5:43.90	35.65	900m: 10:35.78	36.73	1300m: 15:29.62	36.74
	150m: 1:39.03	34.08	550m: 6:19.80	35.90	950m: 11:12.64	36.86	1350m: 16:05.89	36.27
	200m: 2:13.30	34.27	600m: 6:55.68	35.88	1000m: 11:49.36	36.72	1400m: 16:42.09	36.20
	250m: 2:47.87	34.57	650m: 7:31.95	36.27	1050m: 12:26.07	36.71	1450m: 17:18.15	36.06
	300m: 3:22.80	34.93	700m: 8:08.59	36.64	1100m: 13:02.85	36.78	1500m: 17:54.41	36.26
	350m: 3:57.84	35.04	750m: 8:45.17	36.58	1150m: 13:39.73	36.88		
	400m: 4:32.82	34.98	800m: 9:22.05	36.88	1200m: 14:16.43	36.70		
12.	Daniel Nogueira Catalão	00	União Piedense	<b>18:02.25</b>	484			
	50m: 34.06	34.06	450m: 5:12.75	35.06	850m: 10:02.98	36.70	1250m: 14:58.96	37.18
	100m: 1:08.64	34.58	500m: 5:47.64	34.89	900m: 10:40.25	37.27	1300m: 15:36.76	37.80
	150m: 1:43.24	34.60	550m: 6:23.27	35.63	950m: 11:16.99	36.74	1350m: 16:13.69	36.93
	200m: 2:18.01	34.77	600m: 6:59.23	35.96	1000m: 11:53.98	36.99	1400m: 16:50.85	37.16
	250m: 2:52.67	34.66	650m: 7:35.77	36.54	1050m: 12:31.81	37.83	1450m: 17:27.68	36.83
	300m: 3:27.69	35.02	700m: 8:12.30	36.53	1100m: 13:08.60	36.79	1500m: 18:02.25	34.57
	350m: 4:02.59	34.90	750m: 8:49.37	37.07	1150m: 13:44.98	36.38		
	400m: 4:37.69	35.10	800m: 9:26.28	36.91	1200m: 14:21.78	36.80		
13.	Afonso Guilherme Jesus	00	Sporting	<b>18:10.76</b>	473			
	50m: 33.14	33.14	450m: 5:16.39	35.97	850m: 10:07.31	37.17	1250m: 15:07.00	37.54
	100m: 1:07.81	34.67	500m: 5:52.08	35.69	900m: 10:43.80	36.49	1300m: 15:44.07	37.07
	150m: 1:42.91	35.10	550m: 6:28.07	35.99	950m: 11:21.37	37.57	1350m: 16:20.21	36.14
	200m: 2:18.32	35.41	600m: 7:04.36	36.29	1000m: 11:59.03	37.66	1400m: 16:57.63	37.42
	250m: 2:53.95	35.63	650m: 7:40.40	36.04	1050m: 12:37.26	38.23	1450m: 17:34.78	37.15
	300m: 3:29.35	35.40	700m: 8:16.70	36.30	1100m: 13:14.45	37.19	1500m: 18:10.76	35.98
	350m: 4:04.97	35.62	750m: 8:53.01	36.31	1150m: 13:52.11	37.66		
	400m: 4:40.42	35.45	800m: 9:30.14	37.13	1200m: 14:29.46	37.35		
14.	Joao Pedro Gaspar	00	Colégio Monte Maior	<b>18:29.14</b>	450			
	50m: 34.16	34.16	450m: 5:27.30	36.36	850m: 10:24.87	37.56	1250m: 15:26.26	38.08
	100m: 1:10.09	35.93	500m: 6:04.34	37.04	900m: 11:02.40	37.53	1300m: 16:04.13	37.87
	150m: 1:46.54	36.45	550m: 6:40.85	36.51	950m: 11:40.24	37.84	1350m: 16:40.35	36.22
	200m: 2:23.34	36.80	600m: 7:17.66	36.81	1000m: 12:17.82	37.58	1400m: 17:17.47	37.12
	250m: 2:59.92	36.58	650m: 7:54.90	37.24	1050m: 12:55.07	37.25	1450m: 17:54.27	36.80
	300m: 3:36.72	36.80	700m: 8:32.52	37.62	1100m: 13:32.86	37.79	1500m: 18:29.14	34.87
	350m: 4:13.60	36.88	750m: 9:09.62	37.10	1150m: 14:10.46	37.60		
	400m: 4:50.94	37.34	800m: 9:47.31	37.69	1200m: 14:48.18	37.72		
15.	Tomas Dias Ferreira	00	Geslours	<b>18:31.77</b>	447			
	50m: 34.39	34.39	450m: 5:29.32	38.29	850m: 10:31.30	38.30	1250m: 15:30.34	37.35
	100m: 1:09.70	35.31	500m: 6:06.83	37.51	900m: 11:09.37	38.07	1300m: 16:07.67	37.33
	150m: 1:45.77	36.07	550m: 6:44.48	37.65	950m: 11:47.24	37.87	1350m: 16:44.23	36.56
	200m: 2:22.16	36.39	600m: 7:21.81	37.33	1000m: 12:24.85	37.61	1400m: 17:21.30	37.07
	250m: 2:59.11	36.95	650m: 7:59.84	38.03	1050m: 13:01.68	36.83	1450m: 17:57.66	36.36
	300m: 3:36.04	36.93	700m: 8:37.40	37.56	1100m: 13:38.74	37.06	1500m: 18:31.77	34.11
	350m: 4:13.49	37.45	750m: 9:15.21	37.81	1150m: 14:15.61	36.87		
	400m: 4:51.03	37.54	800m: 9:53.00	37.79	1200m: 14:52.99	37.38		
16.	Pedro Henriques Marques	00	União Piedense	<b>18:32.28</b>	446			
	50m: 34.83	34.83	450m: 5:31.04	37.59	850m: 10:31.28	37.48	1250m: 15:28.24	37.50
	100m: 1:11.02	36.19	500m: 6:08.66	37.62	900m: 11:08.63	37.35	1300m: 16:05.09	36.85
	150m: 1:47.86	36.84	550m: 6:46.34	37.68	950m: 11:45.66	37.03	1350m: 16:42.18	37.09
	200m: 2:24.75	36.89	600m: 7:23.92	37.58	1000m: 12:22.45	36.79	1400m: 17:19.47	37.29
	250m: 3:02.08	37.33	650m: 8:01.73	37.81	1050m: 12:59.48	37.03	1450m: 17:56.07	36.60
	300m: 3:39.12	37.04	700m: 8:39.08	37.35	1100m: 13:36.38	36.90	1500m: 18:32.28	36.21
	350m: 4:16.33	37.21	750m: 9:16.49	37.41	1150m: 14:13.52	37.14		
	400m: 4:53.45	37.12	800m: 9:53.80	37.31	1200m: 14:50.74	37.22		
17.	Diogo Monteiro Sousa	00	Naval Setubalense	<b>18:32.91</b>	445			
	50m: 33.25	33.25	450m: 5:29.69	37.77	850m: 10:32.02	38.13	1250m: 15:27.67	36.70
	100m: 1:09.27	36.02	500m: 6:07.63	37.94	900m: 11:09.13	37.11	1300m: 16:04.79	37.12
	150m: 1:45.88	36.61	550m: 6:45.31	37.68	950m: 11:46.24	37.11	1350m: 16:41.75	36.96
	200m: 2:22.47	36.59	600m: 7:22.79	37.48	1000m: 12:23.32	37.08	1400m: 17:18.50	36.75
	250m: 2:59.57	37.10	650m: 8:00.43	37.64	1050m: 13:00.16	36.84	1450m: 17:56.20	37.70
	300m: 3:37.01	37.44	700m: 8:38.39	37.96	1100m: 13:37.08	36.92	1500m: 18:32.91	36.71
	350m: 4:14.47	37.46	750m: 9:16.74	38.35	1150m: 14:13.96	36.88		
	400m: 4:51.92	37.45	800m: 9:53.89	37.15	1200m: 14:50.97	37.01		
18.	Bernardo Antunes Augusto	00	Naval Setubalense	<b>18:35.43</b>	442			
	50m: 33.42	33.42	450m: 5:24.32	36.86	850m: 10:25.39	37.80	1250m: 15:30.82	37.07
	100m: 1:09.84	36.42	500m: 6:01.44	37.12	900m: 11:04.20	38.81	1300m: 16:08.34	37.52
	150m: 1:45.78	35.94	550m: 6:38.81	37.37	950m: 11:41.90	37.70	1350m: 16:46.17	37.83
	200m: 2:22.39	36.61	600m: 7:16.29	37.48	1000m: 12:20.46	38.56	1400m: 17:23.18	37.01
	250m: 2:57.67	35.28	650m: 7:54.15	37.86	1050m: 12:58.76	38.30	1450m: 18:00.76	37.58
	300m: 3:33.90	36.23	700m: 8:31.74	37.59	1100m: 13:36.89	38.13	1500m: 18:35.43	34.67
	350m: 4:10.34	36.44	750m: 9:09.85	38.11	1150m: 14:15.57	38.68		
	400m: 4:47.46	37.12	800m: 9:47.59	37.74	1200m: 14:53.75	38.18		

Prova 12, Masc., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	Tempo	Pts			
19.	João Fernandes Garcia	00	Avançado EULx	<b>18:37.16</b>	440			
	50m: 32.90	32.90	450m: 5:23.00	37.03	850m: 10:21.91	37.37	1250m: 15:26.84	38.65
	100m: 1:07.53	34.63	500m: 6:00.48	37.48	900m: 10:59.51	37.60	1300m: 16:05.63	38.79
	150m: 1:43.26	35.73	550m: 6:37.64	37.16	950m: 11:37.14	37.63	1350m: 16:44.12	38.49
	200m: 2:19.27	36.01	600m: 7:14.90	37.26	1000m: 12:15.11	37.97	1400m: 17:22.66	38.54
	250m: 2:55.98	36.71	650m: 7:52.17	37.27	1050m: 12:53.40	38.29	1450m: 18:00.89	38.23
	300m: 3:32.52	36.54	700m: 8:29.63	37.46	1100m: 13:31.68	38.28	1500m: 18:37.16	36.27
	350m: 4:09.24	36.72	750m: 9:07.11	37.48	1150m: 14:10.00	38.32		
	400m: 4:45.97	36.73	800m: 9:44.54	37.43	1200m: 14:48.19	38.19		
20.	Simão Correia Ricardo	00	Naval Setubalense	<b>18:39.50</b>	437			
	50m: 33.97	33.97	450m: 5:27.42	36.96	850m: 10:30.37	37.71	1250m: 15:35.15	38.63
	100m: 1:09.87	35.90	500m: 6:05.88	38.46	900m: 11:08.30	37.93	1300m: 16:12.58	37.43
	150m: 1:46.41	36.54	550m: 6:43.87	37.99	950m: 11:46.24	37.94	1350m: 16:50.48	37.90
	200m: 2:22.34	35.93	600m: 7:21.46	37.59	1000m: 12:24.81	38.57	1400m: 17:27.18	36.70
	250m: 2:59.49	37.15	650m: 7:59.30	37.84	1050m: 13:02.84	38.03	1450m: 18:04.10	36.92
	300m: 3:35.79	36.30	700m: 8:36.80	37.50	1100m: 13:41.14	38.30	1500m: 18:39.50	35.40
	350m: 4:13.59	37.80	750m: 9:14.83	38.03	1150m: 14:18.98	37.84		
	400m: 4:50.46	36.87	800m: 9:52.66	37.83	1200m: 14:56.52	37.54		
21.	Rodrigo Guerreiro Benavente	00	Desporto Setúbal	<b>18:56.51</b>	418			
	50m: 34.67	34.67	450m: 5:31.15	37.51	850m: 10:35.35	38.05	1250m: 15:44.77	38.63
	100m: 1:10.63	35.96	500m: 6:08.99	37.84	900m: 11:13.84	38.49	1300m: 16:23.60	38.83
	150m: 1:47.51	36.88	550m: 6:46.76	37.77	950m: 11:52.34	38.50	1350m: 17:02.20	38.60
	200m: 2:23.91	36.40	600m: 7:24.60	37.84	1000m: 12:30.85	38.51	1400m: 17:40.85	38.65
	250m: 3:01.08	37.17	650m: 8:02.47	37.87	1050m: 13:09.76	38.91	1450m: 18:19.53	38.68
	300m: 3:38.10	37.02	700m: 8:40.92	38.45	1100m: 13:48.53	38.77	1500m: 18:56.51	36.98
	350m: 4:15.52	37.42	750m: 9:19.33	38.41	1150m: 14:27.54	39.01		
	400m: 4:53.64	38.12	800m: 9:57.30	37.97	1200m: 15:06.14	38.60		
22.	Diogo Puidival Marques	00	Desporto Setúbal	<b>19:14.67</b>	399			
	50m: 34.41	34.41	450m: 5:39.04	39.23	850m: 10:49.73	39.02	1250m: 15:59.87	39.22
	100m: 1:10.85	36.44	500m: 6:18.29	39.25	900m: 11:28.73	39.00	1300m: 16:38.76	38.89
	150m: 1:48.38	37.53	550m: 6:57.16	38.87	950m: 12:07.35	38.62	1350m: 17:17.46	38.70
	200m: 2:26.26	37.88	600m: 7:35.94	38.78	1000m: 12:46.42	39.07	1400m: 17:56.26	38.80
	250m: 3:04.58	38.32	650m: 8:14.45	38.51	1050m: 13:24.88	38.46	1450m: 18:34.97	38.71
	300m: 3:43.10	38.52	700m: 8:53.54	39.09	1100m: 14:03.28	38.40	1500m: 19:14.67	39.70
	350m: 4:21.59	38.49	750m: 9:31.87	38.33	1150m: 14:41.87	38.59		
	400m: 4:59.81	38.22	800m: 10:10.71	38.84	1200m: 15:20.65	38.78		
23.	Ricardo Silva Marujo <i>Fora Mínimo Acesso</i>	00	Gesloures	<b>19:21.63</b>	391			
	50m: 34.04	34.04	450m: 5:35.68	38.57	850m: 10:54.42	39.65	1250m: 16:13.01	39.52
	100m: 1:10.79	36.75	500m: 6:14.72	39.04	900m: 11:34.29	39.87	1300m: 16:52.64	39.63
	150m: 1:47.58	36.79	550m: 6:54.33	39.61	950m: 12:14.74	40.45	1350m: 17:31.23	38.59
	200m: 2:25.44	37.86	600m: 7:34.18	39.85	1000m: 12:54.84	40.10	1400m: 18:09.65	38.42
	250m: 3:03.58	38.14	650m: 8:14.75	40.57	1050m: 13:34.75	39.91	1450m: 18:46.63	36.98
	300m: 3:41.39	37.81	700m: 8:54.53	39.78	1100m: 14:14.97	40.22	1500m: 19:21.63	35.00
	350m: 4:19.18	37.79	750m: 9:34.59	40.06	1150m: 14:54.17	39.20		
	400m: 4:57.11	37.93	800m: 10:14.77	40.18	1200m: 15:33.49	39.32		
24.	Antonio Maria Ferreira <i>Fora Mínimo Acesso</i>	00	Palmela Desporto	<b>20:00.27</b>	355			
	50m: 35.81	35.81	450m: 5:52.06	40.28	850m: 11:16.19	40.93	1250m: 16:43.93	40.87
	100m: 1:14.28	38.47	500m: 6:32.33	40.27	900m: 11:57.51	41.32	1300m: 17:25.27	41.34
	150m: 1:54.33	40.05	550m: 7:12.85	40.52	950m: 12:38.65	41.14	1350m: 18:05.27	40.00
	200m: 2:34.16	39.83	600m: 7:53.45	40.60	1000m: 13:19.89	41.24	1400m: 18:45.24	39.97
	250m: 3:13.26	39.10	650m: 8:33.82	40.37	1050m: 13:59.58	39.69	1450m: 19:24.44	39.20
	300m: 3:52.37	39.11	700m: 9:14.84	41.02	1100m: 14:40.66	41.08	1500m: 20:00.27	35.83
	350m: 4:31.57	39.20	750m: 9:54.98	40.14	1150m: 15:21.85	41.19		
	400m: 5:11.78	40.21	800m: 10:35.26	40.28	1200m: 16:03.06	41.21		
25.	Manuel Castelo Branco <i>Fora Mínimo Acesso</i>	00	Estoris	<b>20:32.92</b>	327			
	50m: 34.71	34.71	450m: 5:55.92	41.62	850m: 11:31.98	42.61	1250m: 17:09.09	41.78
	100m: 1:12.45	37.74	500m: 6:37.12	41.20	900m: 12:13.78	41.80	1300m: 17:51.04	41.95
	150m: 1:51.87	39.42	550m: 7:18.95	41.83	950m: 12:56.70	42.92	1350m: 18:32.74	41.70
	200m: 2:31.97	40.10	600m: 8:00.89	41.94	1000m: 13:39.36	42.66	1400m: 19:14.58	41.84
	250m: 3:12.25	40.28	650m: 8:43.01	42.12	1050m: 14:20.57	41.21	1450m: 19:54.89	40.31
	300m: 3:52.72	40.47	700m: 9:25.54	42.53	1100m: 15:02.85	42.28	1500m: 20:32.92	38.03
	350m: 4:33.17	40.45	750m: 10:07.46	41.92	1150m: 15:44.56	41.71		
	400m: 5:14.30	41.13	800m: 10:49.37	41.91	1200m: 16:27.31	42.75		

Prova 12, Masc., 1500m Livres

Pos.	Nadador	Ano	Clube	Tempo	Pts			
EXH	Luis Carrara Bittini	01	Alges	<b>17:55.71</b>	<b>493</b>			
	50m: 32.98	32.98	450m: 5:17.19	36.09	850m: 10:04.10	35.92	1250m: 14:55.36	36.75
	100m: 1:08.12	35.14	500m: 5:52.56	35.37	900m: 10:39.78	35.68	1300m: 15:31.83	36.47
	150m: 1:43.29	35.17	550m: 6:28.17	35.61	950m: 11:16.17	36.39	1350m: 16:08.09	36.26
	200m: 2:18.90	35.61	600m: 7:04.10	35.93	1000m: 11:52.45	36.28	1400m: 16:44.59	36.50
	250m: 2:54.15	35.25	650m: 7:40.05	35.95	1050m: 12:28.84	36.39	1450m: 17:20.87	36.28
	300m: 3:29.84	35.69	700m: 8:16.12	36.07	1100m: 13:05.56	36.72	1500m: 17:55.71	34.84
	350m: 4:05.58	35.74	750m: 8:52.24	36.12	1150m: 13:41.92	36.36		
	400m: 4:41.10	35.52	800m: 9:28.18	35.94	1200m: 14:18.61	36.69		