

1 - 1ª Jornada

17.11.2023 - 15:30

Prova 1	Femin., 400m Estilos				Absolutos
17.11.2023 - 15:30					Resultados
Rec Regional Abs	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	4:36.19	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:49.07	Raquel Gomes Pereira	SAD	Felgueiras	2017
Rec Regional Jun 1	4:51.07	Susana Patricia Miguel	SFUAP	Tomar	2005
Rec Regional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Regional Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs Open	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Abs Juv B	4:56.53	Mariana Pacheco Cunha	CFP	Porto	2018
Rec Nacional Sen	4:36.19	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:46.89	Ines Neto Rocha	CAP	Felgueiras	2018
Rec Nacional Jun 1	4:50.85	Diana Margarida Duraes	FOCA	Silves	2011
Rec Nacional Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	2004
Rec Nacional Juv B	4:56.53	Mariana Pacheco Cunha	CFP	Porto	2018

TAC Juv B: 5:58.50; Juv A: 5:48.06; Jun 1: 5:41.24; Jun 2: 5:37.86; Sen 1: 5:34.84; Sen +: 5:31.50

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Alicia Del Rio Bernat	10	Algés	5:53.40	5:28.69	488
	50m: 33.77 33.77	150m: 1:55.44 42.69	250m: 3:24.21 46.29	350m: 4:50.56 39.52		
	100m: 1:12.75 38.98	200m: 2:37.92 42.48	300m: 4:11.04 46.83	400m: 5:28.69 38.13		
2.	Rita Braga Gomes	10	Sporting	5:37.95	5:36.83	454
	50m: 34.65 34.65	150m: 2:00.28 43.54	250m: 3:31.85 48.03	350m: 4:58.66 38.58		
	100m: 1:16.74 42.09	200m: 2:43.82 43.54	300m: 4:20.08 48.23	400m: 5:36.83 38.17		
3.	Carolina Escrevente Guerra	10	Algés	5:53.00	5:38.53	447
	50m: 35.47 35.47	150m: 1:59.53 41.64	250m: 3:31.02 49.79	350m: 5:00.46 38.71		
	100m: 1:17.89 42.42	200m: 2:41.23 41.70	300m: 4:21.75 50.73	400m: 5:38.53 38.07		
4.	Luana Raquel Monteiro	10	Palmela Desporto	5:56.97	5:49.78	405
	50m: 38.40 38.40	150m: 2:05.87 45.52	250m: 3:39.05 49.03	350m: 5:10.07 40.76		
	100m: 1:20.35 41.95	200m: 2:50.02 44.15	300m: 4:29.31 50.26	400m: 5:49.78 39.71		
5.	Maria Madalena Fernandes	10	Algés	5:54.26	5:50.95	401
	50m: 35.09 35.09	150m: 2:03.03 46.70	250m: 3:40.10 51.34	350m: 5:12.67 40.19		
	100m: 1:16.33 41.24	200m: 2:48.76 45.73	300m: 4:32.48 52.38	400m: 5:50.95 38.28		
6.	Maria Rita Filipe <i>Fora Tempo Acesso</i>	10	Geslours	5:57.81	6:02.21	365
	50m: 38.13 38.13	150m: 2:08.57 42.48	250m: 3:42.80 52.90	350m: 5:20.19 42.46		
	100m: 1:26.09 47.96	200m: 2:49.90 41.33	300m: 4:37.73 54.93	400m: 6:02.21 42.02		
7.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	Naval Setubalense	5:59.95	6:03.51	361
	50m: 40.56 40.56	150m: 2:12.81 45.99	250m: 3:49.11 50.89	350m: 5:23.17 42.53		
	100m: 1:26.82 46.26	200m: 2:58.22 45.41	300m: 4:40.64 51.53	400m: 6:03.51 40.34		

Juvenis A

1.	Matilde Lopes Fialho	09	Palmela Desporto	5:31.87	5:24.32	508
	50m: 35.10 35.10	150m: 1:56.45 40.36	250m: 3:22.60 47.00	350m: 4:48.80 37.26		
	100m: 1:16.09 40.99	200m: 2:35.60 39.15	300m: 4:11.54 48.94	400m: 5:24.32 35.52		
2.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:39.46	5:24.76	506
	50m: 35.15 35.15	150m: 1:56.77 41.47	250m: 3:22.62 44.16	350m: 4:48.63 38.90		
	100m: 1:15.30 40.15	200m: 2:38.46 41.69	300m: 4:09.73 47.11	400m: 5:24.76 36.13		
3.	Raquel Sofia Bras	09	Belenenses	5:26.20	5:26.98	496
	50m: 33.80 33.80	150m: 1:56.94 43.70	250m: 3:24.66 45.41	350m: 4:49.81 38.35		
	100m: 1:13.24 39.44	200m: 2:39.25 42.31	300m: 4:11.46 46.80	400m: 5:26.98 37.17		
4.	Sofia Carlos Arede	09	Sporting	5:29.28	5:36.67	454
	50m: 33.76 33.76	150m: 1:58.50 43.45	250m: 3:30.28 48.26	350m: 4:58.12 39.01		
	100m: 1:15.05 41.29	200m: 2:42.02 43.52	300m: 4:19.11 48.83	400m: 5:36.67 38.55		

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Prova 1, Femin., 400m Estilos, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Alice Lucas Pedro <i>Fora Tempo Acesso</i>	09	Algés	5:59.79	5:54.05	391
	50m: 34.65 34.65	150m: 2:01.86 46.44	250m: 3:38.36 50.45	350m: 5:13.91 43.03		
	100m: 1:15.42 40.77	200m: 2:47.91 46.05	300m: 4:30.88 52.52	400m: 5:54.05 40.14		

Juniores

1.	Sara Sofia Alves <i>Campeã Regional</i>	07	Palmela Desporto	5:18.33	5:16.04	550
	50m: 33.26 33.26	150m: 1:53.92 40.39	250m: 3:21.30 47.22	350m: 4:43.10 34.86		
	100m: 1:13.53 40.27	200m: 2:34.08 40.16	300m: 4:08.24 46.94	400m: 5:16.04 32.94		
2.	Laura Maria Cruz	07	Colegio Int Monte Maior	5:40.00	5:22.62	517
	50m: 35.34 35.34	150m: 1:56.64 39.71	250m: 3:21.83 46.85	350m: 4:46.69 37.98		
	100m: 1:16.93 41.59	200m: 2:34.98 38.34	300m: 4:08.71 46.88	400m: 5:22.62 35.93		
3.	Leonor Castanho Santos	07	Sporting	5:40.00	5:23.51	512
	50m: 34.55 34.55	150m: 1:55.69 40.44	250m: 3:21.81 47.06	350m: 4:47.49 36.70		
	100m: 1:15.25 40.70	200m: 2:34.75 39.06	300m: 4:10.79 48.98	400m: 5:23.51 36.02		
4.	Margarida Santos Botelho	07	Naval Setubalense	5:25.38	5:24.07	510
	50m: 34.21 34.21	150m: 1:54.87 42.98	250m: 3:23.54 46.48	350m: 4:48.30 37.00		
	100m: 1:11.89 37.68	200m: 2:37.06 42.19	300m: 4:11.30 47.76	400m: 5:24.07 35.77		
5.	Catarina Alexandra Alves	07	Geslours	5:23.24	5:27.88	492
	50m: 34.13 34.13	150m: 1:56.72 42.50	250m: 3:24.60 46.82	350m: 4:50.47 38.21		
	100m: 1:14.22 40.09	200m: 2:37.78 41.06	300m: 4:12.26 47.66	400m: 5:27.88 37.41		
6.	Maria Carlotta Ferrari	07	Benfica	5:40.00	5:35.85	458
	50m: 32.69 32.69	150m: 1:54.49 42.28	250m: 3:24.24 48.20	350m: 4:55.37 40.10		
	100m: 1:12.21 39.52	200m: 2:36.04 41.55	300m: 4:15.27 51.03	400m: 5:35.85 40.48		
7.	Ana Beatriz Pires <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	5:42.99	430
	50m: 33.72 33.72	150m: 2:00.45 44.05	250m: 3:33.60 49.07	350m: 5:04.55 38.99		
	100m: 1:16.40 42.68	200m: 2:44.53 44.08	300m: 4:25.56 51.96	400m: 5:42.99 38.44		
8.	Beatriz Alexandra Rolim <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	5:48.92	408
	50m: 35.76 35.76	150m: 2:03.43 42.24	250m: 3:38.97 54.27	350m: 5:13.53 40.21		
	100m: 1:21.19 45.43	200m: 2:44.70 41.27	300m: 4:33.32 54.35	400m: 5:48.92 35.39		

Seniores

1.	Matilde Nunes Lopes <i>Campeã Regional</i>	06	Benfica	5:02.29	5:01.96	630
	50m: 31.94 31.94	150m: 1:47.21 39.40	250m: 3:09.67 43.26	350m: 4:27.77 34.60		
	100m: 1:07.81 35.87	200m: 2:26.41 39.20	300m: 3:53.17 43.50	400m: 5:01.96 34.19		
2.	Ana Rita Matos	02	Belenenses	5:18.64	5:11.46	574
	50m: 32.42 32.42	150m: 1:49.63 40.32	250m: 3:13.66 45.22	350m: 4:35.92 36.18		
	100m: 1:09.31 36.89	200m: 2:28.44 38.81	300m: 3:59.74 46.08	400m: 5:11.46 35.54		
3.	Barbara Cunha Ventura	05	Benfica	5:17.74	5:14.98	555
	50m: 33.07 33.07	150m: 1:50.74 39.92	250m: 3:15.76 45.59	350m: 4:38.15 36.88		
	100m: 1:10.82 37.75	200m: 2:30.17 39.43	300m: 4:01.27 45.51	400m: 5:14.98 36.83		
4.	Maria Carolina Vargas	05	Benfica	5:18.72	5:15.75	551
	50m: 35.15 35.15	150m: 1:57.64 42.68	250m: 3:21.29 42.46	350m: 4:40.69 36.58		
	100m: 1:14.96 39.81	200m: 2:38.83 41.19	300m: 4:04.11 42.82	400m: 5:15.75 35.06		
5.	Natacha Sofia Silva	02	Benfica	5:18.05	5:20.25	528
	50m: 33.61 33.61	150m: 1:55.43 43.28	250m: 3:21.76 44.26	350m: 4:44.21 37.37		
	100m: 1:12.15 38.54	200m: 2:37.50 42.07	300m: 4:06.84 45.08	400m: 5:20.25 36.04		
6.	Iris Pereira Carrao <i>Fora Tempo Acesso</i>	05	Uniao Piedense	5:30.00	5:32.57	472
	50m: 33.21 33.21	150m: 1:55.67 44.02	250m: 3:27.41 49.37	350m: 4:55.57 37.81		
	100m: 1:11.65 38.44	200m: 2:38.04 42.37	300m: 4:17.76 50.35	400m: 5:32.57 37.00		

Prova 1, Femin., 400m Estilos, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
7.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	5:30.00	5:52.73	395
	50m: 35.22 35.22	150m: 2:08.09 48.01	250m: 3:42.87 47.68	350m: 5:13.27 40.81		
	100m: 1:20.08 44.86	200m: 2:55.19 47.10	300m: 4:32.46 49.59	400m: 5:52.73 39.46		

Absolutos

1.	Matilde Nunes Lopes <i>Campeã Regional</i>	06	Benfica	5:02.29	5:01.96	630
	50m: 31.94 31.94	150m: 1:47.21 39.40	250m: 3:09.67 43.26	350m: 4:27.77 34.60		
	100m: 1:07.81 35.87	200m: 2:26.41 39.20	300m: 3:53.17 43.50	400m: 5:01.96 34.19		
2.	Ana Rita Matos	02	Belenenses	5:18.64	5:11.46	574
	50m: 32.42 32.42	150m: 1:49.63 40.32	250m: 3:13.66 45.22	350m: 4:35.92 36.18		
	100m: 1:09.31 36.89	200m: 2:28.44 38.81	300m: 3:59.74 46.08	400m: 5:11.46 35.54		
3.	Barbara Cunha Ventura	05	Benfica	5:17.74	5:14.98	555
	50m: 33.07 33.07	150m: 1:50.74 39.92	250m: 3:15.76 45.59	350m: 4:38.15 36.88		
	100m: 1:10.82 37.75	200m: 2:30.17 39.43	300m: 4:01.27 45.51	400m: 5:14.98 36.83		
4.	Maria Carolina Vargas	05	Benfica	5:18.72	5:15.75	551
	50m: 35.15 35.15	150m: 1:57.64 42.68	250m: 3:21.29 42.46	350m: 4:40.69 36.58		
	100m: 1:14.96 39.81	200m: 2:38.83 41.19	300m: 4:04.11 42.82	400m: 5:15.75 35.06		
5.	Sara Sofia Alves	07	Palmela Desporto	5:18.33	5:16.04	550
	50m: 33.26 33.26	150m: 1:53.92 40.39	250m: 3:21.30 47.22	350m: 4:43.10 34.86		
	100m: 1:13.53 40.27	200m: 2:34.08 40.16	300m: 4:08.24 46.94	400m: 5:16.04 32.94		
6.	Natacha Sofia Silva	02	Benfica	5:18.05	5:20.25	528
	50m: 33.61 33.61	150m: 1:55.43 43.28	250m: 3:21.76 44.26	350m: 4:44.21 37.37		
	100m: 1:12.15 38.54	200m: 2:37.50 42.07	300m: 4:06.84 45.08	400m: 5:20.25 36.04		
7.	Laura Maria Cruz	07	Colegio Int Monte Maior	5:40.00	5:22.62	517
	50m: 35.34 35.34	150m: 1:56.64 39.71	250m: 3:21.83 46.85	350m: 4:46.69 37.98		
	100m: 1:16.93 41.59	200m: 2:34.98 38.34	300m: 4:08.71 46.88	400m: 5:22.62 35.93		
8.	Leonor Castanho Santos	07	Sporting	5:40.00	5:23.51	512
	50m: 34.55 34.55	150m: 1:55.69 40.44	250m: 3:21.81 47.06	350m: 4:47.49 36.70		
	100m: 1:15.25 40.70	200m: 2:34.75 39.06	300m: 4:10.79 48.98	400m: 5:23.51 36.02		
9.	Margarida Santos Botelho	07	Naval Setubalense	5:25.38	5:24.07	510
	50m: 34.21 34.21	150m: 1:54.87 42.98	250m: 3:23.54 46.48	350m: 4:48.30 37.00		
	100m: 1:11.89 37.68	200m: 2:37.06 42.19	300m: 4:11.30 47.76	400m: 5:24.07 35.77		
10.	Matilde Lopes Fialho	09	Palmela Desporto	5:31.87	5:24.32	508
	50m: 35.10 35.10	150m: 1:56.45 40.36	250m: 3:22.60 47.00	350m: 4:48.80 37.26		
	100m: 1:16.09 40.99	200m: 2:35.60 39.15	300m: 4:11.54 48.94	400m: 5:24.32 35.52		
11.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:39.46	5:24.76	506
	50m: 35.15 35.15	150m: 1:56.77 41.47	250m: 3:22.62 44.16	350m: 4:48.63 38.90		
	100m: 1:15.30 40.15	200m: 2:38.46 41.69	300m: 4:09.73 47.11	400m: 5:24.76 36.13		
12.	Raquel Sofia Bras	09	Belenenses	5:26.20	5:26.98	496
	50m: 33.80 33.80	150m: 1:56.94 43.70	250m: 3:24.66 45.41	350m: 4:49.81 38.35		
	100m: 1:13.24 39.44	200m: 2:39.25 42.31	300m: 4:11.46 46.80	400m: 5:26.98 37.17		
13.	Catarina Alexandra Alves	07	Geslours	5:23.24	5:27.88	492
	50m: 34.13 34.13	150m: 1:56.72 42.50	250m: 3:24.60 46.82	350m: 4:50.47 38.21		
	100m: 1:14.22 40.09	200m: 2:37.78 41.06	300m: 4:12.26 47.66	400m: 5:27.88 37.41		
14.	Alicia Del Rio Bernat	10	Algés	5:53.40	5:28.69	488
	50m: 33.77 33.77	150m: 1:55.44 42.69	250m: 3:24.21 46.29	350m: 4:50.56 39.52		
	100m: 1:12.75 38.98	200m: 2:37.92 42.48	300m: 4:11.04 46.83	400m: 5:28.69 38.13		
15.	Iris Pereira Carrao <i>Fora Tempo Acesso</i>	05	Uniao Piedense	5:30.00	5:32.57	472
	50m: 33.21 33.21	150m: 1:55.67 44.02	250m: 3:27.41 49.37	350m: 4:55.57 37.81		
	100m: 1:11.65 38.44	200m: 2:38.04 42.37	300m: 4:17.76 50.35	400m: 5:32.57 37.00		
16.	Maria Carlotta Ferrari	07	Benfica	5:40.00	5:35.85	458
	50m: 32.69 32.69	150m: 1:54.49 42.28	250m: 3:24.24 48.20	350m: 4:55.37 40.10		
	100m: 1:12.21 39.52	200m: 2:36.04 41.55	300m: 4:15.27 51.03	400m: 5:35.85 40.48		
17.	Sofia Carlos Arede	09	Sporting	5:29.28	5:36.67	454
	50m: 33.76 33.76	150m: 1:58.50 43.45	250m: 3:30.28 48.26	350m: 4:58.12 39.01		
	100m: 1:15.05 41.29	200m: 2:42.02 43.52	300m: 4:19.11 48.83	400m: 5:36.67 38.55		

Prova 1, Femin., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
18.	Rita Braga Gomes	10	Sporting	5:37.95	5:36.83	454
	50m: 34.65 34.65	150m: 2:00.28 43.54	250m: 3:31.85 48.03	350m: 4:58.66 38.58		
	100m: 1:16.74 42.09	200m: 2:43.82 43.54	300m: 4:20.08 48.23	400m: 5:36.83 38.17		
19.	Carolina Escrevente Guerra	10	Algés	5:53.00	5:38.53	447
	50m: 35.47 35.47	150m: 1:59.53 41.64	250m: 3:31.02 49.79	350m: 5:00.46 38.71		
	100m: 1:17.89 42.42	200m: 2:41.23 41.70	300m: 4:21.75 50.73	400m: 5:38.53 38.07		
20.	Ana Beatriz Pires <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	5:42.99	430
	50m: 33.72 33.72	150m: 2:00.45 44.05	250m: 3:33.60 49.07	350m: 5:04.55 38.99		
	100m: 1:16.40 42.68	200m: 2:44.53 44.08	300m: 4:25.56 51.96	400m: 5:42.99 38.44		
21.	Beatriz Alexandra Rolim <i>Fora Tempo Acesso</i>	08	Uniao Piedense	5:42.00	5:48.92	408
	50m: 35.76 35.76	150m: 2:03.43 42.24	250m: 3:38.97 54.27	350m: 5:13.53 40.21		
	100m: 1:21.19 45.43	200m: 2:44.70 41.27	300m: 4:33.32 54.35	400m: 5:48.92 35.39		
22.	Luana Raquel Monteiro	10	Palmela Desporto	5:56.97	5:49.78	405
	50m: 38.40 38.40	150m: 2:05.87 45.52	250m: 3:39.05 49.03	350m: 5:10.07 40.76		
	100m: 1:20.35 41.95	200m: 2:50.02 44.15	300m: 4:29.31 50.26	400m: 5:49.78 39.71		
23.	Maria Madalena Fernandes	10	Algés	5:54.26	5:50.95	401
	50m: 35.09 35.09	150m: 2:03.03 46.70	250m: 3:40.10 51.34	350m: 5:12.67 40.19		
	100m: 1:16.33 41.24	200m: 2:48.76 45.73	300m: 4:32.48 52.38	400m: 5:50.95 38.28		
24.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	5:30.00	5:52.73	395
	50m: 35.22 35.22	150m: 2:08.09 48.01	250m: 3:42.87 47.68	350m: 5:13.27 40.81		
	100m: 1:20.08 44.86	200m: 2:55.19 47.10	300m: 4:32.46 49.59	400m: 5:52.73 39.46		
25.	Alice Lucas Pedro <i>Fora Tempo Acesso</i>	09	Algés	5:59.79	5:54.05	391
	50m: 34.65 34.65	150m: 2:01.86 46.44	250m: 3:38.36 50.45	350m: 5:13.91 43.03		
	100m: 1:15.42 40.77	200m: 2:47.91 46.05	300m: 4:30.88 52.52	400m: 5:54.05 40.14		
26.	Maria Rita Filipe <i>Fora Tempo Acesso</i>	10	Gesloures	5:57.81	6:02.21	365
	50m: 38.13 38.13	150m: 2:08.57 42.48	250m: 3:42.80 52.90	350m: 5:20.19 42.46		
	100m: 1:26.09 47.96	200m: 2:49.90 41.33	300m: 4:37.73 54.93	400m: 6:02.21 42.02		
27.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	Naval Setubalense	5:59.95	6:03.51	361
	50m: 40.56 40.56	150m: 2:12.81 45.99	250m: 3:49.11 50.89	350m: 5:23.17 42.53		
	100m: 1:26.82 46.26	200m: 2:58.22 45.41	300m: 4:40.64 51.53	400m: 6:03.51 40.34		

Prova 2
17.11.2023 - 15:56

Masc., 100m Livres

Absolutos
Resultados

Rec Regional Abs	46.65	Diogo Matos Ribeiro	SLB	Leiria	2022
Rec Regional Sen	46.65	Diogo Matos Ribeiro	SLB	Leiria	2022
Rec Regional Jun 2	48.32	Diogo Matos Ribeiro	SLB	Leiria	2021
Rec Regional Jun 1	49.87	Tiago Andre Venancio	CNS		2004
Rec Regional Juv A	50.82	Tiago André Venâncio	CNS	Braga	2003
Rec Regional Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Nacional Abs	46.65	Diogo Matos Ribeiro	SLB	Leiria	2022
Rec Nacional Sen	46.65	Diogo Matos Ribeiro	SLB	Leiria	2022
Rec Nacional Jun 2	48.32	Diogo Matos Ribeiro	SLB	Leiria	2021
Rec Nacional Jun 1	49.56	Diogo Matos Ribeiro	CUC	Coimbra	2020
Rec Nacional Juv A	50.82	Tiago Andre Venancio	CNS	Braga	2003
Rec Nacional Juv B	52.29	Diogo Matos Ribeiro	CUC	Coimbra	2019

TAC Juv B: 1:01.20; Juv A: 59.42; Jun 1: 58.25; Jun 2: 57.68; Sen 1: 57.16; Sen +: 56.59

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Jesus Alberto Mejias	09	Vikings	55.17	54.12	568	26.08	28.04
2.	Diogo Damasceno Reis	09	Sporting	57.14	54.70	550	26.53	28.17
3.	Miguel Loucao Caxaria	09	Palmela Desporto	1:01.32	56.96	487	27.35	29.61
4.	Tomas Augusto Reis	09	Belenenses	1:02.17	57.39	476	27.95	29.44
5.	Xavier Jesus Valente	09	Colégio Vasco da Gama	59.36	57.42	476	27.36	30.06
6.	Xavier Rosa Madeira	09	Laranjeiro	57.56	58.09	459	27.86	30.23
7.	Guilherme Oliveira Rizzon	09	Sporting	1:00.91	58.93	440	28.42	30.51
8.	Daniel Alexandre Lourenco	09	Sporting	1:06.07	59.49	428	28.78	30.71
9.	Afonso Cunha Amaral	09	Algés	1:04.26	1:00.10	415	29.00	31.10
10.	Tiago Trindade Manuel	09	Palmela Desporto	1:03.02	1:00.28	411	28.99	31.29
11.	Pedro Miguel Silva	09	Naval Setubalense	1:01.35	1:00.36	409	29.28	31.08
12.	Afonso Miguel Amaro	09	Belenenses	1:05.92	1:00.81	400	29.36	31.45
13.	Angelo Carvalho Interlandi	09	Algés	1:02.89	1:00.94	398	29.07	31.87
14.	Bernardo Miguel Oliveira	09	Nacional de Natação	1:05.02	1:01.41	389	29.28	32.13
	<i>Fora Tempo Acesso</i>							
15.	Rui Melo Pereira	09	Benfica	1:02.22	1:01.69	384	28.98	32.71
	<i>Fora Tempo Acesso</i>							
16.	Pedro Guedes Caldas	09	Benfica	1:03.01	1:02.02	377	28.89	33.13
	<i>Fora Tempo Acesso</i>							
17.	Martim Abalada Vilaca	09	AONDA - Azeitão	1:04.94	1:02.25	373	29.64	32.61
	<i>Fora Tempo Acesso</i>							
18.	Joao Pedro Sousa	09	Gesloures	1:05.35	1:02.27	373	29.51	32.76
	<i>Fora Tempo Acesso</i>							
19.	Miguel Filipe Medronheira	09	Palmela Desporto	1:04.93	1:03.04	359	29.90	33.14
	<i>Fora Tempo Acesso</i>							
20.	Rodrigo Arga Paiva	09	Gesloures	1:04.85	1:03.37	354	30.05	33.32
	<i>Fora Tempo Acesso</i>							
21.	Tiago Rafael Ferreira	09	Sporting	1:08.46	1:05.35	323	30.87	34.48
	<i>Fora Tempo Acesso</i>							
22.	Francisco Miguel Santos	09	Nacional de Natação	1:11.20	1:08.34	282	33.13	35.21
	<i>Fora Tempo Acesso</i>							
23.	Pedro Miguel Torres	09	Uniao Piedense	1:11.82	1:09.20	272	32.69	36.51
	<i>Fora Tempo Acesso</i>							
24.	Afonso Santos Carromeu	09	Naval Setubalense	1:11.94	1:09.84	264	33.70	36.14
	<i>Fora Tempo Acesso</i>							
DSQ	Martim Guerreiro Martins	09	Sporting	59.62				
	<i>G1 - Efetuou falsa partida (ii.4.4)</i>							

Prova 2, Masc., 100m Livres

Juvenis A

1.	Alexandre Frederico Braz	08	Sporting	56.45	56.40	502	26.83	29.57
2.	David Jesus Morgado	08	Sporting	58.17	57.88	464	27.54	30.34
3.	Afonso Mendonca Ornelas	08	Geslours	56.71	57.99	462	27.81	30.18
4.	Vasco Frischknecht Oliveira	08	Benfica	58.00	58.33	454	28.36	29.97
5.	Henrique Barros Domingos	08	Sporting	59.22	58.63	447	28.27	30.36
6.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	1:00.00	58.71	445	27.87	30.84
7.	Jose Pedro Salvadinho	08	Nacional de Natação	58.57	59.28	432	27.84	31.44
8.	T. Howard-Tripp	08	Vikings	59.81	59.31	432	28.53	30.78
9.	Tomas Martim Moreno	08	Desportarecorde	1:02.21	59.73	423	28.93	30.80
	<i>Fora Tempo Acesso</i>							
10.	Francisco Soares Brito	08	Bombeiros dos Estoris	1:02.11	1:00.12	414	29.03	31.09
	<i>Fora Tempo Acesso</i>							
11.	Joao Filipe Prazeres	08	Geslours	59.47	1:00.68	403	28.76	31.92
	<i>Fora Tempo Acesso</i>							
12.	Francisco Manuel Bexiga	08	Vikings	1:03.82	1:01.11	395	29.51	31.60
	<i>Fora Tempo Acesso</i>							
13.	Mykhailo Kulyk	08	Sporting	1:02.21	1:01.65	384	29.50	32.15
	<i>Fora Tempo Acesso</i>							
14.	Tomas Araujo Fonseca	08	Sporting	1:03.11	1:02.07	377	29.53	32.54
	<i>Fora Tempo Acesso</i>							
15.	Rodrigo Capitao Chora	08	Naval Setubalense	1:03.91	1:02.85	363	29.89	32.96
	<i>Fora Tempo Acesso</i>							
16.	Tomas Afonso Corceiro	08	Colegio Int Monte Maior	1:01.18	1:06.15	311	31.97	34.18
	<i>Fora Tempo Acesso</i>							

Juniores

1.	Caio Salgado Medeiros	07	Algés	54.28	53.30	595	25.68	27.62
2.	Guilherme Fernandes Baptista	06	Benfica	52.96	53.49	589	25.65	27.84
3.	Tomas Nunes Roque	06	Benfica	53.68	53.77	579	26.03	27.74
4.	Pedro Goncalves Bonniz	06	Benfica	56.11	53.93	574	25.92	28.01
5.	Afonso Bjork Freitas	07	Nacional de Natação	55.32	54.66	552	26.14	28.52
6.	Joao Almeida Gomes	06	Nacional de Natação	55.75	54.91	544	26.27	28.64
7.	Andre Deniz Pinto	06	Sporting	1:04.00	54.97	542	25.60	29.37
8.	Luis Pedro Figueiredo	06	Geslours	54.70	55.11	538	26.69	28.42
9.	Manuel Costa Simoes	06	Uniao Piedense	54.85	55.21	535	26.60	28.61
10.	Pedro Crispim Jorge	06	Uniao Piedense	54.66	55.30	533	26.45	28.85
11.	Afonso Rodrigues Calhelha	07	Colegio Int Monte Maior	55.16	55.43	529	26.37	29.06
12.	Andre Cunha Ribeiro	06	Algés	56.97	55.76	520	26.41	29.35
13.	Afonso Jose Fernandes	07	Algés	56.25	55.81	518	26.83	28.98
14.	Simao Barros Morao	06	Algés	57.74	56.08	511	26.54	29.54
15.	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	55.90	56.60	497	27.44	29.16
16.	Rafael Filipe Lopes	06	Geslours	56.61	56.72	494	27.21	29.51
17.	Andre Correia Alves	06	Benfica	56.58	56.78	492	27.06	29.72
18.	Rodrigo Piteira Maio	06	Belenenses	1:00.10	57.47	474	27.57	29.90
19.	Rodrigo Franco Palare	06	Geslours	57.48	57.50	474	27.52	29.98
20.	Lucas Vilaca Casimiro	06	Uniao Piedense	57.44	57.63	471	27.64	29.99
21.	David Alexandre Fernandes	06	Nacional de Natação	57.65	57.64	470	27.31	30.33
22.	Diogo Francisco Venceslau	06	Palmela Desporto	59.03	57.66	470	27.53	30.13
23.	Tomas Santos Braga	07	Colégio Vasco da Gama	56.93	57.77	467	27.50	30.27
24.	Antonio Ricardo Alves	07	Belenenses	57.67	58.03	461	27.96	30.07
25.	Hugo Castanheira Rocha	07	Natação e Triatlo de Lisboa	57.24	58.16	458	27.75	30.41
26.	Diogo Miguel Martins	07	Geslours	57.84	58.19	457	28.09	30.10
27.	Tiago Nunes Silva	06	CPCD - Póvoa Sta Iria	58.65	58.52	449	28.17	30.35
	<i>Fora Tempo Acesso</i>							

Prova 2, Masc., 100m Livres, Juniores

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
28.	Daniel Ionas <i>Fora Tempo Acesso</i>	07	Amadora	57.93	58.64	447	27.59	31.05
29.	Antonio Duarte Carvalho <i>Fora Tempo Acesso</i>	06	Algés	58.98	59.25	433	28.65	30.60
30.	Manuel Maria Amado <i>Fora Tempo Acesso</i>	07	Algés	1:00.08	59.48	428	28.37	31.11
31.	Daniel Casaca Carvalho <i>Fora Tempo Acesso</i>	07	Colégio Vasco da Gama	58.27	1:00.70	403	28.56	32.14

Seniores

1.	Miguel Henriques Marques	00	Benfica	49.75	50.03	719	23.47	26.56
2.	Bernardo Victorino Almeida	04	Sporting	51.10	51.70	652	24.58	27.12
3.	A. Poliakov	93	Oriental de Lisboa	53.83	52.19	634	24.85	27.34
4.	Juan Mendez Delgado	01	Algés	50.70	52.34	628	24.82	27.52
5.	Bernardo Jorge Simoes	04	Belenenses	52.49	52.42	625	25.07	27.35
6.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	52.46	52.81	612	25.51	27.30
7.	Nicolas Filip Montfort	05	Algés	51.87	52.88	609	25.60	27.28
8.	Andre Henriques Marques	05	Benfica	53.16	53.00	605	25.30	27.70
9.	Andre Azevedo Baraona	04	Palmela Desporto	52.62	53.28	596	25.19	28.09
10.	Diogo Garcez Mateus	02	Sporting	55.25	53.34	594	25.12	28.22
11.	Gabriel Carvalho Ferrao	05	Benfica	51.74	54.39	560	25.35	29.04
12.	Henrique Rodrigues Cruz	02	Colegio Int Monte Maior	53.29	54.45	558	26.46	27.99
13.	Rafael Rodrigues Jacinto	02	Belenenses	53.79	54.56	555	26.02	28.54
14.	Goncalo Duarte Carvalho	05	Benfica	1:00.00	54.66	552	26.11	28.55
15.	Diogo Rafael Dias	05	Despertarecorde	57.26	54.82	547	26.02	28.80
16.	Joao Paulo Magalhaes	95	Despertarecorde	55.10	54.93	543	25.77	29.16
17.	Miguel Costa Simoes	04	Uniao Piedense	54.43	55.04	540	25.98	29.06
18.	Ricardo Martins Bras	01	Colégio Vasco da Gama	1:00.00	56.02	512	26.50	29.52
19.	Rodrigo Martins Bras	05	Belenenses	56.45	56.48	500	26.66	29.82
20.	Guilherme Matias Cristino <i>Fora Tempo Acesso</i>	03	Uniao Piedense	56.65	57.30	479	26.99	30.31
21.	Miguel Alexandre Rodrigues <i>Fora Tempo Acesso</i>	98	Vikings	55.90	57.84	465	27.21	30.63
22.	Goncalo Pereira Gracioso <i>Fora Tempo Acesso</i>	05	AONDA - Azeitão	58.38	58.41	452	28.30	30.11
23.	Diogo Correia Neves <i>Fora Tempo Acesso</i>	94	Colégio Vasco da Gama	1:00.73	1:02.08	376	29.06	33.02

Absolutos

1.	Miguel Henriques Marques <i>Campeão Regional</i>	00	Benfica	49.75	50.03	719	23.47	26.56
2.	Bernardo Victorino Almeida	04	Sporting	51.10	51.70	652	24.58	27.12
3.	A. Poliakov	93	Oriental de Lisboa	53.83	52.19	634	24.85	27.34
4.	Juan Mendez Delgado	01	Algés	50.70	52.34	628	24.82	27.52
5.	Bernardo Jorge Simoes	04	Belenenses	52.49	52.42	625	25.07	27.35
6.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	52.46	52.81	612	25.51	27.30
7.	Nicolas Filip Montfort	05	Algés	51.87	52.88	609	25.60	27.28
8.	Andre Henriques Marques	05	Benfica	53.16	53.00	605	25.30	27.70
9.	Andre Azevedo Baraona	04	Palmela Desporto	52.62	53.28	596	25.19	28.09
10.	Caio Salgado Medeiros	07	Algés	54.28	53.30	595	25.68	27.62
11.	Diogo Garcez Mateus	02	Sporting	55.25	53.34	594	25.12	28.22
12.	Guilherme Fernandes Baptista	06	Benfica	52.96	53.49	589	25.65	27.84
13.	Tomas Nunes Roque	06	Benfica	53.68	53.77	579	26.03	27.74
14.	Pedro Goncalves Bonniz	06	Benfica	56.11	53.93	574	25.92	28.01

Prova 2, Masc., 100m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
15.	Jesus Alberto Mejias	09	Vikings	55.17	54.12	568	26.08	28.04
16.	Gabriel Carvalho Ferrao	05	Benfica	51.74	54.39	560	25.35	29.04
17.	Henrique Rodrigues Cruz	02	Colegio Int Monte Maior	53.29	54.45	558	26.46	27.99
18.	Rafael Rodrigues Jacinto	02	Belenenses	53.79	54.56	555	26.02	28.54
19.	Goncalo Duarte Carvalho	05	Benfica	1:00.00	54.66	552	26.11	28.55
	Afonso Bjork Freitas	07	Nacional de Natação	55.32	54.66	552	26.14	28.52
21.	Diogo Damasceno Reis	09	Sporting	57.14	54.70	550	26.53	28.17
22.	Diogo Rafael Dias	05	Despertarecorde	57.26	54.82	547	26.02	28.80
23.	Joao Almeida Gomes	06	Nacional de Natação	55.75	54.91	544	26.27	28.64
24.	Joao Paulo Magalhaes	95	Despertarecorde	55.10	54.93	543	25.77	29.16
25.	Andre Deniz Pinto	06	Sporting	1:04.00	54.97	542	25.60	29.37
26.	Miguel Costa Simoes	04	Uniao Piedense	54.43	55.04	540	25.98	29.06
27.	Luis Pedro Figueiredo	06	Geslours	54.70	55.11	538	26.69	28.42
28.	Manuel Costa Simoes	06	Uniao Piedense	54.85	55.21	535	26.60	28.61
29.	Pedro Crispim Jorge	06	Uniao Piedense	54.66	55.30	533	26.45	28.85
30.	Afonso Rodrigues Calhelha	07	Colegio Int Monte Maior	55.16	55.43	529	26.37	29.06
31.	Andre Cunha Ribeiro	06	Algés	56.97	55.76	520	26.41	29.35
32.	Afonso Jose Fernandes	07	Algés	56.25	55.81	518	26.83	28.98
33.	Ricardo Martins Bras	01	Colégio Vasco da Gama	1:00.00	56.02	512	26.50	29.52
34.	Simao Barros Morao	06	Algés	57.74	56.08	511	26.54	29.54
35.	Alexandre Frederico Braz	08	Sporting	56.45	56.40	502	26.83	29.57
36.	Rodrigo Martins Bras	05	Belenenses	56.45	56.48	500	26.66	29.82
37.	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	55.90	56.60	497	27.44	29.16
38.	Rafael Filipe Lopes	06	Geslours	56.61	56.72	494	27.21	29.51
39.	Andre Correia Alves	06	Benfica	56.58	56.78	492	27.06	29.72
40.	Miguel Loucao Caxaria	09	Palmela Desporto	1:01.32	56.96	487	27.35	29.61
41.	Guilherme Matias Cristino	03	Uniao Piedense	56.65	57.30	479	26.99	30.31
	<i>Fora Tempo Acesso</i>							
42.	Tomas Augusto Reis	09	Belenenses	1:02.17	57.39	476	27.95	29.44
43.	Xavier Jesus Valente	09	Colégio Vasco da Gama	59.36	57.42	476	27.36	30.06
44.	Rodrigo Piteira Maio	06	Belenenses	1:00.10	57.47	474	27.57	29.90
45.	Rodrigo Franco Palare	06	Geslours	57.48	57.50	474	27.52	29.98
46.	Lucas Vilaca Casimiro	06	Uniao Piedense	57.44	57.63	471	27.64	29.99
47.	David Alexandre Fernandes	06	Nacional de Natação	57.65	57.64	470	27.31	30.33
48.	Diogo Francisco Venceslau	06	Palmela Desporto	59.03	57.66	470	27.53	30.13
49.	Tomas Santos Braga	07	Colégio Vasco da Gama	56.93	57.77	467	27.50	30.27
50.	Miguel Alexandre Rodrigues	98	Vikings	55.90	57.84	465	27.21	30.63
	<i>Fora Tempo Acesso</i>							
51.	David Jesus Morgado	08	Sporting	58.17	57.88	464	27.54	30.34
52.	Afonso Mendonca Ornelas	08	Geslours	56.71	57.99	462	27.81	30.18
53.	Antonio Ricardo Alves	07	Belenenses	57.67	58.03	461	27.96	30.07
54.	Xavier Rosa Madeira	09	Laranjeiro	57.56	58.09	459	27.86	30.23
55.	Hugo Castanheira Rocha	07	Natação e Triatlo de Lisboa	57.24	58.16	458	27.75	30.41
56.	Diogo Miguel Martins	07	Geslours	57.84	58.19	457	28.09	30.10
57.	Vasco Frischknecht Oliveira	08	Benfica	58.00	58.33	454	28.36	29.97
58.	Goncalo Pereira Gracioso	05	AONDA - Azeitão	58.38	58.41	452	28.30	30.11
	<i>Fora Tempo Acesso</i>							
59.	Tiago Nunes Silva	06	CPCD - Póvoa Sta Iria	58.65	58.52	449	28.17	30.35
	<i>Fora Tempo Acesso</i>							
60.	Henrique Barros Domingos	08	Sporting	59.22	58.63	447	28.27	30.36
61.	Daniel Ionas	07	Amadora	57.93	58.64	447	27.59	31.05
	<i>Fora Tempo Acesso</i>							
62.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	1:00.00	58.71	445	27.87	30.84
63.	Guilherme Oliveira Rizzon	09	Sporting	1:00.91	58.93	440	28.42	30.51
64.	Antonio Duarte Carvalho	06	Algés	58.98	59.25	433	28.65	30.60
	<i>Fora Tempo Acesso</i>							
65.	Jose Pedro Salvadinho	08	Nacional de Natação	58.57	59.28	432	27.84	31.44
66.	T. Howard-Tripp	08	Vikings	59.81	59.31	432	28.53	30.78

Prova 2, Masc., 100m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
67.	Manuel Maria Amado <i>Fora Tempo Acesso</i>	07	Algés	1:00.08	59.48	428	28.37	31.11
68.	Daniel Alexandre Lourenco	09	Sporting	1:06.07	59.49	428	28.78	30.71
69.	Tomas Martim Moreno <i>Fora Tempo Acesso</i>	08	Despertarecorde	1:02.21	59.73	423	28.93	30.80
70.	Afonso Cunha Amaral	09	Algés	1:04.26	1:00.10	415	29.00	31.10
71.	Francisco Soares Brito <i>Fora Tempo Acesso</i>	08	Bombeiros dos Estoris	1:02.11	1:00.12	414	29.03	31.09
72.	Tiago Trindade Manuel	09	Palmela Desporto	1:03.02	1:00.28	411	28.99	31.29
73.	Pedro Miguel Silva	09	Naval Setubalense	1:01.35	1:00.36	409	29.28	31.08
74.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	59.47	1:00.68	403	28.76	31.92
75.	Daniel Casaca Carvalho <i>Fora Tempo Acesso</i>	07	Colégio Vasco da Gama	58.27	1:00.70	403	28.56	32.14
76.	Afonso Miguel Amaro	09	Belenenses	1:05.92	1:00.81	400	29.36	31.45
77.	Angelo Carvalho Interlandi	09	Algés	1:02.89	1:00.94	398	29.07	31.87
78.	Francisco Manuel Bexiga <i>Fora Tempo Acesso</i>	08	Vikings	1:03.82	1:01.11	395	29.51	31.60
79.	Bernardo Miguel Oliveira <i>Fora Tempo Acesso</i>	09	Nacional de Natação	1:05.02	1:01.41	389	29.28	32.13
80.	Mykhailo Kulyk <i>Fora Tempo Acesso</i>	08	Sporting	1:02.21	1:01.65	384	29.50	32.15
81.	Rui Melo Pereira <i>Fora Tempo Acesso</i>	09	Benfica	1:02.22	1:01.69	384	28.98	32.71
82.	Pedro Guedes Caldas <i>Fora Tempo Acesso</i>	09	Benfica	1:03.01	1:02.02	377	28.89	33.13
83.	Tomas Araujo Fonseca <i>Fora Tempo Acesso</i>	08	Sporting	1:03.11	1:02.07	377	29.53	32.54
84.	Diogo Correia Neves <i>Fora Tempo Acesso</i>	94	Colégio Vasco da Gama	1:00.73	1:02.08	376	29.06	33.02
85.	Martim Abalada Vilaca <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	1:04.94	1:02.25	373	29.64	32.61
86.	Joao Pedro Sousa <i>Fora Tempo Acesso</i>	09	Geslours	1:05.35	1:02.27	373	29.51	32.76
87.	Rodrigo Capitao Chora <i>Fora Tempo Acesso</i>	08	Naval Setubalense	1:03.91	1:02.85	363	29.89	32.96
88.	Miguel Filipe Medronheira <i>Fora Tempo Acesso</i>	09	Palmela Desporto	1:04.93	1:03.04	359	29.90	33.14
89.	Rodrigo Arga Paiva <i>Fora Tempo Acesso</i>	09	Geslours	1:04.85	1:03.37	354	30.05	33.32
90.	Tiago Rafael Ferreira <i>Fora Tempo Acesso</i>	09	Sporting	1:08.46	1:05.35	323	30.87	34.48
91.	Tomas Afonso Corceiro <i>Fora Tempo Acesso</i>	08	Colegio Int Monte Maior	1:01.18	1:06.15	311	31.97	34.18
92.	Francisco Miguel Santos <i>Fora Tempo Acesso</i>	09	Nacional de Natação	1:11.20	1:08.34	282	33.13	35.21
93.	Pedro Miguel Torres <i>Fora Tempo Acesso</i>	09	Uniao Piedense	1:11.82	1:09.20	272	32.69	36.51

Prova 2, Masc., 100m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
94.	Afonso Santos Carromeu <i>Fora Tempo Acesso</i>	09	Naval Setubalense	1:11.94	1:09.84	264	33.70	36.14
DSQ	Martim Guerreiro Martins <i>G1 - Efetuou falsa partida (ii.4.4)</i>	09	Sporting	59.62				
EXH	Daniel Batista Tavares	06	Braga	51.53	52.19	634	24.39	27.80
EXH	Alexandre Morari	07	Rio Maior	52.10	52.42	625	25.15	27.27
EXH	Fernando Souza Silva	86	Naval do Funchal	49.07	54.41	559	25.04	29.37

Prova 3

Femin., 100m Livres

Absolutos

17.11.2023 - 16:19

Resultados

Rec Regional Abs	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	56.07	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Regional Jun 1	56.78	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	2015
Rec Regional Juv B	59.46	Isabel Pinto Abreu	CFB	Abrantes	2010
Rec Nacional Abs Open	54.66	Ana Pinho Rodrigues	ADS	Felgueiras	2019
Rec Nacional Abs Juv B	57.65	Carolina Miranda Fernandes	CGA	Estarreja	2019
Rec Nacional Sen	54.66	Ana Pinho Rodrigues	ADS	Felgueiras	2019
Rec Nacional Jun 2	55.54	Carolina Miranda Fernandes	CGA	Leiria	2021
Rec Nacional Jun 1	56.72	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	56.18	Carolina Miranda Fernandes	CGA	Mealhada	2019
Rec Nacional Juv B	57.65	Carolina Miranda Fernandes	CGA	Estarreja	2019

TAC Juv B: 1:09.17; Juv A: 1:07.16; Jun 1: 1:05.84; Jun 2: 1:05.19; Sen 1: 1:04.61; Sen +: 1:03.96

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Mariana Varela Costa	10	Sporting	1:03.85	1:04.46	473	31.60	32.86
2.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	1:05.94	1:04.96	462	30.91	34.05
3.	Rita Mota Silva	10	Palmela Desporto	1:10.02	1:05.22	457	31.78	33.44
4.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	1:07.19	1:06.40	433	31.88	34.52
5.	Beatriz Paiva Branco	10	Laranjeiro	1:08.78	1:06.96	422	31.83	35.13
6.	Giovanna Cunha Ferreira	10	Sporting	1:15.00	1:07.42	414	31.04	36.38
7.	Madalena Pereira Arede	10	Sporting	1:10.92	1:08.52	394	32.45	36.07
8.	Maria Ines Fryxell	10	AONDA - Azeitão	1:10.01	1:09.13	384	32.91	36.22
9.	Rita Rocha Ferreira <i>Fora Tempo Acesso</i>	10	Benfica	1:11.93	1:09.35	380	32.67	36.68
10.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	1:17.23	1:11.16	352	33.86	37.30
11.	Alice Fernandes Rodrigues <i>Fora Tempo Acesso</i>	10	Gesloures	1:15.00	1:11.63	345	33.91	37.72
12.	Nuria Cristina Pires <i>Fora Tempo Acesso</i>	10	Vikings	1:14.66	1:13.25	322	34.36	38.89
13.	Madalena Alexandra Fernandes <i>Fora Tempo Acesso</i>	10	Nacional de Natação	1:25.80	1:21.91	230	39.12	42.79

Prova 3, Femin., 100m Livres

Juvenis A

1.	Carolina Marques Madeira	09	Nacional de Natação	1:02.18	1:01.51	545	29.37	32.14
2.	Sofia Monteiro Uva	09	Algés	1:01.93	1:03.28	500	30.25	33.03
3.	Madalena Azevedo Messias	09	Sporting	1:03.32	1:03.40	497	30.66	32.74
4.	Maria Leonor Calcada	09	Sporting	1:04.07	1:04.45	473	30.90	33.55
5.	Beatriz Silva Jordao	09	Vikings	1:03.26	1:04.68	468	31.15	33.53
6.	Matilde Castro Teixeira	09	Sporting	1:06.07	1:05.40	453	30.84	34.56
7.	Joana Melo Gaspar	09	Nacional de Natação	1:04.99	1:05.55	450	31.14	34.41
8.	Ines Maria Lanca	09	Uniao Piedense	1:05.55	1:05.86	444	30.75	35.11
9.	Marcia Guerreiro Castilho	09	Laranjeiro	1:08.29	1:06.71	427	32.21	34.50
10.	Margarida Maia Lopes	09	Geslours	1:05.87	1:06.94	423	31.38	35.56
11.	Margarida Faria Miranda	09	Palmela Desporto	1:05.46	1:06.98	422	32.22	34.76
12.	Lara Castanheira Carlos <i>Fora Tempo Acesso</i>	09	Laranjeiro	1:07.49	1:07.29	416	32.10	35.19
13.	Maria Luisa Dinis <i>Fora Tempo Acesso</i>	09	Algés	1:06.78	1:07.67	409	32.05	35.62
14.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	Naval Setubalense	1:07.70	1:08.01	403	33.00	35.01
15.	Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	Geslours	1:07.15	1:08.98	386	32.85	36.13

Juniores

1.	Leonor Peso Parente <i>Campeã Regional</i>	07	Palmela Desporto	58.74	59.25	610	28.21	31.04
2.	Beatriz Heitor Cachaco	07	Geslours	1:00.38	1:00.91	561	29.16	31.75
3.	Luisa Ponte Jorge	07	Uniao Piedense	1:01.10	1:01.71	539	29.83	31.88
4.	Maria Carlotta Ferrari	07	Benfica	1:06.57	1:02.44	521	29.61	32.83
5.	Lis Fatima Melo	08	Geslours	1:04.19	1:02.59	517	30.04	32.55
6.	Emma Aguiar Bergamo	07	Algés	1:04.35	1:04.00	484	30.47	33.53
7.	Constanca Isabel Carvalho	08	Algés	1:04.59	1:04.14	480	30.86	33.28
8.	Yasmin Ruth Bexigas	08	Sporting	1:05.16	1:04.60	470	30.86	33.74
9.	Patricia Subtil Henriques	08	Geslours	1:03.30	1:04.64	469	30.56	34.08
10.	Marta Matos Laranjeira	08	Vikings	1:03.88	1:04.88	464	30.74	34.14
11.	Teresa Oliveira Santos	08	Algés	1:05.19	1:05.34	454	31.73	33.61
12.	Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:04.42	1:06.11	439	31.32	34.79
13.	Joana Pontes Prior <i>Fora Tempo Acesso</i>	08	Laranjeiro	1:05.13	1:06.13	438	31.34	34.79
14.	Brigida Valentina Mateus <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:07.78	1:08.11	401	32.55	35.56
15.	Maria Duarte Marcalo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:07.80	1:08.73	390	32.69	36.04
16.	Ines Trindade Dionisio <i>Fora Tempo Acesso</i>	07	Nacional de Natação	1:10.75	1:10.31	365	32.63	37.68
17.	Mafalda Sousa Mira <i>Fora Tempo Acesso</i>	07	Nacional de Natação	1:12.03	1:10.36	364	33.65	36.71
18.	Alice Duarte Barreto <i>Fora Tempo Acesso</i>	08	Palmela Desporto	1:12.76	1:11.95	340	34.14	37.81
19.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	1:11.50	1:13.03	325	34.98	38.05

Prova 3, Femin., 100m Livres

Seniores

1.	Marta Joao Pires <i>Campeã Regional</i>	05	Algés	58.46	58.87	621	28.37	30.50
2.	Catarina Welvitchia Sousa	00	Uniao Piedense	1:00.66	1:00.07	585	28.53	31.54
3.	Maria Jardim Fidalgo	04	Belenenses	1:00.39	1:00.54	571	29.27	31.27
4.	Iris Pereira Carrao	05	Uniao Piedense	59.81	1:00.97	559	29.32	31.65
5.	Ines Correia Teixeira	06	Amadora	59.24	1:01.32	550	29.53	31.79
6.	Carolina Martins Camacho	06	Benfica	1:06.00	1:01.37	548	29.69	31.68
7.	Joana Rocha Ferreira	05	Benfica	1:00.41	1:01.40	548	29.48	31.92
8.	Madalena Correa Sa	06	Benfica	1:04.96	1:01.73	539	30.00	31.73
9.	Maria Madalena Bento	05	Algés	1:03.23	1:02.32	524	30.18	32.14
10.	Madalena Rodrigues Tome	03	Belenenses	1:00.48	1:02.39	522	29.83	32.56
11.	Carolina Saraiva Pires	96	Laranjeiro	1:02.87	1:03.09	505	30.49	32.60
12.	Constanca Dias Baptista	01	Belenenses	1:02.46	1:03.45	496	30.13	33.32
13.	Rita Borges Silva	06	Geslours	1:01.97	1:03.96	484	30.49	33.47
14.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	1:05.39	1:04.72	468	30.88	33.84
15.	Tatiana Alexandra Melnychuk <i>Fora Tempo Acesso</i>	06	Colégio Vasco da Gama	1:08.47	1:05.41	453	31.25	34.16
16.	Susana Pereira Veiga <i>Fora Tempo Acesso</i>	00	Colégio Vasco da Gama	1:04.19	1:05.53	450	31.09	34.44
17.	Luana Cardoso Magalhaes <i>Fora Tempo Acesso</i>	06	Algés	1:06.00	1:05.74	446	30.59	35.15
18.	Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	Geslours	1:02.78	1:06.22	436	31.45	34.77
19.	Daniela Patricia Larginho <i>Fora Tempo Acesso</i>	05	Colégio Vasco da Gama	1:07.53	1:07.21	417	32.30	34.91

Absolutos

1.	Marta Joao Pires <i>Campeã Regional</i>	05	Algés	58.46	58.87	621	28.37	30.50
2.	Leonor Peso Parente	07	Palmela Desporto	58.74	59.25	610	28.21	31.04
3.	Catarina Welvitchia Sousa	00	Uniao Piedense	1:00.66	1:00.07	585	28.53	31.54
4.	Maria Jardim Fidalgo	04	Belenenses	1:00.39	1:00.54	571	29.27	31.27
5.	Beatriz Heitor Cachaco	07	Geslours	1:00.38	1:00.91	561	29.16	31.75
6.	Iris Pereira Carrao	05	Uniao Piedense	59.81	1:00.97	559	29.32	31.65
7.	Ines Correia Teixeira	06	Amadora	59.24	1:01.32	550	29.53	31.79
8.	Carolina Martins Camacho	06	Benfica	1:06.00	1:01.37	548	29.69	31.68
9.	Joana Rocha Ferreira	05	Benfica	1:00.41	1:01.40	548	29.48	31.92
10.	Carolina Marques Madeira	09	Nacional de Natação	1:02.18	1:01.51	545	29.37	32.14
11.	Luisa Ponte Jorge	07	Uniao Piedense	1:01.10	1:01.71	539	29.83	31.88
12.	Madalena Correa Sa	06	Benfica	1:04.96	1:01.73	539	30.00	31.73
13.	Maria Madalena Bento	05	Algés	1:03.23	1:02.32	524	30.18	32.14
14.	Madalena Rodrigues Tome	03	Belenenses	1:00.48	1:02.39	522	29.83	32.56
15.	Maria Carlotta Ferrari	07	Benfica	1:06.57	1:02.44	521	29.61	32.83
16.	Lis Fatima Melo	08	Geslours	1:04.19	1:02.59	517	30.04	32.55
17.	Carolina Saraiva Pires	96	Laranjeiro	1:02.87	1:03.09	505	30.49	32.60
18.	Sofia Monteiro Uva	09	Algés	1:01.93	1:03.28	500	30.25	33.03
19.	Madalena Azevedo Messias	09	Sporting	1:03.32	1:03.40	497	30.66	32.74
20.	Constanca Dias Baptista	01	Belenenses	1:02.46	1:03.45	496	30.13	33.32
21.	Rita Borges Silva	06	Geslours	1:01.97	1:03.96	484	30.49	33.47
22.	Emma Aguiar Bergamo	07	Algés	1:04.35	1:04.00	484	30.47	33.53
23.	Constanca Isabel Carvalho	08	Algés	1:04.59	1:04.14	480	30.86	33.28
24.	Maria Leonor Calcada	09	Sporting	1:04.07	1:04.45	473	30.90	33.55
25.	Mariana Varela Costa	10	Sporting	1:03.85	1:04.46	473	31.60	32.86
26.	Yasmin Ruth Bexigas	08	Sporting	1:05.16	1:04.60	470	30.86	33.74
27.	Patricia Subtil Henriques	08	Geslours	1:03.30	1:04.64	469	30.56	34.08

Prova 3, Femin., 100m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
28.	Beatriz Silva Jordao	09	Vikings	1:03.26	1:04.68	468	31.15	33.53
29.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	1:05.39	1:04.72	468	30.88	33.84
30.	Marta Matos Laranjeira	08	Vikings	1:03.88	1:04.88	464	30.74	34.14
31.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	1:05.94	1:04.96	462	30.91	34.05
32.	Rita Mota Silva	10	Palmela Desporto	1:10.02	1:05.22	457	31.78	33.44
33.	Teresa Oliveira Santos	08	Algés	1:05.19	1:05.34	454	31.73	33.61
34.	Matilde Castro Teixeira	09	Sporting	1:06.07	1:05.40	453	30.84	34.56
35.	Tatiana Alexandra Melnychuk <i>Fora Tempo Acesso</i>	06	Colégio Vasco da Gama	1:08.47	1:05.41	453	31.25	34.16
36.	Susana Pereira Veiga <i>Fora Tempo Acesso</i>	00	Colégio Vasco da Gama	1:04.19	1:05.53	450	31.09	34.44
37.	Joana Melo Gaspar	09	Nacional de Natação	1:04.99	1:05.55	450	31.14	34.41
38.	Luana Cardoso Magalhaes <i>Fora Tempo Acesso</i>	06	Algés	1:06.00	1:05.74	446	30.59	35.15
39.	Ines Maria Lanca	09	Uniao Piedense	1:05.55	1:05.86	444	30.75	35.11
40.	Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:04.42	1:06.11	439	31.32	34.79
41.	Joana Pontes Prior <i>Fora Tempo Acesso</i>	08	Laranjeiro	1:05.13	1:06.13	438	31.34	34.79
42.	Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	Gesloures	1:02.78	1:06.22	436	31.45	34.77
43.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	1:07.19	1:06.40	433	31.88	34.52
44.	Marcia Guerreiro Castilho	09	Laranjeiro	1:08.29	1:06.71	427	32.21	34.50
45.	Margarida Maia Lopes	09	Gesloures	1:05.87	1:06.94	423	31.38	35.56
46.	Beatriz Paiva Branco	10	Laranjeiro	1:08.78	1:06.96	422	31.83	35.13
47.	Margarida Faria Miranda	09	Palmela Desporto	1:05.46	1:06.98	422	32.22	34.76
48.	Daniela Patricia Larginho <i>Fora Tempo Acesso</i>	05	Colégio Vasco da Gama	1:07.53	1:07.21	417	32.30	34.91
49.	Lara Castanheira Carlos <i>Fora Tempo Acesso</i>	09	Laranjeiro	1:07.49	1:07.29	416	32.10	35.19
50.	Giovanna Cunha Ferreira	10	Sporting	1:15.00	1:07.42	414	31.04	36.38
51.	Maria Luisa Dinis <i>Fora Tempo Acesso</i>	09	Algés	1:06.78	1:07.67	409	32.05	35.62
52.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	Naval Setubalense	1:07.70	1:08.01	403	33.00	35.01
53.	Brigida Valentina Mateus <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:07.78	1:08.11	401	32.55	35.56
54.	Madalena Pereira Arede	10	Sporting	1:10.92	1:08.52	394	32.45	36.07
55.	Maria Duarte Marcalo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:07.80	1:08.73	390	32.69	36.04
56.	Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	Gesloures	1:07.15	1:08.98	386	32.85	36.13
57.	Maria Ines Fryxell	10	AONDA - Azeitão	1:10.01	1:09.13	384	32.91	36.22
58.	Rita Rocha Ferreira <i>Fora Tempo Acesso</i>	10	Benfica	1:11.93	1:09.35	380	32.67	36.68
59.	Ines Trindade Dionisio <i>Fora Tempo Acesso</i>	07	Nacional de Natação	1:10.75	1:10.31	365	32.63	37.68
60.	Mafalda Sousa Mira <i>Fora Tempo Acesso</i>	07	Nacional de Natação	1:12.03	1:10.36	364	33.65	36.71
61.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	1:17.23	1:11.16	352	33.86	37.30

Prova 3, Femin., 100m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
62.	Alice Fernandes Rodrigues <i>Fora Tempo Acesso</i>	10	Gesloures	1:15.00	1:11.63	345	33.91	37.72
63.	Alice Duarte Barreto <i>Fora Tempo Acesso</i>	08	Palmela Desporto	1:12.76	1:11.95	340	34.14	37.81
64.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	1:11.50	1:13.03	325	34.98	38.05
65.	Nuria Cristina Pires <i>Fora Tempo Acesso</i>	10	Vikings	1:14.66	1:13.25	322	34.36	38.89
66.	Madalena Alexandra Fernandes <i>Fora Tempo Acesso</i>	10	Nacional de Natação	1:25.80	1:21.91	230	39.12	42.79
EXH	Carlota Costa Boleixa	08	Louletano / Loule Concelho	57.56	57.82	656	27.64	30.18
EXH	Mariana Teixeira Jesus	06	Estarreja/PROZINCO	58.42	58.80	624	28.45	30.35
EXH	Maria Silva Pereira	08	Ginasio Clube de Vila Real	59.51	59.67	597	28.50	31.17

Prova 4

Masc., 50m Bruços

Absolutos

17.11.2023 - 16:36

Resultados

Rec Regional Abs	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Sen	27.16	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Jun 2	28.57	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Regional Jun 1	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	2009
Rec Regional Juv A	29.23	Ricardo Samuel Pereira	SLB	Algés	2019
Rec Regional Juv B	31.23	Ricardo Samuel Pereira	SLB	Albufeira	2017
Rec Nacional Abs	27.12	Alexis Manacas Santos	SCP	Felgueiras	2019
Rec Nacional Sen	27.12	Alexis Manacas Santos	SCP	Felgueiras	2019
Rec Nacional Jun 2	28.55	Simao Miguel Capitao	CLAMAS	Senhora da Hora	2015
Rec Nacional Jun 1	28.56	Pedro Miguel Agostinho	SLB	S. António Cavaleiros	2009
Rec Nacional Juv A	29.23	tempo limite			
Rec Nacional Juv B	30.65	tempo limite			

TAC Juv B: 33.74; Juv A: 33.34; Jun 1: 33.01; Jun 2: 32.74; Sen 1: 32.45; Sen +: 32.13

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Jesus Alberto Mejias	09	Vikings	33.85	31.71	487
2.	Miguel Loucao Caxaria	09	Palmela Desporto	34.75	32.40	456
3.	Aman Akbar Ladak	09	Sporting	39.00	33.29	420
4.	Francisco Nunes Roque	09	Benfica	37.12	33.39	417
5.	Andre Raposo Pinheiro <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	38.23	35.71	341
DSQ	Afonso Miguel Amaro <i>B4 - Efetuou múltiplas pernadas de golfinho após a partida (ii.7.1)</i>	09	Belenenses	34.73		

Juvenis A

1.	Duarte Gomes Santos	08	Despertarecorde	38.39	33.31	420
2.	Rafael Ataide Duarte <i>Fora Tempo Acesso</i>	08	Benfica	32.59	33.45	414
3.	Thomas Mouzinho Howard-Tripp <i>Fora Tempo Acesso</i>	08	Vikings	33.64	34.85	366
4.	Tomas Araujo Fonseca <i>Fora Tempo Acesso</i>	08	Sporting	33.75	37.16	302

Prova 4, Masc., 50m Bruços

Juniores

1.	Pedro Goncalves Bonniz	06	Benfica	28.86	29.86	583
2.	Rodrigo Martins Chocas	07	Sporting	29.59	30.21	563
3.	David Miguel Morais	06	Benfica	30.27	31.52	495
4.	Daniel Ionas	07	Amadora	30.92	32.09	470
5.	Arthur Santos Silva	06	Belenenses	32.12	32.29	461
6.	Rodrigo Santos Perry	07	Despertarecorde	32.93	32.46	454
7.	Afonso Jose Fernandes	07	Algés	32.81	32.62	447
8.	Lucas Vilaca Casimiro	06	Uniao Piedense	35.22	34.66	373
	<i>Fora Tempo Acesso</i>					

Seniores

1.	Renato Barros Frischknecht	01	Sporting	28.33	29.01	636
2.	Andre Tavares Grenho	99	Geslours	28.68	29.08	631
3.	Carlos Daniel Nunes	05	Benfica	27.92	29.31	616
4.	Bernardo Victorino Almeida	04	Sporting	29.98	29.35	614
5.	Andre Filipe Magalhaes	98	Laranjeiro	29.29	29.96	577
6.	Afonso Amaro Santos	02	Geslours	32.40	30.11	568
7.	Jaime Marques Duarte	87	Vikings	30.43	30.49	547
8.	Daniel Tsykal	04	Sporting	29.70	30.76	533
9.	Jose Paula Carvalho	98	Uniao Piedense	32.40	31.01	520
10.	Guilherme Matias Cristino	03	Uniao Piedense	29.66	31.05	518
11.	Sebastiao Limbert Piedade	00	Algés	31.59	31.17	512
12.	Goncalo Ramos Costa	05	CPCD - Póvoa Sta Iria	32.35	34.24	386
	<i>Fora Tempo Acesso</i>					
13.	Daniel Pankivskiy	05	Nacional de Nataçã	32.40	35.31	352
	<i>Fora Tempo Acesso</i>					

Absolutos

1.	Renato Barros Frischknecht	01	Sporting	28.33	29.01	636
	<i>Campeão Regional</i>					
2.	Andre Tavares Grenho	99	Geslours	28.68	29.08	631
3.	Carlos Daniel Nunes	05	Benfica	27.92	29.31	616
4.	Bernardo Victorino Almeida	04	Sporting	29.98	29.35	614
5.	Pedro Goncalves Bonniz	06	Benfica	28.86	29.86	583
6.	Andre Filipe Magalhaes	98	Laranjeiro	29.29	29.96	577
7.	Afonso Amaro Santos	02	Geslours	32.40	30.11	568
8.	Rodrigo Martins Chocas	07	Sporting	29.59	30.21	563
9.	Jaime Marques Duarte	87	Vikings	30.43	30.49	547
10.	Daniel Tsykal	04	Sporting	29.70	30.76	533
11.	Jose Paula Carvalho	98	Uniao Piedense	32.40	31.01	520
12.	Guilherme Matias Cristino	03	Uniao Piedense	29.66	31.05	518
13.	Sebastiao Limbert Piedade	00	Algés	31.59	31.17	512
14.	David Miguel Morais	06	Benfica	30.27	31.52	495
15.	Jesus Alberto Mejias	09	Vikings	33.85	31.71	487
16.	Daniel Ionas	07	Amadora	30.92	32.09	470
17.	Arthur Santos Silva	06	Belenenses	32.12	32.29	461
18.	Miguel Loucao Caxaria	09	Palmela Desporto	34.75	32.40	456
19.	Rodrigo Santos Perry	07	Despertarecorde	32.93	32.46	454
20.	Afonso Jose Fernandes	07	Algés	32.81	32.62	447
21.	Aman Akbar Ladak	09	Sporting	39.00	33.29	420
22.	Duarte Gomes Santos	08	Despertarecorde	38.39	33.31	420
23.	Francisco Nunes Roque	09	Benfica	37.12	33.39	417
24.	Rafael Ataide Duarte	08	Benfica	32.59	33.45	414
	<i>Fora Tempo Acesso</i>					
25.	Goncalo Ramos Costa	05	CPCD - Póvoa Sta Iria	32.35	34.24	386
	<i>Fora Tempo Acesso</i>					

Prova 4, Masc., 50m Bruços, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
26.	Lucas Vilaca Casimiro <i>Fora Tempo Acesso</i>	06	Uniao Piedense	35.22	34.66	373
27.	Thomas Mouzinho Howard-Tripp <i>Fora Tempo Acesso</i>	08	Vikings	33.64	34.85	366
28.	Daniel Pankivskiy <i>Fora Tempo Acesso</i>	05	Nacional de Natação	32.40	35.31	352
29.	Andre Raposo Pinheiro <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	38.23	35.71	341
30.	Tomas Araujo Fonseca <i>Fora Tempo Acesso</i>	08	Sporting	33.75	37.16	302
DSQ	Afonso Miguel Amaro <i>B4 - Efetuou múltiplas pernadas de golfinho após a partida (ii.7.1)</i>	09	Belenenses	34.73		

Prova 5

Femin., 50m Bruços

Absolutos

17.11.2023 - 16:41

Resultados

Rec Regional Abs	30.21	Ana Pinho Rodrigues	EDV	Leiria	2022
Rec Regional Sen	31.43	Diana Duarte Gomes	CNA	Sto Antº Cavaleiros	2009
Rec Regional Jun 2	32.09	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	32.37	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Juv A	33.73	Nadia Alexandra Correia	SFUAP	Mealhada	2000
Rec Regional Juv B	34.82	Ana Beatriz Marques	SAD	Algés	2012
Rec Nacional Abs Open	30.21	Ana Pinho Rodrigues	EDV	Leiria	2022
Rec Nacional Abs Juv B	34.12	tempo limite			
Rec Nacional Sen	30.21	Ana Pinho Rodrigues	EDV	Leiria	2022
Rec Nacional Jun 2	32.09	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	31.46	Ana Pinho Rodrigues	AEJ	Leiria	2009
Rec Nacional Juv A	32.81	tempo limite			
Rec Nacional Juv B	34.12	tempo limite			

TAC Juv B: 39.80; Juv A: 39.33; Jun 1: 38.94; Jun 2: 38.63; Sen 1: 38.28; Sen +: 37.90

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Rita Braga Gomes	10	Sporting	39.59	37.30	448
2.	Maria Duarte Carvalho	10	Benfica	40.93	37.66	436
3.	Rita Mota Silva	10	Palmela Desporto	40.19	38.68	402
4.	Beatriz Costa Diniz	10	Sporting	40.35	39.73	371
5.	Francisca Maria Esteves <i>Fora Tempo Acesso</i>	10	Colégio Vasco da Gama	44.21	42.01	314
6.	Isabella Caterina Mejias <i>Fora Tempo Acesso</i>	10	Vikings	49.52	45.61	245

Juvenis A

1.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	37.44	36.20	491
2.	Ines Maria Verissimo	09	Algés	41.61	36.78	468
3.	Daniela Pina Rodrigues	09	Geslours	37.76	37.10	456
4.	Mafalda Carmona Rodrigues	09	Algés	43.31	38.67	402
5.	Beatriz Silva Jordao	09	Vikings	39.45	38.81	398
6.	Beatriz Santos Goncalves <i>Fora Tempo Acesso</i>	09	Nacional de Natação	39.25	39.83	368
DSQ	Sara Cabaco Brasil <i>B31 - Tocou com uma só mão na parede testa na viragem aos 25 metros (ii.7.6)</i>	09	Fisica Torres Vedras	38.04		

Prova 5, Femin., 50m Bruços

Juniores

1.	Emma Aguiar Bergamo <i>Campeã Regional</i>	07	Algés	33.07	33.93	596
2.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	35.34	35.15	536
3.	Catarina Andrade Franco	07	Benfica	36.80	36.03	498
4.	Clara Vieira Tojo	07	Benfica	35.90	36.47	480
5.	Leonor Carreiro Rodrigues	07	Benfica	35.40	36.89	464
6.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	40.00	38.02	423
	Teresa Bonita Oliveira	08	Naval Setubalense	36.16	38.02	423
8.	Beatriz Silva Gomes	08	Geslours	37.35	38.04	423
9.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	36.94	38.07	422
10.	Daniela Alexandra Santos <i>Fora Tempo Acesso</i>	07	Sporting	38.70	38.66	403
11.	Marta Matos Laranjeira	08	Vikings	37.00	38.70	401
12.	Raquel Heleno Nogueira	08	Colegio Int Monte Maior	39.66	38.79	399
13.	Matilde Anjos Frischknecht <i>Fora Tempo Acesso</i>	07	Naval Setubalense	38.78	38.93	394

Seniores

1.	Rebeca Leonor Antunes <i>Campeã Regional</i>	06	Algés	33.03	33.52	618
2.	Andreia Wongsangnoi Alves	03	Belenenses	34.47	34.81	552
3.	Bruna Martins Riesenberger	97	Laranjeiro	34.61	35.54	518
4.	Carolina Porem Henriques	04	Vikings	36.33	35.73	510
5.	Soraia Guerra Rolim	95	Laranjeiro	36.81	36.75	469
6.	Tatiana Alexandra Melnychuk <i>Fora Tempo Acesso</i>	06	Colégio Vasco da Gama	42.49	39.56	376
7.	Diana Valadas Horta <i>Fora Tempo Acesso</i>	04	Uniao Piedense	40.55	39.58	375
8.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	36.81	40.83	342

Absolutos

1.	Rebeca Leonor Antunes <i>Campeã Regional</i>	06	Algés	33.03	33.52	618
2.	Emma Aguiar Bergamo	07	Algés	33.07	33.93	596
3.	Andreia Wongsangnoi Alves	03	Belenenses	34.47	34.81	552
4.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	35.34	35.15	536
5.	Bruna Martins Riesenberger	97	Laranjeiro	34.61	35.54	518
6.	Carolina Porem Henriques	04	Vikings	36.33	35.73	510
7.	Catarina Andrade Franco	07	Benfica	36.80	36.03	498
8.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	37.44	36.20	491
9.	Clara Vieira Tojo	07	Benfica	35.90	36.47	480
10.	Soraia Guerra Rolim	95	Laranjeiro	36.81	36.75	469
11.	Ines Maria Verissimo	09	Algés	41.61	36.78	468
12.	Leonor Carreiro Rodrigues	07	Benfica	35.40	36.89	464
13.	Daniela Pina Rodrigues	09	Geslours	37.76	37.10	456
14.	Rita Braga Gomes	10	Sporting	39.59	37.30	448
15.	Maria Duarte Carvalho	10	Benfica	40.93	37.66	436
16.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	40.00	38.02	423
	Teresa Bonita Oliveira	08	Naval Setubalense	36.16	38.02	423
18.	Beatriz Silva Gomes	08	Geslours	37.35	38.04	423
19.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	36.94	38.07	422
20.	Daniela Alexandra Santos <i>Fora Tempo Acesso</i>	07	Sporting	38.70	38.66	403
21.	Mafalda Carmona Rodrigues	09	Algés	43.31	38.67	402

Prova 5, Femin., 50m Bruços, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
22.	Rita Mota Silva	10	Palmela Desporto	40.19	38.68	402
23.	Marta Matos Laranjeira	08	Vikings	37.00	38.70	401
24.	Raquel Heleno Nogueira	08	Colegio Int Monte Maior	39.66	38.79	399
25.	Beatriz Silva Jordao	09	Vikings	39.45	38.81	398
26.	Matilde Anjos Frischknecht <i>Fora Tempo Acesso</i>	07	Naval Setubalense	38.78	38.93	394
27.	Tatiana Alexandra Melnychuk <i>Fora Tempo Acesso</i>	06	Colégio Vasco da Gama	42.49	39.56	376
28.	Diana Valadas Horta <i>Fora Tempo Acesso</i>	04	Uniao Piedense	40.55	39.58	375
29.	Beatriz Costa Diniz	10	Sporting	40.35	39.73	371
30.	Beatriz Santos Goncalves <i>Fora Tempo Acesso</i>	09	Nacional de Natação	39.25	39.83	368
31.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	36.81	40.83	342
32.	Francisca Maria Esteves <i>Fora Tempo Acesso</i>	10	Colégio Vasco da Gama	44.21	42.01	314
33.	Isabella Caterina Mejias <i>Fora Tempo Acesso</i>	10	Vikings	49.52	45.61	245
DSQ	Sara Cabaco Brasil <i>B31 - Tocou com uma só mão na parede testa na viragem aos 25 metros (ii.7.6)</i>	09	Fisica Torres Vedras	38.04		

Prova 6

Masc., 100m Estilos

Absolutos

17.11.2023 - 17:19

Resultados

Rec Regional Abs	52.91	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	52.91	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	56.47	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	58.85	Diogo Santos Costa	ADRCIMM	Felgueiras	2018
Rec Regional Juv A	1:00.89	João Fernandes	CNA		2000
Rec Regional Juv B	1:03.28	Luís Alves	ABVE		2003
Rec Nacional Abs	52.73	Alexis Manacas Santos	POR	Glasgow (GBR)	2019
Rec Nacional Sen	52.73	Alexis Manacas Santos	POR	Glasgow (GBR)	2019
Rec Nacional Jun 2	56.40	Joao Peres Costa	CNPV	Leiria	2021
Rec Nacional Jun 1	57.40	Diogo Filipe Carvalho	CGA	Aveiro	2005
Rec Nacional Juv A	59.16	Goncalo Carlos Azevedo	CNMAIA	Felgueiras	2023
Rec Nacional Juv B	1:00.62				

TAC Jun 1: 1:05.59; Jun 2: 1:04.94; Sen 1: 1:04.36; Sen +: 1:03.72

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Diogo Damasceno Reis <i>Rec Regional Escalão</i>	09	Sporting	1:20.00	1:01.66	510	28.97	32.69
2.	Paulo Junio Fernandes	09	Algés	1:20.00	1:03.87	459	28.78	35.09
3.	Bernardo Afonso Guedelha	09	Benfica	1:20.00	1:07.07	396	30.46	36.61
4.	Francisco Nunes Roque	09	Benfica	1:20.00	1:08.17	377	32.35	35.82
5.	Hugo Pacheco Godinho	09	Sporting	1:20.00	1:08.52	372	31.52	37.00
6.	Tomas Augusto Reis	09	Belenenses	1:20.00	1:09.15	361	31.27	37.88
7.	Martim Guerreiro Martins	09	Sporting	1:20.00	1:10.62	339	32.81	37.81
8.	Diogo Soares Marques	09	Algés	1:20.00	1:15.89	273	34.68	41.21
9.	Tiago Rafael Ferreira	09	Sporting	1:20.00	1:16.56	266	35.25	41.31

Prova 6, Masc., 100m Estilos

Juvenis A

1.	Pedro Caiada Rodrigues	08	Benfica	1:15.00	1:03.71	462	28.67	35.04
2.	Pedro Saad Oliveira	08	Sporting	1:15.00	1:04.61	443	29.14	35.47
3.	Francisco Rodrigues Vilar	08	Sporting	1:15.00	1:06.51	406	30.34	36.17
4.	Goncalo Jorge Lima	08	Sporting	1:15.00	1:06.58	405	30.55	36.03
5.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	1:15.00	1:07.19	394	30.38	36.81
6.	Bernardo Filipe Sousa	08	Algés	1:15.00	1:08.45	373	31.36	37.09
7.	Vasco Frischknecht Oliveira	08	Benfica	1:10.81	1:08.49	372	31.47	37.02

Juniiores

1.	Kaio Araujo Fafine	06	Sporting	59.24	58.98	583	26.83	32.15
2.	Tomas Maia Januario	06	Benfica	1:01.47	59.78	560	26.69	33.09
3.	Rodrigo Martins Chocas	07	Sporting	1:13.00	1:00.58	538	29.00	31.58
4.	Guilherme Fernandes Baptista	06	Benfica	1:02.44	1:01.24	521	27.77	33.47
5.	Andre Miguel Ramos	07	Fisica Torres Vedras	1:13.00	1:01.31	519	27.71	33.60
6.	Vicente Dias Maia	07	Algés	1:05.25	1:02.35	493	28.14	34.21
7.	Antonio Rego Arsenio	07	Algés	1:13.00	1:04.01	456	29.29	34.72
8.	Andre Correia Alves	06	Benfica	1:13.00	1:04.50	445	28.70	35.80
9.	Rodrigo Santos Perry <i>Fora Tempo Acesso</i>	07	Despertarecorde	1:12.24	1:07.31	392	30.86	36.45
10.	Rafael Sergio Spac <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:13.00	1:09.87	350	30.63	39.24

Seniores

1.	Joao Soares Carneiro	03	Benfica	55.57	56.54	662	26.56	29.98
2.	Diogo Santos Costa	02	Benfica	56.87	58.87	586	26.38	32.49
3.	Andre Tavares Grenho	99	Geslourses	59.19	58.99	583	27.53	31.46
4.	Andre Henriques Marques	05	Benfica	1:01.37	1:00.22	548	27.11	33.11
5.	Miguel Cordeiro Almeida	05	Algés	59.35	1:00.26	546	26.94	33.32
6.	Joao Lourenco Rebelo	04	Algés	1:00.48	1:00.31	545	28.62	31.69
7.	Goncalo Duarte Carvalho	05	Benfica	1:03.37	1:00.88	530	28.45	32.43
8.	Carlos Daniel Nunes	05	Benfica	59.80	1:00.90	529	28.90	32.00
9.	Andre Azevedo Baraona	04	Palmela Desporto	1:01.26	1:01.32	519	26.98	34.34
10.	Diogo Miguel Monteiro	04	Sporting	1:10.00	1:01.35	518	28.77	32.58
11.	Daniel Tsykal	04	Sporting	1:10.00	1:02.32	494	28.85	33.47
12.	Sebastiao Limbert Piedade	00	Algés	1:10.00	1:02.48	490	28.92	33.56
13.	Miguel Costa Simoes	04	Uniao Piedense	1:02.76	1:02.78	483	28.04	34.74
14.	Diogo Rafael Dias	05	Despertarecorde	1:08.26	1:03.21	473	29.35	33.86
15.	Ricardo Martins Bras <i>Fora Tempo Acesso</i>	01	Colégio Vasco da Gama	1:02.44	1:04.51	445	29.78	34.73
16.	Rodrigo Martins Bras <i>Fora Tempo Acesso</i>	05	Belenenses	1:09.30	1:04.93	437	30.28	34.65
17.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i>	99	Belenenses	1:10.00	1:05.79	420	30.57	35.22

Absolutos

1.	Joao Soares Carneiro <i>Campeão Regional</i>	03	Benfica	55.57	56.54	662	26.56	29.98
2.	Diogo Santos Costa	02	Benfica	56.87	58.87	586	26.38	32.49
3.	Kaio Araujo Fafine	06	Sporting	59.24	58.98	583	26.83	32.15
4.	Andre Tavares Grenho	99	Geslourses	59.19	58.99	583	27.53	31.46
5.	Tomas Maia Januario	06	Benfica	1:01.47	59.78	560	26.69	33.09
6.	Andre Henriques Marques	05	Benfica	1:01.37	1:00.22	548	27.11	33.11
7.	Miguel Cordeiro Almeida	05	Algés	59.35	1:00.26	546	26.94	33.32
8.	Joao Lourenco Rebelo	04	Algés	1:00.48	1:00.31	545	28.62	31.69
9.	Rodrigo Martins Chocas	07	Sporting	1:13.00	1:00.58	538	29.00	31.58

Prova 6, Masc., 100m Estilos, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
10.	Goncalo Duarte Carvalho	05	Benfica	1:03.37	1:00.88	530	28.45	32.43
11.	Carlos Daniel Nunes	05	Benfica	59.80	1:00.90	529	28.90	32.00
12.	Guilherme Fernandes Baptista	06	Benfica	1:02.44	1:01.24	521	27.77	33.47
13.	Andre Miguel Ramos	07	Fisica Torres Vedras	1:13.00	1:01.31	519	27.71	33.60
14.	Andre Azevedo Baraona	04	Palmela Desporto	1:01.26	1:01.32	519	26.98	34.34
15.	Diogo Miguel Monteiro	04	Sporting	1:10.00	1:01.35	518	28.77	32.58
16.	Diogo Damasceno Reis <i>Rec Regional Escalão</i>	09	Sporting	1:20.00	1:01.66	510	28.97	32.69
17.	Daniel Tsykal	04	Sporting	1:10.00	1:02.32	494	28.85	33.47
18.	Vicente Dias Maia	07	Algés	1:05.25	1:02.35	493	28.14	34.21
19.	Sebastiao Limbert Piedade	00	Algés	1:10.00	1:02.48	490	28.92	33.56
20.	Miguel Costa Simoes	04	Uniao Piedense	1:02.76	1:02.78	483	28.04	34.74
21.	Diogo Rafael Dias	05	Despertarecorde	1:08.26	1:03.21	473	29.35	33.86
22.	Pedro Caiada Rodrigues	08	Benfica	1:15.00	1:03.71	462	28.67	35.04
23.	Paulo Junio Fernandes	09	Algés	1:20.00	1:03.87	459	28.78	35.09
24.	Antonio Rego Arsenio	07	Algés	1:13.00	1:04.01	456	29.29	34.72
25.	Andre Correia Alves	06	Benfica	1:13.00	1:04.50	445	28.70	35.80
26.	Ricardo Martins Bras <i>Fora Tempo Acesso</i>	01	Colégio Vasco da Gama	1:02.44	1:04.51	445	29.78	34.73
27.	Pedro Saad Oliveira	08	Sporting	1:15.00	1:04.61	443	29.14	35.47
28.	Rodrigo Martins Bras <i>Fora Tempo Acesso</i>	05	Belenenses	1:09.30	1:04.93	437	30.28	34.65
29.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i>	99	Belenenses	1:10.00	1:05.79	420	30.57	35.22
30.	Francisco Rodrigues Vilar	08	Sporting	1:15.00	1:06.51	406	30.34	36.17
31.	Goncalo Jorge Lima	08	Sporting	1:15.00	1:06.58	405	30.55	36.03
32.	Bernardo Afonso Guedelha	09	Benfica	1:20.00	1:07.07	396	30.46	36.61
33.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	1:15.00	1:07.19	394	30.38	36.81
34.	Rodrigo Santos Perry <i>Fora Tempo Acesso</i>	07	Despertarecorde	1:12.24	1:07.31	392	30.86	36.45
35.	Francisco Nunes Roque	09	Benfica	1:20.00	1:08.17	377	32.35	35.82
36.	Bernardo Filipe Sousa	08	Algés	1:15.00	1:08.45	373	31.36	37.09
37.	Vasco Frischknecht Oliveira	08	Benfica	1:10.81	1:08.49	372	31.47	37.02
38.	Hugo Pacheco Godinho	09	Sporting	1:20.00	1:08.52	372	31.52	37.00
39.	Tomas Augusto Reis	09	Belenenses	1:20.00	1:09.15	361	31.27	37.88
40.	Rafael Sergio Spac <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:13.00	1:09.87	350	30.63	39.24
41.	Martim Guerreiro Martins	09	Sporting	1:20.00	1:10.62	339	32.81	37.81
42.	Diogo Soares Marques	09	Algés	1:20.00	1:15.89	273	34.68	41.21
43.	Tiago Rafael Ferreira	09	Sporting	1:20.00	1:16.56	266	35.25	41.31
EXH	Gustavo Carvalho Silva	04	Naval Praia da Vitoria	56.84	56.44	665	25.40	31.04
EXH	Yury Fomin	06	Louletano / Loule Concelho	1:00.91	59.21	576	26.91	32.30
EXH	Duarte Ramos Nunes	07	Galitos / Bresimar	1:13.00	1:00.46	541	28.30	32.16

Prova 7 Femin., 100m Estilos
17.11.2023 - 17:32 Absolutos
Resultados

Rec Regional Abs	1:01.48	Mariana Pacheco Cunha	CNCE	Leiria	2022
Rec Regional Sen	1:02.07	Raquel Gomes Pereira	SAD	Hangzhou (CHN)	2018
Rec Regional Jun 2	1:02.34	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	1:04.11	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Juv A	1:06.37	Catarina Tiago Nunes	SFUAP	Leiria	2009
Rec Regional Juv B	1:07.26	Maria Gomes Pereira	SAD	Vila Real St. Antonio	2017
Rec Nacional Abs Open	1:01.48	Mariana Pacheco Cunha	CNCE	Leiria	2022
Rec Nacional Abs Juv B	1:07.26				
Rec Nacional Sen	1:01.48	Mariana Pacheco Cunha	CNCE	Leiria	2022
Rec Nacional Jun 2	1:02.10	Carolina Miranda Fernandes	CGA	Leiria	2021
Rec Nacional Jun 1	1:03.25	Mariana Pacheco Cunha	CNCE	Felgueiras	2019
Rec Nacional Juv A	1:05.68				
Rec Nacional Juv B	1:07.26				

TAC Jun 1: 1:15.81; Jun 2: 1:15.06; Sen 1: 1:14.39; Sen +: 1:13.65

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Ana Nabais Mendes	10	Laranjeiro	1:30.00	1:15.81	414	34.65	41.16
2.	Bruna Sofia Simoes	10	Sporting	1:30.00	1:16.17	408	35.21	40.96
3.	Beatriz Costa Diniz	10	Sporting	1:30.00	1:16.59	401	36.67	39.92

Juvenis A								
1.	Madalena Azevedo Messias	09	Sporting	1:25.00	1:10.37	517	33.21	37.16
2.	Joana Sofia Fernandes	09	Nacional de Natação	1:25.00	1:15.40	420	32.50	42.90
3.	Alice Lucas Pedro	09	Algés	1:25.00	1:16.60	401	35.19	41.41
4.	Marcia Guerreiro Castilho	09	Laranjeiro	1:25.00	1:18.65	370	37.17	41.48

Juniores								
1.	Leonor Peso Parente <i>Campeã Regional</i>	07	Palmela Desporto	1:07.16	1:06.27	620	31.27	35.00
2.	Constanca Santos Ferreira	08	Algés	1:20.00	1:09.27	542	31.53	37.74
3.	Leonor Serrao Nascimento	08	Algés	1:20.00	1:10.07	524	32.65	37.42
4.	Beatriz Heitor Cachaco	07	Geslours	1:10.35	1:10.21	521	33.04	37.17
5.	Barbara Maria Neves	08	Algés	1:14.11	1:11.18	500	32.22	38.96
6.	Rita Sacadura Almeida	07	Algés	1:11.46	1:11.21	499	32.55	38.66
7.	Anastacia Tshesnovska	07	Sporting	1:13.05	1:11.34	497	32.71	38.63
8.	Leticia Rodrigues Magalhaes	07	Naval Setubalense	1:12.35	1:11.98	483	33.21	38.77
9.	Leonor Carreiro Rodrigues	07	Benfica	1:11.93	1:12.04	482	34.25	37.79
10.	Elena Del Rio Bernat	07	Algés	1:13.06	1:12.44	474	33.65	38.79
11.	Lis Fatima Melo	08	Geslours	1:14.37	1:12.59	471	32.99	39.60
12.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	1:20.00	1:12.61	471	33.72	38.89
13.	Clara Vieira Tojo	07	Benfica	1:14.21	1:13.47	455	35.48	37.99
14.	Catarina Alexandra Alves	07	Geslours	1:12.18	1:13.68	451	34.13	39.55
15.	Patricia Subtil Henriques	08	Geslours	1:13.49	1:14.41	438	33.54	40.87
16.	Beatriz Silva Gomes <i>Fora Tempo Acesso</i>	08	Geslours	1:17.83	1:17.56	386	37.21	40.35
17.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	1:20.00	1:27.47	269	41.01	46.46

Prova 7, Femin., 100m Estilos

Seniores

1.	Raquel Gomes Pereira	00	Benfica	1:12.00	1:03.77	695	29.87	33.90
	<i>Campeã Regional</i>							
2.	Rita Barros Frischknecht	98	Sporting	1:12.00	1:04.51	672	29.18	35.33
3.	Rebeca Leonor Antunes	06	Algés	1:05.46	1:06.23	621	31.51	34.72
4.	Maria Leonor Coelho	06	Benfica	1:05.82	1:06.81	605	30.58	36.23
5.	Marta Joao Pires	05	Algés	1:05.69	1:06.94	601	30.89	36.05
6.	Luana Correia Rodrigues	01	Belenenses	1:08.19	1:07.00	600	31.18	35.82
7.	Francisca Santos Ferreira	06	Algés	1:10.76	1:09.81	530	32.12	37.69
8.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:12.00	1:10.18	522	30.34	39.84
9.	Sofia Alexandra Nunes	00	Laranjeiro	1:09.11	1:10.35	518	31.36	38.99
10.	Maria Lopes Amado	04	Sporting	1:10.13	1:10.37	517	31.37	39.00
11.	Luana Cardoso Magalhaes	06	Algés	1:11.55	1:11.29	498	31.61	39.68
12.	Joana Rocha Ferreira	05	Benfica	1:12.00	1:12.63	471	34.29	38.34
13.	Constanca Dias Baptista	01	Belenenses	1:12.00	1:13.62	452	31.48	42.14

Absolutos

1.	Raquel Gomes Pereira	00	Benfica	1:12.00	1:03.77	695	29.87	33.90
	<i>Campeã Regional</i>							
2.	Rita Barros Frischknecht	98	Sporting	1:12.00	1:04.51	672	29.18	35.33
3.	Rebeca Leonor Antunes	06	Algés	1:05.46	1:06.23	621	31.51	34.72
4.	Leonor Peso Parente	07	Palmela Desporto	1:07.16	1:06.27	620	31.27	35.00
5.	Maria Leonor Coelho	06	Benfica	1:05.82	1:06.81	605	30.58	36.23
6.	Marta Joao Pires	05	Algés	1:05.69	1:06.94	601	30.89	36.05
7.	Luana Correia Rodrigues	01	Belenenses	1:08.19	1:07.00	600	31.18	35.82
8.	Constanca Santos Ferreira	08	Algés	1:20.00	1:09.27	542	31.53	37.74
9.	Francisca Santos Ferreira	06	Algés	1:10.76	1:09.81	530	32.12	37.69
10.	Leonor Serrao Nascimento	08	Algés	1:20.00	1:10.07	524	32.65	37.42
11.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:12.00	1:10.18	522	30.34	39.84
12.	Beatriz Heitor Cachaco	07	Geslours	1:10.35	1:10.21	521	33.04	37.17
13.	Sofia Alexandra Nunes	00	Laranjeiro	1:09.11	1:10.35	518	31.36	38.99
14.	Maria Lopes Amado	04	Sporting	1:10.13	1:10.37	517	31.37	39.00
16.	Madalena Azevedo Messias	09	Sporting	1:25.00	1:10.37	517	33.21	37.16
17.	Barbara Maria Neves	08	Algés	1:14.11	1:11.18	500	32.22	38.96
17.	Rita Sacadura Almeida	07	Algés	1:11.46	1:11.21	499	32.55	38.66
18.	Luana Cardoso Magalhaes	06	Algés	1:11.55	1:11.29	498	31.61	39.68
19.	Anastacia Tshesnovska	07	Sporting	1:13.05	1:11.34	497	32.71	38.63
20.	Leticia Rodrigues Magalhaes	07	Naval Setubalense	1:12.35	1:11.98	483	33.21	38.77
21.	Leonor Carreiro Rodrigues	07	Benfica	1:11.93	1:12.04	482	34.25	37.79
22.	Elena Del Rio Bernat	07	Algés	1:13.06	1:12.44	474	33.65	38.79
23.	Lis Fatima Melo	08	Geslours	1:14.37	1:12.59	471	32.99	39.60
24.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	1:20.00	1:12.61	471	33.72	38.89
25.	Joana Rocha Ferreira	05	Benfica	1:12.00	1:12.63	471	34.29	38.34
26.	Clara Vieira Tojo	07	Benfica	1:14.21	1:13.47	455	35.48	37.99
27.	Constanca Dias Baptista	01	Belenenses	1:12.00	1:13.62	452	31.48	42.14
28.	Catarina Alexandra Alves	07	Geslours	1:12.18	1:13.68	451	34.13	39.55
29.	Patricia Subtil Henriques	08	Geslours	1:13.49	1:14.41	438	33.54	40.87
30.	Joana Sofia Fernandes	09	Nacional de Natação	1:25.00	1:15.40	420	32.50	42.90
31.	Ana Nabais Mendes	10	Laranjeiro	1:30.00	1:15.81	414	34.65	41.16
32.	Bruna Sofia Simoes	10	Sporting	1:30.00	1:16.17	408	35.21	40.96
33.	Beatriz Costa Diniz	10	Sporting	1:30.00	1:16.59	401	36.67	39.92
34.	Alice Lucas Pedro	09	Algés	1:25.00	1:16.60	401	35.19	41.41
35.	Beatriz Silva Gomes	08	Geslours	1:17.83	1:17.56	386	37.21	40.35
	<i>Fora Tempo Acesso</i>							
36.	Marcia Guerreiro Castilho	09	Laranjeiro	1:25.00	1:18.65	370	37.17	41.48
37.	Ines Ferreira Franco	08	Vikings	1:20.00	1:27.47	269	41.01	46.46
	<i>Fora Tempo Acesso</i>							

Prova 7, Femin., 100m Estilos

EXH	Laura Espinola Barbeito	06	Núcleo Sporting Ilha Terceira	1:05.71	1:05.47	643	30.55	34.92
EXH	Beatriz Silva Louro	07	Louletano / Loule Concelho	1:07.92	1:08.47	562	31.40	37.07

Prova 8

17.11.2023 - 17:42

Masc., 4 x 50m Livres

Absolutos

Resultados

Rec Nacional Abs	1:26.91	Sport Lisboa e Benfica	SLB	Leiria	2022
Rec Nacional Sen	1:26.91	Sport Lisboa e Benfica	SLB	Leiria	2022
Rec Nacional Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto	2017

TAC Jun: 1:50.15; Sen: 1:49.04

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts		
Juniores							
1.		Benfica	1:40.38	1:37.58	589		
		<i>Equipa Campeã Regional</i>					
		David Miguel Morais	06	25.19	Guilherme Fernandes Baptista	06	24.07
		Tomas Maia Januario	06	23.54	Tomas Nunes Roque	06	24.78
2.		Sporting	1:42.91	1:39.18	561		
		Rodrigo Martins Chocas	07	24.86	Antonio Coelho Vieira	06	24.27
		Kaio Araujo Faltine	06	24.88	Miguel Mera Herrero	06	25.17
3.		Algés	1:42.23	1:40.35	541		
		Simao Barros Morao	06	25.75	Vicente Dias Maia	07	24.61
		Caio Salgado Medeiros	07	24.67	Andre Cunha Ribeiro	06	25.32
4.		Geslours	1:45.81	1:42.90	502		
		Luis Pedro Figueiredo	06	25.75	Rodrigo Franco Palare	06	25.57
		Diogo Miguel Martins	07	26.09	Rafael Filipe Lopes	06	25.49
5.		Belenenses	1:44.98	1:47.85	436		
		Rodrigo Onofre Matos	06	27.40	Arthur Santos Silva	06	26.95
		Rodrigo Piteira Maio	06	27.00	Antonio Ricardo Alves	07	26.50

Seniores

1.		Benfica	1:35.52	1:32.68	687		
		Joao Soares Carneiro	03	23.40	Miguel Henriques Marques	00	21.93
		Diogo Santos Costa	02	23.46	Andre Henriques Marques	05	23.89
2.		Algés	1:36.46	1:37.19	596		
		Juan Mendez Delgado	01	24.21	Nicolas Filip Montfort	05	24.06
		Joao Lourenco Rebelo	04	25.06	Miguel Cordeiro Almeida	05	23.86
3.		Belenenses	1:34.61	1:40.92	532		
		Rafael Rodrigues Jacinto	02	24.92	Tiago Miguel Trombinhas	04	26.53
		Bernardo Jorge Simoes	04	23.88	Rodrigo Martins Bras	05	25.59
EXH		Nacional Natação Abs	1:49.03	1:44.05	485		
		Joao Almeida Gomes	06	25.74	David Alexandre Fernandes	06	26.35
		Daniel Pankivskiy	05	26.71	Afonso Bjork Freitas	07	25.25
EXH		Vasco da Gama Abs	1:47.89	1:45.55	465		
		Tomas Santos Braga	07	26.13	Diogo Correia Neves	94	27.36
		Ricardo Martins Bras	01	25.72	Daniel Casaca Carvalho	07	26.34

Prova 9
17.11.2023 - 17:47

Femin., 4 x 50m Livres

Absolutos
Resultados

Rec Nacional Abs	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	2009

TAC Jun: 2:07.59; Sen: 2:06.31

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts		
Juniores							
1.		Benfica	1:54.34	1:53.09	547		
		<i>Equipa Campeã Regional</i>					
		Catarina Andrade Franco	07	27.52	Leonor Carreiro Rodrigues	07	28.27
		Maria Carlotta Ferrari	07	28.57	Clara Vieira Tojo	07	28.73
2.		Geslourses	1:59.73	1:56.11	505		
		Lis Fatima Melo	08	29.37	Patricia Subtil Henriques	08	28.69
		Catarina Alexandra Alves	07	30.43	Beatriz Heitor Cachaco	07	27.62
3.		Algés	2:04.56	1:56.83	496		
		Rita Sacadura Almeida	07	28.97	Leonor Serrao Nascimento	08	28.51
		Constanca Santos Ferreira	08	29.62	Constanca Isabel Carvalho	08	29.73
Seniores							
1.		Benfica	2:05.79	1:50.35	588		
		<i>Equipa Campeã Regional</i>					
		Raquel Gomes Pereira	00	26.94	Matilde Nunes Lopes	06	27.81
		Maria Leonor Coelho	06	27.13	Madalena Correa Sa	06	28.47
2.		Algés	1:56.79	1:52.11	561		
		Marta Joao Pires	05	27.73	Francisca Santos Ferreira	06	28.24
		Rebeca Leonor Antunes	06	27.85	Maria Madalena Bento	05	28.29
3.		Belenenses	1:54.76	1:53.51	541		
		Madalena Rodrigues Tome	03	28.73	Maria Jardim Fidalgo	04	27.85
		Luana Correia Rodrigues	01	28.02	Lidiana Correia Rodrigues	04	28.91
4.		Uniao Piedense	2:00.00	1:53.94	535		
		Iris Pereira Carrao	05	28.34	Diana Valadas Horta	04	29.29
		Catarina Welvitchia Sousa	00	27.23	Clara Sofia Herminio	06	29.08
EXH		Colégio Vasco da Gama	2:05.14	2:02.54	430		
		Susana Pereira Veiga	00	31.28	Daniela Patricia Larginho	05	30.57
		Marta Oliveira Ferreira	08	31.24	Tatiana Alexandra Melnychuk	06	29.45

Prova 10
17.11.2023 - 18:13

Masc., 1500m Livres

Absolutos
Resultados

Rec Regional Abs	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Sen	15:00.35	Filipe Miguel Santo	SLB	Alges	2018
Rec Regional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:25.11	João Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	16:01.32	Diogo Santos Cardoso	ADRCIMM	Guarda	2016
Rec Regional Juv B	15:55.78	Rui Silva Pereira	ADRCIMM	Tomar	2023
Rec Nacional Abs	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	14:39.82	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 2	15:06.77	Filipe Miguel Santo	SLB	Funchal	2018
Rec Nacional Jun 1	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	15:36.31	Rui Filipe Costa	VSC	Braga	2007
Rec Nacional Juv B	15:55.78	Rui Silva Pereira	POR	Tomar	2023

TAC Juv B: 19:05.36; Juv A: 18:32.00; Jun 1: 18:10.20; Jun 2: 17:59.40; Sen 1: 17:49.77

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Rafael Lin Moniz	09	Naval Setubalense	19:13.99	17:48.40	498
	50m: 32.61 32.61	450m: 5:17.11 35.89	850m: 10:04.47 35.92	1250m: 14:52.80 36.14		
	100m: 1:07.13 34.52	500m: 5:52.86 35.75	900m: 10:40.37 35.90	1300m: 15:28.57 35.77		
	150m: 1:42.60 35.47	550m: 6:28.39 35.53	950m: 11:16.33 35.96	1350m: 16:04.16 35.59		
	200m: 2:18.22 35.62	600m: 7:04.15 35.76	1000m: 11:52.12 35.79	1400m: 16:40.34 36.18		
	250m: 2:54.10 35.88	650m: 7:40.09 35.94	1050m: 12:28.42 36.30	1450m: 17:15.57 35.23		
	300m: 3:29.75 35.65	700m: 8:16.28 36.19	1100m: 13:04.45 36.03	1500m: 17:48.40 32.83		
	350m: 4:05.71 35.96	750m: 8:52.32 36.04	1150m: 13:40.76 36.31			
	400m: 4:41.22 35.51	800m: 9:28.55 36.23	1200m: 14:16.66 35.90			
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	18:24.66	18:09.82	469
	50m: 31.53 31.53	450m: 5:23.32 36.83	850m: 10:17.57 36.49	1250m: 15:10.14 36.05		
	100m: 1:06.65 35.12	500m: 6:00.35 37.03	900m: 10:54.15 36.58	1300m: 15:47.12 36.98		
	150m: 1:42.99 36.34	550m: 6:37.31 36.96	950m: 11:30.94 36.79	1350m: 16:23.92 36.80		
	200m: 2:19.64 36.65	600m: 7:14.51 37.20	1000m: 12:07.76 36.82	1400m: 16:59.34 35.42		
	250m: 2:56.49 36.85	650m: 7:51.10 36.59	1050m: 12:43.78 36.02	1450m: 17:35.72 36.38		
	300m: 3:33.01 36.52	700m: 8:27.70 36.60	1100m: 13:20.89 37.11	1500m: 18:09.82 34.10		
	350m: 4:09.73 36.72	750m: 9:04.57 36.87	1150m: 13:57.67 36.78			
	400m: 4:46.49 36.76	800m: 9:41.08 36.51	1200m: 14:34.09 36.42			
3.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	19:03.19	18:22.37	453
	50m: 32.81 32.81	450m: 5:26.77 36.79	850m: 10:23.24 37.34	1250m: 15:19.01 36.84		
	100m: 1:08.70 35.89	500m: 6:03.51 36.74	900m: 10:59.82 36.58	1300m: 15:56.00 36.99		
	150m: 1:45.18 36.48	550m: 6:40.73 37.22	950m: 11:36.48 36.66	1350m: 16:33.05 37.05		
	200m: 2:22.02 36.84	600m: 7:17.94 37.21	1000m: 12:13.54 37.06	1400m: 17:09.68 36.63		
	250m: 2:58.94 36.92	650m: 7:55.05 37.11	1050m: 12:50.76 37.22	1450m: 17:46.45 36.77		
	300m: 3:36.10 37.16	700m: 8:31.77 36.72	1100m: 13:27.99 37.23	1500m: 18:22.37 35.92		
	350m: 4:13.26 37.16	750m: 9:08.72 36.95	1150m: 14:05.07 37.08			
	400m: 4:49.98 36.72	800m: 9:45.90 37.18	1200m: 14:42.17 37.10			
4.	Miguel Bera Fonseca	09	Benfica	19:06.53	18:28.15	446
	50m: 33.32 33.32	450m: 5:28.29 37.33	850m: 10:24.67 37.34	1250m: 15:23.40 37.48		
	100m: 1:09.20 35.88	500m: 6:05.06 36.77	900m: 11:01.68 37.01	1300m: 16:00.88 37.48		
	150m: 1:45.60 36.40	550m: 6:42.13 37.07	950m: 11:39.03 37.35	1350m: 16:38.87 37.99		
	200m: 2:22.63 37.03	600m: 7:19.16 37.03	1000m: 12:16.34 37.31	1400m: 17:15.98 37.11		
	250m: 2:59.59 36.96	650m: 7:56.00 36.84	1050m: 12:53.54 37.20	1450m: 17:53.13 37.15		
	300m: 3:36.57 36.98	700m: 8:32.99 36.99	1100m: 13:31.10 37.56	1500m: 18:28.15 35.02		
	350m: 4:13.87 37.30	750m: 9:10.11 37.12	1150m: 14:08.55 37.45			
	400m: 4:50.96 37.09	800m: 9:47.33 37.22	1200m: 14:45.92 37.37			
5.	Pedro Guedes Caldas	09	Benfica	19:19.35	18:29.08	445
	50m: 33.26 33.26	450m: 5:28.84 37.37	850m: 10:25.69 37.32	1250m: 15:24.89 37.25		
	100m: 1:09.57 36.31	500m: 6:05.75 36.91	900m: 11:03.05 37.36	1300m: 16:02.28 37.39		
	150m: 1:46.09 36.52	550m: 6:42.77 37.02	950m: 11:40.39 37.34	1350m: 16:40.07 37.79		
	200m: 2:23.04 36.95	600m: 7:19.69 36.92	1000m: 12:17.78 37.39	1400m: 17:17.57 37.50		
	250m: 3:00.04 37.00	650m: 7:56.76 37.07	1050m: 12:55.18 37.40	1450m: 17:54.43 36.86		
	300m: 3:36.94 36.90	700m: 8:33.91 37.15	1100m: 13:32.51 37.33	1500m: 18:29.08 34.65		
	350m: 4:14.22 37.28	750m: 9:11.13 37.22	1150m: 14:09.99 37.48			
	400m: 4:51.47 37.25	800m: 9:48.37 37.24	1200m: 14:47.64 37.65			

Prova 10, Masc., 1500m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Rodrigo Duarte Narigueta	09	Palmela Desporto	19:46.23	18:43.49	428
	50m: 32.98 32.98	450m: 5:27.38 37.20	850m: 10:27.83 38.02	1250m: 15:31.70 37.99		
	100m: 1:09.18 36.20	500m: 6:04.66 37.28	900m: 11:05.97 38.14	1300m: 16:10.41 38.71		
	150m: 1:45.20 36.02	550m: 6:42.15 37.49	950m: 11:43.88 37.91	1350m: 16:48.87 38.46		
	200m: 2:22.04 36.84	600m: 7:19.52 37.37	1000m: 12:21.99 38.11	1400m: 17:27.51 38.64		
	250m: 2:59.30 37.26	650m: 7:57.16 37.64	1050m: 12:59.82 37.83	1450m: 18:05.66 38.15		
	300m: 3:36.23 36.93	700m: 8:34.46 37.30	1100m: 13:37.89 38.07	1500m: 18:43.49 37.83		
	350m: 4:13.28 37.05	750m: 9:11.92 37.46	1150m: 14:15.75 37.86			
	400m: 4:50.18 36.90	800m: 9:49.81 37.89	1200m: 14:53.71 37.96			
7.	Martim Abalada Vilaca <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	20:07.60	19:24.38	384
	50m: 32.88 32.88	450m: 5:36.77 39.72	850m: 10:50.86 39.64	1250m: 16:08.77 39.67		
	100m: 1:09.88 37.00	500m: 6:15.89 39.12	900m: 11:31.03 40.17	1300m: 16:48.33 39.56		
	150m: 1:46.56 36.68	550m: 6:54.90 39.01	950m: 12:10.96 39.93	1350m: 17:28.83 40.50		
	200m: 2:24.07 37.51	600m: 7:33.10 38.20	1000m: 12:51.02 40.06	1400m: 18:08.14 39.31		
	250m: 3:01.46 37.39	650m: 8:12.63 39.53	1050m: 13:29.80 38.78	1450m: 18:47.01 38.87		
	300m: 3:39.08 37.62	700m: 8:52.41 39.78	1100m: 14:09.42 39.62	1500m: 19:24.38 37.37		
	350m: 4:17.73 38.65	750m: 9:31.34 38.93	1150m: 14:49.12 39.70			
	400m: 4:57.05 39.32	800m: 10:11.22 39.88	1200m: 15:29.10 39.98			

Juvenis A

1.	Afonso Gago Garcia	08	Benfica	16:57.69	16:46.06	596
	50m: 29.32 29.32	450m: 4:59.45 34.13	850m: 9:28.00 34.13	1250m: 13:58.63 34.04		
	100m: 1:01.94 32.62	500m: 5:33.84 34.39	900m: 10:01.86 33.86	1300m: 14:32.52 33.89		
	150m: 1:34.89 32.95	550m: 6:07.00 33.16	950m: 10:35.80 33.94	1350m: 15:06.02 33.50		
	200m: 2:08.18 33.29	600m: 6:40.22 33.22	1000m: 11:09.70 33.90	1400m: 15:39.87 33.85		
	250m: 2:42.64 34.46	650m: 7:13.47 33.25	1050m: 11:43.19 33.49	1450m: 16:13.18 33.31		
	300m: 3:16.88 34.24	700m: 7:46.99 33.52	1100m: 12:16.69 33.50	1500m: 16:46.06 32.88		
	350m: 3:51.10 34.22	750m: 8:20.26 33.27	1150m: 12:50.56 33.87			
	400m: 4:25.32 34.22	800m: 8:53.87 33.61	1200m: 13:24.59 34.03			
2.	Rafael Ataíde Duarte	08	Benfica	19:00.00	18:10.38	468
	50m: 31.37 31.37	450m: 5:25.81 37.55	850m: 10:17.25 36.33	1250m: 15:10.30 36.62		
	100m: 1:06.53 35.16	500m: 6:02.80 36.99	900m: 10:53.78 36.53	1300m: 15:47.08 36.78		
	150m: 1:43.03 36.50	550m: 6:40.06 37.26	950m: 11:30.19 36.41	1350m: 16:23.57 36.49		
	200m: 2:20.04 37.01	600m: 7:16.54 36.48	1000m: 12:07.15 36.96	1400m: 16:59.48 35.91		
	250m: 2:56.91 36.87	650m: 7:52.46 35.92	1050m: 12:43.49 36.34	1450m: 17:35.98 36.50		
	300m: 3:33.74 36.83	700m: 8:28.42 35.96	1100m: 13:20.20 36.71	1500m: 18:10.38 34.40		
	350m: 4:10.79 37.05	750m: 9:04.51 36.09	1150m: 13:56.87 36.67			
	400m: 4:48.26 37.47	800m: 9:40.92 36.41	1200m: 14:33.68 36.81			
3.	Francisco Manuel Bexiga	08	Vikings	20:31.61	18:25.42	449
	50m: 33.38 33.38	450m: 5:26.68 37.10	850m: 10:24.39 37.11	1250m: 15:23.09 37.52		
	100m: 1:08.46 35.08	500m: 6:03.92 37.24	900m: 11:02.06 37.67	1300m: 16:00.21 37.12		
	150m: 1:44.35 35.89	550m: 6:41.43 37.51	950m: 11:40.24 38.18	1350m: 16:36.90 36.69		
	200m: 2:21.04 36.69	600m: 7:18.36 36.93	1000m: 12:17.35 37.11	1400m: 17:13.94 37.04		
	250m: 2:58.26 37.22	650m: 7:55.51 37.15	1050m: 12:54.31 36.96	1450m: 17:50.56 36.62		
	300m: 3:35.27 37.01	700m: 8:32.74 37.23	1100m: 13:31.55 37.24	1500m: 18:25.42 34.86		
	350m: 4:12.58 37.31	750m: 9:10.16 37.42	1150m: 14:08.77 37.22			
	400m: 4:49.58 37.00	800m: 9:47.28 37.12	1200m: 14:45.57 36.80			
4.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Gesloures	18:31.91	19:03.12	406
	50m: 31.60 31.60	450m: 5:31.67 38.42	850m: 10:39.51 39.07	1250m: 15:52.03 39.01		
	100m: 1:07.55 35.95	500m: 6:09.92 38.25	900m: 11:18.37 38.86	1300m: 16:30.89 38.86		
	150m: 1:44.68 37.13	550m: 6:48.35 38.43	950m: 11:56.94 38.57	1350m: 17:09.59 38.70		
	200m: 2:22.39 37.71	600m: 7:27.20 38.85	1000m: 12:37.13 40.19	1400m: 17:48.00 38.41		
	250m: 3:00.00 37.61	650m: 8:05.85 38.65	1050m: 13:15.41 38.28	1450m: 18:25.94 37.94		
	300m: 3:37.86 37.86	700m: 8:44.26 38.41	1100m: 13:54.84 39.43	1500m: 19:03.12 37.18		
	350m: 4:15.55 37.69	750m: 9:22.25 37.99	1150m: 14:33.93 39.09			
	400m: 4:53.25 37.70	800m: 10:00.44 38.19	1200m: 15:13.02 39.09			

Juniores

1.	Pedro Bethlem Tigre	06	Sporting	15:59.35	16:26.42	632
	50m: 28.23 28.23	450m: 4:48.32 33.40	850m: 9:15.31 33.39	1250m: 13:43.13 33.34		
	100m: 59.51 31.28	500m: 5:21.65 33.33	900m: 9:48.53 33.22	1300m: 14:16.36 33.23		
	150m: 1:31.13 31.62	550m: 5:54.78 33.13	950m: 10:21.79 33.26	1350m: 14:49.47 33.11		
	200m: 2:03.33 32.20	600m: 6:27.94 33.16	1000m: 10:55.23 33.44	1400m: 15:23.05 33.58		
	250m: 2:35.66 32.33	650m: 7:01.98 34.04	1050m: 11:28.59 33.36	1450m: 15:55.16 32.11		
	300m: 3:08.41 32.75	700m: 7:35.40 33.42	1100m: 12:02.21 33.62	1500m: 16:26.42 31.26		
	350m: 3:41.59 33.18	750m: 8:08.79 33.39	1150m: 12:35.93 33.72			
	400m: 4:14.92 33.33	800m: 8:41.92 33.13	1200m: 13:09.79 33.86			

Prova 10, Masc., 1500m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	
2.	Tomas Maia Januario	06	Benfica	18:00.00	16:27.06	631	
	50m: 28.51	450m: 4:46.22	32.94	850m: 9:12.93	33.52	1250m: 13:39.88	33.46
	100m: 59.81	500m: 5:18.82	32.60	900m: 9:46.52	33.59	1300m: 14:13.12	33.24
	150m: 1:31.64	550m: 5:51.94	33.12	950m: 10:20.14	33.62	1350m: 14:46.77	33.65
	200m: 2:03.91	600m: 6:25.14	33.20	1000m: 10:53.52	33.38	1400m: 15:20.73	33.96
	250m: 2:36.15	650m: 6:58.52	33.38	1050m: 11:26.66	33.14	1450m: 15:53.80	33.07
	300m: 3:08.75	700m: 7:32.03	33.51	1100m: 12:00.00	33.34	1500m: 16:27.06	33.26
	350m: 3:40.95	750m: 8:05.60	33.57	1150m: 12:33.28	33.28		
	400m: 4:13.28	800m: 8:39.41	33.81	1200m: 13:06.42	33.14		
3.	Pedro Crispim Jorge	06	Uniao Piedense	16:32.94	16:56.38	578	
	50m: 28.63	450m: 4:56.60	34.85	850m: 9:33.35	34.76	1250m: 14:06.30	34.52
	100m: 1:00.34	500m: 5:31.22	34.62	900m: 10:06.50	33.15	1300m: 14:40.38	34.08
	150m: 1:33.05	550m: 6:05.80	34.58	950m: 10:41.18	34.68	1350m: 15:15.22	34.84
	200m: 2:06.21	600m: 6:40.04	34.24	1000m: 11:16.04	34.86	1400m: 15:49.36	34.14
	250m: 2:39.70	650m: 7:14.50	34.46	1050m: 11:50.86	34.82	1450m: 16:23.43	34.07
	300m: 3:13.38	700m: 7:49.24	34.74	1100m: 12:24.87	34.01	1500m: 16:56.38	32.95
	350m: 3:47.49	750m: 8:24.15	34.91	1150m: 12:57.93	33.06		
	400m: 4:21.75	800m: 8:58.59	34.44	1200m: 13:31.78	33.85		
4.	Rodrigo Onofre Matos	06	Belenenses	17:18.43	17:00.26	571	
	50m: 30.18	450m: 5:03.08	34.66	850m: 9:39.03	34.77	1250m: 14:14.56	33.59
	100m: 1:03.36	500m: 5:37.62	34.54	900m: 10:13.59	34.56	1300m: 14:48.89	34.33
	150m: 1:37.21	550m: 6:12.01	34.39	950m: 10:48.27	34.68	1350m: 15:22.90	34.01
	200m: 2:11.13	600m: 6:46.53	34.52	1000m: 11:22.90	34.63	1400m: 15:56.34	33.44
	250m: 2:45.39	650m: 7:20.96	34.43	1050m: 11:57.33	34.43	1450m: 16:29.41	33.07
	300m: 3:19.96	700m: 7:55.54	34.58	1100m: 12:31.75	34.42	1500m: 17:00.26	30.85
	350m: 3:54.35	750m: 8:29.76	34.22	1150m: 13:06.30	34.55		
	400m: 4:28.42	800m: 9:04.26	34.50	1200m: 13:40.97	34.67		
5.	Ricardo Freitas Neto	06	Sporting	17:28.71	17:03.77	566	
	50m: 29.75	450m: 4:56.38	33.73	850m: 9:31.97	34.63	1250m: 14:11.11	34.99
	100m: 1:01.94	500m: 5:30.30	33.92	900m: 10:06.50	34.53	1300m: 14:46.47	35.36
	150m: 1:35.08	550m: 6:04.32	34.02	950m: 10:40.88	34.38	1350m: 15:21.52	35.05
	200m: 2:08.18	600m: 6:38.72	34.40	1000m: 11:16.07	35.19	1400m: 15:56.11	34.59
	250m: 2:41.64	650m: 7:13.34	34.62	1050m: 11:51.03	34.96	1450m: 16:31.06	34.95
	300m: 3:15.31	700m: 7:48.05	34.71	1100m: 12:26.21	35.18	1500m: 17:03.77	32.71
	350m: 3:49.06	750m: 8:22.90	34.85	1150m: 13:01.12	34.91		
	400m: 4:22.65	800m: 8:57.34	34.44	1200m: 13:36.12	35.00		
6.	Arthur Santos Silva	06	Belenenses	17:29.61	17:04.24	565	
	50m: 29.97	450m: 5:03.01	34.76	850m: 9:39.77	34.96	1250m: 14:15.42	34.20
	100m: 1:03.07	500m: 5:37.68	34.67	900m: 10:14.14	34.37	1300m: 14:49.77	34.35
	150m: 1:36.55	550m: 6:12.23	34.55	950m: 10:48.71	34.57	1350m: 15:23.75	33.98
	200m: 2:10.33	600m: 6:47.23	35.00	1000m: 11:23.20	34.49	1400m: 15:57.67	33.92
	250m: 2:44.77	650m: 7:21.72	34.49	1050m: 11:57.51	34.31	1450m: 16:31.54	33.87
	300m: 3:19.15	700m: 7:56.32	34.60	1100m: 12:32.21	34.70	1500m: 17:04.24	32.70
	350m: 3:53.69	750m: 8:30.48	34.16	1150m: 13:07.00	34.79		
	400m: 4:28.25	800m: 9:04.81	34.33	1200m: 13:41.22	34.22		
7.	Tiago Ventura Chao	06	Naval Setubalense	16:54.65	17:07.68	559	
	50m: 29.49	450m: 5:00.81	34.11	850m: 9:35.50	34.78	1250m: 14:14.70	35.09
	100m: 1:02.67	500m: 5:34.91	34.10	900m: 10:10.35	34.85	1300m: 14:49.77	35.07
	150m: 1:36.06	550m: 6:08.71	33.80	950m: 10:45.15	34.80	1350m: 15:25.05	35.28
	200m: 2:10.10	600m: 6:42.86	34.15	1000m: 11:19.96	34.81	1400m: 16:00.10	35.05
	250m: 2:44.37	650m: 7:17.13	34.27	1050m: 11:55.06	35.10	1450m: 16:34.58	34.48
	300m: 3:18.42	700m: 7:51.54	34.41	1100m: 12:29.96	34.90	1500m: 17:07.68	33.10
	350m: 3:52.44	750m: 8:26.08	34.54	1150m: 13:04.84	34.88		
	400m: 4:26.70	800m: 9:00.72	34.64	1200m: 13:39.61	34.77		

Seniores

1.	Gabriel Carvalho Ferrao	05	Benfica	16:31.11	16:10.44	664	
	50m: 28.12	450m: 4:47.00	32.53	850m: 9:08.63	32.98	1250m: 13:30.36	32.52
	100m: 59.65	500m: 5:19.44	32.44	900m: 9:41.42	32.79	1300m: 14:02.84	32.48
	150m: 1:32.24	550m: 5:52.12	32.68	950m: 10:14.03	32.61	1350m: 14:35.41	32.57
	200m: 2:04.61	600m: 6:24.45	32.33	1000m: 10:46.92	32.89	1400m: 15:08.63	33.22
	250m: 2:36.73	650m: 6:57.11	32.66	1050m: 11:19.60	32.68	1450m: 15:40.46	31.83
	300m: 3:09.24	700m: 7:30.44	33.33	1100m: 11:52.23	32.63	1500m: 16:10.44	29.98
	350m: 3:41.72	750m: 8:02.94	32.50	1150m: 12:24.85	32.62		
	400m: 4:14.47	800m: 8:35.65	32.71	1200m: 12:57.84	32.99		

Prova 10, Masc., 1500m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Tiago Miguel Trombinhas	04	Belenenses	16:56.43	16:52.46	585
	50m: 29.65 29.65	450m: 4:57.89 33.46	850m: 9:29.58 34.14	1250m: 14:03.25 34.47		
	100m: 1:02.12 32.47	500m: 5:31.79 33.90	900m: 10:03.69 34.11	1300m: 14:37.50 34.25		
	150m: 1:35.43 33.31	550m: 6:05.70 33.91	950m: 10:37.83 34.14	1350m: 15:11.66 34.16		
	200m: 2:09.12 33.69	600m: 6:39.62 33.92	1000m: 11:12.11 34.28	1400m: 15:45.83 34.17		
	250m: 2:42.82 33.70	650m: 7:13.45 33.83	1050m: 11:46.27 34.16	1450m: 16:19.81 33.98		
	300m: 3:16.51 33.69	700m: 7:47.45 34.00	1100m: 12:20.35 34.08	1500m: 16:52.46 32.65		
	350m: 3:50.45 33.94	750m: 8:21.56 34.11	1150m: 12:54.67 34.32			
	400m: 4:24.43 33.98	800m: 8:55.44 33.88	1200m: 13:28.78 34.11			
3.	Jose Paula Carvalho	98	Uniao Piedense	17:00.00	17:12.42	551
	50m: 28.68 28.68	450m: 4:53.81 34.22	850m: 9:33.64 35.40	1250m: 14:16.62 35.47		
	100m: 1:00.13 31.45	500m: 5:28.27 34.46	900m: 10:09.12 35.48	1300m: 14:52.05 35.43		
	150m: 1:32.71 32.58	550m: 6:03.12 34.85	950m: 10:44.62 35.50	1350m: 15:27.71 35.66		
	200m: 2:05.50 32.79	600m: 6:38.07 34.95	1000m: 11:19.97 35.35	1400m: 16:03.25 35.54		
	250m: 2:38.64 33.14	650m: 7:13.45 35.38	1050m: 11:55.16 35.19	1450m: 16:38.19 34.94		
	300m: 3:11.92 33.28	700m: 7:48.64 35.19	1100m: 12:30.39 35.23	1500m: 17:12.42 34.23		
	350m: 3:45.90 33.98	750m: 8:23.26 34.62	1150m: 13:05.51 35.12			
	400m: 4:19.59 33.69	800m: 8:58.24 34.98	1200m: 13:41.15 35.64			

Absolutos

1.	Gabriel Carvalho Ferrao <i>Campeão Regional</i>	05	Benfica	16:31.11	16:10.44	664
	50m: 28.12 28.12	450m: 4:47.00 32.53	850m: 9:08.63 32.98	1250m: 13:30.36 32.52		
	100m: 59.65 31.53	500m: 5:19.44 32.44	900m: 9:41.42 32.79	1300m: 14:02.84 32.48		
	150m: 1:32.24 32.59	550m: 5:52.12 32.68	950m: 10:14.03 32.61	1350m: 14:35.41 32.57		
	200m: 2:04.61 32.37	600m: 6:24.45 32.33	1000m: 10:46.92 32.89	1400m: 15:08.63 33.22		
	250m: 2:36.73 32.12	650m: 6:57.11 32.66	1050m: 11:19.60 32.68	1450m: 15:40.46 31.83		
	300m: 3:09.24 32.51	700m: 7:30.44 33.33	1100m: 11:52.23 32.63	1500m: 16:10.44 29.98		
	350m: 3:41.72 32.48	750m: 8:02.94 32.50	1150m: 12:24.85 32.62			
	400m: 4:14.47 32.75	800m: 8:35.65 32.71	1200m: 12:57.84 32.99			
2.	Pedro Bethlem Tigre	06	Sporting	15:59.35	16:26.42	632
	50m: 28.23 28.23	450m: 4:48.32 33.40	850m: 9:15.31 33.39	1250m: 13:43.13 33.34		
	100m: 59.51 31.28	500m: 5:21.65 33.33	900m: 9:48.53 33.22	1300m: 14:16.36 33.23		
	150m: 1:31.13 31.62	550m: 5:54.78 33.13	950m: 10:21.79 33.26	1350m: 14:49.47 33.11		
	200m: 2:03.33 32.20	600m: 6:27.94 33.16	1000m: 10:55.23 33.44	1400m: 15:23.05 33.58		
	250m: 2:35.66 32.33	650m: 7:01.98 34.04	1050m: 11:28.59 33.36	1450m: 15:55.16 32.11		
	300m: 3:08.41 32.75	700m: 7:35.40 33.42	1100m: 12:02.21 33.62	1500m: 16:26.42 31.26		
	350m: 3:41.59 33.18	750m: 8:08.79 33.39	1150m: 12:35.93 33.72			
	400m: 4:14.92 33.33	800m: 8:41.92 33.13	1200m: 13:09.79 33.86			
3.	Tomas Maia Januario	06	Benfica	18:00.00	16:27.06	631
	50m: 28.51 28.51	450m: 4:46.22 32.94	850m: 9:12.93 33.52	1250m: 13:39.88 33.46		
	100m: 59.81 31.30	500m: 5:18.82 32.60	900m: 9:46.52 33.59	1300m: 14:13.12 33.24		
	150m: 1:31.64 31.83	550m: 5:51.94 33.12	950m: 10:20.14 33.62	1350m: 14:46.77 33.65		
	200m: 2:03.91 32.27	600m: 6:25.14 33.20	1000m: 10:53.52 33.38	1400m: 15:20.73 33.96		
	250m: 2:36.15 32.24	650m: 6:58.52 33.38	1050m: 11:26.66 33.14	1450m: 15:53.80 33.07		
	300m: 3:08.75 32.60	700m: 7:32.03 33.51	1100m: 12:00.00 33.34	1500m: 16:27.06 33.26		
	350m: 3:40.95 32.20	750m: 8:05.60 33.57	1150m: 12:33.28 33.28			
	400m: 4:13.28 32.33	800m: 8:39.41 33.81	1200m: 13:06.42 33.14			
4.	Afonso Gago Garcia	08	Benfica	16:57.69	16:46.06	596
	50m: 29.32 29.32	450m: 4:59.45 34.13	850m: 9:28.00 34.13	1250m: 13:58.63 34.04		
	100m: 1:01.94 32.62	500m: 5:33.84 34.39	900m: 10:01.86 33.86	1300m: 14:32.52 33.89		
	150m: 1:34.89 32.95	550m: 6:07.00 33.16	950m: 10:35.80 33.94	1350m: 15:06.02 33.50		
	200m: 2:08.18 33.29	600m: 6:40.22 33.22	1000m: 11:09.70 33.90	1400m: 15:39.87 33.85		
	250m: 2:42.64 34.46	650m: 7:13.47 33.25	1050m: 11:43.19 33.49	1450m: 16:13.18 33.31		
	300m: 3:16.88 34.24	700m: 7:46.99 33.52	1100m: 12:16.69 33.50	1500m: 16:46.06 32.88		
	350m: 3:51.10 34.22	750m: 8:20.26 33.27	1150m: 12:50.56 33.87			
	400m: 4:25.32 34.22	800m: 8:53.87 33.61	1200m: 13:24.59 34.03			
5.	Tiago Miguel Trombinhas	04	Belenenses	16:56.43	16:52.46	585
	50m: 29.65 29.65	450m: 4:57.89 33.46	850m: 9:29.58 34.14	1250m: 14:03.25 34.47		
	100m: 1:02.12 32.47	500m: 5:31.79 33.90	900m: 10:03.69 34.11	1300m: 14:37.50 34.25		
	150m: 1:35.43 33.31	550m: 6:05.70 33.91	950m: 10:37.83 34.14	1350m: 15:11.66 34.16		
	200m: 2:09.12 33.69	600m: 6:39.62 33.92	1000m: 11:12.11 34.28	1400m: 15:45.83 34.17		
	250m: 2:42.82 33.70	650m: 7:13.45 33.83	1050m: 11:46.27 34.16	1450m: 16:19.81 33.98		
	300m: 3:16.51 33.69	700m: 7:47.45 34.00	1100m: 12:20.35 34.08	1500m: 16:52.46 32.65		
	350m: 3:50.45 33.94	750m: 8:21.56 34.11	1150m: 12:54.67 34.32			
	400m: 4:24.43 33.98	800m: 8:55.44 33.88	1200m: 13:28.78 34.11			

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
6.	Pedro Crispim Jorge	06	Uniao Piedense	16:32.94	16:56.38	578
	50m: 28.63	28.63	450m: 4:56.60	34.85	850m: 9:33.35	34.76
	100m: 1:00.34	31.71	500m: 5:31.22	34.62	900m: 10:06.50	33.15
	150m: 1:33.05	32.71	550m: 6:05.80	34.58	950m: 10:41.18	34.68
	200m: 2:06.21	33.16	600m: 6:40.04	34.24	1000m: 11:16.04	34.86
	250m: 2:39.70	33.49	650m: 7:14.50	34.46	1050m: 11:50.86	34.82
	300m: 3:13.38	33.68	700m: 7:49.24	34.74	1100m: 12:24.87	34.01
	350m: 3:47.49	34.11	750m: 8:24.15	34.91	1150m: 12:57.93	33.06
	400m: 4:21.75	34.26	800m: 8:58.59	34.44	1200m: 13:31.78	33.85
7.	Rodrigo Onofre Matos	06	Belenenses	17:18.43	17:00.26	571
	50m: 30.18	30.18	450m: 5:03.08	34.66	850m: 9:39.03	34.77
	100m: 1:03.36	33.18	500m: 5:37.62	34.54	900m: 10:13.59	34.56
	150m: 1:37.21	33.85	550m: 6:12.01	34.39	950m: 10:48.27	34.68
	200m: 2:11.13	33.92	600m: 6:46.53	34.52	1000m: 11:22.90	34.63
	250m: 2:45.39	34.26	650m: 7:20.96	34.43	1050m: 11:57.33	34.43
	300m: 3:19.96	34.57	700m: 7:55.54	34.58	1100m: 12:31.75	34.42
	350m: 3:54.35	34.39	750m: 8:29.76	34.22	1150m: 13:06.30	34.55
	400m: 4:28.42	34.07	800m: 9:04.26	34.50	1200m: 13:40.97	34.67
8.	Ricardo Freitas Neto	06	Sporting	17:28.71	17:03.77	566
	50m: 29.75	29.75	450m: 4:56.38	33.73	850m: 9:31.97	34.63
	100m: 1:01.94	32.19	500m: 5:30.30	33.92	900m: 10:06.50	34.53
	150m: 1:35.08	33.14	550m: 6:04.32	34.02	950m: 10:40.88	34.38
	200m: 2:08.18	33.10	600m: 6:38.72	34.40	1000m: 11:16.07	35.19
	250m: 2:41.64	33.46	650m: 7:13.34	34.62	1050m: 11:51.03	34.96
	300m: 3:15.31	33.67	700m: 7:48.05	34.71	1100m: 12:26.21	35.18
	350m: 3:49.06	33.75	750m: 8:22.90	34.85	1150m: 13:01.12	34.91
	400m: 4:22.65	33.59	800m: 8:57.34	34.44	1200m: 13:36.12	35.00
9.	Arthur Santos Silva	06	Belenenses	17:29.61	17:04.24	565
	50m: 29.97	29.97	450m: 5:03.01	34.76	850m: 9:39.77	34.96
	100m: 1:03.07	33.10	500m: 5:37.68	34.67	900m: 10:14.14	34.37
	150m: 1:36.55	33.48	550m: 6:12.23	34.55	950m: 10:48.71	34.57
	200m: 2:10.33	33.78	600m: 6:47.23	35.00	1000m: 11:23.20	34.49
	250m: 2:44.77	34.44	650m: 7:21.72	34.49	1050m: 11:57.51	34.31
	300m: 3:19.15	34.38	700m: 7:56.32	34.60	1100m: 12:32.21	34.70
	350m: 3:53.69	34.54	750m: 8:30.48	34.16	1150m: 13:07.00	34.79
	400m: 4:28.25	34.56	800m: 9:04.81	34.33	1200m: 13:41.22	34.22
10.	Tiago Ventura Chao	06	Naval Setubalense	16:54.65	17:07.68	559
	50m: 29.49	29.49	450m: 5:00.81	34.11	850m: 9:35.50	34.78
	100m: 1:02.67	33.18	500m: 5:34.91	34.10	900m: 10:10.35	34.85
	150m: 1:36.06	33.39	550m: 6:08.71	33.80	950m: 10:45.15	34.80
	200m: 2:10.10	34.04	600m: 6:42.86	34.15	1000m: 11:19.96	34.81
	250m: 2:44.37	34.27	650m: 7:17.13	34.27	1050m: 11:55.06	35.10
	300m: 3:18.42	34.05	700m: 7:51.54	34.41	1100m: 12:29.96	34.90
	350m: 3:52.44	34.02	750m: 8:26.08	34.54	1150m: 13:04.84	34.88
	400m: 4:26.70	34.26	800m: 9:00.72	34.64	1200m: 13:39.61	34.77
11.	Jose Paula Carvalho	98	Uniao Piedense	17:00.00	17:12.42	551
	50m: 28.68	28.68	450m: 4:53.81	34.22	850m: 9:33.64	35.40
	100m: 1:00.13	31.45	500m: 5:28.27	34.46	900m: 10:09.12	35.48
	150m: 1:32.71	32.58	550m: 6:03.12	34.85	950m: 10:44.62	35.50
	200m: 2:05.50	32.79	600m: 6:38.07	34.95	1000m: 11:19.97	35.35
	250m: 2:38.64	33.14	650m: 7:13.45	35.38	1050m: 11:55.16	35.19
	300m: 3:11.92	33.28	700m: 7:48.64	35.19	1100m: 12:30.39	35.23
	350m: 3:45.90	33.98	750m: 8:23.26	34.62	1150m: 13:05.51	35.12
	400m: 4:19.59	33.69	800m: 8:58.24	34.98	1200m: 13:41.15	35.64
12.	Rafael Lin Moniz	09	Naval Setubalense	19:13.99	17:48.40	498
	50m: 32.61	32.61	450m: 5:17.11	35.89	850m: 10:04.47	35.92
	100m: 1:07.13	34.52	500m: 5:52.86	35.75	900m: 10:40.37	35.90
	150m: 1:42.60	35.47	550m: 6:28.39	35.53	950m: 11:16.33	35.96
	200m: 2:18.22	35.62	600m: 7:04.15	35.76	1000m: 11:52.12	35.79
	250m: 2:54.10	35.88	650m: 7:40.09	35.94	1050m: 12:28.42	36.30
	300m: 3:29.75	35.65	700m: 8:16.28	36.19	1100m: 13:04.45	36.03
	350m: 4:05.71	35.96	750m: 8:52.32	36.04	1150m: 13:40.76	36.31
	400m: 4:41.22	35.51	800m: 9:28.55	36.23	1200m: 14:16.66	35.90
13.	Martim Chambel Pinto	09	Colegio Int Monte Maior	18:24.66	18:09.82	469
	50m: 31.53	31.53	450m: 5:23.32	36.83	850m: 10:17.57	36.49
	100m: 1:06.65	35.12	500m: 6:00.35	37.03	900m: 10:54.15	36.58
	150m: 1:42.99	36.34	550m: 6:37.31	36.96	950m: 11:30.94	36.79
	200m: 2:19.64	36.65	600m: 7:14.51	37.20	1000m: 12:07.76	36.82
	250m: 2:56.49	36.85	650m: 7:51.10	36.59	1050m: 12:43.78	36.02
	300m: 3:33.01	36.52	700m: 8:27.70	36.60	1100m: 13:20.89	37.11
	350m: 4:09.73	36.72	750m: 9:04.57	36.87	1150m: 13:57.67	36.78
	400m: 4:46.49	36.76	800m: 9:41.08	36.51	1200m: 14:34.09	36.42

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	Rafael Ataíde Duarte	08	Benfica	19:00.00	18:10.38	468
	50m: 31.37 31.37	450m: 5:25.81 37.55	850m: 10:17.25 36.33	1250m: 15:10.30 36.62		
	100m: 1:06.53 35.16	500m: 6:02.80 36.99	900m: 10:53.78 36.53	1300m: 15:47.08 36.78		
	150m: 1:43.03 36.50	550m: 6:40.06 37.26	950m: 11:30.19 36.41	1350m: 16:23.57 36.49		
	200m: 2:20.04 37.01	600m: 7:16.54 36.48	1000m: 12:07.15 36.96	1400m: 16:59.48 35.91		
	250m: 2:56.91 36.87	650m: 7:52.46 35.92	1050m: 12:43.49 36.34	1450m: 17:35.98 36.50		
	300m: 3:33.74 36.83	700m: 8:28.42 35.96	1100m: 13:20.20 36.71	1500m: 18:10.38 34.40		
	350m: 4:10.79 37.05	750m: 9:04.51 36.09	1150m: 13:56.87 36.67			
	400m: 4:48.26 37.47	800m: 9:40.92 36.41	1200m: 14:33.68 36.81			
15.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	19:03.19	18:22.37	453
	50m: 32.81 32.81	450m: 5:26.77 36.79	850m: 10:23.24 37.34	1250m: 15:19.01 36.84		
	100m: 1:08.70 35.89	500m: 6:03.51 36.74	900m: 10:59.82 36.58	1300m: 15:56.00 36.99		
	150m: 1:45.18 36.48	550m: 6:40.73 37.22	950m: 11:36.48 36.66	1350m: 16:33.05 37.05		
	200m: 2:22.02 36.84	600m: 7:17.94 37.21	1000m: 12:13.54 37.06	1400m: 17:09.68 36.63		
	250m: 2:58.94 36.92	650m: 7:55.05 37.11	1050m: 12:50.76 37.22	1450m: 17:46.45 36.77		
	300m: 3:36.10 37.16	700m: 8:31.77 36.72	1100m: 13:27.99 37.23	1500m: 18:22.37 35.92		
	350m: 4:13.26 37.16	750m: 9:08.72 36.95	1150m: 14:05.07 37.08			
	400m: 4:49.98 36.72	800m: 9:45.90 37.18	1200m: 14:42.17 37.10			
16.	Francisco Manuel Bexiga	08	Vikings	20:31.61	18:25.42	449
	50m: 33.38 33.38	450m: 5:26.68 37.10	850m: 10:24.39 37.11	1250m: 15:23.09 37.52		
	100m: 1:08.46 35.08	500m: 6:03.92 37.24	900m: 11:02.06 37.67	1300m: 16:00.21 37.12		
	150m: 1:44.35 35.89	550m: 6:41.43 37.51	950m: 11:40.24 38.18	1350m: 16:36.90 36.69		
	200m: 2:21.04 36.69	600m: 7:18.36 36.93	1000m: 12:17.35 37.11	1400m: 17:13.94 37.04		
	250m: 2:58.26 37.22	650m: 7:55.51 37.15	1050m: 12:54.31 36.96	1450m: 17:50.56 36.62		
	300m: 3:35.27 37.01	700m: 8:32.74 37.23	1100m: 13:31.55 37.24	1500m: 18:25.42 34.86		
	350m: 4:12.58 37.31	750m: 9:10.16 37.42	1150m: 14:08.77 37.22			
	400m: 4:49.58 37.00	800m: 9:47.28 37.12	1200m: 14:45.57 36.80			
17.	Miguel Bera Fonseca	09	Benfica	19:06.53	18:28.15	446
	50m: 33.32 33.32	450m: 5:28.29 37.33	850m: 10:24.67 37.34	1250m: 15:23.40 37.48		
	100m: 1:09.20 35.88	500m: 6:05.06 36.77	900m: 11:01.68 37.01	1300m: 16:00.88 37.48		
	150m: 1:45.60 36.40	550m: 6:42.13 37.07	950m: 11:39.03 37.35	1350m: 16:38.87 37.99		
	200m: 2:22.63 37.03	600m: 7:19.16 37.03	1000m: 12:16.34 37.31	1400m: 17:15.98 37.11		
	250m: 2:59.59 36.96	650m: 7:56.00 36.84	1050m: 12:53.54 37.20	1450m: 17:53.13 37.15		
	300m: 3:36.57 36.98	700m: 8:32.99 36.99	1100m: 13:31.10 37.56	1500m: 18:28.15 35.02		
	350m: 4:13.87 37.30	750m: 9:10.11 37.12	1150m: 14:08.55 37.45			
	400m: 4:50.96 37.09	800m: 9:47.33 37.22	1200m: 14:45.92 37.37			
18.	Pedro Guedes Caldas	09	Benfica	19:19.35	18:29.08	445
	50m: 33.26 33.26	450m: 5:28.84 37.37	850m: 10:25.69 37.32	1250m: 15:24.89 37.25		
	100m: 1:09.57 36.31	500m: 6:05.75 36.91	900m: 11:03.05 37.36	1300m: 16:02.28 37.39		
	150m: 1:46.09 36.52	550m: 6:42.77 37.02	950m: 11:40.39 37.34	1350m: 16:40.07 37.79		
	200m: 2:23.04 36.95	600m: 7:19.69 36.92	1000m: 12:17.78 37.39	1400m: 17:17.57 37.50		
	250m: 3:00.04 37.00	650m: 7:56.76 37.07	1050m: 12:55.18 37.40	1450m: 17:54.43 36.86		
	300m: 3:36.94 36.90	700m: 8:33.91 37.15	1100m: 13:32.51 37.33	1500m: 18:29.08 34.65		
	350m: 4:14.22 37.28	750m: 9:11.13 37.22	1150m: 14:09.99 37.48			
	400m: 4:51.47 37.25	800m: 9:48.37 37.24	1200m: 14:47.64 37.65			
19.	Rodrigo Duarte Nariguetta	09	Palmela Desporto	19:46.23	18:43.49	428
	50m: 32.98 32.98	450m: 5:27.38 37.20	850m: 10:27.83 38.02	1250m: 15:31.70 37.99		
	100m: 1:09.18 36.20	500m: 6:04.66 37.28	900m: 11:05.97 38.14	1300m: 16:10.41 38.71		
	150m: 1:45.20 36.02	550m: 6:42.15 37.49	950m: 11:43.88 37.91	1350m: 16:48.87 38.46		
	200m: 2:22.04 36.84	600m: 7:19.52 37.37	1000m: 12:21.99 38.11	1400m: 17:27.51 38.64		
	250m: 2:59.30 37.26	650m: 7:57.16 37.64	1050m: 12:59.82 37.83	1450m: 18:05.66 38.15		
	300m: 3:36.23 36.93	700m: 8:34.46 37.30	1100m: 13:37.89 38.07	1500m: 18:43.49 37.83		
	350m: 4:13.28 37.05	750m: 9:11.92 37.46	1150m: 14:15.75 37.86			
	400m: 4:50.18 36.90	800m: 9:49.81 37.89	1200m: 14:53.71 37.96			
20.	João Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	18:31.91	19:03.12	406
	50m: 31.60 31.60	450m: 5:31.67 38.42	850m: 10:39.51 39.07	1250m: 15:52.03 39.01		
	100m: 1:07.55 35.95	500m: 6:09.92 38.25	900m: 11:18.37 38.86	1300m: 16:30.89 38.86		
	150m: 1:44.68 37.13	550m: 6:48.35 38.43	950m: 11:56.94 38.57	1350m: 17:09.59 38.70		
	200m: 2:22.39 37.71	600m: 7:27.20 38.85	1000m: 12:37.13 40.19	1400m: 17:48.00 38.41		
	250m: 3:00.00 37.61	650m: 8:05.85 38.65	1050m: 13:15.41 38.28	1450m: 18:25.94 37.94		
	300m: 3:37.86 37.86	700m: 8:44.26 38.41	1100m: 13:54.84 39.43	1500m: 19:03.12 37.18		
	350m: 4:15.55 37.69	750m: 9:22.25 37.99	1150m: 14:33.93 39.09			
	400m: 4:53.25 37.70	800m: 10:00.44 38.19	1200m: 15:13.02 39.09			

Prova 10, Masc., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
21.	Martim Abalada Vilaca <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	20:07.60	19:24.38	384
	50m: 32.88	32.88	450m: 5:36.77	39.72	850m: 10:50.86	39.64
	100m: 1:09.88	37.00	500m: 6:15.89	39.12	900m: 11:31.03	40.17
	150m: 1:46.56	36.68	550m: 6:54.90	39.01	950m: 12:10.96	39.93
	200m: 2:24.07	37.51	600m: 7:33.10	38.20	1000m: 12:51.02	40.06
	250m: 3:01.46	37.39	650m: 8:12.63	39.53	1050m: 13:29.80	38.78
	300m: 3:39.08	37.62	700m: 8:52.41	39.78	1100m: 14:09.42	39.62
	350m: 4:17.73	38.65	750m: 9:31.34	38.93	1150m: 14:49.12	39.70
	400m: 4:57.05	39.32	800m: 10:11.22	39.88	1200m: 15:29.10	39.98
					1250m: 16:08.77	39.67
					1300m: 16:48.33	39.56
					1350m: 17:28.83	40.50
					1400m: 18:08.14	39.31
					1450m: 18:47.01	38.87
					1500m: 19:24.38	37.37

2 - 2ª Jornada - 1ª Sessão

18.11.2023 - 9:00

Prova 11
18.11.2023 - 9:00

Femin., 1500m Livres

Absolutos
Resultados

Rec Regional Abs	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Sen	15:58.19	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	16:48.10	Mariana Amaral Mendes	ADRCIMM	Felgueiras	2018
Rec Regional Jun 1	16:54.48	Beatriz Paulo Ranito	SCP	Porto	2014
Rec Regional Juv A	17:40.84	Leonor Esteves Santos	EULX	Algés	2019
Rec Regional Juv B	17:32.97	Ana Cláudia Correia Santos	SFUAP	Loures	2003
Rec Nacional Abs Open	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	2019
Rec Nacional Abs Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	2013
Rec Nacional Sen	15:55.19	Diana Margarida Duraes	SLB	Felgueiras	2019
Rec Nacional Jun 2	16:11.67	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	16:44.26	Tamila Hryhorivna Holub	SCB	Porto	2014
Rec Nacional Juv A	16:54.39	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	2014
Rec Nacional Juv B	17:17.43	Tamila Hryhorivna Holub	SCB	Vila Praia Ancora	2013

TAC Juv B: 20:56.40; Juv A: 20:19.81; Jun 1: 19:55.89; Jun 2: 19:44.05; Sen 1: 19:33.49; Sen +: 19:21.75

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
1.	Rita Braga Gomes	10	Sporting	21:00.00	19:46.51	463
	50m: 34.40	34.40	450m: 5:51.14	39.79	850m: 11:11.45	40.35
	100m: 1:12.92	38.52	500m: 6:30.77	39.63	900m: 11:51.89	40.44
	150m: 1:52.58	39.66	550m: 7:10.78	40.01	950m: 12:32.37	40.48
	200m: 2:32.42	39.84	600m: 7:51.01	40.23	1000m: 13:12.56	40.19
	250m: 3:11.91	39.49	650m: 8:31.16	40.15	1050m: 13:52.23	39.67
	300m: 3:51.58	39.67	700m: 9:11.16	40.00	1100m: 14:32.27	40.04
	350m: 4:31.68	40.10	750m: 9:51.15	39.99	1150m: 15:11.95	39.68
	400m: 5:11.35	39.67	800m: 10:31.10	39.95	1200m: 15:51.62	39.67

Juvenis A

1.	Matilde Castro Teixeira	09	Sporting	20:00.00	20:14.58	431
	50m: 35.20	35.20	450m: 5:55.37	40.86	850m: 11:22.97	41.40
	100m: 1:13.88	38.68	500m: 6:36.54	41.17	900m: 12:03.95	40.98
	150m: 1:53.30	39.42	550m: 7:17.09	40.55	950m: 12:44.96	41.01
	200m: 2:33.66	40.36	600m: 7:58.59	41.50	1000m: 13:26.17	41.21
	250m: 3:13.40	39.74	650m: 8:39.18	40.59	1050m: 14:06.76	40.59
	300m: 3:53.44	40.04	700m: 9:20.29	41.11	1100m: 14:47.47	40.71
	350m: 4:34.35	40.91	750m: 10:01.19	40.90	1150m: 15:29.23	41.76
	400m: 5:14.51	40.16	800m: 10:41.57	40.38	1200m: 16:10.05	40.82

Prova 11, Femin., 1500m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	Gesloures	19:33.33	20:21.65	424
	50m: 34.70 34.70	450m: 5:59.09 41.09	850m: 11:25.44 40.45	1250m: 16:53.95 41.66		
	100m: 1:13.34 38.64	500m: 6:39.73 40.64	900m: 12:06.70 41.26	1300m: 17:36.41 42.46		
	150m: 1:53.27 39.93	550m: 7:20.70 40.97	950m: 12:47.13 40.43	1350m: 18:17.70 41.29		
	200m: 2:33.94 40.67	600m: 8:01.92 41.22	1000m: 13:28.74 41.61	1400m: 18:59.37 41.67		
	250m: 3:14.82 40.88	650m: 8:42.61 40.69	1050m: 14:09.07 40.33	1450m: 19:40.94 41.57		
	300m: 3:55.79 40.97	700m: 9:23.83 41.22	1100m: 14:50.31 41.24	1500m: 20:21.65 40.71		
	350m: 4:36.83 41.04	750m: 10:04.23 40.40	1150m: 15:31.39 41.08			
	400m: 5:18.00 41.17	800m: 10:44.99 40.76	1200m: 16:12.29 40.90			

Juniores

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	Benfica	17:56.16	17:47.99	635
	50m: 31.38 31.38	450m: 5:12.76 35.48	850m: 9:56.11 36.06	1250m: 14:46.21 36.73		
	100m: 1:05.56 34.18	500m: 5:48.17 35.41	900m: 10:31.85 35.74	1300m: 15:23.27 37.06		
	150m: 1:40.46 34.90	550m: 6:22.85 34.68	950m: 11:07.74 35.89	1350m: 15:59.99 36.72		
	200m: 2:15.60 35.14	600m: 6:58.11 35.26	1000m: 11:43.50 35.76	1400m: 16:36.84 36.85		
	250m: 2:50.77 35.17	650m: 7:33.30 35.19	1050m: 12:20.16 36.66	1450m: 17:13.07 36.23		
	300m: 3:25.94 35.17	700m: 8:08.92 35.62	1100m: 12:56.52 36.36	1500m: 17:47.99 34.92		
	350m: 4:01.62 35.68	750m: 8:44.51 35.59	1150m: 13:32.74 36.22			
	400m: 4:37.28 35.66	800m: 9:20.05 35.54	1200m: 14:09.48 36.74			
2.	Catarina Maria Lopes	08	Benfica	18:15.55	18:19.20	582
	50m: 32.81 32.81	450m: 5:22.69 36.95	850m: 10:17.50 37.02	1250m: 15:14.45 37.17		
	100m: 1:07.81 35.00	500m: 5:59.04 36.35	900m: 10:54.56 37.06	1300m: 15:51.90 37.45		
	150m: 1:43.81 36.00	550m: 6:35.85 36.81	950m: 11:31.80 37.24	1350m: 16:29.50 37.60		
	200m: 2:20.11 36.30	600m: 7:12.83 36.98	1000m: 12:08.96 37.16	1400m: 17:06.44 36.94		
	250m: 2:56.48 36.37	650m: 7:49.48 36.65	1050m: 12:45.76 36.80	1450m: 17:43.76 37.32		
	300m: 3:32.83 36.35	700m: 8:26.12 36.64	1100m: 13:22.84 37.08	1500m: 18:19.20 35.44		
	350m: 4:09.42 36.59	750m: 9:03.43 37.31	1150m: 13:59.84 37.00			
	400m: 4:45.74 36.32	800m: 9:40.48 37.05	1200m: 14:37.28 37.44			
3.	Leonor Castanho Santos	07	Sporting	18:57.55	18:19.78	581
	50m: 32.77 32.77	450m: 5:22.54 36.61	850m: 10:16.71 36.93	1250m: 15:14.97 37.52		
	100m: 1:08.05 35.28	500m: 5:59.16 36.62	900m: 10:53.42 36.71	1300m: 15:52.14 37.17		
	150m: 1:43.99 35.94	550m: 6:35.62 36.46	950m: 11:30.59 37.17	1350m: 16:29.72 37.58		
	200m: 2:20.05 36.06	600m: 7:12.18 36.56	1000m: 12:07.76 37.17	1400m: 17:07.04 37.32		
	250m: 2:56.50 36.45	650m: 7:48.75 36.57	1050m: 12:45.10 37.34	1450m: 17:43.75 36.71		
	300m: 3:32.64 36.14	700m: 8:25.53 36.78	1100m: 13:22.13 37.03	1500m: 18:19.78 36.03		
	350m: 4:09.08 36.44	750m: 9:02.61 37.08	1150m: 13:59.82 37.69			
	400m: 4:45.93 36.85	800m: 9:39.78 37.17	1200m: 14:37.45 37.63			
4.	Sara Sofia Alves	07	Palmela Desporto	19:10.11	18:26.13	571
	50m: 32.61 32.61	450m: 5:27.22 37.49	850m: 10:24.67 37.04	1250m: 15:20.67 37.19		
	100m: 1:08.37 35.76	500m: 6:04.31 37.09	900m: 11:01.74 37.07	1300m: 15:58.18 37.51		
	150m: 1:44.78 36.41	550m: 6:41.09 36.78	950m: 11:38.78 37.04	1350m: 16:35.26 37.08		
	200m: 2:21.54 36.76	600m: 7:18.56 37.47	1000m: 12:15.58 36.80	1400m: 17:12.51 37.25		
	250m: 2:58.43 36.89	650m: 7:55.82 37.26	1050m: 12:52.06 36.48	1450m: 17:49.85 37.34		
	300m: 3:35.61 37.18	700m: 8:33.29 37.47	1100m: 13:29.45 37.39	1500m: 18:26.13 36.28		
	350m: 4:12.54 36.93	750m: 9:10.54 37.25	1150m: 14:06.43 36.98			
	400m: 4:49.73 37.19	800m: 9:47.63 37.09	1200m: 14:43.48 37.05			
5.	Constanca Isabel Carvalho	08	Algés	19:43.42	19:17.71	498
	50m: 33.36 33.36	450m: 5:36.04 38.46	850m: 10:46.44 39.15	1250m: 16:01.18 39.85		
	100m: 1:09.72 36.36	500m: 6:14.53 38.49	900m: 11:25.43 38.99	1300m: 16:41.06 39.88		
	150m: 1:47.01 37.29	550m: 6:53.00 38.47	950m: 12:04.81 39.38	1350m: 17:21.25 40.19		
	200m: 2:24.81 37.80	600m: 7:31.54 38.54	1000m: 12:44.14 39.33	1400m: 18:01.38 40.13		
	250m: 3:02.96 38.15	650m: 8:10.28 38.74	1050m: 13:23.31 39.17	1450m: 18:40.26 38.88		
	300m: 3:40.84 37.88	700m: 8:49.22 38.94	1100m: 14:02.58 39.27	1500m: 19:17.71 37.45		
	350m: 4:19.32 38.48	750m: 9:28.38 39.16	1150m: 14:41.90 39.32			
	400m: 4:57.58 38.26	800m: 10:07.29 38.91	1200m: 15:21.33 39.43			
6.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	20:00.00	21:51.95	342
	50m: 38.59 38.59	450m: 6:22.41 43.47	850m: 12:09.96 43.34	1250m: 18:07.43 45.76		
	100m: 1:20.41 41.82	500m: 7:05.98 43.57	900m: 12:54.02 44.06	1300m: 18:53.53 46.10		
	150m: 2:03.45 43.04	550m: 7:49.36 43.38	950m: 13:38.04 44.02	1350m: 19:39.05 45.52		
	200m: 2:46.49 43.04	600m: 8:33.10 43.74	1000m: 14:22.41 44.37	1400m: 20:23.81 44.76		
	250m: 3:29.61 43.12	650m: 9:16.24 43.14	1050m: 15:06.31 43.90	1450m: 21:08.19 44.38		
	300m: 4:12.94 43.33	700m: 9:59.46 43.22	1100m: 15:51.71 45.40	1500m: 21:51.95 43.76		
	350m: 4:56.06 43.12	750m: 10:43.32 43.86	1150m: 16:36.22 44.51			
	400m: 5:38.94 42.88	800m: 11:26.62 43.30	1200m: 17:21.67 45.45			

Prova 11, Femin., 1500m Livres

Seniores

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	19:00.00	16:56.50	736
	50m: 30.70 30.70		450m: 5:00.01 33.79	850m: 9:32.06 34.04	1250m: 14:06.58 34.34	
	100m: 1:03.78 33.08		500m: 5:33.93 33.92	900m: 10:06.04 33.98	1300m: 14:41.09 34.51	
	150m: 1:37.42 33.64		550m: 6:07.98 34.05	950m: 10:40.23 34.19	1350m: 15:15.23 34.14	
	200m: 2:11.13 33.71		600m: 6:41.72 33.74	1000m: 11:14.51 34.28	1400m: 15:49.26 34.03	
	250m: 2:44.86 33.73		650m: 7:15.79 34.07	1050m: 11:49.00 34.49	1450m: 16:23.77 34.51	
	300m: 3:18.65 33.79		700m: 7:49.76 33.97	1100m: 12:23.53 34.53	1500m: 16:56.50 32.73	
	350m: 3:52.46 33.81		750m: 8:23.76 34.00	1150m: 12:57.87 34.34		
	400m: 4:26.22 33.76		800m: 8:58.02 34.26	1200m: 13:32.24 34.37		
2.	Maria Ornelas Armas	98	Vikings	17:30.21	17:43.49	643
	50m: 31.46 31.46		450m: 5:10.28 34.98	850m: 9:55.31 36.10	1250m: 14:42.02 36.10	
	100m: 1:05.02 33.56		500m: 5:45.70 35.42	900m: 10:31.27 35.96	1300m: 15:18.32 36.30	
	150m: 1:39.52 34.50		550m: 6:20.90 35.20	950m: 11:07.22 35.95	1350m: 15:55.01 36.69	
	200m: 2:14.83 35.31		600m: 6:56.53 35.63	1000m: 11:43.12 35.90	1400m: 16:31.42 36.41	
	250m: 2:50.10 35.27		650m: 7:31.92 35.39	1050m: 12:19.30 36.18	1450m: 17:08.10 36.68	
	300m: 3:25.25 35.15		700m: 8:07.90 35.98	1100m: 12:54.68 35.38	1500m: 17:43.49 35.39	
	350m: 4:00.24 34.99		750m: 8:43.26 35.36	1150m: 13:30.14 35.46		
	400m: 4:35.30 35.06		800m: 9:19.21 35.95	1200m: 14:05.92 35.78		
3.	Matilde Nunes Lopes	06	Benfica	17:44.51	17:59.51	614
	50m: 31.59 31.59		450m: 5:12.43 35.61	850m: 9:59.72 36.14	1250m: 14:53.27 37.18	
	100m: 1:05.50 33.91		500m: 5:47.85 35.42	900m: 10:35.54 35.82	1300m: 15:30.80 37.53	
	150m: 1:40.23 34.73		550m: 6:23.42 35.57	950m: 11:11.89 36.35	1350m: 16:08.35 37.55	
	200m: 2:15.32 35.09		600m: 6:59.24 35.82	1000m: 11:48.07 36.18	1400m: 16:45.75 37.40	
	250m: 2:50.65 35.33		650m: 7:35.27 36.03	1050m: 12:25.04 36.97	1450m: 17:23.19 37.44	
	300m: 3:26.09 35.44		700m: 8:11.36 36.09	1100m: 13:01.79 36.75	1500m: 17:59.51 36.32	
	350m: 4:01.37 35.28		750m: 8:47.39 36.03	1150m: 13:38.74 36.95		
	400m: 4:36.82 35.45		800m: 9:23.58 36.19	1200m: 14:16.09 37.35		
4.	Joana Rocha Ferreira	05	Benfica	19:00.00	18:09.10	598
	50m: 32.27 32.27		450m: 5:25.49 37.08	850m: 10:19.12 36.24	1250m: 15:09.91 36.23	
	100m: 1:07.85 35.58		500m: 6:02.49 37.00	900m: 10:54.93 35.81	1300m: 15:46.47 36.56	
	150m: 1:44.26 36.41		550m: 6:39.62 37.13	950m: 11:30.88 35.95	1350m: 16:22.14 35.67	
	200m: 2:20.63 36.37		600m: 7:16.34 36.72	1000m: 12:06.95 36.07	1400m: 16:57.75 35.61	
	250m: 2:57.24 36.61		650m: 7:53.26 36.92	1050m: 12:43.08 36.13	1450m: 17:34.27 36.52	
	300m: 3:34.40 37.16		700m: 8:29.73 36.47	1100m: 13:20.15 37.07	1500m: 18:09.10 34.83	
	350m: 4:11.41 37.01		750m: 9:06.25 36.52	1150m: 13:56.82 36.67		
	400m: 4:48.41 37.00		800m: 9:42.88 36.63	1200m: 14:33.68 36.86		
5.	Ana Rita Matos	02	Belenenses	19:00.00	18:10.98	595
	50m: 32.56 32.56		450m: 5:19.99 36.11	850m: 10:12.13 36.71	1250m: 15:06.75 36.81	
	100m: 1:07.62 35.06		500m: 5:56.32 36.33	900m: 10:48.81 36.68	1300m: 15:43.81 37.06	
	150m: 1:43.73 36.11		550m: 6:32.77 36.45	950m: 11:25.45 36.64	1350m: 16:20.81 37.00	
	200m: 2:19.67 35.94		600m: 7:09.18 36.41	1000m: 12:02.33 36.88	1400m: 16:57.96 37.15	
	250m: 2:55.82 36.15		650m: 7:45.77 36.59	1050m: 12:39.19 36.86	1450m: 17:34.96 37.00	
	300m: 3:31.67 35.85		700m: 8:22.02 36.25	1100m: 13:16.09 36.90	1500m: 18:10.98 36.02	
	350m: 4:07.72 36.05		750m: 8:58.62 36.60	1150m: 13:53.00 36.91		
	400m: 4:43.88 36.16		800m: 9:35.42 36.80	1200m: 14:29.94 36.94		
6.	Luana Correia Rodrigues	01	Belenenses	19:00.00	18:30.55	564
	50m: 32.74 32.74		450m: 5:25.89 36.88	850m: 10:22.27 37.62	1250m: 15:23.59 37.51	
	100m: 1:08.14 35.40		500m: 6:02.66 36.77	900m: 10:59.98 37.71	1300m: 16:01.35 37.76	
	150m: 1:44.54 36.40		550m: 6:39.41 36.75	950m: 11:37.78 37.80	1350m: 16:39.25 37.90	
	200m: 2:21.24 36.70		600m: 7:16.24 36.83	1000m: 12:15.65 37.87	1400m: 17:17.06 37.81	
	250m: 2:58.33 37.09		650m: 7:53.23 36.99	1050m: 12:53.42 37.77	1450m: 17:54.85 37.79	
	300m: 3:35.24 36.91		700m: 8:30.08 36.85	1100m: 13:31.07 37.65	1500m: 18:30.55 35.70	
	350m: 4:12.20 36.96		750m: 9:07.32 37.24	1150m: 14:08.61 37.54		
	400m: 4:49.01 36.81		800m: 9:44.65 37.33	1200m: 14:46.08 37.47		
7.	Joana Filipa Varandas	02	Laranjeiro	18:47.75	18:38.93	552
	50m: 33.38 33.38		450m: 5:24.54 36.92	850m: 10:26.71 37.95	1250m: 15:31.74 38.13	
	100m: 1:08.71 35.33		500m: 6:01.69 37.15	900m: 11:04.56 37.85	1300m: 16:09.76 38.02	
	150m: 1:44.73 36.02		550m: 6:39.29 37.60	950m: 11:42.70 38.14	1350m: 16:47.88 38.12	
	200m: 2:21.03 36.30		600m: 7:16.82 37.53	1000m: 12:20.99 38.29	1400m: 17:25.43 37.55	
	250m: 2:57.58 36.55		650m: 7:54.53 37.71	1050m: 12:59.12 38.13	1450m: 18:03.15 37.72	
	300m: 3:34.05 36.47		700m: 8:32.65 38.12	1100m: 13:36.95 37.83	1500m: 18:38.93 35.78	
	350m: 4:10.71 36.66		750m: 9:10.84 38.19	1150m: 14:15.37 38.42		
	400m: 4:47.62 36.91		800m: 9:48.76 37.92	1200m: 14:53.61 38.24		
8.	Natacha Sofia Silva	02	Benfica	18:30.28	18:50.58	535
	50m: 33.04 33.04		450m: 5:27.65 37.52	850m: 10:32.57 38.14	1250m: 15:40.70 38.67	
	100m: 1:08.19 35.15		500m: 6:05.42 37.77	900m: 11:10.86 38.29	1300m: 16:19.17 38.47	
	150m: 1:44.65 36.46		550m: 6:43.38 37.96	950m: 11:49.33 38.47	1350m: 16:57.29 38.12	
	200m: 2:21.52 36.87		600m: 7:21.70 38.32	1000m: 12:27.83 38.50	1400m: 17:36.01 38.72	
	250m: 2:58.10 36.58		650m: 7:59.52 37.82	1050m: 13:06.46 38.63	1450m: 18:13.77 37.76	
	300m: 3:35.17 37.07		700m: 8:37.50 37.98	1100m: 13:44.73 38.27	1500m: 18:50.58 36.81	
	350m: 4:12.54 37.37		750m: 9:15.84 38.34	1150m: 14:23.36 38.63		
	400m: 4:50.13 37.59		800m: 9:54.43 38.59	1200m: 15:02.03 38.67		

Prova 11, Femin., 1500m Livres

Absolutos

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	19:00.00	16:56.50	736
	50m: 30.70 30.70	450m: 5:00.01 33.79	850m: 9:32.06 34.04	1250m: 14:06.58 34.34		
	100m: 1:03.78 33.08	500m: 5:33.93 33.92	900m: 10:06.04 33.98	1300m: 14:41.09 34.51		
	150m: 1:37.42 33.64	550m: 6:07.98 34.05	950m: 10:40.23 34.19	1350m: 15:15.23 34.14		
	200m: 2:11.13 33.71	600m: 6:41.72 33.74	1000m: 11:14.51 34.28	1400m: 15:49.26 34.03		
	250m: 2:44.86 33.73	650m: 7:15.79 34.07	1050m: 11:49.00 34.49	1450m: 16:23.77 34.51		
	300m: 3:18.65 33.79	700m: 7:49.76 33.97	1100m: 12:23.53 34.53	1500m: 16:56.50 32.73		
	350m: 3:52.46 33.81	750m: 8:23.76 34.00	1150m: 12:57.87 34.34			
	400m: 4:26.22 33.76	800m: 8:58.02 34.26	1200m: 13:32.24 34.37			
2.	Maria Ornelas Armas	98	Vikings	17:30.21	17:43.49	643
	50m: 31.46 31.46	450m: 5:10.28 34.98	850m: 9:55.31 36.10	1250m: 14:42.02 36.10		
	100m: 1:05.02 33.56	500m: 5:45.70 35.42	900m: 10:31.27 35.96	1300m: 15:18.32 36.30		
	150m: 1:39.52 34.50	550m: 6:20.90 35.20	950m: 11:07.22 35.95	1350m: 15:55.01 36.69		
	200m: 2:14.83 35.31	600m: 6:56.53 35.63	1000m: 11:43.12 35.90	1400m: 16:31.42 36.41		
	250m: 2:50.10 35.27	650m: 7:31.92 35.39	1050m: 12:19.30 36.18	1450m: 17:08.10 36.68		
	300m: 3:25.25 35.15	700m: 8:07.90 35.98	1100m: 12:54.68 35.38	1500m: 17:43.49 35.39		
	350m: 4:00.24 34.99	750m: 8:43.26 35.36	1150m: 13:30.14 35.46			
	400m: 4:35.30 35.06	800m: 9:19.21 35.95	1200m: 14:05.92 35.78			
3.	Catarina Andrade Franco	07	Benfica	17:56.16	17:47.99	635
	50m: 31.38 31.38	450m: 5:12.76 35.48	850m: 9:56.11 36.06	1250m: 14:46.21 36.73		
	100m: 1:05.56 34.18	500m: 5:48.17 35.41	900m: 10:31.85 35.74	1300m: 15:23.27 37.06		
	150m: 1:40.46 34.90	550m: 6:22.85 34.68	950m: 11:07.74 35.89	1350m: 15:59.99 36.72		
	200m: 2:15.60 35.14	600m: 6:58.11 35.26	1000m: 11:43.50 35.76	1400m: 16:36.84 36.85		
	250m: 2:50.77 35.17	650m: 7:33.30 35.19	1050m: 12:20.16 36.66	1450m: 17:13.07 36.23		
	300m: 3:25.94 35.17	700m: 8:08.92 35.62	1100m: 12:56.52 36.36	1500m: 17:47.99 34.92		
	350m: 4:01.62 35.68	750m: 8:44.51 35.59	1150m: 13:32.74 36.22			
	400m: 4:37.28 35.66	800m: 9:20.05 35.54	1200m: 14:09.48 36.74			
4.	Matilde Nunes Lopes	06	Benfica	17:44.51	17:59.51	614
	50m: 31.59 31.59	450m: 5:12.43 35.61	850m: 9:59.72 36.14	1250m: 14:53.27 37.18		
	100m: 1:05.50 33.91	500m: 5:47.85 35.42	900m: 10:35.54 35.82	1300m: 15:30.80 37.53		
	150m: 1:40.23 34.73	550m: 6:23.42 35.57	950m: 11:11.89 36.35	1350m: 16:08.35 37.55		
	200m: 2:15.32 35.09	600m: 6:59.24 35.82	1000m: 11:48.07 36.18	1400m: 16:45.75 37.40		
	250m: 2:50.65 35.33	650m: 7:35.27 36.03	1050m: 12:25.04 36.97	1450m: 17:23.19 37.44		
	300m: 3:26.09 35.44	700m: 8:11.36 36.09	1100m: 13:01.79 36.75	1500m: 17:59.51 36.32		
	350m: 4:01.37 35.28	750m: 8:47.39 36.03	1150m: 13:38.74 36.95			
	400m: 4:36.82 35.45	800m: 9:23.58 36.19	1200m: 14:16.09 37.35			
5.	Joana Rocha Ferreira	05	Benfica	19:00.00	18:09.10	598
	50m: 32.27 32.27	450m: 5:25.49 37.08	850m: 10:19.12 36.24	1250m: 15:09.91 36.23		
	100m: 1:07.85 35.58	500m: 6:02.49 37.00	900m: 10:54.93 35.81	1300m: 15:46.47 36.56		
	150m: 1:44.26 36.41	550m: 6:39.62 37.13	950m: 11:30.88 35.95	1350m: 16:22.14 35.67		
	200m: 2:20.63 36.37	600m: 7:16.34 36.72	1000m: 12:06.95 36.07	1400m: 16:57.75 35.61		
	250m: 2:57.24 36.61	650m: 7:53.26 36.92	1050m: 12:43.08 36.13	1450m: 17:34.27 36.52		
	300m: 3:34.40 37.16	700m: 8:29.73 36.47	1100m: 13:20.15 37.07	1500m: 18:09.10 34.83		
	350m: 4:11.41 37.01	750m: 9:06.25 36.52	1150m: 13:56.82 36.67			
	400m: 4:48.41 37.00	800m: 9:42.88 36.63	1200m: 14:33.68 36.86			
6.	Ana Rita Matos	02	Belenenses	19:00.00	18:10.98	595
	50m: 32.56 32.56	450m: 5:19.99 36.11	850m: 10:12.13 36.71	1250m: 15:06.75 36.81		
	100m: 1:07.62 35.06	500m: 5:56.32 36.33	900m: 10:48.81 36.68	1300m: 15:43.81 37.06		
	150m: 1:43.73 36.11	550m: 6:32.77 36.45	950m: 11:25.45 36.64	1350m: 16:20.81 37.00		
	200m: 2:19.67 35.94	600m: 7:09.18 36.41	1000m: 12:02.33 36.88	1400m: 16:57.96 37.15		
	250m: 2:55.82 36.15	650m: 7:45.77 36.59	1050m: 12:39.19 36.86	1450m: 17:34.96 37.00		
	300m: 3:31.67 35.85	700m: 8:22.02 36.25	1100m: 13:16.09 36.90	1500m: 18:10.98 36.02		
	350m: 4:07.72 36.05	750m: 8:58.62 36.60	1150m: 13:53.00 36.91			
	400m: 4:43.88 36.16	800m: 9:35.42 36.80	1200m: 14:29.94 36.94			
7.	Catarina Maria Lopes	08	Benfica	18:15.55	18:19.20	582
	50m: 32.81 32.81	450m: 5:22.69 36.95	850m: 10:17.50 37.02	1250m: 15:14.45 37.17		
	100m: 1:07.81 35.00	500m: 5:59.04 36.35	900m: 10:54.56 37.06	1300m: 15:51.90 37.45		
	150m: 1:43.81 36.00	550m: 6:35.85 36.81	950m: 11:31.80 37.24	1350m: 16:29.50 37.60		
	200m: 2:20.11 36.30	600m: 7:12.83 36.98	1000m: 12:08.96 37.16	1400m: 17:06.44 36.94		
	250m: 2:56.48 36.37	650m: 7:49.48 36.65	1050m: 12:45.76 36.80	1450m: 17:43.76 37.32		
	300m: 3:32.83 36.35	700m: 8:26.12 36.64	1100m: 13:22.84 37.08	1500m: 18:19.20 35.44		
	350m: 4:09.42 36.59	750m: 9:03.43 37.31	1150m: 13:59.84 37.00			
	400m: 4:45.74 36.32	800m: 9:40.48 37.05	1200m: 14:37.28 37.44			
8.	Leonor Castanho Santos	07	Sporting	18:57.55	18:19.78	581
	50m: 32.77 32.77	450m: 5:22.54 36.61	850m: 10:16.71 36.93	1250m: 15:14.97 37.52		
	100m: 1:08.05 35.28	500m: 5:59.16 36.62	900m: 10:53.42 36.71	1300m: 15:52.14 37.17		
	150m: 1:43.99 35.94	550m: 6:35.62 36.46	950m: 11:30.59 37.17	1350m: 16:29.72 37.58		
	200m: 2:20.05 36.06	600m: 7:12.18 36.56	1000m: 12:07.76 37.17	1400m: 17:07.04 37.32		
	250m: 2:56.50 36.45	650m: 7:48.75 36.57	1050m: 12:45.10 37.34	1450m: 17:43.75 36.71		
	300m: 3:32.64 36.14	700m: 8:25.53 36.78	1100m: 13:22.13 37.03	1500m: 18:19.78 36.03		
	350m: 4:09.08 36.44	750m: 9:02.61 37.08	1150m: 13:59.82 37.69			
	400m: 4:45.93 36.85	800m: 9:39.78 37.17	1200m: 14:37.45 37.63			

Prova 11, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Sara Sofia Alves	07	Palmela Desporto	19:10.11	18:26.13	571
	50m: 32.61 32.61	450m: 5:27.22 37.49	850m: 10:24.67 37.04	1250m: 15:20.67 37.19		
	100m: 1:08.37 35.76	500m: 6:04.31 37.09	900m: 11:01.74 37.07	1300m: 15:58.18 37.51		
	150m: 1:44.78 36.41	550m: 6:41.09 36.78	950m: 11:38.78 37.04	1350m: 16:35.26 37.08		
	200m: 2:21.54 36.76	600m: 7:18.56 37.47	1000m: 12:15.58 36.80	1400m: 17:12.51 37.25		
	250m: 2:58.43 36.89	650m: 7:55.82 37.26	1050m: 12:52.06 36.48	1450m: 17:49.85 37.34		
	300m: 3:35.61 37.18	700m: 8:33.29 37.47	1100m: 13:29.45 37.39	1500m: 18:26.13 36.28		
	350m: 4:12.54 36.93	750m: 9:10.54 37.25	1150m: 14:06.43 36.98			
	400m: 4:49.73 37.19	800m: 9:47.63 37.09	1200m: 14:43.48 37.05			
10.	Luana Correia Rodrigues	01	Belenenses	19:00.00	18:30.55	564
	50m: 32.74 32.74	450m: 5:25.89 36.88	850m: 10:22.27 37.62	1250m: 15:23.59 37.51		
	100m: 1:08.14 35.40	500m: 6:02.66 36.77	900m: 10:59.98 37.71	1300m: 16:01.35 37.76		
	150m: 1:44.54 36.40	550m: 6:39.41 36.75	950m: 11:37.78 37.80	1350m: 16:39.25 37.90		
	200m: 2:21.24 36.70	600m: 7:16.24 36.83	1000m: 12:15.65 37.87	1400m: 17:17.06 37.81		
	250m: 2:58.33 37.09	650m: 7:53.23 36.99	1050m: 12:53.42 37.77	1450m: 17:54.85 37.79		
	300m: 3:35.24 36.91	700m: 8:30.08 36.85	1100m: 13:31.07 37.65	1500m: 18:30.55 35.70		
	350m: 4:12.20 36.96	750m: 9:07.32 37.24	1150m: 14:08.61 37.54			
	400m: 4:49.01 36.81	800m: 9:44.65 37.33	1200m: 14:46.08 37.47			
11.	Joana Filipa Varandas	02	Laranjeiro	18:47.75	18:38.93	552
	50m: 33.38 33.38	450m: 5:24.54 36.92	850m: 10:26.71 37.95	1250m: 15:31.74 38.13		
	100m: 1:08.71 35.33	500m: 6:01.69 37.15	900m: 11:04.56 37.85	1300m: 16:09.76 38.02		
	150m: 1:44.73 36.02	550m: 6:39.29 37.60	950m: 11:42.70 38.14	1350m: 16:47.88 38.12		
	200m: 2:21.03 36.30	600m: 7:16.82 37.53	1000m: 12:20.99 38.29	1400m: 17:25.43 37.55		
	250m: 2:57.58 36.55	650m: 7:54.53 37.71	1050m: 12:59.12 38.13	1450m: 18:03.15 37.72		
	300m: 3:34.05 36.47	700m: 8:32.65 38.12	1100m: 13:36.95 37.83	1500m: 18:38.93 35.78		
	350m: 4:10.71 36.66	750m: 9:10.84 38.19	1150m: 14:15.37 38.42			
	400m: 4:47.62 36.91	800m: 9:48.76 37.92	1200m: 14:53.61 38.24			
12.	Natacha Sofia Silva	02	Benfica	18:30.28	18:50.58	535
	50m: 33.04 33.04	450m: 5:27.65 37.52	850m: 10:32.57 38.14	1250m: 15:40.70 38.67		
	100m: 1:08.19 35.15	500m: 6:05.42 37.77	900m: 11:10.86 38.29	1300m: 16:19.17 38.47		
	150m: 1:44.65 36.46	550m: 6:43.38 37.96	950m: 11:49.33 38.47	1350m: 16:57.29 38.12		
	200m: 2:21.52 36.87	600m: 7:21.70 38.32	1000m: 12:27.83 38.50	1400m: 17:36.01 38.72		
	250m: 2:58.10 36.58	650m: 7:59.52 37.82	1050m: 13:06.46 38.63	1450m: 18:13.77 37.76		
	300m: 3:35.17 37.07	700m: 8:37.50 37.98	1100m: 13:44.73 38.27	1500m: 18:50.58 36.81		
	350m: 4:12.54 37.37	750m: 9:15.84 38.34	1150m: 14:23.36 38.63			
	400m: 4:50.13 37.59	800m: 9:54.43 38.59	1200m: 15:02.03 38.67			
13.	Constanca Isabel Carvalho	08	Algés	19:43.42	19:17.71	498
	50m: 33.36 33.36	450m: 5:36.04 38.46	850m: 10:46.44 39.15	1250m: 16:01.18 39.85		
	100m: 1:09.72 36.36	500m: 6:14.53 38.49	900m: 11:25.43 38.99	1300m: 16:41.06 39.88		
	150m: 1:47.01 37.29	550m: 6:53.00 38.47	950m: 12:04.81 39.38	1350m: 17:21.25 40.19		
	200m: 2:24.81 37.80	600m: 7:31.54 38.54	1000m: 12:44.14 39.33	1400m: 18:01.38 40.13		
	250m: 3:02.96 38.15	650m: 8:10.28 38.74	1050m: 13:23.31 39.17	1450m: 18:40.26 38.88		
	300m: 3:40.84 37.88	700m: 8:49.22 38.94	1100m: 14:02.58 39.27	1500m: 19:17.71 37.45		
	350m: 4:19.32 38.48	750m: 9:28.38 39.16	1150m: 14:41.90 39.32			
	400m: 4:57.58 38.26	800m: 10:07.29 38.91	1200m: 15:21.33 39.43			
14.	Rita Braga Gomes	10	Sporting	21:00.00	19:46.51	463
	50m: 34.40 34.40	450m: 5:51.14 39.79	850m: 11:11.45 40.35	1250m: 16:31.55 39.93		
	100m: 1:12.92 38.52	500m: 6:30.77 39.63	900m: 11:51.89 40.44	1300m: 17:11.07 39.52		
	150m: 1:52.58 39.66	550m: 7:10.78 40.01	950m: 12:32.37 40.48	1350m: 17:51.00 39.93		
	200m: 2:32.42 39.84	600m: 7:51.01 40.23	1000m: 13:12.56 40.19	1400m: 18:29.84 38.84		
	250m: 3:11.91 39.49	650m: 8:31.16 40.15	1050m: 13:52.23 39.67	1450m: 19:09.40 39.56		
	300m: 3:51.58 39.67	700m: 9:11.16 40.00	1100m: 14:32.27 40.04	1500m: 19:46.51 37.11		
	350m: 4:31.68 40.10	750m: 9:51.15 39.99	1150m: 15:11.95 39.68			
	400m: 5:11.35 39.67	800m: 10:31.10 39.95	1200m: 15:51.62 39.67			
15.	Matilde Castro Teixeira	09	Sporting	20:00.00	20:14.58	431
	50m: 35.20 35.20	450m: 5:55.37 40.86	850m: 11:22.97 41.40	1250m: 16:51.69 41.64		
	100m: 1:13.88 38.68	500m: 6:36.54 41.17	900m: 12:03.95 40.98	1300m: 17:32.71 41.02		
	150m: 1:53.30 39.42	550m: 7:17.09 40.55	950m: 12:44.96 41.01	1350m: 18:14.57 41.86		
	200m: 2:33.66 40.36	600m: 7:58.59 41.50	1000m: 13:26.17 41.21	1400m: 18:55.12 40.55		
	250m: 3:13.40 39.74	650m: 8:39.18 40.59	1050m: 14:06.76 40.59	1450m: 19:35.74 40.62		
	300m: 3:53.44 40.04	700m: 9:20.29 41.11	1100m: 14:47.47 40.71	1500m: 20:14.58 38.84		
	350m: 4:34.35 40.91	750m: 10:01.19 40.90	1150m: 15:29.23 41.76			
	400m: 5:14.51 40.16	800m: 10:41.57 40.38	1200m: 16:10.05 40.82			
16.	Beatriz Ribeiro Lima	09	Geslours	19:33.33	20:21.65	424
	<i>Fora Tempo Acesso</i>					
	50m: 34.70 34.70	450m: 5:59.09 41.09	850m: 11:25.44 40.45	1250m: 16:53.95 41.66		
	100m: 1:13.34 38.64	500m: 6:39.73 40.64	900m: 12:06.70 41.26	1300m: 17:36.41 42.46		
	150m: 1:53.27 39.93	550m: 7:20.70 40.97	950m: 12:47.13 40.43	1350m: 18:17.70 41.29		
	200m: 2:33.94 40.67	600m: 8:01.92 41.22	1000m: 13:28.74 41.61	1400m: 18:59.37 41.67		
	250m: 3:14.82 40.88	650m: 8:42.61 40.69	1050m: 14:09.07 40.33	1450m: 19:40.94 41.57		
	300m: 3:55.79 40.97	700m: 9:23.83 41.22	1100m: 14:50.31 41.24	1500m: 20:21.65 40.71		
	350m: 4:36.83 41.04	750m: 10:04.23 40.40	1150m: 15:31.39 41.08			
	400m: 5:18.00 41.17	800m: 10:44.99 40.76	1200m: 16:12.29 40.90			

Prova 11, Femin., 1500m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
17.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	20:00.00	21:51.95	342
	50m: 38.59	38.59	450m: 6:22.41	43.34	1250m: 18:07.43	45.76
	100m: 1:20.41	41.82	500m: 7:05.98	44.06	1300m: 18:53.53	46.10
	150m: 2:03.45	43.04	550m: 7:49.36	44.02	1350m: 19:39.05	45.52
	200m: 2:46.49	43.04	600m: 8:33.10	44.37	1400m: 20:23.81	44.76
	250m: 3:29.61	43.12	650m: 9:16.24	43.90	1450m: 21:08.19	44.38
	300m: 4:12.94	43.33	700m: 9:59.46	45.40	1500m: 21:51.95	43.76
	350m: 4:56.06	43.12	750m: 10:43.32	44.51		
	400m: 5:38.94	42.88	800m: 11:26.62	43.30	1200m: 17:21.67	45.45

Prova 12

18.11.2023 - 10:03

Masc., 100m Bruços

Absolutos

Resultados

Rec Regional Abs	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Sen	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	1:03.11	Jose Guilherme Couto	SCP		
Rec Regional Juv A	1:02.73	Rafael Miguel Mimoso	SLB	Alges	2023
Rec Regional Juv B	1:04.20	Rafael Miguel Mimoso	SLB	Alges	2022
Rec Nacional Abs	58.19	Carlos Esteves Almeida	POR	Chartres (FRA)	2012
Rec Nacional Sen	58.19	Carlos Esteves Almeida	POR	Chartres (FRA)	2012
Rec Nacional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	2009
Rec Nacional Jun 1	1:02.99	Andre Goncalo Santos	LSC	Felgueiras	2013
Rec Nacional Juv A	1:03.25	Ricardo Samuel Pereira	SLB	Algés	2019
Rec Nacional Juv B	1:04.20	Rafael Miguel Mimoso	SLB	Algés	2022

TAC Juv B: 1:18.20; Juv A: 1:15.92; Jun 1: 1:14.07; Jun 2: 1:13.34; Sen 1: 1:11.90; Sen +: 1:11.18

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
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Juvenis B

1.	Diogo Damasceno Reis	09	Sporting	1:11.15	1:08.30	530	31.98	36.32
2.	Miguel Loucao Caxaria	09	Palmela Desporto	1:16.19	1:11.38	464	33.38	38.00
3.	Afonso Miguel Amaro	09	Belenenses	1:15.35	1:13.82	419	34.14	39.68
4.	Xavier Jesus Valente	09	Colégio Vasco da Gama	1:19.62	1:16.93	371	36.23	40.70
5.	Francisco Gabriel Freitas	09	Geslours	1:22.81	1:17.45	363	36.07	41.38
6.	Aman Akbar Ladak <i>Fora Tempo Acesso</i>	09	Sporting	1:32.00	1:18.70	346	36.57	42.13
7.	Miguel Ratinho Rocha <i>Fora Tempo Acesso</i>	09	Naval Setubalense	1:22.50	1:21.87	307	38.54	43.33
8.	Ricardo Martins Brizado <i>Fora Tempo Acesso</i>	09	Sporting	1:25.87	1:23.50	290	39.17	44.33
9.	Lourenco Marques Sebastiao <i>Fora Tempo Acesso</i>	09	Palmela Desporto	1:31.14	1:24.56	279	39.16	45.40

Juvenis A

1.	David Jesus Morgado	08	Sporting	1:10.60	1:11.07	470	32.84	38.23
2.	Joao Almeida Neves <i>Fora Tempo Acesso</i>	08	CPCD - Póvoa Sta Iria	1:15.91	1:17.25	366	35.83	41.42
3.	Duarte Gomes Santos <i>Fora Tempo Acesso</i>	08	Despertarecorde	1:19.94	1:18.09	354	35.76	42.33
4.	T. Howard-Tripp <i>Fora Tempo Acesso</i>	08	Vikings	1:21.48	1:18.68	346	36.71	41.97
5.	Tomas Araujo Fonseca <i>Fora Tempo Acesso</i>	08	Sporting	1:22.00	1:21.01	317	37.45	43.56

Prova 12, Masc., 100m Bruços

Juniores

1.	Pedro Goncalves Bonniz	06	Benfica	1:02.42	1:03.14	671	29.66	33.48	
2.	Rafael Miguel Mimoso	07	Benfica	1:01.79	1:03.27	666	30.37	32.90	
3.	Kaio Araujo Faftine	06	Sporting	1:07.31	1:05.88	590	31.18	34.70	
4.	Rodrigo Martins Chocas	07	Sporting	1:05.24	1:06.33	578	31.04	35.29	
5.	Afonso Jose Fernandes	07	Algés	1:10.65	1:09.71	498	32.87	36.84	
6.	David Miguel Morais	06	Benfica	1:06.84	1:10.06	491	32.25	37.81	
7.	Daniel Ionas	07	Amadora	1:06.56	1:10.08	490	32.76	37.32	
8.	Arthur Santos Silva	06	Belenenses	1:10.28	1:10.59	480	33.03	37.56	
9.	Diogo Miguel Martins	07	Geslours	1:12.99	1:11.85	455	33.68	38.17	
10.	Rodrigo Santos Perry	07	Despertarecorde	1:14.15	1:12.92	435	33.60	39.32	
11.	Dinis Silva Lopes	07	Algés	1:13.72	1:15.06	399	35.09	39.97	
	<i>Fora Tempo Acesso</i>								
12.	Lucas Vilaca Casimiro	06	Uniao Piedense	1:16.39	1:16.17	382	35.36	40.81	
	<i>Fora Tempo Acesso</i>								
13.	Manuel Maria Amado	07	Algés	1:15.00	1:16.80	372	35.75	41.05	
	<i>Fora Tempo Acesso</i>								

Seniores

1.	Andre Tavares Grenho	99	Geslours	1:03.09	1:04.04	643	29.66	34.38	
2.	Pedro Andre Santos	94	Algés	1:04.32	1:04.45	631	30.23	34.22	
3.	Joao Lourenco Rebelo	04	Algés	1:04.13	1:05.81	592	30.88	34.93	
4.	Bernardo Victorino Almeida	04	Sporting	1:10.00	1:06.01	587	30.86	35.15	
5.	Gustavo Carvalhais Ribeiro	03	Algés	1:10.00	1:06.20	582	31.00	35.20	
6.	Jose Paula Carvalho	98	Uniao Piedense	1:10.00	1:06.43	576	31.47	34.96	
7.	Andre Filipe Magalhaes	98	Laranjeiro	1:05.68	1:06.45	575	30.60	35.85	
8.	Afonso Amaro Santos	02	Geslours	1:10.00	1:07.44	550	31.75	35.69	
9.	Diogo Miguel Monteiro	04	Sporting	1:07.58	1:07.85	540	32.08	35.77	
10.	Daniel Tsykal	04	Sporting	1:05.77	1:08.06	535	31.91	36.15	
11.	Guilherme Matias Cristino	03	Uniao Piedense	1:05.97	1:08.12	534	32.08	36.04	
12.	Luca Gabor Orlando	01	Nacional de Nataçao	1:10.00	1:08.30	530	32.28	36.02	
13.	Nicolas Filip Montfort	05	Algés	1:10.00	1:08.49	525	32.28	36.21	
14.	Tiago Correia Neves	97	Belenenses	1:08.92	1:12.27	447	33.69	38.58	
	<i>Fora Tempo Acesso</i>								
15.	Miguel Duarte Cruz	99	Belenenses	1:10.00	1:15.46	393	35.44	40.02	
	<i>Fora Tempo Acesso</i>								
16.	Goncalo Ramos Costa	05	CPCD - Póvoa Sta Iria	1:13.47	1:17.55	362	35.37	42.18	
	<i>Fora Tempo Acesso</i>								

Absolutos

1.	Pedro Goncalves Bonniz	06	Benfica	1:02.42	1:03.14	671	29.66	33.48	
	<i>Campeão Regional</i>								
2.	Rafael Miguel Mimoso	07	Benfica	1:01.79	1:03.27	666	30.37	32.90	
3.	Andre Tavares Grenho	99	Geslours	1:03.09	1:04.04	643	29.66	34.38	
4.	Pedro Andre Santos	94	Algés	1:04.32	1:04.45	631	30.23	34.22	
5.	Joao Lourenco Rebelo	04	Algés	1:04.13	1:05.81	592	30.88	34.93	
6.	Kaio Araujo Faftine	06	Sporting	1:07.31	1:05.88	590	31.18	34.70	
7.	Bernardo Victorino Almeida	04	Sporting	1:10.00	1:06.01	587	30.86	35.15	
8.	Gustavo Carvalhais Ribeiro	03	Algés	1:10.00	1:06.20	582	31.00	35.20	
9.	Rodrigo Martins Chocas	07	Sporting	1:05.24	1:06.33	578	31.04	35.29	
10.	Jose Paula Carvalho	98	Uniao Piedense	1:10.00	1:06.43	576	31.47	34.96	
11.	Andre Filipe Magalhaes	98	Laranjeiro	1:05.68	1:06.45	575	30.60	35.85	
12.	Afonso Amaro Santos	02	Geslours	1:10.00	1:07.44	550	31.75	35.69	
13.	Diogo Miguel Monteiro	04	Sporting	1:07.58	1:07.85	540	32.08	35.77	
14.	Daniel Tsykal	04	Sporting	1:05.77	1:08.06	535	31.91	36.15	
15.	Guilherme Matias Cristino	03	Uniao Piedense	1:05.97	1:08.12	534	32.08	36.04	

Prova 12, Masc., 100m Bruços, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
16.	Luca Gabor Orlando	01	Nacional de Natação	1:10.00	1:08.30	530	32.28	36.02
	Diogo Damasceno Reis	09	Sporting	1:11.15	1:08.30	530	31.98	36.32
18.	Nicolas Filip Montfort	05	Algés	1:10.00	1:08.49	525	32.28	36.21
19.	Afonso Jose Fernandes	07	Algés	1:10.65	1:09.71	498	32.87	36.84
20.	David Miguel Morais	06	Benfica	1:06.84	1:10.06	491	32.25	37.81
21.	Daniel Ionas	07	Amadora	1:06.56	1:10.08	490	32.76	37.32
22.	Arthur Santos Silva	06	Belenenses	1:10.28	1:10.59	480	33.03	37.56
23.	David Jesus Morgado	08	Sporting	1:10.60	1:11.07	470	32.84	38.23
24.	Miguel Loucao Caxaria	09	Palmela Desporto	1:16.19	1:11.38	464	33.38	38.00
25.	Diogo Miguel Martins	07	Geslours	1:12.99	1:11.85	455	33.68	38.17
26.	Tiago Correia Neves	97	Belenenses	1:08.92	1:12.27	447	33.69	38.58
	<i>Fora Tempo Acesso</i>							
27.	Rodrigo Santos Perry	07	Despertarecorde	1:14.15	1:12.92	435	33.60	39.32
28.	Afonso Miguel Amaro	09	Belenenses	1:15.35	1:13.82	419	34.14	39.68
29.	Dinis Silva Lopes	07	Algés	1:13.72	1:15.06	399	35.09	39.97
	<i>Fora Tempo Acesso</i>							
30.	Miguel Duarte Cruz	99	Belenenses	1:10.00	1:15.46	393	35.44	40.02
	<i>Fora Tempo Acesso</i>							
31.	Lucas Vilaca Casimiro	06	Uniao Piedense	1:16.39	1:16.17	382	35.36	40.81
	<i>Fora Tempo Acesso</i>							
32.	Manuel Maria Amado	07	Algés	1:15.00	1:16.80	372	35.75	41.05
	<i>Fora Tempo Acesso</i>							
33.	Xavier Jesus Valente	09	Colégio Vasco da Gama	1:19.62	1:16.93	371	36.23	40.70
34.	Joao Almeida Neves	08	CPCD - Póvoa Sta Iria	1:15.91	1:17.25	366	35.83	41.42
	<i>Fora Tempo Acesso</i>							
35.	Francisco Gabriel Freitas	09	Geslours	1:22.81	1:17.45	363	36.07	41.38
36.	Goncalo Ramos Costa	05	CPCD - Póvoa Sta Iria	1:13.47	1:17.55	362	35.37	42.18
	<i>Fora Tempo Acesso</i>							
37.	Duarte Gomes Santos	08	Despertarecorde	1:19.94	1:18.09	354	35.76	42.33
	<i>Fora Tempo Acesso</i>							
38.	T. Howard-Tripp	08	Vikings	1:21.48	1:18.68	346	36.71	41.97
	<i>Fora Tempo Acesso</i>							
39.	Aman Akbar Ladak	09	Sporting	1:32.00	1:18.70	346	36.57	42.13
	<i>Fora Tempo Acesso</i>							
40.	Tomas Araujo Fonseca	08	Sporting	1:22.00	1:21.01	317	37.45	43.56
	<i>Fora Tempo Acesso</i>							
41.	Miguel Ratinho Rocha	09	Naval Setubalense	1:22.50	1:21.87	307	38.54	43.33
	<i>Fora Tempo Acesso</i>							
42.	Ricardo Martins Brizado	09	Sporting	1:25.87	1:23.50	290	39.17	44.33
	<i>Fora Tempo Acesso</i>							
43.	Lourenco Marques Sebastiao	09	Palmela Desporto	1:31.14	1:24.56	279	39.16	45.40
	<i>Fora Tempo Acesso</i>							
EXH	Gustavo Carvalho Silva	04	Naval Praia da Vitoria	1:09.05	1:06.04	586	30.84	35.20
EXH	Yury Fomin	06	Louletano / Loule Concelho	1:09.55	1:06.59	572	31.24	35.35

Prova 13
18.11.2023 - 10:15

Femin., 100m Bruços

Absolutos
Resultados

Rec Regional Abs	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	1:08.02	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	1:09.58	Diana Duarte Gomes	ABVE	Alapraia	2005
Rec Regional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Regional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Abs Open	1:06.82	Ana Pinho Rodrigues	EDV	Estarreja	2021
Rec Nacional Abs Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Sen	1:06.82	Ana Pinho Rodrigues	EDV	Estarreja	2021
Rec Nacional Jun 2	1:08.02	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	2009
Rec Nacional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Nacional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003

TAC Juv B: 1:29.59; Juv A: 1:26.98; Jun 1: 1:24.86; Jun 2: 1:24.02; Sen 1: 1:22.37; Sen +: 1:21.54

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Maria Duarte Carvalho	10	Benfica	1:24.69	1:20.44	465	38.39	42.05
2.	Rita Canas Brito	10	Naval Setubalense	1:24.13	1:21.22	452	39.12	42.10
3.	Rita Mota Silva	10	Palmela Desporto	1:24.70	1:21.59	446	38.71	42.88
4.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	1:26.12	1:24.93	395	40.00	44.93
5.	Beatriz Costa Diniz	10	Sporting	1:24.65	1:26.56	373	40.30	46.26
6.	Bruna Sofia Simoes	10	Sporting	1:28.56	1:27.35	363	40.59	46.76
7.	Beatriz Paiva Branco	10	Laranjeiro	1:29.26	1:31.46	316	43.14	48.32
	<i>Fora Tempo Acesso</i>							
8.	Luana Raquel Monteiro	10	Palmela Desporto	1:32.28	1:31.64	315	43.29	48.35
	<i>Fora Tempo Acesso</i>							
9.	Francisca Maria Esteves	10	Colégio Vasco da Gama	1:34.40	1:34.38	288	43.91	50.47
	<i>Fora Tempo Acesso</i>							
10.	Carolina Sofia Martins	10	Despertarecorde	1:39.98	1:34.84	284	45.10	49.74
	<i>Fora Tempo Acesso</i>							
11.	Isabella Caterina Mejias	10	Vikings	1:39.90	1:40.80	236	45.53	55.27
	<i>Fora Tempo Acesso</i>							
DSQ	Mariana Chaves Simoes	10	Nacional de Natação	1:48.81				
	<i>B34 - Efetuou múltiplas pernadas de golfinho após a viragem aos 50 metros (ii.7.1)</i>							

Juvenis A

1.	Madalena Azevedo Messias	09	Sporting	1:19.28	1:18.34	504	36.77	41.57
2.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	1:21.27	1:19.50	482	36.96	42.54
3.	Daniela Pina Rodrigues	09	Geslours	1:21.49	1:21.95	440	37.90	44.05
4.	Sara Cabaco Brasil	09	Fisica Torres Vedras	1:23.35	1:22.25	435	38.82	43.43
5.	Ines Maria Verissimo	09	Algés	1:25.89	1:22.89	425	39.20	43.69
6.	Sofia Carlos Arede	09	Sporting	1:22.63	1:24.91	396	38.73	46.18
7.	Mafalda Carmona Rodrigues	09	Algés	1:31.94	1:25.35	390	39.67	45.68
8.	Beatriz Santos Goncalves	09	Nacional de Natação	1:25.23	1:27.06	367	41.33	45.73
	<i>Fora Tempo Acesso</i>							
9.	Ines Maria Lanca	09	Uniao Piedense	1:29.24	1:28.58	348	41.50	47.08
	<i>Fora Tempo Acesso</i>							

Prova 13, Femin., 100m Bruços

Júniore

1.	Emma Aguiar Bergamo	07	Algés	1:12.53	1:15.01	574	34.81	40.20
	<i>Campeã Regional</i>							
2.	Leonor Peso Parente	07	Palmela Desporto	1:18.26	1:17.05	530	35.85	41.20
3.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	1:19.74	1:18.23	506	36.73	41.50
4.	Clara Vieira Tojo	07	Benfica	1:17.83	1:18.33	504	37.06	41.27
5.	Leonor Carvalho Oliveira	07	Naval Setubalense	1:21.60	1:19.42	484	36.94	42.48
6.	Leonor Carreiro Rodrigues	07	Benfica	1:19.05	1:19.76	477	37.96	41.80
7.	Beatriz Silva Gomes	08	Geslours	1:20.52	1:20.07	472	38.07	42.00
8.	Leonor Serrao Nascimento	08	Algés	1:17.29	1:20.90	458	37.54	43.36
9.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	1:21.29	1:23.19	421	38.58	44.61
10.	Ines Santos Barbosa	07	Salesianos	1:25.19	1:24.21	406	40.42	43.79
	<i>Fora Tempo Acesso</i>							
11.	Raquel Heleno Nogueira	08	Colegio Int Monte Maior	1:25.71	1:24.22	405	39.80	44.42
12.	Matilde Anjos Frischknecht	07	Naval Setubalense	1:23.05	1:24.35	404	39.48	44.87
	<i>Fora Tempo Acesso</i>							
13.	Marta Matos Laranjeira	08	Vikings	1:20.45	1:25.58	386	39.24	46.34
	<i>Fora Tempo Acesso</i>							
14.	Teresa Bonita Oliveira	08	Naval Setubalense	1:22.82	1:26.55	374	40.46	46.09
	<i>Fora Tempo Acesso</i>							
15.	Vitoria Maria Brandao	07	Salesianos	1:33.79	1:29.24	341	41.79	47.45
	<i>Fora Tempo Acesso</i>							
16.	Ines Trindade Dionisio	07	Nacional de Natação	1:27.13	1:29.44	338	41.93	47.51
	<i>Fora Tempo Acesso</i>							
17.	Maria Duarte Marcalo	07	Palmela Desporto	1:32.39	1:34.26	289	44.57	49.69
	<i>Fora Tempo Acesso</i>							

Seniores

1.	Raquel Gomes Pereira	00	Benfica	1:08.83	1:10.48	692	33.84	36.64
	<i>Campeã Regional</i>							
2.	Rebeca Leonor Antunes	06	Algés	1:10.77	1:11.74	656	34.11	37.63
3.	Leticia Maia Andre	02	Benfica	1:11.78	1:15.18	570	35.47	39.71
4.	Carolina Porem Henriques	04	Vikings	1:19.80	1:18.54	500	36.79	41.75
5.	Maria Carolina Vargas	05	Benfica	1:19.06	1:18.69	497	37.46	41.23
6.	Andreia Wongsangnoi Alves	03	Belenenses	1:16.71	1:19.38	484	36.85	42.53
7.	Claudia Beatriz Martins	03	Geslours	1:20.55	1:20.66	462	38.07	42.59
8.	Marta Pereira Domingos	04	Uniao Piedense	1:22.88	1:26.32	377	40.67	45.65
	<i>Fora Tempo Acesso</i>							
9.	Diana Valadas Horta	04	Uniao Piedense	1:23.00	1:27.05	367	41.22	45.83
	<i>Fora Tempo Acesso</i>							
10.	Maria Estela Coimbra	01	Nacional de Natação	1:36.00	1:34.01	291	43.65	50.36
	<i>Fora Tempo Acesso</i>							
11.	Matilde Aleixo Duarte	05	Naval Setubalense	1:35.42	1:36.81	267	44.85	51.96
	<i>Fora Tempo Acesso</i>							

Absolutos

1.	Raquel Gomes Pereira	00	Benfica	1:08.83	1:10.48	692	33.84	36.64
	<i>Campeã Regional</i>							
2.	Rebeca Leonor Antunes	06	Algés	1:10.77	1:11.74	656	34.11	37.63
3.	Emma Aguiar Bergamo	07	Algés	1:12.53	1:15.01	574	34.81	40.20
4.	Leticia Maia Andre	02	Benfica	1:11.78	1:15.18	570	35.47	39.71
5.	Leonor Peso Parente	07	Palmela Desporto	1:18.26	1:17.05	530	35.85	41.20

Prova 13, Femin., 100m Bruços, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
6.	Luisa Goncalves Rodrigues	08	Física Torres Vedras	1:19.74	1:18.23	506	36.73	41.50
7.	Clara Vieira Tojo	07	Benfica	1:17.83	1:18.33	504	37.06	41.27
8.	Madalena Azevedo Messias	09	Sporting	1:19.28	1:18.34	504	36.77	41.57
9.	Carolina Porem Henriques	04	Vikings	1:19.80	1:18.54	500	36.79	41.75
10.	Maria Carolina Vargas	05	Benfica	1:19.06	1:18.69	497	37.46	41.23
11.	Andreia Wongsangnoi Alves	03	Belenenses	1:16.71	1:19.38	484	36.85	42.53
12.	Leonor Carvalho Oliveira	07	Naval Setubalense	1:21.60	1:19.42	484	36.94	42.48
13.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	1:21.27	1:19.50	482	36.96	42.54
14.	Leonor Carreiro Rodrigues	07	Benfica	1:19.05	1:19.76	477	37.96	41.80
15.	Beatriz Silva Gomes	08	Geslours	1:20.52	1:20.07	472	38.07	42.00
16.	Maria Duarte Carvalho	10	Benfica	1:24.69	1:20.44	465	38.39	42.05
17.	Claudia Beatriz Martins	03	Geslours	1:20.55	1:20.66	462	38.07	42.59
18.	Leonor Serrao Nascimento	08	Algés	1:17.29	1:20.90	458	37.54	43.36
19.	Rita Canas Brito	10	Naval Setubalense	1:24.13	1:21.22	452	39.12	42.10
20.	Rita Mota Silva	10	Palmela Desporto	1:24.70	1:21.59	446	38.71	42.88
21.	Daniela Pina Rodrigues	09	Geslours	1:21.49	1:21.95	440	37.90	44.05
22.	Sara Cabaco Brasil	09	Física Torres Vedras	1:23.35	1:22.25	435	38.82	43.43
23.	Ines Maria Verissimo	09	Algés	1:25.89	1:22.89	425	39.20	43.69
24.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	1:21.29	1:23.19	421	38.58	44.61
25.	Ines Santos Barbosa <i>Fora Tempo Acesso</i>	07	Salesianos	1:25.19	1:24.21	406	40.42	43.79
26.	Raquel Heleno Nogueira	08	Colegio Int Monte Maior	1:25.71	1:24.22	405	39.80	44.42
27.	Matilde Anjos Frischknecht <i>Fora Tempo Acesso</i>	07	Naval Setubalense	1:23.05	1:24.35	404	39.48	44.87
28.	Sofia Carlos Arede	09	Sporting	1:22.63	1:24.91	396	38.73	46.18
29.	Jessica Bernardino Lopes	10	Física Torres Vedras	1:26.12	1:24.93	395	40.00	44.93
30.	Mafalda Carmona Rodrigues	09	Algés	1:31.94	1:25.35	390	39.67	45.68
31.	Marta Matos Laranjeira <i>Fora Tempo Acesso</i>	08	Vikings	1:20.45	1:25.58	386	39.24	46.34
32.	Marta Pereira Domingos <i>Fora Tempo Acesso</i>	04	Uniao Piedense	1:22.88	1:26.32	377	40.67	45.65
33.	Teresa Bonita Oliveira <i>Fora Tempo Acesso</i>	08	Naval Setubalense	1:22.82	1:26.55	374	40.46	46.09
34.	Beatriz Costa Diniz	10	Sporting	1:24.65	1:26.56	373	40.30	46.26
35.	Diana Valadas Horta <i>Fora Tempo Acesso</i>	04	Uniao Piedense	1:23.00	1:27.05	367	41.22	45.83
36.	Beatriz Santos Goncalves <i>Fora Tempo Acesso</i>	09	Nacional de Nataçao	1:25.23	1:27.06	367	41.33	45.73
37.	Bruna Sofia Simoes	10	Sporting	1:28.56	1:27.35	363	40.59	46.76
38.	Ines Maria Lanca <i>Fora Tempo Acesso</i>	09	Uniao Piedense	1:29.24	1:28.58	348	41.50	47.08
39.	Vitoria Maria Brandao <i>Fora Tempo Acesso</i>	07	Salesianos	1:33.79	1:29.24	341	41.79	47.45
40.	Ines Trindade Dionisio <i>Fora Tempo Acesso</i>	07	Nacional de Nataçao	1:27.13	1:29.44	338	41.93	47.51
41.	Beatriz Paiva Branco <i>Fora Tempo Acesso</i>	10	Laranjeiro	1:29.26	1:31.46	316	43.14	48.32
42.	Luana Raquel Monteiro <i>Fora Tempo Acesso</i>	10	Palmela Desporto	1:32.28	1:31.64	315	43.29	48.35
43.	Maria Estela Coimbra <i>Fora Tempo Acesso</i>	01	Nacional de Nataçao	1:36.00	1:34.01	291	43.65	50.36
44.	Maria Duarte Marcalo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:32.39	1:34.26	289	44.57	49.69

Prova 13, Femin., 100m Bruços, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
45.	Francisca Maria Esteves <i>Fora Tempo Acesso</i>	10	Colégio Vasco da Gama	1:34.40	1:34.38	288	43.91	50.47
46.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	1:39.98	1:34.84	284	45.10	49.74
47.	Matilde Aleixo Duarte <i>Fora Tempo Acesso</i>	05	Naval Setubalense	1:35.42	1:36.81	267	44.85	51.96
48.	Isabella Caterina Meijas <i>Fora Tempo Acesso</i>	10	Vikings	1:39.90	1:40.80	236	45.53	55.27
DSQ	Mariana Chaves Simoes <i>B34 - Efetuou múltiplas pernadas de golfinho após a viragem aos 50 metros (ii.7.1)</i>	10	Nacional de Natação	1:48.81				
EXH	Claudia Ferreira Borges	99	Olhão	1:09.52	1:12.06	648	34.22	37.84
EXH	Mariana Teixeira Jesus	06	Estarreja/PROZINCO	1:11.21	1:12.80	628	34.23	38.57

Prova 14

Masc., 200m Costas

Absolutos

18.11.2023 - 10:31

Resultados

Rec Regional Abs	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Regional Sen	1:54.78	Pedro Diogo Oliveira	ESJB	Porto	2015
Rec Regional Jun 2	1:58.58	Alexis Manacas Santos	SCP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	2:00.88	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Regional Juv B	2:04.99	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	1:52.66	Gabriel Jose Lopes	POR	Hangzhou (CHN)	2018
Rec Nacional Sen	1:52.66	Gabriel Jose Lopes	POR	Hangzhou (FRA)	2018
Rec Nacional Jun 2	1:58.37	Adriano Miguel Niz	CFV	Figueira da Foz	2004
Rec Nacional Jun 1	1:59.34	Adriano Miguel Niz	CFV	Alges	2003
Rec Nacional Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés	2011
Rec Nacional Juv B	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia	2013

TAC Juv B: 2:30.79; Juv A: 2:26.40; Jun 1: 2:23.53; Jun 2: 2:22.11; Sen 1: 2:20.84; Sen +: 2:19.43

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Paulo Junio Fernandes	09	SAD	2:26.96	2:18.41	444	31.23	35.31	36.61	35.26
2.	Rui Melo Pereira	09	SLB	2:33.32	2:25.74	380	34.75	37.57	37.30	36.12
3.	Daniel Alexandre Lourenco	09	SCP	2:31.57	2:26.71	373	33.80	37.11	37.91	37.89
4.	Afonso Carvalho Fonseca	09	GESL	2:35.38	2:27.77	365	34.47	37.84	37.88	37.58
5.	Pedro Guedes Caldas	09	SLB	2:32.10	2:28.12	362	34.43	37.09	38.79	37.81
6.	Angelo Carvalho Interlandi	09	SAD	2:42.24	2:29.50	352	33.32	38.39	40.04	37.75
7.	Tiago Trindade Manuel	09	PDEM	2:31.50	2:29.70	351	34.68	37.48	38.40	39.14
8.	Xavier Rosa Madeira	09	CIRL	2:28.95	2:30.52	345	35.66	37.98	39.09	37.79
9.	David Emanuel Tome <i>Fora Tempo Acesso</i>	09	GESL	2:32.95	2:30.82	343	35.96	38.29	37.57	39.00
10.	Joao Pedro Lopes <i>Fora Tempo Acesso</i>	09	SFUAP	2:52.88	2:44.80	263	37.78	42.11	43.12	41.79

Prova 14, Masc., 200m Costas

Juvenis A

1. Pedro Saad Oliveira	08	SCP	2:17.17	2:14.70	482	30.26	33.63	35.68	35.13
2. Francisco Soares Brito	08	AHBE	2:21.34	2:19.66	432	33.71	35.25	35.85	34.85
3. Afonso Gago Garcia	08	SLB	2:18.95	2:19.73	432	32.27	35.18	35.94	36.34
4. Pedro Caiada Rodrigues	08	SLB	2:20.25	2:20.14	428	31.66	33.71	37.14	37.63
5. Miguel Morgado Nogueira	08	GESL	2:24.82	2:28.29	361	34.80	37.57	37.55	38.37
<i>Fora Tempo Acesso</i>									
6. Pedro Henrique Santos	08	CPCD	2:24.46	2:28.89	357	33.03	37.89	39.11	38.86
<i>Fora Tempo Acesso</i>									
7. Rodrigo Capitao Chora	08	CNS	2:37.90	2:36.65	306	36.31	39.18	40.28	40.88
<i>Fora Tempo Acesso</i>									

Juniiores

1. Tomas Maia Januario	06	SLB	2:00.55	2:02.64	638	28.93	31.08	31.30	31.33
2. Afonso Bjork Freitas	07	CNN	2:07.86	2:08.51	555	30.21	32.33	33.16	32.81
3. Leonardo Conceicao Reis	07	SCP	2:13.52	2:12.17	510	30.61	33.86	34.33	33.37
4. Andre Correia Alves	06	SLB	2:13.57	2:13.68	493	32.41	33.46	33.74	34.07
5. Lourenco Lopes Silva	07	SFUAP	2:15.07	2:14.94	479	30.70	33.92	34.81	35.51
6. Ricardo Freitas Neto	06	SCP	2:16.99	2:15.35	475	31.60	33.52	34.97	35.26
7. Antonio Ricardo Alves	07	CFB	2:18.41	2:15.89	469	32.42	33.64	34.99	34.84
8. Gabriel Martins Tusan	07	SCP	2:19.87	2:16.96	458	31.51	34.52	35.75	35.18
9. Tomas Santos Braga	07	CNCVG	2:21.42	2:20.23	427	31.77	35.60	36.29	36.57
10. Antonio Rego Arsenio	07	SAD	2:21.13	2:20.69	423	31.98	34.81	36.92	36.98

Seniores

1. Diogo Santos Costa	02	SLB	2:01.13	2:07.74	565	28.79	32.22	33.30	33.43
2. Tiago Miguel Dias	03	FS	2:20.00	2:10.14	534	29.28	31.87	33.96	35.03
3. Henrique Gomes Silva	02	SLB	2:07.30	2:12.84	502	30.88	32.82	34.42	34.72

Absolutos

1. Tomas Maia Januario	06	SLB	2:00.55	2:02.64	638	28.93	31.08	31.30	31.33
<i>Campeão Regional</i>									
2. Diogo Santos Costa	02	SLB	2:01.13	2:07.74	565	28.79	32.22	33.30	33.43
3. Afonso Bjork Freitas	07	CNN	2:07.86	2:08.51	555	30.21	32.33	33.16	32.81
4. Tiago Miguel Dias	03	FS	2:20.00	2:10.14	534	29.28	31.87	33.96	35.03
5. Leonardo Conceicao Reis	07	SCP	2:13.52	2:12.17	510	30.61	33.86	34.33	33.37
6. Henrique Gomes Silva	02	SLB	2:07.30	2:12.84	502	30.88	32.82	34.42	34.72
7. Andre Correia Alves	06	SLB	2:13.57	2:13.68	493	32.41	33.46	33.74	34.07
8. Pedro Saad Oliveira	08	SCP	2:17.17	2:14.70	482	30.26	33.63	35.68	35.13
9. Lourenco Lopes Silva	07	SFUAP	2:15.07	2:14.94	479	30.70	33.92	34.81	35.51
10. Ricardo Freitas Neto	06	SCP	2:16.99	2:15.35	475	31.60	33.52	34.97	35.26
11. Antonio Ricardo Alves	07	CFB	2:18.41	2:15.89	469	32.42	33.64	34.99	34.84
12. Gabriel Martins Tusan	07	SCP	2:19.87	2:16.96	458	31.51	34.52	35.75	35.18
13. Paulo Junio Fernandes	09	SAD	2:26.96	2:18.41	444	31.23	35.31	36.61	35.26
14. Francisco Soares Brito	08	AHBE	2:21.34	2:19.66	432	33.71	35.25	35.85	34.85
15. Afonso Gago Garcia	08	SLB	2:18.95	2:19.73	432	32.27	35.18	35.94	36.34
16. Pedro Caiada Rodrigues	08	SLB	2:20.25	2:20.14	428	31.66	33.71	37.14	37.63
17. Tomas Santos Braga	07	CNCVG	2:21.42	2:20.23	427	31.77	35.60	36.29	36.57
18. Antonio Rego Arsenio	07	SAD	2:21.13	2:20.69	423	31.98	34.81	36.92	36.98
19. Rui Melo Pereira	09	SLB	2:33.32	2:25.74	380	34.75	37.57	37.30	36.12
20. Daniel Alexandre Lourenco	09	SCP	2:31.57	2:26.71	373	33.80	37.11	37.91	37.89
21. Afonso Carvalho Fonseca	09	GESL	2:35.38	2:27.77	365	34.47	37.84	37.88	37.58
22. Pedro Guedes Caldas	09	SLB	2:32.10	2:28.12	362	34.43	37.09	38.79	37.81
23. Miguel Morgado Nogueira	08	GESL	2:24.82	2:28.29	361	34.80	37.57	37.55	38.37
<i>Fora Tempo Acesso</i>									

Prova 14, Masc., 200m Costas, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
24.	Pedro Henrique Santos <i>Fora Tempo Acesso</i>	08	CPCD	2:24.46	2:28.89	357	33.03	37.89	39.11	38.86
25.	Angelo Carvalho Interlandi	09	SAD	2:42.24	2:29.50	352	33.32	38.39	40.04	37.75
26.	Tiago Trindade Manuel	09	PDEM	2:31.50	2:29.70	351	34.68	37.48	38.40	39.14
27.	Xavier Rosa Madeira	09	CIRL	2:28.95	2:30.52	345	35.66	37.98	39.09	37.79
28.	David Emanuel Tome <i>Fora Tempo Acesso</i>	09	GESL	2:32.95	2:30.82	343	35.96	38.29	37.57	39.00
29.	Rodrigo Capitao Chora <i>Fora Tempo Acesso</i>	08	CNS	2:37.90	2:36.65	306	36.31	39.18	40.28	40.88
30.	Joao Pedro Lopes <i>Fora Tempo Acesso</i>	09	SFUAP	2:52.88	2:44.80	263	37.78	42.11	43.12	41.79

Prova 15

Femin., 200m Costas

Absolutos

18.11.2023 - 10:45

Resultados

Rec Regional Abs	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Regional Sen	2:09.12	Rita Barros Frischknecht	SAD	Porto	2017
Rec Regional Jun 2	2:11.46	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Regional Jun 1	2:12.80	Petra Quintela Chaves	SAD	Algés	1994
Rec Regional Juv A	2:16.30	Petra Quintela Chaves	SAD		1993
Rec Regional Juv B	2:19.15	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs Open	2:07.58	Camila Rodrigues Rebelo	ALN	Leiria	2021
Rec Nacional Abs Juv B	2:17.86	Catia Raquel Martinheira	LDC	Sines	2008
Rec Nacional Sen	2:07.58	Camila Rodrigues Rebelo	ALN	Leiria	2021
Rec Nacional Jun 2	2:11.13	Camila Rodrigues Rebelo	ALN	Felgueiras	2019
Rec Nacional Jun 1	2:11.74	Camila Rodrigues Rebelo	ALN	Felgueiras	2018
Rec Nacional Juv A	2:14.11	Camila Rodrigues Rebelo	ALN	Condeixa	2018
Rec Nacional Juv B	2:17.86	Catia Raquel Martinheira	LDC	Sines	2008

TAC Juv B: 2:48.48; Juv A: 2:43.58; Jun 1: 2:40.37; Jun 2: 2:38.78; Sen 1: 2:37.37; Sen +: 2:35.79

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Carolina Escrevente Guerra	10	SAD	2:43.07	2:37.38	431	36.65	39.84	41.82	39.07
2.	Maria Rita Filipe	10	GESL	2:38.52	2:37.90	427	37.30	39.34	41.00	40.26
3.	Catarina Nobre Pardelha	10	ADRCIMM	2:45.19	2:41.02	403	38.63	40.83	40.88	40.68
4.	Mariana Varela Costa	10	SCP	2:46.29	2:43.51	384	38.70	41.60	42.28	40.93
5.	Beatriz Nunes Leao	10	CIRL	2:50.22	2:44.13	380	38.34	41.78	43.04	40.97
6.	Victoria Sales Proenca	10	SLB	2:48.05	2:45.49	371	39.27	42.03	42.49	41.70
7.	Madalena Pereira Arede <i>Fora Tempo Acesso</i>	10	SCP	2:57.88	2:50.94	336	38.18	43.97	44.98	43.81

Juvenis A

1.	Matilde Lopes Fialho	09	PDEM	2:32.47	2:30.19	496	34.57	38.12	38.94	38.56
2.	Carolina Marques Madeira	09	CNN	2:31.94	2:31.76	481	35.56	38.39	39.37	38.44
3.	Beatriz Silva Jordao	09	VKGS	2:36.76	2:39.27	416	38.42	40.24	40.41	40.20
4.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	CNS	2:45.58	2:45.73	369	38.63	41.28	42.67	43.15
5.	Lara Castanheira Carlos <i>Fora Tempo Acesso</i>	09	CIRL	2:46.00	2:48.54	351	38.33	42.51	44.68	43.02

Prova 15, Femin., 200m Costas

Juniores

1. Beatriz Alexandra Rolim <i>Campeã Regional</i>	08	SFUAP	2:22.82	2:28.80	510	33.93	37.84	38.55	38.48
2. Rita Machita Santos	07	CNS	2:31.78	2:30.76	491	35.35	38.40	39.00	38.01
3. Leticia Rodrigues Magalhaes	07	CNS	2:30.16	2:31.08	487	34.43	37.62	39.88	39.15
4. Barbara Maria Neves	08	SAD	2:31.25	2:31.68	482	34.63	37.83	39.64	39.58
5. Maria Leonor Rodrigues	07	FS	2:30.77	2:31.96	479	33.53	37.89	40.31	40.23
6. Lis Fatima Melo	08	GESL	2:34.70	2:32.36	475	35.95	38.54	39.24	38.63
7. Anastacia Tshesnovska	07	SCP	2:35.01	2:35.48	447	35.57	38.86	40.32	40.73
8. Rita Sacadura Almeida	07	SAD	2:43.00	2:35.60	446	35.75	39.17	40.53	40.15
9. Joana Pontes Prior <i>Fora Tempo Acesso</i>	08	CIRL	2:42.29	2:42.36	393	38.11	41.69		
10. Marta Oliveira Ferreira <i>Fora Tempo Acesso</i>	08	CNCVG	2:39.44	2:44.75	376	38.38	41.04	42.73	42.60

Seniores

1. Carolina Martins Camacho <i>Campeã Regional</i>	06	SLB	2:21.69	2:22.03	587	32.52	34.64	37.21	37.66
2. Luana Cardoso Magalhaes	06	SAD	2:20.34	2:23.93	564	33.13	36.52	37.05	37.23
3. Marta Joao Pires	05	SAD	2:18.57	2:24.39	558	33.43	36.22	37.36	37.38
4. Barbara Cunha Ventura	05	SLB	2:28.60	2:32.81	471	35.06	38.25	39.84	39.66
5. Ines Correia Teixeira	06	CNA	2:31.68	2:32.97	470	35.54	38.90	39.22	39.31
6. Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	GESL	2:34.82	2:38.53	422	36.26	39.31	41.23	41.73

Absolutos

1. Carolina Martins Camacho <i>Campeã Regional</i>	06	SLB	2:21.69	2:22.03	587	32.52	34.64	37.21	37.66
2. Luana Cardoso Magalhaes	06	SAD	2:20.34	2:23.93	564	33.13	36.52	37.05	37.23
3. Marta Joao Pires	05	SAD	2:18.57	2:24.39	558	33.43	36.22	37.36	37.38
4. Beatriz Alexandra Rolim	08	SFUAP	2:22.82	2:28.80	510	33.93	37.84	38.55	38.48
5. Matilde Lopes Fialho	09	PDEM	2:32.47	2:30.19	496	34.57	38.12	38.94	38.56
6. Rita Machita Santos	07	CNS	2:31.78	2:30.76	491	35.35	38.40	39.00	38.01
7. Leticia Rodrigues Magalhaes	07	CNS	2:30.16	2:31.08	487	34.43	37.62	39.88	39.15
8. Barbara Maria Neves	08	SAD	2:31.25	2:31.68	482	34.63	37.83	39.64	39.58
9. Carolina Marques Madeira	09	CNN	2:31.94	2:31.76	481	35.56	38.39	39.37	38.44
10. Maria Leonor Rodrigues	07	FS	2:30.77	2:31.96	479	33.53	37.89	40.31	40.23
11. Lis Fatima Melo	08	GESL	2:34.70	2:32.36	475	35.95	38.54	39.24	38.63
12. Barbara Cunha Ventura	05	SLB	2:28.60	2:32.81	471	35.06	38.25	39.84	39.66
13. Ines Correia Teixeira	06	CNA	2:31.68	2:32.97	470	35.54	38.90	39.22	39.31
14. Anastacia Tshesnovska	07	SCP	2:35.01	2:35.48	447	35.57	38.86	40.32	40.73
15. Rita Sacadura Almeida	07	SAD	2:43.00	2:35.60	446	35.75	39.17	40.53	40.15
16. Carolina Escrevente Guerra	10	SAD	2:43.07	2:37.38	431	36.65	39.84	41.82	39.07
17. Maria Rita Filipe	10	GESL	2:38.52	2:37.90	427	37.30	39.34	41.00	40.26
18. Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	GESL	2:34.82	2:38.53	422	36.26	39.31	41.23	41.73
19. Beatriz Silva Jordao	09	VKGS	2:36.76	2:39.27	416	38.42	40.24	40.41	40.20
20. Catarina Nobre Pardelha	10	ADRCIMM	2:45.19	2:41.02	403	38.63	40.83	40.88	40.68
21. Joana Pontes Prior <i>Fora Tempo Acesso</i>	08	CIRL	2:42.29	2:42.36	393	38.11	41.69		
22. Mariana Varela Costa	10	SCP	2:46.29	2:43.51	384	38.70	41.60	42.28	40.93
23. Beatriz Nunes Leao	10	CIRL	2:50.22	2:44.13	380	38.34	41.78	43.04	40.97
24. Marta Oliveira Ferreira <i>Fora Tempo Acesso</i>	08	CNCVG	2:39.44	2:44.75	376	38.38	41.04	42.73	42.60
25. Victoria Sales Proenca	10	SLB	2:48.05	2:45.49	371	39.27	42.03	42.49	41.70

Prova 15, Femin., 200m Costas, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
26.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	CNS	2:45.58	2:45.73	369	38.63	41.28	42.67	43.15
27.	Lara Castanheira Carlos <i>Fora Tempo Acesso</i>	09	CIRL	2:46.00	2:48.54	351	38.33	42.51	44.68	43.02
28.	Madalena Pereira Arede <i>Fora Tempo Acesso</i>	10	SCP	2:57.88	2:50.94	336	38.18	43.97	44.98	43.81

Prova 16

18.11.2023 - 11:31

Masc., 100m Mariposa

Absolutos

Resultados

Rec Regional Abs	51.70	Duarte Rafael Mourao	CNA	Leiria	2009
Rec Regional Open	51.27	Fernando Souza Silva	SFUAP	Doha (QAT)	2021
Rec Regional Sen	51.27	Fernando Souza Silva	SFUAP	Doha (QAT)	2021
Rec Regional Jun 2	52.87	Diogo Matos Ribeiro	SLB	Leiria	2021
Rec Regional Jun 1	53.97	Tiago Andre Venancio	CNS	Alapraia	2004
Rec Regional Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Juv B	57.70	Diogo Gomes Sousa	CNCVG	Alges	2010
Rec Nacional Abs	51.20	Fernando Souza Silva	CNF	Albufeira	2022
Rec Nacional Sen	51.20	Fernando Souza Silva	CNF	Albufeira	2022
Rec Nacional Jun 2	52.87	Diogo Matos Ribeiro	SLB	Leiria	2021
Rec Nacional Jun 1	53.97	Tiago Andre Venancio	CNS	Alapraia	2004
Rec Nacional Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Nacional Juv B	56.68	Diogo Matos Ribeiro	CUC	Lousã	2019

TAC Juv B: 1:07.09; Juv A: 1:05.13; Jun 1: 1:03.54; Jun 2: 1:02.91; Sen 1: 1:01.68; Sen +: 1:01.06

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Jesus Alberto Mejias	09	Vikings	58.89	59.33	522	27.53	31.80
2.	Miguel Bera Fonseca	09	Benfica	1:04.90	1:05.00	397	29.98	35.02
3.	Bernardo Afonso Guedelha	09	Benfica	1:07.47	1:05.25	392	29.64	35.61
4.	Pedro Miguel Silva	09	Naval Setubalense	1:09.63	1:06.03	378	30.55	35.48
5.	Xavier Jesus Valente	09	Colégio Vasco da Gama	1:10.04	1:06.30	374	29.64	36.66
6.	Afonso Cunha Amaral	09	Algés	1:12.63	1:06.38	372	30.57	35.81
7.	Tiago Trindade Manuel <i>Fora Tempo Acesso</i>	09	Palmela Desporto	1:08.53	1:07.56	353	32.13	35.43
8.	Andre Raposo Pinheiro <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	1:13.64	1:08.45	340	30.70	37.75
9.	Dinis Guerreiro Monteiro <i>Fora Tempo Acesso</i>	09	Belenenses	1:16.80	1:08.79	335	30.41	38.38
10.	Rodrigo Duarte Narigueta <i>Fora Tempo Acesso</i>	09	Palmela Desporto	1:11.77	1:09.82	320	31.90	37.92

Juvenis A

1.	Francisco Rodrigues Vilar	08	Sporting	1:04.23	1:03.66	422	29.37	34.29
2.	Bernardo Filipe Sousa	08	Algés	1:00.13	1:03.71	421	29.01	34.70
3.	Henrique Barros Domingos	08	Sporting	1:08.66	1:04.24	411	29.98	34.26
4.	Goncalo Jorge Lima	08	Sporting	1:04.67	1:04.69	402	29.93	34.76
5.	Mykhailo Kulyk <i>Fora Tempo Acesso</i>	08	Sporting	1:06.62	1:06.94	363	30.40	36.54
6.	Salvador Vaz Beja <i>Fora Tempo Acesso</i>	08	Belenenses	1:09.64	1:07.65	352	30.92	36.73

Prova 16, Masc., 100m Mariposa

Juniores

1.	Kaio Araujo Faftine	06	Sporting	56.14	57.50	573	26.74	30.76
2.	Andre Miguel Ramos	07	Fisica Torres Vedras	58.01	57.68	568	26.78	30.90
3.	Guilherme Fernandes Baptista	06	Benfica	58.49	58.70	539	27.25	31.45
4.	Andre Deniz Pinto	06	Sporting	1:04.00	59.03	530	27.21	31.82
5.	Rafael Pacheco Godinho	07	Sporting	59.02	59.85	508	28.18	31.67
6.	Michele Francesco Barberi	07	Sporting	59.25	1:00.04	503	28.17	31.87
7.	Tomas Nunes Roque	06	Benfica	59.26	1:00.14	501	28.06	32.08
8.	Leonardo Conceicao Reis	07	Sporting	59.18	1:00.20	499	28.53	31.67
9.	Caio Salgado Medeiros	07	Algés	58.82	1:00.28	497	28.11	32.17
10.	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	59.37	1:00.96	481	28.44	32.52
11.	Luis Pedro Figueiredo	06	Geslours	1:01.78	1:01.17	476	28.51	32.66
12.	Joao Almeida Gomes	06	Nacional de Nataçao	1:01.42	1:01.20	475	28.50	32.70
13.	Andre Cunha Ribeiro	06	Algés	1:03.14	1:01.49	469	27.76	33.73
14.	Manuel Costa Simoes	06	Uniao Piedense	1:00.77	1:02.08	455	28.76	33.32
15.	Vicente Dias Maia	07	Algés	1:03.05	1:02.84	439	28.60	34.24
16.	Rodrigo Piteira Maio	06	Belenenses	1:01.41	1:03.07	434	29.74	33.33
	<i>Fora Tempo Acesso</i>							

Seniores

1.	Pedro Andre Santos	94	Algés	53.22	54.83	661	25.68	29.15
2.	Bernardo Jorge Simoes	04	Belenenses	55.06	55.93	623	26.22	29.71
3.	Henrique Gomes Silva	02	Benfica	53.16	56.17	615	26.51	29.66
4.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	55.68	56.32	610	26.07	30.25
5.	Gustavo Carvalhais Ribeiro	03	Algés	1:05.00	56.46	606	26.35	30.11
6.	Andre Tavares Grenho	99	Geslours	56.46	57.67	568	26.81	30.86
7.	Luca Gabor Orlando	01	Nacional de Nataçao	1:05.00	57.84	563	26.71	31.13
8.	David Matias Cristino	01	Uniao Piedense	57.56	57.86	563	27.02	30.84
9.	Duarte Rafael Mourao	84	Vikings	1:05.00	58.04	557	26.69	31.35
10.	Andre Henriques Marques	05	Benfica	57.40	58.13	555	27.06	31.07
11.	Goncalo Duarte Santos	00	Vikings	58.29	58.83	535	27.51	31.32
12.	Miguel Costa Simoes	04	Uniao Piedense	57.07	58.87	534	26.99	31.88
13.	Tiago Maria Camoes	01	Uniao Piedense	1:00.53	59.01	530	27.22	31.79
14.	Diogo Miguel Monteiro	04	Sporting	1:00.44	59.26	524	27.57	31.69
15.	Gabriel Carvalho Ferrao	05	Benfica	55.92	59.53	517	27.11	32.42
16.	Carlos Daniel Nunes	05	Benfica	59.11	59.55	516	27.64	31.91
17.	Rafael Rodrigues Jacinto	02	Belenenses	1:05.00	1:00.23	499	27.81	32.42
18.	Renato Barros Frischknecht	01	Sporting	1:05.00	1:00.75	486	27.16	33.59
19.	Tiago Barroso Proenca	04	Sporting	1:00.16	1:00.95	481	28.60	32.35
20.	Diogo Carrasco Correia	95	Belenenses	1:05.00	1:01.08	478	27.76	33.32
	<i>Fora Tempo Acesso</i>							
21.	Alfredo Cabrita Soudo	05	Colégio Vasco da Gama	1:00.97	1:01.30	473	28.62	32.68
22.	Rodrigo Costa Teixeira	99	Laranjeiro	1:00.46	1:01.68	464	28.32	33.36
	<i>Fora Tempo Acesso</i>							
23.	Tiago Correia Neves	97	Belenenses	58.54	1:01.85	461	29.27	32.58
	<i>Fora Tempo Acesso</i>							
24.	Afonso Mateus Ribeiro	95	Belenenses	1:05.00	1:03.58	424	29.13	34.45
	<i>Fora Tempo Acesso</i>							
25.	Goncalo Pereira Gracioso	05	AONDA - Azeitão	1:00.71	1:03.65	423	29.67	33.98
	<i>Fora Tempo Acesso</i>							
26.	Miguel Duarte Cruz	99	Belenenses	1:03.09	1:05.22	393	30.31	34.91
	<i>Fora Tempo Acesso</i>							
27.	Rodrigo Miguel Marques	05	Nacional de Nataçao	1:04.64	1:11.10	303	30.77	40.33
	<i>Fora Tempo Acesso</i>							

Prova 16, Masc., 100m Mariposa

Absolutos

1.	Pedro Andre Santos	94	Algés	53.22	54.83	661	25.68	29.15
	<i>Campeão Regional</i>							
2.	Bernardo Jorge Simoes	04	Belenenses	55.06	55.93	623	26.22	29.71
3.	Henrique Gomes Silva	02	Benfica	53.16	56.17	615	26.51	29.66
4.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	55.68	56.32	610	26.07	30.25
5.	Gustavo Carvalhais Ribeiro	03	Algés	1:05.00	56.46	606	26.35	30.11
6.	Kaio Araujo Faftine	06	Sporting	56.14	57.50	573	26.74	30.76
7.	Andre Tavares Grenho	99	Geslourses	56.46	57.67	568	26.81	30.86
8.	Andre Miguel Ramos	07	Fisica Torres Vedras	58.01	57.68	568	26.78	30.90
9.	Luca Gabor Orlando	01	Nacional de Nataçao	1:05.00	57.84	563	26.71	31.13
10.	David Matias Cristino	01	Uniao Piedense	57.56	57.86	563	27.02	30.84
11.	Duarte Rafael Mourao	84	Vikings	1:05.00	58.04	557	26.69	31.35
12.	Andre Henriques Marques	05	Benfica	57.40	58.13	555	27.06	31.07
13.	Guilherme Fernandes Baptista	06	Benfica	58.49	58.70	539	27.25	31.45
14.	Goncalo Duarte Santos	00	Vikings	58.29	58.83	535	27.51	31.32
15.	Miguel Costa Simoes	04	Uniao Piedense	57.07	58.87	534	26.99	31.88
16.	Tiago Maria Camoes	01	Uniao Piedense	1:00.53	59.01	530	27.22	31.79
17.	Andre Deniz Pinto	06	Sporting	1:04.00	59.03	530	27.21	31.82
18.	Diogo Miguel Monteiro	04	Sporting	1:00.44	59.26	524	27.57	31.69
19.	Jesus Alberto Mejias	09	Vikings	58.89	59.33	522	27.53	31.80
20.	Gabriel Carvalho Ferrao	05	Benfica	55.92	59.53	517	27.11	32.42
21.	Carlos Daniel Nunes	05	Benfica	59.11	59.55	516	27.64	31.91
22.	Rafael Pacheco Godinho	07	Sporting	59.02	59.85	508	28.18	31.67
23.	Michele Francesco Barberi	07	Sporting	59.25	1:00.04	503	28.17	31.87
24.	Tomas Nunes Roque	06	Benfica	59.26	1:00.14	501	28.06	32.08
25.	Leonardo Conceicao Reis	07	Sporting	59.18	1:00.20	499	28.53	31.67
26.	Rafael Rodrigues Jacinto	02	Belenenses	1:05.00	1:00.23	499	27.81	32.42
27.	Caio Salgado Medeiros	07	Algés	58.82	1:00.28	497	28.11	32.17
28.	Renato Barros Frischknecht	01	Sporting	1:05.00	1:00.75	486	27.16	33.59
29.	Tiago Barroso Proenca	04	Sporting	1:00.16	1:00.95	481	28.60	32.35
30.	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	59.37	1:00.96	481	28.44	32.52
31.	Diogo Carrasco Correia	95	Belenenses	1:05.00	1:01.08	478	27.76	33.32
	<i>Fora Tempo Acesso</i>							
32.	Luis Pedro Figueiredo	06	Geslourses	1:01.78	1:01.17	476	28.51	32.66
33.	Joao Almeida Gomes	06	Nacional de Nataçao	1:01.42	1:01.20	475	28.50	32.70
34.	Alfredo Cabrita Soudo	05	Colégio Vasco da Gama	1:00.97	1:01.30	473	28.62	32.68
35.	Andre Cunha Ribeiro	06	Algés	1:03.14	1:01.49	469	27.76	33.73
36.	Rodrigo Costa Teixeira	99	Laranjeiro	1:00.46	1:01.68	464	28.32	33.36
	<i>Fora Tempo Acesso</i>							
37.	Tiago Correia Neves	97	Belenenses	58.54	1:01.85	461	29.27	32.58
	<i>Fora Tempo Acesso</i>							
38.	Manuel Costa Simoes	06	Uniao Piedense	1:00.77	1:02.08	455	28.76	33.32
39.	Vicente Dias Maia	07	Algés	1:03.05	1:02.84	439	28.60	34.24
40.	Rodrigo Piteira Maio	06	Belenenses	1:01.41	1:03.07	434	29.74	33.33
	<i>Fora Tempo Acesso</i>							
41.	Afonso Mateus Ribeiro	95	Belenenses	1:05.00	1:03.58	424	29.13	34.45
	<i>Fora Tempo Acesso</i>							
42.	Goncalo Pereira Gracioso	05	AONDA - Azeitão	1:00.71	1:03.65	423	29.67	33.98
	<i>Fora Tempo Acesso</i>							
43.	Francisco Rodrigues Vilar	08	Sporting	1:04.23	1:03.66	422	29.37	34.29
44.	Bernardo Filipe Sousa	08	Algés	1:00.13	1:03.71	421	29.01	34.70
45.	Henrique Barros Domingos	08	Sporting	1:08.66	1:04.24	411	29.98	34.26
46.	Goncalo Jorge Lima	08	Sporting	1:04.67	1:04.69	402	29.93	34.76
47.	Miguel Bera Fonseca	09	Benfica	1:04.90	1:05.00	397	29.98	35.02
48.	Miguel Duarte Cruz	99	Belenenses	1:03.09	1:05.22	393	30.31	34.91
	<i>Fora Tempo Acesso</i>							
49.	Bernardo Afonso Guedelha	09	Benfica	1:07.47	1:05.25	392	29.64	35.61

Prova 16, Masc., 100m Mariposa, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
50.	Pedro Miguel Silva	09	Naval Setubalense	1:09.63	1:06.03	378	30.55	35.48
51.	Xavier Jesus Valente	09	Colégio Vasco da Gama	1:10.04	1:06.30	374	29.64	36.66
52.	Afonso Cunha Amaral	09	Algés	1:12.63	1:06.38	372	30.57	35.81
53.	Mykhailo Kulyk	08	Sporting	1:06.62	1:06.94	363	30.40	36.54
	<i>Fora Tempo Acesso</i>							
54.	Tiago Trindade Manuel	09	Palmela Desporto	1:08.53	1:07.56	353	32.13	35.43
	<i>Fora Tempo Acesso</i>							
55.	Salvador Vaz Beja	08	Belenenses	1:09.64	1:07.65	352	30.92	36.73
	<i>Fora Tempo Acesso</i>							
56.	Andre Raposo Pinheiro	09	AONDA - Azeitão	1:13.64	1:08.45	340	30.70	37.75
	<i>Fora Tempo Acesso</i>							
57.	Dinis Guerreiro Monteiro	09	Belenenses	1:16.80	1:08.79	335	30.41	38.38
	<i>Fora Tempo Acesso</i>							
58.	Rodrigo Duarte Narigueta	09	Palmela Desporto	1:11.77	1:09.82	320	31.90	37.92
	<i>Fora Tempo Acesso</i>							
59.	Rodrigo Miguel Marques	05	Nacional de Natação	1:04.64	1:11.10	303	30.77	40.33
	<i>Fora Tempo Acesso</i>							
EXH	Joao Esteves Padrela	99	Naval do Funchal	55.04	56.67	599	26.33	30.34
EXH	Daniel Batista Tavares	06	Braga	56.55	56.70	598	26.04	30.66
EXH	Alexandre Morari	07	Rio Maior	1:00.52	59.25	524	27.15	32.10

Prova 17

Femin., 100m Mariposa

Absolutos

18.11.2023 - 11:47

Resultados

Rec Regional Abs	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Sen	59.45	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Jun 2	1:02.03	Filipa Vilas Tiago	SCP	Porto	2010
Rec Regional Jun 1	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	1:03.09	Filipa Vilas Tiago	SCP	Sines	2008
Rec Regional Juv B	1:04.30	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs Open	58.01	Mariana Pacheco Cunha	CNCE	Felgueiras	2023
Rec Nacional Abs Juv B	1:02.36	Mariana Pacheco Cunha	CFP	Felgueiras	2018
Rec Nacional Sen	58.01	Mariana Pacheco Cunha	CNCE	Felgueiras	2023
Rec Nacional Jun 2	59.36	Mariana Pacheco Cunha	CNCE	Felgueiras	2021
Rec Nacional Jun 1	1:00.66	Carolina Miranda Fernandes	CGA	Gafanha de Nazaré	2021
Rec Nacional Juv A	1:00.43	Carolina Miranda Fernandes	CGA	Mealhada	2019
Rec Nacional Juv B	1:02.36	Mariana Pacheco Cunha	CFP	Felgueiras	2018

TAC Juv B: 1:17.02; Juv A: 1:14.77; Jun 1: 1:12.95; Jun 2: 1:12.23; Sen 1: 1:10.81; Sen +: 1:10.10

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Alicia Del Rio Bernat	10	Algés	1:13.80	1:09.72	480	32.75	36.97
2.	Gabriela Parreira	10	Sporting	1:11.50	1:12.07	434	33.87	38.20
3.	Maria Madalena Fernandes	10	Algés	1:14.96	1:13.62	407	33.95	39.67
4.	Ana Nabais Mendes	10	Laranjeiro	1:18.20	1:14.26	397	34.41	39.85
5.	Giovanna Cunha Ferreira	10	Sporting	1:25.00	1:14.76	389	33.33	41.43
6.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	1:17.64	1:16.58	362	34.79	41.79
7.	Luisa Anjos Frischknecht	10	Naval Setubalense	1:15.86	1:20.83	308	38.82	42.01
	<i>Fora Tempo Acesso</i>							
8.	Estela Couto Ribeiro	10	Sporting	1:18.26	1:20.87	307	38.01	42.86
	<i>Fora Tempo Acesso</i>							

Prova 17, Femin., 100m Mariposa, Juvenis B

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
9.	Beatriz Costa Diniz <i>Fora Tempo Acesso</i>	10	Sporting	1:21.99	1:21.08	305	36.44	44.64
10.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	1:47.53	1:28.38	235	37.75	50.63

Juvenis A

1.	Joana Sofia Fernandes	09	Nacional de Natação	1:07.31	1:09.35	487	31.94	37.41
2.	Raquel Sofia Bras	09	Belenenses	1:11.45	1:10.68	460	33.04	37.64
3.	Rita Sequeira Barros	09	Algés	1:13.36	1:12.14	433	33.32	38.82
4.	Maria Leonor Calcada	09	Sporting	1:15.38	1:12.41	428	33.04	39.37
5.	Joana Melo Gaspar	09	Nacional de Natação	1:14.10	1:13.38	411	33.78	39.60
6.	Rita Antunes Ratinho	09	Naval Setubalense	1:13.79	1:14.52	393	34.50	40.02
7.	Margarida Faria Miranda	09	Palmela Desporto	1:10.54	1:14.53	392	34.07	40.46

Juniiores

1.	Constanca Santos Ferreira <i>Campeã Regional</i>	08	Algés	1:04.87	1:06.80	545	31.19	35.61
2.	Luisa Ponte Jorge	07	Uniao Piedense	1:07.21	1:07.93	518	31.86	36.07
3.	Catarina Maria Lopes	08	Benfica	1:06.96	1:08.97	495	32.36	36.61
4.	Margarida Santos Botelho	07	Naval Setubalense	1:07.39	1:09.92	475	32.52	37.40
5.	Maria Carlotta Ferrari	07	Benfica	1:14.00	1:10.24	469	31.73	38.51
6.	Catarina Alexandra Alves <i>Fora Tempo Acesso</i>	07	Geslours	1:10.73	1:12.35	429	33.17	39.18
7.	Teresa Bonita Oliveira <i>Fora Tempo Acesso</i>	08	Naval Setubalense	1:11.08	1:14.82	388	34.57	40.25
8.	Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:13.99	1:15.52	377	34.23	41.29
9.	Mafalda Sousa Mira <i>Fora Tempo Acesso</i>	07	Nacional de Natação	1:24.46	1:20.05	317	35.94	44.11

Seniores

1.	Leticia Maia Andre <i>Campeã Regional</i>	02	Benfica	1:02.32	1:04.26	613	30.10	34.16
2.	Rita Barros Frischknecht	98	Sporting	1:08.00	1:04.34	610	29.63	34.71
3.	Leonor Tavares Catalao	06	Sporting	1:02.42	1:04.81	597	30.39	34.42
4.	Francisca Santos Ferreira	06	Algés	1:02.37	1:05.17	587	30.97	34.20
5.	Maria Jardim Fidalgo	04	Belenenses	1:03.91	1:05.62	575	30.62	35.00
6.	Maria Madalena Bento	05	Algés	1:03.90	1:05.83	570	30.70	35.13
7.	Madalena Rodrigues Tome	03	Belenenses	1:04.51	1:06.12	562	30.50	35.62
8.	Matilde Nunes Lopes	06	Benfica	1:05.68	1:06.55	551	32.07	34.48
9.	Madalena Correa Sa	06	Benfica	1:06.73	1:07.38	531	31.80	35.58
10.	Maria Leonor Coelho	06	Benfica	1:06.58	1:07.52	528	30.93	36.59
11.	Mariana Conceicao Duarte	03	Salesianos	1:08.00	1:09.14	492	31.09	38.05
12.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.60	1:09.42	486	32.08	37.34
13.	Filipa Inacio Cazeiro <i>Fora Tempo Acesso</i>	02	Laranjeiro	1:07.38	1:10.73	459	32.62	38.11
DSQ	Susana Pereira Veiga	00	Colégio Vasco da Gama	1:08.00				

M13 - Efetuou batimento alternado de pernas/pés durante o percurso (ii.8.3)

Prova 17, Femin., 100m Mariposa

Absolutos

1.	Leticia Maia Andre <i>Campeã Regional</i>	02	Benfica	1:02.32	1:04.26	613	30.10	34.16
2.	Rita Barros Frischknecht	98	Sporting	1:08.00	1:04.34	610	29.63	34.71
3.	Leonor Tavares Catalao	06	Sporting	1:02.42	1:04.81	597	30.39	34.42
4.	Francisca Santos Ferreira	06	Algés	1:02.37	1:05.17	587	30.97	34.20
5.	Maria Jardim Fidalgo	04	Belenenses	1:03.91	1:05.62	575	30.62	35.00
6.	Maria Madalena Bento	05	Algés	1:03.90	1:05.83	570	30.70	35.13
7.	Madalena Rodrigues Tome	03	Belenenses	1:04.51	1:06.12	562	30.50	35.62
8.	Matilde Nunes Lopes	06	Benfica	1:05.68	1:06.55	551	32.07	34.48
9.	Constanca Santos Ferreira	08	Algés	1:04.87	1:06.80	545	31.19	35.61
10.	Madalena Correa Sa	06	Benfica	1:06.73	1:07.38	531	31.80	35.58
11.	Maria Leonor Coelho	06	Benfica	1:06.58	1:07.52	528	30.93	36.59
12.	Luisa Ponte Jorge	07	Uniao Piedense	1:07.21	1:07.93	518	31.86	36.07
13.	Catarina Maria Lopes	08	Benfica	1:06.96	1:08.97	495	32.36	36.61
14.	Mariana Conceicao Duarte	03	Salesianos	1:08.00	1:09.14	492	31.09	38.05
15.	Joana Sofia Fernandes	09	Nacional de Natação	1:07.31	1:09.35	487	31.94	37.41
16.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.60	1:09.42	486	32.08	37.34
17.	Alicia Del Rio Bernat	10	Algés	1:13.80	1:09.72	480	32.75	36.97
18.	Margarida Santos Botelho	07	Naval Setubalense	1:07.39	1:09.92	475	32.52	37.40
19.	Maria Carlotta Ferrari	07	Benfica	1:14.00	1:10.24	469	31.73	38.51
20.	Raquel Sofia Bras	09	Belenenses	1:11.45	1:10.68	460	33.04	37.64
21.	Filipa Inacio Cazeiro <i>Fora Tempo Acesso</i>	02	Laranjeiro	1:07.38	1:10.73	459	32.62	38.11
22.	Gabriela Parreira	10	Sporting	1:11.50	1:12.07	434	33.87	38.20
23.	Rita Sequeira Barros	09	Algés	1:13.36	1:12.14	433	33.32	38.82
24.	Catarina Alexandra Alves <i>Fora Tempo Acesso</i>	07	Geslours	1:10.73	1:12.35	429	33.17	39.18
25.	Maria Leonor Calcada	09	Sporting	1:15.38	1:12.41	428	33.04	39.37
26.	Joana Melo Gaspar	09	Nacional de Natação	1:14.10	1:13.38	411	33.78	39.60
27.	Maria Madalena Fernandes	10	Algés	1:14.96	1:13.62	407	33.95	39.67
28.	Ana Nabais Mendes	10	Laranjeiro	1:18.20	1:14.26	397	34.41	39.85
29.	Rita Antunes Ratinho	09	Naval Setubalense	1:13.79	1:14.52	393	34.50	40.02
30.	Margarida Faria Miranda	09	Palmela Desporto	1:10.54	1:14.53	392	34.07	40.46
31.	Giovanna Cunha Ferreira	10	Sporting	1:25.00	1:14.76	389	33.33	41.43
32.	Teresa Bonita Oliveira <i>Fora Tempo Acesso</i>	08	Naval Setubalense	1:11.08	1:14.82	388	34.57	40.25
33.	Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	Palmela Desporto	1:13.99	1:15.52	377	34.23	41.29
34.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	1:17.64	1:16.58	362	34.79	41.79
35.	Mafalda Sousa Mira <i>Fora Tempo Acesso</i>	07	Nacional de Natação	1:24.46	1:20.05	317	35.94	44.11
36.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	Naval Setubalense	1:15.86	1:20.83	308	38.82	42.01
37.	Estela Couto Ribeiro <i>Fora Tempo Acesso</i>	10	Sporting	1:18.26	1:20.87	307	38.01	42.86
38.	Beatriz Costa Diniz <i>Fora Tempo Acesso</i>	10	Sporting	1:21.99	1:21.08	305	36.44	44.64
39.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	1:47.53	1:28.38	235	37.75	50.63
DSQ	Susana Pereira Veiga <i>M13 - Efetuou batimento alternado de pernas/pés durante o percurso (ii.8.3)</i>	00	Colégio Vasco da Gama	1:08.00				

Prova 17, Femin., 100m Mariposa

EXH	Maria Silva Pereira	08	Ginasio Clube de Vila Real	1:05.75	1:07.19	536	31.22	35.97
EXH	Claudia Ferreira Borges	99	Olhão	1:08.00	1:08.43	507	31.47	36.96

Prova 18

Masc., 4 x 100m Estilos

Absolutos

18.11.2023 - 12:00

Resultados

Rec Nacional Abs	3:33.03	Sporting Clube de Portugal	SCP	Leiria	2022
Rec Nacional Sen	3:33.03	Sporting Clube de Portugal	SCP	Leiria	2022
Rec Nacional Jun	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	2019
Rec Nacional Juv A	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	2019
Rec Nacional Juv	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	2019
Rec Nacional Juv B	4:04.46	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Estarreja	2014

TAC Juv B: 4:58.98; Juv A: 4:50.27; Jun: 4:20.33; Sen: 4:17.72

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B					
1.		Palmela Desporto	4:35.94	4:32.99	388
		<i>Campeão Regional</i>			
	09	33.49 1:09.33	Rodrigo Duarte Narigueta	09 32.54	1:09.76
	09	33.11 1:11.72	Miguel Filipe Medronheira	09 29.06	1:02.18
2.		Belenenses	4:40.04	4:34.09	383
	09	36.07 1:15.48	Dinis Guerreiro Monteiro	09 31.32	1:07.79
	09	34.60 1:13.44	Tomas Augusto Reis	09 27.14	57.38
3.		Geslours	4:46.68	4:35.39	378
	09	33.10 1:08.79	David Emanuel Tome	09 29.73	1:06.90
	09	35.99 1:17.50	Joao Pedro Sousa	09 29.23	1:02.20
4.		Algés	4:45.00	4:37.35	370
	09	32.78 1:07.10	Afonso Cunha Amaral	09 30.62	1:07.10
	09	38.57 1:26.40	Paulo Junio Fernandes	09 26.45	56.75
5.		Naval Setubalense	4:30.77	4:41.41	354
	09	32.76 1:06.97	Pedro Miguel Silva	09 31.23	1:07.84
	09	20.05 1:18.02	Afonso Santos Carromeu	09 32.47	1:08.58
DSQ		Benfica	4:27.78		
		<i>EG1 - O 4º nadador iniciou o seu percurso antes do nadador que o precede ter terminado o seu (ii. 10. 12)</i>			
	09	33.40 1:08.35	Miguel Bera Fonseca	09 30.06	1:05.49
	09	34.19 1:13.98	Bernardo Afonso Guedelha	09	

Juvenis A

1.		Benfica	4:17.39	4:12.75	489
		<i>Campeão Regional</i>			
	08	30.77 1:03.18	Francisco Maria Santos	08 27.78	1:00.80
	08	33.98 1:13.86	Afonso Gago Garcia	08 26.86	54.91
2.		Colegio Int Monte Maior	4:45.00	4:24.47	427
	08	31.40 1:04.41	Martim Rodrigues Santos	08 29.13	1:05.26
	08	32.23 1:09.98	Tomas Afonso Corceiro	08 30.32	1:04.82

Prova 18, Masc., 4 x 100m Estilos

Juniores

1.	Benfica Jun <i>Campeão Regional</i>	Benfica	3:52.65	3:51.23	638	
	Tomas Maia Januario	06 27.79	57.26	David Miguel Morais	06 26.75	58.60
	Rafael Miguel Mimoso	07 29.45	1:02.92	Guilherme Fernandes Baptista	06 24.49	52.45
2.	Algés Jun	Algés	4:10.00	4:12.80	488	
	Antonio Rego Arsenio	07 31.52	1:06.04	Vicente Dias Maia	07 27.87	1:01.94
	Afonso Jose Fernandes	07 33.41	1:10.83	Caio Salgado Medeiros	07 25.66	53.99
3.	Geslourses Jun	Geslourses	4:20.95	4:14.51	479	
	Rafael Duarte Beato	06 32.13	1:06.03	Luis Pedro Figueiredo	06 27.59	1:00.77
	Diogo Miguel Martins	07 33.23	1:11.94	Rafael Filipe Lopes	06 26.61	55.77
4.	Belenenses Jun	Belenenses	4:12.57	4:15.34	474	
	Antonio Ricardo Alves	07 30.27	1:02.72	Rodrigo Piteira Maio	06 29.76	1:03.80
	Arthur Santos Silva	06 33.08	1:10.92	Rodrigo Onofre Matos	06 27.03	57.90
5.	União Piedense Jun	Uniao Piedense	4:30.00	4:15.80	471	
	Laurenco Lopes Silva	07 30.25	1:02.46	Manuel Costa Simoes	06 29.31	1:02.42
	Lucas Vilaca Casimiro	06 34.46	1:15.48	Pedro Crispim Jorge	06 26.03	55.44

Seniores

1.	Benfica Sen <i>Campeão Regional</i>	Benfica	3:56.08	3:48.85	659	
	Diogo Santos Costa	02 28.04	58.08	Henrique Gomes Silva	02 24.99	54.07
	Carlos Daniel Nunes	05 30.18	1:03.86	Miguel Henriques Marques	00 25.02	52.84
2.	Algés Sen	Algés	3:49.00	3:50.51	644	
	Pedro Andre Santos	94 28.06	57.49	Gustavo Carvalhais Ribeiro	03 25.34	55.07
	Joao Lourenco Rebelo	04 30.96	1:05.84	Nicolas Filip Montfort	05 24.97	52.11
3.	União Piedense Sen	Uniao Piedense	4:20.00	3:58.83	579	
	David Matias Cristino	01 29.24	59.72	Miguel Costa Simoes	04 26.67	57.59
	Guilherme Matias Cristino	03 30.53	1:07.55	Tiago Maria Camoes	01 25.65	53.97
4.	Vikings Sen	Vikings	4:00.00	4:05.90	531	
	Duarte Rafael Mourao	84 29.98	1:02.00	Goncalo Duarte Santos	00 27.35	59.87
	Jaime Marques Duarte	87 31.33	1:07.13	Miguel Alexandre Rodrigues	98 26.79	56.90
EXH	Nacional de Nataçao Abs	Nacional de Nataçao	4:08.17	4:08.46	515	
	Afonso Bjork Freitas	07 29.58	59.89	Joao Almeida Gomes	06 28.62	1:02.49
	Luca Gabor Orlando	01 31.62	1:08.21	David Alexandre Fernandes	06 27.05	57.87
EXH	Vasco da Gama Abs	Colégio Vasco da Gama	4:24.63	4:24.76	425	
	Tomas Santos Braga	07 30.78	1:04.34	Alfredo Cabrita Soudo	05 28.94	1:02.12
	Xavier Jesus Valente	09 35.26	1:15.90	Diogo Correia Neves	94 29.22	1:02.40

Prova 19
18.11.2023 - 12:16

Femin., 4 x 100m Estilos

Absolutos
Resultados

Rec Nacional Abs Open	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	2009
Rec Nacional Abs Juv	4:29.46	Sporting Clube de Portugal	SCP	Algés	2019
Rec Nacional Abs Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	2006
Rec Nacional Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	2009
Rec Nacional Jun	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	2018
Rec Nacional Juv A	4:29.46	Sporting Clube de Portugal	SCP	Algés	2019
Rec Nacional Juv	4:29.46	Sporting Clube de Portugal	SCP	Algés	2019
Rec Nacional Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	2006

TAC Juv B: 5:29.82; Juv A: 5:20.22; Jun: 4:47.18; Sen: 4:44.31

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis A					
1.		Nacional de Nataçã	4:51.77	4:54.62	442
		<i>Campeã Regional</i>			

Carolina Marques Madeira	09	34.99	1:12.55	Joana Sofia Fernandes	09	32.56	1:10.61
Beatriz Santos Goncalves	09	39.58	1:25.57	Joana Melo Gaspar	09	31.24	1:05.89

Juniores

1.		Algés	4:31.27	4:32.46	559
		<i>Campeã Regional</i>			

Barbara Maria Neves	08	34.06	1:10.12	Constanca Santos Ferreira	08	30.76	1:06.38
Emma Aguiar Bergamo	07	34.81	1:14.56	Leonor Serrao Nascimento	08	29.27	1:01.40

2.		Benfica	4:38.27	4:34.61	546
		<i>Campeã Regional</i>			

Maria Carlotta Ferrari	07	33.48	1:09.44	Catarina Maria Lopes	08	32.20	1:08.91
Leonor Carreiro Rodrigues	07	36.23	1:17.94	Catarina Andrade Franco	07	27.76	58.32

3.		Geslours	4:51.14	4:47.22	477
		<i>Fora Tempo Acesso</i>			

Lis Fatima Melo	08	34.85	1:11.17	Catarina Alexandra Alves	07	33.60	1:13.29
Beatriz Silva Gomes	08	38.03	1:21.24	Beatriz Heitor Cachaco	07	29.07	1:01.52

Seniores

1.		Algés	4:25.00	4:21.15	635
		<i>Campeã Regional</i>			

Luana Cardoso Magalhaes	06	31.80	1:06.21	Francisca Santos Ferreira	06	30.54	1:04.74
Rebeca Leonor Antunes	06	33.57	1:11.48	Marta Joao Pires	05	28.01	58.72

2.		Benfica	4:42.73	4:23.59	617
		<i>Campeã Regional</i>			

Ema Jeronimo Conceicao	03	31.80	1:04.74	Raquel Gomes Pereira	00	29.34	1:03.77
Leticia Maia Andre	02	35.13	1:15.28	Maria Leonor Coelho	06	28.25	59.80

3.		Belenenses	4:25.70	4:32.40	559
		<i>Campeã Regional</i>			

Constanca Dias Baptista	01	32.93	1:10.36	Madalena Rodrigues Tome	03	30.98	1:06.27
Luana Correia Rodrigues	01	35.38	1:15.72	Maria Jardim Fidalgo	04	29.08	1:00.05

4.		Uniao Piedense	4:40.00	4:59.63	420
		<i>Fora Tempo Acesso</i>			

Diana Valadas Horta	04	37.23	1:16.86	Iris Pereira Carrao	05	30.72	1:08.72
Marta Pereira Domingos	04	40.87	1:28.89	Clara Sofia Herminio	06	30.46	1:05.16

Absolutos

DSQ Vasco da Gama Abs Colégio Vasco da Gama 5:07.08
E-M13 - Efetuou batimento alternado de pernas/pés durante o percurso de mariposa (ii.8.3)

Daniela Patricia Larginho	05	38.43	1:19.98	Susana Pereira Veiga	00		
Marta Oliveira Ferreira	08	38.38	1:22.31	Tatiana Alexandra Melnychuk	06		

Prova 19, Femin., 4 x 100m Estilos

EXH Salesianos Abs			Salesianos	4:52.53	4:45.58	485	
Maria Leonor Rodrigues	07	33.24	1:08.32	Mariana Conceicao Duarte	03	31.17	1:08.23
Ines Santos Barbosa	07	40.37	1:24.87	Sara Lagorsse Caldas	06	30.46	1:04.16

3 - 2ª Jornada - 2ª Sessão

18.11.2023 - 15:30

Prova 20
18.11.2023 - 15:30

Femin., 400m Livres

Absolutos
Resultados

Rec Regional Abs	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	4:04.61	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	4:13.87	Ana Reis Sousa	SAD	Alges	2019
Rec Regional Jun 1	4:19.15	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	4:18.39	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Abs Open	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Nacional Abs Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004
Rec Nacional Sen	4:04.61	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 2	4:10.52	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	4:13.53	Ana Reis Sousa	CNLA	Porto	2017
Rec Nacional Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	2004

TAC Juv B: 5:15.94; Juv A: 5:06.74; Jun 1: 5:00.72; Jun 2: 4:57.75; Sen 1: 4:55.09; Sen +: 4:52.14

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:15.42	4:54.86	499
	50m: 34.76 34.76	150m: 1:50.78 38.42	250m: 3:06.80 37.20	350m: 4:20.62 36.50		
	100m: 1:12.36 37.60	200m: 2:29.60 38.82	300m: 3:44.12 37.32	400m: 4:54.86 34.24		
2.	Victoria Sales Proenca	10	Benfica	5:13.62	4:54.94	498
	50m: 33.97 33.97	150m: 1:49.35 37.91	250m: 3:04.14 37.30	350m: 4:19.36 37.42		
	100m: 1:11.44 37.47	200m: 2:26.84 37.49	300m: 3:41.94 37.80	400m: 4:54.94 35.58		
3.	Ana Nabais Mendes	10	Laranjeiro	5:06.57	4:59.51	476
	50m: 34.15 34.15	150m: 1:48.59 37.82	250m: 3:05.08 38.29	350m: 4:22.39 38.95		
	100m: 1:10.77 36.62	200m: 2:26.79 38.20	300m: 3:43.44 38.36	400m: 4:59.51 37.12		
4.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	5:11.70	5:11.23	424
	50m: 33.08 33.08	150m: 1:50.74 39.81	250m: 3:11.32 40.53	350m: 4:32.45 40.24		
	100m: 1:10.93 37.85	200m: 2:30.79 40.05	300m: 3:52.21 40.89	400m: 5:11.23 38.78		
5.	Beatriz Paiva Branco	10	Laranjeiro	5:18.79	5:15.32	408
	50m: 34.79 34.79	150m: 1:53.43 40.37	250m: 3:14.83 40.92	350m: 4:36.90 40.73		
	100m: 1:13.06 38.27	200m: 2:33.91 40.48	300m: 3:56.17 41.34	400m: 5:15.32 38.42		
6.	Maria Duarte Carvalho	10	Benfica	5:24.95	5:15.94	405
	50m: 35.86 35.86	150m: 1:55.16 40.23	250m: 3:15.88 40.52	350m: 4:37.19 40.64		
	100m: 1:14.93 39.07	200m: 2:35.36 40.20	300m: 3:56.55 40.67	400m: 5:15.94 38.75		
7.	Maria Ines Fryxell	10	AONDA - Azeitão	5:26.00	5:17.81	398
	<i>Fora Tempo Acesso</i>					
	50m: 34.96 34.96	150m: 1:54.51 40.70	250m: 3:17.27 41.41	350m: 4:39.25 40.21		
	100m: 1:13.81 38.85	200m: 2:35.86 41.35	300m: 3:59.04 41.77	400m: 5:17.81 38.56		
8.	Luana Raquel Monteiro	10	Palmela Desporto	5:25.44	5:18.46	396
	<i>Fora Tempo Acesso</i>					
	50m: 35.52 35.52	150m: 1:55.25 40.59	250m: 3:17.18 41.14	350m: 4:39.31 40.65		
	100m: 1:14.66 39.14	200m: 2:36.04 40.79	300m: 3:58.66 41.48	400m: 5:18.46 39.15		

Prova 20, Femin., 400m Livres

Juvenis A

1.	Beatriz Silva Jordao	09	Vikings	4:46.40	4:48.13	535
	50m: 33.20 33.20	150m: 1:44.97 35.86	250m: 2:57.95 36.76	350m: 4:12.00 36.88		
	100m: 1:09.11 35.91	200m: 2:21.19 36.22	300m: 3:35.12 37.17	400m: 4:48.13 36.13		
2.	Carolina Marques Madeira	09	Nacional de Nataçao	4:47.46	4:48.43	533
	50m: 32.18 32.18	150m: 1:44.55 36.34	250m: 2:59.34 37.49	350m: 4:13.51 36.83		
	100m: 1:08.21 36.03	200m: 2:21.85 37.30	300m: 3:36.68 37.34	400m: 4:48.43 34.92		
3.	Ines Maria Lanca	09	Uniao Piedense	4:51.80	4:51.08	518
	50m: 33.32 33.32	150m: 1:46.38 37.11	250m: 3:00.23 36.87	350m: 4:14.34 37.04		
	100m: 1:09.27 35.95	200m: 2:23.36 36.98	300m: 3:37.30 37.07	400m: 4:51.08 36.74		
4.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	4:50.92	4:51.46	516
	50m: 33.55 33.55	150m: 1:47.15 37.16	250m: 3:01.30 37.17	350m: 4:16.13 37.64		
	100m: 1:09.99 36.44	200m: 2:24.13 36.98	300m: 3:38.49 37.19	400m: 4:51.46 35.33		
5.	Sofia Monteiro Uva	09	Algés	4:56.15	4:52.31	512
	50m: 32.14 32.14	150m: 1:45.03 36.77	250m: 2:59.37 37.05	350m: 4:14.72 37.70		
	100m: 1:08.26 36.12	200m: 2:22.32 37.29	300m: 3:37.02 37.65	400m: 4:52.31 37.59		
6.	Joana Melo Gaspar	09	Nacional de Nataçao	4:52.92	4:52.63	510
	50m: 33.34 33.34	150m: 1:47.82 37.72	250m: 3:03.03 37.45	350m: 4:17.52 36.97		
	100m: 1:10.10 36.76	200m: 2:25.58 37.76	300m: 3:40.55 37.52	400m: 4:52.63 35.11		
7.	Raquel Sofia Bras	09	Belenenses	5:26.00	4:53.12	508
	50m: 32.08 32.08	150m: 1:45.42 37.54	250m: 3:00.85 37.67	350m: 4:16.39 37.71		
	100m: 1:07.88 35.80	200m: 2:23.18 37.76	300m: 3:38.68 37.83	400m: 4:53.12 36.73		
8.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:08.15	4:54.17	502
	50m: 33.72 33.72	150m: 1:47.99 37.38	250m: 3:02.46 37.21	350m: 4:17.04 37.45		
	100m: 1:10.61 36.89	200m: 2:25.25 37.26	300m: 3:39.59 37.13	400m: 4:54.17 37.13		
9.	Alice Lucas Pedro	09	Algés	5:03.64	5:03.31	458
	50m: 33.85 33.85	150m: 1:48.27 37.72	250m: 3:05.28 38.89	350m: 4:24.61 39.73		
	100m: 1:10.55 36.70	200m: 2:26.39 38.12	300m: 3:44.88 39.60	400m: 5:03.31 38.70		
10.	Matilde Castro Teixeira	09	Sporting	5:25.52	5:06.65	443
	50m: 33.86 33.86	150m: 1:52.36 39.75	250m: 3:10.83 39.44	350m: 4:29.45 39.25		
	100m: 1:12.61 38.75	200m: 2:31.39 39.03	300m: 3:50.20 39.37	400m: 5:06.65 37.20		
11.	Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	Gesloures	4:57.19	5:11.37	424
	50m: 34.06 34.06	150m: 1:51.62 39.55	250m: 3:12.48 39.95	350m: 4:32.99 39.86		
	100m: 1:12.07 38.01	200m: 2:32.53 40.91	300m: 3:53.13 40.65	400m: 5:11.37 38.38		

Juniores

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	Benfica	4:31.14	4:23.34	700
	50m: 30.41 30.41	150m: 1:38.51 34.08	250m: 2:45.93 33.28	350m: 3:52.44 33.13		
	100m: 1:04.43 34.02	200m: 2:12.65 34.14	300m: 3:19.31 33.38	400m: 4:23.34 30.90		
2.	Leonor Carvalho Oliveira	07	Naval Setubalense	4:55.99	4:39.13	588
	50m: 30.08 30.08	150m: 1:38.67 34.50	250m: 2:49.60 35.97	350m: 4:03.53 37.01		
	100m: 1:04.17 34.09	200m: 2:13.63 34.96	300m: 3:26.52 36.92	400m: 4:39.13 35.60		
3.	Leonor Carreiro Rodrigues	07	Benfica	4:34.48	4:40.62	579
	50m: 32.52 32.52	150m: 1:43.27 35.82	250m: 2:54.23 35.41	350m: 4:05.42 35.67		
	100m: 1:07.45 34.93	200m: 2:18.82 35.55	300m: 3:29.75 35.52	400m: 4:40.62 35.20		
4.	Rita Machita Santos	07	Naval Setubalense	4:49.73	4:42.74	566
	50m: 32.06 32.06	150m: 1:42.13 35.33	250m: 2:54.22 36.31	350m: 4:06.92 36.46		
	100m: 1:06.80 34.74	200m: 2:17.91 35.78	300m: 3:30.46 36.24	400m: 4:42.74 35.82		
5.	Margarida Santos Botelho	07	Naval Setubalense	4:48.85	4:47.32	539
	50m: 32.49 32.49	150m: 1:44.04 36.18	250m: 2:57.14 36.49	350m: 4:11.10 37.19		
	100m: 1:07.86 35.37	200m: 2:20.65 36.61	300m: 3:33.91 36.77	400m: 4:47.32 36.22		
6.	Maria Carlotta Ferrari	07	Benfica	5:10.00	4:50.59	521
	50m: 32.61 32.61	150m: 1:44.87 36.44	250m: 2:58.01 36.43	350m: 4:12.87 37.68		
	100m: 1:08.43 35.82	200m: 2:21.58 36.71	300m: 3:35.19 37.18	400m: 4:50.59 37.72		
7.	Emilly Gabrieli Santos	08	Nataçao e Triatlo de Lisboa	4:44.07	4:52.07	513
	50m: 32.02 32.02	150m: 1:44.19 36.68	250m: 2:57.98 37.05	350m: 4:15.05 38.72		
	100m: 1:07.51 35.49	200m: 2:20.93 36.74	300m: 3:36.33 38.35	400m: 4:52.07 37.02		
8.	Teresa Oliveira Santos	08	Algés	4:53.17	4:53.05	508
	50m: 33.24 33.24	150m: 1:46.18 36.53	250m: 3:01.53 37.57	350m: 4:17.71 38.07		
	100m: 1:09.65 36.41	200m: 2:23.96 37.78	300m: 3:39.64 38.11	400m: 4:53.05 35.34		

Prova 20, Femin., 400m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Leticia Rodrigues Magalhaes	07	Naval Setubalense	4:51.91	4:53.98	503
	50m: 33.35 33.35	150m: 1:46.39 36.95	250m: 3:01.53 37.73	350m: 4:17.63 37.93		
	100m: 1:09.44 36.09	200m: 2:23.80 37.41	300m: 3:39.70 38.17	400m: 4:53.98 36.35		
10.	Elena Del Rio Bernat	07	Algés	4:49.24	4:55.61	495
	50m: 32.66 32.66	150m: 1:45.91 36.92	250m: 3:00.89 37.64	350m: 4:18.04 38.61		
	100m: 1:08.99 36.33	200m: 2:23.25 37.34	300m: 3:39.43 38.54	400m: 4:55.61 37.57		
11.	Constanca Isabel Carvalho	08	Algés	4:53.99	4:56.38	491
	50m: 32.50 32.50	150m: 1:46.20 37.59	250m: 3:02.52 37.95	350m: 4:19.37 38.57		
	100m: 1:08.61 36.11	200m: 2:24.57 38.37	300m: 3:40.80 38.28	400m: 4:56.38 37.01		
12.	Marta Matos Laranjeira <i>Fora Tempo Acesso</i>	08	Vikings	4:55.84	5:05.74	447
	50m: 34.29 34.29	150m: 1:50.38 38.64	250m: 3:09.15 39.67	350m: 4:27.63 39.60		
	100m: 1:11.74 37.45	200m: 2:29.48 39.10	300m: 3:48.03 38.88	400m: 5:05.74 38.11		
13.	Joana Pontes Prior <i>Fora Tempo Acesso</i>	08	Laranjeiro	5:09.91	5:07.16	441
	50m: 34.30 34.30	150m: 1:50.27 38.26	250m: 3:08.27 39.25	350m: 4:28.16 40.08		
	100m: 1:12.01 37.71	200m: 2:29.02 38.75	300m: 3:48.08 39.81	400m: 5:07.16 39.00		
14.	Clarisse Teixeira Teles <i>Fora Tempo Acesso</i>	08	Naval Setubalense	5:08.16	5:15.59	407
	50m: 35.14 35.14	150m: 1:53.25 39.85	250m: 3:14.21 40.40	350m: 4:35.18 40.62		
	100m: 1:13.40 38.26	200m: 2:33.81 40.56	300m: 3:54.56 40.35	400m: 5:15.59 40.41		
15.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	5:25.48	5:36.36	336
	50m: 36.67 36.67	150m: 2:00.30 42.45	250m: 3:26.52 43.19	350m: 4:53.56 44.20		
	100m: 1:17.85 41.18	200m: 2:43.33 43.03	300m: 4:09.36 42.84	400m: 5:36.36 42.80		

Seniores

1.	Rita Barros Frischknecht <i>Campeã Regional</i>	98	Sporting	4:46.00	4:18.98	736
	50m: 29.73 29.73	150m: 1:35.78 33.15	250m: 2:41.94 32.99	350m: 3:47.38 32.31		
	100m: 1:02.63 32.90	200m: 2:08.95 33.17	300m: 3:15.07 33.13	400m: 4:18.98 31.60		
2.	Maria Ornelas Armas	98	Vikings	4:27.57	4:28.81	658
	50m: 30.94 30.94	150m: 1:37.97 33.76	250m: 2:46.46 34.13	350m: 3:55.45 34.24		
	100m: 1:04.21 33.27	200m: 2:12.33 34.36	300m: 3:21.21 34.75	400m: 4:28.81 33.36		
3.	Matilde Nunes Lopes	06	Benfica	4:30.45	4:30.13	649
	50m: 31.25 31.25	150m: 1:39.04 33.96	250m: 2:47.01 33.79	350m: 3:55.51 34.22		
	100m: 1:05.08 33.83	200m: 2:13.22 34.18	300m: 3:21.29 34.28	400m: 4:30.13 34.62		
4.	Marta Joao Pires	05	Algés	4:20.33	4:33.95	622
	50m: 31.17 31.17	150m: 1:39.46 34.33	250m: 2:49.47 35.16	350m: 3:59.63 35.06		
	100m: 1:05.13 33.96	200m: 2:14.31 34.85	300m: 3:24.57 35.10	400m: 4:33.95 34.32		
5.	Bruna Martins Riesenberger	97	Laranjeiro	4:39.24	4:35.70	610
	50m: 32.61 32.61	150m: 1:42.93 35.44	250m: 2:52.68 34.56	350m: 4:02.54 34.75		
	100m: 1:07.49 34.88	200m: 2:18.12 35.19	300m: 3:27.79 35.11	400m: 4:35.70 33.16		
6.	Luana Correia Rodrigues	01	Belenenses	4:46.00	4:35.93	609
	50m: 30.91 30.91	150m: 1:39.93 35.04	250m: 2:51.22 35.76	350m: 4:02.35 35.58		
	100m: 1:04.89 33.98	200m: 2:15.46 35.53	300m: 3:26.77 35.55	400m: 4:35.93 33.58		
7.	Madalena Correa Sa	06	Benfica	4:46.00	4:36.12	608
	50m: 31.71 31.71	150m: 1:40.82 34.80	250m: 2:51.73 35.37	350m: 4:02.26 35.31		
	100m: 1:06.02 34.31	200m: 2:16.36 35.54	300m: 3:26.95 35.22	400m: 4:36.12 33.86		
8.	Alice Jesus Morgado	04	Sporting	4:34.31	4:37.51	598
	50m: 32.60 32.60	150m: 1:41.50 34.64	250m: 2:51.36 34.98	350m: 4:02.33 35.57		
	100m: 1:06.86 34.26	200m: 2:16.38 34.88	300m: 3:26.76 35.40	400m: 4:37.51 35.18		
9.	Maria Jardim Fidalgo	04	Belenenses	4:38.95	4:37.54	598
	50m: 31.96 31.96	150m: 1:42.56 35.36	250m: 2:53.14 35.28	350m: 4:03.40 35.13		
	100m: 1:07.20 35.24	200m: 2:17.86 35.30	300m: 3:28.27 35.13	400m: 4:37.54 34.14		
10.	Mafalda Marques Pinto	02	Sporting	4:28.17	4:38.04	595
	50m: 31.05 31.05	150m: 1:40.70 35.27	250m: 2:50.83 34.94	350m: 4:03.08 36.77		
	100m: 1:05.43 34.38	200m: 2:15.89 35.19	300m: 3:26.31 35.48	400m: 4:38.04 34.96		

Prova 20, Femin., 400m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Joana Rocha Ferreira	05	Benfica	4:39.13	4:38.63	591
	50m: 32.45 32.45	150m: 1:42.84 35.30	250m: 2:52.98 34.79	350m: 4:03.77 35.46		
	100m: 1:07.54 35.09	200m: 2:18.19 35.35	300m: 3:28.31 35.33	400m: 4:38.63 34.86		
12.	Ana Rita Matos	02	Belenenses	4:44.87	4:41.20	575
	50m: 32.22 32.22	150m: 1:42.77 35.75	250m: 2:54.19 35.59	350m: 4:05.95 35.80		
	100m: 1:07.02 34.80	200m: 2:18.60 35.83	300m: 3:30.15 35.96	400m: 4:41.20 35.25		
13.	Mariana Marques Mercedes	03	Vikings	4:24.15	4:42.56	567
	50m: 31.06 31.06	150m: 1:38.79 34.32	250m: 2:50.81 36.54	350m: 4:05.73 37.58		
	100m: 1:04.47 33.41	200m: 2:14.27 35.48	300m: 3:28.15 37.34	400m: 4:42.56 36.83		
14.	Joana Filipa Varandas	02	Laranjeiro	4:41.58	4:45.32	551
	50m: 32.66 32.66	150m: 1:43.40 35.50	250m: 2:55.40 35.87	350m: 4:08.83 36.88		
	100m: 1:07.90 35.24	200m: 2:19.53 36.13	300m: 3:31.95 36.55	400m: 4:45.32 36.49		
15.	Maria Carolina Vargas	05	Benfica	4:45.17	4:47.59	538
	50m: 34.68 34.68	150m: 1:46.58 35.65	250m: 2:58.94 36.27	350m: 4:11.95 36.66		
	100m: 1:10.93 36.25	200m: 2:22.67 36.09	300m: 3:35.29 36.35	400m: 4:47.59 35.64		
16.	Susana Pereira Veiga <i>Fora Tempo Acesso</i>	00	Colégio Vasco da Gama	4:52.97	4:52.36	512
	50m: 33.63 33.63	150m: 1:46.12 36.63	250m: 3:00.52 37.22	350m: 4:15.60 37.79		
	100m: 1:09.49 35.86	200m: 2:23.30 37.18	300m: 3:37.81 37.29	400m: 4:52.36 36.76		
17.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	5:15.18	4:56.19	492
	50m: 32.59 32.59	150m: 1:46.83 37.32	250m: 3:02.56 38.13	350m: 4:18.83 38.18		
	100m: 1:09.51 36.92	200m: 2:24.43 37.60	300m: 3:40.65 38.09	400m: 4:56.19 37.36		

Absolutos

1.	Rita Barros Frischknecht <i>Campeã Regional</i>	98	Sporting	4:46.00	4:18.98	736
	50m: 29.73 29.73	150m: 1:35.78 33.15	250m: 2:41.94 32.99	350m: 3:47.38 32.31		
	100m: 1:02.63 32.90	200m: 2:08.95 33.17	300m: 3:15.07 33.13	400m: 4:18.98 31.60		
2.	Catarina Andrade Franco	07	Benfica	4:31.14	4:23.34	700
	50m: 30.41 30.41	150m: 1:38.51 34.08	250m: 2:45.93 33.28	350m: 3:52.44 33.13		
	100m: 1:04.43 34.02	200m: 2:12.65 34.14	300m: 3:19.31 33.38	400m: 4:23.34 30.90		
3.	Maria Ornelas Armas	98	Vikings	4:27.57	4:28.81	658
	50m: 30.94 30.94	150m: 1:37.97 33.76	250m: 2:46.46 34.13	350m: 3:55.45 34.24		
	100m: 1:04.21 33.27	200m: 2:12.33 34.36	300m: 3:21.21 34.75	400m: 4:28.81 33.36		
4.	Matilde Nunes Lopes	06	Benfica	4:30.45	4:30.13	649
	50m: 31.25 31.25	150m: 1:39.04 33.96	250m: 2:47.01 33.79	350m: 3:55.51 34.22		
	100m: 1:05.08 33.83	200m: 2:13.22 34.18	300m: 3:21.29 34.28	400m: 4:30.13 34.62		
5.	Marta Joao Pires	05	Algés	4:20.33	4:33.95	622
	50m: 31.17 31.17	150m: 1:39.46 34.33	250m: 2:49.47 35.16	350m: 3:59.63 35.06		
	100m: 1:05.13 33.96	200m: 2:14.31 34.85	300m: 3:24.57 35.10	400m: 4:33.95 34.32		
6.	Bruna Martins Riesenberger	97	Laranjeiro	4:39.24	4:35.70	610
	50m: 32.61 32.61	150m: 1:42.93 35.44	250m: 2:52.68 34.56	350m: 4:02.54 34.75		
	100m: 1:07.49 34.88	200m: 2:18.12 35.19	300m: 3:27.79 35.11	400m: 4:35.70 33.16		
7.	Luana Correia Rodrigues	01	Belenenses	4:46.00	4:35.93	609
	50m: 30.91 30.91	150m: 1:39.93 35.04	250m: 2:51.22 35.76	350m: 4:02.35 35.58		
	100m: 1:04.89 33.98	200m: 2:15.46 35.53	300m: 3:26.77 35.55	400m: 4:35.93 33.58		
8.	Madalena Correa Sa	06	Benfica	4:46.00	4:36.12	608
	50m: 31.71 31.71	150m: 1:40.82 34.80	250m: 2:51.73 35.37	350m: 4:02.26 35.31		
	100m: 1:06.02 34.31	200m: 2:16.36 35.54	300m: 3:26.95 35.22	400m: 4:36.12 33.86		
9.	Alice Jesus Morgado	04	Sporting	4:34.31	4:37.51	598
	50m: 32.60 32.60	150m: 1:41.50 34.64	250m: 2:51.36 34.98	350m: 4:02.33 35.57		
	100m: 1:06.86 34.26	200m: 2:16.38 34.88	300m: 3:26.76 35.40	400m: 4:37.51 35.18		
10.	Maria Jardim Fidalgo	04	Belenenses	4:38.95	4:37.54	598
	50m: 31.96 31.96	150m: 1:42.56 35.36	250m: 2:53.14 35.28	350m: 4:03.40 35.13		
	100m: 1:07.20 35.24	200m: 2:17.86 35.30	300m: 3:28.27 35.13	400m: 4:37.54 34.14		
11.	Mafalda Marques Pinto	02	Sporting	4:28.17	4:38.04	595
	50m: 31.05 31.05	150m: 1:40.70 35.27	250m: 2:50.83 34.94	350m: 4:03.08 36.77		
	100m: 1:05.43 34.38	200m: 2:15.89 35.19	300m: 3:26.31 35.48	400m: 4:38.04 34.96		

Prova 20, Femin., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
12.	Joana Rocha Ferreira	05	Benfica	4:39.13	4:38.63	591
	50m: 32.45 32.45	150m: 1:42.84 35.30	250m: 2:52.98 34.79	350m: 4:03.77 35.46		
	100m: 1:07.54 35.09	200m: 2:18.19 35.35	300m: 3:28.31 35.33	400m: 4:38.63 34.86		
13.	Leonor Carvalho Oliveira	07	Naval Setubalense	4:55.99	4:39.13	588
	50m: 30.08 30.08	150m: 1:38.67 34.50	250m: 2:49.60 35.97	350m: 4:03.53 37.01		
	100m: 1:04.17 34.09	200m: 2:13.63 34.96	300m: 3:26.52 36.92	400m: 4:39.13 35.60		
14.	Leonor Carreiro Rodrigues	07	Benfica	4:34.48	4:40.62	579
	50m: 32.52 32.52	150m: 1:43.27 35.82	250m: 2:54.23 35.41	350m: 4:05.42 35.67		
	100m: 1:07.45 34.93	200m: 2:18.82 35.55	300m: 3:29.75 35.52	400m: 4:40.62 35.20		
15.	Ana Rita Matos	02	Belenenses	4:44.87	4:41.20	575
	50m: 32.22 32.22	150m: 1:42.77 35.75	250m: 2:54.19 35.59	350m: 4:05.95 35.80		
	100m: 1:07.02 34.80	200m: 2:18.60 35.83	300m: 3:30.15 35.96	400m: 4:41.20 35.25		
16.	Mariana Marques Mercedes	03	Vikings	4:24.15	4:42.56	567
	50m: 31.06 31.06	150m: 1:38.79 34.32	250m: 2:50.81 36.54	350m: 4:05.73 37.58		
	100m: 1:04.47 33.41	200m: 2:14.27 35.48	300m: 3:28.15 37.34	400m: 4:42.56 36.83		
17.	Rita Machita Santos	07	Naval Setubalense	4:49.73	4:42.74	566
	50m: 32.06 32.06	150m: 1:42.13 35.33	250m: 2:54.22 36.31	350m: 4:06.92 36.46		
	100m: 1:06.80 34.74	200m: 2:17.91 35.78	300m: 3:30.46 36.24	400m: 4:42.74 35.82		
18.	Joana Filipa Varandas	02	Laranjeiro	4:41.58	4:45.32	551
	50m: 32.66 32.66	150m: 1:43.40 35.50	250m: 2:55.40 35.87	350m: 4:08.83 36.88		
	100m: 1:07.90 35.24	200m: 2:19.53 36.13	300m: 3:31.95 36.55	400m: 4:45.32 36.49		
19.	Margarida Santos Botelho	07	Naval Setubalense	4:48.85	4:47.32	539
	50m: 32.49 32.49	150m: 1:44.04 36.18	250m: 2:57.14 36.49	350m: 4:11.10 37.19		
	100m: 1:07.86 35.37	200m: 2:20.65 36.61	300m: 3:33.91 36.77	400m: 4:47.32 36.22		
20.	Maria Carolina Vargas	05	Benfica	4:45.17	4:47.59	538
	50m: 34.68 34.68	150m: 1:46.58 35.65	250m: 2:58.94 36.27	350m: 4:11.95 36.66		
	100m: 1:10.93 36.25	200m: 2:22.67 36.09	300m: 3:35.29 36.35	400m: 4:47.59 35.64		
21.	Beatriz Silva Jordao	09	Vikings	4:46.40	4:48.13	535
	50m: 33.20 33.20	150m: 1:44.97 35.86	250m: 2:57.95 36.76	350m: 4:12.00 36.88		
	100m: 1:09.11 35.91	200m: 2:21.19 36.22	300m: 3:35.12 37.17	400m: 4:48.13 36.13		
22.	Carolina Marques Madeira	09	Nacional de Nataçã	4:47.46	4:48.43	533
	50m: 32.18 32.18	150m: 1:44.55 36.34	250m: 2:59.34 37.49	350m: 4:13.51 36.83		
	100m: 1:08.21 36.03	200m: 2:21.85 37.30	300m: 3:36.68 37.34	400m: 4:48.43 34.92		
23.	Maria Carlotta Ferrari	07	Benfica	5:10.00	4:50.59	521
	50m: 32.61 32.61	150m: 1:44.87 36.44	250m: 2:58.01 36.43	350m: 4:12.87 37.68		
	100m: 1:08.43 35.82	200m: 2:21.58 36.71	300m: 3:35.19 37.18	400m: 4:50.59 37.72		
24.	Ines Maria Lanca	09	Uniao Piedense	4:51.80	4:51.08	518
	50m: 33.32 33.32	150m: 1:46.38 37.11	250m: 3:00.23 36.87	350m: 4:14.34 37.04		
	100m: 1:09.27 35.95	200m: 2:23.36 36.98	300m: 3:37.30 37.07	400m: 4:51.08 36.74		
25.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	4:50.92	4:51.46	516
	50m: 33.55 33.55	150m: 1:47.15 37.16	250m: 3:01.30 37.17	350m: 4:16.13 37.64		
	100m: 1:09.99 36.44	200m: 2:24.13 36.98	300m: 3:38.49 37.19	400m: 4:51.46 35.33		
26.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	4:44.07	4:52.07	513
	50m: 32.02 32.02	150m: 1:44.19 36.68	250m: 2:57.98 37.05	350m: 4:15.05 38.72		
	100m: 1:07.51 35.49	200m: 2:20.93 36.74	300m: 3:36.33 38.35	400m: 4:52.07 37.02		
27.	Sofia Monteiro Uva	09	Algés	4:56.15	4:52.31	512
	50m: 32.14 32.14	150m: 1:45.03 36.77	250m: 2:59.37 37.05	350m: 4:14.72 37.70		
	100m: 1:08.26 36.12	200m: 2:22.32 37.29	300m: 3:37.02 37.65	400m: 4:52.31 37.59		
28.	Susana Pereira Veiga <i>Fora Tempo Acesso</i>	00	Colégio Vasco da Gama	4:52.97	4:52.36	512
	50m: 33.63 33.63	150m: 1:46.12 36.63	250m: 3:00.52 37.22	350m: 4:15.60 37.79		
	100m: 1:09.49 35.86	200m: 2:23.30 37.18	300m: 3:37.81 37.29	400m: 4:52.36 36.76		
29.	Joana Melo Gaspar	09	Nacional de Nataçã	4:52.92	4:52.63	510
	50m: 33.34 33.34	150m: 1:47.82 37.72	250m: 3:03.03 37.45	350m: 4:17.52 36.97		
	100m: 1:10.10 36.76	200m: 2:25.58 37.76	300m: 3:40.55 37.52	400m: 4:52.63 35.11		
30.	Teresa Oliveira Santos	08	Algés	4:53.17	4:53.05	508
	50m: 33.24 33.24	150m: 1:46.18 36.53	250m: 3:01.53 37.57	350m: 4:17.71 38.07		
	100m: 1:09.65 36.41	200m: 2:23.96 37.78	300m: 3:39.64 38.11	400m: 4:53.05 35.34		
31.	Raquel Sofia Bras	09	Belenenses	5:26.00	4:53.12	508
	50m: 32.08 32.08	150m: 1:45.42 37.54	250m: 3:00.85 37.67	350m: 4:16.39 37.71		
	100m: 1:07.88 35.80	200m: 2:23.18 37.76	300m: 3:38.68 37.83	400m: 4:53.12 36.73		

Prova 20, Femin., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
32.	Leticia Rodrigues Magalhaes	07	Naval Setubalense	4:51.91	4:53.98	503
	50m: 33.35 33.35	150m: 1:46.39 36.95	250m: 3:01.53 37.73	350m: 4:17.63 37.93		
	100m: 1:09.44 36.09	200m: 2:23.80 37.41	300m: 3:39.70 38.17	400m: 4:53.98 36.35		
33.	Beatriz Ferreira Batista	09	CPCD - Póvoa Sta Iria	5:08.15	4:54.17	502
	50m: 33.72 33.72	150m: 1:47.99 37.38	250m: 3:02.46 37.21	350m: 4:17.04 37.45		
	100m: 1:10.61 36.89	200m: 2:25.25 37.26	300m: 3:39.59 37.13	400m: 4:54.17 37.13		
34.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	5:15.42	4:54.86	499
	50m: 34.76 34.76	150m: 1:50.78 38.42	250m: 3:06.80 37.20	350m: 4:20.62 36.50		
	100m: 1:12.36 37.60	200m: 2:29.60 38.82	300m: 3:44.12 37.32	400m: 4:54.86 34.24		
35.	Victoria Sales Proenca	10	Benfica	5:13.62	4:54.94	498
	50m: 33.97 33.97	150m: 1:49.35 37.91	250m: 3:04.14 37.30	350m: 4:19.36 37.42		
	100m: 1:11.44 37.47	200m: 2:26.84 37.49	300m: 3:41.94 37.80	400m: 4:54.94 35.58		
36.	Elena Del Rio Bernat	07	Algés	4:49.24	4:55.61	495
	50m: 32.66 32.66	150m: 1:45.91 36.92	250m: 3:00.89 37.64	350m: 4:18.04 38.61		
	100m: 1:08.99 36.33	200m: 2:23.25 37.34	300m: 3:39.43 38.54	400m: 4:55.61 37.57		
37.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	5:15.18	4:56.19	492
	50m: 32.59 32.59	150m: 1:46.83 37.32	250m: 3:02.56 38.13	350m: 4:18.83 38.18		
	100m: 1:09.51 36.92	200m: 2:24.43 37.60	300m: 3:40.65 38.09	400m: 4:56.19 37.36		
38.	Constanca Isabel Carvalho	08	Algés	4:53.99	4:56.38	491
	50m: 32.50 32.50	150m: 1:46.20 37.59	250m: 3:02.52 37.95	350m: 4:19.37 38.57		
	100m: 1:08.61 36.11	200m: 2:24.57 38.37	300m: 3:40.80 38.28	400m: 4:56.38 37.01		
39.	Ana Nabais Mendes	10	Laranjeiro	5:06.57	4:59.51	476
	50m: 34.15 34.15	150m: 1:48.59 37.82	250m: 3:05.08 38.29	350m: 4:22.39 38.95		
	100m: 1:10.77 36.62	200m: 2:26.79 38.20	300m: 3:43.44 38.36	400m: 4:59.51 37.12		
40.	Alice Lucas Pedro	09	Algés	5:03.64	5:03.31	458
	50m: 33.85 33.85	150m: 1:48.27 37.72	250m: 3:05.28 38.89	350m: 4:24.61 39.73		
	100m: 1:10.55 36.70	200m: 2:26.39 38.12	300m: 3:44.88 39.60	400m: 5:03.31 38.70		
41.	Marta Matos Laranjeira <i>Fora Tempo Acesso</i>	08	Vikings	4:55.84	5:05.74	447
	50m: 34.29 34.29	150m: 1:50.38 38.64	250m: 3:09.15 39.67	350m: 4:27.63 39.60		
	100m: 1:11.74 37.45	200m: 2:29.48 39.10	300m: 3:48.03 38.88	400m: 5:05.74 38.11		
42.	Matilde Castro Teixeira	09	Sporting	5:25.52	5:06.65	443
	50m: 33.86 33.86	150m: 1:52.36 39.75	250m: 3:10.83 39.44	350m: 4:29.45 39.25		
	100m: 1:12.61 38.75	200m: 2:31.39 39.03	300m: 3:50.20 39.37	400m: 5:06.65 37.20		
43.	Joana Pontes Prior <i>Fora Tempo Acesso</i>	08	Laranjeiro	5:09.91	5:07.16	441
	50m: 34.30 34.30	150m: 1:50.27 38.26	250m: 3:08.27 39.25	350m: 4:28.16 40.08		
	100m: 1:12.01 37.71	200m: 2:29.02 38.75	300m: 3:48.08 39.81	400m: 5:07.16 39.00		
44.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	5:11.70	5:11.23	424
	50m: 33.08 33.08	150m: 1:50.74 39.81	250m: 3:11.32 40.53	350m: 4:32.45 40.24		
	100m: 1:10.93 37.85	200m: 2:30.79 40.05	300m: 3:52.21 40.89	400m: 5:11.23 38.78		
45.	Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	Geslours	4:57.19	5:11.37	424
	50m: 34.06 34.06	150m: 1:51.62 39.55	250m: 3:12.48 39.95	350m: 4:32.99 39.86		
	100m: 1:12.07 38.01	200m: 2:32.53 40.91	300m: 3:53.13 40.65	400m: 5:11.37 38.38		
46.	Beatriz Paiva Branco	10	Laranjeiro	5:18.79	5:15.32	408
	50m: 34.79 34.79	150m: 1:53.43 40.37	250m: 3:14.83 40.92	350m: 4:36.90 40.73		
	100m: 1:13.06 38.27	200m: 2:33.91 40.48	300m: 3:56.17 41.34	400m: 5:15.32 38.42		
47.	Clarisse Teixeira Teles <i>Fora Tempo Acesso</i>	08	Naval Setubalense	5:08.16	5:15.59	407
	50m: 35.14 35.14	150m: 1:53.25 39.85	250m: 3:14.21 40.40	350m: 4:35.18 40.62		
	100m: 1:13.40 38.26	200m: 2:33.81 40.56	300m: 3:54.56 40.35	400m: 5:15.59 40.41		
48.	Maria Duarte Carvalho	10	Benfica	5:24.95	5:15.94	405
	50m: 35.86 35.86	150m: 1:55.16 40.23	250m: 3:15.88 40.52	350m: 4:37.19 40.64		
	100m: 1:14.93 39.07	200m: 2:35.36 40.20	300m: 3:56.55 40.67	400m: 5:15.94 38.75		
49.	Maria Ines Fryxell <i>Fora Tempo Acesso</i>	10	AONDA - Azeitão	5:26.00	5:17.81	398
	50m: 34.96 34.96	150m: 1:54.51 40.70	250m: 3:17.27 41.41	350m: 4:39.25 40.21		
	100m: 1:13.81 38.85	200m: 2:35.86 41.35	300m: 3:59.04 41.77	400m: 5:17.81 38.56		

Prova 20, Femin., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
50.	Luana Raquel Monteiro <i>Fora Tempo Acesso</i>	10	Palmela Desporto	5:25.44	5:18.46	396
	50m: 35.52 35.52 150m: 1:55.25 40.59 250m: 3:17.18 41.14 350m: 4:39.31 40.65 100m: 1:14.66 39.14 200m: 2:36.04 40.79 300m: 3:58.66 41.48 400m: 5:18.46 39.15					
51.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	5:25.48	5:36.36	336
	50m: 36.67 36.67 150m: 2:00.30 42.45 250m: 3:26.52 43.19 350m: 4:53.56 44.20 100m: 1:17.85 41.18 200m: 2:43.33 43.03 300m: 4:09.36 42.84 400m: 5:36.36 42.80					
EXH	Beatriz Silva Louro	07	Louletano / Loule Concelho	4:27.16	4:24.54	691
	50m: 30.22 30.22 150m: 1:37.00 33.88 250m: 2:44.29 33.60 350m: 3:51.51 33.70 100m: 1:03.12 32.90 200m: 2:10.69 33.69 300m: 3:17.81 33.52 400m: 4:24.54 33.03					

Prova 21

Masc., 400m Livres

Absolutos

18.11.2023 - 16:11

Resultados

Rec Regional Abs	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	3:42.91	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Nacional Jun 2	3:51.92	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	3:57.19	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	2012
Rec Regional Juv B	4:01.42	Rui Silva Pereira	ADRCIMM	Tomar	2023
Rec Nacional Abs	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	3:42.57	Jose Paulo Lopes	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 2	3:50.52	Adriano Miguel Niz	CFV	Fafe	2004
Rec Nacional Jun 1	3:56.54	Rui Filipe Costa	VSC	Felgueiras	2007
Rec Nacional Juv A	3:58.82	Diogo Matos Ribeiro	CUC	Mealhada	2019
Rec Nacional Juv B	4:01.42	Rui Silva Pereira	POR	Tomar	2023

TAC Juv B: 4:43.83; Juv A: 4:35.56; Jun 1: 4:30.16; Jun 2: 4:27.48; Sen 1: 4:25.10; Sen +: 4:22.45

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Diogo Damasceno Reis	09	Sporting	4:24.66	4:18.59	552
	50m: 28.60 28.60 150m: 1:33.91 33.22 250m: 2:41.34 33.55 350m: 3:47.46 32.75 100m: 1:00.69 32.09 200m: 2:07.79 33.88 300m: 3:14.71 33.37 400m: 4:18.59 31.13					
2.	Paulo Junio Fernandes	09	Algés	4:49.99	4:25.89	508
	50m: 29.09 29.09 150m: 1:36.30 34.09 250m: 2:44.69 34.03 350m: 3:52.80 33.57 100m: 1:02.21 33.12 200m: 2:10.66 34.36 300m: 3:19.23 34.54 400m: 4:25.89 33.09					
3.	Rafael Lin Moniz	09	Naval Setubalense	4:44.49	4:27.41	500
	50m: 29.86 29.86 150m: 1:36.65 34.06 250m: 2:45.17 34.04 350m: 3:54.08 34.37 100m: 1:02.59 32.73 200m: 2:11.13 34.48 300m: 3:19.71 34.54 400m: 4:27.41 33.33					
4.	Guilherme Oliveira Rizzon	09	Sporting	5:01.00	4:32.82	470
	50m: 30.28 30.28 150m: 1:37.56 34.17 250m: 2:47.07 34.89 350m: 3:58.18 35.52 100m: 1:03.39 33.11 200m: 2:12.18 34.62 300m: 3:22.66 35.59 400m: 4:32.82 34.64					
5.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:35.58	4:33.70	466
	50m: 30.76 30.76 150m: 1:40.11 35.06 250m: 2:50.45 34.97 350m: 4:00.06 33.88 100m: 1:05.05 34.29 200m: 2:15.48 35.37 300m: 3:26.18 35.73 400m: 4:33.70 33.64					
6.	Bernardo Afonso Guedelha	09	Benfica	4:52.01	4:34.63	461
	50m: 30.17 30.17 150m: 1:39.42 34.85 250m: 2:50.92 35.74 350m: 4:00.90 34.57 100m: 1:04.57 34.40 200m: 2:15.18 35.76 300m: 3:26.33 35.41 400m: 4:34.63 33.73					
7.	Francisco Nunes Roque	09	Benfica	4:49.63	4:37.33	448
	50m: 30.54 30.54 150m: 1:38.81 34.69 250m: 2:50.35 35.74 350m: 4:02.10 35.89 100m: 1:04.12 33.58 200m: 2:14.61 35.80 300m: 3:26.21 35.86 400m: 4:37.33 35.23					
8.	Pedro Guedes Caldas	09	Benfica	4:54.85	4:41.31	429
	50m: 31.00 31.00 150m: 1:41.07 35.47 250m: 2:53.35 36.20 350m: 4:06.23 36.15 100m: 1:05.60 34.60 200m: 2:17.15 36.08 300m: 3:30.08 36.73 400m: 4:41.31 35.08					

Prova 21, Masc., 400m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	4:53.18	4:41.66	427
	50m: 30.66 30.66	150m: 1:39.82 34.94	250m: 2:52.20 36.52	350m: 4:05.23 36.76		
	100m: 1:04.88 34.22	200m: 2:15.68 35.86	300m: 3:28.47 36.27	400m: 4:41.66 36.43		
10.	Duarte Afonso Leite <i>Fora Tempo Acesso</i>	09	Laranjeiro	4:59.28	4:49.02	396
	50m: 30.95 30.95	150m: 1:43.27 37.08	250m: 2:58.14 37.91	350m: 4:12.62 37.46		
	100m: 1:06.19 35.24	200m: 2:20.23 36.96	300m: 3:35.16 37.02	400m: 4:49.02 36.40		

Juvenis A

1.	Afonso Gago Garcia	08	Benfica	4:22.88	4:17.62	559
	50m: 29.09 29.09	150m: 1:34.13 32.86	250m: 2:40.50 33.16	350m: 3:46.22 32.80		
	100m: 1:01.27 32.18	200m: 2:07.34 33.21	300m: 3:13.42 32.92	400m: 4:17.62 31.40		
2.	Vasco Frischknecht Oliveira	08	Benfica	4:41.46	4:32.81	470
	50m: 30.18 30.18	150m: 1:37.60 34.26	250m: 2:47.82 35.48	350m: 3:59.05 35.21		
	100m: 1:03.34 33.16	200m: 2:12.34 34.74	300m: 3:23.84 36.02	400m: 4:32.81 33.76		
3.	Rafael Ataíde Duarte	08	Benfica	4:32.91	4:33.51	467
	50m: 29.72 29.72	150m: 1:38.58 35.23	250m: 2:49.72 35.65	350m: 4:00.64 35.77		
	100m: 1:03.35 33.63	200m: 2:14.07 35.49	300m: 3:24.87 35.15	400m: 4:33.51 32.87		
4.	Jose Pedro Salvadinho	08	Nacional de Nataçã	4:37.11	4:34.15	464
	50m: 30.37 30.37	150m: 1:38.26 34.60	250m: 2:47.79 34.82	350m: 3:58.87 35.88		
	100m: 1:03.66 33.29	200m: 2:12.97 34.71	300m: 3:22.99 35.20	400m: 4:34.15 35.28		

Juniores

1.	Tomas Maia Januario	06	Benfica	4:07.14	4:02.40	671
	50m: 27.72 27.72	150m: 1:28.06 30.40	250m: 2:29.62 30.78	350m: 3:32.33 31.33		
	100m: 57.66 29.94	200m: 1:58.84 30.78	300m: 3:01.00 31.38	400m: 4:02.40 30.07		
2.	Pedro Bethlem Tigre	06	Sporting	4:04.29	4:06.72	636
	50m: 27.72 27.72	150m: 1:29.11 30.92	250m: 2:32.06 31.54	350m: 3:35.96 31.78		
	100m: 58.19 30.47	200m: 2:00.52 31.41	300m: 3:04.18 32.12	400m: 4:06.72 30.76		
3.	Joao Almeida Gomes	06	Nacional de Nataçã	4:15.54	4:10.65	607
	50m: 28.15 28.15	150m: 1:31.07 31.80	250m: 2:34.46 31.79	350m: 3:39.05 32.42		
	100m: 59.27 31.12	200m: 2:02.67 31.60	300m: 3:06.63 32.17	400m: 4:10.65 31.60		
4.	Antonio Coelho Vieira	06	Sporting	4:28.78	4:13.74	585
	50m: 28.21 28.21	150m: 1:30.96 31.74	250m: 2:35.53 32.36	350m: 3:40.98 32.95		
	100m: 59.22 31.01	200m: 2:03.17 32.21	300m: 3:08.03 32.50	400m: 4:13.74 32.76		
5.	Leonardo Conceicao Reis	07	Sporting	4:19.92	4:15.13	575
	50m: 28.77 28.77	150m: 1:33.56 32.68	250m: 2:39.35 32.57	350m: 3:43.55 32.01		
	100m: 1:00.88 32.11	200m: 2:06.78 33.22	300m: 3:11.54 32.19	400m: 4:15.13 31.58		
6.	Rafael Miguel Mimoso	07	Benfica	4:15.14	4:15.72	571
	50m: 28.91 28.91	150m: 1:32.44 32.26	250m: 2:37.46 32.49	350m: 3:42.97 32.28		
	100m: 1:00.18 31.27	200m: 2:04.97 32.53	300m: 3:10.69 33.23	400m: 4:15.72 32.75		
7.	Tomas Nunes Roque	06	Benfica	4:10.54	4:15.78	571
	50m: 28.27 28.27	150m: 1:32.21 32.38	250m: 2:37.84 32.49	350m: 3:44.69 33.83		
	100m: 59.83 31.56	200m: 2:05.35 33.14	300m: 3:10.86 33.02	400m: 4:15.78 31.09		
8.	Andre Correia Alves	06	Benfica	4:21.09	4:16.66	565
	50m: 28.57 28.57	150m: 1:33.73 32.92	250m: 2:39.38 32.36	350m: 3:44.49 32.71		
	100m: 1:00.81 32.24	200m: 2:07.02 33.29	300m: 3:11.78 32.40	400m: 4:16.66 32.17		
9.	Ricardo Freitas Neto	06	Sporting	4:21.31	4:18.79	551
	50m: 29.15 29.15	150m: 1:34.13 32.90	250m: 2:40.27 33.05	350m: 3:46.69 33.09		
	100m: 1:01.23 32.08	200m: 2:07.22 33.09	300m: 3:13.60 33.33	400m: 4:18.79 32.10		
10.	Miguel Braga Gomes	07	Sporting	4:18.59	4:18.86	551
	50m: 28.68 28.68	150m: 1:32.39 32.53	250m: 2:38.60 33.01	350m: 3:45.59 33.59		
	100m: 59.86 31.18	200m: 2:05.59 33.20	300m: 3:12.00 33.40	400m: 4:18.86 33.27		
11.	Pedro Crispim Jorge	06	Uniao Piedense	4:13.83	4:18.92	550
	50m: 28.43 28.43	150m: 1:32.21 32.26	250m: 2:38.48 33.07	350m: 3:46.15 33.95		
	100m: 59.95 31.52	200m: 2:05.41 33.20	300m: 3:12.20 33.72	400m: 4:18.92 32.77		
12.	Tiago Ventura Chao	06	Naval Setubalense	4:22.92	4:20.28	542
	50m: 29.03 29.03	150m: 1:34.21 32.97	250m: 2:40.71 33.01	350m: 3:47.28 33.19		
	100m: 1:01.24 32.21	200m: 2:07.70 33.49	300m: 3:14.09 33.38	400m: 4:20.28 33.00		

Prova 21, Masc., 400m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
13.	Arthur Santos Silva	06	Belenenses	4:23.82	4:21.20	536
	50m: 29.04 29.04	150m: 1:34.29 32.99	250m: 2:41.60 33.90	350m: 3:48.89 33.32		
	100m: 1:01.30 32.26	200m: 2:07.70 33.41	300m: 3:15.57 33.97	400m: 4:21.20 32.31		
14.	David Alexandre Fernandes	06	Nacional de Nataçã	4:25.93	4:22.40	529
	50m: 28.97 28.97	150m: 1:35.58 34.12	250m: 2:42.91 33.35	350m: 3:49.56 33.24		
	100m: 1:01.46 32.49	200m: 2:09.56 33.98	300m: 3:16.32 33.41	400m: 4:22.40 32.84		
15.	Rodrigo Onofre Matos	06	Belenenses	4:24.20	4:22.43	529
	50m: 29.57 29.57	150m: 1:35.83 33.89	250m: 2:43.76 33.83	350m: 3:50.30 32.83		
	100m: 1:01.94 32.37	200m: 2:09.93 34.10	300m: 3:17.47 33.71	400m: 4:22.43 32.13		

Seniores

1.	Bernardo Jorge Simoes	04	Belenenses	4:01.18	4:01.33	680
	50m: 27.13 27.13	150m: 1:27.83 30.91	250m: 2:30.06 31.05	350m: 3:31.36 30.31		
	100m: 56.92 29.79	200m: 1:59.01 31.18	300m: 3:01.05 30.99	400m: 4:01.33 29.97		
2.	Gabriel Carvalho Ferrao	05	Benfica	4:08.04	4:01.95	675
	50m: 27.43 27.43	150m: 1:29.41 31.37	250m: 2:31.35 31.00	350m: 3:32.85 30.57		
	100m: 58.04 30.61	200m: 2:00.35 30.94	300m: 3:02.28 30.93	400m: 4:01.95 29.10		
3.	Nicolas Filip Montfort	05	Algés	3:59.51	4:04.48	654
	50m: 27.03 27.03	150m: 1:27.72 30.74	250m: 2:30.30 31.25	350m: 3:33.06 31.38		
	100m: 56.98 29.95	200m: 1:59.05 31.33	300m: 3:01.68 31.38	400m: 4:04.48 31.42		
4.	Vasco Alves Morgado	05	Algés	4:07.13	4:06.27	640
	50m: 27.59 27.59	150m: 1:28.41 31.06	250m: 2:31.27 31.51	350m: 3:34.64 31.82		
	100m: 57.35 29.76	200m: 1:59.76 31.35	300m: 3:02.82 31.55	400m: 4:06.27 31.63		
5.	Henrique Gomes Silva	02	Benfica	4:10.44	4:09.79	613
	50m: 27.90 27.90	150m: 1:30.00 31.60	250m: 2:33.03 31.77	350m: 3:38.53 32.72		
	100m: 58.40 30.50	200m: 2:01.26 31.26	300m: 3:05.81 32.78	400m: 4:09.79 31.26		
6.	Rafael Rodrigues Jacinto	02	Belenenses	4:20.29	4:12.58	593
	50m: 27.86 27.86	150m: 1:29.89 31.19	250m: 2:33.07 31.46	350m: 3:38.81 33.27		
	100m: 58.70 30.84	200m: 2:01.61 31.72	300m: 3:05.54 32.47	400m: 4:12.58 33.77		
7.	Tiago Barroso Proenca	04	Sporting	4:13.03	4:15.91	570
	50m: 29.03 29.03	150m: 1:32.22 31.95	250m: 2:37.19 32.62	350m: 3:43.33 33.04		
	100m: 1:00.27 31.24	200m: 2:04.57 32.35	300m: 3:10.29 33.10	400m: 4:15.91 32.58		
8.	Tiago Miguel Trombinhas	04	Belenenses	4:22.80	4:21.67	533
	50m: 29.37 29.37	150m: 1:34.95 33.12	250m: 2:41.37 33.27	350m: 3:48.71 33.86		
	100m: 1:01.83 32.46	200m: 2:08.10 33.15	300m: 3:14.85 33.48	400m: 4:21.67 32.96		
9.	Afonso Mateus Ribeiro <i>Fora Tempo Acesso</i>	95	Belenenses	4:20.21	4:29.80	486
	50m: 29.78 29.78	150m: 1:34.70 32.95	250m: 2:43.18 34.47	350m: 3:54.15 35.83		
	100m: 1:01.75 31.97	200m: 2:08.71 34.01	300m: 3:18.32 35.14	400m: 4:29.80 35.65		

Absolutos

1.	Bernardo Jorge Simoes <i>Campeão Regional</i>	04	Belenenses	4:01.18	4:01.33	680
	50m: 27.13 27.13	150m: 1:27.83 30.91	250m: 2:30.06 31.05	350m: 3:31.36 30.31		
	100m: 56.92 29.79	200m: 1:59.01 31.18	300m: 3:01.05 30.99	400m: 4:01.33 29.97		
2.	Gabriel Carvalho Ferrao	05	Benfica	4:08.04	4:01.95	675
	50m: 27.43 27.43	150m: 1:29.41 31.37	250m: 2:31.35 31.00	350m: 3:32.85 30.57		
	100m: 58.04 30.61	200m: 2:00.35 30.94	300m: 3:02.28 30.93	400m: 4:01.95 29.10		
3.	Tomas Maia Januario	06	Benfica	4:07.14	4:02.40	671
	50m: 27.72 27.72	150m: 1:28.06 30.40	250m: 2:29.62 30.78	350m: 3:32.33 31.33		
	100m: 57.66 29.94	200m: 1:58.84 30.78	300m: 3:01.00 31.38	400m: 4:02.40 30.07		
4.	Nicolas Filip Montfort	05	Algés	3:59.51	4:04.48	654
	50m: 27.03 27.03	150m: 1:27.72 30.74	250m: 2:30.30 31.25	350m: 3:33.06 31.38		
	100m: 56.98 29.95	200m: 1:59.05 31.33	300m: 3:01.68 31.38	400m: 4:04.48 31.42		
5.	Vasco Alves Morgado	05	Algés	4:07.13	4:06.27	640
	50m: 27.59 27.59	150m: 1:28.41 31.06	250m: 2:31.27 31.51	350m: 3:34.64 31.82		
	100m: 57.35 29.76	200m: 1:59.76 31.35	300m: 3:02.82 31.55	400m: 4:06.27 31.63		
6.	Pedro Bethlem Tigre	06	Sporting	4:04.29	4:06.72	636
	50m: 27.72 27.72	150m: 1:29.11 30.92	250m: 2:32.06 31.54	350m: 3:35.96 31.78		
	100m: 58.19 30.47	200m: 2:00.52 31.41	300m: 3:04.18 32.12	400m: 4:06.72 30.76		

Prova 21, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
7.	Henrique Gomes Silva	02	Benfica	4:10.44	4:09.79	613
	50m: 27.90 27.90	150m: 1:30.00 31.60	250m: 2:33.03 31.77	350m: 3:38.53 32.72		
	100m: 58.40 30.50	200m: 2:01.26 31.26	300m: 3:05.81 32.78	400m: 4:09.79 31.26		
8.	Joao Almeida Gomes	06	Nacional de Nataçao	4:15.54	4:10.65	607
	50m: 28.15 28.15	150m: 1:31.07 31.80	250m: 2:34.46 31.79	350m: 3:39.05 32.42		
	100m: 59.27 31.12	200m: 2:02.67 31.60	300m: 3:06.63 32.17	400m: 4:10.65 31.60		
9.	Rafael Rodrigues Jacinto	02	Belenenses	4:20.29	4:12.58	593
	50m: 27.86 27.86	150m: 1:29.89 31.19	250m: 2:33.07 31.46	350m: 3:38.81 33.27		
	100m: 58.70 30.84	200m: 2:01.61 31.72	300m: 3:05.54 32.47	400m: 4:12.58 33.77		
10.	Antonio Coelho Vieira	06	Sporting	4:28.78	4:13.74	585
	50m: 28.21 28.21	150m: 1:30.96 31.74	250m: 2:35.53 32.36	350m: 3:40.98 32.95		
	100m: 59.22 31.01	200m: 2:03.17 32.21	300m: 3:08.03 32.50	400m: 4:13.74 32.76		
11.	Leonardo Conceicao Reis	07	Sporting	4:19.92	4:15.13	575
	50m: 28.77 28.77	150m: 1:33.56 32.68	250m: 2:39.35 32.57	350m: 3:43.55 32.01		
	100m: 1:00.88 32.11	200m: 2:06.78 33.22	300m: 3:11.54 32.19	400m: 4:15.13 31.58		
12.	Rafael Miguel Mimoso	07	Benfica	4:15.14	4:15.72	571
	50m: 28.91 28.91	150m: 1:32.44 32.26	250m: 2:37.46 32.49	350m: 3:42.97 32.28		
	100m: 1:00.18 31.27	200m: 2:04.97 32.53	300m: 3:10.69 33.23	400m: 4:15.72 32.75		
13.	Tomas Nunes Roque	06	Benfica	4:10.54	4:15.78	571
	50m: 28.27 28.27	150m: 1:32.21 32.38	250m: 2:37.84 32.49	350m: 3:44.69 33.83		
	100m: 59.83 31.56	200m: 2:05.35 33.14	300m: 3:10.86 33.02	400m: 4:15.78 31.09		
14.	Tiago Barroso Proenca	04	Sporting	4:13.03	4:15.91	570
	50m: 29.03 29.03	150m: 1:32.22 31.95	250m: 2:37.19 32.62	350m: 3:43.33 33.04		
	100m: 1:00.27 31.24	200m: 2:04.57 32.35	300m: 3:10.29 33.10	400m: 4:15.91 32.58		
15.	Andre Correia Alves	06	Benfica	4:21.09	4:16.66	565
	50m: 28.57 28.57	150m: 1:33.73 32.92	250m: 2:39.38 32.36	350m: 3:44.49 32.71		
	100m: 1:00.81 32.24	200m: 2:07.02 33.29	300m: 3:11.78 32.40	400m: 4:16.66 32.17		
16.	Afonso Gago Garcia	08	Benfica	4:22.88	4:17.62	559
	50m: 29.09 29.09	150m: 1:34.13 32.86	250m: 2:40.50 33.16	350m: 3:46.22 32.80		
	100m: 1:01.27 32.18	200m: 2:07.34 33.21	300m: 3:13.42 32.92	400m: 4:17.62 31.40		
17.	Diogo Damasceno Reis	09	Sporting	4:24.66	4:18.59	552
	50m: 28.60 28.60	150m: 1:33.91 33.22	250m: 2:41.34 33.55	350m: 3:47.46 32.75		
	100m: 1:00.69 32.09	200m: 2:07.79 33.88	300m: 3:14.71 33.37	400m: 4:18.59 31.13		
18.	Ricardo Freitas Neto	06	Sporting	4:21.31	4:18.79	551
	50m: 29.15 29.15	150m: 1:34.13 32.90	250m: 2:40.27 33.05	350m: 3:46.69 33.09		
	100m: 1:01.23 32.08	200m: 2:07.22 33.09	300m: 3:13.60 33.33	400m: 4:18.79 32.10		
19.	Miguel Braga Gomes	07	Sporting	4:18.59	4:18.86	551
	50m: 28.68 28.68	150m: 1:32.39 32.53	250m: 2:38.60 33.01	350m: 3:45.59 33.59		
	100m: 59.86 31.18	200m: 2:05.59 33.20	300m: 3:12.00 33.40	400m: 4:18.86 33.27		
20.	Pedro Crispim Jorge	06	Uniao Piedense	4:13.83	4:18.92	550
	50m: 28.43 28.43	150m: 1:32.21 32.26	250m: 2:38.48 33.07	350m: 3:46.15 33.95		
	100m: 59.95 31.52	200m: 2:05.41 33.20	300m: 3:12.20 33.72	400m: 4:18.92 32.77		
21.	Tiago Ventura Chao	06	Naval Setubalense	4:22.92	4:20.28	542
	50m: 29.03 29.03	150m: 1:34.21 32.97	250m: 2:40.71 33.01	350m: 3:47.28 33.19		
	100m: 1:01.24 32.21	200m: 2:07.70 33.49	300m: 3:14.09 33.38	400m: 4:20.28 33.00		
22.	Arthur Santos Silva	06	Belenenses	4:23.82	4:21.20	536
	50m: 29.04 29.04	150m: 1:34.29 32.99	250m: 2:41.60 33.90	350m: 3:48.89 33.32		
	100m: 1:01.30 32.26	200m: 2:07.70 33.41	300m: 3:15.57 33.97	400m: 4:21.20 32.31		
23.	Tiago Miguel Trombinhas	04	Belenenses	4:22.80	4:21.67	533
	50m: 29.37 29.37	150m: 1:34.95 33.12	250m: 2:41.37 33.27	350m: 3:48.71 33.86		
	100m: 1:01.83 32.46	200m: 2:08.10 33.15	300m: 3:14.85 33.48	400m: 4:21.67 32.96		
24.	David Alexandre Fernandes	06	Nacional de Nataçao	4:25.93	4:22.40	529
	50m: 28.97 28.97	150m: 1:35.58 34.12	250m: 2:42.91 33.35	350m: 3:49.56 33.24		
	100m: 1:01.46 32.49	200m: 2:09.56 33.98	300m: 3:16.32 33.41	400m: 4:22.40 32.84		
25.	Rodrigo Onofre Matos	06	Belenenses	4:24.20	4:22.43	529
	50m: 29.57 29.57	150m: 1:35.83 33.89	250m: 2:43.76 33.83	350m: 3:50.30 32.83		
	100m: 1:01.94 32.37	200m: 2:09.93 34.10	300m: 3:17.47 33.71	400m: 4:22.43 32.13		
26.	Paulo Junio Fernandes	09	Algés	4:49.99	4:25.89	508
	50m: 29.09 29.09	150m: 1:36.30 34.09	250m: 2:44.69 34.03	350m: 3:52.80 33.57		
	100m: 1:02.21 33.12	200m: 2:10.66 34.36	300m: 3:19.23 34.54	400m: 4:25.89 33.09		
27.	Rafael Lin Moniz	09	Naval Setubalense	4:44.49	4:27.41	500
	50m: 29.86 29.86	150m: 1:36.65 34.06	250m: 2:45.17 34.04	350m: 3:54.08 34.37		
	100m: 1:02.59 32.73	200m: 2:11.13 34.48	300m: 3:19.71 34.54	400m: 4:27.41 33.33		

Prova 21, Masc., 400m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
28.	Afonso Mateus Ribeiro <i>Fora Tempo Acesso</i>	95	Belenenses	4:20.21	4:29.80	486
	50m: 29.78 29.78	150m: 1:34.70 32.95	250m: 2:43.18 34.47	350m: 3:54.15 35.83		
	100m: 1:01.75 31.97	200m: 2:08.71 34.01	300m: 3:18.32 35.14	400m: 4:29.80 35.65		
29.	Vasco Frischknecht Oliveira	08	Benfica	4:41.46	4:32.81	470
	50m: 30.18 30.18	150m: 1:37.60 34.26	250m: 2:47.82 35.48	350m: 3:59.05 35.21		
	100m: 1:03.34 33.16	200m: 2:12.34 34.74	300m: 3:23.84 36.02	400m: 4:32.81 33.76		
30.	Guilherme Oliveira Rizzon	09	Sporting	5:01.00	4:32.82	470
	50m: 30.28 30.28	150m: 1:37.56 34.17	250m: 2:47.07 34.89	350m: 3:58.18 35.52		
	100m: 1:03.39 33.11	200m: 2:12.18 34.62	300m: 3:22.66 35.59	400m: 4:32.82 34.64		
31.	Rafael Ataíde Duarte	08	Benfica	4:32.91	4:33.51	467
	50m: 29.72 29.72	150m: 1:38.58 35.23	250m: 2:49.72 35.65	350m: 4:00.64 35.77		
	100m: 1:03.35 33.63	200m: 2:14.07 35.49	300m: 3:24.87 35.15	400m: 4:33.51 32.87		
32.	Martim Chambel Pinto	09	Colegio Int Monte Maior	4:35.58	4:33.70	466
	50m: 30.76 30.76	150m: 1:40.11 35.06	250m: 2:50.45 34.97	350m: 4:00.06 33.88		
	100m: 1:05.05 34.29	200m: 2:15.48 35.37	300m: 3:26.18 35.73	400m: 4:33.70 33.64		
33.	Jose Pedro Salvadinho	08	Nacional de Nataçã	4:37.11	4:34.15	464
	50m: 30.37 30.37	150m: 1:38.26 34.60	250m: 2:47.79 34.82	350m: 3:58.87 35.88		
	100m: 1:03.66 33.29	200m: 2:12.97 34.71	300m: 3:22.99 35.20	400m: 4:34.15 35.28		
34.	Bernardo Afonso Guedelha	09	Benfica	4:52.01	4:34.63	461
	50m: 30.17 30.17	150m: 1:39.42 34.85	250m: 2:50.92 35.74	350m: 4:00.90 34.57		
	100m: 1:04.57 34.40	200m: 2:15.18 35.76	300m: 3:26.33 35.41	400m: 4:34.63 33.73		
35.	Francisco Nunes Roque	09	Benfica	4:49.63	4:37.33	448
	50m: 30.54 30.54	150m: 1:38.81 34.69	250m: 2:50.35 35.74	350m: 4:02.10 35.89		
	100m: 1:04.12 33.58	200m: 2:14.61 35.80	300m: 3:26.21 35.86	400m: 4:37.33 35.23		
36.	Pedro Guedes Caldas	09	Benfica	4:54.85	4:41.31	429
	50m: 31.00 31.00	150m: 1:41.07 35.47	250m: 2:53.35 36.20	350m: 4:06.23 36.15		
	100m: 1:05.60 34.60	200m: 2:17.15 36.08	300m: 3:30.08 36.73	400m: 4:41.31 35.08		
37.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	4:53.18	4:41.66	427
	50m: 30.66 30.66	150m: 1:39.82 34.94	250m: 2:52.20 36.52	350m: 4:05.23 36.76		
	100m: 1:04.88 34.22	200m: 2:15.68 35.86	300m: 3:28.47 36.27	400m: 4:41.66 36.43		
38.	Duarte Afonso Leite <i>Fora Tempo Acesso</i>	09	Laranjeiro	4:59.28	4:49.02	396
	50m: 30.95 30.95	150m: 1:43.27 37.08	250m: 2:58.14 37.91	350m: 4:12.62 37.46		
	100m: 1:06.19 35.24	200m: 2:20.23 36.96	300m: 3:35.16 37.02	400m: 4:49.02 36.40		
EXH	Duarte Ramos Nunes	07	Galitos / Bresimar	4:08.62	4:14.31	581
	50m: 27.77 27.77	150m: 1:30.47 31.90	250m: 2:35.03 32.22	350m: 3:40.98 33.42		
	100m: 58.57 30.80	200m: 2:02.81 32.34	300m: 3:07.56 32.53	400m: 4:14.31 33.33		

Prova 22
18.11.2023 - 16:43

Femin., 200m Mariposa

Absolutos
Resultados

Rec Regional Abs	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	2:10.14	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	2:14.95	Bruna Leal Dantas	SCP	Porto	2012
Rec Regional Jun 1	2:13.60	Ana Rita Francisco	FPN	Gelsenkirchen (GER)	1996
Rec Regional Juv A	2:18.93	Susana Patricia Miguel	SFUAP	Cantanhede	2004
Rec Regional Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs Open	2:05.74	Ana Catarina Monteiro	POR	Hangzhou (CHN)	2018
Rec Nacional Abs Juv B	2:18.29	Mariana Pacheco Cunha	CFP	Felgueiras	2018
Rec Nacional Sen	2:05.74	Ana Catarina Monteiro	POR	Hangzhou (CHN)	2018
Rec Nacional Jun 2	2:10.12	Sara Francisco Cruz	ADBA	Leiria	2009
Rec Nacional Jun 1	2:13.60	Ana Rita Francisco	POR	Gelsenkirchen (GER)	1996
Rec Nacional Juv A	2:17.51	Raquel Maria Felgueiras	SCB	Algés	1995
Rec Nacional Juv B	2:18.29	Mariana Pacheco Cunha	CFP	Felgueiras	2018

TAC Juv B: 2:49.10; Juv A: 2:44.18; Jun 1: 2:40.17; Jun 2: 2:38.59; Sen 1: 2:35.48; Sen +: 2:33.92

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
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Juvenis B

1.	Maria Madalena Fernandes	10	SAD	2:45.54	2:40.50	413	35.50	40.92	42.24	41.84
2.	Rita Rocha Ferreira	10	SLB	2:45.40	2:44.40	385	35.25	41.46	43.87	43.82
3.	Luisa Anjos Frischknecht	10	CNS	2:56.58	2:59.33	296	40.60	46.06	46.46	46.21

Fora Tempo Acesso

Juvenis A

1.	Margarida Faria Miranda	09	PDEM	2:37.25	2:42.08	401	35.37	41.09	43.18	42.44
2.	Rita Sequeira Barros	09	SAD	2:45.00	2:46.87	368	34.18	40.35	44.86	47.48

Fora Tempo Acesso

Juniores

1.	Catarina Maria Lopes	08	SLB	2:26.79	2:29.48	512	33.40	37.50	39.44	39.14
2.	Catarina Alexandra Alves	07	GESL	2:32.55	2:40.80	411	34.84	39.54	42.31	44.11
3.	Ines Azevedo Baraona	07	PDEM	2:51.42	2:53.95	325	35.82	43.06	48.55	46.52

Fora Tempo Acesso

Seniores

1.	Leticia Maia Andre	02	SLB	2:40.00	2:21.47	604	31.15	36.79	36.65	36.88
2.	Rebeca Leonor Antunes	06	SAD	2:22.52	2:24.66	565	32.50	36.70	37.53	37.93
3.	Maria Madalena Bento	05	SAD	2:24.99	2:28.64	521	32.79	37.89	38.43	39.53
4.	Madalena Rodrigues Tome	03	CFB	2:31.02	2:30.12	505	32.77	37.06	39.14	41.15
5.	Carolina Porem Henriques	04	VKGS	2:38.95	2:30.20	505	32.84	37.60	39.42	40.34
6.	Natacha Sofia Silva	02	SLB	2:35.80	2:34.53	463	34.28	39.04	40.23	40.98
7.	Leonor Roque Mendes	06	ADRCIMM	2:33.83	2:40.62	412	36.03	40.05	41.78	42.76

Fora Tempo Acesso

Prova 22, Femin., 200m Mariposa

Absolutos

1. Leticia Maia Andre <i>Campeã Regional</i>	02	SLB	2:40.00	2:21.47	604	31.15	36.79	36.65	36.88
2. Rebeca Leonor Antunes	06	SAD	2:22.52	2:24.66	565	32.50	36.70	37.53	37.93
3. Maria Madalena Bento	05	SAD	2:24.99	2:28.64	521	32.79	37.89	38.43	39.53
4. Catarina Maria Lopes	08	SLB	2:26.79	2:29.48	512	33.40	37.50	39.44	39.14
5. Madalena Rodrigues Tome	03	CFB	2:31.02	2:30.12	505	32.77	37.06	39.14	41.15
6. Carolina Porem Henriques	04	VKGS	2:38.95	2:30.20	505	32.84	37.60	39.42	40.34
7. Natacha Sofia Silva <i>Fora Tempo Acesso</i>	02	SLB	2:35.80	2:34.53	463	34.28	39.04	40.23	40.98
8. Maria Madalena Fernandes	10	SAD	2:45.54	2:40.50	413	35.50	40.92	42.24	41.84
9. Leonor Roque Mendes <i>Fora Tempo Acesso</i>	06	ADRCIMM	2:33.83	2:40.62	412	36.03	40.05	41.78	42.76
10. Catarina Alexandra Alves <i>Fora Tempo Acesso</i>	07	GESL	2:32.55	2:40.80	411	34.84	39.54	42.31	44.11
11. Margarida Faria Miranda	09	PDEM	2:37.25	2:42.08	401	35.37	41.09	43.18	42.44
12. Rita Rocha Ferreira	10	SLB	2:45.40	2:44.40	385	35.25	41.46	43.87	43.82
13. Rita Sequeira Barros <i>Fora Tempo Acesso</i>	09	SAD	2:45.00	2:46.87	368	34.18	40.35	44.86	47.48
14. Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	PDEM	2:51.42	2:53.95	325	35.82	43.06	48.55	46.52
15. Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	CNS	2:56.58	2:59.33	296	40.60	46.06	46.46	46.21

Prova 23

18.11.2023 - 16:51

Masc., 200m Mariposa

Absolutos
Resultados

Rec Regional Abs	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	1:53.56	Duarte Rafael Mourao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	2:00.39	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	2:03.51	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	2:07.51	Pedro Mendonça	CNCVG		2002
Rec Regional Juv B	2:11.56	Miguel Cabrita	SAD		1989
Rec Nacional Abs	1:53.39	Diogo Filipe Carvalho	POR	Istambul (TUR)	2009
Rec Nacional Sen	1:53.39	Diogo Filipe Carvalho	POR	Istambul (TUR)	2009
Rec Nacional Jun 2	1:58.64	Diogo Filipe Carvalho	CGA	Tomar	2005
Rec Nacional Jun 1	1:59.93	Diogo Filipe Carvalho	CGA	Mealhada	2005
Rec Nacional Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	2009
Rec Nacional Juv B	2:06.17	Diogo Matos Ribeiro	CUC	Felgueiras	2019

TAC Juv B: 2:30.85; Juv A: 2:26.45; Jun 1: 2:22.88; Jun 2: 2:21.47; Sen 1: 2:18.69; Sen +: 2:17.31

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Daniel Alexandre Lourenco	09	SCP	2:35.12	2:21.89	443	30.48	35.38	37.63	38.40
2.	Rodrigo Duarte Narigueta	09	PDEM	2:35.92	2:29.04	383	32.47	37.91	39.17	39.49
3.	Miguel Ratinho Rocha	09	CNS	2:37.84	2:29.07	382	33.67	38.35	39.38	37.67
4.	Dinis Guerreiro Monteiro <i>Fora Tempo Acesso</i>	09	CFB	3:10.76	2:35.28	338	33.92	39.56	42.16	39.64

Juvenis A

1. Afonso Mendonca Ornelas <i>Fora Tempo Acesso</i>	08	GESL	2:40.00	2:27.03	398	33.37	38.91	39.80	34.95
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Prova 23, Masc., 200m Mariposa, Juvenis A

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
2.	Salvador Vaz Beja <i>Fora Tempo Acesso</i>	08	CFB	2:38.72	2:33.05	353	32.76	37.86	40.08	42.35

Juniores

1.	Kaio Araujo Faftine	06	SCP	2:06.94	2:05.83	636	28.47	32.12	32.35	32.89
2.	Michele Francesco Barberi	07	SCP	2:09.49	2:11.85	553	29.49	33.85	34.89	33.62
3.	Rafael Pacheco Godinho	07	SCP	2:13.33	2:14.50	521	29.40	33.71	35.44	35.95
4.	Manuel Costa Simoes	06	SFUAP	2:14.87	2:17.14	491	30.32	34.11	35.60	37.11
5.	Rodrigo Piteira Maio	06	CFB	2:15.05	2:17.69	485	30.42	34.27	35.31	37.69
6.	Luis Pedro Figueiredo <i>Fora Tempo Acesso</i>	06	GESL	2:24.01	2:24.49	420	30.52	35.65	38.32	40.00

Seniores

1.	Gustavo Carvalhais Ribeiro	03	SAD	2:16.00	2:05.00	649	28.70	31.86	31.78	32.66
2.	Diogo Garcez Mateus	02	SCP	2:07.82	2:07.07	618	27.44	31.34	32.97	35.32
3.	Daniel Nogueira Catalao	00	SCP	2:16.00	2:07.29	614	27.61	31.22	33.19	35.27
4.	Jose Paula Carvalho	98	SFUAP	2:16.00	2:08.01	604	28.08	32.35	33.84	33.74
5.	David Matias Cristino	01	SFUAP	2:07.78	2:09.34	586	28.49	33.43	33.32	34.10
6.	Goncalo Duarte Santos	00	VKGS	2:08.03	2:09.71	581	28.57	33.20	34.35	33.59
7.	Rafael Filipe Nunes <i>Fora Tempo Acesso</i>	96	VKGS	2:15.34	2:17.52	487	30.09	34.25	35.90	37.28

Absolutos

1.	Gustavo Carvalhais Ribeiro <i>Campeão Regional</i>	03	SAD	2:16.00	2:05.00	649	28.70	31.86	31.78	32.66
2.	Kaio Araujo Faftine	06	SCP	2:06.94	2:05.83	636	28.47	32.12	32.35	32.89
3.	Diogo Garcez Mateus	02	SCP	2:07.82	2:07.07	618	27.44	31.34	32.97	35.32
4.	Daniel Nogueira Catalao	00	SCP	2:16.00	2:07.29	614	27.61	31.22	33.19	35.27
5.	Jose Paula Carvalho	98	SFUAP	2:16.00	2:08.01	604	28.08	32.35	33.84	33.74
6.	David Matias Cristino	01	SFUAP	2:07.78	2:09.34	586	28.49	33.43	33.32	34.10
7.	Goncalo Duarte Santos	00	VKGS	2:08.03	2:09.71	581	28.57	33.20	34.35	33.59
8.	Michele Francesco Barberi	07	SCP	2:09.49	2:11.85	553	29.49	33.85	34.89	33.62
9.	Rafael Pacheco Godinho	07	SCP	2:13.33	2:14.50	521	29.40	33.71	35.44	35.95
10.	Manuel Costa Simoes	06	SFUAP	2:14.87	2:17.14	491	30.32	34.11	35.60	37.11
11.	Rafael Filipe Nunes <i>Fora Tempo Acesso</i>	96	VKGS	2:15.34	2:17.52	487	30.09	34.25	35.90	37.28
12.	Rodrigo Piteira Maio	06	CFB	2:15.05	2:17.69	485	30.42	34.27	35.31	37.69
13.	Daniel Alexandre Lourenco	09	SCP	2:35.12	2:21.89	443	30.48	35.38	37.63	38.40
14.	Luis Pedro Figueiredo <i>Fora Tempo Acesso</i>	06	GESL	2:24.01	2:24.49	420	30.52	35.65	38.32	40.00
15.	Afonso Mendonca Ornelas <i>Fora Tempo Acesso</i>	08	GESL	2:40.00	2:27.03	398	33.37	38.91	39.80	34.95
16.	Rodrigo Duarte Narigueta	09	PDEM	2:35.92	2:29.04	383	32.47	37.91	39.17	39.49
17.	Miguel Ratinho Rocha	09	CNS	2:37.84	2:29.07	382	33.67	38.35	39.38	37.67
18.	Salvador Vaz Beja <i>Fora Tempo Acesso</i>	08	CFB	2:38.72	2:33.05	353	32.76	37.86	40.08	42.35
19.	Dinis Guerreiro Monteiro <i>Fora Tempo Acesso</i>	09	CFB	3:10.76	2:35.28	338	33.92	39.56	42.16	39.64

Prova 24	Femin., 50m Livres				Absolutos
18.11.2023 - 17:01					Resultados
Rec Regional Abs	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Sen	24.94	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Jun 2	25.99	Ana Reis Sousa	SAD	Felgueiras	2018
Rec Regional Jun 1	26.14	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	27.27	Maria Gomes Pereira	SAD	Algés	2019
Rec Regional Juv A	27.27	Catarina Andrade Franco	GESL	Tomar	2021
Rec Regional Juv B	27.16	Harrieth Larcher Smith	CFB	Tomar	2003
Rec Nacional Abs Open	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009
Rec Nacional Abs Juv B	26.85	Ana Margarida Guedes	GCVR	Bragança	2015
Rec Nacional Sen	24.94	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009
Rec Nacional Jun 2	25.42	Carolina Miranda Fernandes	CGA	Albufeira	2021
Rec Nacional Jun 1	26.07	Carolina Miranda Fernandes	CGA	Gafanha de Nazaré	2021
Rec Nacional Juv A	26.37	Carolina Miranda Fernandes	CGA	Albufeira	2019
Rec Nacional Juv B	26.85	Ana Margarida Guedes	GCVR	Bragança	2015

TAC Juv B: 31.77; Juv A: 31.39; Jun 1: 31.08; Jun 2: 30.83; Sen 1: 30.38; Sen +: 30.07

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Alicia Del Rio Bernat	10	Algés	33.95	29.51	469
2.	Mariana Varela Costa	10	Sporting	30.39	29.74	458
	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	31.76	29.74	458
4.	Rita Mota Silva	10	Palmela Desporto	30.78	29.84	453
5.	Bruna Sofia Simoes	10	Sporting	31.47	29.89	451
6.	Giovanna Cunha Ferreira	10	Sporting	41.00	30.24	435
7.	Victoria Sales Proenca	10	Benfica	31.96	30.54	423
8.	Beatriz Paiva Branco	10	Laranjeiro	31.58	30.91	408
9.	Rita Rocha Ferreira	10	Benfica	34.00	32.83	340
	<i>Fora Tempo Acesso</i>					
10.	Carolina Sofia Martins	10	Despertarecorde	35.84	33.14	331
	<i>Fora Tempo Acesso</i>					
11.	Isabella Caterina Mejias	10	Vikings	40.11	34.34	297
	<i>Fora Tempo Acesso</i>					
12.	Monica Brehm	10	Oriental de Lisboa	38.95	34.36	297
	<i>Fora Tempo Acesso</i>					
13.	Tatiana Filipa Almeida	10	Palmela Desporto	37.75	36.28	252
	<i>Fora Tempo Acesso</i>					

Juvenis A

1.	Madalena Azevedo Messias	09	Sporting	29.22	28.58	516
2.	Joana Sofia Fernandes	09	Nacional de Natação	29.27	28.91	498
3.	Daniela Pina Rodrigues	09	Geslours	33.83	29.03	492
4.	Maria Leonor Calcada	09	Sporting	30.64	29.23	482
5.	Beatriz Silva Jordao	09	Vikings	29.32	29.72	459
6.	Sofia Carlos Arede	09	Sporting	31.89	30.18	438
7.	Maria Luisa Dinis	09	Algés	32.11	30.39	429
8.	Margarida Maia Lopes	09	Geslours	30.53	30.42	428
9.	Lara Castanheira Carlos	09	Laranjeiro	32.75	30.43	427
10.	Marcia Guerreiro Castilho	09	Laranjeiro	34.63	30.63	419
11.	Ana Kostenko	09	Naval Setubalense	31.11	30.93	407
12.	Beatriz Santa Filipe	09	Nacional de Natação	35.25	31.03	403
13.	Joana Isabel Venceslau	09	Palmela Desporto	36.72	34.16	302
	<i>Fora Tempo Acesso</i>					
DSQ	Matilde Maria Cecílio	09	Natação e Triatlo de Lisboa	32.35		
	<i>G1 - Efetuou falsa partida (ii.4.4)</i>					

Prova 24, Femin., 50m Livres

Juniores

1.	Leonor Peso Parente <i>Campeã Regional</i>	07	Palmela Desporto	26.70	27.06	608
2.	Beatriz Heitor Cachaco	07	Gesloures	27.68	28.26	534
3.	Maria Leonor Rodrigues	07	Salesianos	28.89	28.28	533
4.	Rita Machita Santos	07	Naval Setubalense	27.94	28.35	529
5.	Ana Beatriz Pires	08	Uniao Piedense	28.03	28.40	526
6.	Luisa Ponte Jorge	07	Uniao Piedense	28.27	28.82	503
7.	Lis Fatima Melo	08	Gesloures	29.30	28.83	503
8.	Patricia Subtil Henriques	08	Gesloures	29.02	28.94	497
9.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	29.23	29.03	492
10.	Constanca Santos Ferreira	08	Algés	30.44	29.07	490
11.	Yasmin Ruth Bexigas	08	Sporting	29.50	29.08	490
12.	Maria Carlotta Ferrari	07	Benfica	28.84	29.40	474
13.	Clara Vieira Tojo	07	Benfica	29.58	29.53	468
14.	Emma Aguiar Bergamo	07	Algés	29.41	29.72	459
15.	Constanca Isabel Carvalho	08	Algés	36.70	29.91	450
16.	Joana Pontes Prior	08	Laranjeiro	31.93	30.10	442
17.	Marta Matos Laranjeira	08	Vikings	30.04	30.54	423
18.	Teresa Bonita Oliveira	08	Naval Setubalense	30.64	30.56	422
19.	Matilde Anjos Frischknecht <i>Fora Tempo Acesso</i>	07	Naval Setubalense	31.52	30.85	410
20.	Brigida Valentina Mateus <i>Fora Tempo Acesso</i>	07	Palmela Desporto	31.11	31.03	403
21.	Mariana Lisboa Dias <i>Fora Tempo Acesso</i>	07	Fisica Torres Vedras	36.70	31.11	400
22.	Ines Santos Barbosa <i>Fora Tempo Acesso</i>	07	Salesianos	30.70	31.16	398
23.	Marta Oliveira Ferreira <i>Fora Tempo Acesso</i>	08	Colégio Vasco da Gama	31.06	31.17	398
24.	Vitoria Maria Brandao <i>Fora Tempo Acesso</i>	07	Salesianos	31.51	31.24	395
	Maria Duarte Marcalo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	32.08	31.24	395
26.	Rita Gato Costa <i>Fora Tempo Acesso</i>	08	Despertarecorde	33.14	31.91	371
27.	Edilma Tchuquissia Gomes <i>Fora Tempo Acesso</i>	08	Palmela Desporto	34.51	33.19	329
28.	Sofia Goncalves Raposo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	34.13	33.80	312
29.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	33.07	34.02	306
30.	Diana Gameiro Mestre <i>Fora Tempo Acesso</i>	08	Oriental de Lisboa	36.62	36.82	241

Seniores

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	26.38	25.91	693
2.	Raquel Gomes Pereira	00	Benfica	27.25	27.35	589
3.	Leticia Maia Andre	02	Benfica	26.48	27.37	588
4.	Margarida Sobral Pimenta	99	Vikings	27.84	27.52	578
5.	Leonor Tavares Catalao	06	Sporting	26.66	27.60	573
6.	Mafalda Marques Pinto	02	Sporting	26.79	27.73	565
7.	Catarina Welvitchia Sousa	00	Uniao Piedense	27.72	27.82	559

Prova 24, Femin., 50m Livres, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
8.	Ines Correia Teixeira	06	Amadora	27.46	27.97	550
9.	Soraia Maria Salgado	05	Fisica Torres Vedras	28.15	28.25	534
	Francisca Santos Ferreira	06	Algés	27.99	28.25	534
11.	Mariana Marques Mercedes	03	Vikings	27.11	28.31	531
12.	Iris Pereira Carrao	05	Uniao Piedense	27.60	28.35	529
13.	Joana Rocha Ferreira	05	Benfica	28.66	28.79	505
14.	Claudia Beatriz Martins	03	Geslours	29.12	29.22	483
15.	Carolina Saraiva Pires	96	Laranjeiro	29.09	29.26	481
16.	Soraia Guerra Rolim	95	Laranjeiro	29.04	29.29	479
17.	Rita Borges Silva	06	Geslours	28.60	29.33	477
18.	Constanca Dias Baptista	01	Belenenses	28.76	29.40	474
19.	Luana Cardoso Magalhaes	06	Algés	28.59	29.53	468
20.	Ana Margarida Soares	03	Naval Setubalense	28.80	29.66	462
21.	Tatiana Alexandra Melnychuk	06	Colégio Vasco da Gama	32.12	29.72	459
22.	Maria Freire Alves	04	Bombeiros dos Estoris	29.70	29.81	455
23.	Sara Lagorsse Caldas	06	Salesianos	33.75	30.17	439
24.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	30.25	30.51	424
25.	Mafalda Mourao Lopes <i>Fora Tempo Acesso</i>	06	CPCD - Póvoa Sta Iria	29.94	30.65	418
26.	Ines Jesus Anastacio <i>Fora Tempo Acesso</i>	04	CPCD - Póvoa Sta Iria	33.75	31.38	390
27.	Inga Vitorino Carvalho <i>Fora Tempo Acesso</i>	06	CPCD - Póvoa Sta Iria	33.91	32.23	360
28.	Matilde Aleixo Duarte <i>Fora Tempo Acesso</i>	05	Naval Setubalense	33.24	34.10	304

Absolutos

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	26.38	25.91	693
2.	Leonor Peso Parente	07	Palmela Desporto	26.70	27.06	608
3.	Raquel Gomes Pereira	00	Benfica	27.25	27.35	589
4.	Leticia Maia Andre	02	Benfica	26.48	27.37	588
5.	Margarida Sobral Pimenta	99	Vikings	27.84	27.52	578
6.	Leonor Tavares Catalao	06	Sporting	26.66	27.60	573
7.	Mafalda Marques Pinto	02	Sporting	26.79	27.73	565
8.	Catarina Welvitchia Sousa	00	Uniao Piedense	27.72	27.82	559
9.	Ines Correia Teixeira	06	Amadora	27.46	27.97	550
10.	Soraia Maria Salgado	05	Fisica Torres Vedras	28.15	28.25	534
	Francisca Santos Ferreira	06	Algés	27.99	28.25	534
12.	Beatriz Heitor Cachaco	07	Geslours	27.68	28.26	534
13.	Maria Leonor Rodrigues	07	Salesianos	28.89	28.28	533
14.	Mariana Marques Mercedes	03	Vikings	27.11	28.31	531
15.	Iris Pereira Carrao	05	Uniao Piedense	27.60	28.35	529
	Rita Machita Santos	07	Naval Setubalense	27.94	28.35	529
17.	Ana Beatriz Pires	08	Uniao Piedense	28.03	28.40	526
18.	Madalena Azevedo Messias	09	Sporting	29.22	28.58	516
19.	Joana Rocha Ferreira	05	Benfica	28.66	28.79	505
20.	Luisa Ponte Jorge	07	Uniao Piedense	28.27	28.82	503
21.	Lis Fatima Melo	08	Geslours	29.30	28.83	503
22.	Joana Sofia Fernandes	09	Nacional de Natação	29.27	28.91	498
23.	Patricia Subtil Henriques	08	Geslours	29.02	28.94	497
24.	Luisa Goncalves Rodrigues	08	Fisica Torres Vedras	29.23	29.03	492
	Daniela Pina Rodrigues	09	Geslours	33.83	29.03	492
26.	Constanca Santos Ferreira	08	Algés	30.44	29.07	490
27.	Yasmin Ruth Bexigas	08	Sporting	29.50	29.08	490
28.	Claudia Beatriz Martins	03	Geslours	29.12	29.22	483
29.	Maria Leonor Calcada	09	Sporting	30.64	29.23	482

Prova 24, Femin., 50m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
30.	Carolina Saraiva Pires	96	Laranjeiro	29.09	29.26	481
31.	Soraia Guerra Rolim	95	Laranjeiro	29.04	29.29	479
32.	Rita Borges Silva	06	Geslours	28.60	29.33	477
33.	Maria Carlotta Ferrari	07	Benfica	28.84	29.40	474
	Constanca Dias Baptista	01	Belenenses	28.76	29.40	474
35.	Alicia Del Rio Bernat	10	Algés	33.95	29.51	469
36.	Clara Vieira Tojo	07	Benfica	29.58	29.53	468
	Luana Cardoso Magalhaes	06	Algés	28.59	29.53	468
38.	Ana Margarida Soares	03	Naval Setubalense	28.80	29.66	462
39.	Tatiana Alexandra Melnychuk	06	Colégio Vasco da Gama	32.12	29.72	459
	Emma Aguiar Bergamo	07	Algés	29.41	29.72	459
	Beatriz Silva Jordao	09	Vikings	29.32	29.72	459
42.	Mariana Varela Costa	10	Sporting	30.39	29.74	458
	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	31.76	29.74	458
44.	Maria Freire Alves	04	Bombeiros dos Estoris	29.70	29.81	455
45.	Rita Mota Silva	10	Palmela Desporto	30.78	29.84	453
46.	Bruna Sofia Simoes	10	Sporting	31.47	29.89	451
47.	Constanca Isabel Carvalho	08	Algés	36.70	29.91	450
48.	Joana Pontes Prior	08	Laranjeiro	31.93	30.10	442
49.	Sara Lagorsse Caldas	06	Salesianos	33.75	30.17	439
50.	Sofia Carlos Arede	09	Sporting	31.89	30.18	438
51.	Giovanna Cunha Ferreira	10	Sporting	41.00	30.24	435
52.	Maria Luisa Dinis	09	Algés	32.11	30.39	429
53.	Margarida Maia Lopes	09	Geslours	30.53	30.42	428
54.	Lara Castanheira Carlos	09	Laranjeiro	32.75	30.43	427
55.	Clara Sofia Herminio	06	Uniao Piedense	30.25	30.51	424
	<i>Fora Tempo Acesso</i>					
56.	Victoria Sales Proenca	10	Benfica	31.96	30.54	423
	Marta Matos Laranjeira	08	Vikings	30.04	30.54	423
58.	Teresa Bonita Oliveira	08	Naval Setubalense	30.64	30.56	422
59.	Marcia Guerreiro Castilho	09	Laranjeiro	34.63	30.63	419
60.	Mafalda Mourao Lopes	06	CPCD - Póvoa Sta Iria	29.94	30.65	418
	<i>Fora Tempo Acesso</i>					
61.	Matilde Anjos Frischknecht	07	Naval Setubalense	31.52	30.85	410
	<i>Fora Tempo Acesso</i>					
62.	Beatriz Paiva Branco	10	Laranjeiro	31.58	30.91	408
63.	Ana Kostenko	09	Naval Setubalense	31.11	30.93	407
64.	Beatriz Santa Filipe	09	Nacional de Natação	35.25	31.03	403
	Brigida Valentina Mateus	07	Palmela Desporto	31.11	31.03	403
	<i>Fora Tempo Acesso</i>					
66.	Mariana Lisboa Dias	07	Fisica Torres Vedras	36.70	31.11	400
	<i>Fora Tempo Acesso</i>					
67.	Ines Santos Barbosa	07	Salesianos	30.70	31.16	398
	<i>Fora Tempo Acesso</i>					
68.	Marta Oliveira Ferreira	08	Colégio Vasco da Gama	31.06	31.17	398
	<i>Fora Tempo Acesso</i>					
69.	Vitoria Maria Brandao	07	Salesianos	31.51	31.24	395
	<i>Fora Tempo Acesso</i>					
	Maria Duarte Marcalo	07	Palmela Desporto	32.08	31.24	395
	<i>Fora Tempo Acesso</i>					
71.	Ines Jesus Anastacio	04	CPCD - Póvoa Sta Iria	33.75	31.38	390
	<i>Fora Tempo Acesso</i>					
72.	Rita Gato Costa	08	Despertarecorde	33.14	31.91	371
	<i>Fora Tempo Acesso</i>					
73.	Inga Vitorino Carvalho	06	CPCD - Póvoa Sta Iria	33.91	32.23	360
	<i>Fora Tempo Acesso</i>					

Prova 24, Femin., 50m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
74.	Rita Rocha Ferreira <i>Fora Tempo Acesso</i>	10	Benfica	34.00	32.83	340
75.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	35.84	33.14	331
76.	Edilma Tchuquissia Gomes <i>Fora Tempo Acesso</i>	08	Palmela Desporto	34.51	33.19	329
77.	Sofia Goncalves Raposo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	34.13	33.80	312
78.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	33.07	34.02	306
79.	Matilde Aleixo Duarte <i>Fora Tempo Acesso</i>	05	Naval Setubalense	33.24	34.10	304
80.	Joana Isabel Venceslau <i>Fora Tempo Acesso</i>	09	Palmela Desporto	36.72	34.16	302
81.	Isabella Caterina Mejias <i>Fora Tempo Acesso</i>	10	Vikings	40.11	34.34	297
82.	Monica Brehm <i>Fora Tempo Acesso</i>	10	Oriental de Lisboa	38.95	34.36	297
83.	Tatiana Filipa Almeida <i>Fora Tempo Acesso</i>	10	Palmela Desporto	37.75	36.28	252
84.	Diana Gameiro Mestre <i>Fora Tempo Acesso</i>	08	Oriental de Lisboa	36.62	36.82	241
DSQ	Matilde Maria Cecílio <i>G1 - Efetuou falsa partida (ii.4.4)</i>	09	Natação e Triatlo de Lisboa	32.35		
EXH	Laura Espinola Barbeito	06	Núcleo Sporting Ilha Terceira	26.46	26.45	651
EXH	Mariana Teixeira Jesus	06	Estarreja/PROZINCO	26.84	27.15	602
EXH	Carlota Costa Boleixa	08	Louletano / Loule Concelho	26.96	27.32	591
EXH	Maria Silva Pereira	08	Ginasio Clube de Vila Real	27.32	27.44	583
EXH	Claudia Ferreira Borges	99	Olhão	28.15	28.39	526

Prova 25
18.11.2023 - 17:17

Masc., 50m Livres

Absolutos
Resultados

Rec Regional Abs	21.22	Miguel Duarte Nascimento	SLB	Leiria	2022
Rec Regional Sen	21.22	Miguel Duarte Nascimento	SLB	Leiria	2022
Rec Regional Jun 2	22.33	Tiago Andre Venancio	POR	Vienna (AUT)	2004
Rec Regional Jun 1	23.14	Tiago Andre Venancio	CNS	Reboleira	2004
Rec Regional Juv A	24.16	David Miguel Ferro	SFUAP		2000
Rec Regional Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Nacional Abs	21.22	Miguel Duarte Nascimento	SLB	Leiria	2022
Rec Nacional Sen	21.22	Miguel Duarte Nascimento	SLB	Leiria	2022
Rec Nacional Jun 2	22.24	Miguel Duarte Nascimento	PORTIN	Porto	2012
Rec Nacional Jun 1	23.12	Tiago Andrade Machado	SCA	Felgueiras	2018
Rec Nacional Juv A	23.83	Diogo Matos Ribeiro	CUC	Coimbra	2020
Rec Nacional Juv B	23.96	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	2009

TAC Juv B: 27.42; Juv A: 27.10; Jun 1: 26.83; Jun 2: 26.62; Sen 1: 26.23; Sen +: 25.96

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Jesus Alberto Mejias	09	Vikings	25.50	24.72	542
2.	Diogo Damasceno Reis	09	Sporting	28.07	25.64	486
3.	Miguel Loucao Caxaria	09	Palmela Desporto	29.48	26.27	451
4.	Xavier Rosa Madeira	09	Laranjeiro	27.24	26.47	441
5.	Bernardo Afonso Guedelha	09	Benfica	28.48	26.63	433
6.	Rafael Lin Moniz	09	Naval Setubalense	28.10	27.10	411
7.	Aman Akbar Ladak	09	Sporting	37.00	27.13	410
8.	Pedro Miguel Silva	09	Naval Setubalense	30.11	27.22	406
9.	Andre Raposo Pinheiro	09	AONDA - Azeitão	30.75	27.25	404
10.	Martim Guerreiro Martins <i>Fora Tempo Acesso</i>	09	Sporting	29.45	27.87	378
11.	Miguel Bera Fonseca <i>Fora Tempo Acesso</i>	09	Benfica	30.90	28.05	371
12.	Bernardo Miguel Oliveira <i>Fora Tempo Acesso</i>	09	Nacional de Natação	31.81	28.13	368
13.	Miguel Filipe Medronheira <i>Fora Tempo Acesso</i>	09	Palmela Desporto	31.31	28.33	360
14.	Tiago Rafael Ferreira <i>Fora Tempo Acesso</i>	09	Sporting	31.11	29.53	318
15.	Pedro Miguel Torres <i>Fora Tempo Acesso</i>	09	Uniao Piedense	33.76	31.04	273
DSQ	Diogo Henrique Brito <i>G1 - Efetuou falsa partida (ii.4.4)</i>	09	Oriental de Lisboa	37.00		

Juvenis A

1.	Francisco Maria Santos	08	Benfica	25.81	25.74	480
2.	Alexandre Frederico Braz	08	Sporting	25.97	25.84	474
3.	Pedro Caiada Rodrigues	08	Benfica	25.69	26.15	458
4.	Bernardo Filipe Sousa	08	Algés	30.15	26.81	425
5.	Vasco Frischknecht Oliveira	08	Benfica	26.91	26.83	424
6.	Thomas Mouzinho Howard-Tripp	08	Vikings	26.66	26.84	423
7.	Afonso Mendonca Ornelas	08	Geslours	26.70	26.96	418
8.	Jose Pedro Salvadinho <i>Fora Tempo Acesso</i>	08	Nacional de Natação	28.19	27.65	387
9.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	28.03	27.79	381
10.	Pedro Antonio Pinto <i>Fora Tempo Acesso</i>	08	Palmela Desporto	28.83	27.99	373

Prova 25, Masc., 50m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Tomas Afonso Corceiro <i>Fora Tempo Acesso</i>	08	Colegio Int Monte Maior	30.13	29.85	308

Juniores

1.	Andre Miguel Ramos	07	Fisica Torres Vedras	24.02	24.18	579
2.	Guilherme Fernandes Baptista	06	Benfica	23.76	24.39	564
3.	Antonio Coelho Vieira	06	Sporting	24.60	24.52	555
4.	David Miguel Morais	06	Benfica	25.01	24.76	539
5.	Pedro Goncalves Bonniz	06	Benfica	25.60	24.79	537
6.	Andre Deniz Pinto	06	Sporting	30.15	24.90	530
7.	Rodrigo Martins Chocas	07	Sporting	25.06	24.98	525
8.	Vicente Dias Maia	07	Algés	24.95	25.01	523
9.	Afonso Rodrigues Calhelha	07	Colegio Int Monte Maior	25.53	25.06	520
10.	Miguel Mera Herrero	06	Sporting	26.52	25.17	513
11.	Caio Salgado Medeiros	07	Algés	25.35	25.19	512
12.	Andre Cunha Ribeiro	06	Algés	25.35	25.34	503
13.	Tomas Nunes Roque	06	Benfica	25.05	25.36	502
14.	Afonso Bjork Freitas	07	Nacional de Natação	25.61	25.37	501
15.	Leonardo Conceicao Reis	07	Sporting	26.86	25.38	501
16.	Simao Barros Morao	06	Algés	25.25	25.45	497
17.	Lucas Vilaca Casimiro	06	Uniao Piedense	26.20	25.87	473
	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	25.95	25.87	473
19.	Rafael Filipe Lopes	06	Geslours	25.86	25.95	468
	Rafael Pacheco Godinho	07	Sporting	30.15	25.95	468
21.	Miguel Braga Gomes	07	Sporting	26.41	26.04	464
22.	Rodrigo Franco Palare	06	Geslours	26.16	26.05	463
23.	Diogo Francisco Venceslau	06	Palmela Desporto	28.25	26.22	454
24.	Tomas Santos Braga	07	Colégio Vasco da Gama	26.36	26.23	454
25.	Rodrigo Santos Perry	07	Despertarecorde	27.02	26.66	432
26.	Axel Guedes Asmar <i>Fora Tempo Acesso</i>	07	Sporting	26.22	26.85	423
27.	Antonio Maria Monteiro <i>Fora Tempo Acesso</i>	06	Bombeiros dos Estoris	30.15	26.93	419
28.	Daniel Ionas <i>Fora Tempo Acesso</i>	07	Amadora	26.62	26.99	416
29.	Tiago Nunes Silva <i>Fora Tempo Acesso</i>	06	CPCD - Póvoa Sta Iria	26.78	27.00	416
30.	Lourenco Lopes Silva <i>Fora Tempo Acesso</i>	07	Uniao Piedense	27.47	27.04	414
31.	Salvador Agostinho Santos <i>Fora Tempo Acesso</i>	06	Uniao Piedense	28.45	27.14	409
32.	Diogo Miguel Martins <i>Fora Tempo Acesso</i>	07	Geslours	26.54	27.17	408
33.	Antonio Duarte Carvalho <i>Fora Tempo Acesso</i>	06	Algés	27.53	27.18	408
34.	Rafael Piedade Quaresma <i>Fora Tempo Acesso</i>	07	Palmela Desporto	29.25	27.27	404
35.	Rafael Sergio Spac <i>Fora Tempo Acesso</i>	07	Palmela Desporto	30.10	27.73	384
36.	Jose Guilherme Lopes <i>Fora Tempo Acesso</i>	07	CPCD - Póvoa Sta Iria	30.15	28.03	372
37.	Kuzey Tucture <i>Fora Tempo Acesso</i>	07	Oriental de Lisboa	28.40	28.55	352

Prova 25, Masc., 50m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
38.	Francisco Baiao Fernandes <i>Fora Tempo Acesso</i>	07	Palmela Desporto	36.51	32.49	238

Seniores

1.	Miguel Henriques Marques	00	Benfica	21.82	22.41	728
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	24.14	23.52	629
3.	Bernardo Victorino Almeida	04	Sporting	23.49	23.58	624
4.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	23.65	23.71	614
5.	Diogo Santos Costa	02	Benfica	23.33	23.93	597
6.	Felipe Menegassi Maia	04	Algés	24.07	24.03	590
7.	Nicolas Filip Montfort	05	Algés	24.24	24.14	582
8.	Andre Henriques Marques	05	Benfica	23.91	24.22	576
9.	Juan Mendez Delgado	01	Algés	27.30	24.38	565
10.	Andre Azevedo Baraona	04	Palmela Desporto	24.25	24.41	563
11.	Diogo Rafael Dias	05	Despertarecorde	25.39	24.49	557
12.	Miguel Cordeiro Almeida	05	Algés	24.42	24.55	553
13.	Andre Tavares Grenho	99	Geslours	25.04	24.71	543
14.	Joao Paulo Magalhaes	95	Despertarecorde	24.90	24.89	531
15.	Renato Barros Frischknecht	01	Sporting	24.54	24.90	530
16.	Carlos Daniel Nunes	05	Benfica	25.10	24.98	525
17.	Andre Filipe Magalhaes	98	Laranjeiro	24.75	25.00	524
18.	Miguel Costa Simoes	04	Uniao Piedense	24.97	25.24	509
19.	Daniel Tsykal	04	Sporting	25.26	25.30	505
20.	Ricardo Nuno Estevens	99	Laranjeiro	24.75	25.44	497
21.	Miguel Alexandre Rodrigues	98	Vikings	25.50	25.75	479
22.	Rodrigo Martins Bras	05	Belenenses	25.86	25.86	473
23.	Vicente Morgado Ventoso	00	Vikings	25.31	25.96	468
24.	Diogo Carrasco Correia <i>Fora Tempo Acesso</i>	95	Belenenses	25.37	25.98	467
25.	Daniel Filipe Cazeiro <i>Fora Tempo Acesso</i>	97	Laranjeiro	25.35	26.12	459
26.	Luis Carlos Correia <i>Fora Tempo Acesso</i>	03	Laranjeiro	25.78	26.16	457
	Joao Nogueira Mendes <i>Fora Tempo Acesso</i>	02	Laranjeiro	25.90	26.16	457
28.	Alfredo Cabrita Soudo	05	Colégio Vasco da Gama	26.21	26.21	455
29.	Goncalo Pereira Gracioso <i>Fora Tempo Acesso</i>	05	AONDA - Azeitão	26.10	26.68	431
30.	Rafael Caceres Lopes <i>Fora Tempo Acesso</i>	04	Laranjeiro	26.66	27.15	409
31.	Diogo Correia Neves <i>Fora Tempo Acesso</i>	94	Colégio Vasco da Gama	27.28	27.52	393

Absolutos

1.	Miguel Henriques Marques <i>Campeão Regional</i>	00	Benfica	21.82	22.41	728
2.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	24.14	23.52	629
3.	Bernardo Victorino Almeida	04	Sporting	23.49	23.58	624
4.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	23.65	23.71	614
5.	Diogo Santos Costa	02	Benfica	23.33	23.93	597
6.	Felipe Menegassi Maia	04	Algés	24.07	24.03	590
7.	Nicolas Filip Montfort	05	Algés	24.24	24.14	582
8.	Andre Miguel Ramos	07	Fisica Torres Vedras	24.02	24.18	579
9.	Andre Henriques Marques	05	Benfica	23.91	24.22	576
10.	Juan Mendez Delgado	01	Algés	27.30	24.38	565

Prova 25, Masc., 50m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
11.	Guilherme Fernandes Baptista	06	Benfica	23.76	24.39	564
12.	Andre Azevedo Baraona	04	Palmela Desporto	24.25	24.41	563
13.	Diogo Rafael Dias	05	Despertarecorde	25.39	24.49	557
14.	Antonio Coelho Vieira	06	Sporting	24.60	24.52	555
15.	Miguel Cordeiro Almeida	05	Algés	24.42	24.55	553
16.	Andre Tavares Grenho	99	Geslours	25.04	24.71	543
17.	Jesus Alberto Mejias	09	Vikings	25.50	24.72	542
18.	David Miguel Morais	06	Benfica	25.01	24.76	539
19.	Pedro Goncalves Bonniz	06	Benfica	25.60	24.79	537
20.	Joao Paulo Magalhaes	95	Despertarecorde	24.90	24.89	531
21.	Renato Barros Frischknecht	01	Sporting	24.54	24.90	530
	Andre Deniz Pinto	06	Sporting	30.15	24.90	530
23.	Carlos Daniel Nunes	05	Benfica	25.10	24.98	525
	Rodrigo Martins Chocas	07	Sporting	25.06	24.98	525
25.	Andre Filipe Magalhaes	98	Laranjeiro	24.75	25.00	524
26.	Vicente Dias Maia	07	Algés	24.95	25.01	523
27.	Afonso Rodrigues Calhelha	07	Colegio Int Monte Maior	25.53	25.06	520
28.	Miguel Mera Herrero	06	Sporting	26.52	25.17	513
29.	Caio Salgado Medeiros	07	Algés	25.35	25.19	512
30.	Miguel Costa Simoes	04	Uniao Piedense	24.97	25.24	509
31.	Daniel Tsykal	04	Sporting	25.26	25.30	505
32.	Andre Cunha Ribeiro	06	Algés	25.35	25.34	503
33.	Tomas Nunes Roque	06	Benfica	25.05	25.36	502
34.	Afonso Bjork Freitas	07	Nacional de Nataçã	25.61	25.37	501
35.	Leonardo Conceicao Reis	07	Sporting	26.86	25.38	501
36.	Ricardo Nuno Estevens	99	Laranjeiro	24.75	25.44	497
37.	Simao Barros Morao	06	Algés	25.25	25.45	497
38.	Diogo Damasceno Reis	09	Sporting	28.07	25.64	486
39.	Francisco Maria Santos	08	Benfica	25.81	25.74	480
40.	Miguel Alexandre Rodrigues	98	Vikings	25.50	25.75	479
41.	Alexandre Frederico Braz	08	Sporting	25.97	25.84	474
42.	Rodrigo Martins Bras	05	Belenenses	25.86	25.86	473
43.	Lucas Vilaca Casimiro	06	Uniao Piedense	26.20	25.87	473
	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	25.95	25.87	473
45.	Rafael Filipe Lopes	06	Geslours	25.86	25.95	468
	Rafael Pacheco Godinho	07	Sporting	30.15	25.95	468
47.	Vicente Morgado Ventoso	00	Vikings	25.31	25.96	468
48.	Diogo Carrasco Correia	95	Belenenses	25.37	25.98	467
	<i>Fora Tempo Acesso</i>					
49.	Miguel Braga Gomes	07	Sporting	26.41	26.04	464
50.	Rodrigo Franco Palare	06	Geslours	26.16	26.05	463
51.	Daniel Filipe Cazeiro	97	Laranjeiro	25.35	26.12	459
	<i>Fora Tempo Acesso</i>					
52.	Pedro Caiada Rodrigues	08	Benfica	25.69	26.15	458
53.	Luis Carlos Correia	03	Laranjeiro	25.78	26.16	457
	<i>Fora Tempo Acesso</i>					
	Joao Nogueira Mendes	02	Laranjeiro	25.90	26.16	457
	<i>Fora Tempo Acesso</i>					
55.	Alfredo Cabrita Soudo	05	Colégio Vasco da Gama	26.21	26.21	455
56.	Diogo Francisco Venceslau	06	Palmela Desporto	28.25	26.22	454
57.	Tomas Santos Braga	07	Colégio Vasco da Gama	26.36	26.23	454
58.	Miguel Loucao Caxaria	09	Palmela Desporto	29.48	26.27	451
59.	Xavier Rosa Madeira	09	Laranjeiro	27.24	26.47	441
60.	Bernardo Afonso Guedelha	09	Benfica	28.48	26.63	433
61.	Rodrigo Santos Perry	07	Despertarecorde	27.02	26.66	432
62.	Goncalo Pereira Gracioso	05	AONDA - Azeitão	26.10	26.68	431
	<i>Fora Tempo Acesso</i>					
63.	Bernardo Filipe Sousa	08	Algés	30.15	26.81	425
64.	Vasco Frischknecht Oliveira	08	Benfica	26.91	26.83	424
65.	Thomas Mouzinho Howard-Tripp	08	Vikings	26.66	26.84	423

Prova 25, Masc., 50m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
66.	Axel Guedes Asmar <i>Fora Tempo Acesso</i>	07	Sporting	26.22	26.85	423
67.	Antonio Maria Monteiro <i>Fora Tempo Acesso</i>	06	Bombeiros dos Estoris	30.15	26.93	419
68.	Afonso Mendonca Ornelas	08	Geslours	26.70	26.96	418
69.	Daniel Ionas <i>Fora Tempo Acesso</i>	07	Amadora	26.62	26.99	416
70.	Tiago Nunes Silva <i>Fora Tempo Acesso</i>	06	CPCD - Póvoa Sta Iria	26.78	27.00	416
71.	Lourenco Lopes Silva <i>Fora Tempo Acesso</i>	07	Uniao Piedense	27.47	27.04	414
72.	Rafael Lin Moniz	09	Naval Setubalense	28.10	27.10	411
73.	Aman Akbar Ladak	09	Sporting	37.00	27.13	410
74.	Salvador Agostinho Santos <i>Fora Tempo Acesso</i>	06	Uniao Piedense	28.45	27.14	409
75.	Rafael Caceres Lopes <i>Fora Tempo Acesso</i>	04	Laranjeiro	26.66	27.15	409
76.	Diogo Miguel Martins <i>Fora Tempo Acesso</i>	07	Geslours	26.54	27.17	408
77.	Antonio Duarte Carvalho <i>Fora Tempo Acesso</i>	06	Algés	27.53	27.18	408
78.	Pedro Miguel Silva	09	Naval Setubalense	30.11	27.22	406
79.	Andre Raposo Pinheiro	09	AONDA - Azeitão	30.75	27.25	404
80.	Rafael Piedade Quaresma <i>Fora Tempo Acesso</i>	07	Palmela Desporto	29.25	27.27	404
81.	Diogo Correia Neves <i>Fora Tempo Acesso</i>	94	Colégio Vasco da Gama	27.28	27.52	393
82.	Jose Pedro Salvadinho <i>Fora Tempo Acesso</i>	08	Nacional de Natação	28.19	27.65	387
83.	Rafael Sergio Spac <i>Fora Tempo Acesso</i>	07	Palmela Desporto	30.10	27.73	384
84.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	28.03	27.79	381
85.	Martim Guerreiro Martins <i>Fora Tempo Acesso</i>	09	Sporting	29.45	27.87	378
86.	Pedro Antonio Pinto <i>Fora Tempo Acesso</i>	08	Palmela Desporto	28.83	27.99	373
87.	Jose Guilherme Lopes <i>Fora Tempo Acesso</i>	07	CPCD - Póvoa Sta Iria	30.15	28.03	372
88.	Miguel Bera Fonseca <i>Fora Tempo Acesso</i>	09	Benfica	30.90	28.05	371
89.	Bernardo Miguel Oliveira <i>Fora Tempo Acesso</i>	09	Nacional de Natação	31.81	28.13	368
90.	Miguel Filipe Medronheira <i>Fora Tempo Acesso</i>	09	Palmela Desporto	31.31	28.33	360
91.	Kuzey Tucture <i>Fora Tempo Acesso</i>	07	Oriental de Lisboa	28.40	28.55	352
92.	Tiago Rafael Ferreira <i>Fora Tempo Acesso</i>	09	Sporting	31.11	29.53	318

Prova 25, Masc., 50m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
93.	Tomas Afonso Corceiro <i>Fora Tempo Acesso</i>	08	Colegio Int Monte Maior	30.13	29.85	308
94.	Pedro Miguel Torres <i>Fora Tempo Acesso</i>	09	Uniao Piedense	33.76	31.04	273
95.	Francisco Baião Fernandes <i>Fora Tempo Acesso</i>	07	Palmela Desporto	36.51	32.49	238
DSQ	Diogo Henrique Brito <i>G1 - Efetuou falsa partida (ii.4.4)</i>	09	Oriental de Lisboa	37.00		
EXH	Joao Esteves Padrela	99	Naval do Funchal	22.53	22.84	687
EXH	Daniel Batista Tavares	06	Braga	23.63	23.94	597
EXH	Alexandre Morari	07	Rio Maior	24.12	24.40	564

Prova 26

Femin., 100m Costas

Absolutos

18.11.2023 - 18:02

Resultados

Rec Regional Abs	58.39	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Regional Sen	58.39	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Regional Jun 2	59.61	Rafaela Gomes Azevedo	SAD	Algés	2019
Rec Regional Jun 1	1:01.55	Inês Camacho Fernandes	SCP	Porto	2012
Rec Regional Juv A	1:01.43	Inês Camacho Fernandes	SCP	Mealhada	2011
Rec Regional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Nacional Abs Open	58.39	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Nacional Abs Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Nacional Sen	58.39	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Nacional Jun 2	59.61	Rafaela Gomes Azevedo	SAD	Algés	2019
Rec Nacional Jun 1	1:01.55	Ines Camacho Fernandes	SCP	Porto	2013
Rec Nacional Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	2011
Rec Nacional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011

TAC Juv B: 1:18.41; Juv A: 1:16.13; Jun 1: 1:14.64; Jun 2: 1:13.90; Sen 1: 1:13.24; Sen +: 1:12.51

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Rita Canas Brito	10	Naval Setubalense	1:13.78	1:11.24	457	35.08	36.16
2.	Carolina Escrevente Guerra	10	Algés	1:18.57	1:13.70	413	35.62	38.08
3.	Maria Rita Filipe	10	Geslours	1:14.84	1:13.92	409	35.79	38.13
4.	Beatriz Nunes Leao	10	Laranjeiro	1:19.83	1:15.87	378	36.85	39.02
5.	Catarina Nobre Pardelha	10	Colegio Int Monte Maior	1:17.95	1:16.08	375	36.73	39.35
6.	Beatriz Costa Diniz <i>Fora Tempo Acesso</i>	10	Sporting	1:19.48	1:18.91	336	37.94	40.97
7.	Rafaela Sofia Silva <i>Fora Tempo Acesso</i>	10	CPCD - Póvoa Sta Iria	1:21.96	1:22.26	297	38.65	43.61
8.	Nuria Cristina Pires <i>Fora Tempo Acesso</i>	10	Vikings	1:25.94	1:25.38	265	40.57	44.81

Juvenis A

1.	Matilde Lopes Fialho	09	Palmela Desporto	1:11.38	1:12.58	432	34.60	37.98
2.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	Naval Setubalense	1:16.69	1:19.61	327	38.77	40.84

Prova 26, Femin., 100m Costas

Juniores

1.	Beatriz Alexandra Rolim <i>Campeã Regional</i>	08	Uniao Piedense	1:07.42	1:06.69	557	32.58	34.11
2.	Sara Sofia Alves	07	Palmela Desporto	1:05.76	1:07.86	529	32.56	35.30
3.	Barbara Maria Neves	08	Algés	1:09.87	1:09.93	483	34.05	35.88
4.	Anastacia Tshesnovska	07	Sporting	1:10.13	1:10.42	473	33.88	36.54
5.	Rita Sacadura Almeida	07	Algés	1:10.72	1:11.42	453	34.86	36.56
6.	Leticia Rodrigues Magalhaes	07	Naval Setubalense	1:12.51	1:11.78	447	34.57	37.21
7.	Laura Maria Cruz	07	Colegio Int Monte Maior	1:11.49	1:12.07	441	35.66	36.41
8.	Matilde Nunes Ribeiro	07	Despertarecorde	1:15.73	1:13.35	419	34.93	38.42
9.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	1:12.01	1:13.87	410	35.56	38.31
10.	Yasmin Ruth Bexigas	08	Sporting	1:15.16	1:14.01	407	35.57	38.44
11.	Alice Duarte Barreto <i>Fora Tempo Acesso</i>	08	Palmela Desporto	1:20.36	1:17.94	349	37.20	40.74

Seniores

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	1:05.79	1:05.27	594	32.35	32.92
2.	Carolina Martins Camacho	06	Benfica	1:06.20	1:06.01	574	32.37	33.64
3.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:04.39	1:06.29	567	31.55	34.74
4.	Luana Cardoso Magalhaes	06	Algés	1:05.80	1:07.06	548	32.17	34.89
5.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.24	1:07.25	543	32.46	34.79
6.	Ines Correia Teixeira	06	Amadora	1:08.90	1:09.48	493	33.71	35.77
7.	Maria Leonor Coelho	06	Benfica	1:04.97	1:10.16	478	33.40	36.76
8.	Leonor Tavares Catalao	06	Sporting	1:07.33	1:10.18	478	33.45	36.73
9.	Constanca Dias Baptista	01	Belenenses	1:10.60	1:11.50	452	34.15	37.35
10.	Barbara Cunha Ventura	05	Benfica	1:08.99	1:11.71	448	34.19	37.52
11.	Claudia Beatriz Martins	03	Geslourses	1:11.77	1:11.95	444	34.38	37.57
12.	Daniela Patricia Larginho <i>Fora Tempo Acesso</i>	05	Colégio Vasco da Gama	1:17.20	1:18.95	336	38.36	40.59

Absolutos

1.	Ema Jeronimo Conceicao <i>Campeã Regional</i>	03	Benfica	1:05.79	1:05.27	594	32.35	32.92
2.	Carolina Martins Camacho	06	Benfica	1:06.20	1:06.01	574	32.37	33.64
3.	Soraia Maria Salgado	05	Fisica Torres Vedras	1:04.39	1:06.29	567	31.55	34.74
4.	Beatriz Alexandra Rolim	08	Uniao Piedense	1:07.42	1:06.69	557	32.58	34.11
5.	Luana Cardoso Magalhaes	06	Algés	1:05.80	1:07.06	548	32.17	34.89
6.	Sofia Alexandra Nunes	00	Laranjeiro	1:06.24	1:07.25	543	32.46	34.79
7.	Sara Sofia Alves	07	Palmela Desporto	1:05.76	1:07.86	529	32.56	35.30
8.	Ines Correia Teixeira	06	Amadora	1:08.90	1:09.48	493	33.71	35.77
9.	Barbara Maria Neves	08	Algés	1:09.87	1:09.93	483	34.05	35.88
10.	Maria Leonor Coelho	06	Benfica	1:04.97	1:10.16	478	33.40	36.76
11.	Leonor Tavares Catalao	06	Sporting	1:07.33	1:10.18	478	33.45	36.73
12.	Anastacia Tshesnovska	07	Sporting	1:10.13	1:10.42	473	33.88	36.54
13.	Rita Canas Brito	10	Naval Setubalense	1:13.78	1:11.24	457	35.08	36.16
14.	Rita Sacadura Almeida	07	Algés	1:10.72	1:11.42	453	34.86	36.56
15.	Constanca Dias Baptista	01	Belenenses	1:10.60	1:11.50	452	34.15	37.35
16.	Barbara Cunha Ventura	05	Benfica	1:08.99	1:11.71	448	34.19	37.52
17.	Leticia Rodrigues Magalhaes	07	Naval Setubalense	1:12.51	1:11.78	447	34.57	37.21
18.	Claudia Beatriz Martins	03	Geslourses	1:11.77	1:11.95	444	34.38	37.57
19.	Laura Maria Cruz	07	Colegio Int Monte Maior	1:11.49	1:12.07	441	35.66	36.41
20.	Matilde Lopes Fialho	09	Palmela Desporto	1:11.38	1:12.58	432	34.60	37.98
21.	Matilde Nunes Ribeiro	07	Despertarecorde	1:15.73	1:13.35	419	34.93	38.42
22.	Carolina Escrevente Guerra	10	Algés	1:18.57	1:13.70	413	35.62	38.08
23.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	1:12.01	1:13.87	410	35.56	38.31
24.	Maria Rita Filipe	10	Geslourses	1:14.84	1:13.92	409	35.79	38.13
25.	Yasmin Ruth Bexigas	08	Sporting	1:15.16	1:14.01	407	35.57	38.44

Prova 26, Femin., 100m Costas, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
26.	Beatriz Nunes Leao	10	Laranjeiro	1:19.83	1:15.87	378	36.85	39.02
27.	Catarina Nobre Pardelha	10	Colegio Int Monte Maior	1:17.95	1:16.08	375	36.73	39.35
28.	Alice Duarte Barreto <i>Fora Tempo Acesso</i>	08	Palmela Desporto	1:20.36	1:17.94	349	37.20	40.74
29.	Beatriz Costa Diniz <i>Fora Tempo Acesso</i>	10	Sporting	1:19.48	1:18.91	336	37.94	40.97
30.	Daniela Patricia Larginho <i>Fora Tempo Acesso</i>	05	Colégio Vasco da Gama	1:17.20	1:18.95	336	38.36	40.59
31.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	Naval Setubalense	1:16.69	1:19.61	327	38.77	40.84
32.	Rafaela Sofia Silva <i>Fora Tempo Acesso</i>	10	CPCD - Póvoa Sta Iria	1:21.96	1:22.26	297	38.65	43.61
33.	Nuria Cristina Pires <i>Fora Tempo Acesso</i>	10	Vikings	1:25.94	1:25.38	265	40.57	44.81

Prova 27

18.11.2023 - 18:14

Masc., 100m Costas

Absolutos

Resultados

Rec Regional Abs	50.82	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Regional Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Regional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	55.16	Diogo Santos Costa	ADRCIMM	Algés	2019
Rec Regional Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Juv B	59.52	Diogo Santos Costa	ADRCIMM	Algés	2017
Rec Nacional Abs	50.82	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Sen	50.82	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Nacional Jun 1	54.97	Gabriel Jose Lopes	CDL	Coimbra	2014
Rec Nacional Juv A	56.34	Goncalo Carlos Azevedo	CNMAIA	Felgueiras	2023
Rec Nacional Juv B	57.36	Gustavo Carvalho Silva	ADA	Praia da Vitória	2019

TAC Juv B: 1:09.78; Juv A: 1:07.74; Jun 1: 1:06.42; Jun 2: 1:05.76; Sen 1: 1:05.17; Sen +: 1:04.52

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
Juvenis B								
1.	Xavier Jesus Valente	09	Colégio Vasco da Gama	1:07.57	1:05.92	394	32.27	33.65
2.	Tomas Augusto Reis	09	Belenenses	1:11.50	1:06.40	385	31.97	34.43
3.	Hugo Pacheco Godinho	09	Sporting	1:09.71	1:07.02	375	32.16	34.86
4.	Martim Chambel Pinto	09	Colegio Int Monte Maior	1:07.31	1:07.03	374	32.84	34.19
5.	Rui Melo Pereira	09	Benfica	1:12.38	1:07.69	363	32.95	34.74
	Angelo Carvalho Interlandi	09	Algés	1:20.86	1:07.69	363	33.25	34.44
7.	Afonso Carvalho Fonseca	09	Geslours	1:11.20	1:08.12	357	32.89	35.23
8.	David Emanuel Tome	09	Geslours	1:08.00	1:08.56	350	33.05	35.51
9.	Tiago Trindade Manuel	09	Palmela Desporto	1:10.73	1:09.60	334	33.81	35.79
10.	Lourenco Marques Sebastiao <i>Fora Tempo Acesso</i>	09	Palmela Desporto	1:16.56	1:12.88	291	35.42	37.46
11.	Santiago Castanheira Martins <i>Fora Tempo Acesso</i>	09	CPCD - Póvoa Sta Iria	1:16.66	1:14.10	277	36.12	37.98
12.	Joao Pedro Lopes <i>Fora Tempo Acesso</i>	09	Uniao Piedense	1:21.14	1:17.37	243	37.27	40.10

Prova 27, Masc., 100m Costas

Juvenis A

1.	Pedro Saad Oliveira	08	Sporting	1:02.55	1:02.02	473	29.93	32.09
2.	Francisco Soares Brito	08	Bombeiros dos Estoris	1:06.49	1:05.23	406	32.38	32.85
3.	Goncalo Jorge Lima	08	Sporting	1:06.31	1:05.47	402	31.43	34.04
4.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	1:06.39	1:06.42	385	31.27	35.15
5.	Duarte Gomes Santos	08	Despertarecorde	1:11.80	1:06.70	380	31.84	34.86
6.	T. Howard-Tripp	08	Vikings	1:07.12	1:07.05	374	32.35	34.70
7.	Francisco Rodrigues Vilar <i>Fora Tempo Acesso</i>	08	Sporting	1:09.64	1:08.14	356	33.14	35.00
8.	Miguel Morgado Nogueira <i>Fora Tempo Acesso</i>	08	Gesloures	1:06.81	1:08.65	348	33.43	35.22
9.	Tomas Araujo Fonseca <i>Fora Tempo Acesso</i>	08	Sporting	1:10.00	1:09.80	331	33.49	36.31

Juniores

1.	Afonso Bjork Freitas	07	Nacional de Nataçã	59.06	58.83	554	28.65	30.18
2.	Andre Deniz Pinto	06	Sporting	1:10.00	1:00.50	509	28.75	31.75
3.	Afonso Rodrigues Calhelha	07	Colegio Int Monte Maior	1:02.18	1:02.13	470	29.52	32.61
4.	Antonio Ricardo Alves	07	Belenenses	1:02.81	1:02.15	470	30.10	32.05
5.	Lourenco Lopes Silva	07	Uniao Piedense	1:01.77	1:03.08	449	30.30	32.78
6.	Gabriel Martins Tusan	07	Sporting	1:03.69	1:03.68	437	30.83	32.85
7.	Tomas Santos Braga	07	Colégio Vasco da Gama	1:03.97	1:04.09	428	31.01	33.08
8.	Antonio Rego Arsenio	07	Algés	1:03.64	1:04.27	425	31.11	33.16
9.	Rodrigo Franco Palare	06	Gesloures	1:04.10	1:05.21	407	30.64	34.57
10.	Rafael Duarte Beato	06	Gesloures	1:04.84	1:05.55	400	31.90	33.65

Seniores

1.	Andre Azevedo Baraona	04	Palmela Desporto	56.95	58.53	563	28.17	30.36
2.	Miguel Cordeiro Almeida	05	Algés	57.74	58.93	551	28.79	30.14
3.	Tiago Miguel Dias	03	Salesianos	1:08.30	59.36	539	28.65	30.71
4.	Goncalo Duarte Carvalho	05	Benfica	1:03.78	59.74	529	29.15	30.59
5.	Bernardo Jorge Simoes	04	Belenenses	59.31	1:00.50	509	29.24	31.26
6.	Jose Tomas Simeao	00	Laranjeiro	1:08.30	1:03.98	431	31.15	32.83
7.	Goncalo Duarte Santos	00	Vikings	1:08.30	1:04.17	427	31.47	32.70
8.	Rodrigo Costa Teixeira <i>Fora Tempo Acesso</i>	99	Laranjeiro	1:08.20	1:05.17	407	31.56	33.61
9.	Goncalo Nuno Raposo <i>Fora Tempo Acesso</i>	03	Palmela Desporto	1:04.81	1:06.14	390	32.02	34.12
10.	Tiago Correia Neves <i>Fora Tempo Acesso</i>	97	Belenenses	1:05.84	1:07.15	372	32.10	35.05
11.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i>	99	Belenenses	1:10.69	1:07.84	361	33.23	34.61
12.	Daniel Pankivskiy <i>Fora Tempo Acesso</i>	05	Nacional de Nataçã	1:06.69	1:08.30	354	32.45	35.85

Absolutos

1.	Andre Azevedo Baraona <i>Campeão Regional</i>	04	Palmela Desporto	56.95	58.53	563	28.17	30.36
2.	Afonso Bjork Freitas	07	Nacional de Nataçã	59.06	58.83	554	28.65	30.18
3.	Miguel Cordeiro Almeida	05	Algés	57.74	58.93	551	28.79	30.14
4.	Tiago Miguel Dias	03	Salesianos	1:08.30	59.36	539	28.65	30.71
5.	Goncalo Duarte Carvalho	05	Benfica	1:03.78	59.74	529	29.15	30.59
6.	Andre Deniz Pinto	06	Sporting	1:10.00	1:00.50	509	28.75	31.75
	Bernardo Jorge Simoes	04	Belenenses	59.31	1:00.50	509	29.24	31.26

Prova 27, Masc., 100m Costas, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m
8.	Pedro Saad Oliveira	08	Sporting	1:02.55	1:02.02	473	29.93	32.09
9.	Afonso Rodrigues Calhella	07	Colegio Int Monte Maior	1:02.18	1:02.13	470	29.52	32.61
10.	Antonio Ricardo Alves	07	Belenenses	1:02.81	1:02.15	470	30.10	32.05
11.	Lourenco Lopes Silva	07	Uniao Piedense	1:01.77	1:03.08	449	30.30	32.78
12.	Gabriel Martins Tusan	07	Sporting	1:03.69	1:03.68	437	30.83	32.85
13.	Jose Tomas Simeao	00	Laranjeiro	1:08.30	1:03.98	431	31.15	32.83
14.	Tomas Santos Braga	07	Colégio Vasco da Gama	1:03.97	1:04.09	428	31.01	33.08
15.	Goncalo Duarte Santos	00	Vikings	1:08.30	1:04.17	427	31.47	32.70
16.	Antonio Rego Arsenio	07	Algés	1:03.64	1:04.27	425	31.11	33.16
17.	Rodrigo Costa Teixeira <i>Fora Tempo Acesso</i>	99	Laranjeiro	1:08.20	1:05.17	407	31.56	33.61
18.	Rodrigo Franco Palare	06	Geslours	1:04.10	1:05.21	407	30.64	34.57
19.	Francisco Soares Brito	08	Bombeiros dos Estoris	1:06.49	1:05.23	406	32.38	32.85
20.	Goncalo Jorge Lima	08	Sporting	1:06.31	1:05.47	402	31.43	34.04
21.	Rafael Duarte Beato	06	Geslours	1:04.84	1:05.55	400	31.90	33.65
22.	Xavier Jesus Valente	09	Colégio Vasco da Gama	1:07.57	1:05.92	394	32.27	33.65
23.	Goncalo Nuno Raposo <i>Fora Tempo Acesso</i>	03	Palmela Desporto	1:04.81	1:06.14	390	32.02	34.12
24.	Tomas Augusto Reis	09	Belenenses	1:11.50	1:06.40	385	31.97	34.43
25.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	1:06.39	1:06.42	385	31.27	35.15
26.	Duarte Gomes Santos	08	Despertarecorde	1:11.80	1:06.70	380	31.84	34.86
27.	Hugo Pacheco Godinho	09	Sporting	1:09.71	1:07.02	375	32.16	34.86
28.	Martim Chambel Pinto	09	Colegio Int Monte Maior	1:07.31	1:07.03	374	32.84	34.19
29.	T. Howard-Tripp	08	Vikings	1:07.12	1:07.05	374	32.35	34.70
30.	Tiago Correia Neves <i>Fora Tempo Acesso</i>	97	Belenenses	1:05.84	1:07.15	372	32.10	35.05
31.	Rui Melo Pereira	09	Benfica	1:12.38	1:07.69	363	32.95	34.74
	Angelo Carvalho Interlandi	09	Algés	1:20.86	1:07.69	363	33.25	34.44
33.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i>	99	Belenenses	1:10.69	1:07.84	361	33.23	34.61
34.	Afonso Carvalho Fonseca	09	Geslours	1:11.20	1:08.12	357	32.89	35.23
35.	Francisco Rodrigues Vilar <i>Fora Tempo Acesso</i>	08	Sporting	1:09.64	1:08.14	356	33.14	35.00
36.	Daniel Pankivskiy <i>Fora Tempo Acesso</i>	05	Nacional de Natação	1:06.69	1:08.30	354	32.45	35.85
37.	David Emanuel Tome	09	Geslours	1:08.00	1:08.56	350	33.05	35.51
38.	Miguel Morgado Nogueira <i>Fora Tempo Acesso</i>	08	Geslours	1:06.81	1:08.65	348	33.43	35.22
39.	Tiago Trindade Manuel	09	Palmela Desporto	1:10.73	1:09.60	334	33.81	35.79
40.	Tomas Araujo Fonseca <i>Fora Tempo Acesso</i>	08	Sporting	1:10.00	1:09.80	331	33.49	36.31
41.	Lourenco Marques Sebastiao <i>Fora Tempo Acesso</i>	09	Palmela Desporto	1:16.56	1:12.88	291	35.42	37.46
42.	Santiago Castanheira Martins <i>Fora Tempo Acesso</i>	09	CPCD - Póvoa Sta Iria	1:16.66	1:14.10	277	36.12	37.98
43.	Joao Pedro Lopes <i>Fora Tempo Acesso</i>	09	Uniao Piedense	1:21.14	1:17.37	243	37.27	40.10
EXH	Gustavo Carvalho Silva	04	Naval Praia da Vitoria	55.32	54.80	685	26.46	28.34
EXH	Yury Fomin	06	Louletano / Loule Concelho	58.02	58.60	560	28.61	29.99

Prova 28 Femin., 4 x 200m Livres
18.11.2023 - 18:28 Absolutos
Resultados

Rec Nacional Abs Open	8:08.99	Sport Alges e Dafundo	SAD	Algés	2018
Rec Nacional Abs Juv	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Tomar	2018
Rec Nacional Abs Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	2011
Rec Nacional Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	2017
Rec Nacional Jun	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	2018
Rec Nacional Juv A	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Tomar	2018
Rec Nacional Juv	8:48.75	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Tomar	2018
Rec Nacional Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	2011

TAC Juv B: 10:29.94; Juv A: 10:11.60; Jun: 9:53.67; Sen: 9:42.49

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts			
Juvenis A								
1.		Algés	9:46.10	9:37.69	481			
		<i>Campeão Regional</i>						
		Alice Lucas Pedro	09	31.93	35.20	38.08	36.42	2:21.63
		Maria Luisa Dinis	09	33.14	37.65	39.68	38.52	2:28.99
		Rita Sequeira Barros	09	34.32	37.49	38.88	38.02	2:28.71
		Sofia Monteiro Uva	09	32.09	35.07	35.86	35.34	2:18.36

Juniores

1.		Benfica	9:06.81	8:47.87	631			
		<i>Campeão Regional</i>						
		Catarina Maria Lopes	08	30.89	33.67	34.22	34.04	2:12.82
		Leonor Carreiro Rodrigues	07	29.90	34.15	34.66	34.44	2:13.15
		Catarina Andrade Franco	07	29.28	31.49	31.39	31.84	2:04.00
		Maria Carlotta Ferrari	07	30.06	34.28	36.86	36.70	2:17.90
2.		Gesloures	9:21.78	9:18.86	532			
		Patricia Subtil Henriques	08	31.83	35.86	37.01	36.50	2:21.20
		Catarina Alexandra Alves	07	32.76	36.42	36.81	35.66	2:21.65
		Lis Fatima Melo	08	30.95	35.60	37.30	38.06	2:21.91
		Beatriz Heitor Cachaco	07	29.98	34.29	35.18	34.65	2:14.10
3.		Palmela Desporto	9:23.93	9:48.92	454			
		Sara Sofia Alves	07	30.50	33.57	34.35	33.78	2:12.20
		Brigida Valentina Mateus	07	33.93	37.51	39.66	40.07	2:31.17
		Alice Duarte Barreto	08	34.73	39.01	41.84	42.19	2:37.77
		Ines Azevedo Baraona	07	32.28	36.75	39.55	39.20	2:27.78

Seniores

1.		Benfica	9:13.72	8:33.62	685			
		<i>Campeão Regional</i>						
		Madalena Correa Sa	06	30.69	33.32	34.24	34.13	2:12.38
		Matilde Nunes Lopes	06	29.27	32.57	33.20	33.36	2:08.40
		Ema Jeronimo Conceicao	03	28.29	31.07	31.64	30.65	2:01.65
		Leticia Maia Andre	02	29.86	33.77	34.16	33.40	2:11.19
2.		Belenenses	9:05.65	8:49.23	626			
		Luana Correia Rodrigues	01	30.06	32.63	33.49	33.56	2:09.74
		Maria Jardim Fidalgo	04	29.68	33.04	34.37	33.62	2:10.71
		Ana Rita Matos	02	30.16	33.69	34.78	35.07	2:13.70
		Lidiana Correia Rodrigues	04	30.65	33.99	35.33	35.11	2:15.08

Prova 28, Femin., 4 x 200m Livres

EXH	Clube	Atleta	09	99	98	03	T. Inscr.	Tempo Final	Pts
Vikings Abs	Vikings						9:45.00	8:54.38	608
Beatriz Silva Jordao			31.98	34.92	36.50	36.71		2:20.11	
Margarida Sobral Pimenta			29.18	32.15	33.67	33.24		2:08.24	
Maria Ornelas Armas			30.50	33.66	34.23	33.85		2:12.24	
Mariana Marques Mercedes			29.70	33.21	35.09	35.79		2:13.79	
União Piedense Abs	Uniao Piedense						9:35.00	8:58.73	593
Luisa Ponte Jorge			31.14	34.26	35.10	34.88		2:15.38	
Catarina Welvitchia Sousa			29.91	33.00	34.44	35.56		2:12.91	
Iris Pereira Carrao			30.67	33.66	33.44	34.33		2:12.10	
Ana Beatriz Pires			30.55	34.27	36.42	37.10		2:18.34	
Salesianos Abs	Salesianos						10:13.50	9:42.18	470
Maria Leonor Rodrigues			30.92	35.52	36.39	35.78		2:18.61	
Sara Lagorsse Caldas			32.05	36.33	37.20	36.41		2:21.99	
Vitoria Maria Brandao			33.88	38.09	39.39	37.10		2:28.46	
Ines Santos Barbosa			35.13	40.14	39.92	37.93		2:33.12	
Vasco da Gama Abs	Colégio Vasco da Gama						9:39.91	9:47.69	457
Tatiana Alexandra Melnychuk			31.16	36.52	40.05	41.26		2:28.99	
Susana Pereira Veiga			32.12	35.66	37.05	37.03		2:21.86	
Daniela Patricia Larginho			33.82	38.05	39.07	37.37		2:28.31	
Marta Oliveira Ferreira			32.69	36.98	39.40	39.46		2:28.53	

Prova 29 Masc., 4 x 200m Livres Absolutos
18.11.2023 - 18:50 Resultados

Rec Nacional	Atleta	Clube	T. Inscr.	Tempo Final	Pts
Rec Nacional Abs	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	2018
Rec Nacional Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	2013
Rec Nacional Juv A	7:49.50	Associacao Naval Amorense		Algés	2012
Rec Nacional Juv	7:49.50	Associacao Naval Amorense		Algés	2012
Rec Nacional Juv B	8:01.08	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Caldas da Rainha	2019

TAC Juv B: 9:19.60; Juv A: 9:03.30; Jun: 8:47.37; Sen: 8:37.44

Pontos: FINA 2022

Pos.	Ano	Clube	T. Inscr.	Tempo Final	Pts				
1.		Benfica Juv B <i>Campeão Regional</i>	Benfica	9:00.59	8:42.93	470			
		Pedro Guedes Caldas	09	29.47	33.76	36.04	35.25	2:14.52	
		Bernardo Afonso Guedelha	09	29.15	32.35	33.00	31.57	2:06.07	
		Miguel Bera Fonseca	09	29.76	33.51	34.17	34.29	2:11.73	
		Francisco Nunes Roque	09	29.75	32.81	33.73	34.32	2:10.61	
2.		Palmela Juv B	Palmela Desporto	9:13.00	8:58.70	430			
		Miguel Filipe Medronheira	09	30.34	34.46	35.66	34.92	2:15.38	
		Miguel Loucao Caxaria	09	28.47	32.28	33.58	33.12	2:07.45	
		Tiago Trindade Manuel	09	30.99	35.71	37.46	36.58	2:20.74	
		Rodrigo Duarte Nariguetta	09	30.92	34.24	35.25	34.72	2:15.13	
3.		Belenenses Juv B	Belenenses	9:25.47	9:01.26	424			
		Dinis Guerreiro Monteiro	09	31.14	34.46	36.84	36.67	2:19.11	
		Afonso Miguel Amaro	09	30.11	33.62	35.09	35.16	2:13.98	
		Joao Granja Mendes	09	31.32	35.82	37.38	37.34	2:21.86	
		Tomas Augusto Reis	09	27.79	32.05	33.52	32.95	2:06.31	
4.		Geslours Juv B	Geslours	9:55.55	9:12.48	399			
		Joao Pedro Sousa	09	30.52	34.60	36.02	35.12	2:16.26	
		David Emanuel Tome	09	30.52	36.42	36.85	37.35	2:21.14	
		Francisco Gabriel Freitas	09	30.40	35.68	36.38	35.17	2:17.63	
		Rodrigo Arga Paiva	09	30.94	35.40	35.91	35.20	2:17.45	

Juvenis A

Pos.	Ano	Clube	T. Inscr.	Tempo Final	Pts				
1.		Benfica Juv A <i>Campeão Regional</i>	Benfica	8:29.55	8:23.43	527			
		Vasco Frischknecht Oliveira	08	28.81	32.21	34.15	32.80	2:07.97	
		Francisco Maria Santos	08	27.98	31.68	32.51	32.50	2:04.67	
		Afonso Gago Garcia	08	27.22	30.88	30.46	30.89	1:59.45	
		Rafael Ataíde Duarte	08	29.52	33.78	34.30	33.74	2:11.34	

Prova 29, Masc., 4 x 200m Livres

Juniores

1.	Benfica Jun <i>Campeão Regional</i>	Benfica		7:52.85	7:54.20	631	
	Andre Correia Alves	06	27.37	30.16	31.22	31.58	2:00.33
	Tomas Nunes Roque	06	26.64	29.82	31.21	31.78	1:59.45
	Tomas Maia Januario	06	25.23	28.16	30.56	30.24	1:54.19
	Rafael Miguel Mimoso	07	27.25	30.44	31.23	31.31	2:00.23
2.	Belenenses Jun	Belenenses		8:29.17	8:18.89	542	
	Arthur Santos Silva	06	27.87	30.87	31.68	32.17	2:02.59
	Rodrigo Piteira Maio	06	28.15	31.09	32.30	32.86	2:04.40
	Rodrigo Onofre Matos	06	28.06	31.80	33.54	33.31	2:06.71
	Antonio Ricardo Alves	07	29.32	31.23	32.22	32.42	2:05.19
3.	União Piedense Jun	Uniao Piedense		8:35.00	8:22.41	530	
	Manuel Costa Simoes	06	27.96	30.79	33.11	33.55	2:05.41
	Pedro Crispim Jorge	06	27.11	30.96	32.54	32.00	2:02.61
	Lourenco Lopes Silva	07	27.83	32.20	33.70	33.33	2:07.06
	Lucas Vilaca Casimiro	06	28.45	32.27	32.94	33.67	2:07.33
4.	Geslourses Jun	Geslourses		8:40.37	8:44.01	467	
	Luis Pedro Figueiredo	06	29.01	32.21	34.09	32.14	2:07.45
	Diogo Miguel Martins	07	28.01	33.05	35.89	35.86	2:12.81
	Tiago Dinis Ferreira	07	30.42	33.90	36.09	35.60	2:16.01
	Rafael Filipe Lopes	06	28.10	31.36	34.08	34.20	2:07.74

Seniores

1.	Benfica Sen <i>Campeão Regional</i>	Benfica		7:49.51	7:44.21	673	
	Joao Soares Carneiro	03	25.21	28.35	30.13	30.19	1:53.88
	Gabriel Carvalho Ferrao	05	26.39	29.58	29.56	29.17	1:54.70
	Andre Henriques Marques	05	26.89	30.19	30.78	30.51	1:58.37
	Carlos Daniel Nunes	05	26.53	29.33	30.68	30.72	1:57.26
2.	União Piedense Sen	Uniao Piedense		8:20.00	7:57.97	616	
	Tiago Maria Camoes	01	26.53	30.13	33.18	33.84	2:03.68
	Jose Paula Carvalho	98	27.09	29.94	30.88	31.12	1:59.03
	David Matias Cristino	01	26.38	30.34	30.82	30.45	1:57.99
	Miguel Costa Simoes	04	26.52	30.29	30.71	29.75	1:57.27
3.	Belenenses Sen	Belenenses		7:43.99	7:59.19	611	
	Rafael Rodrigues Jacinto	02	27.16	29.77	29.96	30.36	1:57.25
	Bernardo Jorge Simoes	04	25.99	28.85	29.69	29.97	1:54.50
	Afonso Mateus Ribeiro	95	28.48	31.29	32.45	32.68	2:04.90
	Tiago Miguel Trombinhas	04	27.80	30.67	32.08	31.99	2:02.54
EXH	Vasco da Gama Abs	Colégio Vasco da Gama		8:49.63	8:34.49	494	
	Xavier Jesus Valente	09	27.77	30.39	32.22	32.63	2:03.01
	Tomas Santos Braga	07	28.26	31.94	33.40	33.30	2:06.90
	Diogo Correia Neves	94	29.98	34.90	36.73	36.93	2:18.54
	Alfredo Cabrita Soudo	05	28.47	31.81	32.73	33.03	2:06.04

4 - 3ª Jornada - 1ª Sessão

19.11.2023 - 9:00

Prova 30	Masc., 400m Estilos				Absolutos
19.11.2023 - 9:00					Resultados
Rec Regional Abs	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	4:06.93	Joao Alexandre Vital	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Regional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Regional Juv A	4:25.04	João Alexandre Vital	ADRCIMM	Tomar	2013
Rec Regional Juv B	4:35.68	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Nacional Abs	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Sen	4:05.87	Gabriel Jose Lopes	ALN	Leiria	2022
Rec Nacional Jun 2	4:11.20	Joao Alexandre Vital	SCP	Porto	2015
Rec Nacional Jun 1	4:21.93	Joao Alexandre Vital	ADRCIMM	Porto	2014
Rec Nacional Juv A	4:25.04	Joao Alexandre Vital	ADRCIMM	Tomar	2013
Rec Nacional Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	2003

TAC Juv B: 5:24.98; Juv A: 5:15.52; Jun 1: 5:09.33; Jun 2: 5:06.27; Sen 1: 5:03.53; Sen +: 5:00.50

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Paulo Junio Fernandes	09	Algés	5:18.99	5:01.15	474
	50m: 29.55 29.55	150m: 1:43.60 39.29	250m: 3:06.56 44.13	350m: 4:27.57	35.80	
	100m: 1:04.31 34.76	200m: 2:22.43 38.83	300m: 3:51.77 45.21	400m: 5:01.15	33.58	
2.	Francisco Nunes Roque	09	Benfica	5:20.14	5:09.50	436
	50m: 32.39 32.39	150m: 1:51.42 41.24	250m: 3:14.49 42.80	350m: 4:34.80	36.75	
	100m: 1:10.18 37.79	200m: 2:31.69 40.27	300m: 3:58.05 43.56	400m: 5:09.50	34.70	
3.	Tomas Augusto Reis	09	Belenenses	5:45.87	5:22.69	385
	50m: 34.13 34.13	150m: 1:54.33 40.86	250m: 3:23.54 49.72	350m: 4:49.20	36.65	
	100m: 1:13.47 39.34	200m: 2:33.82 39.49	300m: 4:12.55 49.01	400m: 5:22.69	33.49	
4.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:31.27	5:22.82	384
	50m: 33.48 33.48	150m: 1:56.33 42.89	250m: 3:24.89 47.65	350m: 4:49.77	36.73	
	100m: 1:13.44 39.96	200m: 2:37.24 40.91	300m: 4:13.04 48.15	400m: 5:22.82	33.05	
5.	Afonso Cunha Amaral	09	Algés	5:39.62	5:23.93	380
	50m: 31.12 31.12	150m: 1:50.36 41.42	250m: 3:21.22 49.31	350m: 4:48.76	36.52	
	100m: 1:08.94 37.82	200m: 2:31.91 41.55	300m: 4:12.24 51.02	400m: 5:23.93	35.17	

Juvenis A

1.	Rui Silva Pereira	08	Colegio Int Monte Maior	4:37.61	4:41.01	583
	50m: 29.04 29.04	150m: 1:40.35 37.64	250m: 2:56.17 40.04	350m: 4:10.12	32.26	
	100m: 1:02.71 33.67	200m: 2:16.13 35.78	300m: 3:37.86 41.69	400m: 4:41.01	30.89	
2.	Afonso Gago Garcia	08	Benfica	5:03.53	5:01.85	470
	50m: 31.86 31.86	150m: 1:48.21 37.80	250m: 3:10.10 45.71	350m: 4:29.44	34.18	
	100m: 1:10.41 38.55	200m: 2:24.39 36.18	300m: 3:55.26 45.16	400m: 5:01.85	32.41	
3.	Francisco Rodrigues Vilar	08	Sporting	5:10.00	5:11.24	429
	50m: 30.72 30.72	150m: 1:46.76 40.05	250m: 3:10.64 44.81	350m: 4:34.25	37.61	
	100m: 1:06.71 35.99	200m: 2:25.83 39.07	300m: 3:56.64 46.00	400m: 5:11.24	36.99	

Juniores

1.	Kaio Araujo Faftine	06	Sporting	4:37.16	4:35.74	617
	50m: 28.18 28.18	150m: 1:35.99 35.15	250m: 2:50.32 39.33	350m: 4:04.27	33.09	
	100m: 1:00.84 32.66	200m: 2:10.99 35.00	300m: 3:31.18 40.86	400m: 4:35.74	31.47	
2.	Tomas Maia Januario	06	Benfica	4:47.85	4:38.97	596
	50m: 28.36 28.36	150m: 1:36.59 35.07	250m: 2:53.33 42.55	350m: 4:09.08	33.17	
	100m: 1:01.52 33.16	200m: 2:10.78 34.19	300m: 3:35.91 42.58	400m: 4:38.97	29.89	
3.	Rafael Miguel Mimoso	07	Benfica	4:38.36	4:39.93	590
	50m: 29.14 29.14	150m: 1:41.72 38.70	250m: 2:57.06 37.87	350m: 4:08.37	33.07	
	100m: 1:03.02 33.88	200m: 2:19.19 37.47	300m: 3:35.30 38.24	400m: 4:39.93	31.56	
4.	Joao Almeida Gomes	06	Nacional de Nataçao	4:50.31	4:49.56	533
	50m: 29.50 29.50	150m: 1:42.75 38.16	250m: 3:02.14 41.93	350m: 4:18.02	32.44	
	100m: 1:04.59 35.09	200m: 2:20.21 37.46	300m: 3:45.58 43.44	400m: 4:49.56	31.54	

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institucionais



parceiros



Prova 30, Masc., 400m Estilos, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Pedro Crispim Jorge	06	Uniao Piedense	5:10.00	4:53.85	510
	50m: 29.62 29.62	150m: 1:42.29 38.00	250m: 3:01.59 42.38	350m: 4:19.55 34.87		
	100m: 1:04.29 34.67	200m: 2:19.21 36.92	300m: 3:44.68 43.09	400m: 4:53.85 34.30		
6.	Tiago Ventura Chao	06	Naval Setubalense	4:57.29	4:55.17	503
	50m: 29.43 29.43	150m: 1:42.45 40.21	250m: 3:05.38 44.40	350m: 4:23.22 34.35		
	100m: 1:02.24 32.81	200m: 2:20.98 38.53	300m: 3:48.87 43.49	400m: 4:55.17 31.95		
7.	Miguel Braga Gomes	07	Sporting	4:53.96	4:56.13	498
	50m: 30.80 30.80	150m: 1:45.17 38.60	250m: 3:05.63 43.04	350m: 4:23.52 34.47		
	100m: 1:06.57 35.77	200m: 2:22.59 37.42	300m: 3:49.05 43.42	400m: 4:56.13 32.61		
8.	Afonso Bjork Freitas	07	Nacional de Natação	5:10.00	5:00.01	479
	50m: 30.33 30.33	150m: 1:43.65 36.94	250m: 3:05.16 46.24	350m: 4:26.22 34.84		
	100m: 1:06.71 36.38	200m: 2:18.92 35.27	300m: 3:51.88 46.72	400m: 5:00.01 33.29		
9.	Rafael Filipe Lopes <i>Fora Tempo Acesso</i>	06	Geslours	5:09.22	5:19.28	397
	50m: 31.35 31.35	150m: 1:48.62 40.38	250m: 3:15.80 47.64	350m: 4:42.09 37.24		
	100m: 1:08.24 36.89	200m: 2:28.16 39.54	300m: 4:04.85 49.05	400m: 5:19.28 37.19		

Seniores

1.	David Matias Cristino	01	Uniao Piedense	4:55.00	4:37.26	607
	50m: 28.44 28.44	150m: 1:36.80 34.85	250m: 2:51.62 39.69	350m: 4:05.15 32.88		
	100m: 1:01.95 33.51	200m: 2:11.93 35.13	300m: 3:32.27 40.65	400m: 4:37.26 32.11		
2.	Vasco Alves Morgado	05	Algés	4:29.79	4:42.54	573
	50m: 28.50 28.50	150m: 1:39.28 38.05	250m: 2:58.29 41.07	350m: 4:11.65 31.52		
	100m: 1:01.23 32.73	200m: 2:17.22 37.94	300m: 3:40.13 41.84	400m: 4:42.54 30.89		
3.	Tiago Miguel Trombinhas	04	Belenenses	4:54.94	4:51.07	524
	50m: 31.05 31.05	150m: 1:46.05 38.89	250m: 3:04.41 39.97	350m: 4:18.81 32.77		
	100m: 1:07.16 36.11	200m: 2:24.44 38.39	300m: 3:46.04 41.63	400m: 4:51.07 32.26		
4.	Goncalo Duarte Santos	00	Vikings	4:51.04	4:57.57	491
	50m: 29.40 29.40	150m: 1:43.17 39.65	250m: 3:06.52 44.85	350m: 4:25.20 34.65		
	100m: 1:03.52 34.12	200m: 2:21.67 38.50	300m: 3:50.55 44.03	400m: 4:57.57 32.37		
5.	Rafael Filipe Nunes	96	Vikings	4:47.53	4:58.04	489
	50m: 30.71 30.71	150m: 1:45.08 38.69	250m: 3:05.92 42.81	350m: 4:24.46 34.88		
	100m: 1:06.39 35.68	200m: 2:23.11 38.03	300m: 3:49.58 43.66	400m: 4:58.04 33.58		

Absolutos

1.	Kaio Araujo Faftine <i>Campeão Regional</i>	06	Sporting	4:37.16	4:35.74	617
	50m: 28.18 28.18	150m: 1:35.99 35.15	250m: 2:50.32 39.33	350m: 4:04.27 33.09		
	100m: 1:00.84 32.66	200m: 2:10.99 35.00	300m: 3:31.18 40.86	400m: 4:35.74 31.47		
2.	David Matias Cristino	01	Uniao Piedense	4:55.00	4:37.26	607
	50m: 28.44 28.44	150m: 1:36.80 34.85	250m: 2:51.62 39.69	350m: 4:05.15 32.88		
	100m: 1:01.95 33.51	200m: 2:11.93 35.13	300m: 3:32.27 40.65	400m: 4:37.26 32.11		
3.	Tomas Maia Januario	06	Benfica	4:47.85	4:38.97	596
	50m: 28.36 28.36	150m: 1:36.59 35.07	250m: 2:53.33 42.55	350m: 4:09.08 33.17		
	100m: 1:01.52 33.16	200m: 2:10.78 34.19	300m: 3:35.91 42.58	400m: 4:38.97 29.89		
4.	Rafael Miguel Mimoso	07	Benfica	4:38.36	4:39.93	590
	50m: 29.14 29.14	150m: 1:41.72 38.70	250m: 2:57.06 37.87	350m: 4:25.20 33.07		
	100m: 1:03.02 33.88	200m: 2:19.19 37.47	300m: 3:35.30 38.24	400m: 4:39.93 31.56		
5.	Rui Silva Pereira	08	Colegio Int Monte Maior	4:37.61	4:41.01	583
	50m: 29.04 29.04	150m: 1:40.35 37.64	250m: 2:56.17 40.04	350m: 4:10.12 32.26		
	100m: 1:02.71 33.67	200m: 2:16.13 35.78	300m: 3:37.86 41.69	400m: 4:41.01 30.89		
6.	Vasco Alves Morgado	05	Algés	4:29.79	4:42.54	573
	50m: 28.50 28.50	150m: 1:39.28 38.05	250m: 2:58.29 41.07	350m: 4:11.65 31.52		
	100m: 1:01.23 32.73	200m: 2:17.22 37.94	300m: 3:40.13 41.84	400m: 4:42.54 30.89		
7.	Joao Almeida Gomes	06	Nacional de Natação	4:50.31	4:49.56	533
	50m: 29.50 29.50	150m: 1:42.75 38.16	250m: 3:02.14 41.93	350m: 4:18.02 32.44		
	100m: 1:04.59 35.09	200m: 2:20.21 37.46	300m: 3:45.58 43.44	400m: 4:49.56 31.54		
8.	Tiago Miguel Trombinhas	04	Belenenses	4:54.94	4:51.07	524
	50m: 31.05 31.05	150m: 1:46.05 38.89	250m: 3:04.41 39.97	350m: 4:18.81 32.77		
	100m: 1:07.16 36.11	200m: 2:24.44 38.39	300m: 3:46.04 41.63	400m: 4:51.07 32.26		

Prova 30, Masc., 400m Estilos, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Pedro Crispim Jorge	06	Uniao Piedense	5:10.00	4:53.85	510
	50m: 29.62 29.62	150m: 1:42.29 38.00	250m: 3:01.59 42.38	350m: 4:19.55 34.87		
	100m: 1:04.29 34.67	200m: 2:19.21 36.92	300m: 3:44.68 43.09	400m: 4:53.85 34.30		
10.	Tiago Ventura Chao	06	Naval Setubalense	4:57.29	4:55.17	503
	50m: 29.43 29.43	150m: 1:42.45 40.21	250m: 3:05.38 44.40	350m: 4:23.22 34.35		
	100m: 1:02.24 32.81	200m: 2:20.98 38.53	300m: 3:48.87 43.49	400m: 4:55.17 31.95		
11.	Miguel Braga Gomes	07	Sporting	4:53.96	4:56.13	498
	50m: 30.80 30.80	150m: 1:45.17 38.60	250m: 3:05.63 43.04	350m: 4:23.52 34.47		
	100m: 1:06.57 35.77	200m: 2:22.59 37.42	300m: 3:49.05 43.42	400m: 4:56.13 32.61		
12.	Goncalo Duarte Santos	00	Vikings	4:51.04	4:57.57	491
	50m: 29.40 29.40	150m: 1:43.17 39.65	250m: 3:06.52 44.85	350m: 4:25.20 34.65		
	100m: 1:03.52 34.12	200m: 2:21.67 38.50	300m: 3:50.55 44.03	400m: 4:57.57 32.37		
13.	Rafael Filipe Nunes	96	Vikings	4:47.53	4:58.04	489
	50m: 30.71 30.71	150m: 1:45.08 38.69	250m: 3:05.92 42.81	350m: 4:24.46 34.88		
	100m: 1:06.39 35.68	200m: 2:23.11 38.03	300m: 3:49.58 43.66	400m: 4:58.04 33.58		
14.	Afonso Bjork Freitas	07	Nacional de Nataçao	5:10.00	5:00.01	479
	50m: 30.33 30.33	150m: 1:43.65 36.94	250m: 3:05.16 46.24	350m: 4:25.20 34.84		
	100m: 1:06.71 36.38	200m: 2:18.92 35.27	300m: 3:51.88 46.72	400m: 5:00.01 33.29		
15.	Paulo Junio Fernandes	09	Algés	5:18.99	5:01.15	474
	50m: 29.55 29.55	150m: 1:43.60 39.29	250m: 3:06.56 44.13	350m: 4:27.57 35.80		
	100m: 1:04.31 34.76	200m: 2:22.43 38.83	300m: 3:51.77 45.21	400m: 5:01.15 33.58		
16.	Afonso Gago Garcia	08	Benfica	5:03.53	5:01.85	470
	50m: 31.86 31.86	150m: 1:48.21 37.80	250m: 3:10.10 45.71	350m: 4:29.44 34.18		
	100m: 1:10.41 38.55	200m: 2:24.39 36.18	300m: 3:55.26 45.16	400m: 5:01.85 32.41		
17.	Francisco Nunes Roque	09	Benfica	5:20.14	5:09.50	436
	50m: 32.39 32.39	150m: 1:51.42 41.24	250m: 3:14.49 42.80	350m: 4:34.80 36.75		
	100m: 1:10.18 37.79	200m: 2:31.69 40.27	300m: 3:58.05 43.56	400m: 5:09.50 34.70		
18.	Francisco Rodrigues Vilar	08	Sporting	5:10.00	5:11.24	429
	50m: 30.72 30.72	150m: 1:46.76 40.05	250m: 3:10.64 44.81	350m: 4:34.25 37.61		
	100m: 1:06.71 35.99	200m: 2:25.83 39.07	300m: 3:56.64 46.00	400m: 5:11.24 36.99		
19.	Rafael Filipe Lopes <i>Fora Tempo Acesso</i>	06	Gesloures	5:09.22	5:19.28	397
	50m: 31.35 31.35	150m: 1:48.62 40.38	250m: 3:15.80 47.64	350m: 4:42.09 37.24		
	100m: 1:08.24 36.89	200m: 2:28.16 39.54	300m: 4:04.85 49.05	400m: 5:19.28 37.19		
20.	Tomas Augusto Reis	09	Belenenses	5:45.87	5:22.69	385
	50m: 34.13 34.13	150m: 1:54.33 40.86	250m: 3:23.54 49.72	350m: 4:49.20 36.65		
	100m: 1:13.47 39.34	200m: 2:33.82 39.49	300m: 4:12.55 49.01	400m: 5:22.69 33.49		
21.	Rodrigo Duarte Narigueta	09	Palmela Desporto	5:31.27	5:22.82	384
	50m: 33.48 33.48	150m: 1:56.33 42.89	250m: 3:24.89 47.65	350m: 4:49.77 36.73		
	100m: 1:13.44 39.96	200m: 2:37.24 40.91	300m: 4:13.04 48.15	400m: 5:22.82 33.05		
22.	Afonso Cunha Amaral	09	Algés	5:39.62	5:23.93	380
	50m: 31.12 31.12	150m: 1:50.36 41.42	250m: 3:21.22 49.31	350m: 4:48.76 36.52		
	100m: 1:08.94 37.82	200m: 2:31.91 41.55	300m: 4:12.24 51.02	400m: 5:23.93 35.17		
EXH	Yury Fomin	06	Louletano / Loule Concelho	4:28.68	4:28.16	671
	50m: 28.60 28.60	150m: 1:35.33 34.58	250m: 2:46.75 38.36	350m: 3:57.68 31.87		
	100m: 1:00.75 32.15	200m: 2:08.39 33.06	300m: 3:25.81 39.06	400m: 4:28.16 30.48		

Prova 31 Femin., 4 x 100m Livres Absolutos
19.11.2023 - 9:18 Resultados

Rec Nacional Abs Open	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010
Rec Nacional Abs Juv	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	2019
Rec Nacional Abs Juv B	4:05.21	Clube dos Galitos / Bresimar	CGA	Estarreja	2019
Rec Nacional Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	2010
Rec Nacional Jun	3:52.24	Clube dos Galitos / Bresimar	CGA	Leiria	2021
Rec Nacional Juv A	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	2019
Rec Nacional Juv	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada	2019
Rec Nacional Juv B	4:05.21	Clube dos Galitos / Bresimar	CGA	Estarreja	2019

TAC Juv B: 4:50.52; Juv A: 4:42.05; Jun: 4:33.79; Sen: 4:28.63

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts				
Juvenis A									
1.		Algés	4:29.65	4:24.73	474				
		<i>Campeão Regional</i>							
		Maria Luísa Dinis	09	31.65	1:06.85	Rita Sequeira Barros	09	32.82	1:08.61
		Alice Lucas Pedro	09	31.45	1:06.54	Sofia Monteiro Uva	09	30.15	1:02.73
2.		Nacional de Nataçao	4:22.49	4:26.30	466				
		Joana Sofia Fernandes	09	30.90	1:06.60	Joana Melo Gaspar	09	32.09	1:08.03
		Beatriz Santos Goncalves	09	33.02	1:09.97	Carolina Marques Madeira	09	29.58	1:01.70
Juniores									
1.		Benfica	4:04.72	4:04.74	600				
		<i>Campeão Regional</i>							
		Catarina Maria Lopes	08	29.95	1:01.96	Maria Carlotta Ferrari	07	29.50	1:02.99
		Catarina Andrade Franco	07	27.62	57.94	Leonor Carreiro Rodrigues	07	29.04	1:01.85
2.		Geslourses	4:15.39	4:12.55	546				
		Lis Fatima Melo	08	30.19	1:03.56	Patricia Subtil Henriques	08	30.09	1:03.44
		Beatriz Heitor Cachaco	07	28.89	1:00.56	Catarina Alexandra Alves	07	31.02	1:04.99
Seniores									
1.		Benfica	4:21.84	4:00.84	630				
		<i>Campeão Regional</i>							
		Leticia Maia Andre	02	28.43	59.38	Carolina Martins Camacho	06	28.83	1:00.67
		Matilde Nunes Lopes	06	28.38	59.82	Madalena Correa Sa	06	29.58	1:00.97
2.		Laranjeiro	4:08.84	4:08.25	575				
		Sofia Alexandra Nunes	00	28.95	1:00.38	Soraia Guerra Rolim	95	29.82	1:03.50
		Bruna Martins Riesenberger	97	29.64	1:01.23	Carolina Saraiva Pires	96	30.18	1:03.14
3.		Uniao Piedense	4:25.00	4:21.67	491				
		Iris Pereira Carrao	05	29.50	1:02.71	Diana Valadas Horta	04	29.53	1:03.59
		Marta Pereira Domingos	04	32.24	1:08.82	Clara Sofia Herminio	06	31.39	1:06.55
EXH		Laranjeiro	4:33.98	4:25.05	473				
		Marcia Guerreiro Castilho	09	31.37	1:06.05	Lara Castanheira Carlos	09	32.07	1:07.06
		Beatriz Paiva Branco	10	31.81	1:06.95	Ana Nabais Mendes	10	31.19	1:04.99
EXH		Colégio Vasco da Gama	4:28.65	4:26.53	465				
		Tatiana Alexandra Melnychuk	06	30.52	1:05.51	Marta Oliveira Ferreira	08	32.65	1:08.89
		Susana Pereira Veiga	00	30.77	1:05.08	Daniela Patricia Larginho	05	31.37	1:07.05

Prova 32 Masc., 4 x 100m Livres Absolutos
19.11.2023 - 9:29 Resultados

Rec Nacional Abs	3:12.81	Sport Lisboa e Benfica	SLB	Leiria	2022
Rec Nacional Sen	3:12.81	Sport Lisboa e Benfica	SLB	Leiria	2022
Rec Nacional Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	2018
Rec Nacional Juv A	3:34.94	Clube Naval do Funchal	CNF	Funchal	2014
Rec Nacional Juv	3:34.94	Clube Naval do Funchal	CNF	Funchal	2014
Rec Nacional Juv B	3:42.17	Assoc Desp Cult Rec Bairro dos Anjos	ADBA	Leiria	2019

TAC Juv B: 4:17.05; Juv A: 4:09.56; Jun: 4:02.24; Sen: 3:57.68

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts			
Juvenis B								
1.		Benfica	4:04.25	4:00.65	439			
		<i>Campeão Regional</i>						
	09	Rui Melo Pereira	29.12	1:01.41	Miguel Bera Fonseca	09	28.65	1:00.00
	09	Bernardo Afonso Guedelha	27.67	57.56	Francisco Nunes Roque	09	29.45	1:01.68
2.		Palmela Desporto	4:10.00	4:02.10	432			
	09	Miguel Filipe Medronheira	30.05	1:03.08	Tiago Trindade Manuel	09	28.66	1:00.06
	09	Miguel Loucao Caxaria	27.02	56.67	Rodrigo Duarte Narigueta	09	29.81	1:02.29
3.		Belenenses	4:19.85	4:09.14	396			
	09	Dinis Guerreiro Monteiro	29.94	1:03.56	Joao Granja Mendes	09	31.30	1:06.86
	09	Afonso Miguel Amaro	28.75	1:00.37	Tomas Augusto Reis	09	28.25	58.35
4.		Algés	4:10.00	4:09.86	393			
	09	Angelo Carvalho Interlandi	30.12	1:01.72	Afonso Cunha Amaral	09	29.31	1:02.54
	09	Diogo Aiala Ribeiro	32.75	1:08.66	Paulo Junio Fernandes	09	27.16	56.94
5.		Naval Setubalense	4:00.27	4:10.11	391			
	09	Miguel Ratinho Rocha	29.67	1:01.70	Afonso Santos Carromeu	09	33.58	1:09.45
	09	Pedro Miguel Silva	28.34	1:00.71	Rafael Lin Moniz	09	27.39	58.25
6.		Geslours	4:17.84	4:11.88	383			
	09	David Emanuel Tome	29.77	1:02.67	Afonso Carvalho Fonseca	09	29.71	1:03.16
	09	Rodrigo Arga Paiva	30.63	1:03.75	Joao Pedro Sousa	09	29.48	1:02.30

Juvenis A

1.		Benfica	3:49.68	3:46.16	530			
		<i>Campeão Regional</i>						
	08	Pedro Caiada Rodrigues	26.70	56.52	Afonso Gago Garcia	08	26.14	55.04
	08	Vasco Frischknecht Oliveira	28.00	58.46	Francisco Maria Santos	08	26.71	56.14
2.		Colegio Int Monte Maior	4:20.00	3:54.89	473			
	08	Tomas Miguel Trombinhas	30.13	1:01.74	Rui Silva Pereira	08	26.96	56.69
	08	Martim Rodrigues Santos	26.94	57.91	Ricardo Figueiredo Fernandes	08	28.08	58.55

Juniores

1.		Benfica	3:33.89	3:34.95	617			
		<i>Campeão Regional</i>						
	06	David Miguel Morais	25.77	54.09	Tomas Nunes Roque	06	25.89	54.44
	06	Guilherme Fernandes Baptista	24.98	53.07	Pedro Goncalves Boniz	06	25.27	53.35
2.		Geslours	3:49.88	3:45.03	538			
	06	Luis Pedro Figueiredo	26.65	55.13	Rodrigo Franco Palare	06	26.08	56.02
	07	Diogo Miguel Martins	27.46	57.63	Rafael Filipe Lopes	06	26.78	56.25
3.		Belenenses	3:50.89	3:48.59	513			
	06	Arthur Santos Silva	27.34	56.71	Rodrigo Piteira Maio	06	27.62	57.09
	07	Antonio Ricardo Alves	27.16	57.23	Rodrigo Onofre Matos	06	27.15	57.56

Prova 32, Masc., 4 x 100m Livres

Seniores

1.	Benfica Sen <i>Campeão Regional</i>	Benfica	3:26.81	3:30.51	657
	Goncalo Duarte Carvalho	05 26.07 54.20	Andre Henriques Marques	05 24.98 52.45	
	Diogo Santos Costa	02 24.11 50.79	Miguel Henriques Marques	00 25.15 53.07	
2.	Algés Sen	Algés	3:30.00	3:32.91	635
	Felipe Menegassi Maia	04 24.39 55.58	Vasco Alves Morgado	05 25.80 53.53	
	Pedro Andre Santos	94 24.77 51.79	Juan Mendez Delgado	01 24.42 52.01	
3.	União Piedense Sen	Uniao Piedense	3:45.00	3:37.41	596
	Tiago Maria Camoes	01 25.66 53.88	Miguel Costa Simoes	04 25.70 53.87	
	David Matias Cristino	01 25.83 54.08	Guilherme Matias Cristino	03 26.09 55.58	
4.	Belenenses Sen	Belenenses	3:28.59	3:40.12	574
	Rafael Rodrigues Jacinto	02 25.80 53.49	Afonso Mateus Ribeiro	95 27.37 57.39	
	Bernardo Jorge Simoes	04 25.30 53.10	Rodrigo Martins Bras	05 26.33 56.14	
5.	Laranjeiro Sen	Laranjeiro	3:46.14	3:43.82	546
	Andre Filipe Magalhaes	98 26.05 54.91	Jose Tomas Simeao	00 27.14 57.22	
	Daniel Filipe Cazeiro	97 26.68 56.65	Ricardo Nuno Estevens	99 26.26 55.04	
EXH	Vikings Abs	Vikings	3:50.00	3:44.56	541
	Goncalo Duarte Santos	00 26.30 55.12	Miguel Alexandre Rodrigues	98 27.15 57.06	
	Rafael Filipe Nunes	96 28.81 58.84	Jesus Alberto Mejias	09 25.81 53.54	
EXH	Laranjeiro Abs	Laranjeiro	3:47.50	3:49.43	507
	Rodrigo Costa Teixeira	99 26.56 55.77	Luis Carlos Correia	03 26.55 56.95	
	Xavier Rosa Madeira	09 27.34 57.87	Rafael Caceres Lopes	04 28.06 58.84	
EXH	Vasco da Gama Abs	Colégio Vasco da Gama	3:58.08	3:52.18	489
	Xavier Jesus Valente	09 27.49 57.31	Diogo Correia Neves	94 28.15 1:01.59	
	Tomas Santos Braga	07 26.74 56.32	Alfredo Cabrita Soudo	05 27.07 56.96	

Prova 33

19.11.2023 - 10:03

Femin., 200m Bruços

Absolutos

Resultados

Rec Regional Abs	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Regional Sen	2:22.12	Raquel Gomes Pereira	SAD	Alges	2019
Rec Regional Jun 2	2:26.47	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Regional Jun 1	2:26.87	Raquel Gomes Pereira	SAD	Porto	2015
Rec Regional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Regional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Abs Open	2:22.12	Raquel Gomes Pereira	SAD	Algés	2019
Rec Nacional Abs Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Sen	2:22.12	Raquel Gomes Pereira	SAD	Algés	2019
Rec Nacional Jun 2	2:26.47	Raquel Gomes Pereira	SAD	Funchal	2016
Rec Nacional Jun 1	2:26.87	Raquel Gomes Pereira	SAD	Porto	2015
Rec Nacional Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaça	2004
Rec Nacional Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	2003

TAC Juv B: 3:13.41; Juv A: 3:07.78; Jun 1: 3:03.20; Jun 2: 3:01.38; Sen 1: 2:57.82; Sen +: 2:56.05

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Maria Duarte Carvalho	10	SLB	3:03.78	2:49.51	500	39.06	41.60	44.09	44.76
2.	Rita Canas Brito	10	CNS	3:01.48	2:57.84	433	40.49	44.44	45.74	47.17
3.	Alicia Del Rio Bernat	10	SAD	3:12.17	2:58.26	430	41.18	45.68	45.96	45.44
4.	Rita Mota Silva	10	PDEM	3:08.15	2:59.21	423	40.75	45.79	47.38	45.29
5.	Luisa Anjos Frischknecht	10	CNS	3:06.70	3:11.56	346	44.38	48.22	49.93	49.03
6.	Isabella Caterina Mejias <i>Fora Tempo Acesso</i>	10	VKGS	3:55.57	3:45.60	212	47.22	57.08	1:00.63	1:00.67

Prova 33, Femin., 200m Bruços

Juvenis A

1. Beatriz Ferreira Batista	09	CPCD	2:53.71	2:50.99	487	38.16	43.29	44.89	44.65
2. Sara Cabaco Brasil	09	AEFDTV	2:54.56	2:59.03	424	39.89	45.14	46.91	47.09
3. Ines Maria Verissimo	09	SAD	3:04.00	3:01.40	408	41.51	47.32	46.79	45.78
4. Daniela Pina Rodrigues	09	GESL	2:55.29	3:04.73	386	39.86	45.75	49.09	50.03
5. Rita Antunes Ratinho	09	CNS	2:57.26	3:07.10	372	42.81	48.06	48.96	47.27
6. Beatriz Santos Goncalves	09	CNN	3:00.07	3:07.45	369	44.05	48.46	48.19	46.75
7. Sofia Carlos Arede <i>Fora Tempo Acesso</i>	09	SCP	3:04.00	3:08.64	363	39.39	48.12	50.77	50.36
8. Ines Maria Lanca <i>Fora Tempo Acesso</i>	09	SFUAP	3:03.60	3:09.17	359	42.67	47.92	48.75	49.83
9. Mafalda Carmona Rodrigues <i>Fora Tempo Acesso</i>	09	SAD	3:04.00	3:09.76	356	42.91	48.52	49.38	48.95

Juniores

1. Emma Aguiar Bergamo <i>Campeã Regional</i>	07	SAD	2:39.35	2:43.60	556	36.30	41.48	42.44	43.38
2. Luisa Goncalves Rodrigues	08	AEFDTV	2:52.86	2:48.68	507	37.71	42.10	43.93	44.94
3. Clara Vieira Tojo	07	SLB	2:49.58	2:51.60	482	38.52	43.10	44.51	45.47
4. Catarina Andrade Franco	07	SLB	3:03.00	2:52.00	478	39.57	44.37	43.25	44.81
5. Leonor Serrao Nascimento	08	SAD	2:48.72	2:52.97	470	40.15	43.94	45.33	43.55
6. Beatriz Silva Gomes	08	GESL	2:59.48	2:58.96	425	40.11	43.99	46.84	48.02
7. Matilde Anjos Frischknecht	07	CNS	2:55.44	3:00.42	414	41.06	45.57	46.54	47.25
8. Raquel Heleno Nogueira	08	ADRCIMM	3:01.04	3:01.46	407	41.12	45.27	47.19	47.88
9. Ines Santos Barbosa <i>Fora Tempo Acesso</i>	07	FS	3:07.27	3:06.54	375	43.00	47.61	48.14	47.79
10. Teresa Bonita Oliveira <i>Fora Tempo Acesso</i>	08	CNS	3:01.56	3:11.74	345	42.12	48.90	51.34	49.38
DSQ Marta Oliveira Ferreira	08	CNCVG	2:54.06						
<i>B32 - Toque não simultâneo das mãos na parede testa na viragem aos 25 metros (ii.7.6)</i>									

Seniores

1. Lidiana Correia Rodrigues <i>Campeã Regional</i>	04	CFB	2:30.08	2:35.27	651	35.70	39.62	40.39	39.56
2. Rebeca Leonor Antunes	06	SAD	2:33.07	2:37.59	622	36.29	40.13	39.92	41.25
3. Margarida Sobral Pimenta	99	VKGS	2:46.24	2:50.04	495	38.25	42.71	44.31	44.77
4. Carolina Porem Henriques	04	VKGS	2:53.39	2:50.15	494	38.29	43.61	44.33	43.92
5. Natacha Sofia Silva	02	SLB	2:46.09	2:50.86	488	38.74	43.02	44.34	44.76
6. Carolina Martins Camacho	06	SLB	2:55.94	2:56.94	439	40.58	44.36	45.58	46.42
7. Diana Valadas Horta <i>Fora Tempo Acesso</i>	04	SFUAP	2:57.00	3:06.60	375	41.89	46.68	48.79	49.24
DSQ Maria Carolina Vargas	05	SLB	2:43.60						
<i>B4 - Efetuou múltiplas pernadas de golfinho após a partida (ii.7.1)</i>									
DSQ Marta Pereira Domingos	04	SFUAP	2:56.62						
<i>B4 - Efetuou múltiplas pernadas de golfinho após a partida (ii.7.1)</i>									

Prova 33, Femin., 200m Bruços

Absolutos

1.	Lidiana Correia Rodrigues <i>Campeã Regional</i>	04	CFB	2:30.08	2:35.27	651	35.70	39.62	40.39	39.56
2.	Rebeca Leonor Antunes	06	SAD	2:33.07	2:37.59	622	36.29	40.13	39.92	41.25
3.	Emma Aguiar Bergamo	07	SAD	2:39.35	2:43.60	556	36.30	41.48	42.44	43.38
4.	Luisa Goncalves Rodrigues	08	AEFDTV	2:52.86	2:48.68	507	37.71	42.10	43.93	44.94
5.	Maria Duarte Carvalho	10	SLB	3:03.78	2:49.51	500	39.06	41.60	44.09	44.76
6.	Margarida Sobral Pimenta	99	VKGS	2:46.24	2:50.04	495	38.25	42.71	44.31	44.77
7.	Carolina Porem Henriques	04	VKGS	2:53.39	2:50.15	494	38.29	43.61	44.33	43.92
8.	Natacha Sofia Silva	02	SLB	2:46.09	2:50.86	488	38.74	43.02	44.34	44.76
9.	Beatriz Ferreira Batista	09	CPCD	2:53.71	2:50.99	487	38.16	43.29	44.89	44.65
10.	Clara Vieira Tojo	07	SLB	2:49.58	2:51.60	482	38.52	43.10	44.51	45.47
11.	Catarina Andrade Franco	07	SLB	3:03.00	2:52.00	478	39.57	44.37	43.25	44.81
12.	Leonor Serrao Nascimento	08	SAD	2:48.72	2:52.97	470	40.15	43.94	45.33	43.55
13.	Carolina Martins Camacho	06	SLB	2:55.94	2:56.94	439	40.58	44.36	45.58	46.42
14.	Rita Canas Brito	10	CNS	3:01.48	2:57.84	433	40.49	44.44	45.74	47.17
15.	Alicia Del Rio Bernat	10	SAD	3:12.17	2:58.26	430	41.18	45.68	45.96	45.44
16.	Beatriz Silva Gomes	08	GESL	2:59.48	2:58.96	425	40.11	43.99	46.84	48.02
17.	Sara Cabaco Brasil	09	AEFDTV	2:54.56	2:59.03	424	39.89	45.14	46.91	47.09
18.	Rita Mota Silva	10	PDEM	3:08.15	2:59.21	423	40.75	45.79	47.38	45.29
19.	Matilde Anjos Frischknecht	07	CNS	2:55.44	3:00.42	414	41.06	45.57	46.54	47.25
20.	Ines Maria Verissimo	09	SAD	3:04.00	3:01.40	408	41.51	47.32	46.79	45.78
21.	Raquel Heleno Nogueira	08	ADRCIMM	3:01.04	3:01.46	407	41.12	45.27	47.19	47.88
22.	Daniela Pina Rodrigues	09	GESL	2:55.29	3:04.73	386	39.86	45.75	49.09	50.03
23.	Ines Santos Barbosa <i>Fora Tempo Acesso</i>	07	FS	3:07.27	3:06.54	375	43.00	47.61	48.14	47.79
24.	Diana Valadas Horta <i>Fora Tempo Acesso</i>	04	SFUAP	2:57.00	3:06.60	375	41.89	46.68	48.79	49.24
25.	Rita Antunes Ratinho	09	CNS	2:57.26	3:07.10	372	42.81	48.06	48.96	47.27
26.	Beatriz Santos Goncalves	09	CNN	3:00.07	3:07.45	369	44.05	48.46	48.19	46.75
27.	Sofia Carlos Arede <i>Fora Tempo Acesso</i>	09	SCP	3:04.00	3:08.64	363	39.39	48.12	50.77	50.36
28.	Ines Maria Lanca <i>Fora Tempo Acesso</i>	09	SFUAP	3:03.60	3:09.17	359	42.67	47.92	48.75	49.83
29.	Mafalda Carmona Rodrigues <i>Fora Tempo Acesso</i>	09	SAD	3:04.00	3:09.76	356	42.91	48.52	49.38	48.95
30.	Luisa Anjos Frischknecht	10	CNS	3:06.70	3:11.56	346	44.38	48.22	49.93	49.03
31.	Teresa Bonita Oliveira <i>Fora Tempo Acesso</i>	08	CNS	3:01.56	3:11.74	345	42.12	48.90	51.34	49.38
32.	Isabella Caterina Mejias <i>Fora Tempo Acesso</i>	10	VKGS	3:55.57	3:45.60	212	47.22	57.08	1:00.63	1:00.67
DSQ	Maria Carolina Vargas <i>B4 - Efetuou múltiplas pernadas de golfinho após a partida (ii.7.1)</i>	05	SLB	2:43.60						
DSQ	Marta Oliveira Ferreira <i>B32 - Toque não simultâneo das mãos na parede testa na viragem aos 25 metros (ii.7.6)</i>	08	CNCVG	2:54.06						
DSQ	Marta Pereira Domingos <i>B4 - Efetuou múltiplas pernadas de golfinho após a partida (ii.7.1)</i>	04	SFUAP	2:56.62						
EXH	Mariana Teixeira Jesus	06	CDE	2:32.61	2:35.52	647	35.40	39.40	40.02	40.70

Prova 34 Masc., 200m Bruços Absolutos
19.11.2023 - 10:23 Resultados

Rec Regional Abs	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Regional Sen	2:09.14	Jose Guilherme Ferreira Couto	CNA	Moscow (RUS)	2002
Rec Regional Jun 2	2:14.00	Pedro Miguel Agostinho	SCP	Leiria	2009
Rec Regional Jun 1	2:16.77	José Guilherme Ferreira Couto	SCP		1994
Rec Regional Juv A	2:15.14	Rafael Miguel Mimoso	SLB	Albufeira	2022
Rec Regional Juv B	2:18.99	Rafael Miguel Mimoso	SLB	Felgueiras	2022
Rec Nacional Abs	2:05.59	Carlos Esteves Almeida	POR	Chartres (FRA)	2012
Rec Nacional Sen	2:05.59	Carlos Esteves Almeida	POR	Chartres (FRA)	2012
Rec Nacional Jun 2	2:13.22	Andre Goncalo Santos	LSC	Porto	2014
Rec Nacional Jun 1	2:16.24	Jorge Jesus Silva	SCB	Funchal	2016
Rec Nacional Juv A	2:15.14	Rafael Miguel Mimoso	SLB	Albufeira	2022
Rec Nacional Juv B	2:18.99	Rafael Miguel Mimoso	SLB	Felgueiras	2022

TAC Juv B: 2:50.02; Juv A: 2:45.07; Jun 1: 2:41.05; Jun 2: 2:39.45; Sen 1: 2:36.32; Sen +: 2:34.76

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
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Juvenis B

1.	Miguel Loucao Caxaria	09	PDEM	2:49.25	2:37.00	448	36.13	40.54	40.83	39.50
2.	Afonso Miguel Amaro	09	CFB	2:50.09	2:43.91	393	36.08	41.74	42.95	43.14
3.	Miguel Ratinho Rocha <i>Fora Tempo Acesso</i>	09	CNS	2:53.69	2:51.93	341	38.94	43.99	44.76	44.24

4.	Lourenco Marques Sebastiao <i>Fora Tempo Acesso</i>	09	PDEM	3:32.15	3:04.03	278	40.36	46.25	48.12	49.30
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DSQ Duarte Afonso Leite 09 CIRL 3:00.00
B32 - Toque não simultâneo das mãos na parede testa na viragem aos 100 metros (ii.7.6)

Juvenis A

1.	Rafael Ataíde Duarte	08	SLB	2:35.95	2:37.55	443	35.19	39.94	41.23	41.19
2.	David Jesus Morgado	08	SCP	2:36.57	2:38.73	433	36.03	40.37	40.82	41.51

Juniiores

1.	Rafael Miguel Mimoso	07	SLB	2:11.90	2:17.88	661	30.95	35.30	35.86	35.77
2.	Afonso Jose Fernandes	07	SAD	2:41.79	2:31.51	498	34.20	38.15	39.42	39.74
3.	Arthur Santos Silva	06	CFB	2:34.33	2:36.70	450	35.07	40.08	40.96	40.59
4.	Dinis Silva Lopes <i>Fora Tempo Acesso</i>	07	SAD	2:40.38	2:43.24	398	35.94	41.66	42.71	42.93

5.	Rodrigo Santos Perry <i>Fora Tempo Acesso</i>	07	DRCN	2:50.02	2:43.87	394	35.94	41.97	42.66	43.30
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6.	Andre Correia Alves <i>Fora Tempo Acesso</i>	06	SLB	2:49.00	2:44.35	390	37.21	41.46	42.59	43.09
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7.	Lucas Vilaca Casimiro <i>Fora Tempo Acesso</i>	06	SFUAP	2:48.92	2:49.36	357	36.51	42.86	44.48	45.51
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Seniores

1.	Daniel Tsykal	04	SCP	2:23.59	2:22.95	593	32.60	36.66	37.59	36.10
2.	Goncalo Duarte Carvalho	05	SLB	2:19.52	2:26.34	553	32.85	37.07	37.79	38.63
3.	Guilherme Matias Cristino	03	SFUAP	2:25.15	2:29.09	523	32.90	37.42	39.11	39.66
4.	Diogo Miguel Monteiro	04	SCP	2:29.88	2:29.46	519	32.18	37.31	38.87	41.10
5.	Jaime Marques Duarte	87	VKGS	2:36.43	2:30.82	505	32.39	36.74	39.41	42.28
6.	Tiago Correia Neves <i>Fora Tempo Acesso</i>	97	CFB	2:29.94	2:37.34	445	35.18	39.70	41.01	41.45

7.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i>	99	CFB	2:45.28	2:40.90	416	36.81	40.98	42.10	41.01
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Prova 34, Masc., 200m Bruços

Absolutos

1.	Rafael Miguel Mimoso <i>Campeão Regional</i>	07	SLB	2:11.90	2:17.88	661	30.95	35.30	35.86	35.77
2.	Daniel Tsykal	04	SCP	2:23.59	2:22.95	593	32.60	36.66	37.59	36.10
3.	Goncalo Duarte Carvalho	05	SLB	2:19.52	2:26.34	553	32.85	37.07	37.79	38.63
4.	Guilherme Matias Cristino	03	SFUAP	2:25.15	2:29.09	523	32.90	37.42	39.11	39.66
5.	Diogo Miguel Monteiro	04	SCP	2:29.88	2:29.46	519	32.18	37.31	38.87	41.10
6.	Jaime Marques Duarte	87	VKGS	2:36.43	2:30.82	505	32.39	36.74	39.41	42.28
7.	Afonso Jose Fernandes	07	SAD	2:41.79	2:31.51	498	34.20	38.15	39.42	39.74
8.	Arthur Santos Silva	06	CFB	2:34.33	2:36.70	450	35.07	40.08	40.96	40.59
9.	Miguel Loucao Caxaria	09	PDEM	2:49.25	2:37.00	448	36.13	40.54	40.83	39.50
10.	Tiago Correia Neves <i>Fora Tempo Acesso</i>	97	CFB	2:29.94	2:37.34	445	35.18	39.70	41.01	41.45
11.	Rafael Ataide Duarte	08	SLB	2:35.95	2:37.55	443	35.19	39.94	41.23	41.19
12.	David Jesus Morgado	08	SCP	2:36.57	2:38.73	433	36.03	40.37	40.82	41.51
13.	Miguel Duarte Cruz <i>Fora Tempo Acesso</i>	99	CFB	2:45.28	2:40.90	416	36.81	40.98	42.10	41.01
14.	Dinis Silva Lopes <i>Fora Tempo Acesso</i>	07	SAD	2:40.38	2:43.24	398	35.94	41.66	42.71	42.93
15.	Rodrigo Santos Perry <i>Fora Tempo Acesso</i>	07	DRCN	2:50.02	2:43.87	394	35.94	41.97	42.66	43.30
16.	Afonso Miguel Amaro	09	CFB	2:50.09	2:43.91	393	36.08	41.74	42.95	43.14
17.	Andre Correia Alves <i>Fora Tempo Acesso</i>	06	SLB	2:49.00	2:44.35	390	37.21	41.46	42.59	43.09
18.	Lucas Vilaca Casimiro <i>Fora Tempo Acesso</i>	06	SFUAP	2:48.92	2:49.36	357	36.51	42.86	44.48	45.51
19.	Miguel Ratinho Rocha <i>Fora Tempo Acesso</i>	09	CNS	2:53.69	2:51.93	341	38.94	43.99	44.76	44.24
20.	Lourenco Marques Sebastiao <i>Fora Tempo Acesso</i>	09	PDEM	3:32.15	3:04.03	278	40.36	46.25	48.12	49.30
DSQ	Duarte Afonso Leite <i>B32 - Toque não simultâneo das mãos na parede testa na viragem aos 100 metros (ii.7.6)</i>	09	CIRL	3:00.00						
EXH	Duarte Ramos Nunes	07	CGA	2:22.46	2:26.84	547	32.41	37.33	38.46	38.64

Prova 35
19.11.2023 - 10:34

Femin., 50m Mariposa

Absolutos
Resultados

Rec Regional Abs	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Sen	27.05	Ines Camacho Fernandes	SCP	Porto	2017
Rec Regional Jun 2	28.16	Ines Camacho Fernandes	SCP	Portimao	2013
Rec Regional Jun 1	27.57	Filipa Vilas Tiago	SCP	Leiria	2009
Rec Regional Juv A	28.82	Catarina Tiago Nunes	SFUAP	Leiria	2009
Rec Regional Juv B	29.49	Constanca Santos Ferreira	SAD	Algés	2022
Rec Nacional Abs Open	26.12	Ana Margarida Guedes	GCVR	Felgueiras	2023
Rec Nacional Abs Juv B	29.15	Leonor Carnide Silva	GCVR	Felgueiras	2023
Rec Nacional Sen	26.12	Ana Margarida Guedes	GCVR	Felgueiras	2023
Rec Nacional Jun 2	26.74	Mariana Pacheco Cunha	CNCE	Felgueiras	2021
Rec Nacional Jun 1	27.31	Carolina Miranda Fernandes	CGA	Gafanha de Nazaré	2021
Rec Nacional Juv A	27.86	tempo limite			
Rec Nacional Juv B	29.15	Leonor Carnide Silva	GCVR	Felgueiras	2023

TAC Juv B: 33.99; Juv A: 33.59; Jun 1: 33.26; Jun 2: 32.99; Sen 1: 32.70; Sen +: 32.37

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Giovanna Cunha Ferreira	10	Sporting	37.00	32.50	422
2.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	34.71	32.51	421
3.	Rita Rocha Ferreira	10	Benfica	35.84	33.06	401
4.	Gabriela Parreira	10	Sporting	33.17	33.26	393
5.	Ana Nabais Mendes	10	Laranjeiro	35.35	33.61	381
6.	Estela Couto Ribeiro <i>Fora Tempo Acesso</i>	10	Sporting	36.95	35.07	335
7.	Carolina Sofia Martins <i>Fora Tempo Acesso</i>	10	Despertarecorde	48.13	35.73	317

Juvenis A

1.	Joana Sofia Fernandes	09	Nacional de Natação	30.17	30.78	496
2.	Maria Leonor Calcada	09	Sporting	34.13	32.76	412
3.	Margarida Faria Miranda	09	Palmela Desporto	32.98	33.27	393
4.	Rita Antunes Ratinho	09	Naval Setubalense	35.35	33.51	385
5.	Lara Castanheira Carlos <i>Fora Tempo Acesso</i>	09	Laranjeiro	36.34	34.41	355
6.	Margarida Maia Lopes <i>Fora Tempo Acesso</i>	09	Geslours	33.56	34.62	349

Juniores

1.	Luisa Ponte Jorge <i>Campeã Regional</i>	07	Uniao Piedense	28.63	29.78	548
2.	Constanca Santos Ferreira	08	Algés	29.59	30.08	532
3.	Beatriz Heitor Cachaco	07	Geslours	29.88	30.93	489
4.	Maria Leonor Rodrigues	07	Salesianos	30.41	31.08	482
5.	Patricia Subtil Henriques	08	Geslours	30.78	31.93	445
6.	Lis Fatima Melo	08	Geslours	33.07	32.30	430
7.	Catarina Alexandra Alves	07	Geslours	30.97	32.57	419
8.	Matilde Nunes Ribeiro	07	Despertarecorde	33.01	32.59	418
9.	Barbara Maria Neves	08	Algés	32.22	32.61	417
10.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	33.99	32.75	412
11.	Teresa Bonita Oliveira	08	Naval Setubalense	32.05	32.85	408
12.	Leonor Carreiro Rodrigues <i>Fora Tempo Acesso</i>	07	Benfica	32.89	33.00	403
13.	Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	Palmela Desporto	33.02	33.41	388

Prova 35, Femin., 50m Mariposa, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
14.	Rita Gato Costa <i>Fora Tempo Acesso</i>	08	Despertarecorde	34.41	33.76	376

Seniores

1.	Madalena Rodrigues Tome <i>Campeã Regional</i>	03	Belenenses	28.32	29.53	562
2.	Leticia Maia Andre	02	Benfica	28.32	29.65	555
3.	Francisca Santos Ferreira	06	Algés	28.20	29.77	549
4.	Maria Madalena Bento	05	Algés	28.85	29.98	537
5.	Soraia Maria Salgado	05	Fisica Torres Vedras	29.42	30.06	533
6.	Maria Jardim Fidalgo	04	Belenenses	29.74	30.18	527
7.	Madalena Correa Sa	06	Benfica	30.19	30.41	515
8.	Sofia Alexandra Nunes	00	Laranjeiro	29.39	30.43	514
9.	Bruna Martins Riesenberger	97	Laranjeiro	29.29	30.80	495
10.	Margarida Sobral Pimenta	99	Vikings	30.15	30.82	494
11.	Constanca Dias Baptista	01	Belenenses	30.53	30.85	493
12.	Mariana Conceicao Duarte	03	Salesianos	29.74	31.02	485
13.	Mafalda Marques Pinto	02	Sporting	29.43	31.05	484
14.	Carolina Porem Henriques	04	Vikings	30.13	31.39	468
15.	Claudia Beatriz Martins	03	Geslours	31.49	31.75	452
16.	Filipa Inacio Cazeiro	02	Laranjeiro	29.86	32.06	439
17.	Nicole Patriarca Franca <i>Fora Tempo Acesso</i>	05	Vikings	34.50	32.50	422
18.	Ana Sofia Inacio <i>Fora Tempo Acesso</i>	04	Vikings	32.51	32.78	411
19.	Rita Borges Silva <i>Fora Tempo Acesso</i>	06	Geslours	31.67	33.06	401
20.	Ana Barbara Alves <i>Fora Tempo Acesso</i>	01	Fisica Torres Vedras	33.76	33.67	379
21.	Mafalda Mourao Lopes <i>Fora Tempo Acesso</i>	06	CPCD - Póvoa Sta Iria	34.25	35.39	326

Absolutos

1.	Madalena Rodrigues Tome <i>Campeã Regional</i>	03	Belenenses	28.32	29.53	562
2.	Leticia Maia Andre	02	Benfica	28.32	29.65	555
3.	Francisca Santos Ferreira	06	Algés	28.20	29.77	549
4.	Luisa Ponte Jorge	07	Uniao Piedense	28.63	29.78	548
5.	Maria Madalena Bento	05	Algés	28.85	29.98	537
6.	Soraia Maria Salgado	05	Fisica Torres Vedras	29.42	30.06	533
7.	Constanca Santos Ferreira	08	Algés	29.59	30.08	532
8.	Maria Jardim Fidalgo	04	Belenenses	29.74	30.18	527
9.	Madalena Correa Sa	06	Benfica	30.19	30.41	515
10.	Sofia Alexandra Nunes	00	Laranjeiro	29.39	30.43	514
11.	Joana Sofia Fernandes	09	Nacional de Nataçao	30.17	30.78	496
12.	Bruna Martins Riesenberger	97	Laranjeiro	29.29	30.80	495
13.	Margarida Sobral Pimenta	99	Vikings	30.15	30.82	494
14.	Constanca Dias Baptista	01	Belenenses	30.53	30.85	493
15.	Beatriz Heitor Cachaco	07	Geslours	29.88	30.93	489
16.	Mariana Conceicao Duarte	03	Salesianos	29.74	31.02	485
17.	Mafalda Marques Pinto	02	Sporting	29.43	31.05	484
18.	Maria Leonor Rodrigues	07	Salesianos	30.41	31.08	482
19.	Carolina Porem Henriques	04	Vikings	30.13	31.39	468
20.	Claudia Beatriz Martins	03	Geslours	31.49	31.75	452
21.	Patricia Subtil Henriques	08	Geslours	30.78	31.93	445
22.	Filipa Inacio Cazeiro	02	Laranjeiro	29.86	32.06	439

Prova 35, Femin., 50m Mariposa, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
23.	Lis Fatima Melo	08	Gesloures	33.07	32.30	430
24.	Giovanna Cunha Ferreira	10	Sporting	37.00	32.50	422
	Nicole Patriarca Franca	05	Vikings	34.50	32.50	422
	<i>Fora Tempo Acesso</i>					
26.	Joana Alexandra Silva	10	CPCD - Póvoa Sta Iria	34.71	32.51	421
27.	Catarina Alexandra Alves	07	Gesloures	30.97	32.57	419
28.	Matilde Nunes Ribeiro	07	Despertarecorde	33.01	32.59	418
29.	Barbara Maria Neves	08	Algés	32.22	32.61	417
30.	Emilly Gabrieli Santos	08	Natação e Triatlo de Lisboa	33.99	32.75	412
31.	Maria Leonor Calcada	09	Sporting	34.13	32.76	412
32.	Ana Sofia Inacio	04	Vikings	32.51	32.78	411
	<i>Fora Tempo Acesso</i>					
33.	Teresa Bonita Oliveira	08	Naval Setubalense	32.05	32.85	408
34.	Leonor Carreiro Rodrigues	07	Benfica	32.89	33.00	403
	<i>Fora Tempo Acesso</i>					
35.	Rita Rocha Ferreira	10	Benfica	35.84	33.06	401
	Rita Borges Silva	06	Gesloures	31.67	33.06	401
	<i>Fora Tempo Acesso</i>					
37.	Gabriela Parreira	10	Sporting	33.17	33.26	393
38.	Margarida Faria Miranda	09	Palmela Desporto	32.98	33.27	393
39.	Ines Azevedo Baraona	07	Palmela Desporto	33.02	33.41	388
	<i>Fora Tempo Acesso</i>					
40.	Rita Antunes Ratinho	09	Naval Setubalense	35.35	33.51	385
41.	Ana Nabais Mendes	10	Laranjeiro	35.35	33.61	381
42.	Ana Barbara Alves	01	Fisica Torres Vedras	33.76	33.67	379
	<i>Fora Tempo Acesso</i>					
43.	Rita Gato Costa	08	Despertarecorde	34.41	33.76	376
	<i>Fora Tempo Acesso</i>					
44.	Lara Castanheira Carlos	09	Laranjeiro	36.34	34.41	355
	<i>Fora Tempo Acesso</i>					
45.	Margarida Maia Lopes	09	Gesloures	33.56	34.62	349
	<i>Fora Tempo Acesso</i>					
46.	Estela Couto Ribeiro	10	Sporting	36.95	35.07	335
	<i>Fora Tempo Acesso</i>					
47.	Mafalda Mourao Lopes	06	CPCD - Póvoa Sta Iria	34.25	35.39	326
	<i>Fora Tempo Acesso</i>					
48.	Carolina Sofia Martins	10	Despertarecorde	48.13	35.73	317
	<i>Fora Tempo Acesso</i>					
EXH	Maria Silva Pereira	08	Ginasio Clube de Vila Real	28.72	29.20	582
EXH	Laura Espinola Barbeito	06	Núcleo Sporting Ilha Terceira	28.51	29.37	571

Prova 36
19.11.2023 - 10:44

Masc., 50m Mariposa

Absolutos
Resultados

Rec Regional Abs	23.16	Fernando Souza Silva	SFUAP	Doha (QAT)	2021
Rec Regional Sen	23.16	Fernando Souza Silva	SFUAP	Doha (QAT)	2021
Rec Regional Jun 2	23.82	Diogo Matos Ribeiro	SLB	Leiria	2021
Rec Regional Jun 1	25.32	Tiago Andre Venancio	CNS		
Rec Regional Juv A	25.72	Vicente Oliveira Gomes	SCP	Sto Ant. Cavaleiros	2018
Rec Regional Juv B	26.93	David Miguel Ferro	SFUAP		1999
Rec Nacional Abs	21.71	Gustavo Pires Marques	CUC	Albufeira	2022
Rec Nacional Sen	21.71	Gustavo Pires Marques	CUC	Albufeira	2022
Rec Nacional Jun 2	23.82	Diogo Matos Ribeiro	SLB	Leiria	2021
Rec Nacional Jun 1	24.49	Diogo Matos Ribeiro	CUC	Coimbra	2020
Rec Nacional Juv A	25.49	Rodrigo Ferreira Pereira	GDNFAMA	Felgueiras	2022
Rec Nacional Juv B	26.10	Rodrigo Ferreira Pereira	GDNFAMA	Felgueiras	2021

TAC Juv B: 28.83; Juv A: 28.49; Jun 1: 28.20; Jun 2: 27.98; Sen 1: 27.73; Sen +: 27.45

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Jesus Alberto Mejias	09	Vikings	27.15	26.89	529
2.	Xavier Rosa Madeira	09	Laranjeiro	29.84	28.35	451
3.	Bernardo Afonso Guedelha <i>Fora Tempo Acesso</i>	09	Benfica	30.73	28.87	427
4.	Pedro Miguel Silva <i>Fora Tempo Acesso</i>	09	Naval Setubalense	32.20	29.01	421
5.	Xavier Jesus Valente <i>Fora Tempo Acesso</i>	09	Colégio Vasco da Gama	32.36	29.20	413
6.	Rafael Lin Moniz <i>Fora Tempo Acesso</i>	09	Naval Setubalense	30.77	29.55	398
7.	Andre Raposo Pinheiro <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	32.61	29.57	397
8.	Daniel Alexandre Lourenco <i>Fora Tempo Acesso</i>	09	Sporting	31.29	29.58	397
9.	Tiago Trindade Manuel <i>Fora Tempo Acesso</i>	09	Palmela Desporto	32.34	29.59	397
10.	Miguel Bera Fonseca <i>Fora Tempo Acesso</i>	09	Benfica	30.27	29.69	393
11.	Dinis Guerreiro Monteiro <i>Fora Tempo Acesso</i>	09	Belenenses	35.35	30.18	374

Juvenis A

1.	Francisco Maria Santos	08	Benfica	26.23	27.05	519
2.	Alexandre Frederico Braz	08	Sporting	30.68	28.08	464
3.	Bernardo Filipe Sousa	08	Algés	26.89	28.31	453
4.	Goncalo Jorge Lima	08	Sporting	28.07	28.36	451
5.	Pedro Caiada Rodrigues <i>Fora Tempo Acesso</i>	08	Benfica	30.84	28.94	424
6.	Martim Rodrigues Santos <i>Fora Tempo Acesso</i>	08	Colegio Int Monte Maior	31.47	29.13	416
7.	Tomas Martim Moreno <i>Fora Tempo Acesso</i>	08	Despertarecorde	33.35	30.14	375

Prova 36, Masc., 50m Mariposa

Juniores

1.	Andre Miguel Ramos	07	Fisica Torres Vedras	25.60	25.73	604
2.	Guilherme Fernandes Baptista	06	Benfica	26.53	26.34	563
3.	Rodrigo Martins Chocas	07	Sporting	27.27	26.74	538
4.	David Miguel Morais	06	Benfica	25.97	26.86	530
5.	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	27.07	26.93	526
6.	Pedro Goncalves Bonniz	06	Benfica	26.47	27.04	520
7.	Rafael Pacheco Godinho	07	Sporting	26.76	27.08	518
8.	Tiago Ventura Chao	06	Naval Setubalense	26.87	27.28	506
9.	Tomas Nunes Roque	06	Benfica	27.30	27.63	487
10.	Luis Pedro Figueiredo	06	Geslours	27.84	27.67	485
11.	Andre Cunha Ribeiro	06	Algés	27.89	27.80	478
12.	Vicente Dias Maia	07	Algés	27.88	27.88	474
13.	Jose Guilherme Lopes	07	CPCD - Póvoa Sta Iria	29.75	30.52	361

Fora Tempo Acesso

Seniores

1.	Miguel Henriques Marques	00	Benfica	23.73	24.34	713
2.	Pedro Andre Santos	94	Algés	24.26	24.82	672
3.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	25.59	25.24	639
4.	Andre Tavares Grenho	99	Geslours	25.96	25.78	600
5.	Bernardo Jorge Simoes	04	Belenenses	25.03	25.79	599
6.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	24.97	25.81	598
7.	Rodrigo Reis Dias	03	Belenenses	24.98	25.85	595
8.	Diogo Santos Costa	02	Benfica	24.73	25.89	592
9.	Luca Gabor Orlando	01	Nacional de Natação	29.50	26.03	583
10.	Andre Henriques Marques	05	Benfica	25.04	26.11	578
11.	Andre Azevedo Baraona	04	Palmela Desporto	25.89	26.27	567
12.	Miguel Costa Simoes	04	Uniao Piedense	25.83	26.34	563
13.	Gabriel Carvalho Ferrao	05	Benfica	25.51	26.63	544
14.	Tiago Maria Camoes	01	Uniao Piedense	27.17	26.68	541
15.	Felipe Menegassi Maia	04	Algés	26.62	26.70	540
16.	Andre Filipe Magalhaes	98	Laranjeiro	26.29	26.77	536
17.	Carlos Daniel Nunes	05	Benfica	26.67	26.85	531
18.	Juan Mendez Delgado	01	Algés	29.50	27.33	504
19.	Goncalo Duarte Carvalho	05	Benfica	26.36	27.56	491
20.	Joao Nogueira Mendes	02	Laranjeiro	26.10	27.57	490

Fora Tempo Acesso

21.	Alfredo Cabrita Soudo	05	Colégio Vasco da Gama	27.22	27.70	484
22.	Rodrigo Costa Teixeira	99	Laranjeiro	28.30	27.86	475

Fora Tempo Acesso

23.	Diogo Rafael Dias	05	Despertarecorde	27.81	27.91	473
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Fora Tempo Acesso

24.	Luis Carlos Correia	03	Laranjeiro	26.81	28.25	456
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Fora Tempo Acesso

25.	Goncalo Pereira Gracioso	05	AONDA - Azeitão	27.33	28.28	454
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Fora Tempo Acesso

26.	Rodrigo Martins Bras	05	Belenenses	27.38	28.50	444
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Fora Tempo Acesso

	Jose Tomas Simeao	00	Laranjeiro	29.50	28.50	444
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Fora Tempo Acesso

28.	Daniel Filipe Cazeiro	97	Laranjeiro	27.79	28.58	440
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Fora Tempo Acesso

29.	Ricardo Nuno Estevens	99	Laranjeiro	27.10	28.65	437
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Fora Tempo Acesso

Prova 36, Masc., 50m Mariposa, Seniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
30.	Rafael Filipe Nunes <i>Fora Tempo Acesso</i>	96	Vikings	29.50	29.31	408
31.	Rafael Caceres Lopes <i>Fora Tempo Acesso</i>	04	Laranjeiro	28.35	29.39	405

Absolutos

1.	Miguel Henriques Marques <i>Campeão Regional</i>	00	Benfica	23.73	24.34	713
2.	Pedro Andre Santos	94	Algés	24.26	24.82	672
3.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	25.59	25.24	639
4.	Andre Miguel Ramos	07	Fisica Torres Vedras	25.60	25.73	604
5.	Andre Tavares Grenho	99	Geslours	25.96	25.78	600
6.	Bernardo Jorge Simoes	04	Belenenses	25.03	25.79	599
7.	Francisco Ribeiro Vieira	04	Fisica Torres Vedras	24.97	25.81	598
8.	Rodrigo Reis Dias	03	Belenenses	24.98	25.85	595
9.	Diogo Santos Costa	02	Benfica	24.73	25.89	592
10.	Luca Gabor Orlando	01	Nacional de Natação	29.50	26.03	583
11.	Andre Henriques Marques	05	Benfica	25.04	26.11	578
12.	Andre Azevedo Baraona	04	Palmela Desporto	25.89	26.27	567
13.	Guilherme Fernandes Baptista	06	Benfica	26.53	26.34	563
	Miguel Costa Simoes	04	Uniao Piedense	25.83	26.34	563
15.	Gabriel Carvalho Ferrao	05	Benfica	25.51	26.63	544
16.	Tiago Maria Camoes	01	Uniao Piedense	27.17	26.68	541
17.	Felipe Menegassi Maia	04	Algés	26.62	26.70	540
18.	Rodrigo Martins Chocas	07	Sporting	27.27	26.74	538
19.	Andre Filipe Magalhaes	98	Laranjeiro	26.29	26.77	536
20.	Carlos Daniel Nunes	05	Benfica	26.67	26.85	531
21.	David Miguel Morais	06	Benfica	25.97	26.86	530
22.	Jesus Alberto Mejias	09	Vikings	27.15	26.89	529
23.	Diogo Morgado Figueira	06	CPCD - Póvoa Sta Iria	27.07	26.93	526
24.	Pedro Goncalves Bonniz	06	Benfica	26.47	27.04	520
25.	Francisco Maria Santos	08	Benfica	26.23	27.05	519
26.	Rafael Pacheco Godinho	07	Sporting	26.76	27.08	518
27.	Tiago Ventura Chao	06	Naval Setubalense	26.87	27.28	506
28.	Juan Mendez Delgado	01	Algés	29.50	27.33	504
29.	Goncalo Duarte Carvalho	05	Benfica	26.36	27.56	491
30.	Joao Nogueira Mendes <i>Fora Tempo Acesso</i>	02	Laranjeiro	26.10	27.57	490
31.	Tomas Nunes Roque	06	Benfica	27.30	27.63	487
32.	Luis Pedro Figueiredo	06	Geslours	27.84	27.67	485
33.	Alfredo Cabrita Soudo	05	Colégio Vasco da Gama	27.22	27.70	484
34.	Andre Cunha Ribeiro	06	Algés	27.89	27.80	478
35.	Rodrigo Costa Teixeira <i>Fora Tempo Acesso</i>	99	Laranjeiro	28.30	27.86	475
36.	Vicente Dias Maia	07	Algés	27.88	27.88	474
37.	Diogo Rafael Dias <i>Fora Tempo Acesso</i>	05	Despertarecorde	27.81	27.91	473
38.	Alexandre Frederico Braz	08	Sporting	30.68	28.08	464
39.	Luis Carlos Correia <i>Fora Tempo Acesso</i>	03	Laranjeiro	26.81	28.25	456
40.	Goncalo Pereira Gracioso <i>Fora Tempo Acesso</i>	05	AONDA - Azeitão	27.33	28.28	454
41.	Bernardo Filipe Sousa	08	Algés	26.89	28.31	453
42.	Xavier Rosa Madeira	09	Laranjeiro	29.84	28.35	451
43.	Goncalo Jorge Lima	08	Sporting	28.07	28.36	451
44.	Rodrigo Martins Bras <i>Fora Tempo Acesso</i>	05	Belenenses	27.38	28.50	444

Prova 36, Masc., 50m Mariposa, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
44.	Jose Tomas Simeao <i>Fora Tempo Acesso</i>	00	Laranjeiro	29.50	28.50	444
46.	Daniel Filipe Cazeiro <i>Fora Tempo Acesso</i>	97	Laranjeiro	27.79	28.58	440
47.	Ricardo Nuno Estevens <i>Fora Tempo Acesso</i>	99	Laranjeiro	27.10	28.65	437
48.	Bernardo Afonso Guedelha <i>Fora Tempo Acesso</i>	09	Benfica	30.73	28.87	427
49.	Pedro Caiada Rodrigues <i>Fora Tempo Acesso</i>	08	Benfica	30.84	28.94	424
50.	Pedro Miguel Silva <i>Fora Tempo Acesso</i>	09	Naval Setubalense	32.20	29.01	421
51.	Martim Rodrigues Santos <i>Fora Tempo Acesso</i>	08	Colegio Int Monte Maior	31.47	29.13	416
52.	Xavier Jesus Valente <i>Fora Tempo Acesso</i>	09	Colégio Vasco da Gama	32.36	29.20	413
53.	Rafael Filipe Nunes <i>Fora Tempo Acesso</i>	96	Vikings	29.50	29.31	408
54.	Rafael Caceres Lopes <i>Fora Tempo Acesso</i>	04	Laranjeiro	28.35	29.39	405
55.	Rafael Lin Moniz <i>Fora Tempo Acesso</i>	09	Naval Setubalense	30.77	29.55	398
56.	Andre Raposo Pinheiro <i>Fora Tempo Acesso</i>	09	AONDA - Azeitão	32.61	29.57	397
57.	Daniel Alexandre Lourenco <i>Fora Tempo Acesso</i>	09	Sporting	31.29	29.58	397
58.	Tiago Trindade Manuel <i>Fora Tempo Acesso</i>	09	Palmela Desporto	32.34	29.59	397
59.	Miguel Bera Fonseca <i>Fora Tempo Acesso</i>	09	Benfica	30.27	29.69	393
60.	Tomas Martim Moreno <i>Fora Tempo Acesso</i>	08	Despertarecorde	33.35	30.14	375
61.	Dinis Guerreiro Monteiro <i>Fora Tempo Acesso</i>	09	Belenenses	35.35	30.18	374
62.	Jose Guilherme Lopes <i>Fora Tempo Acesso</i>	07	CPCD - Póvoa Sta Iria	29.75	30.52	361
EXH	Daniel Batista Tavares	06	Braga	24.96	25.30	635
EXH	Joao Esteves Padrela	99	Naval do Funchal	24.31	25.44	624

Prova 37
19.11.2023 - 11:20

Femin., 800m Livres

Absolutos
Resultados

Rec Regional Abs	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Sen	8:23.23	Diana Margarida Duraes	SLB	Felgueiras	2018
Rec Regional Jun 2	8:45.91	Marta Andreia Ferreira	FPN	Riesa (GER)	2002
Rec Regional Jun 1	8:51.12	Ana Cláudia Correia Santos	SFUAP	Tomar	2005
Rec Regional Juv A	8:46.74	Ana Cláudia Correia Santos	SFUAP	Cantanhede	2004
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Penafiel	2004
Rec Nacional Abs Open	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	2019
Rec Nacional Abs Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibes (FRA)	1980
Rec Nacional Sen	8:20.97	Diana Margarida Duraes	POR	Glasgow (GBR)	2019
Rec Nacional Jun 2	8:32.83	Tamila Hryhorivna Holub	SCB	Porto	2015
Rec Nacional Jun 1	8:45.41	Tamila Hryhorivna Holub	SCB	Porto	2014
Rec Nacional Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	2004
Rec Nacional Juv B	9:00.27	Alexandra Maria Silva	FCP	Antibes (FRA)	1980

TAC Juv B: 10:47.57; Juv A: 10:28.71; Jun 1: 10:16.38; Jun 2: 10:10.28; Sen 1: 10:04.84; Sen +: 9:58.79

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Carolina Escrevente Guerra	10	Algés	10:57.50	10:19.78	462
	50m: 35.07 35.07	250m: 3:10.14 38.61	450m: 5:46.83 39.25	650m: 8:24.27 39.08		
	100m: 1:13.46 38.39	300m: 3:49.03 38.89	500m: 6:26.54 39.71	700m: 9:03.55 39.28		
	150m: 1:52.48 39.02	350m: 4:27.90 38.87	550m: 7:06.02 39.48	750m: 9:42.78 39.23		
	200m: 2:31.53 39.05	400m: 5:07.58 39.68	600m: 7:45.19 39.17	800m: 10:19.78 37.00		
2.	Maria Madalena Fernandes	10	Algés	10:35.71	10:22.17	457
	50m: 35.33 35.33	250m: 3:11.27 39.05	450m: 5:49.26 39.27	650m: 8:26.74 38.88		
	100m: 1:14.10 38.77	300m: 3:50.91 39.64	500m: 6:28.75 39.49	700m: 9:05.38 38.64		
	150m: 1:53.23 39.13	350m: 4:30.54 39.63	550m: 7:08.52 39.77	750m: 9:44.69 39.31		
	200m: 2:32.22 38.99	400m: 5:09.99 39.45	600m: 7:47.86 39.34	800m: 10:22.17 37.48		
3.	Maria Duarte Carvalho	10	Benfica	10:56.86	10:40.93	418
	50m: 36.17 36.17	250m: 3:18.36 41.23	450m: 6:00.89 40.63	650m: 8:42.13 40.03		
	100m: 1:15.90 39.73	300m: 3:59.35 40.99	500m: 6:41.00 40.11	700m: 9:22.16 40.03		
	150m: 1:56.55 40.65	350m: 4:39.71 40.36	550m: 7:21.57 40.57	750m: 10:02.31 40.15		
	200m: 2:37.13 40.58	400m: 5:20.26 40.55	600m: 8:02.10 40.53	800m: 10:40.93 38.62		
4.	Jessica Bernardino Lopes	10	Fisica Torres Vedras	11:30.00	10:51.20	398
	<i>Fora Tempo Acesso</i>					
	50m: 34.73 34.73	250m: 3:18.45 41.49	450m: 6:04.26 41.40	650m: 8:51.04 41.66		
	100m: 1:14.39 39.66	300m: 3:59.81 41.36	500m: 6:45.93 41.67	700m: 9:32.76 41.72		
	150m: 1:55.49 41.10	350m: 4:41.22 41.41	550m: 7:27.69 41.76	750m: 10:13.20 40.44		
	200m: 2:36.96 41.47	400m: 5:22.86 41.64	600m: 8:09.38 41.69	800m: 10:51.20 38.00		
5.	Luana Raquel Monteiro	10	Palmela Desporto	11:01.51	11:01.88	379
	<i>Fora Tempo Acesso</i>					
	50m: 36.34 36.34	250m: 3:21.89 42.07	450m: 6:10.01 41.64	650m: 8:58.35 41.85		
	100m: 1:16.71 40.37	300m: 4:04.16 42.27	500m: 6:52.32 42.31	700m: 9:40.37 42.02		
	150m: 1:57.82 41.11	350m: 4:46.29 42.13	550m: 7:34.27 41.95	750m: 10:22.17 41.80		
	200m: 2:39.82 42.00	400m: 5:28.37 42.08	600m: 8:16.50 42.23	800m: 11:01.88 39.71		

Juvenis A

1.	Sofia Monteiro Uva	09	Algés	10:14.21	10:01.10	507
	50m: 33.10 33.10	250m: 3:02.31 37.43	450m: 5:33.54 37.93	650m: 8:07.74 39.01		
	100m: 1:10.32 37.22	300m: 3:39.59 37.28	500m: 6:11.70 38.16	700m: 8:46.14 38.40		
	150m: 1:47.53 37.21	350m: 4:17.71 38.12	550m: 6:50.34 38.64	750m: 9:23.98 37.84		
	200m: 2:24.88 37.35	400m: 4:55.61 37.90	600m: 7:28.73 38.39	800m: 10:01.10 37.12		
2.	Joana Melo Gaspar	09	Nacional de Natação	10:06.85	10:02.63	503
	50m: 34.37 34.37	250m: 3:05.99 37.91	450m: 5:38.62 38.04	650m: 8:10.50 38.17		
	100m: 1:11.86 37.49	300m: 3:44.14 38.15	500m: 6:16.51 37.89	700m: 8:47.70 37.20		
	150m: 1:49.89 38.03	350m: 4:22.45 38.31	550m: 6:54.35 37.84	750m: 9:23.43 35.73		
	200m: 2:28.08 38.19	400m: 5:00.58 38.13	600m: 7:32.33 37.98	800m: 10:02.63 39.20		
3.	Matilde Lopes Fialho	09	Palmela Desporto	10:10.60	10:09.20	487
	50m: 33.36 33.36	250m: 3:04.14 38.48	450m: 5:39.96 38.57	650m: 8:13.94 38.74		
	100m: 1:10.16 36.80	300m: 3:43.36 39.22	500m: 6:18.78 38.82	700m: 8:53.01 39.07		
	150m: 1:47.56 37.40	350m: 4:22.60 39.24	550m: 6:56.43 37.65	750m: 9:31.59 38.58		
	200m: 2:25.66 38.10	400m: 5:01.39 38.79	600m: 7:35.20 38.77	800m: 10:09.20 37.61		

Prova 37, Femin., 800m Livres, Juvenis A

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
4.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	9:50.88	10:11.41	481
	50m: 34.06 34.06	250m: 3:05.28 37.92	450m: 5:39.93 38.41	650m: 8:16.84 39.51		
	100m: 1:10.75 36.69	300m: 3:44.00 38.72	500m: 6:19.03 39.10	700m: 8:55.87 39.03		
	150m: 1:48.90 38.15	350m: 4:22.93 38.93	550m: 6:58.40 39.37	750m: 9:34.85 38.98		
	200m: 2:27.36 38.46	400m: 5:01.52 38.59	600m: 7:37.33 38.93	800m: 10:11.41 36.56		
5.	Beatriz Ribeiro Lima	09	Gesloures	10:12.42	10:25.35	450
	50m: 34.85 34.85	250m: 3:11.96 39.37	450m: 5:51.31 39.74	650m: 8:30.08 39.53		
	100m: 1:13.48 38.63	300m: 3:51.89 39.93	500m: 6:30.83 39.52	700m: 9:10.20 40.12		
	150m: 1:52.79 39.31	350m: 4:32.07 40.18	550m: 7:10.56 39.73	750m: 9:48.73 38.53		
	200m: 2:32.59 39.80	400m: 5:11.57 39.50	600m: 7:50.55 39.99	800m: 10:25.35 36.62		
6.	Matilde Castro Teixeira <i>Fora Tempo Acesso</i>	09	Sporting	10:49.38	10:30.96	438
	50m: 34.80 34.80	250m: 3:10.49 38.83	450m: 5:50.03 39.82	650m: 8:31.47 40.18		
	100m: 1:13.86 39.06	300m: 3:49.58 39.09	500m: 6:30.75 40.72	700m: 9:11.54 40.07		
	150m: 1:52.67 38.81	350m: 4:29.31 39.73	550m: 7:10.62 39.87	750m: 9:52.60 41.06		
	200m: 2:31.66 38.99	400m: 5:10.21 40.90	600m: 7:51.29 40.67	800m: 10:30.96 38.36		

Juniores

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	Benfica	9:36.38	9:12.20	654
	50m: 30.57 30.57	250m: 2:48.43 34.72	450m: 5:06.71 33.99	650m: 7:27.42 35.46		
	100m: 1:04.25 33.68	300m: 3:23.18 34.75	500m: 5:41.64 34.93	700m: 8:03.06 35.64		
	150m: 1:38.92 34.67	350m: 3:57.91 34.73	550m: 6:16.65 35.01	750m: 8:38.18 35.12		
	200m: 2:13.71 34.79	400m: 4:32.72 34.81	600m: 6:51.96 35.31	800m: 9:12.20 34.02		
2.	Sara Sofia Alves	07	Palmela Desporto	9:54.25	9:32.49	586
	50m: 32.20 32.20	250m: 2:55.41 35.93	450m: 5:21.17 36.19	650m: 7:45.89 36.25		
	100m: 1:07.43 35.23	300m: 3:31.81 36.40	500m: 5:57.23 36.06	700m: 8:22.12 36.23		
	150m: 1:43.23 35.80	350m: 4:08.56 36.75	550m: 6:33.46 36.23	750m: 8:58.00 35.88		
	200m: 2:19.48 36.25	400m: 4:44.98 36.42	600m: 7:09.64 36.18	800m: 9:32.49 34.49		
3.	Rita Machita Santos	07	Naval Setubalense	9:58.51	9:34.95	579
	50m: 32.83 32.83	250m: 2:56.28 36.03	450m: 5:21.81 36.03	650m: 7:46.88 36.59		
	100m: 1:08.17 35.34	300m: 3:32.77 36.49	500m: 5:57.90 36.09	700m: 8:23.34 36.46		
	150m: 1:44.02 35.85	350m: 4:09.30 36.53	550m: 6:34.07 36.17	750m: 8:59.66 36.32		
	200m: 2:20.25 36.23	400m: 4:45.78 36.48	600m: 7:10.29 36.22	800m: 9:34.95 35.29		
4.	Catarina Maria Lopes	08	Benfica	9:28.54	9:39.05	567
	50m: 32.03 32.03	250m: 2:56.23 36.64	450m: 5:23.12 37.08	650m: 7:51.09 36.72		
	100m: 1:07.22 35.19	300m: 3:32.71 36.48	500m: 6:00.06 36.94	700m: 8:28.00 36.91		
	150m: 1:43.17 35.95	350m: 4:09.31 36.60	550m: 6:37.42 37.36	750m: 9:04.28 36.28		
	200m: 2:19.59 36.42	400m: 4:46.04 36.73	600m: 7:14.37 36.95	800m: 9:39.05 34.77		
5.	Margarida Santos Botelho	07	Naval Setubalense	9:48.23	9:55.88	520
	50m: 33.19 33.19	250m: 3:00.78 37.26	450m: 5:31.68 36.98	650m: 8:03.97 37.75		
	100m: 1:09.40 36.21	300m: 3:37.91 37.13	500m: 6:09.76 38.08	700m: 8:41.78 37.81		
	150m: 1:46.13 36.73	350m: 4:16.19 38.28	550m: 6:47.88 38.12	750m: 9:19.57 37.79		
	200m: 2:23.52 37.39	400m: 4:54.70 38.51	600m: 7:26.22 38.34	800m: 9:55.88 36.31		
6.	Ana Beatriz Pires	08	Uniao Piedense	9:59.89	10:04.97	497
	50m: 33.23 33.23	250m: 2:59.90 37.77	450m: 5:32.79 38.35	650m: 8:08.74 39.45		
	100m: 1:09.28 36.05	300m: 3:38.08 38.18	500m: 6:11.21 38.42	700m: 8:47.79 39.05		
	150m: 1:45.32 36.04	350m: 4:16.13 38.05	550m: 6:50.36 39.15	750m: 9:26.74 38.95		
	200m: 2:22.13 36.81	400m: 4:54.44 38.31	600m: 7:29.29 38.93	800m: 10:04.97 38.23		
7.	Teresa Oliveira Santos	08	Algés	9:53.99	10:10.13	484
	50m: 32.79 32.79	250m: 3:06.71 39.25	450m: 5:41.42 39.44	650m: 8:18.03 38.74		
	100m: 1:09.99 37.20	300m: 3:44.68 37.97	500m: 6:21.13 39.71	700m: 8:56.95 38.92		
	150m: 1:48.68 38.69	350m: 4:22.74 38.06	550m: 7:00.89 39.76	750m: 9:35.01 38.06		
	200m: 2:27.46 38.78	400m: 5:01.98 39.24	600m: 7:39.29 38.40	800m: 10:10.13 35.12		
8.	Elena Del Rio Bernat <i>Fora Tempo Acesso</i>	07	Algés	9:58.96	10:11.96	480
	50m: 33.57 33.57	250m: 3:05.16 38.39	450m: 5:39.90 39.04	650m: 8:17.37 39.42		
	100m: 1:10.54 36.97	300m: 3:43.90 38.74	500m: 6:18.71 38.81	700m: 8:56.46 39.09		
	150m: 1:48.41 37.87	350m: 4:22.39 38.49	550m: 6:58.28 39.57	750m: 9:35.17 38.71		
	200m: 2:26.77 38.36	400m: 5:00.86 38.47	600m: 7:37.95 39.67	800m: 10:11.96 36.79		
9.	Leticia Rodrigues Magalhaes <i>Fora Tempo Acesso</i>	07	Naval Setubalense	10:06.26	10:16.15	470
	50m: 32.93 32.93	250m: 3:03.55 39.39	450m: 5:40.67 38.91	650m: 8:18.37 39.12		
	100m: 1:09.58 36.65	300m: 3:42.92 39.37	500m: 6:19.97 39.30	700m: 8:57.83 39.46		
	150m: 1:46.70 37.12	350m: 4:22.37 39.45	550m: 6:59.54 39.57	750m: 9:37.30 39.47		
	200m: 2:24.16 37.46	400m: 5:01.76 39.39	600m: 7:39.25 39.71	800m: 10:16.15 38.85		

Prova 37, Femin., 800m Livres, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
10.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	11:16.42	11:22.75	346
	50m: 37.27 37.27	250m: 3:24.83 42.63	450m: 6:18.73 43.93	650m: 9:13.47 43.86		
	100m: 1:17.26 39.99	300m: 4:08.65 43.82	500m: 7:02.14 43.41	700m: 9:57.49 44.02		
	150m: 1:59.31 42.05	350m: 4:51.74 43.09	550m: 7:46.54 44.40	750m: 10:41.04 43.55		
	200m: 2:42.20 42.89	400m: 5:34.80 43.06	600m: 8:29.61 43.07	800m: 11:22.75 41.71		

Seniores

1.	Leonor Tavares Catalao <i>Campeã Regional</i>	06	Sporting	9:31.80	9:13.85	648
	50m: 31.29 31.29	250m: 2:51.33 34.78	450m: 5:11.46 34.78	650m: 7:31.05 34.86		
	100m: 1:06.18 34.89	300m: 3:26.51 35.18	500m: 5:46.30 34.84	700m: 8:05.73 34.68		
	150m: 1:41.18 35.00	350m: 4:01.78 35.27	550m: 6:21.13 34.83	750m: 8:40.56 34.83		
	200m: 2:16.55 35.37	400m: 4:36.68 34.90	600m: 6:56.19 35.06	800m: 9:13.85 33.29		
2.	Matilde Nunes Lopes	06	Benfica	9:17.75	9:27.98	601
	50m: 31.82 31.82	250m: 2:53.92 35.65	450m: 5:16.00 35.77	650m: 7:39.92 35.93		
	100m: 1:06.95 35.13	300m: 3:29.24 35.32	500m: 5:51.51 35.51	700m: 8:16.14 36.22		
	150m: 1:42.54 35.59	350m: 4:04.74 35.50	550m: 6:27.63 36.12	750m: 8:52.45 36.31		
	200m: 2:18.27 35.73	400m: 4:40.23 35.49	600m: 7:03.99 36.36	800m: 9:27.98 35.53		
3.	Bruna Martins Riesenberger	97	Laranjeiro	9:58.79	9:30.82	592
	50m: 33.21 33.21	250m: 2:55.52 35.70	450m: 5:19.08 36.11	650m: 7:42.96 35.81		
	100m: 1:08.97 35.76	300m: 3:31.31 35.79	500m: 5:54.87 35.79	700m: 8:19.68 36.72		
	150m: 1:44.78 35.81	350m: 4:07.25 35.94	550m: 6:30.63 35.76	750m: 8:55.81 36.13		
	200m: 2:19.82 35.04	400m: 4:42.97 35.72	600m: 7:07.15 36.52	800m: 9:30.82 35.01		
4.	Maria Jardim Fidalgo	04	Belenenses	10:02.54	9:32.82	585
	50m: 33.09 33.09	250m: 2:59.24 36.47	450m: 5:22.96 35.46	650m: 7:46.95 36.01		
	100m: 1:09.49 36.40	300m: 3:35.43 36.19	500m: 5:58.58 35.62	700m: 8:22.67 35.72		
	150m: 1:46.40 36.91	350m: 4:11.58 36.15	550m: 6:34.70 36.12	750m: 8:58.65 35.98		
	200m: 2:22.77 36.37	400m: 4:47.50 35.92	600m: 7:10.94 36.24	800m: 9:32.82 34.17		
5.	Ana Rita Matos	02	Belenenses	9:55.30	9:34.06	582
	50m: 32.00 32.00	250m: 2:54.91 36.44	450m: 5:19.93 36.15	650m: 7:45.89 36.85		
	100m: 1:06.49 34.49	300m: 3:31.05 36.14	500m: 5:55.93 36.00	700m: 8:22.61 36.72		
	150m: 1:42.50 36.01	350m: 4:07.46 36.41	550m: 6:32.71 36.78	750m: 8:58.71 36.10		
	200m: 2:18.47 35.97	400m: 4:43.78 36.32	600m: 7:09.04 36.33	800m: 9:34.06 35.35		
6.	Maria Teresa Fernandes	05	Algés	9:51.45	9:56.50	518
	50m: 32.73 32.73	250m: 3:01.51 37.75	450m: 5:32.41 37.40	650m: 8:02.76 37.45		
	100m: 1:09.49 36.76	300m: 3:39.05 37.54	500m: 6:10.34 37.93	700m: 8:41.25 38.49		
	150m: 1:46.09 36.60	350m: 4:16.83 37.78	550m: 6:47.96 37.62	750m: 9:19.15 37.90		
	200m: 2:23.76 37.67	400m: 4:55.01 38.18	600m: 7:25.31 37.35	800m: 9:56.50 37.35		
7.	Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	Geslours	9:44.01	10:24.70	451
	50m: 33.67 33.67	250m: 3:05.97 38.78	450m: 5:44.77 40.05	650m: 8:25.38 40.29		
	100m: 1:10.65 36.98	300m: 3:45.20 39.23	500m: 6:24.82 40.05	700m: 9:06.07 40.69		
	150m: 1:48.63 37.98	350m: 4:24.80 39.60	550m: 7:05.03 40.21	750m: 9:45.74 39.67		
	200m: 2:27.19 38.56	400m: 5:04.72 39.92	600m: 7:45.09 40.06	800m: 10:24.70 38.96		
8.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	10:42.20	10:27.05	446
	50m: 33.19 33.19	250m: 3:08.66 40.08	450m: 5:48.71 40.08	650m: 8:29.51 40.37		
	100m: 1:10.73 37.54	300m: 3:48.46 39.80	500m: 6:29.24 40.53	700m: 9:09.47 39.96		
	150m: 1:49.19 38.46	350m: 4:28.35 39.89	550m: 7:08.73 39.49	750m: 9:49.07 39.60		
	200m: 2:28.58 39.39	400m: 5:08.63 40.28	600m: 7:49.14 40.41	800m: 10:27.05 37.98		

Absolutos

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	Benfica	9:36.38	9:12.20	654
	50m: 30.57 30.57	250m: 2:48.43 34.72	450m: 5:06.71 33.99	650m: 7:27.42 35.46		
	100m: 1:04.25 33.68	300m: 3:23.18 34.75	500m: 5:41.64 34.93	700m: 8:03.06 35.64		
	150m: 1:38.92 34.67	350m: 3:57.91 34.73	550m: 6:16.65 35.01	750m: 8:38.18 35.12		
	200m: 2:13.71 34.79	400m: 4:32.72 34.81	600m: 6:51.96 35.31	800m: 9:12.20 34.02		

Prova 37, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
2.	Leonor Tavares Catalao	06	Sporting	9:31.80	9:13.85	648
	50m: 31.29 31.29	250m: 2:51.33 34.78	450m: 5:11.46 34.78	650m: 7:31.05 34.86		
	100m: 1:06.18 34.89	300m: 3:26.51 35.18	500m: 5:46.30 34.84	700m: 8:05.73 34.68		
	150m: 1:41.18 35.00	350m: 4:01.78 35.27	550m: 6:21.13 34.83	750m: 8:40.56 34.83		
	200m: 2:16.55 35.37	400m: 4:36.68 34.90	600m: 6:56.19 35.06	800m: 9:13.85 33.29		
3.	Matilde Nunes Lopes	06	Benfica	9:17.75	9:27.98	601
	50m: 31.82 31.82	250m: 2:53.92 35.65	450m: 5:16.00 35.77	650m: 7:39.92 35.93		
	100m: 1:06.95 35.13	300m: 3:29.24 35.32	500m: 5:51.51 35.51	700m: 8:16.14 36.22		
	150m: 1:42.54 35.59	350m: 4:04.74 35.50	550m: 6:27.63 36.12	750m: 8:52.45 36.31		
	200m: 2:18.27 35.73	400m: 4:40.23 35.49	600m: 7:03.99 36.36	800m: 9:27.98 35.53		
4.	Bruna Martins Riesenberger	97	Laranjeiro	9:58.79	9:30.82	592
	50m: 33.21 33.21	250m: 2:55.52 35.70	450m: 5:19.08 36.11	650m: 7:42.96 35.81		
	100m: 1:08.97 35.76	300m: 3:31.31 35.79	500m: 5:54.87 35.79	700m: 8:19.68 36.72		
	150m: 1:44.78 35.81	350m: 4:07.25 35.94	550m: 6:30.63 35.76	750m: 8:55.81 36.13		
	200m: 2:19.82 35.04	400m: 4:42.97 35.72	600m: 7:07.15 36.52	800m: 9:30.82 35.01		
5.	Sara Sofia Alves	07	Palmela Desporto	9:54.25	9:32.49	586
	50m: 32.20 32.20	250m: 2:55.41 35.93	450m: 5:21.17 36.19	650m: 7:45.89 36.25		
	100m: 1:07.43 35.23	300m: 3:31.81 36.40	500m: 5:57.23 36.06	700m: 8:22.12 36.23		
	150m: 1:43.23 35.80	350m: 4:08.56 36.75	550m: 6:33.46 36.23	750m: 8:58.00 35.88		
	200m: 2:19.48 36.25	400m: 4:44.98 36.42	600m: 7:09.64 36.18	800m: 9:32.49 34.49		
6.	Maria Jardim Fidalgo	04	Belenenses	10:02.54	9:32.82	585
	50m: 33.09 33.09	250m: 2:59.24 36.47	450m: 5:22.96 35.46	650m: 7:46.95 36.01		
	100m: 1:09.49 36.40	300m: 3:35.43 36.19	500m: 5:58.58 35.62	700m: 8:22.67 35.72		
	150m: 1:46.40 36.91	350m: 4:11.58 36.15	550m: 6:34.70 36.12	750m: 8:58.65 35.98		
	200m: 2:22.77 36.37	400m: 4:47.50 35.92	600m: 7:10.94 36.24	800m: 9:32.82 34.17		
7.	Ana Rita Matos	02	Belenenses	9:55.30	9:34.06	582
	50m: 32.00 32.00	250m: 2:54.91 36.44	450m: 5:19.93 36.15	650m: 7:45.89 36.85		
	100m: 1:06.49 34.49	300m: 3:31.05 36.14	500m: 5:55.93 36.00	700m: 8:22.61 36.72		
	150m: 1:42.50 36.01	350m: 4:07.46 36.41	550m: 6:32.71 36.78	750m: 8:58.71 36.10		
	200m: 2:18.47 35.97	400m: 4:43.78 36.32	600m: 7:09.04 36.33	800m: 9:34.06 35.35		
8.	Rita Machita Santos	07	Naval Setubalense	9:58.51	9:34.95	579
	50m: 32.83 32.83	250m: 2:56.28 36.03	450m: 5:21.81 36.03	650m: 7:46.88 36.59		
	100m: 1:08.17 35.34	300m: 3:32.77 36.49	500m: 5:57.90 36.09	700m: 8:23.34 36.46		
	150m: 1:44.02 35.85	350m: 4:09.30 36.53	550m: 6:34.07 36.17	750m: 8:59.66 36.32		
	200m: 2:20.25 36.23	400m: 4:45.78 36.48	600m: 7:10.29 36.22	800m: 9:34.95 35.29		
9.	Catarina Maria Lopes	08	Benfica	9:28.54	9:39.05	567
	50m: 32.03 32.03	250m: 2:56.23 36.64	450m: 5:23.12 37.08	650m: 7:51.09 36.72		
	100m: 1:07.22 35.19	300m: 3:32.71 36.48	500m: 6:00.06 36.94	700m: 8:28.00 36.91		
	150m: 1:43.17 35.95	350m: 4:09.31 36.60	550m: 6:37.42 37.36	750m: 9:04.28 36.28		
	200m: 2:19.59 36.42	400m: 4:46.04 36.73	600m: 7:14.37 36.95	800m: 9:39.05 34.77		
10.	Margarida Santos Botelho	07	Naval Setubalense	9:48.23	9:55.88	520
	50m: 33.19 33.19	250m: 3:00.78 37.26	450m: 5:31.68 36.98	650m: 8:03.97 37.75		
	100m: 1:09.40 36.21	300m: 3:37.91 37.13	500m: 6:09.76 38.08	700m: 8:41.78 37.81		
	150m: 1:46.13 36.73	350m: 4:16.19 38.28	550m: 6:47.88 38.12	750m: 9:19.57 37.79		
	200m: 2:23.52 37.39	400m: 4:54.70 38.51	600m: 7:26.22 38.34	800m: 9:55.88 36.31		
11.	Maria Teresa Fernandes	05	Algés	9:51.45	9:56.50	518
	50m: 32.73 32.73	250m: 3:01.51 37.75	450m: 5:32.41 37.40	650m: 8:02.76 37.45		
	100m: 1:09.49 36.76	300m: 3:39.05 37.54	500m: 6:10.34 37.93	700m: 8:41.25 38.49		
	150m: 1:46.09 36.60	350m: 4:16.83 37.78	550m: 6:47.96 37.62	750m: 9:19.15 37.90		
	200m: 2:23.76 37.67	400m: 4:55.01 38.18	600m: 7:25.31 37.35	800m: 9:56.50 37.35		
12.	Sofia Monteiro Uva	09	Algés	10:14.21	10:01.10	507
	50m: 33.10 33.10	250m: 3:02.31 37.43	450m: 5:33.54 37.93	650m: 8:07.74 39.01		
	100m: 1:10.32 37.22	300m: 3:39.59 37.28	500m: 6:11.70 38.16	700m: 8:46.14 38.40		
	150m: 1:47.53 37.21	350m: 4:17.71 38.12	550m: 6:50.34 38.64	750m: 9:23.98 37.84		
	200m: 2:24.88 37.35	400m: 4:55.61 37.90	600m: 7:28.73 38.39	800m: 10:01.10 37.12		
13.	Joana Melo Gaspar	09	Nacional de Nataçao	10:06.85	10:02.63	503
	50m: 34.37 34.37	250m: 3:05.99 37.91	450m: 5:38.62 38.04	650m: 8:10.50 38.17		
	100m: 1:11.86 37.49	300m: 3:44.14 38.15	500m: 6:16.51 37.89	700m: 8:47.70 37.20		
	150m: 1:49.89 38.03	350m: 4:22.45 38.31	550m: 6:54.35 37.84	750m: 9:23.43 35.73		
	200m: 2:28.08 38.19	400m: 5:00.58 38.13	600m: 7:32.33 37.98	800m: 10:02.63 39.20		
14.	Ana Beatriz Pires	08	Uniao Piedense	9:59.89	10:04.97	497
	50m: 33.23 33.23	250m: 2:59.90 37.77	450m: 5:32.79 38.35	650m: 8:08.74 39.45		
	100m: 1:09.28 36.05	300m: 3:38.08 38.18	500m: 6:11.21 38.42	700m: 8:47.79 39.05		
	150m: 1:45.32 36.04	350m: 4:16.13 38.05	550m: 6:50.36 39.15	750m: 9:26.74 38.95		
	200m: 2:22.13 36.81	400m: 4:54.44 38.31	600m: 7:29.29 38.93	800m: 10:04.97 38.23		
15.	Matilde Lopes Fialho	09	Palmela Desporto	10:10.60	10:09.20	487
	50m: 33.36 33.36	250m: 3:04.14 38.48	450m: 5:39.96 38.57	650m: 8:13.94 38.74		
	100m: 1:10.16 36.80	300m: 3:43.36 39.22	500m: 6:18.78 38.82	700m: 8:53.01 39.07		
	150m: 1:47.56 37.40	350m: 4:22.60 39.24	550m: 6:56.43 37.65	750m: 9:31.59 38.58		
	200m: 2:25.66 38.10	400m: 5:01.39 38.79	600m: 7:35.20 38.77	800m: 10:09.20 37.61		

Prova 37, Fem., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
16.	Teresa Oliveira Santos	08	Algés	9:53.99	10:10.13	484
	50m: 32.79 32.79	250m: 3:06.71 39.25	450m: 5:41.42 39.44	650m: 8:18.03 38.74		
	100m: 1:09.99 37.20	300m: 3:44.68 37.97	500m: 6:21.13 39.71	700m: 8:56.95 38.92		
	150m: 1:48.68 38.69	350m: 4:22.74 38.06	550m: 7:00.89 39.76	750m: 9:35.01 38.06		
	200m: 2:27.46 38.78	400m: 5:01.98 39.24	600m: 7:39.29 38.40	800m: 10:10.13 35.12		
17.	Constanca Lopes Cruz	09	Colegio Int Monte Maior	9:50.88	10:11.41	481
	50m: 34.06 34.06	250m: 3:05.28 37.92	450m: 5:39.93 38.41	650m: 8:16.84 39.51		
	100m: 1:10.75 36.69	300m: 3:44.00 38.72	500m: 6:19.03 39.10	700m: 8:55.87 39.03		
	150m: 1:48.90 38.15	350m: 4:22.93 38.93	550m: 6:58.40 39.37	750m: 9:34.85 38.98		
	200m: 2:27.36 38.46	400m: 5:01.52 38.59	600m: 7:37.33 38.93	800m: 10:11.41 36.56		
18.	Elena Del Rio Bernat <i>Fora Tempo Acesso</i>	07	Algés	9:58.96	10:11.96	480
	50m: 33.57 33.57	250m: 3:05.16 38.39	450m: 5:39.90 39.04	650m: 8:17.37 39.42		
	100m: 1:10.54 36.97	300m: 3:43.90 38.74	500m: 6:18.71 38.81	700m: 8:56.46 39.09		
	150m: 1:48.41 37.87	350m: 4:22.39 38.49	550m: 6:58.28 39.57	750m: 9:35.17 38.71		
	200m: 2:26.77 38.36	400m: 5:00.86 38.47	600m: 7:37.95 39.67	800m: 10:11.96 36.79		
19.	Leticia Rodrigues Magalhaes <i>Fora Tempo Acesso</i>	07	Naval Setubalense	10:06.26	10:16.15	470
	50m: 32.93 32.93	250m: 3:03.55 39.39	450m: 5:40.67 38.91	650m: 8:18.37 39.12		
	100m: 1:09.58 36.65	300m: 3:42.92 39.37	500m: 6:19.97 39.30	700m: 8:57.83 39.46		
	150m: 1:46.70 37.12	350m: 4:22.37 39.45	550m: 6:59.54 39.57	750m: 9:37.30 39.47		
	200m: 2:24.16 37.46	400m: 5:01.76 39.39	600m: 7:39.25 39.71	800m: 10:16.15 38.85		
20.	Carolina Escrevente Guerra	10	Algés	10:57.50	10:19.78	462
	50m: 35.07 35.07	250m: 3:10.14 38.61	450m: 5:46.83 39.25	650m: 8:24.27 39.08		
	100m: 1:13.46 38.39	300m: 3:49.03 38.89	500m: 6:26.54 39.71	700m: 9:03.55 39.28		
	150m: 1:52.48 39.02	350m: 4:27.90 38.87	550m: 7:06.02 39.48	750m: 9:42.78 39.23		
	200m: 2:31.53 39.05	400m: 5:07.58 39.68	600m: 7:45.19 39.17	800m: 10:19.78 37.00		
21.	Maria Madalena Fernandes	10	Algés	10:35.71	10:22.17	457
	50m: 35.33 35.33	250m: 3:11.27 39.05	450m: 5:49.26 39.27	650m: 8:26.74 38.88		
	100m: 1:14.10 38.77	300m: 3:50.91 39.64	500m: 6:28.75 39.49	700m: 9:05.38 38.64		
	150m: 1:53.23 39.13	350m: 4:30.54 39.63	550m: 7:08.52 39.77	750m: 9:44.69 39.31		
	200m: 2:32.22 38.99	400m: 5:09.99 39.45	600m: 7:47.86 39.34	800m: 10:22.17 37.48		
22.	Mafalda Santos Costa <i>Fora Tempo Acesso</i>	05	Geslours	9:44.01	10:24.70	451
	50m: 33.67 33.67	250m: 3:05.97 38.78	450m: 5:44.77 40.05	650m: 8:25.38 40.29		
	100m: 1:10.65 36.98	300m: 3:45.20 39.23	500m: 6:24.82 40.05	700m: 9:06.07 40.69		
	150m: 1:48.63 37.98	350m: 4:24.80 39.60	550m: 7:05.03 40.21	750m: 9:45.74 39.67		
	200m: 2:27.19 38.56	400m: 5:04.72 39.92	600m: 7:45.09 40.06	800m: 10:24.70 38.96		
23.	Beatriz Ribeiro Lima	09	Geslours	10:12.42	10:25.35	450
	50m: 34.85 34.85	250m: 3:11.96 39.37	450m: 5:51.31 39.74	650m: 8:30.08 39.53		
	100m: 1:13.48 38.63	300m: 3:51.89 39.93	500m: 6:30.83 39.52	700m: 9:10.20 40.12		
	150m: 1:52.79 39.31	350m: 4:32.07 40.18	550m: 7:10.56 39.73	750m: 9:48.73 38.53		
	200m: 2:32.59 39.80	400m: 5:11.57 39.50	600m: 7:50.55 39.99	800m: 10:25.35 36.62		
24.	Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	Uniao Piedense	10:42.20	10:27.05	446
	50m: 33.19 33.19	250m: 3:08.66 40.08	450m: 5:48.71 40.08	650m: 8:29.51 40.37		
	100m: 1:10.73 37.54	300m: 3:48.46 39.80	500m: 6:29.24 40.53	700m: 9:09.47 39.96		
	150m: 1:49.19 38.46	350m: 4:28.35 39.89	550m: 7:08.73 39.49	750m: 9:49.07 39.60		
	200m: 2:28.58 39.39	400m: 5:08.63 40.28	600m: 7:49.14 40.41	800m: 10:27.05 37.98		
25.	Matilde Castro Teixeira <i>Fora Tempo Acesso</i>	09	Sporting	10:49.38	10:30.96	438
	50m: 34.80 34.80	250m: 3:10.49 38.83	450m: 5:50.03 39.82	650m: 8:31.47 40.18		
	100m: 1:13.86 39.06	300m: 3:49.58 39.09	500m: 6:30.75 40.72	700m: 9:11.54 40.07		
	150m: 1:52.67 38.81	350m: 4:29.31 39.73	550m: 7:10.62 39.87	750m: 9:52.60 41.06		
	200m: 2:31.66 38.99	400m: 5:10.21 40.90	600m: 7:51.29 40.67	800m: 10:30.96 38.36		
26.	Maria Duarte Carvalho	10	Benfica	10:56.86	10:40.93	418
	50m: 36.17 36.17	250m: 3:18.36 41.23	450m: 6:00.89 40.63	650m: 8:42.13 40.03		
	100m: 1:15.90 39.73	300m: 3:59.35 40.99	500m: 6:41.00 40.11	700m: 9:22.16 40.03		
	150m: 1:56.55 40.65	350m: 4:39.71 40.36	550m: 7:21.57 40.57	750m: 10:02.31 40.15		
	200m: 2:37.13 40.58	400m: 5:20.26 40.55	600m: 8:02.10 40.53	800m: 10:40.93 38.62		
27.	Jessica Bernardino Lopes <i>Fora Tempo Acesso</i>	10	Fisica Torres Vedras	11:30.00	10:51.20	398
	50m: 34.73 34.73	250m: 3:18.45 41.49	450m: 6:04.26 41.40	650m: 8:51.04 41.66		
	100m: 1:14.39 39.66	300m: 3:59.81 41.36	500m: 6:45.93 41.67	700m: 9:32.76 41.72		
	150m: 1:55.49 41.10	350m: 4:41.22 41.41	550m: 7:27.69 41.76	750m: 10:13.20 40.44		
	200m: 2:36.96 41.47	400m: 5:22.86 41.64	600m: 8:09.38 41.69	800m: 10:51.20 38.00		

Prova 37, Femin., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
28.	Luana Raquel Monteiro <i>Fora Tempo Acesso</i>	10	Palmela Desporto	11:01.51	11:01.88	379
	50m: 36.34 36.34 250m: 3:21.89 42.07 450m: 6:10.01 41.64 650m: 8:58.35 41.85					
	100m: 1:16.71 40.37 300m: 4:04.16 42.27 500m: 6:52.32 42.31 700m: 9:40.37 42.02					
	150m: 1:57.82 41.11 350m: 4:46.29 42.13 550m: 7:34.27 41.95 750m: 10:22.17 41.80					
	200m: 2:39.82 42.00 400m: 5:28.37 42.08 600m: 8:16.50 42.23 800m: 11:01.88 39.71					
29.	Ines Ferreira Franco <i>Fora Tempo Acesso</i>	08	Vikings	11:16.42	11:22.75	346
	50m: 37.27 37.27 250m: 3:24.83 42.63 450m: 6:18.73 43.93 650m: 9:13.47 43.86					
	100m: 1:17.26 39.99 300m: 4:08.65 43.82 500m: 7:02.14 43.41 700m: 9:57.49 44.02					
	150m: 1:59.31 42.05 350m: 4:51.74 43.09 550m: 7:46.54 44.40 750m: 10:41.04 43.55					
	200m: 2:42.20 42.89 400m: 5:34.80 43.06 600m: 8:29.61 43.07 800m: 11:22.75 41.71					
EXH	Beatriz Silva Louro	07	Louletano / Loule Concelho	9:12.20	9:17.53	635
	50m: 30.54 30.54 250m: 2:48.87 35.22 450m: 5:10.15 35.28 650m: 7:31.29 35.54					
	100m: 1:04.09 33.55 300m: 3:24.23 35.36 500m: 5:45.17 35.02 700m: 8:07.00 35.71					
	150m: 1:38.57 34.48 350m: 3:59.41 35.18 550m: 6:20.32 35.15 750m: 8:42.61 35.61					
	200m: 2:13.65 35.08 400m: 4:34.87 35.46 600m: 6:55.75 35.43 800m: 9:17.53 34.92					

5 - 3ª Jornada - 2ª Sessão

19.11.2023 - 15:30

Prova 38 Masc., 800m Livres Absolutos
19.11.2023 - 15:30 Resultados

Rec Regional Abs	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Sen	7:46.18	Miguel Duarte Nascimento	SLB	Porto	2017
Rec Regional Jun 2	7:56.83	Filipe Miguel Santo	SLB	Porto	2017
Rec Regional Jun 1	8:18.36	Rafael Lourenço Gil	ANAM	Alapraia	2013
Rec Regional Juv A	8:26.72	Pedro Fontoura Oliveira	CFB	Loures	2005
Rec Regional Juv B	8:25.99	Rui Silva Pereira	ADRCIMM	Tomar	2023
Rec Nacional Abs	7:42.14	Jose Paulo Lopes	SCB	Felgueiras	2019
Rec Nacional Sen	7:42.14	Jose Paulo Lopes	SCB	Felgueiras	2019
Rec Nacional Jun 2	7:56.76	Guilherme Filipe Pina	BSCN	Porto	2015
Rec Nacional Jun 1	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	2009
Rec Nacional Juv A	8:09.43	Rui Filipe Costa	VSC	Senhora da Hora	2007
Rec Nacional Juv B	8:25.99	Rui Silva Pereira	POR	Tomar	2023

TAC Juv B: 9:59.79; Juv A: 9:42.32; Jun 1: 9:30.90; Jun 2: 9:25.25; Sen 1: 9:20.20; Sen +: 9:14.60

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Rafael Lin Moniz	09	Naval Setubalense	10:15.76	9:13.20	514
	50m: 30.65 30.65 250m: 2:47.04 34.97 450m: 5:08.39 35.46 650m: 7:29.75 35.43					
	100m: 1:03.83 33.18 300m: 3:22.49 35.45 500m: 5:43.61 35.22 700m: 8:05.05 35.30					
	150m: 1:37.78 33.95 350m: 3:57.97 35.48 550m: 6:18.85 35.24 750m: 8:39.94 34.89					
	200m: 2:12.07 34.29 400m: 4:32.93 34.96 600m: 6:54.32 35.47 800m: 9:13.20 33.26					
2.	Martim Chambel Pinto	09	Colegio Int Monte Maior	9:53.14	9:14.95	510
	50m: 30.53 30.53 250m: 2:49.16 35.44 450m: 5:10.26 35.62 650m: 7:32.43 35.05					
	100m: 1:04.37 33.84 300m: 3:24.73 35.57 500m: 5:45.75 35.49 700m: 8:08.12 35.69					
	150m: 1:38.90 34.53 350m: 3:59.57 34.84 550m: 6:21.68 35.93 750m: 8:42.71 34.59					
	200m: 2:13.72 34.82 400m: 4:34.64 35.07 600m: 6:57.38 35.70 800m: 9:14.95 32.24					
3.	Francisco Nunes Roque	09	Benfica	10:16.86	9:29.63	471
	50m: 32.09 32.09 250m: 2:53.89 36.43 450m: 5:19.52 35.96 650m: 7:43.42 35.82					
	100m: 1:06.17 34.08 300m: 3:30.31 36.42 500m: 5:55.51 35.99 700m: 8:19.60 36.18					
	150m: 1:41.69 35.52 350m: 4:07.03 36.72 550m: 6:31.64 36.13 750m: 8:55.17 35.57					
	200m: 2:17.46 35.77 400m: 4:43.56 36.53 600m: 7:07.60 35.96 800m: 9:29.63 34.46					
4.	Miguel Bera Fonseca	09	Benfica	10:10.45	9:32.96	463
	50m: 31.41 31.41 250m: 2:53.43 36.20 450m: 5:19.53 36.19 650m: 7:44.17 35.62					
	100m: 1:05.92 34.51 300m: 3:29.97 36.54 500m: 5:55.78 36.25 700m: 8:20.77 36.60					
	150m: 1:41.10 35.18 350m: 4:06.66 36.69 550m: 6:32.11 36.33 750m: 8:57.54 36.77					
	200m: 2:17.23 36.13 400m: 4:43.34 36.68 600m: 7:08.55 36.44 800m: 9:32.96 35.42					

Prova 38, Masc., 800m Livres, Juvenis B

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
5.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	10:08.26	9:34.04	460
	50m: 31.43 31.43	250m: 2:53.19 36.32	450m: 5:19.31 36.58	650m: 7:44.00 36.21		
	100m: 1:05.55 34.12	300m: 3:29.55 36.36	500m: 5:55.63 36.32	700m: 8:20.78 36.78		
	150m: 1:41.10 35.55	350m: 4:05.95 36.40	550m: 6:31.62 35.99	750m: 8:57.62 36.84		
	200m: 2:16.87 35.77	400m: 4:42.73 36.78	600m: 7:07.79 36.17	800m: 9:34.04 36.42		
6.	Pedro Guedes Caldas	09	Benfica	10:18.18	9:41.41	443
	50m: 31.84 31.84	250m: 2:56.29 36.95	450m: 5:25.50 37.44	650m: 7:52.85 36.56		
	100m: 1:06.70 34.86	300m: 3:33.49 37.20	500m: 6:02.69 37.19	700m: 8:29.88 37.03		
	150m: 1:42.94 36.24	350m: 4:10.67 37.18	550m: 6:39.51 36.82	750m: 9:06.27 36.39		
	200m: 2:19.34 36.40	400m: 4:48.06 37.39	600m: 7:16.29 36.78	800m: 9:41.41 35.14		

Juvenis A

1.	Rafael Ataíde Duarte	08	Benfica	9:50.00	9:31.52	467
	50m: 31.67 31.67	250m: 2:56.94 36.47	450m: 5:21.45 35.58	650m: 7:44.81 35.86		
	100m: 1:07.53 35.86	300m: 3:32.93 35.99	500m: 5:57.49 36.04	700m: 8:21.00 36.19		
	150m: 1:43.84 36.31	350m: 4:09.47 36.54	550m: 6:32.89 35.40	750m: 8:56.20 35.20		
	200m: 2:20.47 36.63	400m: 4:45.87 36.40	600m: 7:08.95 36.06	800m: 9:31.52 35.32		
2.	Jose Pedro Salvadinho	08	Nacional de Nataçã	9:50.00	9:38.03	451
	50m: 31.28 31.28	250m: 2:52.97 35.85	450m: 5:19.00 36.66	650m: 7:46.83 37.34		
	100m: 1:06.17 34.89	300m: 3:29.25 36.28	500m: 5:55.99 36.99	700m: 8:24.29 37.46		
	150m: 1:41.52 35.35	350m: 4:05.71 36.46	550m: 6:32.61 36.62	750m: 9:01.27 36.98		
	200m: 2:17.12 35.60	400m: 4:42.34 36.63	600m: 7:09.49 36.88	800m: 9:38.03 36.76		
3.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	9:31.50	9:48.37	428
	50m: 30.67 30.67	250m: 2:56.79 36.95	450m: 5:25.16 37.40	650m: 7:57.15 38.41		
	100m: 1:06.14 35.47	300m: 3:33.43 36.64	500m: 6:03.22 38.06	700m: 8:33.76 36.61		
	150m: 1:42.74 36.60	350m: 4:10.71 37.28	550m: 6:40.58 37.36	750m: 9:12.25 38.49		
	200m: 2:19.84 37.10	400m: 4:47.76 37.05	600m: 7:18.74 38.16	800m: 9:48.37 36.12		

Juniores

1.	Pedro Bethlem Tigre	06	Sporting	8:24.27	8:31.35	652
	50m: 28.47 28.47	250m: 2:35.11 31.88	450m: 4:44.10 32.00	650m: 6:55.32 32.81		
	100m: 59.83 31.36	300m: 3:07.13 32.02	500m: 5:16.90 32.80	700m: 7:27.99 32.67		
	150m: 1:31.43 31.60	350m: 3:39.68 32.55	550m: 5:49.52 32.62	750m: 8:00.41 32.42		
	200m: 2:03.23 31.80	400m: 4:12.10 32.42	600m: 6:22.51 32.99	800m: 8:31.35 30.94		
2.	Andre Correia Alves	06	Benfica	8:51.26	8:53.71	573
	50m: 29.26 29.26	250m: 2:42.03 33.58	450m: 4:57.48 33.65	650m: 7:12.93 33.85		
	100m: 1:01.62 32.36	300m: 3:15.81 33.78	500m: 5:31.26 33.78	700m: 7:46.96 34.03		
	150m: 1:34.60 32.98	350m: 3:49.86 34.05	550m: 6:05.22 33.96	750m: 8:20.88 33.92		
	200m: 2:08.45 33.85	400m: 4:23.83 33.97	600m: 6:39.08 33.86	800m: 8:53.71 32.83		
3.	Rodrigo Onofre Matos	06	Belenenses	9:12.45	8:54.46	571
	50m: 29.69 29.69	250m: 2:44.26 33.66	450m: 4:59.90 33.70	650m: 7:14.83 33.62		
	100m: 1:02.85 33.16	300m: 3:18.51 34.25	500m: 5:33.72 33.82	700m: 7:48.60 33.77		
	150m: 1:36.84 33.99	350m: 3:52.26 33.75	550m: 6:08.01 34.29	750m: 8:22.41 33.81		
	200m: 2:10.60 33.76	400m: 4:26.20 33.94	600m: 6:41.21 33.20	800m: 8:54.46 32.05		
4.	Tiago Ventura Chao	06	Naval Setubalense	8:55.91	8:57.54	561
	50m: 30.05 30.05	250m: 2:45.24 34.16	450m: 5:00.69 34.12	650m: 7:17.24 34.07		
	100m: 1:03.28 33.23	300m: 3:18.77 33.53	500m: 5:34.80 34.11	700m: 7:51.42 34.18		
	150m: 1:37.03 33.75	350m: 3:52.74 33.97	550m: 6:08.88 34.08	750m: 8:25.63 34.21		
	200m: 2:11.08 34.05	400m: 4:26.57 33.83	600m: 6:43.17 34.29	800m: 8:57.54 31.91		
5.	Miguel Mera Herrero	06	Sporting	9:30.00	8:59.51	555
	50m: 29.08 29.08	250m: 2:41.46 33.93	450m: 4:59.61 34.23	650m: 7:17.16 34.30		
	100m: 1:01.17 32.09	300m: 3:15.73 34.27	500m: 5:33.88 34.27	700m: 7:51.54 34.38		
	150m: 1:34.12 32.95	350m: 3:50.46 34.73	550m: 6:08.44 34.56	750m: 8:26.11 34.57		
	200m: 2:07.53 33.41	400m: 4:25.38 34.92	600m: 6:42.86 34.42	800m: 8:59.51 33.40		
6.	Arthur Santos Silva	06	Belenenses	9:09.84	9:00.73	551
	50m: 29.58 29.58	250m: 2:44.16 34.06	450m: 5:01.34 34.41	650m: 7:19.35 34.48		
	100m: 1:02.77 33.19	300m: 3:18.40 34.24	500m: 5:35.39 34.05	700m: 7:54.16 34.81		
	150m: 1:36.03 33.26	350m: 3:52.89 34.49	550m: 6:10.15 34.76	750m: 8:28.05 33.89		
	200m: 2:10.10 34.07	400m: 4:26.93 34.04	600m: 6:44.87 34.72	800m: 9:00.73 32.68		
7.	David Alexandre Fernandes	06	Nacional de Nataçã	9:05.31	9:22.89	488
	50m: 29.69 29.69	250m: 2:46.45 34.52	450m: 5:08.44 36.11	650m: 7:33.95 36.52		
	100m: 1:03.07 33.38	300m: 3:21.43 34.98	500m: 5:44.51 36.07	700m: 8:10.97 37.02		
	150m: 1:37.58 34.51	350m: 3:56.67 35.24	550m: 6:20.75 36.24	750m: 8:47.40 36.43		
	200m: 2:11.93 34.35	400m: 4:32.33 35.66	600m: 6:57.43 36.68	800m: 9:22.89 35.49		

Prova 38, Masc., 800m Livres

Seniores

1. Goncalo Duarte Santos	00	Vikings	8:37.27	8:45.85	599
50m: 28.76	28.76	250m: 2:40.16	33.47	450m: 4:54.99	33.70
100m: 1:00.58	31.82	300m: 3:13.92	33.76	500m: 5:28.65	33.66
150m: 1:33.44	32.86	350m: 3:47.65	33.73	550m: 6:02.11	33.46
200m: 2:06.69	33.25	400m: 4:21.29	33.64	600m: 6:35.17	33.06
650m: 7:08.32	33.15			700m: 7:41.07	32.75
				750m: 8:14.13	33.06
				800m: 8:45.85	31.72
2. Tiago Miguel Trombinhas	04	Belenenses	8:53.32	8:49.64	586
50m: 29.92	29.92	250m: 2:44.06	33.84	450m: 4:58.24	33.45
100m: 1:02.82	32.90	300m: 3:17.80	33.74	500m: 5:31.55	33.31
150m: 1:36.50	33.68	350m: 3:51.27	33.47	550m: 6:05.12	33.57
200m: 2:10.22	33.72	400m: 4:24.79	33.52	600m: 6:38.18	33.06
650m: 7:11.48	33.30			700m: 7:44.78	33.30
				750m: 8:17.51	32.73
				800m: 8:49.64	32.13
3. Tiago Barroso Proenca	04	Sporting	8:59.03	8:52.15	578
50m: 29.96	29.96	250m: 2:41.02	33.28	450m: 4:55.90	33.82
100m: 1:01.85	31.89	300m: 3:14.56	33.54	500m: 5:29.65	33.75
150m: 1:34.62	32.77	350m: 3:48.24	33.68	550m: 6:03.54	33.89
200m: 2:07.74	33.12	400m: 4:22.08	33.84	600m: 6:37.41	33.87
650m: 7:11.37	33.96			700m: 7:45.45	34.08
				750m: 8:19.29	33.84
				800m: 8:52.15	32.86
4. Joao Luis Serra	97	Laranjeiro	9:24.43	9:33.86	461
<i>Fora Tempo Acesso</i>					
50m: 31.42	31.42	250m: 2:51.19	35.78	450m: 5:15.37	36.59
100m: 1:05.37	33.95	300m: 3:27.10	35.91	500m: 5:51.91	36.54
150m: 1:40.10	34.73	350m: 4:02.82	35.72	550m: 6:28.85	36.94
200m: 2:15.41	35.31	400m: 4:38.78	35.96	600m: 7:06.02	37.17
650m: 7:43.22	37.20			700m: 8:20.20	36.98
				750m: 8:57.44	37.24
				800m: 9:33.86	36.42
5. Rafael Goncalves Sousa	99	CPCD - Póvoa Sta Iria	9:45.17	9:42.35	441
<i>Fora Tempo Acesso</i>					
50m: 31.58	31.58	250m: 2:58.10	37.36	450m: 5:27.93	37.67
100m: 1:06.73	35.15	300m: 3:35.30	37.20	500m: 6:05.36	37.43
150m: 1:43.39	36.66	350m: 4:12.57	37.27	550m: 6:42.56	37.20
200m: 2:20.74	37.35	400m: 4:50.26	37.69	600m: 7:18.63	36.07
650m: 7:55.43	36.80			700m: 8:31.94	36.51
				750m: 9:08.07	36.13
				800m: 9:42.35	34.28

Absolutos

1. Pedro Bethlem Tigre	06	Sporting	8:24.27	8:31.35	652
<i>Campeão Regional</i>					
50m: 28.47	28.47	250m: 2:35.11	31.88	450m: 4:44.10	32.00
100m: 59.83	31.36	300m: 3:07.13	32.02	500m: 5:16.90	32.80
150m: 1:31.43	31.60	350m: 3:39.68	32.55	550m: 5:49.52	32.62
200m: 2:03.23	31.80	400m: 4:12.10	32.42	600m: 6:22.51	32.99
650m: 6:55.32	32.81			700m: 7:27.99	32.67
				750m: 8:00.41	32.42
				800m: 8:31.35	30.94
2. Goncalo Duarte Santos	00	Vikings	8:37.27	8:45.85	599
50m: 28.76	28.76	250m: 2:40.16	33.47	450m: 4:54.99	33.70
100m: 1:00.58	31.82	300m: 3:13.92	33.76	500m: 5:28.65	33.66
150m: 1:33.44	32.86	350m: 3:47.65	33.73	550m: 6:02.11	33.46
200m: 2:06.69	33.25	400m: 4:21.29	33.64	600m: 6:35.17	33.06
650m: 7:08.32	33.15			700m: 7:41.07	32.75
				750m: 8:14.13	33.06
				800m: 8:45.85	31.72
3. Tiago Miguel Trombinhas	04	Belenenses	8:53.32	8:49.64	586
50m: 29.92	29.92	250m: 2:44.06	33.84	450m: 4:58.24	33.45
100m: 1:02.82	32.90	300m: 3:17.80	33.74	500m: 5:31.55	33.31
150m: 1:36.50	33.68	350m: 3:51.27	33.47	550m: 6:05.12	33.57
200m: 2:10.22	33.72	400m: 4:24.79	33.52	600m: 6:38.18	33.06
650m: 7:11.48	33.30			700m: 7:44.78	33.30
				750m: 8:17.51	32.73
				800m: 8:49.64	32.13
4. Tiago Barroso Proenca	04	Sporting	8:59.03	8:52.15	578
50m: 29.96	29.96	250m: 2:41.02	33.28	450m: 4:55.90	33.82
100m: 1:01.85	31.89	300m: 3:14.56	33.54	500m: 5:29.65	33.75
150m: 1:34.62	32.77	350m: 3:48.24	33.68	550m: 6:03.54	33.89
200m: 2:07.74	33.12	400m: 4:22.08	33.84	600m: 6:37.41	33.87
650m: 7:11.37	33.96			700m: 7:45.45	34.08
				750m: 8:19.29	33.84
				800m: 8:52.15	32.86
5. Andre Correia Alves	06	Benfica	8:51.26	8:53.71	573
50m: 29.26	29.26	250m: 2:42.03	33.58	450m: 4:57.48	33.65
100m: 1:01.62	32.36	300m: 3:15.81	33.78	500m: 5:31.26	33.78
150m: 1:34.60	32.98	350m: 3:49.86	34.05	550m: 6:05.22	33.96
200m: 2:08.45	33.85	400m: 4:23.83	33.97	600m: 6:39.08	33.86
650m: 7:12.93	33.85			700m: 7:46.96	34.03
				750m: 8:20.88	33.92
				800m: 8:53.71	32.83
6. Rodrigo Onofre Matos	06	Belenenses	9:12.45	8:54.46	571
50m: 29.69	29.69	250m: 2:44.26	33.66	450m: 4:59.90	33.70
100m: 1:02.85	33.16	300m: 3:18.51	34.25	500m: 5:33.72	33.82
150m: 1:36.84	33.99	350m: 3:52.26	33.75	550m: 6:08.01	34.29
200m: 2:10.60	33.76	400m: 4:26.20	33.94	600m: 6:41.21	33.20
650m: 7:14.83	33.62			700m: 7:48.60	33.77
				750m: 8:22.41	33.81
				800m: 8:54.46	32.05
7. Tiago Ventura Chao	06	Naval Setubalense	8:55.91	8:57.54	561
50m: 30.05	30.05	250m: 2:45.24	34.16	450m: 5:00.89	34.12
100m: 1:03.28	33.23	300m: 3:18.77	33.53	500m: 5:34.80	34.11
150m: 1:37.03	33.75	350m: 3:52.74	33.97	550m: 6:08.88	34.08
200m: 2:11.08	34.05	400m: 4:26.57	33.83	600m: 6:43.17	34.29
650m: 7:17.24	34.07			700m: 7:51.42	34.18
				750m: 8:25.63	34.21
				800m: 8:57.54	31.91

Prova 38, Masc., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
8.	Miguel Mera Herrero	06	Sporting	9:30.00	8:59.51	555
	50m: 29.08 29.08	250m: 2:41.46 33.93	450m: 4:59.61 34.23	650m: 7:17.16 34.30		
	100m: 1:01.17 32.09	300m: 3:15.73 34.27	500m: 5:33.88 34.27	700m: 7:51.54 34.38		
	150m: 1:34.12 32.95	350m: 3:50.46 34.73	550m: 6:08.44 34.56	750m: 8:26.11 34.57		
	200m: 2:07.53 33.41	400m: 4:25.38 34.92	600m: 6:42.86 34.42	800m: 8:59.51 33.40		
9.	Arthur Santos Silva	06	Belenenses	9:09.84	9:00.73	551
	50m: 29.58 29.58	250m: 2:44.16 34.06	450m: 5:01.34 34.41	650m: 7:19.35 34.48		
	100m: 1:02.77 33.19	300m: 3:18.40 34.24	500m: 5:35.39 34.05	700m: 7:54.16 34.81		
	150m: 1:36.03 33.26	350m: 3:52.89 34.49	550m: 6:10.15 34.76	750m: 8:28.05 33.89		
	200m: 2:10.10 34.07	400m: 4:26.93 34.04	600m: 6:44.87 34.72	800m: 9:00.73 32.68		
10.	Rafael Lin Moniz	09	Naval Setubalense	10:15.76	9:13.20	514
	50m: 30.65 30.65	250m: 2:47.04 34.97	450m: 5:08.39 35.46	650m: 7:29.75 35.43		
	100m: 1:03.83 33.18	300m: 3:22.49 35.45	500m: 5:43.61 35.22	700m: 8:05.05 35.30		
	150m: 1:37.78 33.95	350m: 3:57.97 35.48	550m: 6:18.85 35.24	750m: 8:39.94 34.89		
	200m: 2:12.07 34.29	400m: 4:32.93 34.96	600m: 6:54.32 35.47	800m: 9:13.20 33.26		
11.	Martim Chambel Pinto	09	Colegio Int Monte Maior	9:53.14	9:14.95	510
	50m: 30.53 30.53	250m: 2:49.16 35.44	450m: 5:10.26 35.62	650m: 7:32.43 35.05		
	100m: 1:04.37 33.84	300m: 3:24.73 35.57	500m: 5:45.75 35.49	700m: 8:08.12 35.69		
	150m: 1:38.90 34.53	350m: 3:59.57 34.84	550m: 6:21.68 35.93	750m: 8:42.71 34.59		
	200m: 2:13.72 34.82	400m: 4:34.64 35.07	600m: 6:57.38 35.70	800m: 9:14.95 32.24		
12.	David Alexandre Fernandes	06	Nacional de Natação	9:05.31	9:22.89	488
	50m: 29.69 29.69	250m: 2:46.45 34.52	450m: 5:08.44 36.11	650m: 7:33.95 36.52		
	100m: 1:03.07 33.38	300m: 3:21.43 34.98	500m: 5:44.51 36.07	700m: 8:10.97 37.02		
	150m: 1:37.58 34.51	350m: 3:56.67 35.24	550m: 6:20.75 36.24	750m: 8:47.40 36.43		
	200m: 2:11.93 34.35	400m: 4:32.33 35.66	600m: 6:57.43 36.68	800m: 9:22.89 35.49		
13.	Francisco Nunes Roque	09	Benfica	10:16.86	9:29.63	471
	50m: 32.09 32.09	250m: 2:53.89 36.43	450m: 5:19.52 35.96	650m: 7:43.42 35.82		
	100m: 1:06.17 34.08	300m: 3:30.31 36.42	500m: 5:55.51 35.99	700m: 8:19.60 36.18		
	150m: 1:41.69 35.52	350m: 4:07.03 36.72	550m: 6:31.64 36.13	750m: 8:55.17 35.57		
	200m: 2:17.46 35.77	400m: 4:43.56 36.53	600m: 7:07.60 35.96	800m: 9:29.63 34.46		
14.	Rafael Ataíde Duarte	08	Benfica	9:50.00	9:31.52	467
	50m: 31.67 31.67	250m: 2:56.94 36.47	450m: 5:21.45 35.58	650m: 7:44.81 35.86		
	100m: 1:07.53 35.86	300m: 3:32.93 35.99	500m: 5:57.49 36.04	700m: 8:21.00 36.19		
	150m: 1:43.84 36.31	350m: 4:09.47 36.54	550m: 6:32.89 35.40	750m: 8:56.20 35.20		
	200m: 2:20.47 36.63	400m: 4:45.87 36.40	600m: 7:08.95 36.06	800m: 9:31.52 35.32		
15.	Miguel Bera Fonseca	09	Benfica	10:10.45	9:32.96	463
	50m: 31.41 31.41	250m: 2:53.43 36.20	450m: 5:19.53 36.19	650m: 7:44.17 35.62		
	100m: 1:05.92 34.51	300m: 3:29.97 36.54	500m: 5:55.78 36.25	700m: 8:20.77 36.60		
	150m: 1:41.10 35.18	350m: 4:06.66 36.69	550m: 6:32.11 36.33	750m: 8:57.54 36.77		
	200m: 2:17.23 36.13	400m: 4:43.34 36.68	600m: 7:08.55 36.44	800m: 9:32.96 35.42		
16.	Joao Luis Serra <i>Fora Tempo Acesso</i>	97	Laranjeiro	9:24.43	9:33.86	461
	50m: 31.42 31.42	250m: 2:51.19 35.78	450m: 5:15.37 36.59	650m: 7:43.22 37.20		
	100m: 1:05.37 33.95	300m: 3:27.10 35.91	500m: 5:51.91 36.54	700m: 8:20.20 36.98		
	150m: 1:40.10 34.73	350m: 4:02.82 35.72	550m: 6:28.85 36.94	750m: 8:57.44 37.24		
	200m: 2:15.41 35.31	400m: 4:38.78 35.96	600m: 7:06.02 37.17	800m: 9:33.86 36.42		
17.	Vasco Alexandre Martins	09	Colegio Int Monte Maior	10:08.26	9:34.04	460
	50m: 31.43 31.43	250m: 2:53.19 36.32	450m: 5:19.31 36.58	650m: 7:44.00 36.21		
	100m: 1:05.55 34.12	300m: 3:29.55 36.36	500m: 5:55.63 36.32	700m: 8:20.78 36.78		
	150m: 1:41.10 35.55	350m: 4:05.95 36.40	550m: 6:31.62 35.99	750m: 8:57.62 36.84		
	200m: 2:16.87 35.77	400m: 4:42.73 36.78	600m: 7:07.79 36.17	800m: 9:34.04 36.42		
18.	Jose Pedro Salvadinho	08	Nacional de Natação	9:50.00	9:38.03	451
	50m: 31.28 31.28	250m: 2:52.97 35.85	450m: 5:19.00 36.66	650m: 7:46.83 37.34		
	100m: 1:06.17 34.89	300m: 3:29.25 36.28	500m: 5:55.99 36.99	700m: 8:24.29 37.46		
	150m: 1:41.52 35.35	350m: 4:05.71 36.46	550m: 6:32.61 36.62	750m: 9:01.27 36.98		
	200m: 2:17.12 35.60	400m: 4:42.34 36.63	600m: 7:09.49 36.88	800m: 9:38.03 36.76		
19.	Pedro Guedes Caldas	09	Benfica	10:18.18	9:41.41	443
	50m: 31.84 31.84	250m: 2:56.29 36.95	450m: 5:25.50 37.44	650m: 7:52.85 36.56		
	100m: 1:06.70 34.86	300m: 3:33.49 37.20	500m: 6:02.69 37.19	700m: 8:29.88 37.03		
	150m: 1:42.94 36.24	350m: 4:10.67 37.18	550m: 6:39.51 36.82	750m: 9:06.27 36.39		
	200m: 2:19.34 36.40	400m: 4:48.06 37.39	600m: 7:16.29 36.78	800m: 9:41.41 35.14		
20.	Rafael Goncalves Sousa <i>Fora Tempo Acesso</i>	99	CPCD - Póvoa Sta Iria	9:45.17	9:42.35	441
	50m: 31.58 31.58	250m: 2:58.10 37.36	450m: 5:27.93 37.67	650m: 7:55.43 36.80		
	100m: 1:06.73 35.15	300m: 3:35.30 37.20	500m: 6:05.36 37.43	700m: 8:31.94 36.51		
	150m: 1:43.39 36.66	350m: 4:12.57 37.27	550m: 6:42.56 37.20	750m: 9:08.07 36.13		
	200m: 2:20.74 37.35	400m: 4:50.26 37.69	600m: 7:18.63 36.07	800m: 9:42.35 34.28		

Prova 38, Masc., 800m Livres, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
21.	Joao Filipe Prazeres <i>Fora Tempo Acesso</i>	08	Geslours	9:31.50	9:48.37	428
	50m: 30.67	30.67	250m: 2:56.79	36.95	450m: 5:25.16	37.40
	100m: 1:06.14	35.47	300m: 3:33.43	36.64	500m: 6:03.22	38.06
	150m: 1:42.74	36.60	350m: 4:10.71	37.28	550m: 6:40.58	37.36
	200m: 2:19.84	37.10	400m: 4:47.76	37.05	600m: 7:18.74	38.16
					650m: 7:57.15	38.41
					700m: 8:33.76	36.61
					750m: 9:12.25	38.49
					800m: 9:48.37	36.12

Prova 39

19.11.2023 - 16:02

Femin., 200m Estilos

Absolutos

Resultados

Rec Regional Abs	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Sen	2:12.08	Victoria Kaminskaya	ESJB	Copenhagen (DEN)	2017
Rec Regional Jun 2	2:16.22	Raquel Gomes Pereira	SAD	Alges	2016
Rec Regional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Regional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Regional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Abs Open	2:12.08	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Abs Juv B	2:19.79	Mariana Pacheco Cunha	CFP	Felgueiras	2018
Rec Nacional Sen	2:12.08	Victoria Kaminskaya	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 2	2:15.10	Mariana Pacheco Cunha	CNCE	Felgueiras	2021
Rec Nacional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Nacional Juv A	2:18.13	Mariana Pacheco Cunha	CFP	Felgueiras	2019
Rec Nacional Juv B	2:19.79	Mariana Pacheco Cunha	CFP	Felgueiras	2018

TAC Juv B: 2:49.06; Juv A: 2:44.14; Jun 1: 2:40.92; Jun 2: 2:39.33; Sen 1: 2:37.90; Sen +: 2:36.33

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Alicia Del Rio Bernat	10	SAD	2:46.19	2:35.93	477	32.48	40.22	46.45	36.78
2.	Rita Braga Gomes	10	SCP	2:42.71	2:40.39	438	33.74	41.85	46.55	38.25
3.	Rita Canas Brito	10	CNS	2:52.95	2:42.30	423	36.59	40.54	46.60	38.57
4.	Bruna Sofia Simoes	10	SCP	2:48.53	2:45.03	402	35.99	41.54	49.67	37.83
5.	Victoria Sales Proenca	10	SLB	2:49.34	2:45.18	401	34.98	43.04	50.56	36.60
6.	Catarina Nobre Pardelha	10	ADRCIMM	2:48.86	2:45.50	399	36.30	41.65	48.57	38.98
7.	Mariana Varela Costa	10	SCP	2:48.50	2:46.39	392	36.63	43.58	49.51	36.67
8.	Luana Raquel Monteiro	10	PDEM	2:49.50	2:48.90	375	37.51	43.24	49.37	38.78
9.	Maria Rita Filipe	10	GESL	2:50.34	2:49.00	374	37.78	39.80	50.77	40.65
10.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	CNS	2:49.44	2:51.10	361	37.97	43.58	49.57	39.98

Juvenis A

1.	Raquel Sofia Bras	09	CFB	2:35.90	2:33.42	501	33.53	40.86	43.34	35.69
2.	Matilde Lopes Fialho	09	PDEM	2:34.43	2:35.24	483	33.53	37.58	47.94	36.19
3.	Sofia Monteiro Uva	09	SAD	2:34.96	2:36.11	475	33.13	41.48	46.97	34.53
4.	Beatriz Ferreira Batista	09	CPCD	2:38.62	2:36.56	471	34.34	40.79	45.21	36.22
5.	Joana Sofia Fernandes	09	CNN	2:36.64	2:40.49	437	33.60	39.90	50.97	36.02
6.	Daniela Pina Rodrigues	09	GESL	2:40.99	2:40.84	434	35.05	40.93	47.20	37.66
7.	Rita Antunes Ratinho <i>Fora Tempo Acesso</i>	09	CNS	2:43.36	2:46.08	395	35.15	44.91	46.85	39.17
8.	Alice Lucas Pedro <i>Fora Tempo Acesso</i>	09	SAD	2:40.00	2:46.36	393	34.45	43.67	49.24	39.00

Prova 39, Femin., 200m Estilos

Juniores

1.	Catarina Andrade Franco <i>Campeã Regional</i>	07	SLB	2:37.00	2:26.63	574	29.98	39.27	43.89	33.49
2.	Leonor Peso Parente	07	PDEM	2:24.48	2:26.64	573	30.54	37.73	43.32	35.05
3.	Leonor Carvalho Oliveira	07	CNS	2:36.54	2:28.94	547	30.45	39.39	44.25	34.85
4.	Leonor Carreiro Rodrigues	07	SLB	2:30.43	2:32.13	513	33.80	38.48	44.33	35.52
5.	Sara Sofia Alves	07	PDEM	2:31.11	2:32.97	505	32.27	38.69	47.14	34.87
6.	Leonor Serrao Nascimento	08	SAD	2:32.15	2:33.08	504	32.16	40.39	44.35	36.18
7.	Catarina Maria Lopes	08	SLB	2:33.01	2:33.78	497	33.25	42.79	43.44	34.30
8.	Maria Carlotta Ferrari	07	SLB	2:37.00	2:34.21	493	33.08	37.41	46.56	37.16
9.	Luisa Goncalves Rodrigues	08	AEFDTV	2:34.94	2:36.27	474	32.66	41.44	44.76	37.41
	Catarina Alexandra Alves	07	GESL	2:32.78	2:36.27	474	33.37	39.97	46.37	36.56
11.	Leticia Rodrigues Magalhaes	07	CNS	2:32.02	2:37.21	465	33.67	38.81	47.14	37.59
DSQ	Marta Oliveira Ferreira	08	CNCVG	2:37.00						

E-B31 - Tocou com uma só mão na parede testa na viragem aos 125 metros (ii.7.6)

Seniores

1.	Leticia Maia Andre <i>Campeã Regional</i>	02	SLB	2:20.73	2:24.42	600	30.18	39.29	42.58	32.37
2.	Rebeca Leonor Antunes	06	SAD	2:22.66	2:25.16	591	30.73	39.02	40.15	35.26
3.	Matilde Nunes Lopes	06	SLB	2:23.15	2:27.57	563	31.67	37.83	43.89	34.18
4.	Maria Ornelas Armas	98	VKGS	2:29.38	2:27.61	562	33.34	36.62	44.79	32.86
5.	Madalena Correa Sa	06	SLB	2:31.82	2:27.99	558	32.35	40.01	41.80	33.83
6.	Lidiana Correia Rodrigues	04	CFB	2:29.47	2:28.20	555	33.78	39.41	40.21	34.80
7.	Carolina Martins Camacho	06	SLB	2:29.22	2:28.21	555	32.42	35.50	45.77	34.52
8.	Alice Jesus Morgado	04	SCP	2:28.63	2:29.12	545	32.07	38.04	43.86	35.15
9.	Barbara Cunha Ventura	05	SLB	2:34.34	2:31.28	522	32.36	37.07	45.85	36.00
10.	Maria Carolina Vargas	05	SLB	2:33.01	2:32.05	514	34.95	41.17	41.96	33.97
11.	Mariana Conceicao Duarte <i>Fora Tempo Acesso</i>	03	FS	2:35.98	2:37.20	465	31.55	39.49	47.40	38.76

Absolutos

1.	Leticia Maia Andre <i>Campeã Regional</i>	02	SLB	2:20.73	2:24.42	600	30.18	39.29	42.58	32.37
2.	Rebeca Leonor Antunes	06	SAD	2:22.66	2:25.16	591	30.73	39.02	40.15	35.26
3.	Catarina Andrade Franco	07	SLB	2:37.00	2:26.63	574	29.98	39.27	43.89	33.49
4.	Leonor Peso Parente	07	PDEM	2:24.48	2:26.64	573	30.54	37.73	43.32	35.05
5.	Matilde Nunes Lopes	06	SLB	2:23.15	2:27.57	563	31.67	37.83	43.89	34.18
6.	Maria Ornelas Armas	98	VKGS	2:29.38	2:27.61	562	33.34	36.62	44.79	32.86
7.	Madalena Correa Sa	06	SLB	2:31.82	2:27.99	558	32.35	40.01	41.80	33.83
8.	Lidiana Correia Rodrigues	04	CFB	2:29.47	2:28.20	555	33.78	39.41	40.21	34.80
9.	Carolina Martins Camacho	06	SLB	2:29.22	2:28.21	555	32.42	35.50	45.77	34.52
10.	Leonor Carvalho Oliveira	07	CNS	2:36.54	2:28.94	547	30.45	39.39	44.25	34.85
11.	Alice Jesus Morgado	04	SCP	2:28.63	2:29.12	545	32.07	38.04	43.86	35.15
12.	Barbara Cunha Ventura	05	SLB	2:34.34	2:31.28	522	32.36	37.07	45.85	36.00
13.	Maria Carolina Vargas	05	SLB	2:33.01	2:32.05	514	34.95	41.17	41.96	33.97
14.	Leonor Carreiro Rodrigues	07	SLB	2:30.43	2:32.13	513	33.80	38.48	44.33	35.52
15.	Sara Sofia Alves	07	PDEM	2:31.11	2:32.97	505	32.27	38.69	47.14	34.87
16.	Leonor Serrao Nascimento	08	SAD	2:32.15	2:33.08	504	32.16	40.39	44.35	36.18
17.	Raquel Sofia Bras	09	CFB	2:35.90	2:33.42	501	33.53	40.86	43.34	35.69
18.	Catarina Maria Lopes	08	SLB	2:33.01	2:33.78	497	33.25	42.79	43.44	34.30
19.	Maria Carlotta Ferrari	07	SLB	2:37.00	2:34.21	493	33.08	37.41	46.56	37.16
20.	Matilde Lopes Fialho	09	PDEM	2:34.43	2:35.24	483	33.53	37.58	47.94	36.19
21.	Alicia Del Rio Bernat	10	SAD	2:46.19	2:35.93	477	32.48	40.22	46.45	36.78
22.	Sofia Monteiro Uva	09	SAD	2:34.96	2:36.11	475	33.13	41.48	46.97	34.53
23.	Luisa Goncalves Rodrigues	08	AEFDTV	2:34.94	2:36.27	474	32.66	41.44	44.76	37.41
	Catarina Alexandra Alves	07	GESL	2:32.78	2:36.27	474	33.37	39.97	46.37	36.56
25.	Beatriz Ferreira Batista	09	CPCD	2:38.62	2:36.56	471	34.34	40.79	45.21	36.22

Prova 39, Femin., 200m Estilos, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
26.	Mariana Conceicao Duarte <i>Fora Tempo Acesso</i>	03	FS	2:35.98	2:37.20	465	31.55	39.49	47.40	38.76
27.	Leticia Rodrigues Magalhaes	07	CNS	2:32.02	2:37.21	465	33.67	38.81	47.14	37.59
28.	Rita Braga Gomes	10	SCP	2:42.71	2:40.39	438	33.74	41.85	46.55	38.25
29.	Joana Sofia Fernandes	09	CNN	2:36.64	2:40.49	437	33.60	39.90	50.97	36.02
30.	Daniela Pina Rodrigues	09	GESL	2:40.99	2:40.84	434	35.05	40.93	47.20	37.66
31.	Rita Canas Brito	10	CNS	2:52.95	2:42.30	423	36.59	40.54	46.60	38.57
32.	Bruna Sofia Simoes	10	SCP	2:48.53	2:45.03	402	35.99	41.54	49.67	37.83
33.	Victoria Sales Proenca	10	SLB	2:49.34	2:45.18	401	34.98	43.04	50.56	36.60
34.	Catarina Nobre Pardelha	10	ADRCIMM	2:48.86	2:45.50	399	36.30	41.65	48.57	38.98
35.	Rita Antunes Ratinho <i>Fora Tempo Acesso</i>	09	CNS	2:43.36	2:46.08	395	35.15	44.91	46.85	39.17
36.	Alice Lucas Pedro <i>Fora Tempo Acesso</i>	09	SAD	2:40.00	2:46.36	393	34.45	43.67	49.24	39.00
37.	Mariana Varela Costa	10	SCP	2:48.50	2:46.39	392	36.63	43.58	49.51	36.67
38.	Luana Raquel Monteiro	10	PDEM	2:49.50	2:48.90	375	37.51	43.24	49.37	38.78
39.	Maria Rita Filipe	10	GESL	2:50.34	2:49.00	374	37.78	39.80	50.77	40.65
40.	Luisa Anjos Frischknecht <i>Fora Tempo Acesso</i>	10	CNS	2:49.44	2:51.10	361	37.97	43.58	49.57	39.98
DSQ	Marta Oliveira Ferreira <i>E-B31 - Tocou com uma só mão na parede testa na viragem aos 125 metros (ii.7.6)</i>	08	CNCVG	2:37.00						
EXH	Laura Espinola Barbeito	06	NSIT	2:23.79	2:21.92	633	30.84	35.94	42.21	32.93

Prova 40

Masc., 200m Estilos

Absolutos
Resultados

19.11.2023 - 16:22

Rec Regional Abs	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Sen	1:54.71	Alexis Manacas Santos	SCP	Hangzhou (CHN)	2018
Rec Regional Jun 2	2:01.23	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	2:04.10	Tiago André Venâncio	CNS	Alapraia	2004
Rec Regional Juv A	2:06.94	Diogo Gomes Sousa	CNCVG	Estoril, Alapraia	2011
Rec Regional Juv B	2:08.74	Bernardo Jorge Simoes	CNCVG	Algés	2019
Rec Nacional Abs	1:53.45	Diogo Filipe Carvalho	POR	Netanya (ISR)	2015
Rec Nacional Sen	1:53.45	Diogo Filipe Carvalho	POR	Netanya (ISR)	2015
Rec Nacional Jun 2	2:00.59	Gabriel Jose Lopes	ALN	Coimbra	2015
Rec Nacional Jun 1	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	2005
Rec Nacional Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	2004
Rec Nacional Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	2003

TAC Juv B: 2:33.67; Juv A: 2:29.19; Jun 1: 2:26.27; Jun 2: 2:24.82; Sen 1: 2:23.53; Sen +: 2:22.09

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Miguel Loucao Caxaria	09	PDEM	2:31.71	2:21.47	465	30.79	36.14	41.62	32.92
2.	Tomas Augusto Reis	09	CFB	2:34.06	2:27.35	411	32.04	35.96	45.94	33.41
3.	Afonso Cunha Amaral	09	SAD	2:38.15	2:29.33	395	30.70	38.09	46.77	33.77
4.	Angelo Carvalho Interlandi	09	SAD	2:36.65	2:29.65	393	32.01	36.20	47.34	34.10
5.	Afonso Miguel Amaro	09	CFB	2:39.09	2:30.42	387	34.67	40.15	41.11	34.49
6.	Rui Melo Pereira	09	SLB	2:36.60	2:31.32	380	31.62	37.75	46.75	35.20
7.	Bernardo Miguel Oliveira <i>Fora Tempo Acesso</i>	09	CNN	2:42.99	2:34.92	354	32.36	38.38	47.52	36.66
8.	Diogo Soares Marques <i>Fora Tempo Acesso</i>	09	SAD	2:45.72	2:40.35	319	34.99	41.10	46.78	37.48

Prova 40, Masc., 200m Estilos, Juvenis B

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
9.	Afonso Santos Carromeu <i>Fora Tempo Acesso</i>	09	CNS	2:58.42	2:49.82	269	37.80	42.50	51.20	38.32
DSQ	Xavier Jesus Valente <i>E-B52 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (ii.7.6)</i>	09	CNCVG	2:28.34						

Juvenis A

1.	Pedro Saad Oliveira	08	SCP	2:22.06	2:20.69	473	29.93	34.50	43.01	33.25
2.	David Jesus Morgado	08	SCP	2:21.47	2:20.79	472	30.14	36.83	40.93	32.89
3.	Francisco Rodrigues Vilar	08	SCP	2:25.31	2:22.34	456	29.83	36.91	41.49	34.11
4.	Pedro Antonio Pinto <i>Fora Tempo Acesso</i>	08	PDEM	2:36.18	2:30.19	388	30.73	38.96	45.11	35.39
5.	Tomas Miguel Trombinhas <i>Fora Tempo Acesso</i>	08	ADRCIMM	2:31.37	2:32.89	368	32.51	39.07	45.49	35.82
DSQ	Rodrigo Capitao Chora <i>E-B32 - Toque não simultâneo das mãos na parede testa na viragem aos 125 metros (ii.7.6)</i>	08	CNS	2:53.75						
DNF	Afonso Mendonca Ornelas <i>E-M52 - Toque não simultâneo das mãos na parede testa na chegada do percurso mariposa (ii.8.4)</i>	08	GESL	2:24.01						

Juniores

1.	Rafael Miguel Mimoso	07	SLB	2:10.34	2:14.20	545	28.55	35.43	37.70	32.52
2.	Ricardo Freitas Neto	06	SCP	2:23.61	2:16.90	513	29.42	33.97	41.00	32.51
3.	David Miguel Morais	06	SLB	2:16.84	2:17.24	509	28.79	35.02	40.78	32.65
4.	Michele Francesco Barberi	07	SCP	2:19.93	2:19.10	489	29.51	35.86	41.86	31.87
5.	Luis Pedro Figueiredo	06	GESL	2:23.29	2:20.74	472	28.80	37.30	42.80	31.84
6.	Rafael Filipe Lopes	06	GESL	2:21.56	2:24.47	436	29.88	36.50	44.42	33.67
7.	Tiago Dinis Ferreira <i>Fora Tempo Acesso</i>	07	GESL	2:34.81	2:32.20	373	32.66	38.91	45.44	35.19

Seniores

1.	Vasco Alves Morgado	05	SAD	2:10.39	2:09.11	612	26.64	33.96	38.50	30.01
2.	Miguel Cordeiro Almeida	05	SAD	2:09.43	2:11.91	574	26.84	32.29	40.33	32.45
3.	Daniel Tsykal	04	SCP	2:14.10	2:13.23	557	28.18	35.47	38.19	31.39
4.	Diogo Miguel Monteiro	04	SCP	2:19.04	2:14.08	546	28.25	34.54	38.18	33.11
5.	Andre Filipe Magalhaes	98	CIRL	2:17.06	2:15.30	531	28.18	34.00	39.81	33.31
6.	Pedro Maria Amado	05	SAD	2:20.31	2:19.83	481	30.13	36.41	40.97	32.32
7.	Miguel Duarte Cruz	99	CFB	2:19.53	2:20.63	473	29.37	37.26	41.44	32.56
8.	Daniel Filipe Cazeiro <i>Fora Tempo Acesso</i>	97	CIRL	2:19.82	2:22.33	456	30.44	36.09	43.06	32.74
DSQ	Daniel Nogueira Catalao <i>Perdeu a posição dorsal antes da chegada do percurso de costas (ii.4.1)</i>	00	SCP	2:02.51						

Absolutos

1.	Vasco Alves Morgado <i>Campeão Regional</i>	05	SAD	2:10.39	2:09.11	612	26.64	33.96	38.50	30.01
2.	Miguel Cordeiro Almeida	05	SAD	2:09.43	2:11.91	574	26.84	32.29	40.33	32.45
3.	Daniel Tsykal	04	SCP	2:14.10	2:13.23	557	28.18	35.47	38.19	31.39
4.	Diogo Miguel Monteiro	04	SCP	2:19.04	2:14.08	546	28.25	34.54	38.18	33.11
5.	Rafael Miguel Mimoso	07	SLB	2:10.34	2:14.20	545	28.55	35.43	37.70	32.52
6.	Andre Filipe Magalhaes	98	CIRL	2:17.06	2:15.30	531	28.18	34.00	39.81	33.31
7.	Ricardo Freitas Neto	06	SCP	2:23.61	2:16.90	513	29.42	33.97	41.00	32.51
8.	David Miguel Morais	06	SLB	2:16.84	2:17.24	509	28.79	35.02	40.78	32.65
9.	Michele Francesco Barberi	07	SCP	2:19.93	2:19.10	489	29.51	35.86	41.86	31.87

Prova 40, Masc., 200m Estilos, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
10.	Pedro Maria Amado	05	SAD	2:20.31	2:19.83	481	30.13	36.41	40.97	32.32
11.	Miguel Duarte Cruz	99	CFB	2:19.53	2:20.63	473	29.37	37.26	41.44	32.56
12.	Pedro Saad Oliveira	08	SCP	2:22.06	2:20.69	473	29.93	34.50	43.01	33.25
13.	Luis Pedro Figueiredo	06	GESL	2:23.29	2:20.74	472	28.80	37.30	42.80	31.84
14.	David Jesus Morgado	08	SCP	2:21.47	2:20.79	472	30.14	36.83	40.93	32.89
15.	Miguel Loucao Caxaria	09	PDEM	2:31.71	2:21.47	465	30.79	36.14	41.62	32.92
16.	Daniel Filipe Cazeiro	97	CIRL	2:19.82	2:22.33	456	30.44	36.09	43.06	32.74
	<i>Fora Tempo Acesso</i>									
17.	Francisco Rodrigues Vilar	08	SCP	2:25.31	2:22.34	456	29.83	36.91	41.49	34.11
18.	Rafael Filipe Lopes	06	GESL	2:21.56	2:24.47	436	29.88	36.50	44.42	33.67
19.	Tomas Augusto Reis	09	CFB	2:34.06	2:27.35	411	32.04	35.96	45.94	33.41
20.	Afonso Cunha Amaral	09	SAD	2:38.15	2:29.33	395	30.70	38.09	46.77	33.77
21.	Angelo Carvalho Interlandi	09	SAD	2:36.65	2:29.65	393	32.01	36.20	47.34	34.10
22.	Pedro Antonio Pinto	08	PDEM	2:36.18	2:30.19	388	30.73	38.96	45.11	35.39
	<i>Fora Tempo Acesso</i>									
23.	Afonso Miguel Amaro	09	CFB	2:39.09	2:30.42	387	34.67	40.15	41.11	34.49
24.	Rui Melo Pereira	09	SLB	2:36.60	2:31.32	380	31.62	37.75	46.75	35.20
25.	Tiago Dinis Ferreira	07	GESL	2:34.81	2:32.20	373	32.66	38.91	45.44	35.19
	<i>Fora Tempo Acesso</i>									
26.	Tomas Miguel Trombinhas	08	ADRCIMM	2:31.37	2:32.89	368	32.51	39.07	45.49	35.82
	<i>Fora Tempo Acesso</i>									
27.	Bernardo Miguel Oliveira	09	CNN	2:42.99	2:34.92	354	32.36	38.38	47.52	36.66
	<i>Fora Tempo Acesso</i>									
28.	Diogo Soares Marques	09	SAD	2:45.72	2:40.35	319	34.99	41.10	46.78	37.48
	<i>Fora Tempo Acesso</i>									
29.	Afonso Santos Carromeu	09	CNS	2:58.42	2:49.82	269	37.80	42.50	51.20	38.32
	<i>Fora Tempo Acesso</i>									
DSQ	Xavier Jesus Valente	09	CNCVG	2:28.34						
	<i>E-B52 - Toque não simultâneo das mãos na parede testa na chegada do percurso de bruços (ii.7.6)</i>									
DSQ	Daniel Nogueira Catalao	00	SCP	2:02.51						
	<i>Perdeu a posição dorsal antes da chegada do percurso de costas (ii.4.1)</i>									
DSQ	Rodrigo Capitao Chora	08	CNS	2:53.75						
	<i>E-B32 - Toque não simultâneo das mãos na parede testa na viragem aos 125 metros (ii.7.6)</i>									
DNF	Afonso Mendonca Ornelas	08	GESL	2:24.01						
	<i>E-M52 - Toque não simultâneo das mãos na parede testa na chegada do percurso mariposa (ii.8.4)</i>									
EXH	Yury Fomin	06	LDC	2:06.42	2:06.40	652	26.98	32.15	37.52	29.75
EXH	Gustavo Carvalho Silva	04	CNPV	2:25.00	2:06.94	644	26.53	31.07	39.05	30.29

Prova 41 Femin., 50m Costas Absolutos
19.11.2023 - 16:39 Resultados

Rec Regional Abs	27.33	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Regional Sen	27.33	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Regional Jun 2	28.50	Rafaela Gomes Azevedo	SAD	Felgueiras	2018
Rec Regional Jun 1	28.42	Ines Camacho Fernandes	SCP	Porto	2012
Rec Regional Juv A	28.99	Ines Camacho Fernandes	SCP	Cantanhede	2012
Rec Regional Juv B	30.09	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Nacional Abs Open	27.33	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Nacional Abs Juv B	30.50	tempo limite			
Rec Nacional Sen	27.33	Rafaela Gomes Azevedo	SAD	Albufeira	2021
Rec Nacional Jun 2	28.22	Camila Rodrigues Rebelo	ALN	Felgueiras	2019
Rec Nacional Jun 1	28.42	Ines Camacho Fernandes	SCP	Porto	2012
Rec Nacional Juv A	29.69	tempo limite			
Rec Nacional Juv B	30.50	tempo limite			

TAC Juv B: 36.00; Juv A: 35.57; Jun 1: 35.22; Jun 2: 34.94; Sen 1: 34.63; Sen +: 34.28

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Rita Canas Brito	10	Naval Setubalense	34.36	32.60	465
2.	Rita Mota Silva	10	Palmela Desporto	38.96	34.76	384
3.	Maria Rita Filipe	10	Geslours	36.43	34.78	383
4.	Beatriz Nunes Leao	10	Laranjeiro	38.81	35.14	371
5.	Victoria Sales Proenca <i>Fora Tempo Acesso</i>	10	Benfica	38.55	36.06	344
6.	Rafaela Sofia Silva <i>Fora Tempo Acesso</i>	10	CPCD - Póvoa Sta Iria	39.29	37.53	305

Juvenis A

1.	Matilde Lopes Fialho	09	Palmela Desporto	32.24	32.00	492
2.	Carolina Marques Madeira	09	Nacional de Natação	33.70	33.75	419
3.	Margarida Faria Miranda	09	Palmela Desporto	36.30	35.56	358
4.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	Naval Setubalense	36.56	35.97	346
5.	Beatriz Santa Filipe <i>Fora Tempo Acesso</i>	09	Nacional de Natação	37.93	36.10	342

Juniores

1.	Maria Leonor Rodrigues <i>Campeã Regional</i>	07	Salesianos	30.93	30.87	548
2.	Beatriz Alexandra Rolim	08	Uniao Piedense	31.88	31.74	504
3.	Constanca Santos Ferreira	08	Algés	33.20	31.88	498
4.	Rita Sacadura Almeida	07	Algés	32.35	32.44	472
5.	Anastacia Tshesnovska	07	Sporting	32.76	33.06	446
6.	Lis Fatima Melo	08	Geslours	33.83	33.29	437
7.	Barbara Maria Neves	08	Algés	32.14	33.42	432
8.	Yasmin Ruth Bexigas	08	Sporting	34.46	33.63	424
9.	Patricia Subtil Henriques	08	Geslours	34.40	33.91	413
10.	Laura Maria Cruz	07	Colegio Int Monte Maior	33.53	33.96	412
11.	Beatriz Heitor Cachaco	07	Geslours	33.69	34.03	409
12.	Matilde Nunes Ribeiro	07	Despertarecorde	34.10	34.18	404
13.	Rita Gato Costa <i>Fora Tempo Acesso</i>	08	Despertarecorde	36.47	35.64	356
14.	Sofia Goncalves Raposo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	36.65	36.37	335

Prova 41, Femin., 50m Costas

Seniores

1.	Soraia Maria Salgado <i>Campeã Regional</i>	05	Fisica Torres Vedras	30.07	30.28	581
2.	Luana Cardoso Magalhaes	06	Algés	30.95	31.08	537
3.	Margarida Sobral Pimenta	99	Vikings	32.09	31.41	520
4.	Ines Correia Teixeira	06	Amadora	31.00	31.78	502
5.	Constanca Dias Baptista	01	Belenenses	32.46	32.18	484
6.	Barbara Cunha Ventura	05	Benfica	33.10	32.62	464
7.	Claudia Beatriz Martins	03	Geslours	33.31	32.85	455
8.	Mafalda Marques Pinto	02	Sporting	33.16	33.28	437
9.	Carolina Saraiva Pires <i>Fora Tempo Acesso</i>	96	Laranjeiro	33.65	34.45	394
10.	Ana Sofia Inacio <i>Fora Tempo Acesso</i>	04	Vikings	34.80	35.24	368
11.	Daniela Patricia Larginho <i>Fora Tempo Acesso</i>	05	Colégio Vasco da Gama	37.80	37.69	301

Absolutos

1.	Soraia Maria Salgado <i>Campeã Regional</i>	05	Fisica Torres Vedras	30.07	30.28	581
2.	Maria Leonor Rodrigues	07	Salesianos	30.93	30.87	548
3.	Luana Cardoso Magalhaes	06	Algés	30.95	31.08	537
4.	Margarida Sobral Pimenta	99	Vikings	32.09	31.41	520
5.	Beatriz Alexandra Rolim	08	Uniao Piedense	31.88	31.74	504
6.	Ines Correia Teixeira	06	Amadora	31.00	31.78	502
7.	Constanca Santos Ferreira	08	Algés	33.20	31.88	498
8.	Matilde Lopes Fialho	09	Palmela Desporto	32.24	32.00	492
9.	Constanca Dias Baptista	01	Belenenses	32.46	32.18	484
10.	Rita Sacadura Almeida	07	Algés	32.35	32.44	472
11.	Rita Canas Brito	10	Naval Setubalense	34.36	32.60	465
12.	Barbara Cunha Ventura	05	Benfica	33.10	32.62	464
13.	Claudia Beatriz Martins	03	Geslours	33.31	32.85	455
14.	Anastacia Tshesnovska	07	Sporting	32.76	33.06	446
15.	Mafalda Marques Pinto	02	Sporting	33.16	33.28	437
16.	Lis Fatima Melo	08	Geslours	33.83	33.29	437
17.	Barbara Maria Neves	08	Algés	32.14	33.42	432
18.	Yasmin Ruth Bexigas	08	Sporting	34.46	33.63	424
19.	Carolina Marques Madeira	09	Nacional de Natação	33.70	33.75	419
20.	Patricia Subtil Henriques	08	Geslours	34.40	33.91	413
21.	Laura Maria Cruz	07	Colegio Int Monte Maior	33.53	33.96	412
22.	Beatriz Heitor Cachaco	07	Geslours	33.69	34.03	409
23.	Matilde Nunes Ribeiro	07	Despertarecorde	34.10	34.18	404
24.	Carolina Saraiva Pires <i>Fora Tempo Acesso</i>	96	Laranjeiro	33.65	34.45	394
25.	Rita Mota Silva	10	Palmela Desporto	38.96	34.76	384
26.	Maria Rita Filipe	10	Geslours	36.43	34.78	383
27.	Beatriz Nunes Leao	10	Laranjeiro	38.81	35.14	371
28.	Ana Sofia Inacio <i>Fora Tempo Acesso</i>	04	Vikings	34.80	35.24	368
29.	Margarida Faria Miranda	09	Palmela Desporto	36.30	35.56	358
30.	Rita Gato Costa <i>Fora Tempo Acesso</i>	08	Despertarecorde	36.47	35.64	356
31.	Ana Kostenko <i>Fora Tempo Acesso</i>	09	Naval Setubalense	36.56	35.97	346
32.	Victoria Sales Proenca <i>Fora Tempo Acesso</i>	10	Benfica	38.55	36.06	344

Prova 41, Femin., 50m Costas, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
33.	Beatriz Santa Filipe <i>Fora Tempo Acesso</i>	09	Nacional de Natação	37.93	36.10	342
34.	Sofia Goncalves Raposo <i>Fora Tempo Acesso</i>	07	Palmela Desporto	36.65	36.37	335
35.	Rafaela Sofia Silva <i>Fora Tempo Acesso</i>	10	CPCD - Póvoa Sta Iria	39.29	37.53	305
36.	Daniela Patricia Larginho <i>Fora Tempo Acesso</i>	05	Colégio Vasco da Gama	37.80	37.69	301

Prova 42

19.11.2023 - 16:48

Masc., 50m Costas

Absolutos

Resultados

Rec Regional Abs	23.35	Alexis Manacas Santos	SCP	Abu Dhabi (UAE)	2021
Rec Regional Sen	23.35	Alexis Manacas Santos	SCP	Abu Dhabi (UAE)	2021
Rec Regional Jun 2	25.01	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Jun 1	25.62	Diogo Santos Costa	ADRCIMM	Algés	2019
Rec Regional Juv A	26.26	Diogo Santos Costa	ADRCIMM	Algés	2018
Rec Regional Juv B	28.64	Andre Azevedo Baraona	CNMJ	Algés	2019
Rec Nacional Abs	23.35	Alexis Manacas Santos	POR	Abu Dhabi (UAE)	2021
Rec Nacional Abs	23.35	Alexis Manacas Santos	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	23.35	Alexis Manacas Santos	POR	Abu Dhabi (UAE)	2021
Rec Nacional Sen	23.35	Alexis Manacas Santos	POR	Abu Dhabi (UAE)	2021
Rec Nacional Jun 2	25.01	Alexis Manacas Santos	SCP	Leiria	2009
Rec Nacional Jun 1	25.37	Gabriel Jose Lopes	CDL	Coimbra	2014
Rec Nacional Juv A	26.26	tempo limite			
Rec Nacional Juv B	26.43	tempo limite			

TAC Juv B: 31.65; Juv A: 31.27; Jun 1: 30.96; Jun 2: 30.72; Sen 1: 30.44; Sen +: 30.14

Pontos: FINA 2022

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juvenis B						
1.	Aman Akbar Ladak	09	Sporting	40.00	30.66	380
2.	David Emanuel Tome	09	Geslours	33.10	30.84	374
3.	Hugo Pacheco Godinho	09	Sporting	33.90	30.92	371
4.	Tiago Trindade Manuel <i>Fora Tempo Acesso</i>	09	Palmela Desporto	34.25	32.21	328
5.	Joao Pedro Lopes <i>Fora Tempo Acesso</i>	09	Uniao Piedense	39.67	36.00	235

Juvenis A

1.	Afonso Gago Garcia	08	Benfica	30.09	30.15	400
2.	Francisco Maria Santos	08	Benfica	30.75	30.29	394
3.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	30.87	30.62	382
4.	Duarte Gomes Santos	08	Despertarecorde	32.18	30.95	370
5.	Francisco Soares Brito	08	Bombeiros dos Estoris	32.68	30.98	368

Juniores

1.	Afonso Bjork Freitas	07	Nacional de Natação	27.54	27.27	540
2.	Andre Deniz Pinto	06	Sporting	30.10	27.49	528
3.	Lourenco Lopes Silva	07	Uniao Piedense	28.34	28.73	462
4.	Antonio Ricardo Alves	07	Belenenses	29.98	29.13	443
5.	Rodrigo Franco Palare	06	Geslours	29.31	29.14	443
6.	Gabriel Martins Tusan	07	Sporting	29.98	29.35	433
7.	Antonio Rego Arsenio	07	Algés	29.59	29.58	423
8.	Vicente Dias Maia	07	Algés	29.85	29.73	417

Prova 42, Masc., 50m Costas, Juniores

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
9.	Tomas Santos Braga	07	Colégio Vasco da Gama	29.36	29.80	414
10.	Rafael Duarte Beato	06	Geslours	30.06	30.51	386
11.	Rodrigo Santos Perry <i>Fora Tempo Acesso</i>	07	Despertarecorde	33.70	32.30	325
12.	Francisco Baião Fernandes <i>Fora Tempo Acesso</i>	07	Palmela Desporto	42.12	37.11	214

Seniores

1.	Pedro Andre Santos	94	Algés	25.40	26.06	619
2.	Francisco Ribeiro Vieira	04	Física Torres Vedras	25.76	26.10	617
3.	Andre Azevedo Baraona	04	Palmela Desporto	26.56	26.70	576
4.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	31.20	26.86	566
5.	Diogo Santos Costa	02	Benfica	25.29	26.99	557
6.	Tiago Miguel Dias	03	Salesianos	31.20	28.92	453
7.	Diogo Rafael Dias	05	Despertarecorde	32.62	29.66	420
8.	Tiago Morgado Nogueira	04	Geslours	31.01	30.11	401
9.	Jose Tomas Simeao <i>Fora Tempo Acesso</i>	00	Laranjeiro	31.20	30.20	398
10.	Gonçalo Nuno Raposo <i>Fora Tempo Acesso</i>	03	Palmela Desporto	30.22	30.50	386
11.	Tiago Correia Neves <i>Fora Tempo Acesso</i>	97	Belenenses	30.33	30.51	386
12.	Daniel Pankivskiy <i>Fora Tempo Acesso</i>	05	Nacional de Nataçã	30.93	31.55	349

Absolutos

1.	Pedro Andre Santos <i>Campeão Regional</i>	94	Algés	25.40	26.06	619
2.	Francisco Ribeiro Vieira	04	Física Torres Vedras	25.76	26.10	617
3.	Andre Azevedo Baraona	04	Palmela Desporto	26.56	26.70	576
4.	Artiom Viatcheslavovitch Poliakov	93	Oriental de Lisboa	31.20	26.86	566
5.	Diogo Santos Costa	02	Benfica	25.29	26.99	557
6.	Afonso Bjork Freitas	07	Nacional de Nataçã	27.54	27.27	540
7.	Andre Deniz Pinto	06	Sporting	30.10	27.49	528
8.	Lourenço Lopes Silva	07	União Piedense	28.34	28.73	462
9.	Tiago Miguel Dias	03	Salesianos	31.20	28.92	453
10.	Antonio Ricardo Alves	07	Belenenses	29.98	29.13	443
11.	Rodrigo Franco Palare	06	Geslours	29.31	29.14	443
12.	Gabriel Martins Tusán	07	Sporting	29.98	29.35	433
13.	Antonio Rego Arsenio	07	Algés	29.59	29.58	423
14.	Diogo Rafael Dias	05	Despertarecorde	32.62	29.66	420
15.	Vicente Dias Maia	07	Algés	29.85	29.73	417
16.	Tomas Santos Braga	07	Colégio Vasco da Gama	29.36	29.80	414
17.	Tiago Morgado Nogueira	04	Geslours	31.01	30.11	401
18.	Afonso Gago Garcia	08	Benfica	30.09	30.15	400
19.	Jose Tomas Simeao <i>Fora Tempo Acesso</i>	00	Laranjeiro	31.20	30.20	398
20.	Francisco Maria Santos	08	Benfica	30.75	30.29	394
21.	Gonçalo Nuno Raposo <i>Fora Tempo Acesso</i>	03	Palmela Desporto	30.22	30.50	386
22.	Rafael Duarte Beato	06	Geslours	30.06	30.51	386
	Tiago Correia Neves <i>Fora Tempo Acesso</i>	97	Belenenses	30.33	30.51	386
24.	Pedro Henrique Santos	08	CPCD - Póvoa Sta Iria	30.87	30.62	382
25.	Aman Akbar Ladak	09	Sporting	40.00	30.66	380

Prova 42, Masc., 50m Costas, Absolutos

Pos.	Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts
26.	David Emanuel Tome	09	Geslours	33.10	30.84	374
27.	Hugo Pacheco Godinho	09	Sporting	33.90	30.92	371
28.	Duarte Gomes Santos	08	Despertarecorde	32.18	30.95	370
29.	Francisco Soares Brito	08	Bombeiros dos Estoris	32.68	30.98	368
30.	Daniel Pankivskiy <i>Fora Tempo Acesso</i>	05	Nacional de Natação	30.93	31.55	349
31.	Tiago Trindade Manuel <i>Fora Tempo Acesso</i>	09	Palmela Desporto	34.25	32.21	328
32.	Rodrigo Santos Perry <i>Fora Tempo Acesso</i>	07	Despertarecorde	33.70	32.30	325
33.	Joao Pedro Lopes <i>Fora Tempo Acesso</i>	09	Uniao Piedense	39.67	36.00	235
34.	Francisco Baião Fernandes <i>Fora Tempo Acesso</i>	07	Palmela Desporto	42.12	37.11	214

Prova 43

19.11.2023 - 17:26

Femin., 200m Livres

Absolutos

Resultados

Rec Regional Abs	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Sen	1:58.62	Diana Margarida Duraes	SLB	Copenhagen (DEN)	2017
Rec Regional Jun 2	1:59.62	Leticia Maia Andre	SLB	Felgueiras	2018
Rec Regional Jun 1	2:02.12	Leticia Maia Andre	SLB	Porto	2017
Rec Regional Juv A	2:03.93	Maria Ferreira Moura	SCP	Tomar	2018
Rec Regional Juv B	2:06.53	Ana Claudia Santos	SFUAP	Mealhada	2004
Rec Nacional Abs Open	1:58.62	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Nacional Abs Juv B	2:04.38	Camila Rodrigues Rebelo	SANC	Coimbra	2017
Rec Nacional Sen	1:58.62	Diana Margarida Duraes	POR	Copenhagen (DEN)	2017
Rec Nacional Jun 2	1:59.62	Leticia Maia Andre	SLB	Felgueiras	2018
Rec Nacional Jun 1	2:01.12	Francisca Soares Martins	FOCA	Felgueiras	2019
Rec Nacional Juv A	2:03.90	Maria Ferreira Moura	SCP	Algés	2019
Rec Nacional Juv B	2:04.38	Camila Rodrigues Rebelo	SANC	Coimbra	2017

TAC Juv B: 2:29.99; Juv A: 2:25.62; Jun 1: 2:22.76; Jun 2: 2:21.35; Sen 1: 2:20.09; Sen +: 2:18.69

Pontos: FINA 2022

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
Juvenis B										
1.	Gabriela Parreira	10	SCP	2:24.97	2:20.94	479	32.69	36.16	36.69	35.40
2.	Ana Nabais Mendes	10	CIRL	2:24.53	2:21.41	474	32.32	35.39	36.95	36.75
3.	Maria Madalena Fernandes	10	SAD	2:29.00	2:25.75	433	33.70	37.81	38.00	36.24
4.	Carolina Escrivente Guerra	10	SAD	2:35.34	2:25.93	431	32.52	37.50	38.85	37.06
5.	Beatriz Paiva Branco	10	CIRL	2:28.81	2:27.49	418	32.82	37.15	39.09	38.43
6.	Rita Rocha Ferreira	10	SLB	2:43.55	2:29.86	398	34.93	37.88	38.34	38.71
7.	Jessica Bernardino Lopes <i>Fora Tempo Acesso</i>	10	AEFDTV	2:26.74	2:30.30	395	33.41	37.59	40.13	39.17
8.	Maria Ines Fryxell <i>Fora Tempo Acesso</i>	10	AONDA	2:39.21	2:31.19	388	34.30	38.02	40.02	38.85
9.	Nuria Cristina Pires <i>Fora Tempo Acesso</i>	10	VKGS	2:39.71	2:40.16	326	34.87	39.64	42.76	42.89

Prova 43, Femin., 200m Livres

Juvenis A

1. Carolina Marques Madeira	09	CNN	2:17.64	2:15.21	543	30.45	33.81	35.70	35.25
2. Sofia Monteiro Uva	09	SAD	2:15.34	2:17.42	517	31.78	34.63	35.99	35.02
3. Raquel Sofia Bras	09	CFB	2:29.00	2:19.46	494	32.01	35.66	36.86	34.93
4. Joana Melo Gaspar	09	CNN	2:21.54	2:20.04	488	32.29	35.88	36.82	35.05
5. Maria Leonor Calcada	09	SCP	2:22.78	2:23.47	454	31.96	36.03	38.17	37.31
6. Alice Lucas Pedro	09	SAD	2:23.85	2:24.41	445	32.84	36.59	38.09	36.89
7. Maria Luisa Dinis <i>Fora Tempo Acesso</i>	09	SAD	2:26.83	2:27.19	420	32.70	36.42	39.41	38.66
8. Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	GESL	2:25.41	2:27.61	417	33.37	37.38	38.69	38.17
9. Marcia Guerreiro Castilho <i>Fora Tempo Acesso</i>	09	CIRL	2:48.93	2:30.66	392	31.58	34.87	43.01	41.20

Juniores

1. Leonor Peso Parente <i>Campeã Regional</i>	07	PDEM	2:13.16	2:13.61	562	30.81	33.94	34.58	34.28
2. Catarina Maria Lopes	08	SLB	2:13.08	2:14.02	557	31.48	34.50	34.64	33.40
3. Luisa Ponte Jorge	07	SFUAP	2:12.73	2:16.09	532	31.39	34.17	35.25	35.28
4. Emily Gabrieli Santos	08	CNATRIL	2:13.84	2:17.22	519	31.28	34.37	35.49	36.08
5. Clara Vieira Tojo	07	SLB	2:29.00	2:19.37	495	30.96	34.98	36.91	36.52
6. Teresa Oliveira Santos	08	SAD	2:16.96	2:20.88	480	32.37	35.49	36.65	36.37
7. Constanca Isabel Carvalho	08	SAD	2:19.61	2:21.86	470	32.20	35.45	36.84	37.37
8. Ana Beatriz Pires <i>Fora Tempo Acesso</i>	08	SFUAP	2:15.11	2:24.93	440	32.73	35.92	37.96	38.32
9. Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	PDEM	2:23.83	2:26.35	428	33.03	36.82	38.91	37.59
10. Clarisse Teixeira Teles <i>Fora Tempo Acesso</i>	08	CNS	2:28.77	2:31.90	382	34.28	37.88	39.91	39.83

Seniores

1. Mariana Marques Mercedes <i>Campeã Regional</i>	03	VKGS	2:03.32	2:10.36	605	29.88	32.60	33.60	34.28
2. Catarina Welvitchia Sousa	00	SFUAP	2:24.00	2:11.23	593	30.18	32.53	33.99	34.53
3. Iris Pereira Carrao	05	SFUAP	2:10.85	2:12.38	578	31.17	33.51	33.83	33.87
4. Joana Rocha Ferreira	05	SLB	2:11.45	2:12.96	571	31.34	33.62	34.24	33.76
5. Carolina Martins Camacho	06	SLB	2:24.00	2:13.12	569	31.31	33.97	33.95	33.89
6. Sofia Alexandra Nunes	00	CIRL	2:11.73	2:13.22	567	31.18	33.94	33.56	34.54
7. Ines Correia Teixeira	06	CNA	2:09.95	2:14.52	551	31.03	33.99	34.29	35.21
8. Maria Teresa Fernandes	05	SAD	2:10.44	2:14.62	550	30.47	34.27	35.18	34.70
9. Ana Rita Matos	02	CFB	2:15.09	2:14.89	546	30.89	33.89	35.11	35.00
10. Maria Madalena Bento	05	SAD	2:15.96	2:15.75	536	31.75	34.60	35.16	34.24
11. Natacha Sofia Silva	02	SLB	2:24.00	2:17.44	517	31.89	34.48	35.62	35.45
12. Susana Pereira Veiga <i>Fora Tempo Acesso</i>	00	CNCVG	2:20.36	2:20.89	479	31.90	35.26	36.78	36.95
13. Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	SFUAP	2:23.68	2:22.73	461	32.08	36.34	37.18	37.13

Prova 43, Femin., 200m Livres

Absolutos

1. Mariana Marques Mercedes <i>Campeã Regional</i>	03	VKGS	2:03.32	2:10.36	605	29.88	32.60	33.60	34.28
2. Catarina Welvitchia Sousa	00	SFUAP	2:24.00	2:11.23	593	30.18	32.53	33.99	34.53
3. Iris Pereira Carrao	05	SFUAP	2:10.85	2:12.38	578	31.17	33.51	33.83	33.87
4. Joana Rocha Ferreira	05	SLB	2:11.45	2:12.96	571	31.34	33.62	34.24	33.76
5. Carolina Martins Camacho	06	SLB	2:24.00	2:13.12	569	31.31	33.97	33.95	33.89
6. Sofia Alexandra Nunes	00	CIRL	2:11.73	2:13.22	567	31.18	33.94	33.56	34.54
7. Leonor Peso Parente	07	PDEM	2:13.16	2:13.61	562	30.81	33.94	34.58	34.28
8. Catarina Maria Lopes	08	SLB	2:13.08	2:14.02	557	31.48	34.50	34.64	33.40
9. Ines Correia Teixeira	06	CNA	2:09.95	2:14.52	551	31.03	33.99	34.29	35.21
10. Maria Teresa Fernandes	05	SAD	2:10.44	2:14.62	550	30.47	34.27	35.18	34.70
11. Ana Rita Matos	02	CFB	2:15.09	2:14.89	546	30.89	33.89	35.11	35.00
12. Carolina Marques Madeira	09	CNN	2:17.64	2:15.21	543	30.45	33.81	35.70	35.25
13. Maria Madalena Bento	05	SAD	2:15.96	2:15.75	536	31.75	34.60	35.16	34.24
14. Luisa Ponte Jorge	07	SFUAP	2:12.73	2:16.09	532	31.39	34.17	35.25	35.28
15. Emilly Gabrieli Santos	08	CNATRIL	2:13.84	2:17.22	519	31.28	34.37	35.49	36.08
16. Sofia Monteiro Uva	09	SAD	2:15.34	2:17.42	517	31.78	34.63	35.99	35.02
17. Natacha Sofia Silva	02	SLB	2:24.00	2:17.44	517	31.89	34.48	35.62	35.45
18. Clara Vieira Tojo	07	SLB	2:29.00	2:19.37	495	30.96	34.98	36.91	36.52
19. Raquel Sofia Bras	09	CFB	2:29.00	2:19.46	494	32.01	35.66	36.86	34.93
20. Joana Melo Gaspar	09	CNN	2:21.54	2:20.04	488	32.29	35.88	36.82	35.05
21. Teresa Oliveira Santos	08	SAD	2:16.96	2:20.88	480	32.37	35.49	36.65	36.37
22. Susana Pereira Veiga <i>Fora Tempo Acesso</i>	00	CNCVG	2:20.36	2:20.89	479	31.90	35.26	36.78	36.95
23. Gabriela Parreira	10	SCP	2:24.97	2:20.94	479	32.69	36.16	36.69	35.40
24. Ana Nabais Mendes	10	CIRL	2:24.53	2:21.41	474	32.32	35.39	36.95	36.75
25. Constanca Isabel Carvalho	08	SAD	2:19.61	2:21.86	470	32.20	35.45	36.84	37.37
26. Clara Sofia Herminio <i>Fora Tempo Acesso</i>	06	SFUAP	2:23.68	2:22.73	461	32.08	36.34	37.18	37.13
27. Maria Leonor Calcada	09	SCP	2:22.78	2:23.47	454	31.96	36.03	38.17	37.31
28. Alice Lucas Pedro	09	SAD	2:23.85	2:24.41	445	32.84	36.59	38.09	36.89
29. Ana Beatriz Pires <i>Fora Tempo Acesso</i>	08	SFUAP	2:15.11	2:24.93	440	32.73	35.92	37.96	38.32
30. Maria Madalena Fernandes	10	SAD	2:29.00	2:25.75	433	33.70	37.81	38.00	36.24
31. Carolina Escrevente Guerra	10	SAD	2:35.34	2:25.93	431	32.52	37.50	38.85	37.06
32. Ines Azevedo Baraona <i>Fora Tempo Acesso</i>	07	PDEM	2:23.83	2:26.35	428	33.03	36.82	38.91	37.59
33. Maria Luisa Dinis <i>Fora Tempo Acesso</i>	09	SAD	2:26.83	2:27.19	420	32.70	36.42	39.41	38.66
34. Beatriz Paiva Branco	10	CIRL	2:28.81	2:27.49	418	32.82	37.15	39.09	38.43
35. Beatriz Ribeiro Lima <i>Fora Tempo Acesso</i>	09	GESL	2:25.41	2:27.61	417	33.37	37.38	38.69	38.17
36. Rita Rocha Ferreira	10	SLB	2:43.55	2:29.86	398	34.93	37.88	38.34	38.71
37. Jessica Bernardino Lopes <i>Fora Tempo Acesso</i>	10	AEFDTV	2:26.74	2:30.30	395	33.41	37.59	40.13	39.17
38. Marcia Guerreiro Castilho <i>Fora Tempo Acesso</i>	09	CIRL	2:48.93	2:30.66	392	31.58	34.87	43.01	41.20
39. Maria Ines Fryxell <i>Fora Tempo Acesso</i>	10	AONDA	2:39.21	2:31.19	388	34.30	38.02	40.02	38.85
40. Clarisse Teixeira Teles <i>Fora Tempo Acesso</i>	08	CNS	2:28.77	2:31.90	382	34.28	37.88	39.91	39.83
41. Nuria Cristina Pires <i>Fora Tempo Acesso</i>	10	VKGS	2:39.71	2:40.16	326	34.87	39.64	42.76	42.89

Prova 43, Femin., 200m Livres

EXH Beatriz Silva Louro 07 LDC 2:06.49 **2:03.75** 708 28.85 31.25 31.78 31.87

Prova 44

19.11.2023 - 17:46

Masc., 200m Livres

Absolutos

Resultados

Rec Regional Abs	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Sen	1:43.16	Miguel Duarte Nascimento	SLB	Hangzhou (CHN)	2018
Rec Regional Jun 2	1:47.73	Tiago Andre Venancio	FPN	Viena (AUT)	2004
Rec Regional Jun 1	1:52.38	Rafael Lourenço Gil	ANAM	Sto Ant� Cavaleiros	2012
Rec Regional Juv A	1:51.06	Tiago Andr� Ven�ncio	CNS		2003
Rec Regional Juv B	1:54.84	Bernardo Jorge Simoes	CNCVG	Alg�s	2019
Rec Nacional Abs	1:43.16	Miguel Duarte Nascimento	POR	Hangzhou (CHN)	2018
Rec Nacional Sen	1:43.16	Miguel Duarte Nascimento	POR	Hangzhou (CHN)	2018
Rec Nacional Jun 2	1:47.73	Tiago Andre Venancio	POR	Viena (AUT)	2004
Rec Nacional Jun 1	1:47.65	Diogo Matos Ribeiro	CUC	Felgueiras	2021
Rec Nacional Juv A	1:49.83	Diogo Matos Ribeiro	CUC	Mealhada	2019
Rec Nacional Juv B	1:53.76	Diogo Matos Ribeiro	CUC	Coimbra	2019

TAC Juv B: 2:13.24; Juv A: 2:09.36; Jun 1: 2:06.82; Jun 2: 2:05.56; Sen 1: 2:04.44; Sen +: 2:03.20

Pontos: FINA 2022

Lugar Nome do Nadador Ano Clube T.Inscr. Tempo Final Pts 50m 100m 150m 200m

Juvenis B

1.	Paulo Junio Fernandes	09	SAD	2:17.02	2:04.61	507	27.77	31.12	32.93	32.79
2.	Xavier Rosa Madeira	09	CIRL	2:03.97	2:05.84	492	28.67	32.29	33.22	31.66
3.	Tomas Augusto Reis	09	CFB	2:18.09	2:08.50	462	28.82	32.16	33.64	33.88
4.	Guilherme Oliveira Rizzon	09	SCP	2:18.44	2:08.70	460	29.09	32.77	33.83	33.01
5.	Martim Guerreiro Martins	09	SCP	2:11.10	2:09.24	454	29.05	32.09	33.68	34.42
6.	Andre Raposo Pinheiro	09	AONDA	2:20.63	2:11.57	430	29.48	33.41	34.71	33.97
7.	Daniel Alexandre Lourenco	09	SCP	2:23.14	2:12.83	418	30.57	34.28	34.74	33.24
8.	Martim Chambel Pinto	09	ADRCIMM	2:14.83	2:13.91	408	29.80	34.00	35.14	34.97
	<i>Fora Tempo Acesso</i>									
9.	Duarte Afonso Leite	09	CIRL	2:17.25	2:15.00	398	31.69	34.56	35.45	33.30
	<i>Fora Tempo Acesso</i>									
10.	Miguel Ratinho Rocha	09	CNS	2:22.16	2:15.20	397	31.34	34.88	35.37	33.61
	<i>Fora Tempo Acesso</i>									
11.	Rodrigo Duarte Narigueta	09	PDEM	2:27.27	2:16.80	383	31.22	34.89	35.50	35.19
	<i>Fora Tempo Acesso</i>									
12.	Miguel Filipe Medronheira	09	PDEM	2:22.17	2:19.90	358	30.67	35.25	37.04	36.94
	<i>Fora Tempo Acesso</i>									
13.	Martim Abalada Vilaca	09	AONDA	2:23.63	2:20.68	352	29.37	34.61	38.58	38.12
	<i>Fora Tempo Acesso</i>									
14.	Bernardo Miguel Oliveira	09	CNN	2:30.69	2:43.61	224	29.48	33.33	51.69	49.11
	<i>Fora Tempo Acesso</i>									

Juvenis A

1.	Pedro Caiada Rodrigues	08	SLB	2:01.32	2:03.46	521	27.82	30.13	32.22	33.29
2.	Alexandre Frederico Braz	08	SCP	2:04.51	2:03.74	517	28.04	31.50	32.28	31.92
3.	Henrique Barros Domingos	08	SCP	2:09.60	2:06.73	482	30.28	32.83	31.72	31.90
4.	Vasco Frischknecht Oliveira	08	SLB	2:08.12	2:08.04	467	29.93	32.45	32.96	32.70
5.	Afonso Mendonca Ornelas	08	GESL	2:07.61	2:08.10	466	28.51	32.66	34.41	32.52
6.	Francisco Soares Brito	08	AHBE	2:13.00	2:11.17	434	30.08	33.40	34.33	33.36
	<i>Fora Tempo Acesso</i>									

Prova 44, Masc., 200m Livres

Juniores

1. Tomas Maia Januario	06	SLB	1:54.77	1:54.15	659	26.91	29.23	29.37	28.64
2. Joao Almeida Gomes	06	CNN	2:00.00	1:57.28	608	27.04	29.68	30.16	30.40
3. Antonio Coelho Vieira	06	SCP	2:02.38	1:57.35	607	27.37	30.00	30.29	29.69
4. Guilherme Fernandes Baptista	06	SLB	1:55.64	1:57.82	599	27.04	29.81	30.39	30.58
5. Pedro Goncalves Bonniz	06	SLB	2:02.51	1:58.14	595	27.70	30.51	29.99	29.94
6. Caio Salgado Medeiros	07	SAD	2:00.32	1:58.70	586	27.75	30.06	30.57	30.32
7. Pedro Crispim Jorge	06	SFUAP	1:59.18	1:59.54	574	27.56	30.25	31.08	30.65
8. Manuel Costa Simoes	06	SFUAP	2:00.79	1:59.72	571	28.31	30.49	30.04	30.88
9. Leonardo Conceicao Reis	07	SCP	1:59.78	1:59.74	571	27.82	30.48	31.11	30.33
10. Tomas Nunes Roque	06	SLB	1:55.04	1:59.94	568	27.45	29.65	31.06	31.78
11. Miguel Braga Gomes	07	SCP	2:05.59	2:01.27	550	27.85	30.79	32.06	30.57
12. Afonso Jose Fernandes	07	SAD	2:04.99	2:01.84	542	28.59	31.54	31.44	30.27
13. Andre Miguel Ramos	07	AEFDTV	1:59.89	2:01.93	541	27.50	30.87	31.55	32.01
14. Michele Francesco Barberi	07	SCP	2:06.28	2:02.55	533	28.32	30.83	32.23	31.17
15. Rodrigo Piteira Maio	06	CFB	2:07.75	2:03.82	516	28.82	31.24	31.85	31.91
16. Diogo Morgado Figueira	06	CPCD	2:04.15	2:04.04	514	28.12	31.26	32.69	31.97
17. Diogo Francisco Venceslau	06	PDEM	2:14.90	2:05.29	498	27.74	30.71	32.98	33.86
18. David Alexandre Fernandes	06	CNN	2:04.17	2:05.59	495	28.03	31.45	33.22	32.89

Fora Tempo Acesso

Seniores

1. Bernardo Victorino Almeida	04	SCP	1:49.26	1:50.89	719	25.95	28.40	28.71	27.83
2. Diogo Santos Costa	02	SLB	1:55.22	1:53.39	673	26.20	28.33	29.26	29.60
3. Gabriel Carvalho Ferrao	05	SLB	1:52.64	1:53.46	671	26.42	29.08	29.31	28.65
4. Bernardo Jorge Simoes	04	CFB	1:54.49	1:53.75	666	26.17	28.75	29.41	29.42
5. Nicolas Filip Montfort	05	SAD	1:53.71	1:55.88	630	26.55	29.29	30.19	29.85
6. Luca Gabor Orlando	01	CNN	2:13.00	1:56.33	623	26.63	29.39	30.16	30.15
7. Rafael Rodrigues Jacinto	02	CFB	1:59.25	1:57.12	610	27.23	29.55	30.07	30.27
8. Artiom Viatcheslavovitch Poliakov	93	COL	2:13.00	1:57.27	608	25.93	29.27	30.53	31.54
9. Juan Mendez Delgado	01	SAD	2:13.00	1:57.55	604	26.67	29.40	30.61	30.87
10. Goncalo Duarte Santos	00	VKGS	1:57.49	1:58.29	592	27.16	29.98	30.53	30.62
11. Carlos Daniel Nunes	05	SLB	2:01.62	1:58.32	592	28.00	29.58	30.35	30.39
12. Andre Henriques Marques	05	SLB	1:57.81	1:59.52	574	26.11	29.02	30.93	33.46
13. Miguel Costa Simoes	04	SFUAP	1:56.01	2:00.02	567	27.03	29.90	31.50	31.59
14. Tiago Barroso Proenca	04	SCP	1:59.93	2:01.20	551	27.64	30.56	31.86	31.14
15. Afonso Mateus Ribeiro	95	CFB	2:13.00	2:03.48	521	28.93	31.19	31.66	31.70

Fora Tempo Acesso

16. Tiago Maria Camoes	01	SFUAP	2:13.00	2:03.66	518	27.32	30.88	32.71	32.75
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Fora Tempo Acesso

17. Rodrigo Martins Bras	05	CFB	2:06.16	2:04.08	513	28.20	30.78	31.80	33.30
18. Rodrigo Costa Teixeira	99	CIRL	2:02.27	2:04.47	508	27.68	30.19	32.73	33.87

Fora Tempo Acesso

19. Luis Carlos Correia	03	CIRL	2:03.11	2:05.42	497	28.00	31.40	33.16	32.86
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Fora Tempo Acesso

20. Daniel Filipe Cazeiro	97	CIRL	2:13.00	2:07.60	472	29.36	32.56	32.77	32.91
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Fora Tempo Acesso

21. Miguel Alexandre Rodrigues	98	VKGS	2:12.79	2:08.18	465	27.85	31.63	34.00	34.70
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Fora Tempo Acesso

22. Diogo Correia Neves	94	CNCVG	2:19.80	2:18.60	368	30.64	35.09	36.71	36.16
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Fora Tempo Acesso

Prova 44, Masc., 200m Livres

Absolutos

1.	Bernardo Victorino Almeida <i>Campeão Regional</i>	04	SCP	1:49.26	1:50.89	719	25.95	28.40	28.71	27.83
2.	Diogo Santos Costa	02	SLB	1:55.22	1:53.39	673	26.20	28.33	29.26	29.60
3.	Gabriel Carvalho Ferrao	05	SLB	1:52.64	1:53.46	671	26.42	29.08	29.31	28.65
4.	Bernardo Jorge Simoes	04	CFB	1:54.49	1:53.75	666	26.17	28.75	29.41	29.42
5.	Tomas Maia Januario	06	SLB	1:54.77	1:54.15	659	26.91	29.23	29.37	28.64
6.	Nicolas Filip Montfort	05	SAD	1:53.71	1:55.88	630	26.55	29.29	30.19	29.85
7.	Luca Gabor Orlando	01	CNN	2:13.00	1:56.33	623	26.63	29.39	30.16	30.15
8.	Rafael Rodrigues Jacinto	02	CFB	1:59.25	1:57.12	610	27.23	29.55	30.07	30.27
9.	Artiom Viatcheslavovitch Poliakov	93	COL	2:13.00	1:57.27	608	25.93	29.27	30.53	31.54
10.	Joao Almeida Gomes	06	CNN	2:00.00	1:57.28	608	27.04	29.68	30.16	30.40
11.	Antonio Coelho Vieira	06	SCP	2:02.38	1:57.35	607	27.37	30.00	30.29	29.69
12.	Juan Mendez Delgado	01	SAD	2:13.00	1:57.55	604	26.67	29.40	30.61	30.87
13.	Guilherme Fernandes Baptista	06	SLB	1:55.64	1:57.82	599	27.04	29.81	30.39	30.58
14.	Pedro Goncalves Bonniz	06	SLB	2:02.51	1:58.14	595	27.70	30.51	29.99	29.94
15.	Goncalo Duarte Santos	00	VKGS	1:57.49	1:58.29	592	27.16	29.98	30.53	30.62
16.	Carlos Daniel Nunes	05	SLB	2:01.62	1:58.32	592	28.00	29.58	30.35	30.39
17.	Caio Salgado Medeiros	07	SAD	2:00.32	1:58.70	586	27.75	30.06	30.57	30.32
18.	Andre Henriques Marques	05	SLB	1:57.81	1:59.52	574	26.11	29.02	30.93	33.46
19.	Pedro Crispim Jorge	06	SFUAP	1:59.18	1:59.54	574	27.56	30.25	31.08	30.65
20.	Manuel Costa Simoes	06	SFUAP	2:00.79	1:59.72	571	28.31	30.49	30.04	30.88
21.	Leonardo Conceicao Reis	07	SCP	1:59.78	1:59.74	571	27.82	30.48	31.11	30.33
22.	Tomas Nunes Roque	06	SLB	1:55.04	1:59.94	568	27.45	29.65	31.06	31.78
23.	Miguel Costa Simoes	04	SFUAP	1:56.01	2:00.02	567	27.03	29.90	31.50	31.59
24.	Tiago Barroso Proenca	04	SCP	1:59.93	2:01.20	551	27.64	30.56	31.86	31.14
25.	Miguel Braga Gomes	07	SCP	2:05.59	2:01.27	550	27.85	30.79	32.06	30.57
26.	Afonso Jose Fernandes	07	SAD	2:04.99	2:01.84	542	28.59	31.54	31.44	30.27
27.	Andre Miguel Ramos	07	AEFDTV	1:59.89	2:01.93	541	27.50	30.87	31.55	32.01
28.	Michele Francesco Barberi	07	SCP	2:06.28	2:02.55	533	28.32	30.83	32.23	31.17
29.	Pedro Caiada Rodrigues	08	SLB	2:01.32	2:03.46	521	27.82	30.13	32.22	33.29
30.	Afonso Mateus Ribeiro <i>Fora Tempo Acesso</i>	95	CFB	2:13.00	2:03.48	521	28.93	31.19	31.66	31.70
31.	Tiago Maria Camoes <i>Fora Tempo Acesso</i>	01	SFUAP	2:13.00	2:03.66	518	27.32	30.88	32.71	32.75
32.	Alexandre Frederico Braz	08	SCP	2:04.51	2:03.74	517	28.04	31.50	32.28	31.92
33.	Rodrigo Piteira Maio	06	CFB	2:07.75	2:03.82	516	28.82	31.24	31.85	31.91
34.	Diogo Morgado Figueira	06	CPCD	2:04.15	2:04.04	514	28.12	31.26	32.69	31.97
35.	Rodrigo Martins Bras	05	CFB	2:06.16	2:04.08	513	28.20	30.78	31.80	33.30
36.	Rodrigo Costa Teixeira <i>Fora Tempo Acesso</i>	99	CIRL	2:02.27	2:04.47	508	27.68	30.19	32.73	33.87
37.	Paulo Junio Fernandes	09	SAD	2:17.02	2:04.61	507	27.77	31.12	32.93	32.79
38.	Diogo Francisco Venceslau	06	PDEM	2:14.90	2:05.29	498	27.74	30.71	32.98	33.86
39.	Luis Carlos Correia <i>Fora Tempo Acesso</i>	03	CIRL	2:03.11	2:05.42	497	28.00	31.40	33.16	32.86
40.	David Alexandre Fernandes <i>Fora Tempo Acesso</i>	06	CNN	2:04.17	2:05.59	495	28.03	31.45	33.22	32.89
41.	Xavier Rosa Madeira	09	CIRL	2:03.97	2:05.84	492	28.67	32.29	33.22	31.66
42.	Henrique Barros Domingos	08	SCP	2:09.60	2:06.73	482	30.28	32.83	31.72	31.90
43.	Daniel Filipe Cazeiro <i>Fora Tempo Acesso</i>	97	CIRL	2:13.00	2:07.60	472	29.36	32.56	32.77	32.91
44.	Vasco Frischknecht Oliveira	08	SLB	2:08.12	2:08.04	467	29.93	32.45	32.96	32.70
45.	Afonso Mendonca Ornelas	08	GESL	2:07.61	2:08.10	466	28.51	32.66	34.41	32.52
46.	Miguel Alexandre Rodrigues <i>Fora Tempo Acesso</i>	98	VKGS	2:12.79	2:08.18	465	27.85	31.63	34.00	34.70
47.	Tomas Augusto Reis	09	CFB	2:18.09	2:08.50	462	28.82	32.16	33.64	33.88
48.	Guilherme Oliveira Rizzon	09	SCP	2:18.44	2:08.70	460	29.09	32.77	33.83	33.01
49.	Martim Guerreiro Martins	09	SCP	2:11.10	2:09.24	454	29.05	32.09	33.68	34.42

Prova 44, Masc., 200m Livres, Absolutos

Lugar	Nome do Nadador	Ano	Clube	T.Inscr.	Tempo Final	Pts	50m	100m	150m	200m
50.	Francisco Soares Brito <i>Fora Tempo Acesso</i>	08	AHBE	2:13.00	2:11.17	434	30.08	33.40	34.33	33.36
51.	Andre Raposo Pinheiro	09	AONDA	2:20.63	2:11.57	430	29.48	33.41	34.71	33.97
52.	Daniel Alexandre Lourenco	09	SCP	2:23.14	2:12.83	418	30.57	34.28	34.74	33.24
53.	Martim Chambel Pinto <i>Fora Tempo Acesso</i>	09	ADRCIMM	2:14.83	2:13.91	408	29.80	34.00	35.14	34.97
54.	Duarte Afonso Leite <i>Fora Tempo Acesso</i>	09	CIRL	2:17.25	2:15.00	398	31.69	34.56	35.45	33.30
55.	Miguel Ratinho Rocha <i>Fora Tempo Acesso</i>	09	CNS	2:22.16	2:15.20	397	31.34	34.88	35.37	33.61
56.	Rodrigo Duarte Narigueta <i>Fora Tempo Acesso</i>	09	PDEM	2:27.27	2:16.80	383	31.22	34.89	35.50	35.19
57.	Diogo Correia Neves <i>Fora Tempo Acesso</i>	94	CNCVG	2:19.80	2:18.60	368	30.64	35.09	36.71	36.16
58.	Miguel Filipe Medronheira <i>Fora Tempo Acesso</i>	09	PDEM	2:22.17	2:19.90	358	30.67	35.25	37.04	36.94
59.	Martim Abalada Vilaca <i>Fora Tempo Acesso</i>	09	AONDA	2:23.63	2:20.68	352	29.37	34.61	38.58	38.12
60.	Bernardo Miguel Oliveira <i>Fora Tempo Acesso</i>	09	CNN	2:30.69	2:43.61	224	29.48	33.33	51.69	49.11
EXH	Daniel Batista Tavares	06	SCB	1:54.26	1:54.31	656	26.36	28.66	29.67	29.62
EXH	Alexandre Morari	07	CNRM	1:54.97	1:54.42	655	25.30	28.60	30.14	30.38
EXH	Duarte Ramos Nunes	07	CGA	1:55.12	1:55.49	636	26.70	29.15	29.89	29.75

Prova 45

Femin., 4 x 50m Estilos

Absolutos

19.11.2023 - 18:09

Resultados

Rec Nacional Abs	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	2019
Rec Nacional Sen	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	2019
Rec Nacional Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	2018

TAC Jun: 2:15.43; Sen: 2:14.07

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts
Juniores					
1.		Algés	2:07.00	2:03.87	564
		<i>Equipa Campeã Regional</i>			
	07	32.22	Constanca Santos Ferreira	08	29.52
	07	34.16	Leonor Serrao Nascimento	08	27.97
2.		Benfica	2:06.28	2:05.31	545
	07	32.01	Catarina Andrade Franco	07	28.68
	07	36.77	Leonor Carreiro Rodrigues	07	27.85
3.		Geslours	2:11.37	2:09.28	496
	08	33.12	Patricia Subtil Henriques	08	31.37
	08	37.13	Beatriz Heitor Cachaco	07	27.66
4.		Palmela Desporto	2:11.95	2:11.90	467
	07	32.22	Ines Azevedo Baraona	07	33.89
	07	34.20	Maria Duarte Marcalo	07	31.59

Prova 45, Femin., 4 x 50m Estilos

Seniores

1.	Algés Sen <i>Equipa Campeã Regional</i>	Algés	2:03.00	2:01.06	604
	Luana Cardoso Magalhaes 06	30.84	Maria Madalena Bento 05	29.56	
	Rebeca Leonor Antunes 06	32.83	Maria Teresa Fernandes 05	27.83	
2.	Benfica Sen	Benfica	2:12.51	2:04.06	562
	Carolina Martins Camacho 06	31.33	Matilde Nunes Lopes 06	30.64	
	Madalena Correa Sa 06	34.85	Leticia Maia Andre 02	27.24	
3.	Vikings Sen	Vikings	2:07.00	2:09.54	493
	Maria Omelas Armas 98	32.33	Mariana Marques Mercedes 03	31.40	
	Margarida Sobral Pimenta 99	35.21	Ana Sofia Inacio 04	30.60	
4.	União Piedense Sen <i>Fora Tempo Acesso</i>	Uniao Piedense	2:10.00	2:16.05	426
	Diana Valadas Horta 04	35.56	Iris Pereira Carrao 05	30.95	
	Marta Pereira Domingos 04	39.72	Clara Sofia Herminio 06	29.82	

Absolutos

DSQ	Vasco da Gama Abs <i>E-M13 - Efetuou batimento alternado de pernas/pés durante o percurso de mariposa (ii.8.3)</i>	Colégio Vasco da Gama	2:23.32		
	Daniela Patricia Larginho 05	37.84	Susana Pereira Veiga 00		
	Marta Oliveira Ferreira 08	39.00	Tatiana Alexandra Melnychuk 06		
EXH	Salesianos Abs	Salesianos	2:13.50	2:10.60	481
	Maria Leonor Rodrigues 07	31.01	Mariana Conceicao Duarte 03	30.72	
	Vitoria Maria Brandao 07	39.54	Sara Lagorsse Caldas 06	29.33	

Prova 46

19.11.2023 - 18:15

Masc., 4 x 50m Estilos

Absolutos

Resultados

Rec Nacional Abs	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	2022
Rec Nacional Sen	1:36.67	Sport Lisboa e Benfica	SLB	Leiria	2022
Rec Nacional Jun	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	2019

TAC Jun: 2:03.10; Sen: 2:01.87

Pontos: FINA 2022

Pos.	Ano	Clube	T.Inscr.	Tempo Final	Pts
1.		Benfica	1:48.37	1:47.02	597
		Tomas Maia Januario 06	27.32	Guilherme Fernandes Baptista 06	25.81
		Rafael Miguel Mimoso 07	29.69	Pedro Goncalves Bonniz 06	24.20
2.		Algés Jun	1:59.00	1:54.06	493
		Antonio Rego Arsenio 07	29.65	Vicente Dias Maia 07	27.56
		Afonso Jose Fernandes 07	32.27	Caio Salgado Medeiros 07	24.58
3.		Gesloures Jun	1:57.04	1:55.00	481
		Rodrigo Franco Palare 06	29.39	Luis Pedro Figueiredo 06	27.51
		Diogo Miguel Martins 07	32.71	Rafael Filipe Lopes 06	25.39
4.		União Piedense Jun	2:00.00	1:56.44	463
		Lourenco Lopes Silva 07	28.66	Manuel Costa Simoes 06	28.35
		Lucas Vilaca Casimiro 06	34.36	Pedro Crispim Jorge 06	25.07

Prova 46, Masc., 4 x 50m Estilos

Seniores

1. Algés Sen		Algés	1:48.00	1:45.90	616
Miguel Cordeiro Almeida	05	27.43	Vasco Alves Morgado	05	25.43
Pedro Andre Santos	94	29.09	Juan Mendez Delgado	01	23.95
2. Benfica Sen		Benfica	1:46.84	1:45.98	615
Diogo Santos Costa	02	27.39	Andre Henriques Marques	05	25.42
Carlos Daniel Nunes	05	28.88	Gabriel Carvalho Ferrao	05	24.29
3. União Piedense Sen		Uniao Piedense	1:55.00	1:47.90	583
David Matias Cristino	01	27.77	Miguel Costa Simoes	04	25.84
Guilherme Matias Cristino	03	30.12	Tiago Maria Camoes	01	24.17