

## 1 - 1ª Jornada - 1ª Sessão (Eliminatórias-Heats)

30/03/2023 - 9:00

Prova 1	Femin., 1500m Livres					Open
30/03/2023 - 9:00						Resultados Elimin
Rec Nac Absoluto	16:15.12	Diana Margarida DURAES	SLB	Lisboa		09/02/2020
Rec Nac Sen	16:15.12	Diana Margarida DURAES	SLB	Lisboa		09/02/2020
Rec Nac Jun17	16:20.80	Tamila Hryhorivna HOLUB	POR	Hodmezovasarhely (HUN)		08/07/2016
Rec Nac Jun16	16:43.22	Tamila Hryhorivna HOLUB	SCB	Singapore (SGP)		29/08/2015
Rec Nac Juv A	16:54.60	Tamila Hryhorivna HOLUB	POR	Dordrecht (NED)		11/07/2014
Rec Nac Juv B	17:34.28	Maria Miguel VELOSO	CNAC	Coimbra		08/07/2007
Rec Nac Inf A	18:05.56	Mafalda Sofia ROSA	CNRM	Rio Maior		24/06/2016
Rec Nac Inf B	18:11.07	Filipa Vilas RUIVO	DNMG	Coimbra		05/07/2009

JO : 16:09.09 / CMPL 19 +: 16:29.57 / CESub23 19 - 23: 16:43.01 / CEJun\_Fem 14 - 17: 17:14.78 / TAC Sen 50m: 19:03.37 - 25m: 18:41.13; Jun 50m: 19:31.95 - 25m: 19:09.16

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Tamila Hryhorivna HOLUB	99	Braga	<b>17:09.11</b>	<b>+0,77</b>	715	Q
	50m: 30.95 30.95	450m: 5:01.10 33.83	850m: 9:35.89 34.70	1250m: 14:14.50 34.62			
	100m: 1:04.22 33.27	500m: 5:35.46 34.36	900m: 10:10.79 34.90	1300m: 14:49.32 34.82			
	150m: 1:37.67 33.45	550m: 6:09.76 34.30	950m: 10:45.36 34.57	1350m: 15:24.15 34.83			
	200m: 2:11.38 33.71	600m: 6:43.91 34.15	1000m: 11:20.56 35.20	1400m: 15:59.05 34.90			
	250m: 2:45.42 34.04	650m: 7:18.23 34.32	1050m: 11:55.30 34.74	1450m: 16:34.15 35.10			
	300m: 3:19.13 33.71	700m: 7:52.58 34.35	1100m: 12:29.91 34.61	1500m: 17:09.11 34.96			
	350m: 3:53.21 34.08	750m: 8:27.13 34.55	1150m: 13:04.60 34.69				
	400m: 4:27.27 34.06	800m: 9:01.19 34.06	1200m: 13:39.88 35.28				
2.	Diana Margarida DURAES	96	Benfica	<b>17:19.38</b>	<b>+0,76</b>	694	Q
	50m: 32.39 32.39	400m: 4:37.02 35.15	750m: 8:41.21 34.75	1100m: 12:43.65 34.33			
	100m: 1:07.00 34.61	450m: 5:12.17 35.15	800m: 9:15.76 34.55	1150m: 13:18.15 34.50			
	150m: 1:41.90 34.90	500m: 5:47.37 35.20	850m: 9:50.45 34.69	1200m: 13:52.71 34.56			
	200m: 2:16.74 34.84	550m: 6:22.22 34.85	900m: 10:25.18 34.73	1300m: 15:01.53 1:08.82			
	250m: 2:51.70 34.96	600m: 6:57.05 34.83	950m: 10:59.91 34.73	1400m: 16:10.45 1:08.92			
	300m: 3:26.73 35.03	650m: 7:31.89 34.84	1000m: 11:34.68 34.77	1500m: 17:19.38 1:08.93			
	350m: 4:01.87 35.14	700m: 8:06.46 34.57	1050m: 12:09.32 34.64				
3.	Mariana Amaral MENDES	02	Sporting	<b>17:30.64</b>	<b>+0,80</b>	672	Q
	50m: 32.58 32.58	400m: 4:38.44 35.28	750m: 8:44.74 35.22	1100m: 12:50.35 35.19			
	100m: 1:07.37 34.79	450m: 5:13.72 35.28	800m: 9:19.73 34.99	1150m: 13:25.59 35.24			
	150m: 1:42.49 35.12	500m: 5:48.74 35.02	850m: 9:54.89 35.16	1200m: 14:00.65 35.06			
	200m: 2:17.58 35.09	550m: 6:23.83 35.09	900m: 10:29.87 34.98	1300m: 15:10.86 1:10.21			
	250m: 2:52.67 35.09	600m: 6:59.01 35.18	950m: 11:04.96 35.09	1400m: 16:20.95 1:10.09			
	300m: 3:27.91 35.24	650m: 7:34.32 35.31	1000m: 11:40.07 35.11	1500m: 17:30.64 1:09.69			
	350m: 4:03.16 35.25	700m: 8:09.52 35.20	1050m: 12:15.16 35.09				
4.	Carolina Pereira VIANA	04	Sporting	<b>17:42.15</b>	<b>+0,84</b>	650	Q
	50m: 31.98 31.98	450m: 5:11.93 35.59	850m: 9:55.78 36.07	1250m: 14:44.71 36.24			
	100m: 1:05.65 33.67	500m: 5:47.29 35.36	900m: 10:31.63 35.85	1300m: 15:20.65 35.94			
	150m: 1:40.28 34.63	550m: 6:22.42 35.13	950m: 11:07.74 36.11	1350m: 15:56.54 35.89			
	200m: 2:15.33 35.05	600m: 6:57.90 35.48	1000m: 11:43.86 36.12	1400m: 16:32.07 35.53			
	250m: 2:50.27 34.94	650m: 7:33.19 35.29	1050m: 12:20.02 36.16	1450m: 17:07.75 35.68			
	300m: 3:25.65 35.38	700m: 8:08.62 35.43	1100m: 12:55.92 35.90	1500m: 17:42.15 34.40			
	350m: 4:01.04 35.39	750m: 8:44.21 35.59	1150m: 13:32.29 36.37				
	400m: 4:36.34 35.30	800m: 9:19.71 35.50	1200m: 14:08.47 36.18				

Prova 1, Femin., 1500m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Daniela Magalhaes LOPES	05		Famalicao	<b>17:57.65</b>	<b>+0,84</b>	<b>623</b>	Q
	50m: 32.90	32.90	400m: 4:42.58	35.99	750m: 8:53.89	36.09	1100m: 13:08.13	36.07
	100m: 1:08.02	35.12	450m: 5:18.35	35.77	800m: 9:30.00	36.11	1150m: 13:44.61	36.48
	150m: 1:43.56	35.54	500m: 5:54.18	35.83	850m: 10:06.22	36.22	1200m: 14:20.62	36.01
	200m: 2:19.01	35.45	550m: 6:29.93	35.75	900m: 10:42.62	36.40	1300m: 15:33.68	1:13.06
	250m: 2:54.80	35.79	600m: 7:05.69	35.76	950m: 11:19.49	36.87	1400m: 16:47.12	1:13.44
	300m: 3:30.52	35.72	650m: 7:41.62	35.93	1000m: 11:55.81	36.32	1500m: 17:57.65	1:10.53
	350m: 4:06.59	36.07	700m: 8:17.80	36.18	1050m: 12:32.06	36.25		
6.	Maria Ornelas ARMAS	98		Vikings	<b>18:02.51</b>	<b>+0,85</b>	<b>614</b>	Q
	50m: 32.32	32.32	450m: 5:17.24	36.03	850m: 10:07.66	36.47	1250m: 14:59.95	36.44
	100m: 1:06.77	34.45	500m: 5:53.77	36.53	900m: 10:43.74	36.08	1300m: 15:36.83	36.88
	150m: 1:42.00	35.23	550m: 6:30.05	36.28	950m: 11:20.22	36.48	1350m: 16:13.45	36.62
	200m: 2:17.53	35.53	600m: 7:06.32	36.27	1000m: 11:56.55	36.33	1400m: 16:50.41	36.96
	250m: 2:53.19	35.66	650m: 7:42.61	36.29	1050m: 12:33.16	36.61	1450m: 17:26.65	36.24
	300m: 3:29.18	35.99	700m: 8:18.66	36.05	1100m: 13:10.11	36.95	1500m: 18:02.51	35.86
	350m: 4:05.17	35.99	750m: 8:54.98	36.32	1150m: 13:46.77	36.66		
	400m: 4:41.21	36.04	800m: 9:31.19	36.21	1200m: 14:23.51	36.74		
7.	Carolina Esteves PEIXOTO	06		Braga	<b>18:05.65</b>	<b>+0,81</b>	<b>609</b>	Q
	50m: 32.28	32.28	400m: 4:43.31	36.38	750m: 8:58.29	36.29	1100m: 13:13.73	36.94
	100m: 1:07.40	35.12	450m: 5:19.49	36.18	800m: 9:34.94	36.65	1150m: 13:50.33	36.60
	150m: 1:42.77	35.37	500m: 5:56.10	36.61	850m: 10:11.09	36.15	1200m: 14:27.08	36.75
	200m: 2:18.65	35.88	550m: 6:32.39	36.29	900m: 10:47.32	36.23	1300m: 15:41.15	1:14.07
	250m: 2:54.64	35.99	600m: 7:09.10	36.71	950m: 11:23.74	36.42	1400m: 16:54.08	1:12.93
	300m: 3:30.93	36.29	650m: 7:45.38	36.28	1000m: 12:00.24	36.50	1500m: 18:05.65	1:11.57
	350m: 4:06.93	36.00	700m: 8:22.00	36.62	1050m: 12:36.79	36.55		
8.	Marta Lima PIMENTEL	04		Porto	<b>18:06.41</b>	<b>+0,78</b>	<b>608</b>	Q
	50m: 32.77	32.77	450m: 5:19.65	36.56	850m: 10:09.79	36.47	1250m: 15:02.44	36.95
	100m: 1:07.68	34.91	500m: 5:55.74	36.09	900m: 10:46.37	36.58	1300m: 15:39.24	36.80
	150m: 1:43.27	35.59	550m: 6:31.97	36.23	950m: 11:22.74	36.37	1350m: 16:16.51	37.27
	200m: 2:18.99	35.72	600m: 7:08.20	36.23	1000m: 11:59.13	36.39	1400m: 16:53.54	37.03
	250m: 2:55.08	36.09	650m: 7:44.46	36.26	1050m: 12:35.61	36.48	1450m: 17:30.38	36.84
	300m: 3:31.06	35.98	700m: 8:20.70	36.24	1100m: 13:11.99	36.38	1500m: 18:06.41	36.03
	350m: 4:07.00	35.94	750m: 8:56.94	36.24	1150m: 13:48.61	36.62		
	400m: 4:43.09	36.09	800m: 9:33.32	36.38	1200m: 14:25.49	36.88		
9.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	<b>18:25.98</b>	<b>+0,76</b>	<b>576</b>	Q
	50m: 33.00	33.00	450m: 5:24.02	36.31	850m: 10:19.67	37.03	1250m: 15:19.29	37.29
	100m: 1:08.42	35.42	500m: 6:00.90	36.88	900m: 10:57.20	37.53	1300m: 15:56.91	37.62
	150m: 1:44.75	36.33	550m: 6:37.52	36.62	950m: 11:34.31	37.11	1350m: 16:33.91	37.00
	200m: 2:21.43	36.68	600m: 7:14.31	36.79	1000m: 12:11.83	37.52	1400m: 17:11.43	37.52
	250m: 2:57.90	36.47	650m: 7:51.15	36.84	1050m: 12:49.32	37.49	1450m: 17:48.67	37.24
	300m: 3:34.32	36.42	700m: 8:28.51	37.36	1100m: 13:26.98	37.66	1500m: 18:25.98	37.31
	350m: 4:11.15	36.83	750m: 9:05.33	36.82	1150m: 14:04.14	37.16		
	400m: 4:47.71	36.56	800m: 9:42.64	37.31	1200m: 14:42.00	37.86		
10.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>18:28.15</b>	<b>+0,70</b>	<b>573</b>	Q
	50m: 33.02	33.02	350m: 4:12.37	37.17	650m: 7:54.91	37.10	950m: 11:38.94	37.27
	100m: 1:08.61	35.59	400m: 4:49.55	37.18	700m: 8:32.22	37.31	1000m: 12:16.20	37.26
	150m: 1:44.66	36.05	450m: 5:26.66	37.11	750m: 9:09.37	37.15	1050m: 12:53.57	37.37
	200m: 2:21.29	36.63	500m: 6:03.71	37.05	800m: 9:46.92	37.55	1100m: 13:30.89	37.32
	250m: 2:58.23	36.94	550m: 6:40.80	37.09	850m: 10:24.21	37.29	1150m: 14:08.21	37.32
	300m: 3:35.20	36.97	600m: 7:17.81	37.01	900m: 11:01.67	37.46	1500m: 18:28.15	4:19.94

Prova 1, Femin., 1500m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
11.	Catarina Gaspar PIRES	06		Porto	<b>18:31.94</b>	<b>+0,82</b>	<b>567</b>	R
	50m: 32.89	32.89	450m: 5:25.19	37.04	850m: 10:23.42	36.97	1250m: 15:23.28	37.71
	100m: 1:08.26	35.37	500m: 6:02.69	37.50	900m: 11:01.07	37.65	1300m: 16:00.96	37.68
	150m: 1:44.20	35.94	550m: 6:39.50	36.81	950m: 11:38.46	37.39	1350m: 16:38.62	37.66
	200m: 2:20.65	36.45	600m: 7:17.12	37.62	1000m: 12:16.16	37.70	1400m: 17:16.39	37.77
	250m: 2:56.83	36.18	650m: 7:54.17	37.05	1050m: 12:53.33	37.17	1450m: 17:54.16	37.77
	300m: 3:33.84	37.01	700m: 8:31.80	37.63	1100m: 13:31.02	37.69	1500m: 18:31.94	37.78
	350m: 4:10.74	36.90	750m: 9:09.05	37.25	1150m: 14:08.16	37.14		
	400m: 4:48.15	37.41	800m: 9:46.45	37.40	1200m: 14:45.57	37.41		
12.	Rita Sofia NUNES	05		Colegio Efanor	<b>18:37.37</b>	<b>+0,85</b>	<b>559</b>	R
	50m: 33.32	33.32	400m: 4:49.35	37.13	750m: 9:11.76	38.08	1100m: 13:35.43	38.17
	100m: 1:09.04	35.72	450m: 5:26.62	37.27	800m: 9:49.05	37.29	1150m: 14:13.57	38.14
	150m: 1:45.29	36.25	500m: 6:03.78	37.16	850m: 10:26.48	37.43	1200m: 14:51.64	38.07
	200m: 2:21.99	36.70	550m: 6:41.22	37.44	900m: 11:04.03	37.55	1300m: 16:07.03	1:15.39
	250m: 2:58.65	36.66	600m: 7:18.38	37.16	950m: 11:41.31	37.28	1400m: 17:22.88	1:15.85
	300m: 3:35.28	36.63	650m: 7:56.10	37.72	1000m: 12:19.29	37.98	1500m: 18:37.37	1:14.49
	350m: 4:12.22	36.94	700m: 8:33.68	37.58	1050m: 12:57.26	37.97		
13.	Catarina Isabel CARLOTA	05		BUZIOS-Coruche	<b>18:37.98</b>	<b>+0,75</b>	<b>558</b>	
	50m: 32.19	32.19	450m: 5:29.08	37.63	850m: 10:29.83	37.71	1250m: 15:31.58	37.85
	100m: 1:07.87	35.68	500m: 6:06.96	37.88	900m: 11:07.56	37.73	1300m: 16:09.71	38.13
	150m: 1:44.83	36.96	550m: 6:44.65	37.69	950m: 11:45.12	37.56	1350m: 16:47.30	37.59
	200m: 2:21.90	37.07	600m: 7:21.97	37.32	1000m: 12:22.72	37.60	1400m: 17:24.80	37.50
	250m: 2:59.01	37.11	650m: 7:59.43	37.46	1050m: 13:00.33	37.61	1450m: 18:01.67	36.87
	300m: 3:36.25	37.24	700m: 8:36.82	37.39	1100m: 13:38.10	37.77	1500m: 18:37.98	36.31
	350m: 4:13.69	37.44	750m: 9:14.46	37.64	1150m: 14:15.91	37.81		
	400m: 4:51.45	37.76	800m: 9:52.12	37.66	1200m: 14:53.73	37.82		
14.	Joana Silva ALVES	05		Benedita	<b>18:49.03</b>	<b>+0,67</b>	<b>541</b>	
	50m: 33.30	33.30	400m: 4:53.42	37.70	750m: 9:18.23	37.80	1100m: 13:44.73	37.82
	100m: 1:09.44	36.14	450m: 5:31.15	37.73	800m: 9:55.91	37.68	1200m: 15:01.06	1:16.33
	150m: 1:46.30	36.86	500m: 6:08.62	37.47	850m: 10:34.39	38.48	1300m: 16:17.62	1:16.56
	200m: 2:23.30	37.00	550m: 6:46.78	38.16	900m: 11:12.27	37.88	1400m: 17:33.63	1:16.01
	250m: 3:00.98	37.68	600m: 7:24.64	37.86	950m: 11:50.48	38.21	1500m: 18:49.03	1:15.40
	300m: 3:38.42	37.44	650m: 8:02.84	38.20	1000m: 12:28.51	38.03		
	350m: 4:15.72	37.30	700m: 8:40.43	37.59	1050m: 13:06.91	38.40		
15.	Joana Rosa FERREIRA	05		Naval de Peniche	<b>18:50.35</b>	<b>+0,79</b>	<b>540</b>	
	50m: 33.04	33.04	400m: 4:54.14	38.10	750m: 9:20.00	37.90	1100m: 13:47.46	38.41
	100m: 1:09.25	36.21	450m: 5:32.06	37.92	800m: 9:58.29	38.29	1200m: 15:04.02	1:16.56
	150m: 1:45.91	36.66	500m: 6:10.24	38.18	850m: 10:36.24	37.95	1300m: 16:21.06	1:17.04
	200m: 2:23.25	37.34	550m: 6:47.82	37.58	900m: 11:14.43	38.19	1400m: 17:37.70	1:16.64
	250m: 3:00.57	37.32	600m: 7:26.26	38.44	950m: 11:52.65	38.22	1500m: 18:50.35	1:12.65
	300m: 3:38.34	37.77	650m: 8:04.30	38.04	1000m: 12:30.83	38.18		
	350m: 4:16.04	37.70	700m: 8:42.10	37.80	1050m: 13:09.05	38.22		
16.	Margarida Correia MADEIRA	06		Nautico Marinha Grande	<b>18:51.06</b>	<b>+0,76</b>	<b>538</b>	
	50m: 33.16	33.16	400m: 4:54.43	38.10	750m: 9:19.74	37.95	1100m: 13:47.21	38.61
	100m: 1:09.31	36.15	450m: 5:32.17	37.74	800m: 9:58.25	38.51	1200m: 15:03.88	1:16.67
	150m: 1:46.08	36.77	500m: 6:10.18	38.01	850m: 10:35.92	37.67	1300m: 16:20.70	1:16.82
	200m: 2:23.17	37.09	550m: 6:47.88	37.70	900m: 11:14.25	38.33	1400m: 17:37.64	1:16.94
	250m: 3:00.67	37.50	600m: 7:26.30	38.42	950m: 11:52.47	38.22	1500m: 18:51.06	1:13.42
	300m: 3:38.71	38.04	650m: 8:04.27	37.97	1000m: 12:30.68	38.21		
	350m: 4:16.33	37.62	700m: 8:41.79	37.52	1050m: 13:08.60	37.92		

Prova 1, Femin., 1500m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>18:56.02</b>	+0,79	531
	50m: 33.63 33.63	450m: 5:29.96	37.10 850m: 10:31.24	37.69 1250m: 15:41.66		39.43
	100m: 1:09.89 36.26	500m: 6:07.37	37.41 900m: 11:09.24	38.00 1300m: 16:20.62		38.96
	150m: 1:46.69 36.80	550m: 6:44.33	36.96 950m: 11:47.57	38.33 1350m: 16:59.66		39.04
	200m: 2:23.62 36.93	600m: 7:21.93	37.60 1000m: 12:26.08	38.51 1400m: 17:38.57		38.91
	250m: 3:00.46 36.84	650m: 7:59.77	37.84 1050m: 13:05.12	39.04 1450m: 18:17.66		39.09
	300m: 3:37.91 37.45	700m: 8:37.77	38.00 1100m: 13:43.98	38.86 1500m: 18:56.02		38.36
	350m: 4:15.11 37.20	750m: 9:15.50	37.73 1150m: 14:23.05	39.07		
	400m: 4:52.86 37.75	800m: 9:53.55	38.05 1200m: 15:02.23	39.18		
18.	Carolina Vizinho CABRAL	07	Natacao de Vagos	<b>18:57.53</b>	+0,74	529
	50m: 32.58 32.58	450m: 5:28.78	37.48 850m: 10:35.91	38.60 1250m: 15:47.91		38.98
	100m: 1:08.30 35.72	500m: 6:06.96	38.18 900m: 11:15.11	39.20 1300m: 16:27.13		39.22
	150m: 1:44.95 36.65	550m: 6:44.96	38.00 950m: 11:53.89	38.78 1350m: 17:06.22		39.09
	200m: 2:22.37 37.42	600m: 7:22.96	38.00 1000m: 12:32.64	38.75 1400m: 17:45.76		39.54
	250m: 2:59.37 37.00	650m: 8:00.69	37.73 1050m: 13:11.68	39.04 1450m: 18:24.13		38.37
	300m: 3:36.22 36.85	700m: 8:39.58	38.89 1100m: 13:50.79	39.11 1500m: 18:57.53		33.40
	350m: 4:13.51 37.29	750m: 9:18.62	39.04 1150m: 14:29.77	38.98		
	400m: 4:51.30 37.79	800m: 9:57.31	38.69 1200m: 15:08.93	39.16		
19.	Matilde Violante VIANA	07	Nautico de Leiria	<b>19:04.62</b>	+0,85	520
	50m: 33.38 33.38	450m: 5:36.15	38.05 850m: 10:43.58	38.22 1250m: 15:53.26		38.76
	100m: 1:10.33 36.95	500m: 6:14.64	38.49 900m: 11:22.68	39.10 1300m: 16:32.87		39.61
	150m: 1:47.52 37.19	550m: 6:52.85	38.21 950m: 12:01.13	38.45 1350m: 17:11.01		38.14
	200m: 2:25.43 37.91	600m: 7:31.36	38.51 1000m: 12:39.81	38.68 1400m: 17:49.18		38.17
	250m: 3:03.36 37.93	650m: 8:09.75	38.39 1050m: 13:18.64	38.83 1450m: 18:26.89		37.71
	300m: 3:41.70 38.34	700m: 8:48.29	38.54 1100m: 13:57.16	38.52 1500m: 19:04.62		37.73
	350m: 4:19.74 38.04	750m: 9:26.65	38.36 1150m: 14:35.80	38.64		
	400m: 4:58.10 38.36	800m: 10:05.36	38.71 1200m: 15:14.50	38.70		
20.	Mafalda Santos COSTA	05	Colegio Monte Maior	<b>19:14.87</b>	+0,87	506
	50m: 33.72 33.72	400m: 4:58.15	38.72 750m: 9:28.34	38.66 1100m: 14:02.15		39.20
	100m: 1:10.24 36.52	450m: 5:36.44	38.29 800m: 10:07.36	39.02 1200m: 15:20.70		1:18.55
	150m: 1:47.41 37.17	500m: 6:15.18	38.74 850m: 10:46.24	38.88 1300m: 16:39.12		1:18.42
	200m: 2:25.09 37.68	550m: 6:53.18	38.00 900m: 11:25.49	39.25 1400m: 17:57.71		1:18.59
	250m: 3:02.93 37.84	600m: 7:32.17	38.99 950m: 12:04.54	39.05 1500m: 19:14.87		1:17.16
	300m: 3:41.35 38.42	650m: 8:10.45	38.28 1000m: 12:43.72	39.18		
	350m: 4:19.43 38.08	700m: 8:49.68	39.23 1050m: 13:22.95	39.23		

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS			
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS	

Prova 1, Femin., 1500m Livres, Elimin

Prova 1 Femin., 1500m Livres Absolutos  
30/03/2023 - 9:00 Resultados Elimin

Rec Nac Absoluto	16:15.12	Diana Margarida DURAES	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	Diana Margarida DURAES	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	Tamila Hryhorivna HOLUB	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	Tamila Hryhorivna HOLUB	SCB	Singapore (SGP)	29/08/2015
Rec Nac Juv A	16:54.60	Tamila Hryhorivna HOLUB	POR	Dordrecht (NED)	11/07/2014
Rec Nac Juv B	17:34.28	Maria Miguel VELOSO	CNAC	Coimbra	08/07/2007
Rec Nac Inf A	18:05.56	Mafalda Sofia ROSA	CNRM	Rio Maior	24/06/2016
Rec Nac Inf B	18:11.07	Filipa Vilas RUIVO	DNMG	Coimbra	05/07/2009

JO : 16:09.00 / CMPL 19 +: 16:29.57 / CESub23 19 - 23: 16:43.01 / CEJun\_Fem 14 - 17: 17:14.78 / TAC Sen 50m: 19:03.37 - 25m: 18:41.13; Jun 50m: 19:31.95 - 25m: 19:09.16

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	Q
1.	Tamila Hryhorivna HOLUB	99	Braga	<b>17:09.11</b>	<b>+0,77</b>	<b>715</b>	Q
	50m: 30.95 30.95	450m: 5:01.10 33.83	850m: 9:35.89 34.70	1250m: 14:14.50 34.62			
	100m: 1:04.22 33.27	500m: 5:35.46 34.36	900m: 10:10.79 34.90	1300m: 14:49.32 34.82			
	150m: 1:37.67 33.45	550m: 6:09.76 34.30	950m: 10:45.36 34.57	1350m: 15:24.15 34.83			
	200m: 2:11.38 33.71	600m: 6:43.91 34.15	1000m: 11:20.56 35.20	1400m: 15:59.05 34.90			
	250m: 2:45.42 34.04	650m: 7:18.23 34.32	1050m: 11:55.30 34.74	1450m: 16:34.15 35.10			
	300m: 3:19.13 33.71	700m: 7:52.58 34.35	1100m: 12:29.91 34.61	1500m: 17:09.11 34.96			
	350m: 3:53.21 34.08	750m: 8:27.13 34.55	1150m: 13:04.60 34.69				
	400m: 4:27.27 34.06	800m: 9:01.19 34.06	1200m: 13:39.88 35.28				
2.	Diana Margarida DURAES	96	Benfica	<b>17:19.38</b>	<b>+0,76</b>	<b>694</b>	Q
	50m: 32.39 32.39	400m: 4:37.02 35.15	750m: 8:41.21 34.75	1100m: 12:43.65 34.33			
	100m: 1:07.00 34.61	450m: 5:12.17 35.15	800m: 9:15.76 34.55	1150m: 13:18.15 34.50			
	150m: 1:41.90 34.90	500m: 5:47.37 35.20	850m: 9:50.45 34.69	1200m: 13:52.71 34.56			
	200m: 2:16.74 34.84	550m: 6:22.22 34.85	900m: 10:25.18 34.73	1300m: 15:01.53 1:08.82			
	250m: 2:51.70 34.96	600m: 6:57.05 34.83	950m: 10:59.91 34.73	1400m: 16:10.45 1:08.92			
	300m: 3:26.73 35.03	650m: 7:31.89 34.84	1000m: 11:34.68 34.77	1500m: 17:19.38 1:08.93			
	350m: 4:01.87 35.14	700m: 8:06.46 34.57	1050m: 12:09.32 34.64				
3.	Mariana Amaral MENDES	02	Sporting	<b>17:30.64</b>	<b>+0,80</b>	<b>672</b>	Q
	50m: 32.58 32.58	400m: 4:38.44 35.28	750m: 8:44.74 35.22	1100m: 12:50.35 35.19			
	100m: 1:07.37 34.79	450m: 5:13.72 35.28	800m: 9:19.73 34.99	1150m: 13:25.59 35.24			
	150m: 1:42.49 35.12	500m: 5:48.74 35.02	850m: 9:54.89 35.16	1200m: 14:00.65 35.06			
	200m: 2:17.58 35.09	550m: 6:23.83 35.09	900m: 10:29.87 34.98	1300m: 15:10.86 1:10.21			
	250m: 2:52.67 35.09	600m: 6:59.01 35.18	950m: 11:04.96 35.09	1400m: 16:20.95 1:10.09			
	300m: 3:27.91 35.24	650m: 7:34.32 35.31	1000m: 11:40.07 35.11	1500m: 17:30.64 1:09.69			
	350m: 4:03.16 35.25	700m: 8:09.52 35.20	1050m: 12:15.16 35.09				
4.	Carolina Pereira VIANA	04	Sporting	<b>17:42.15</b>	<b>+0,84</b>	<b>650</b>	Q
	50m: 31.98 31.98	450m: 5:11.93 35.59	850m: 9:55.78 36.07	1250m: 14:44.71 36.24			
	100m: 1:05.65 33.67	500m: 5:47.29 35.36	900m: 10:31.63 35.85	1300m: 15:20.65 35.94			
	150m: 1:40.28 34.63	550m: 6:22.42 35.13	950m: 11:07.74 36.11	1350m: 15:56.54 35.89			
	200m: 2:15.33 35.05	600m: 6:57.90 35.48	1000m: 11:43.86 36.12	1400m: 16:32.07 35.53			
	250m: 2:50.27 34.94	650m: 7:33.19 35.29	1050m: 12:20.02 36.16	1450m: 17:07.75 35.68			
	300m: 3:25.65 35.38	700m: 8:08.62 35.43	1100m: 12:55.92 35.90	1500m: 17:42.15 34.40			
	350m: 4:01.04 35.39	750m: 8:44.21 35.59	1150m: 13:32.29 36.37				
	400m: 4:36.34 35.30	800m: 9:19.71 35.50	1200m: 14:08.47 36.18				

Prova 1, Femin., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Daniela Magalhaes LOPES	05		Famalicao	<b>17:57.65</b>	<b>+0,84</b>	<b>623</b>	Q
	50m: 32.90	32.90	400m: 4:42.58	35.99	750m: 8:53.89	36.09	1100m: 13:08.13	36.07
	100m: 1:08.02	35.12	450m: 5:18.35	35.77	800m: 9:30.00	36.11	1150m: 13:44.61	36.48
	150m: 1:43.56	35.54	500m: 5:54.18	35.83	850m: 10:06.22	36.22	1200m: 14:20.62	36.01
	200m: 2:19.01	35.45	550m: 6:29.93	35.75	900m: 10:42.62	36.40	1300m: 15:33.68	1:13.06
	250m: 2:54.80	35.79	600m: 7:05.69	35.76	950m: 11:19.49	36.87	1400m: 16:47.12	1:13.44
	300m: 3:30.52	35.72	650m: 7:41.62	35.93	1000m: 11:55.81	36.32	1500m: 17:57.65	1:10.53
	350m: 4:06.59	36.07	700m: 8:17.80	36.18	1050m: 12:32.06	36.25		
6.	Maria Ornelas ARMAS	98		Vikings	<b>18:02.51</b>	<b>+0,85</b>	<b>614</b>	Q
	50m: 32.32	32.32	450m: 5:17.24	36.03	850m: 10:07.66	36.47	1250m: 14:59.95	36.44
	100m: 1:06.77	34.45	500m: 5:53.77	36.53	900m: 10:43.74	36.08	1300m: 15:36.83	36.88
	150m: 1:42.00	35.23	550m: 6:30.05	36.28	950m: 11:20.22	36.48	1350m: 16:13.45	36.62
	200m: 2:17.53	35.53	600m: 7:06.32	36.27	1000m: 11:56.55	36.33	1400m: 16:50.41	36.96
	250m: 2:53.19	35.66	650m: 7:42.61	36.29	1050m: 12:33.16	36.61	1450m: 17:26.65	36.24
	300m: 3:29.18	35.99	700m: 8:18.66	36.05	1100m: 13:10.11	36.95	1500m: 18:02.51	35.86
	350m: 4:05.17	35.99	750m: 8:54.98	36.32	1150m: 13:46.77	36.66		
	400m: 4:41.21	36.04	800m: 9:31.19	36.21	1200m: 14:23.51	36.74		
7.	Carolina Esteves PEIXOTO	06		Braga	<b>18:05.65</b>	<b>+0,81</b>	<b>609</b>	Q
	50m: 32.28	32.28	400m: 4:43.31	36.38	750m: 8:58.29	36.29	1100m: 13:13.73	36.94
	100m: 1:07.40	35.12	450m: 5:19.49	36.18	800m: 9:34.94	36.65	1150m: 13:50.33	36.60
	150m: 1:42.77	35.37	500m: 5:56.10	36.61	850m: 10:11.09	36.15	1200m: 14:27.08	36.75
	200m: 2:18.65	35.88	550m: 6:32.39	36.29	900m: 10:47.32	36.23	1300m: 15:41.15	1:14.07
	250m: 2:54.64	35.99	600m: 7:09.10	36.71	950m: 11:23.74	36.42	1400m: 16:54.08	1:12.93
	300m: 3:30.93	36.29	650m: 7:45.38	36.28	1000m: 12:00.24	36.50	1500m: 18:05.65	1:11.57
	350m: 4:06.93	36.00	700m: 8:22.00	36.62	1050m: 12:36.79	36.55		
8.	Marta Lima PIMENTEL	04		Porto	<b>18:06.41</b>	<b>+0,78</b>	<b>608</b>	Q
	50m: 32.77	32.77	450m: 5:19.65	36.56	850m: 10:09.79	36.47	1250m: 15:02.44	36.95
	100m: 1:07.68	34.91	500m: 5:55.74	36.09	900m: 10:46.37	36.58	1300m: 15:39.24	36.80
	150m: 1:43.27	35.59	550m: 6:31.97	36.23	950m: 11:22.74	36.37	1350m: 16:16.51	37.27
	200m: 2:18.99	35.72	600m: 7:08.20	36.23	1000m: 11:59.13	36.39	1400m: 16:53.54	37.03
	250m: 2:55.08	36.09	650m: 7:44.46	36.26	1050m: 12:35.61	36.48	1450m: 17:30.38	36.84
	300m: 3:31.06	35.98	700m: 8:20.70	36.24	1100m: 13:11.99	36.38	1500m: 18:06.41	36.03
	350m: 4:07.00	35.94	750m: 8:56.94	36.24	1150m: 13:48.61	36.62		
	400m: 4:43.09	36.09	800m: 9:33.32	36.38	1200m: 14:25.49	36.88		
9.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	<b>18:25.98</b>	<b>+0,76</b>	<b>576</b>	Q
	50m: 33.00	33.00	450m: 5:24.02	36.31	850m: 10:19.67	37.03	1250m: 15:19.29	37.29
	100m: 1:08.42	35.42	500m: 6:00.90	36.88	900m: 10:57.20	37.53	1300m: 15:56.91	37.62
	150m: 1:44.75	36.33	550m: 6:37.52	36.62	950m: 11:34.31	37.11	1350m: 16:33.91	37.00
	200m: 2:21.43	36.68	600m: 7:14.31	36.79	1000m: 12:11.83	37.52	1400m: 17:11.43	37.52
	250m: 2:57.90	36.47	650m: 7:51.15	36.84	1050m: 12:49.32	37.49	1450m: 17:48.67	37.24
	300m: 3:34.32	36.42	700m: 8:28.51	37.36	1100m: 13:26.98	37.66	1500m: 18:25.98	37.31
	350m: 4:11.15	36.83	750m: 9:05.33	36.82	1150m: 14:04.14	37.16		
	400m: 4:47.71	36.56	800m: 9:42.64	37.31	1200m: 14:42.00	37.86		
10.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>18:28.15</b>	<b>+0,70</b>	<b>573</b>	Q
	50m: 33.02	33.02	350m: 4:12.37	37.17	650m: 7:54.91	37.10	950m: 11:38.94	37.27
	100m: 1:08.61	35.59	400m: 4:49.55	37.18	700m: 8:32.22	37.31	1000m: 12:16.20	37.26
	150m: 1:44.66	36.05	450m: 5:26.66	37.11	750m: 9:09.37	37.15	1050m: 12:53.57	37.37
	200m: 2:21.29	36.63	500m: 6:03.71	37.05	800m: 9:46.92	37.55	1100m: 13:30.89	37.32
	250m: 2:58.23	36.94	550m: 6:40.80	37.09	850m: 10:24.21	37.29	1150m: 14:08.21	37.32
	300m: 3:35.20	36.97	600m: 7:17.81	37.01	900m: 11:01.67	37.46	1500m: 18:28.15	4:19.94

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS							
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS			

Prova 1, Femin., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
11.	Catarina Gaspar PIRES	06		Porto	<b>18:31.94</b>	<b>+0,82</b>	<b>567</b>	R
	50m: 32.89	32.89	450m: 5:25.19	37.04	850m: 10:23.42	36.97	1250m: 15:23.28	37.71
	100m: 1:08.26	35.37	500m: 6:02.69	37.50	900m: 11:01.07	37.65	1300m: 16:00.96	37.68
	150m: 1:44.20	35.94	550m: 6:39.50	36.81	950m: 11:38.46	37.39	1350m: 16:38.62	37.66
	200m: 2:20.65	36.45	600m: 7:17.12	37.62	1000m: 12:16.16	37.70	1400m: 17:16.39	37.77
	250m: 2:56.83	36.18	650m: 7:54.17	37.05	1050m: 12:53.33	37.17	1450m: 17:54.16	37.77
	300m: 3:33.84	37.01	700m: 8:31.80	37.63	1100m: 13:31.02	37.69	1500m: 18:31.94	37.78
	350m: 4:10.74	36.90	750m: 9:09.05	37.25	1150m: 14:08.16	37.14		
	400m: 4:48.15	37.41	800m: 9:46.45	37.40	1200m: 14:45.57	37.41		
12.	Rita Sofia NUNES	05		Colegio Efanor	<b>18:37.37</b>	<b>+0,85</b>	<b>559</b>	R
	50m: 33.32	33.32	400m: 4:49.35	37.13	750m: 9:11.76	38.08	1100m: 13:35.43	38.17
	100m: 1:09.04	35.72	450m: 5:26.62	37.27	800m: 9:49.05	37.29	1150m: 14:13.57	38.14
	150m: 1:45.29	36.25	500m: 6:03.78	37.16	850m: 10:26.48	37.43	1200m: 14:51.64	38.07
	200m: 2:21.99	36.70	550m: 6:41.22	37.44	900m: 11:04.03	37.55	1300m: 16:07.03	1:15.39
	250m: 2:58.65	36.66	600m: 7:18.38	37.16	950m: 11:41.31	37.28	1400m: 17:22.88	1:15.85
	300m: 3:35.28	36.63	650m: 7:56.10	37.72	1000m: 12:19.29	37.98	1500m: 18:37.37	1:14.49
	350m: 4:12.22	36.94	700m: 8:33.68	37.58	1050m: 12:57.26	37.97		
13.	Catarina Isabel CARLOTA	05		BUZIOS-Coruche	<b>18:37.98</b>	<b>+0,75</b>	<b>558</b>	
	50m: 32.19	32.19	450m: 5:29.08	37.63	850m: 10:29.83	37.71	1250m: 15:31.58	37.85
	100m: 1:07.87	35.68	500m: 6:06.96	37.88	900m: 11:07.56	37.73	1300m: 16:09.71	38.13
	150m: 1:44.83	36.96	550m: 6:44.65	37.69	950m: 11:45.12	37.56	1350m: 16:47.30	37.59
	200m: 2:21.90	37.07	600m: 7:21.97	37.32	1000m: 12:22.72	37.60	1400m: 17:24.80	37.50
	250m: 2:59.01	37.11	650m: 7:59.43	37.46	1050m: 13:00.33	37.61	1450m: 18:01.67	36.87
	300m: 3:36.25	37.24	700m: 8:36.82	37.39	1100m: 13:38.10	37.77	1500m: 18:37.98	36.31
	350m: 4:13.69	37.44	750m: 9:14.46	37.64	1150m: 14:15.91	37.81		
	400m: 4:51.45	37.76	800m: 9:52.12	37.66	1200m: 14:53.73	37.82		
14.	Joana Silva ALVES	05		Benedita	<b>18:49.03</b>	<b>+0,67</b>	<b>541</b>	
	50m: 33.30	33.30	400m: 4:53.42	37.70	750m: 9:18.23	37.80	1100m: 13:44.73	37.82
	100m: 1:09.44	36.14	450m: 5:31.15	37.73	800m: 9:55.91	37.68	1200m: 15:01.06	1:16.33
	150m: 1:46.30	36.86	500m: 6:08.62	37.47	850m: 10:34.39	38.48	1300m: 16:17.62	1:16.56
	200m: 2:23.30	37.00	550m: 6:46.78	38.16	900m: 11:12.27	37.88	1400m: 17:33.63	1:16.01
	250m: 3:00.98	37.68	600m: 7:24.64	37.86	950m: 11:50.48	38.21	1500m: 18:49.03	1:15.40
	300m: 3:38.42	37.44	650m: 8:02.84	38.20	1000m: 12:28.51	38.03		
	350m: 4:15.72	37.30	700m: 8:40.43	37.59	1050m: 13:06.91	38.40		
15.	Joana Rosa FERREIRA	05		Naval de Peniche	<b>18:50.35</b>	<b>+0,79</b>	<b>540</b>	
	50m: 33.04	33.04	400m: 4:54.14	38.10	750m: 9:20.00	37.90	1100m: 13:47.46	38.41
	100m: 1:09.25	36.21	450m: 5:32.06	37.92	800m: 9:58.29	38.29	1200m: 15:04.02	1:16.56
	150m: 1:45.91	36.66	500m: 6:10.24	38.18	850m: 10:36.24	37.95	1300m: 16:21.06	1:17.04
	200m: 2:23.25	37.34	550m: 6:47.82	37.58	900m: 11:14.43	38.19	1400m: 17:37.70	1:16.64
	250m: 3:00.57	37.32	600m: 7:26.26	38.44	950m: 11:52.65	38.22	1500m: 18:50.35	1:12.65
	300m: 3:38.34	37.77	650m: 8:04.30	38.04	1000m: 12:30.83	38.18		
	350m: 4:16.04	37.70	700m: 8:42.10	37.80	1050m: 13:09.05	38.22		
16.	Margarida Correia MADEIRA	06		Nautico Marinha Grande	<b>18:51.06</b>	<b>+0,76</b>	<b>538</b>	
	50m: 33.16	33.16	400m: 4:54.43	38.10	750m: 9:19.74	37.95	1100m: 13:47.21	38.61
	100m: 1:09.31	36.15	450m: 5:32.17	37.74	800m: 9:58.25	38.51	1200m: 15:03.88	1:16.67
	150m: 1:46.08	36.77	500m: 6:10.18	38.01	850m: 10:35.92	37.67	1300m: 16:20.70	1:16.82
	200m: 2:23.17	37.09	550m: 6:47.88	37.70	900m: 11:14.25	38.33	1400m: 17:37.64	1:16.94
	250m: 3:00.67	37.50	600m: 7:26.30	38.42	950m: 11:52.47	38.22	1500m: 18:51.06	1:13.42
	300m: 3:38.71	38.04	650m: 8:04.27	37.97	1000m: 12:30.68	38.21		
	350m: 4:16.33	37.62	700m: 8:41.79	37.52	1050m: 13:08.60	37.92		

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 1, Femin., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>18:56.02</b>	+0,79	531
	50m: 33.63 33.63	450m: 5:29.96	37.10 850m: 10:31.24	37.69 1250m: 15:41.66		39.43
	100m: 1:09.89 36.26	500m: 6:07.37	37.41 900m: 11:09.24	38.00 1300m: 16:20.62		38.96
	150m: 1:46.69 36.80	550m: 6:44.33	36.96 950m: 11:47.57	38.33 1350m: 16:59.66		39.04
	200m: 2:23.62 36.93	600m: 7:21.93	37.60 1000m: 12:26.08	38.51 1400m: 17:38.57		38.91
	250m: 3:00.46 36.84	650m: 7:59.77	37.84 1050m: 13:05.12	39.04 1450m: 18:17.66		39.09
	300m: 3:37.91 37.45	700m: 8:37.77	38.00 1100m: 13:43.98	38.86 1500m: 18:56.02		38.36
	350m: 4:15.11 37.20	750m: 9:15.50	37.73 1150m: 14:23.05			
	400m: 4:52.86 37.75	800m: 9:53.55	38.05 1200m: 15:02.23			
18.	Carolina Vizinho CABRAL	07	Natacao de Vagos	<b>18:57.53</b>	+0,74	529
	50m: 32.58 32.58	450m: 5:28.78	37.48 850m: 10:35.91	38.60 1250m: 15:47.91		38.98
	100m: 1:08.30 35.72	500m: 6:06.96	38.18 900m: 11:15.11	39.20 1300m: 16:27.13		39.22
	150m: 1:44.95 36.65	550m: 6:44.96	38.00 950m: 11:53.89	38.78 1350m: 17:06.22		39.09
	200m: 2:22.37 37.42	600m: 7:22.96	38.00 1000m: 12:32.64	38.75 1400m: 17:45.76		39.54
	250m: 2:59.37 37.00	650m: 8:00.69	37.73 1050m: 13:11.68	39.04 1450m: 18:24.13		38.37
	300m: 3:36.22 36.85	700m: 8:39.58	38.89 1100m: 13:50.79	39.11 1500m: 18:57.53		33.40
	350m: 4:13.51 37.29	750m: 9:18.62	39.04 1150m: 14:29.77			
	400m: 4:51.30 37.79	800m: 9:57.31	38.69 1200m: 15:08.93			
19.	Matilde Violante VIANA	07	Nautico de Leiria	<b>19:04.62</b>	+0,85	520
	50m: 33.38 33.38	450m: 5:36.15	38.05 850m: 10:43.58	38.22 1250m: 15:53.26		38.76
	100m: 1:10.33 36.95	500m: 6:14.64	38.49 900m: 11:22.68	39.10 1300m: 16:32.87		39.61
	150m: 1:47.52 37.19	550m: 6:52.85	38.21 950m: 12:01.13	38.45 1350m: 17:11.01		38.14
	200m: 2:25.43 37.91	600m: 7:31.36	38.51 1000m: 12:39.81	38.68 1400m: 17:49.18		38.17
	250m: 3:03.36 37.93	650m: 8:09.75	38.39 1050m: 13:18.64	38.83 1450m: 18:26.89		37.71
	300m: 3:41.70 38.34	700m: 8:48.29	38.54 1100m: 13:57.16	38.52 1500m: 19:04.62		37.73
	350m: 4:19.74 38.04	750m: 9:26.65	38.36 1150m: 14:35.80			
	400m: 4:58.10 38.36	800m: 10:05.36	38.71 1200m: 15:14.50			
20.	Mafalda Santos COSTA	05	Colegio Monte Maior	<b>19:14.87</b>	+0,87	506
	50m: 33.72 33.72	400m: 4:58.15	38.72 750m: 9:28.34	38.66 1100m: 14:02.15		39.20
	100m: 1:10.24 36.52	450m: 5:36.44	38.29 800m: 10:07.36	39.02 1200m: 15:20.70		1:18.55
	150m: 1:47.41 37.17	500m: 6:15.18	38.74 850m: 10:46.24	38.88 1300m: 16:39.12		1:18.42
	200m: 2:25.09 37.68	550m: 6:53.18	38.00 900m: 11:25.49	39.25 1400m: 17:57.71		1:18.59
	250m: 3:02.93 37.84	600m: 7:32.17	38.99 950m: 12:04.54	39.05 1500m: 19:14.87		1:17.16
	300m: 3:41.35 38.42	650m: 8:10.45	38.28 1000m: 12:43.72			
	350m: 4:19.43 38.08	700m: 8:49.68	39.23 1050m: 13:22.95			

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	



Prova 2  
30/03/2023 - 9:40

Masc., 1500m Livres

Open  
Resultados Elimin

Rec Nac Absoluto	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	Guilherme Filipe PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	Guilherme Filipe PINA	POR	Singapore (SGP)	30/08/2015
Rec Nac Juv A	15:45.55	Gustavo Manuel SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	16:30.45	Duarte Miguel JORGE	CGA	Oeiras	21/07/2016
Rec Nac Inf A	16:43.48	Pedro Fontoura OLIVEIRA	CFB	Rio Maior	19/06/2004
Rec Nac Inf B	17:21.58	Pedro Fontoura OLIVEIRA	CFB	Restelo	27/07/2003
RN S15	18:15.76	Miguel Duarte CRUZ	CFB	Vila Franca de Xira	28/02/2020

JO : 15:00.99 / CMPL Sen: 15:04.64 / CESub23 19 - 23: 15:32.52 / CEJun\_Masc 15 - 18: 15:56.90 / TAC Sen 50m: 17:18.06 - 25m: 16:45.20; Jun 50m: 17:49.20 - 25m: 17:15.36

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
1.	Jose Paulo LOPES	00	Braga	<b>15:41.83</b>	+0,66	790	Q	
	50m: 28.14	28.14	450m: 4:39.27	31.66	850m: 8:52.77	31.38	1250m: 13:05.25	31.51
	100m: 59.39	31.25	500m: 5:11.05	31.78	900m: 9:24.28	31.51	1300m: 13:37.21	31.96
	150m: 1:30.29	30.90	550m: 5:42.80	31.75	950m: 9:55.72	31.44	1350m: 14:08.80	31.59
	200m: 2:01.61	31.32	600m: 6:14.61	31.81	1000m: 10:27.29	31.57	1400m: 14:40.34	31.54
	250m: 2:32.87	31.26	650m: 6:46.24	31.63	1050m: 10:58.61	31.32	1450m: 15:11.61	31.27
	300m: 3:04.22	31.35	700m: 7:18.05	31.81	1100m: 11:30.24	31.63	1500m: 15:41.83	30.22
	350m: 3:35.78	31.56	750m: 7:49.62	31.57	1150m: 12:01.88	31.64		
	400m: 4:07.61	31.83	800m: 8:21.39	31.77	1200m: 12:33.74	31.86		
2.	Francisco Rodriguez AMARAL	02	Porto	<b>15:56.12</b>	+0,73	756	Q	
	50m: 28.53	28.53	450m: 4:39.48	31.66	850m: 8:53.43	31.58	1250m: 13:12.42	32.64
	100m: 59.73	31.20	500m: 5:11.31	31.83	900m: 9:25.35	31.92	1300m: 13:45.37	32.95
	150m: 1:30.70	30.97	550m: 5:42.99	31.68	950m: 9:57.28	31.93	1350m: 14:18.23	32.86
	200m: 2:01.97	31.27	600m: 6:14.84	31.85	1000m: 10:29.75	32.47	1400m: 14:51.30	33.07
	250m: 2:33.26	31.29	650m: 6:46.58	31.74	1050m: 11:01.98	32.23	1450m: 15:24.06	32.76
	300m: 3:04.65	31.39	700m: 7:18.42	31.84	1100m: 11:34.74	32.76	1500m: 15:56.12	32.06
	350m: 3:36.10	31.45	750m: 7:49.99	31.57	1150m: 12:07.14	32.40		
	400m: 4:07.82	31.72	800m: 8:21.85	31.86	1200m: 12:39.78	32.64		
3.	Diogo Santos CARDOSO	01	Sporting	<b>16:09.65</b>	+0,74	724	Q	
	50m: 29.74	29.74	450m: 4:48.11	32.33	850m: 9:07.25	32.25	1250m: 13:27.33	32.49
	100m: 1:01.69	31.95	500m: 5:20.74	32.63	900m: 9:39.78	32.53	1300m: 13:59.66	32.33
	150m: 1:33.61	31.92	550m: 5:53.35	32.61	950m: 10:12.27	32.49	1350m: 14:32.34	32.68
	200m: 2:05.71	32.10	600m: 6:25.82	32.47	1000m: 10:44.65	32.38	1400m: 15:04.88	32.54
	250m: 2:38.12	32.41	650m: 6:58.12	32.30	1050m: 11:17.01	32.36	1450m: 15:37.43	32.55
	300m: 3:10.69	32.57	700m: 7:30.62	32.50	1100m: 11:49.55	32.54	1500m: 16:09.65	32.22
	350m: 3:43.23	32.54	750m: 8:02.86	32.24	1150m: 12:21.99	32.44		
	400m: 4:15.78	32.55	800m: 8:35.00	32.14	1200m: 12:54.84	32.85		
4.	Tomas Amor SARREIRA	05	Nautico Marinha Grande	<b>16:33.50</b>	+0,74	673	Q	
	50m: 28.47	28.47	450m: 4:49.37	32.91	850m: 9:16.82	33.74	1250m: 13:46.30	33.64
	100m: 1:00.22	31.75	500m: 5:22.68	33.31	900m: 9:50.65	33.83	1300m: 14:20.02	33.72
	150m: 1:32.41	32.19	550m: 5:56.09	33.41	950m: 10:24.00	33.35	1350m: 14:53.70	33.68
	200m: 2:04.93	32.52	600m: 6:29.56	33.47	1000m: 10:57.55	33.55	1400m: 15:27.53	33.83
	250m: 2:37.43	32.50	650m: 7:02.71	33.15	1050m: 11:30.99	33.44	1450m: 16:01.00	33.47
	300m: 3:10.54	33.11	700m: 7:36.16	33.45	1100m: 12:04.99	34.00	1500m: 16:33.50	32.50
	350m: 3:43.44	32.90	750m: 8:09.40	33.24	1150m: 12:38.73	33.74		
	400m: 4:16.46	33.02	800m: 8:43.08	33.68	1200m: 13:12.66	33.93		

Prova 2, Masc., 1500m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Yury FOMIN	06		Louletano / Loule Concelho	<b>16:40.19</b>	<b>+0,66</b>	<b>660</b>	Q
	50m: 30.01	30.01	450m: 4:57.05	33.78	850m: 9:24.32	33.42	1250m: 13:52.97	33.66
	100m: 1:02.74	32.73	500m: 5:30.48	33.43	900m: 9:57.80	33.48	1300m: 14:26.91	33.94
	150m: 1:35.74	33.00	550m: 6:04.11	33.63	950m: 10:31.40	33.60	1350m: 15:01.04	34.13
	200m: 2:08.91	33.17	600m: 6:37.56	33.45	1000m: 11:04.98	33.58	1400m: 15:34.87	33.83
	250m: 2:42.17	33.26	650m: 7:11.00	33.44	1050m: 11:38.32	33.34	1450m: 16:07.83	32.96
	300m: 3:16.15	33.98	700m: 7:44.45	33.45	1100m: 12:12.00	33.68	1500m: 16:40.19	32.36
	350m: 3:49.44	33.29	750m: 8:17.62	33.17	1150m: 12:45.69	33.69		
	400m: 4:23.27	33.83	800m: 8:50.90	33.28	1200m: 13:19.31	33.62		
6.	Bruno Silva LOUREIRO	06		Porto	<b>16:41.87</b>	<b>+0,68</b>	<b>657</b>	Q
	50m: 29.72	29.72	450m: 4:56.52	33.71	850m: 9:24.15	33.49	1250m: 13:53.44	33.93
	100m: 1:02.50	32.78	500m: 5:29.71	33.19	900m: 9:57.84	33.69	1300m: 14:27.23	33.79
	150m: 1:35.76	33.26	550m: 6:03.39	33.68	950m: 10:31.29	33.45	1350m: 15:01.29	34.06
	200m: 2:09.49	33.73	600m: 6:36.83	33.44	1000m: 11:04.56	33.27	1400m: 15:35.27	33.98
	250m: 2:42.87	33.38	650m: 7:10.30	33.47	1050m: 11:38.33	33.77	1450m: 16:08.87	33.60
	300m: 3:16.48	33.61	700m: 7:43.89	33.59	1100m: 12:12.11	33.78	1500m: 16:41.87	33.00
	350m: 3:49.54	33.06	750m: 8:17.33	33.44	1150m: 12:45.95	33.84		
	400m: 4:22.81	33.27	800m: 8:50.66	33.33	1200m: 13:19.51	33.56		
7.	Goncalo Renato CARVALHO	04		Porto	<b>16:50.52</b>	<b>+0,67</b>	<b>640</b>	Q
	50m: 30.21	30.21	450m: 4:55.49	33.28	850m: 9:25.18	33.83	1250m: 13:58.65	34.61
	100m: 1:03.12	32.91	500m: 5:29.34	33.85	900m: 9:58.82	33.64	1300m: 14:33.22	34.57
	150m: 1:36.22	33.10	550m: 6:02.82	33.48	950m: 10:33.14	34.32	1350m: 15:07.89	34.67
	200m: 2:09.32	33.10	600m: 6:36.78	33.96	1000m: 11:07.23	34.09	1400m: 15:42.37	34.48
	250m: 2:42.35	33.03	650m: 7:10.32	33.54	1050m: 11:41.55	34.32	1450m: 16:16.98	34.61
	300m: 3:15.43	33.08	700m: 7:43.88	33.56	1100m: 12:15.39	33.84	1500m: 16:50.52	33.54
	350m: 3:48.68	33.25	750m: 8:17.45	33.57	1150m: 12:49.68	34.29		
	400m: 4:22.21	33.53	800m: 8:51.35	33.90	1200m: 13:24.04	34.36		
8.	Gustavo Pires MARQUES	04		Uniao Coimbra	<b>16:52.25</b>	<b>+0,78</b>	<b>637</b>	Q
	50m: 29.67	29.67	450m: 4:56.34	33.38	850m: 9:27.90	34.15	1250m: 14:01.10	34.01
	100m: 1:02.74	33.07	500m: 5:30.22	33.88	900m: 10:02.19	34.29	1300m: 14:35.85	34.75
	150m: 1:35.89	33.15	550m: 6:03.81	33.59	950m: 10:36.15	33.96	1350m: 15:09.98	34.13
	200m: 2:09.25	33.36	600m: 6:37.63	33.82	1000m: 11:10.44	34.29	1400m: 15:44.54	34.56
	250m: 2:42.44	33.19	650m: 7:11.32	33.69	1050m: 11:44.71	34.27	1450m: 16:18.70	34.16
	300m: 3:15.93	33.49	700m: 7:45.48	34.16	1100m: 12:18.53	33.82	1500m: 16:52.25	33.55
	350m: 3:49.23	33.30	750m: 8:19.46	33.98	1150m: 12:52.67	34.14		
	400m: 4:22.96	33.73	800m: 8:53.75	34.29	1200m: 13:27.09	34.42		
9.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	<b>16:56.87</b>	<b>+0,64</b>	<b>628</b>	Q
	50m: 29.78	29.78	450m: 5:01.19	34.20	850m: 9:37.36	34.14	1250m: 14:10.85	33.52
	100m: 1:02.60	32.82	500m: 5:35.52	34.33	900m: 10:12.09	34.73	1300m: 14:44.93	34.08
	150m: 1:36.03	33.43	550m: 6:09.56	34.04	950m: 10:46.35	34.26	1350m: 15:17.93	33.00
	200m: 2:10.10	34.07	600m: 6:44.53	34.97	1000m: 11:21.13	34.78	1400m: 15:51.92	33.99
	250m: 2:43.70	33.60	650m: 7:18.95	34.42	1050m: 11:54.76	33.63	1450m: 16:24.36	32.44
	300m: 3:18.32	34.62	700m: 7:53.61	34.66	1100m: 12:29.39	34.63	1500m: 16:56.87	32.51
	350m: 3:52.41	34.09	750m: 8:28.04	34.43	1150m: 13:03.10	33.71		
	400m: 4:26.99	34.58	800m: 9:03.22	35.18	1200m: 13:37.33	34.23		

Prova 2, Masc., 1500m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
10.	Marcio Fernandes GOMES	04		Braga	<b>17:03.34</b>	<b>+0,75</b>	<b>616</b>	<b>Q</b>
	50m: 30.58	30.58	450m: 5:00.80	33.56	850m: 9:37.38	34.46	1250m: 14:13.79	34.15
	100m: 1:04.28	33.70	500m: 5:35.20	34.40	900m: 10:12.34	34.96	1300m: 14:48.71	34.92
	150m: 1:37.70	33.42	550m: 6:09.13	33.93	950m: 10:46.86	34.52	1350m: 15:23.04	34.33
	200m: 2:11.58	33.88	600m: 6:44.18	35.05	1000m: 11:21.58	34.72	1400m: 15:57.85	34.81
	250m: 2:45.11	33.53	650m: 7:18.64	34.46	1050m: 11:55.93	34.35	1450m: 16:31.76	33.91
	300m: 3:19.40	34.29	700m: 7:53.64	35.00	1100m: 12:30.26	34.33	1500m: 17:03.34	31.58
	350m: 3:53.03	33.63	750m: 8:28.04	34.40	1150m: 13:04.89	34.63		
	400m: 4:27.24	34.21	800m: 9:02.92	34.88	1200m: 13:39.64	34.75		
11.	Joao Maria SOUSA	05		Braga	<b>17:03.65</b>	<b>+0,75</b>	<b>616</b>	<b>R</b>
	50m: 29.89	29.89	450m: 4:57.82	33.94	850m: 9:32.93	34.85	1250m: 14:10.80	34.70
	100m: 1:02.16	32.27	500m: 5:31.74	33.92	900m: 10:07.43	34.50	1300m: 14:45.70	34.90
	150m: 1:35.36	33.20	550m: 6:05.88	34.14	950m: 10:42.32	34.89	1350m: 15:20.63	34.93
	200m: 2:08.75	33.39	600m: 6:40.14	34.26	1000m: 11:16.96	34.64	1400m: 15:55.38	34.75
	250m: 2:42.41	33.66	650m: 7:14.46	34.32	1050m: 11:51.94	34.98	1450m: 16:30.21	34.83
	300m: 3:16.06	33.65	700m: 7:48.90	34.44	1100m: 12:26.50	34.56	1500m: 17:03.65	33.44
	350m: 3:49.92	33.86	750m: 8:23.50	34.60	1150m: 13:01.37	34.87		
	400m: 4:23.88	33.96	800m: 8:58.08	34.58	1200m: 13:36.10	34.73		
12.	Guilherme Maia CARDOSO	05		Columbofila Cantanhedense	<b>17:04.91</b>	<b>+0,73</b>	<b>613</b>	<b>R</b>
	50m: 30.73	30.73	450m: 5:03.11	34.18	850m: 9:38.12	34.28	1250m: 14:15.32	34.65
	100m: 1:04.59	33.86	500m: 5:37.47	34.36	900m: 10:12.71	34.59	1300m: 14:50.15	34.83
	150m: 1:38.38	33.79	550m: 6:11.46	33.99	950m: 10:47.36	34.65	1350m: 15:24.93	34.78
	200m: 2:12.48	34.10	600m: 6:46.20	34.74	1000m: 11:21.82	34.46	1400m: 15:59.47	34.54
	250m: 2:46.30	33.82	650m: 7:20.51	34.31	1050m: 11:56.69	34.87	1450m: 16:32.63	33.16
	300m: 3:20.60	34.30	700m: 7:55.20	34.69	1100m: 12:31.13	34.44	1500m: 17:04.91	32.28
	350m: 3:54.55	33.95	750m: 8:29.34	34.14	1150m: 13:05.81	34.68		
	400m: 4:28.93	34.38	800m: 9:03.84	34.50	1200m: 13:40.67	34.86		
13.	Vasco Monteiro CASTRO	06		Porto	<b>17:10.86</b>	<b>+0,78</b>	<b>603</b>	
	50m: 30.27	30.27	450m: 5:03.15	34.51	850m: 9:40.17	34.30	1250m: 14:17.37	34.22
	100m: 1:03.73	33.46	500m: 5:37.98	34.83	900m: 10:15.09	34.92	1300m: 14:52.85	35.48
	150m: 1:36.97	33.24	550m: 6:12.52	34.54	950m: 10:49.38	34.29	1350m: 15:27.31	34.46
	200m: 2:11.29	34.32	600m: 6:47.24	34.72	1000m: 11:24.32	34.94	1400m: 16:02.63	35.32
	250m: 2:44.97	33.68	650m: 7:21.70	34.46	1050m: 11:59.04	34.72	1450m: 16:36.63	34.00
	300m: 3:19.51	34.54	700m: 7:56.67	34.97	1100m: 12:33.68	34.64	1500m: 17:10.86	34.23
	350m: 3:53.64	34.13	750m: 8:30.84	34.17	1150m: 13:08.10	34.42		
	400m: 4:28.64	35.00	800m: 9:05.87	35.03	1200m: 13:43.15	35.05		
14.	Pedro Crispim JORGE	06		Uniao Piedense	<b>17:17.89</b>	<b>+0,73</b>	<b>591</b>	
	50m: 29.80	29.80	450m: 5:03.06	34.54	850m: 9:41.65	34.38	1250m: 14:23.66	35.51
	100m: 1:02.68	32.88	500m: 5:38.14	35.08	900m: 10:16.94	35.29	1300m: 14:58.97	35.31
	150m: 1:36.36	33.68	550m: 6:12.75	34.61	950m: 10:52.37	35.43	1350m: 15:34.05	35.08
	200m: 2:10.58	34.22	600m: 6:47.77	35.02	1000m: 11:27.42	35.05	1400m: 16:09.34	35.29
	250m: 2:44.58	34.00	650m: 7:22.45	34.68	1050m: 12:02.61	35.19	1450m: 16:43.95	34.61
	300m: 3:19.23	34.65	700m: 7:57.41	34.96	1100m: 12:38.19	35.58	1500m: 17:17.89	33.94
	350m: 3:53.38	34.15	750m: 8:32.24	34.83	1150m: 13:12.83	34.64		
	400m: 4:28.52	35.14	800m: 9:07.27	35.03	1200m: 13:48.15	35.32		

<b>ORGANIZAÇÃO</b> 		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b> 	
<b>PATROCINADOR PRINCIPAL</b> 		<b>PARCEIROS INSTITUCIONAIS</b> 	
<b>PATROCINADOR OFICIAL</b> 		<b>PARCEIROS</b> 	

Prova 2, Masc., 1500m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
15.	Francisco Couto FRAZAO	06	Uniao Coimbra	<b>17:22.55</b>	<b>+0,71</b>	<b>583</b>		
	50m: 30.64	30.64	450m: 5:11.90	35.26	850m: 9:51.63	34.88	1250m: 14:31.91	34.68
	100m: 1:04.69	34.05	500m: 5:47.16	35.26	900m: 10:26.52	34.89	1300m: 15:06.75	34.84
	150m: 1:39.74	35.05	550m: 6:22.32	35.16	950m: 11:01.16	34.64	1350m: 15:40.81	34.06
	200m: 2:15.49	35.75	600m: 6:57.23	34.91	1000m: 11:36.57	35.41	1400m: 16:15.44	34.63
	250m: 2:50.68	35.19	650m: 7:32.00	34.77	1050m: 12:11.64	35.07	1450m: 16:49.10	33.66
	300m: 3:26.29	35.61	700m: 8:06.89	34.89	1100m: 12:46.76	35.12	1500m: 17:22.55	33.45
	350m: 4:01.16	34.87	750m: 8:41.35	34.46	1150m: 13:21.80	35.04		
	400m: 4:36.64	35.48	800m: 9:16.75	35.40	1200m: 13:57.23	35.43		
16.	Eduardo Nuno FARIA	06	Braga	<b>17:26.83</b>	<b>+0,75</b>	<b>576</b>		
	50m: 30.07	30.07	450m: 5:02.42	34.43	850m: 9:40.93	35.09	1250m: 14:28.14	36.18
	100m: 1:02.97	32.90	500m: 5:37.25	34.83	900m: 10:16.54	35.61	1300m: 15:04.16	36.02
	150m: 1:36.75	33.78	550m: 6:11.67	34.42	950m: 10:51.94	35.40	1350m: 15:40.80	36.64
	200m: 2:10.38	33.63	600m: 6:46.58	34.91	1000m: 11:27.73	35.79	1400m: 16:15.91	35.11
	250m: 2:44.78	34.40	650m: 7:20.96	34.38	1050m: 12:03.68	35.95	1450m: 16:51.47	35.56
	300m: 3:19.10	34.32	700m: 7:55.77	34.81	1100m: 12:39.75	36.07	1500m: 17:26.83	35.36
	350m: 3:53.60	34.50	750m: 8:30.65	34.88	1150m: 13:15.91	36.16		
	400m: 4:27.99	34.39	800m: 9:05.84	35.19	1200m: 13:51.96	36.05		
17.	Joao Neves LUCAS	06	Columbofila Cantanhedense	<b>17:27.63</b>	<b>+0,67</b>	<b>574</b>		
	50m: 30.85	30.85	450m: 5:06.61	34.93	850m: 9:47.24	34.91	1250m: 14:30.80	35.57
	100m: 1:04.38	33.53	500m: 5:41.58	34.97	900m: 10:22.62	35.38	1300m: 15:06.65	35.85
	150m: 1:38.29	33.91	550m: 6:16.26	34.68	950m: 10:57.65	35.03	1400m: 16:17.94	1:11.29
	200m: 2:13.09	34.80	600m: 6:51.45	35.19	1000m: 11:33.10	35.45	1450m: 16:53.48	35.54
	250m: 2:47.44	34.35	650m: 7:26.51	35.06	1050m: 12:07.99	34.89	1500m: 17:27.63	34.15
	300m: 3:22.23	34.79	700m: 8:02.01	35.50	1100m: 12:43.61	35.62		
	350m: 3:56.78	34.55	750m: 8:37.02	35.01	1150m: 13:18.98	35.37		
	400m: 4:31.68	34.90	800m: 9:12.33	35.31	1200m: 13:55.23	36.25		
18.	Milan Santos JEVIC	06	Braga	<b>17:28.68</b>	<b>+0,76</b>	<b>573</b>		
	50m: 30.54	30.54	450m: 5:09.49	35.52	850m: 9:51.63	34.75	1250m: 14:35.94	34.89
	100m: 1:04.74	34.20	500m: 5:45.47	35.98	900m: 10:26.78	35.15	1300m: 15:12.17	36.23
	150m: 1:38.83	34.09	550m: 6:20.94	35.47	950m: 11:01.87	35.09	1350m: 15:47.24	35.07
	200m: 2:12.86	34.03	600m: 6:56.59	35.65	1000m: 11:38.54	36.67	1400m: 16:22.70	35.46
	250m: 2:47.47	34.61	650m: 7:31.90	35.31	1050m: 12:13.94	35.40	1450m: 16:55.59	32.89
	300m: 3:22.92	35.45	700m: 8:07.50	35.60	1100m: 12:49.29	35.35	1500m: 17:28.68	33.09
	350m: 3:58.29	35.37	750m: 8:41.75	34.25	1150m: 13:25.00	35.71		
	400m: 4:33.97	35.68	800m: 9:16.88	35.13	1200m: 14:01.05	36.05		
19.	Jose Maria TEMUDO	06	Rio Maior	<b>17:29.20</b>	<b>+0,69</b>	<b>572</b>		
	50m: 31.49	31.49	450m: 5:12.08	35.55	850m: 9:57.47	35.40	1250m: 14:38.44	34.96
	100m: 1:05.73	34.24	500m: 5:48.01	35.93	900m: 10:32.91	35.44	1300m: 15:13.66	35.22
	150m: 1:40.12	34.39	550m: 6:23.62	35.61	950m: 11:08.21	35.30	1400m: 16:22.30	1:08.64
	200m: 2:14.99	34.87	600m: 6:59.52	35.90	1000m: 11:43.78	35.57	1450m: 16:56.21	33.91
	250m: 2:49.98	34.99	650m: 7:35.05	35.53	1050m: 12:18.34	34.56	1500m: 17:29.20	32.99
	300m: 3:25.37	35.39	700m: 8:10.79	35.74	1100m: 12:53.46	35.12		
	350m: 4:00.98	35.61	750m: 8:46.08	35.29	1150m: 13:28.07	34.61		
	400m: 4:36.53	35.55	800m: 9:22.07	35.99	1200m: 14:03.48	35.41		

Prova 2, Masc., 1500m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
20.	Joao Neves ALMEIDA	05		Nautico Academico	<b>17:30.70</b>	<b>+0,79</b>	<b>569</b>
	50m: 31.19 31.19	450m: 5:10.83	35.32	850m: 9:54.39	35.25	1250m: 14:37.24	35.07
	100m: 1:05.52 34.33	500m: 5:46.34	35.51	900m: 10:30.07	35.68	1300m: 15:12.52	35.28
	150m: 1:39.86 34.34	550m: 6:21.30	34.96	950m: 11:05.39	35.32	1400m: 16:22.96	1:10.44
	200m: 2:15.07 35.21	600m: 6:57.05	35.75	1000m: 11:40.93	35.54	1450m: 16:56.96	34.00
	250m: 2:49.77 34.70	650m: 7:32.61	35.56	1050m: 12:16.12	35.19	1500m: 17:30.70	33.74
	300m: 3:25.09 35.32	700m: 8:08.19	35.58	1100m: 12:51.61	35.49		
	350m: 4:00.03 34.94	750m: 8:43.71	35.52	1150m: 13:26.61	35.00		
	400m: 4:35.51 35.48	800m: 9:19.14	35.43	1200m: 14:02.17	35.56		
21.	Tiago Almeida CORREIA	06		Natacao do Montijo	<b>17:34.83</b>	<b>+0,85</b>	<b>563</b>
	50m: 29.73 29.73	450m: 5:09.80	35.16	850m: 9:54.37	35.42	1250m: 14:40.21	35.94
	100m: 1:03.30 33.57	500m: 5:45.43	35.63	900m: 10:29.90	35.53	1300m: 15:16.45	36.24
	150m: 1:38.02 34.72	550m: 6:21.14	35.71	950m: 11:05.61	35.71	1400m: 16:27.34	1:10.89
	200m: 2:13.19 35.17	600m: 6:56.37	35.23	1000m: 11:41.24	35.63	1450m: 17:01.84	34.50
	250m: 2:48.43 35.24	650m: 7:32.08	35.71	1050m: 12:16.99	35.75	1500m: 17:34.83	32.99
	300m: 3:23.78 35.35	700m: 8:07.32	35.24	1100m: 12:52.65	35.66		
	350m: 3:59.25 35.47	750m: 8:43.26	35.94	1150m: 13:28.00	35.35		
	400m: 4:34.64 35.39	800m: 9:18.95	35.69	1200m: 14:04.27	36.27		
22.	Miguel Costa DURAO	06		Braga	<b>17:37.15</b>	<b>+0,75</b>	<b>559</b>
	50m: 30.40 30.40	400m: 4:33.53	34.77	750m: 8:42.63	36.06	1100m: 12:54.02	35.58
	100m: 1:04.26 33.86	450m: 5:08.66	35.13	800m: 9:18.24	35.61	1150m: 13:30.12	36.10
	150m: 1:39.03 34.77	500m: 5:44.11	35.45	850m: 9:54.33	36.09	1200m: 14:05.84	35.72
	200m: 2:13.95 34.92	550m: 6:19.35	35.24	900m: 10:30.22	35.89	1250m: 14:41.98	36.14
	250m: 2:48.98 35.03	600m: 6:55.09	35.74	950m: 11:06.26	36.04	1300m: 15:17.68	35.70
	300m: 3:23.98 35.00	650m: 7:30.89	35.80	1000m: 11:42.47	36.21	1400m: 16:28.61	1:10.93
	350m: 3:58.76 34.78	700m: 8:06.57	35.68	1050m: 12:18.44	35.97	1500m: 17:37.15	1:08.54
23.	Abel Renato FERREIRA	05		Alges e Agueda XXI	<b>17:37.17</b>	<b>+0,67</b>	<b>559</b>
	50m: 31.64 31.64	450m: 5:11.23	35.01	850m: 9:53.52	35.13	1250m: 14:40.42	35.78
	100m: 1:05.96 34.32	500m: 5:46.50	35.27	900m: 10:29.08	35.56	1300m: 15:16.61	36.19
	150m: 1:40.93 34.97	550m: 6:21.60	35.10	950m: 11:04.48	35.40	1400m: 16:28.30	1:11.69
	200m: 2:16.08 35.15	600m: 6:57.54	35.94	1000m: 11:40.53	36.05	1450m: 17:03.29	34.99
	250m: 2:50.59 34.51	650m: 7:32.48	34.94	1050m: 12:16.32	35.79	1500m: 17:37.17	33.88
	300m: 3:25.74 35.15	700m: 8:08.02	35.54	1100m: 12:52.38	36.06		
	350m: 4:00.47 34.73	750m: 8:43.02	35.00	1150m: 13:28.25	35.87		
	400m: 4:36.22 35.75	800m: 9:18.39	35.37	1200m: 14:04.64	36.39		
24.	Ruben Ferreira PAIVA	05		Sanjoanense/FEPSA	<b>17:38.19</b>	<b>+0,86</b>	<b>557</b>
	50m: 30.69 30.69	450m: 5:10.27	35.34	850m: 9:54.90	35.68	1250m: 14:40.72	35.42
	100m: 1:04.76 34.07	500m: 5:46.10	35.83	900m: 10:30.72	35.82	1300m: 15:16.61	35.89
	150m: 1:39.34 34.58	550m: 6:21.49	35.39	950m: 11:06.27	35.55	1350m: 15:51.81	35.20
	200m: 2:14.37 35.03	600m: 6:57.24	35.75	1000m: 11:42.13	35.86	1400m: 16:27.71	35.90
	250m: 2:49.05 34.68	650m: 7:32.62	35.38	1050m: 12:17.76	35.63	1450m: 17:03.11	35.40
	300m: 3:24.12 35.07	700m: 8:08.09	35.47	1100m: 12:53.79	36.03	1500m: 17:38.19	35.08
	350m: 3:59.42 35.30	750m: 8:43.36	35.27	1150m: 13:29.35	35.56		
	400m: 4:34.93 35.51	800m: 9:19.22	35.86	1200m: 14:05.30	35.95		
25.	Jose Miguel MARQUES	06		Condeixa Clube	<b>17:41.77</b>	<b>+0,73</b>	<b>552</b>
	50m: 31.33 31.33	400m: 4:32.83	35.20	750m: 8:39.89	35.49	1100m: 12:50.62	35.97
	100m: 1:05.45 34.12	450m: 5:07.99	35.16	800m: 9:15.63	35.74	1150m: 13:26.69	36.07
	150m: 1:39.67 34.22	500m: 5:43.13	35.14	850m: 9:51.50	35.87	1200m: 14:03.23	36.54
	200m: 2:14.05 34.38	550m: 6:17.96	34.83	900m: 10:27.41	35.91	1250m: 14:39.36	36.13
	250m: 2:48.31 34.26	600m: 6:53.29	35.33	950m: 11:02.98	35.57	1300m: 15:15.84	36.48
	300m: 3:23.03 34.72	650m: 7:28.58	35.29	1000m: 11:38.88	35.90	1400m: 16:29.64	1:13.80
	350m: 3:57.63 34.60	700m: 8:04.40	35.82	1050m: 12:14.65	35.77	1500m: 17:41.77	1:12.13

ORGANIZAÇÃO

PARCEIROS INSTITUCIONAIS LOCAIS

PARCEIROS INSTITUCIONAIS

PARCEIROS

PÓR O FUNCHAL SEMPRE À FRENTE

## Prova 2, Masc., 1500m Livres, Elimim, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
26.	<b>Tomas Veiga PEREIRA</b>	<b>06</b>	<b>Nautico Academico</b>	<b>17:43.91</b>	<b>+0,84</b>	<b>548</b>
	50m: 31.83 31.83	450m: 5:13.92	35.77 850m: 9:58.86	35.81	1250m: 14:45.69	35.96
	100m: 1:06.37 34.54	500m: 5:49.28	35.36 900m: 10:34.71	35.85	1300m: 15:21.49	35.80
	150m: 1:41.20 34.83	550m: 6:24.66	35.38 950m: 11:10.39	35.68	1350m: 15:57.36	35.87
	200m: 2:16.57 35.37	600m: 7:00.09	35.43 1000m: 11:46.07	35.68	1400m: 16:33.11	35.75
	250m: 2:51.74 35.17	650m: 7:35.93	35.84 1050m: 12:22.19	36.12	1500m: 17:43.91	1:10.80
	300m: 3:27.17 35.43	700m: 8:11.52	35.59 1100m: 12:58.01	35.82		
	350m: 4:02.60 35.43	750m: 8:47.20	35.68 1150m: 13:33.90	35.89		
	400m: 4:38.15 35.55	800m: 9:23.05	35.85 1200m: 14:09.73	35.83		
27.	<b>Alexandre Ramos GONCALVES</b>	<b>05</b>	<b>Sao Joao Ver</b>	<b>17:45.21</b>	<b>+0,70</b>	<b>546</b>
	50m: 30.07 30.07	450m: 5:05.10	34.95 850m: 9:51.24	35.50	1250m: 14:44.90	37.34
	100m: 1:03.09 33.02	500m: 5:40.72	35.62 900m: 10:27.90	36.66	1300m: 15:21.10	36.20
	150m: 1:36.73 33.64	550m: 6:16.23	35.51 950m: 11:04.29	36.39	1350m: 15:57.50	36.40
	200m: 2:10.97 34.24	600m: 6:52.12	35.89 1000m: 11:40.93	36.64	1400m: 16:33.80	36.30
	250m: 2:45.78 34.81	650m: 7:27.43	35.31 1050m: 12:17.75	36.82	1450m: 17:10.18	36.38
	300m: 3:20.15 34.37	700m: 8:03.13	35.70 1100m: 12:54.49	36.74	1500m: 17:45.21	35.03
	350m: 3:55.35 35.20	750m: 8:39.39	36.26 1150m: 13:30.75	36.26		
	400m: 4:30.15 34.80	800m: 9:15.74	36.35 1200m: 14:07.56	36.81		
28.	<b>Joao Carlos BARROS</b>	<b>06</b>	<b>Fluvial Portuense</b>	<b>17:52.33</b>	<b>+0,74</b>	<b>535</b>
	50m: 30.17 30.17	450m: 5:09.05	35.83 850m: 9:58.27	36.18	1250m: 14:50.65	36.52
	100m: 1:03.84 33.67	500m: 5:45.17	36.12 900m: 10:34.53	36.26	1300m: 15:27.96	37.31
	150m: 1:38.44 34.60	550m: 6:21.29	36.12 950m: 11:10.67	36.14	1350m: 16:04.48	36.52
	200m: 2:12.92 34.48	600m: 6:57.30	36.01 1000m: 11:47.19	36.52	1400m: 16:41.57	37.09
	250m: 2:47.42 34.50	650m: 7:33.56	36.26 1050m: 12:23.29	36.10	1450m: 17:17.42	35.85
	300m: 3:22.15 34.73	700m: 8:09.75	36.19 1100m: 13:00.32	37.03	1500m: 17:52.33	34.91
	350m: 3:57.63 35.48	750m: 8:45.78	36.03 1150m: 13:36.93	36.61		
	400m: 4:33.22 35.59	800m: 9:22.09	36.31 1200m: 14:14.13	37.20		
29.	<b>Tiago Diniz LIMA</b>	<b>04</b>	<b>Estarreja/PROZINCO</b>	<b>17:52.88</b>	<b>+0,69</b>	<b>535</b>
	50m: 30.41 30.41	450m: 5:11.06	35.76 850m: 9:59.52	36.38	1250m: 14:51.80	36.71
	100m: 1:04.28 33.87	500m: 5:46.87	35.81 900m: 10:35.55	36.03	1300m: 15:28.14	36.34
	150m: 1:38.10 33.82	550m: 6:22.88	36.01 950m: 11:12.17	36.62	1350m: 16:04.85	36.71
	200m: 2:13.02 34.92	600m: 6:58.65	35.77 1000m: 11:48.50	36.33	1400m: 16:41.35	36.50
	250m: 2:48.73 35.71	650m: 7:34.86	36.21 1050m: 12:25.23	36.73	1450m: 17:17.61	36.26
	300m: 3:24.13 35.40	700m: 8:10.89	36.03 1100m: 13:01.56	36.33	1500m: 17:52.88	35.27
	350m: 3:59.70 35.57	750m: 8:46.97	36.08 1150m: 13:38.54	36.98		
	400m: 4:35.30 35.60	800m: 9:23.14	36.17 1200m: 14:15.09	36.55		
30.	<b>Manuel Costa SIMOES</b>	<b>06</b>	<b>Uniao Piedense</b>	<b>18:54.95</b>	<b>+0,71</b>	<b>452</b>
	50m: 31.80 31.80	400m: 4:46.05	37.76 750m: 9:14.82	38.92	1100m: 13:46.38	38.90
	100m: 1:06.88 35.08	450m: 5:23.90	37.85 800m: 9:53.33	38.51	1150m: 14:25.65	39.27
	150m: 1:42.29 35.41	500m: 6:01.92	38.02 850m: 10:32.09	38.76	1200m: 15:04.70	39.05
	200m: 2:18.20 35.91	550m: 6:40.29	38.37 900m: 11:10.76	38.67	1300m: 16:22.77	1:18.07
	250m: 2:54.51 36.31	600m: 7:18.43	38.14 950m: 11:49.67	38.91	1350m: 17:01.07	38.30
	300m: 3:30.98 36.47	650m: 7:57.36	38.93 1000m: 12:28.48	38.81	1400m: 17:39.39	38.32
	350m: 4:08.29 37.31	700m: 8:35.90	38.54 1050m: 13:07.48	39.00	1500m: 18:54.95	1:15.56

Prova 2, Masc., 1500m Livres, Elimin

Prova 2	Masc., 1500m Livres				Absolutos
30/03/2023 - 9:40					Resultados Elimin
Rec Nac Absoluto	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	Guilherme Filipe PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	Guilherme Filipe PINA	POR	Singapore (SGP)	30/08/2015
Rec Nac Juv A	15:45.55	Gustavo Manuel SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	16:30.45	Duarte Miguel JORGE	CGA	Oeiras	21/07/2016
Rec Nac Inf A	16:43.48	Pedro Fontoura OLIVEIRA	CFB	Rio Maior	19/06/2004
Rec Nac Inf B	17:21.58	Pedro Fontoura OLIVEIRA	CFB	Restelo	27/07/2003
RN S15	18:15.76	Miguel Duarte CRUZ	CFB	Vila Franca de Xira	28/02/2020

JO : 15:00.99 / CMPL Sen: 15:04.64 / CESub23 19 - 23: 15:32.52 / CEJun\_Masc 15 - 18: 15:56.90 / TAC Sen 50m: 17:18.06 - 25m: 16:45.20; Jun 50m: 17:49.20 - 25m: 17:15.36

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
1.	Jose Paulo LOPES	00	Braga	<b>15:41.83</b>	<b>+0,66</b>	<b>790</b>	<b>Q</b>	
	50m: 28.14	28.14	450m: 4:39.27	31.66	850m: 8:52.77	31.38	1250m: 13:05.25	31.51
	100m: 59.39	31.25	500m: 5:11.05	31.78	900m: 9:24.28	31.51	1300m: 13:37.21	31.96
	150m: 1:30.29	30.90	550m: 5:42.80	31.75	950m: 9:55.72	31.44	1350m: 14:08.80	31.59
	200m: 2:01.61	31.32	600m: 6:14.61	31.81	1000m: 10:27.29	31.57	1400m: 14:40.34	31.54
	250m: 2:32.87	31.26	650m: 6:46.24	31.63	1050m: 10:58.61	31.32	1450m: 15:11.61	31.27
	300m: 3:04.22	31.35	700m: 7:18.05	31.81	1100m: 11:30.24	31.63	1500m: 15:41.83	30.22
	350m: 3:35.78	31.56	750m: 7:49.62	31.57	1150m: 12:01.88	31.64		
	400m: 4:07.61	31.83	800m: 8:21.39	31.77	1200m: 12:33.74	31.86		
2.	Francisco Rodriguez AMARAL	02	Porto	<b>15:56.12</b>	<b>+0,73</b>	<b>756</b>	<b>Q</b>	
	50m: 28.53	28.53	450m: 4:39.48	31.66	850m: 8:53.43	31.58	1250m: 13:12.42	32.64
	100m: 59.73	31.20	500m: 5:11.31	31.83	900m: 9:25.35	31.92	1300m: 13:45.37	32.95
	150m: 1:30.70	30.97	550m: 5:42.99	31.68	950m: 9:57.28	31.93	1350m: 14:18.23	32.86
	200m: 2:01.97	31.27	600m: 6:14.84	31.85	1000m: 10:29.75	32.47	1400m: 14:51.30	33.07
	250m: 2:33.26	31.29	650m: 6:46.58	31.74	1050m: 11:01.98	32.23	1450m: 15:24.06	32.76
	300m: 3:04.65	31.39	700m: 7:18.42	31.84	1100m: 11:34.74	32.76	1500m: 15:56.12	32.06
	350m: 3:36.10	31.45	750m: 7:49.99	31.57	1150m: 12:07.14	32.40		
	400m: 4:07.82	31.72	800m: 8:21.85	31.86	1200m: 12:39.78	32.64		
3.	Diogo Santos CARDOSO	01	Sporting	<b>16:09.65</b>	<b>+0,74</b>	<b>724</b>	<b>Q</b>	
	50m: 29.74	29.74	450m: 4:48.11	32.33	850m: 9:07.25	32.25	1250m: 13:27.33	32.49
	100m: 1:01.69	31.95	500m: 5:20.74	32.63	900m: 9:39.78	32.53	1300m: 13:59.66	32.33
	150m: 1:33.61	31.92	550m: 5:53.35	32.61	950m: 10:12.27	32.49	1350m: 14:32.34	32.68
	200m: 2:05.71	32.10	600m: 6:25.82	32.47	1000m: 10:44.65	32.38	1400m: 15:04.88	32.54
	250m: 2:38.12	32.41	650m: 6:58.12	32.30	1050m: 11:17.01	32.36	1450m: 15:37.43	32.55
	300m: 3:10.69	32.57	700m: 7:30.62	32.50	1100m: 11:49.55	32.54	1500m: 16:09.65	32.22
	350m: 3:43.23	32.54	750m: 8:02.86	32.24	1150m: 12:21.99	32.44		
	400m: 4:15.78	32.55	800m: 8:35.00	32.14	1200m: 12:54.84	32.85		
4.	Tomas Amor SARREIRA	05	Nautico Marinha Grande	<b>16:33.50</b>	<b>+0,74</b>	<b>673</b>	<b>Q</b>	
	50m: 28.47	28.47	450m: 4:49.37	32.91	850m: 9:16.82	33.74	1250m: 13:46.30	33.64
	100m: 1:00.22	31.75	500m: 5:22.68	33.31	900m: 9:50.65	33.83	1300m: 14:20.02	33.72
	150m: 1:32.41	32.19	550m: 5:56.09	33.41	950m: 10:24.00	33.35	1350m: 14:53.70	33.68
	200m: 2:04.93	32.52	600m: 6:29.56	33.47	1000m: 10:57.55	33.55	1400m: 15:27.53	33.83
	250m: 2:37.43	32.50	650m: 7:02.71	33.15	1050m: 11:30.99	33.44	1450m: 16:01.00	33.47
	300m: 3:10.54	33.11	700m: 7:36.16	33.45	1100m: 12:04.99	34.00	1500m: 16:33.50	32.50
	350m: 3:43.44	32.90	750m: 8:09.40	33.24	1150m: 12:38.73	33.74		
	400m: 4:16.46	33.02	800m: 8:43.08	33.68	1200m: 13:12.66	33.93		

Prova 2, Masc., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
5.	<b>Bruno Silva LOUREIRO</b>	<b>06</b>	<b>Porto</b>	<b>16:41.87</b>	<b>+0,68</b>	<b>657</b>	<b>Q</b>	
	50m: 29.72	29.72	450m: 4:56.52	33.71	850m: 9:24.15	33.49	1250m: 13:53.44	33.93
	100m: 1:02.50	32.78	500m: 5:29.71	33.19	900m: 9:57.84	33.69	1300m: 14:27.23	33.79
	150m: 1:35.76	33.26	550m: 6:03.39	33.68	950m: 10:31.29	33.45	1350m: 15:01.29	34.06
	200m: 2:09.49	33.73	600m: 6:36.83	33.44	1000m: 11:04.56	33.27	1400m: 15:35.27	33.98
	250m: 2:42.87	33.38	650m: 7:10.30	33.47	1050m: 11:38.33	33.77	1450m: 16:08.87	33.60
	300m: 3:16.48	33.61	700m: 7:43.89	33.59	1100m: 12:12.11	33.78	1500m: 16:41.87	33.00
	350m: 3:49.54	33.06	750m: 8:17.33	33.44	1150m: 12:45.95	33.84		
	400m: 4:22.81	33.27	800m: 8:50.66	33.33	1200m: 13:19.51	33.56		
6.	<b>Goncalo Renato CARVALHO</b>	<b>04</b>	<b>Porto</b>	<b>16:50.52</b>	<b>+0,67</b>	<b>640</b>	<b>Q</b>	
	50m: 30.21	30.21	450m: 4:55.49	33.28	850m: 9:25.18	33.83	1250m: 13:58.65	34.61
	100m: 1:03.12	32.91	500m: 5:29.34	33.85	900m: 9:58.82	33.64	1300m: 14:33.22	34.57
	150m: 1:36.22	33.10	550m: 6:02.82	33.48	950m: 10:33.14	34.32	1350m: 15:07.89	34.67
	200m: 2:09.32	33.10	600m: 6:36.78	33.96	1000m: 11:07.23	34.09	1400m: 15:42.37	34.48
	250m: 2:42.35	33.03	650m: 7:10.32	33.54	1050m: 11:41.55	34.32	1450m: 16:16.98	34.61
	300m: 3:15.43	33.08	700m: 7:43.88	33.56	1100m: 12:15.39	33.84	1500m: 16:50.52	33.54
	350m: 3:48.68	33.25	750m: 8:17.45	33.57	1150m: 12:49.68	34.29		
	400m: 4:22.21	33.53	800m: 8:51.35	33.90	1200m: 13:24.04	34.36		
7.	<b>Gustavo Pires MARQUES</b>	<b>04</b>	<b>Uniao Coimbra</b>	<b>16:52.25</b>	<b>+0,78</b>	<b>637</b>	<b>Q</b>	
	50m: 29.67	29.67	450m: 4:56.34	33.38	850m: 9:27.90	34.15	1250m: 14:01.10	34.01
	100m: 1:02.74	33.07	500m: 5:30.22	33.88	900m: 10:02.19	34.29	1300m: 14:35.85	34.75
	150m: 1:35.89	33.15	550m: 6:03.81	33.59	950m: 10:36.15	33.96	1350m: 15:09.98	34.13
	200m: 2:09.25	33.36	600m: 6:37.63	33.82	1000m: 11:10.44	34.29	1400m: 15:44.54	34.56
	250m: 2:42.44	33.19	650m: 7:11.32	33.69	1050m: 11:44.71	34.27	1450m: 16:18.70	34.16
	300m: 3:15.93	33.49	700m: 7:45.48	34.16	1100m: 12:18.53	33.82	1500m: 16:52.25	33.55
	350m: 3:49.23	33.30	750m: 8:19.46	33.98	1150m: 12:52.67	34.14		
	400m: 4:22.96	33.73	800m: 8:53.75	34.29	1200m: 13:27.09	34.42		
8.	<b>Filipe Santos CARDOSO</b>	<b>04</b>	<b>Gafanha da Encarnacao</b>	<b>16:56.87</b>	<b>+0,64</b>	<b>628</b>	<b>Q</b>	
	50m: 29.78	29.78	450m: 5:01.19	34.20	850m: 9:37.36	34.14	1250m: 14:10.85	33.52
	100m: 1:02.60	32.82	500m: 5:35.52	34.33	900m: 10:12.09	34.73	1300m: 14:44.93	34.08
	150m: 1:36.03	33.43	550m: 6:09.56	34.04	950m: 10:46.35	34.26	1350m: 15:17.93	33.00
	200m: 2:10.10	34.07	600m: 6:44.53	34.97	1000m: 11:21.13	34.78	1400m: 15:51.92	33.99
	250m: 2:43.70	33.60	650m: 7:18.95	34.42	1050m: 11:54.76	33.63	1450m: 16:24.36	32.44
	300m: 3:18.32	34.62	700m: 7:53.61	34.66	1100m: 12:29.39	34.63	1500m: 16:56.87	32.51
	350m: 3:52.41	34.09	750m: 8:28.04	34.43	1150m: 13:03.10	33.71		
	400m: 4:26.99	34.58	800m: 9:03.22	35.18	1200m: 13:37.33	34.23		
9.	<b>Marcio Fernandes GOMES</b>	<b>04</b>	<b>Braga</b>	<b>17:03.34</b>	<b>+0,75</b>	<b>616</b>	<b>Q</b>	
	50m: 30.58	30.58	450m: 5:00.80	33.56	850m: 9:37.38	34.46	1250m: 14:13.79	34.15
	100m: 1:04.28	33.70	500m: 5:35.20	34.40	900m: 10:12.34	34.96	1300m: 14:48.71	34.92
	150m: 1:37.70	33.42	550m: 6:09.13	33.93	950m: 10:46.86	34.52	1350m: 15:23.04	34.33
	200m: 2:11.58	33.88	600m: 6:44.18	35.05	1000m: 11:21.58	34.72	1400m: 15:57.85	34.81
	250m: 2:45.11	33.53	650m: 7:18.64	34.46	1050m: 11:55.93	34.35	1450m: 16:31.76	33.91
	300m: 3:19.40	34.29	700m: 7:53.64	35.00	1100m: 12:30.26	34.33	1500m: 17:03.34	31.58
	350m: 3:53.03	33.63	750m: 8:28.04	34.40	1150m: 13:04.89	34.63		
	400m: 4:27.24	34.21	800m: 9:02.92	34.88	1200m: 13:39.64	34.75		



Prova 2, Masc., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
10.	Joao Maria SOUSA	05		Braga	<b>17:03.65</b>	<b>+0,75</b>	<b>616</b>	R
	50m: 29.89	29.89	450m: 4:57.82	33.94	850m: 9:32.93	34.85	1250m: 14:10.80	34.70
	100m: 1:02.16	32.27	500m: 5:31.74	33.92	900m: 10:07.43	34.50	1300m: 14:45.70	34.90
	150m: 1:35.36	33.20	550m: 6:05.88	34.14	950m: 10:42.32	34.89	1350m: 15:20.63	34.93
	200m: 2:08.75	33.39	600m: 6:40.14	34.26	1000m: 11:16.96	34.64	1400m: 15:55.38	34.75
	250m: 2:42.41	33.66	650m: 7:14.46	34.32	1050m: 11:51.94	34.98	1450m: 16:30.21	34.83
	300m: 3:16.06	33.65	700m: 7:48.90	34.44	1100m: 12:26.50	34.56	1500m: 17:03.65	33.44
	350m: 3:49.92	33.86	750m: 8:23.50	34.60	1150m: 13:01.37	34.87		
	400m: 4:23.88	33.96	800m: 8:58.08	34.58	1200m: 13:36.10	34.73		
11.	Guilherme Maia CARDOSO	05		Columbofila Cantanhedense	<b>17:04.91</b>	<b>+0,73</b>	<b>613</b>	R
	50m: 30.73	30.73	450m: 5:03.11	34.18	850m: 9:38.12	34.28	1250m: 14:15.32	34.65
	100m: 1:04.59	33.86	500m: 5:37.47	34.36	900m: 10:12.71	34.59	1300m: 14:50.15	34.83
	150m: 1:38.38	33.79	550m: 6:11.46	33.99	950m: 10:47.36	34.65	1350m: 15:24.93	34.78
	200m: 2:12.48	34.10	600m: 6:46.20	34.74	1000m: 11:21.82	34.46	1400m: 15:59.47	34.54
	250m: 2:46.30	33.82	650m: 7:20.51	34.31	1050m: 11:56.69	34.87	1450m: 16:32.63	33.16
	300m: 3:20.60	34.30	700m: 7:55.20	34.69	1100m: 12:31.13	34.44	1500m: 17:04.91	32.28
	350m: 3:54.55	33.95	750m: 8:29.34	34.14	1150m: 13:05.81	34.68		
	400m: 4:28.93	34.38	800m: 9:03.84	34.50	1200m: 13:40.67	34.86		
12.	Vasco Monteiro CASTRO	06		Porto	<b>17:10.86</b>	<b>+0,78</b>	<b>603</b>	
	50m: 30.27	30.27	450m: 5:03.15	34.51	850m: 9:40.17	34.30	1250m: 14:17.37	34.22
	100m: 1:03.73	33.46	500m: 5:37.98	34.83	900m: 10:15.09	34.92	1300m: 14:52.85	35.48
	150m: 1:36.97	33.24	550m: 6:12.52	34.54	950m: 10:49.38	34.29	1350m: 15:27.31	34.46
	200m: 2:11.29	34.32	600m: 6:47.24	34.72	1000m: 11:24.32	34.94	1400m: 16:02.63	35.32
	250m: 2:44.97	33.68	650m: 7:21.70	34.46	1050m: 11:59.04	34.72	1450m: 16:36.63	34.00
	300m: 3:19.51	34.54	700m: 7:56.67	34.97	1100m: 12:33.68	34.64	1500m: 17:10.86	34.23
	350m: 3:53.64	34.13	750m: 8:30.84	34.17	1150m: 13:08.10	34.42		
	400m: 4:28.64	35.00	800m: 9:05.87	35.03	1200m: 13:43.15	35.05		
13.	Pedro Crispim JORGE	06		Uniao Piedense	<b>17:17.89</b>	<b>+0,73</b>	<b>591</b>	
	50m: 29.80	29.80	450m: 5:03.06	34.54	850m: 9:41.65	34.38	1250m: 14:23.66	35.51
	100m: 1:02.68	32.88	500m: 5:38.14	35.08	900m: 10:16.94	35.29	1300m: 14:58.97	35.31
	150m: 1:36.36	33.68	550m: 6:12.75	34.61	950m: 10:52.37	35.43	1350m: 15:34.05	35.08
	200m: 2:10.58	34.22	600m: 6:47.77	35.02	1000m: 11:27.42	35.05	1400m: 16:09.34	35.29
	250m: 2:44.58	34.00	650m: 7:22.45	34.68	1050m: 12:02.61	35.19	1450m: 16:43.95	34.61
	300m: 3:19.23	34.65	700m: 7:57.41	34.96	1100m: 12:38.19	35.58	1500m: 17:17.89	33.94
	350m: 3:53.38	34.15	750m: 8:32.24	34.83	1150m: 13:12.83	34.64		
	400m: 4:28.52	35.14	800m: 9:07.27	35.03	1200m: 13:48.15	35.32		
14.	Francisco Couto FRAZAO	06		Uniao Coimbra	<b>17:22.55</b>	<b>+0,71</b>	<b>583</b>	
	50m: 30.64	30.64	450m: 5:11.90	35.26	850m: 9:51.63	34.88	1250m: 14:31.91	34.68
	100m: 1:04.69	34.05	500m: 5:47.16	35.26	900m: 10:26.52	34.89	1300m: 15:06.75	34.84
	150m: 1:39.74	35.05	550m: 6:22.32	35.16	950m: 11:01.16	34.64	1350m: 15:40.81	34.06
	200m: 2:15.49	35.75	600m: 6:57.23	34.91	1000m: 11:36.57	35.41	1400m: 16:15.44	34.63
	250m: 2:50.68	35.19	650m: 7:32.00	34.77	1050m: 12:11.64	35.07	1450m: 16:49.10	33.66
	300m: 3:26.29	35.61	700m: 8:06.89	34.89	1100m: 12:46.76	35.12	1500m: 17:22.55	33.45
	350m: 4:01.16	34.87	750m: 8:41.35	34.46	1150m: 13:21.80	35.04		
	400m: 4:36.64	35.48	800m: 9:16.75	35.40	1200m: 13:57.23	35.43		

<b>ORGANIZAÇÃO</b> 		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b> 	
<b>PATROCINADOR PRINCIPAL</b> 		<b>PARCEIROS INSTITUCIONAIS</b> 	
<b>PATROCINADOR OFICIAL</b> 		<b>PARCEIROS</b> 	

Prova 2, Masc., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
15.	Eduardo Nuno FARIA	06	Braga	<b>17:26.83</b>	<b>+0,75</b>	<b>576</b>
	50m: 30.07 30.07	450m: 5:02.42	34.43 850m: 9:40.93	35.09	1250m: 14:28.14	36.18
	100m: 1:02.97 32.90	500m: 5:37.25	34.83 900m: 10:16.54	35.61	1300m: 15:04.16	36.02
	150m: 1:36.75 33.78	550m: 6:11.67	34.42 950m: 10:51.94	35.40	1350m: 15:40.80	36.64
	200m: 2:10.38 33.63	600m: 6:46.58	34.91 1000m: 11:27.73	35.79	1400m: 16:15.91	35.11
	250m: 2:44.78 34.40	650m: 7:20.96	34.38 1050m: 12:03.68	35.95	1450m: 16:51.47	35.56
	300m: 3:19.10 34.32	700m: 7:55.77	34.81 1100m: 12:39.75	36.07	1500m: 17:26.83	35.36
	350m: 3:53.60 34.50	750m: 8:30.65	34.88 1150m: 13:15.91	36.16		
	400m: 4:27.99 34.39	800m: 9:05.84	35.19 1200m: 13:51.96	36.05		
16.	Joao Neves LUCAS	06	Columbofila Cantanhedense	<b>17:27.63</b>	<b>+0,67</b>	<b>574</b>
	50m: 30.85 30.85	450m: 5:06.61	34.93 850m: 9:47.24	34.91	1250m: 14:30.80	35.57
	100m: 1:04.38 33.53	500m: 5:41.58	34.97 900m: 10:22.62	35.38	1300m: 15:06.65	35.85
	150m: 1:38.29 33.91	550m: 6:16.26	34.68 950m: 10:57.65	35.03	1400m: 16:17.94	1:11.29
	200m: 2:13.09 34.80	600m: 6:51.45	35.19 1000m: 11:33.10	35.45	1450m: 16:53.48	35.54
	250m: 2:47.44 34.35	650m: 7:26.51	35.06 1050m: 12:07.99	34.89	1500m: 17:27.63	34.15
	300m: 3:22.23 34.79	700m: 8:02.01	35.50 1100m: 12:43.61	35.62		
	350m: 3:56.78 34.55	750m: 8:37.02	35.01 1150m: 13:18.98	35.37		
	400m: 4:31.68 34.90	800m: 9:12.33	35.31 1200m: 13:55.23	36.25		
17.	Milan Santos JEVIC	06	Braga	<b>17:28.68</b>	<b>+0,76</b>	<b>573</b>
	50m: 30.54 30.54	450m: 5:09.49	35.52 850m: 9:51.63	34.75	1250m: 14:35.94	34.89
	100m: 1:04.74 34.20	500m: 5:45.47	35.98 900m: 10:26.78	35.15	1300m: 15:12.17	36.23
	150m: 1:38.83 34.09	550m: 6:20.94	35.47 950m: 11:01.87	35.09	1350m: 15:47.24	35.07
	200m: 2:12.86 34.03	600m: 6:56.59	35.65 1000m: 11:38.54	36.67	1400m: 16:22.70	35.46
	250m: 2:47.47 34.61	650m: 7:31.90	35.31 1050m: 12:13.94	35.40	1450m: 16:55.59	32.89
	300m: 3:22.92 35.45	700m: 8:07.50	35.60 1100m: 12:49.29	35.35	1500m: 17:28.68	33.09
	350m: 3:58.29 35.37	750m: 8:41.75	34.25 1150m: 13:25.00	35.71		
	400m: 4:33.97 35.68	800m: 9:16.88	35.13 1200m: 14:01.05	36.05		
18.	Jose Maria TEMUDO	06	Rio Maior	<b>17:29.20</b>	<b>+0,69</b>	<b>572</b>
	50m: 31.49 31.49	450m: 5:12.08	35.55 850m: 9:57.47	35.40	1250m: 14:38.44	34.96
	100m: 1:05.73 34.24	500m: 5:48.01	35.93 900m: 10:32.91	35.44	1300m: 15:13.66	35.22
	150m: 1:40.12 34.39	550m: 6:23.62	35.61 950m: 11:08.21	35.30	1400m: 16:22.30	1:08.64
	200m: 2:14.99 34.87	600m: 6:59.52	35.90 1000m: 11:43.78	35.57	1450m: 16:56.21	33.91
	250m: 2:49.98 34.99	650m: 7:35.05	35.53 1050m: 12:18.34	34.56	1500m: 17:29.20	32.99
	300m: 3:25.37 35.39	700m: 8:10.79	35.74 1100m: 12:53.46	35.12		
	350m: 4:00.98 35.61	750m: 8:46.08	35.29 1150m: 13:28.07	34.61		
	400m: 4:36.53 35.55	800m: 9:22.07	35.99 1200m: 14:03.48	35.41		
19.	Joao Neves ALMEIDA	05	Nautico Academico	<b>17:30.70</b>	<b>+0,79</b>	<b>569</b>
	50m: 31.19 31.19	450m: 5:10.83	35.32 850m: 9:54.39	35.25	1250m: 14:37.24	35.07
	100m: 1:05.52 34.33	500m: 5:46.34	35.51 900m: 10:30.07	35.68	1300m: 15:12.52	35.28
	150m: 1:39.86 34.34	550m: 6:21.30	34.96 950m: 11:05.39	35.32	1400m: 16:22.96	1:10.44
	200m: 2:15.07 35.21	600m: 6:57.05	35.75 1000m: 11:40.93	35.54	1450m: 16:56.96	34.00
	250m: 2:49.77 34.70	650m: 7:32.61	35.56 1050m: 12:16.12	35.19	1500m: 17:30.70	33.74
	300m: 3:25.09 35.32	700m: 8:08.19	35.58 1100m: 12:51.61	35.49		
	350m: 4:00.03 34.94	750m: 8:43.71	35.52 1150m: 13:26.61	35.00		
	400m: 4:35.51 35.48	800m: 9:19.14	35.43 1200m: 14:02.17	35.56		

## Prova 2, Masc., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
20.	Tiago Almeida CORREIA	06	Natacao do Montijo	<b>17:34.83</b>	<b>+0,85</b>	<b>563</b>
	50m: 29.73 29.73	450m: 5:09.80	35.16 850m: 9:54.37	35.42	1250m: 14:40.21	35.94
	100m: 1:03.30 33.57	500m: 5:45.43	35.63 900m: 10:29.90	35.53	1300m: 15:16.45	36.24
	150m: 1:38.02 34.72	550m: 6:21.14	35.71 950m: 11:05.61	35.71	1400m: 16:27.34	1:10.89
	200m: 2:13.19 35.17	600m: 6:56.37	35.23 1000m: 11:41.24	35.63	1450m: 17:01.84	34.50
	250m: 2:48.43 35.24	650m: 7:32.08	35.71 1050m: 12:16.99	35.75	1500m: 17:34.83	32.99
	300m: 3:23.78 35.35	700m: 8:07.32	35.24 1100m: 12:52.65	35.66		
	350m: 3:59.25 35.47	750m: 8:43.26	35.94 1150m: 13:28.00	35.35		
	400m: 4:34.64 35.39	800m: 9:18.95	35.69 1200m: 14:04.27	36.27		
21.	Miguel Costa DURAO	06	Braga	<b>17:37.15</b>	<b>+0,75</b>	<b>559</b>
	50m: 30.40 30.40	400m: 4:33.53	34.77 750m: 8:42.63	36.06	1100m: 12:54.02	35.58
	100m: 1:04.26 33.86	450m: 5:08.66	35.13 800m: 9:18.24	35.61	1150m: 13:30.12	36.10
	150m: 1:39.03 34.77	500m: 5:44.11	35.45 850m: 9:54.33	36.09	1200m: 14:05.84	35.72
	200m: 2:13.95 34.92	550m: 6:19.35	35.24 900m: 10:30.22	35.89	1250m: 14:41.98	36.14
	250m: 2:48.98 35.03	600m: 6:55.09	35.74 950m: 11:06.26	36.04	1300m: 15:17.68	35.70
	300m: 3:23.98 35.00	650m: 7:30.89	35.80 1000m: 11:42.47	36.21	1400m: 16:28.61	1:10.93
	350m: 3:58.76 34.78	700m: 8:06.57	35.68 1050m: 12:18.44	35.97	1500m: 17:37.15	1:08.54
22.	Abel Renato FERREIRA	05	Alges e Agueda XXI	<b>17:37.17</b>	<b>+0,67</b>	<b>559</b>
	50m: 31.64 31.64	450m: 5:11.23	35.01 850m: 9:53.52	35.13	1250m: 14:40.42	35.78
	100m: 1:05.96 34.32	500m: 5:46.50	35.27 900m: 10:29.08	35.56	1300m: 15:16.61	36.19
	150m: 1:40.93 34.97	550m: 6:21.60	35.10 950m: 11:04.48	35.40	1400m: 16:28.30	1:11.69
	200m: 2:16.08 35.15	600m: 6:57.54	35.94 1000m: 11:40.53	36.05	1450m: 17:03.29	34.99
	250m: 2:50.59 34.51	650m: 7:32.48	34.94 1050m: 12:16.32	35.79	1500m: 17:37.17	33.88
	300m: 3:25.74 35.15	700m: 8:08.02	35.54 1100m: 12:52.38	36.06		
	350m: 4:00.47 34.73	750m: 8:43.02	35.00 1150m: 13:28.25	35.87		
	400m: 4:36.22 35.75	800m: 9:18.39	35.37 1200m: 14:04.64	36.39		
23.	Ruben Ferreira PAIVA	05	Sanjoanense/FEPSA	<b>17:38.19</b>	<b>+0,86</b>	<b>557</b>
	50m: 30.69 30.69	450m: 5:10.27	35.34 850m: 9:54.90	35.68	1250m: 14:40.72	35.42
	100m: 1:04.76 34.07	500m: 5:46.10	35.83 900m: 10:30.72	35.82	1300m: 15:16.61	35.89
	150m: 1:39.34 34.58	550m: 6:21.49	35.39 950m: 11:06.27	35.55	1350m: 15:51.81	35.20
	200m: 2:14.37 35.03	600m: 6:57.24	35.75 1000m: 11:42.13	35.86	1400m: 16:27.71	35.90
	250m: 2:49.05 34.68	650m: 7:32.62	35.38 1050m: 12:17.76	35.63	1450m: 17:03.11	35.40
	300m: 3:24.12 35.07	700m: 8:08.09	35.47 1100m: 12:53.79	36.03	1500m: 17:38.19	35.08
	350m: 3:59.42 35.30	750m: 8:43.36	35.27 1150m: 13:29.35	35.56		
	400m: 4:34.93 35.51	800m: 9:19.22	35.86 1200m: 14:05.30	35.95		
24.	Jose Miguel MARQUES	06	Condeixa Clube	<b>17:41.77</b>	<b>+0,73</b>	<b>552</b>
	50m: 31.33 31.33	400m: 4:32.83	35.20 750m: 8:39.89	35.49	1100m: 12:50.62	35.97
	100m: 1:05.45 34.12	450m: 5:07.99	35.16 800m: 9:15.63	35.74	1150m: 13:26.69	36.07
	150m: 1:39.67 34.22	500m: 5:43.13	35.14 850m: 9:51.50	35.87	1200m: 14:03.23	36.54
	200m: 2:14.05 34.38	550m: 6:17.96	34.83 900m: 10:27.41	35.91	1250m: 14:39.36	36.13
	250m: 2:48.31 34.26	600m: 6:53.29	35.33 950m: 11:02.98	35.57	1300m: 15:15.84	36.48
	300m: 3:23.03 34.72	650m: 7:28.58	35.29 1000m: 11:38.88	35.90	1400m: 16:29.64	1:13.80
	350m: 3:57.63 34.60	700m: 8:04.40	35.82 1050m: 12:14.65	35.77	1500m: 17:41.77	1:12.13
25.	Tomas Veiga PEREIRA	06	Nautico Academico	<b>17:43.91</b>	<b>+0,84</b>	<b>548</b>
	50m: 31.83 31.83	450m: 5:13.92	35.77 850m: 9:58.86	35.81	1250m: 14:45.69	35.96
	100m: 1:06.37 34.54	500m: 5:49.28	35.36 900m: 10:34.71	35.85	1300m: 15:21.49	35.80
	150m: 1:41.20 34.83	550m: 6:24.66	35.38 950m: 11:10.39	35.68	1350m: 15:57.36	35.87
	200m: 2:16.57 35.37	600m: 7:00.09	35.43 1000m: 11:46.07	35.68	1400m: 16:33.11	35.75
	250m: 2:51.74 35.17	650m: 7:35.93	35.84 1050m: 12:22.19	36.12	1500m: 17:43.91	1:10.80
	300m: 3:27.17 35.43	700m: 8:11.52	35.59 1100m: 12:58.01	35.82		
	350m: 4:02.60 35.43	750m: 8:47.20	35.68 1150m: 13:33.90	35.89		
	400m: 4:38.15 35.55	800m: 9:23.05	35.85 1200m: 14:09.73	35.83		

Prova 2, Masc., 1500m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA		
26.	Alexandre Ramos GONCALVES	05	Sao Joao Ver	<b>17:45.21</b>	<b>+0,70</b>	<b>546</b>		
	50m: 30.07	30.07	450m: 5:05.10	34.95	850m: 9:51.24	35.50	1250m: 14:44.90	37.34
	100m: 1:03.09	33.02	500m: 5:40.72	35.62	900m: 10:27.90	36.66	1300m: 15:21.10	36.20
	150m: 1:36.73	33.64	550m: 6:16.23	35.51	950m: 11:04.29	36.39	1350m: 15:57.50	36.40
	200m: 2:10.97	34.24	600m: 6:52.12	35.89	1000m: 11:40.93	36.64	1400m: 16:33.80	36.30
	250m: 2:45.78	34.81	650m: 7:27.43	35.31	1050m: 12:17.75	36.82	1450m: 17:10.18	36.38
	300m: 3:20.15	34.37	700m: 8:03.13	35.70	1100m: 12:54.49	36.74	1500m: 17:45.21	35.03
	350m: 3:55.35	35.20	750m: 8:39.39	36.26	1150m: 13:30.75	36.26		
	400m: 4:30.15	34.80	800m: 9:15.74	36.35	1200m: 14:07.56	36.81		
27.	Joao Carlos BARROS	06	Fluvial Portuense	<b>17:52.33</b>	<b>+0,74</b>	<b>535</b>		
	50m: 30.17	30.17	450m: 5:09.05	35.83	850m: 9:58.27	36.18	1250m: 14:50.65	36.52
	100m: 1:03.84	33.67	500m: 5:45.17	36.12	900m: 10:34.53	36.26	1300m: 15:27.96	37.31
	150m: 1:38.44	34.60	550m: 6:21.29	36.12	950m: 11:10.67	36.14	1350m: 16:04.48	36.52
	200m: 2:12.92	34.48	600m: 6:57.30	36.01	1000m: 11:47.19	36.52	1400m: 16:41.57	37.09
	250m: 2:47.42	34.50	650m: 7:33.56	36.26	1050m: 12:23.29	36.10	1450m: 17:17.42	35.85
	300m: 3:22.15	34.73	700m: 8:09.75	36.19	1100m: 13:00.32	37.03	1500m: 17:52.33	34.91
	350m: 3:57.63	35.48	750m: 8:45.78	36.03	1150m: 13:36.93	36.61		
	400m: 4:33.22	35.59	800m: 9:22.09	36.31	1200m: 14:14.13	37.20		
28.	Tiago Diniz LIMA	04	Estarreja/PROZINCO	<b>17:52.88</b>	<b>+0,69</b>	<b>535</b>		
	50m: 30.41	30.41	450m: 5:11.06	35.76	850m: 9:59.52	36.38	1250m: 14:51.80	36.71
	100m: 1:04.28	33.87	500m: 5:46.87	35.81	900m: 10:35.55	36.03	1300m: 15:28.14	36.34
	150m: 1:38.10	33.82	550m: 6:22.88	36.01	950m: 11:12.17	36.62	1350m: 16:04.85	36.71
	200m: 2:13.02	34.92	600m: 6:58.65	35.77	1000m: 11:48.50	36.33	1400m: 16:41.35	36.50
	250m: 2:48.73	35.71	650m: 7:34.86	36.21	1050m: 12:25.23	36.73	1450m: 17:17.61	36.26
	300m: 3:24.13	35.40	700m: 8:10.89	36.03	1100m: 13:01.56	36.33	1500m: 17:52.88	35.27
	350m: 3:59.70	35.57	750m: 8:46.97	36.08	1150m: 13:38.54	36.98		
	400m: 4:35.30	35.60	800m: 9:23.14	36.17	1200m: 14:15.09	36.55		
29.	Manuel Costa SIMOES	06	Uniao Piedense	<b>18:54.95</b>	<b>+0,71</b>	<b>452</b>		
	50m: 31.80	31.80	400m: 4:46.05	37.76	750m: 9:14.82	38.92	1100m: 13:46.38	38.90
	100m: 1:06.88	35.08	450m: 5:23.90	37.85	800m: 9:53.33	38.51	1150m: 14:25.65	39.27
	150m: 1:42.29	35.41	500m: 6:01.92	38.02	850m: 10:32.09	38.76	1200m: 15:04.70	39.05
	200m: 2:18.20	35.91	550m: 6:40.29	38.37	900m: 11:10.76	38.67	1300m: 16:22.77	1:18.07
	250m: 2:54.51	36.31	600m: 7:18.43	38.14	950m: 11:49.67	38.91	1350m: 17:01.07	38.30
	300m: 3:30.98	36.47	650m: 7:57.36	38.93	1000m: 12:28.48	38.81	1400m: 17:39.39	38.32
	350m: 4:08.29	37.31	700m: 8:35.90	38.54	1050m: 13:07.48	39.00	1500m: 18:54.95	1:15.56

Prova 3  
30/03/2023 - 10:35

Femin., 50m Costas

Open  
Resultados Elimin

Rec Nac Absoluto	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Sen	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Jun17	28.55	Rafaela Gomes AZEVEDO	POR	Kazan (RUS)	05/07/2019
Rec Nac Jun17	28.55	Rafaela Gomes AZEVEDO	POR	Budapest (HUN)	23/08/2019
Rec Nac Jun16	29.33	Rafaela Gomes AZEVEDO	SAD	Oeiras	26/07/2018

CMPL 19 +: 28.22 / CESub23 19 - 23: 28.62 / TAC Sen 50m: 32.52 - 25m: 31.21; Jun 50m: 33.33 - 25m: 31.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Rafaela Gomes AZEVEDO	02	Alges	<b>29.04</b>	+0,58	801	A
2.	Catarina Martins MESTRE	00	Natacao de Lisboa	<b>30.28</b>	+0,61	707	A
3.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>30.41</b>	+0,52	698	A
4.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>30.82</b>	+0,63	670	A
5.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>30.87</b>	+0,76	667	A
6.	Mafalda Martins MESQUITA	07	Famalicao	<b>31.47</b>	+0,59	630	A
7.	Joana Nunes CARDEAL	02	Academico Viseu	<b>31.49</b>	+0,75	628	A
8.	Maria Carolina EIRA	05	Ginasio de Vila Real	<b>31.51</b>	+0,69	627	A
9.	Ana Teresa ROMAO	06	Naval de Faro	<b>31.57</b>	+0,59	624	A
10.	Catarina Castro CASALINHO	07	Estarreja/PROZINCO	<b>31.69</b>	+0,66	617	A
11.	Maria Leonor RODRIGUES	07	Salesianos	<b>31.72</b>	+0,59	615	B
12.	Mariana Nunes MARQUES	03	Estarreja/PROZINCO	<b>31.76</b>	+0,50	613	B
13.	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>31.80</b>	+0,70	610	B
14.	Leonor Correia PAIVA	04	Louzan Natacao/EFAPEL	<b>31.88</b>	+0,59	606	B
15.	Erica Cristina REIS	05	Sporting	<b>31.91</b>	+0,56	604	B
16.	Soraia Maria SALGADO	05	Fisica Torres Vedras	<b>31.99</b>	+0,71	599	B
17.	Luana Correia RODRIGUES	01	Belenenses	<b>32.04</b>	+0,55	597	B
18.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>32.05</b>	+0,74	596	B
19.	Yasmin Reis ABRAO	06	Uniao Piedense	<b>32.11</b>	+0,63	593	B
20.	Sofia Alexandra NUNES	00	Laranjeiro	<b>32.23</b>	+0,68	586	B
21.	Luana Cardoso MAGALHAES	06	Alges	<b>32.24</b>	+0,58	586	R
22.	Rita Abibe GONCALVES	05	Geslours	<b>32.26</b>	+0,64	584	R
23.	Angelina Bermejo JONES	04	Portinado	<b>32.45</b>	+0,52	574	
24.	Teresa Joao PIRES	07	Alges	<b>32.46</b>	+0,67	574	
25.	Maria Joao FERREIRA	06	Foca Quinta da Lixa CNF	<b>32.47</b>	+0,61	573	
26.	Ana Beatriz SOARES	03	Feirense	<b>32.50</b>	+0,64	572	
27.	Maria Ines SILVA	05	Porto	<b>32.58</b>	+0,63	567	
	Carolina Martins CAMACHO	06	Uniao Piedense	<b>32.58</b>	+0,69	567	
29.	Beatriz Machado SILVA	06	Braga	<b>32.64</b>	+0,60	564	
30.	Rafaela Mariano ANTONIO	07	Portinado	<b>32.66</b>	+0,69	563	
31.	Lara Pinho SILVA	07	Feirense	<b>32.68</b>	+0,56	562	
32.	Leonor Rodrigues NETO	07	Naval do Funchal	<b>32.70</b>	+0,59	561	
33.	Maria Lopes AMADO	04	Sporting	<b>32.73</b>	+0,63	560	
34.	Miriam Mortagua SOARES	06	Galitos / Bresimar	<b>32.76</b>	+0,62	558	
35.	Sara Sofia ALVES	07	Naval Setubalense	<b>32.79</b>	+0,60	557	
36.	Maria Manuel NEVES	05	Braga	<b>32.87</b>	+0,60	553	
37.	Nuria Resende SILVA	07	UD Oliveirense	<b>32.93</b>	+0,62	549	
38.	Ines Correia TEIXEIRA	06	Amadora	<b>33.03</b>	+0,73	545	

Prova 3, Femin., 50m Costas, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
39.	Lara Filipa JARDIM	06	Naval do Funchal	<b>33.11</b>	+0,60	541
40.	Barbara Sofia GOMES	07	Leixoes	<b>33.19</b>	+0,57	537
41.	Daniela Alexandra COSTA	06	Leixoes	<b>33.36</b>	+0,65	528
42.	Maria Carlotta FERRARI	07	Benfica	<b>33.62</b>	+0,63	516
DSQ	Ana Luisa GOUVEIA	06	Colegio Efanor		+0,83	

6.4 - O(A) nadador(a), após a partida, não rompeu a superfície da água com a cabeça até aos 15 metros - SW 6.3

Prova 3  
30/03/2023 - 10:35

Femin., 50m Costas

Juvenis  
Resultados Elimin

Rec Nac Absoluto	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Juv A	29.42	tempo limite			
Rec Nac Juv B	30.52	tempo limite			

TAC 50m: 34.80 - 25m: 33.39

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Vera Andrade GONCALVES	09	Juventude Atlantico	<b>31.56</b>	+0,56	624	Q
2.	Rafaela Ferreira MENDES	08	Torres Novas	<b>32.14</b>	+0,65	591	Q
3.	Matilde Catroga MARQUES	08	Colegio Monte Maior	<b>32.51</b>	+0,61	571	Q
4.	Beatriz Belo CLARA	09	Nautico de Leiria	<b>32.54</b>	+0,67	569	Q
5.	Matilde Marques MENDES	08	Gafanha da Encarnacao	<b>32.62</b>	+0,66	565	Q
6.	Mariana Silvestre NOVAIS	09	Portinado	<b>32.82</b>	+0,64	555	Q
7.	Margarida Catroga MARQUES	08	Colegio Monte Maior	<b>32.94</b>	+0,69	549	Q
8.	Julia Freitas PEREIRA	08	Naval do Funchal	<b>33.00</b>	+0,62	546	Q
9.	Beatriz Maciel PEREIRA	09	Desportiva de Viana	<b>33.15</b>	+0,64	539	Q
10.	Barbara Maria NEVES	08	Alges	<b>33.18</b>	+0,68	537	Q
11.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>33.20</b>	+0,64	536	R
12.	Maria Joao MARTINS	08	Fafe	<b>33.33</b>	+0,56	530	R
13.	Matilde Pinheiro LAMEIRO	08	Galitos / Bresimar	<b>33.35</b>	+0,64	529	
14.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>33.50</b>	+0,60	522	
15.	Catarina Soares ARAUJO	09	Penafiel	<b>33.52</b>	+0,74	521	
16.	Matilde Lopes FIALHO	09	Palmela Desporto	<b>33.70</b>	+0,69	513	
17.	Francisca Pinto OLIVEIRA	09	Galitos / Bresimar	<b>33.73</b>	+0,62	511	
18.	Carolina Amadeu FERREIRA	08	Leixoes	<b>33.82</b>	+0,68	507	
19.	Beatriz Silva COENTRAO	08	Famalicao	<b>33.90</b>	+0,61	504	
20.	Ines Carvalhinho RIBEIRO	09	Natacao da Maia	<b>34.06</b>	+0,63	497	
21.	Leonor Martins COSTA	09	Natacao de Lagos	<b>34.16</b>	+0,65	492	
22.	Beatriz Alexandra ROLIM	08	Uniao Piedense	<b>34.26</b>	+0,58	488	
23.	Ines Sousa SANTOS	09	Vilacondense	<b>34.66</b>	+0,61	471	
24.	Daniela Leao PICADO	08	Gafanha da Encarnacao	<b>34.70</b>	+0,70	470	
25.	Sofia Vega GOMES	08	Naval do Funchal	<b>34.79</b>	+0,64	466	
26.	Francisca Santos FERNANDES	08	Miranda do Corvo	<b>34.81</b>	+0,63	465	
27.	Catarina Ribeiro COSTA	09	Vitoria Guimaraes	<b>35.16</b>	+0,71	451	

Prova 3, Femin., 50m Costas, Elimin

Prova 3

Femin., 50m Costas

Absolutos

30/03/2023 - 10:35

Resultados Elimin

Rec Nac Absoluto	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Sen	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Jun17	28.55	Rafaela Gomes AZEVEDO	POR	Kazan (RUS)	05/07/2019
Rec Nac Jun17	28.55	Rafaela Gomes AZEVEDO	POR	Budapest (HUN)	23/08/2019
Rec Nac Jun16	29.33	Rafaela Gomes AZEVEDO	SAD	Oeiras	26/07/2018

CMPL 19 +: 28.22 / CESub23 19 - 23: 28.62 / TAC Sen 50m: 32.52 - 25m: 31.21; Jun 50m: 33.33 - 25m: 31.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Rafaela Gomes AZEVEDO	02	Alges	<b>29.04</b>	+0,58	801	A
2.	Catarina Martins MESTRE	00	Natacao de Lisboa	<b>30.28</b>	+0,61	707	A
3.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>30.41</b>	+0,52	698	A
4.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>30.82</b>	+0,63	670	A
5.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>30.87</b>	+0,76	667	A
6.	Mafalda Martins MESQUITA	07	Famalicao	<b>31.47</b>	+0,59	630	A
7.	Joana Nunes CARDEAL	02	Academico Viseu	<b>31.49</b>	+0,75	628	A
8.	Maria Carolina EIRA	05	Ginasio de Vila Real	<b>31.51</b>	+0,69	627	A
9.	Ana Teresa ROMAO	06	Naval de Faro	<b>31.57</b>	+0,59	624	A
10.	Catarina Castro CASALINHO	07	Estarreja/PROZINCO	<b>31.69</b>	+0,66	617	A
11.	Maria Leonor RODRIGUES	07	Salesianos	<b>31.72</b>	+0,59	615	B
12.	Mariana Nunes MARQUES	03	Estarreja/PROZINCO	<b>31.76</b>	+0,50	613	B
13.	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>31.80</b>	+0,70	610	B
14.	Leonor Correia PAIVA	04	Louzan Natacao/EFAPEL	<b>31.88</b>	+0,59	606	B
15.	Erica Cristina REIS	05	Sporting	<b>31.91</b>	+0,56	604	B
16.	Soraia Maria SALGADO	05	Fisica Torres Vedras	<b>31.99</b>	+0,71	599	B
17.	Luana Correia RODRIGUES	01	Belenenses	<b>32.04</b>	+0,55	597	B
18.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>32.05</b>	+0,74	596	B
19.	Yasmin Reis ABRAO	06	Uniao Piedense	<b>32.11</b>	+0,63	593	B
20.	Sofia Alexandra NUNES	00	Laranjeiro	<b>32.23</b>	+0,68	586	B
21.	Luana Cardoso MAGALHAES	06	Alges	<b>32.24</b>	+0,58	586	R
22.	Rita Abibe GONCALVES	05	Gesloures	<b>32.26</b>	+0,64	584	R
23.	Angelina Bermejo JONES	04	Portinado	<b>32.45</b>	+0,52	574	
24.	Teresa Joao PIRES	07	Alges	<b>32.46</b>	+0,67	574	
25.	Maria Joao FERREIRA	06	Foca Quinta da Lixa CNF	<b>32.47</b>	+0,61	573	
26.	Ana Beatriz SOARES	03	Feirense	<b>32.50</b>	+0,64	572	
27.	Maria Ines SILVA	05	Porto	<b>32.58</b>	+0,63	567	
	Carolina Martins CAMACHO	06	Uniao Piedense	<b>32.58</b>	+0,69	567	
29.	Beatriz Machado SILVA	06	Braga	<b>32.64</b>	+0,60	564	
30.	Rafaela Mariano ANTONIO	07	Portinado	<b>32.66</b>	+0,69	563	
31.	Lara Pinho SILVA	07	Feirense	<b>32.68</b>	+0,56	562	
32.	Leonor Rodrigues NETO	07	Naval do Funchal	<b>32.70</b>	+0,59	561	
33.	Maria Lopes AMADO	04	Sporting	<b>32.73</b>	+0,63	560	
34.	Miriam Mortagua SOARES	06	Galitos / Bresimar	<b>32.76</b>	+0,62	558	
35.	Sara Sofia ALVES	07	Naval Setubalense	<b>32.79</b>	+0,60	557	
36.	Maria Manuel NEVES	05	Braga	<b>32.87</b>	+0,60	553	
37.	Nuria Resende SILVA	07	UD Oliveirense	<b>32.93</b>	+0,62	549	

## Prova 3, Femin., 50m Costas, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
38.	Ines Correia TEIXEIRA	06	Amadora	<b>33.03</b>	+0,73	545
39.	Lara Filipa JARDIM	06	Naval do Funchal	<b>33.11</b>	+0,60	541
40.	Barbara Sofia GOMES	07	Leixoes	<b>33.19</b>	+0,57	537
41.	Daniela Alexandra COSTA	06	Leixoes	<b>33.36</b>	+0,65	528
42.	Maria Carlotta FERRARI	07	Benfica	<b>33.62</b>	+0,63	516
DSQ	Ana Luisa GOUVEIA	06	Colegio Efanor		+0,83	

6.4 - O(A) nadador(a), após a partida, não rompeu a superfície da água com a cabeça até aos 15 metros - SW 6.3

## Prova 4 30/03/2023 - 10:50

## Masc., 50m Costas

## Open Resultados Elimin

Rec Nac Absoluto	25.28	Alexis Manacas SANTOS	POR	Budapest (HUN)	17/05/2021
Rec Nac Sen	25.28	Alexis Manacas SANTOS	POR	Budapest (HUN)	17/05/2021
Rec Nac Jun18	26.22	Joao Nogueira COSTA	POR	Budapest (HUN)	22/08/2019
Rec Nac Jun17	26.67	Diogo Santos COSTA	ADRCIMM	Oeiras	14/04/2019
RN S10	32.03	Tomas Coelho CORDEIRO	POR	Lignano Sabbiadoro (ITA)	11/03/2023

CMPL Sen: 25.16 / CESub23 19 - 23: 25.39 / TAC Sen 50m: 28.55 - 25m: 27.17; Jun 50m: 29.41 - 25m: 27.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>25.83</b>	+0,65	773	A
	Joao Nogueira COSTA	01	Vitoria Guimaraes	<b>25.83</b>	+0,57	773	A
3.	Diogo Santos COSTA	02	Benfica	<b>26.55</b>	+0,54	712	A
4.	Ricardo Filipe ROCHA	02	Aquatico Pacense	<b>26.93</b>	+0,53	682	A
5.	Gustavo Carvalho SILVA	04	Naval Praia da Vitoria	<b>27.06</b>	+0,66	672	A
6.	Francisco Rogerio SANTOS	98	Sporting	<b>27.08</b>	+0,62	671	A
7.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>27.21</b>	+0,66	661	A
8.	Tomas Coelho PEREIRA	05	Penafiel	<b>27.48</b>	+0,65	642	A
9.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>27.53</b>	+0,56	638	A
10.	Francisco Araujo SILVA	06	Famalicao	<b>27.59</b>	+0,68	634	A
11.	Andre Henriques MARQUES	05	Benfica	<b>27.67</b>	+0,55	629	B
12.	Rodrigo Vieira RODRIGUES	06	Sporting de Espinho	<b>27.74</b>	+0,55	624	B
13.	Federico MESTRONI	99	Benfica	<b>27.85</b>	+0,62	617	B
14.	Ricardo Matias SANTOS	05	CPFZ - Natacao	<b>27.95</b>	+0,63	610	B
15.	Ricardo Saraiva PIRES	98	Laranjeiro	<b>27.98</b>	+0,61	608	B
16.	Miguel Cordeiro ALMEIDA	05	Alges	<b>28.03</b>	+0,58	605	B
17.	Tomas Maia JANUARIO	06	Benfica	<b>28.12</b>	+0,68	599	B
18.	Miguel Ribeiro BATE	99	Sporting	<b>28.21</b>	+0,64	593	B
19.	Marin CEPELEAGA	05	Portinado	<b>28.22</b>	+0,55	593	B
20.	Joao Anibal REMELHE	05	Braga	<b>28.26</b>	+0,57	590	B
21.	Pedro Miguel PITA	06	Naval do Funchal	<b>28.29</b>	+0,50	588	?
	Joao Diogo FERNANDES	98	Belenenses	<b>28.29</b>	+0,60	588	?
23.	Simao Valadas BILRO	05	Aminata	<b>28.41</b>	+0,57	581	
	Luiz Henrique MENDONCA	06	Belenenses	<b>28.41</b>	+0,64	581	
25.	Antonio Coelho VIEIRA	06	Sporting	<b>28.44</b>	+0,53	579	



## Prova 4, Masc., 50m Costas, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
26.	Manuel Alves GONCALVES	06	Celorico Basto	<b>28.50</b>	+0,70	575
	Tiago Campos LOURENCO	02	Natacao de Valongo	<b>28.50</b>	+0,63	575
28.	Gaspar Pinheiro LIMA	04	Leixoes	<b>28.52</b>	+0,64	574
29.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>28.69</b>	+0,56	564
30.	Artur Guterres CARVALHO	06	Vilacondense	<b>28.82</b>	+0,63	556
31.	Filipe Silva RIBEIRO	05	Leixoes	<b>28.86</b>	+0,56	554
32.	Tomas Ferreira OLIVEIRA	06	Natacao da Maia	<b>28.95</b>	+0,58	549
33.	Matheus Costa FAUSTINO	98	Braga	<b>29.09</b>	+0,52	541
34.	Rodrigo Castro ALVES	06	Desportiva de Viana	<b>29.17</b>	+0,80	537
35.	Martim Ribeiro MENESES	06	O Crasto	<b>29.30</b>	+0,61	529
36.	Artur Osorio BONANCA	05	Naval de Faro	<b>29.37</b>	+0,68	526
37.	Tomas Almeida CORDEIRO	05	Alges	<b>29.44</b>	+0,63	522
38.	Jean Louis ROJAS	05	Desportivo Nacional	<b>29.59</b>	+0,63	514
39.	Miguel Costa DURAO	06	Braga	<b>30.02</b>	+0,54	492
DNS	Andre Azevedo BARAONA	04	Natacao do Montijo			

## Prova 4 30/03/2023 - 10:50

## Masc., 50m Costas

## Juvenis Resultados Elimin

Rec Nac Absoluto	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Juv A	27.60	Rodrigo Vieira RODRIGUES	SCE	Coimbra	10/07/2022
Rec Nac Juv B	28.21	tempo limite			
RN S10	32.03	Tomas Coelho CORDEIRO	POR	Lignano Sabbiadoro (ITA)	11/03/2023

TAC 50m: 30.83 - 25m: 29.34

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Goncalo Carlos AZEVEDO <i>Recorde Nacional</i>	07	Natacao da Maia	<b>27.58</b>	+0,54	635	Q
2.	Afonso Bjork FREITAS	07	Nacional de Natacao	<b>28.67</b>	+0,63	565	Q
3.	Tiago Mendes COSTA	07	Famalicao	<b>28.89</b>	+0,68	552	Q
4.	Rodrigo Filipe CORREIA	07	Porto	<b>29.02</b>	+0,57	545	Q
5.	Tiago Brazao NEVES	07	Naval do Funchal	<b>29.14</b>	+0,60	538	Q
6.	Afonso Rodrigues CALHELHA	07	Colegio Monte Maior	<b>29.41</b>	+0,62	523	Q
7.	Alexandre DZYAKANAU	07	Louzan Natacao/EFAPEL	<b>29.67</b>	+0,68	510	Q
8.	Francisco Miguel PEREIRA	08	Fluvial Portuense	<b>29.71</b>	+0,65	508	Q
9.	Lourenco Lopes SILVA	07	Uniao Piedense	<b>29.72</b>	+0,62	507	Q
10.	Mikhael ONUTSKYY	08	Pimpoes/Cimai	<b>29.73</b>	+0,64	507	Q
11.	Pedro Saad OLIVEIRA	08	Sporting	<b>29.80</b>	+0,68	503	R
12.	Tiago Delfim PEREIRA	07	Aminata	<b>29.85</b>	+0,63	501	R
13.	Daniel KUCHERYAVENKO	07	Galitos / Bresimar	<b>30.06</b>	+0,62	490	
14.	Dario Rafael OLIVEIRA	07	Portinado	<b>30.10</b>	+0,61	488	
15.	Leonardo Conceicao REIS	07	Sporting	<b>30.25</b>	+0,57	481	
16.	Pedro Miguel PINTO	07	Fafe	<b>30.58</b>	+0,67	466	
17.	Antonio Rego ARSENIO	07	Alges	<b>30.59</b>	+0,66	465	
18.	Afonso Gago GARCIA	08	Benfica	<b>31.29</b>	+0,60	435	

Prova 4, Masc., 50m Costas, Elimin

Prova 4 Masc., 50m Costas Absolutos  
30/03/2023 - 10:50 Resultados Elimin

Rec Nac Absoluto	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Sen	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Jun18	26.22	Joao Nogueira COSTA	POR	Budapest (HUN)	22/08/2019
Rec Nac Jun17	26.67	Diogo Santos COSTA	ADRCIMM	Oeiras	14/04/2019
RN S10	32.03	Tomas Coelho CORDEIRO	POR	Lignano Sabbiadoro (ITA)	11/03/2023

CMPL Sen: 25.16 / Cesub23 19 - 23: 25.39 / TAC Sen 50m: 28.55 - 25m: 27.17; Jun 50m: 29.41 - 25m: 27.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>25.83</b>	+0,65	773	A
	Joao Nogueira COSTA	01	Vitoria Guimaraes	<b>25.83</b>	+0,57	773	A
3.	Diogo Santos COSTA	02	Benfica	<b>26.55</b>	+0,54	712	A
4.	Ricardo Filipe ROCHA	02	Aquatico Pacense	<b>26.93</b>	+0,53	682	A
5.	Gustavo Carvalho SILVA	04	Naval Praia da Vitoria	<b>27.06</b>	+0,66	672	A
6.	Francisco Rogerio SANTOS	98	Sporting	<b>27.08</b>	+0,62	671	A
7.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>27.21</b>	+0,66	661	A
8.	Tomas Coelho PEREIRA	05	Penafiel	<b>27.48</b>	+0,65	642	A
9.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>27.53</b>	+0,56	638	A
10.	Francisco Araujo SILVA	06	Famalicao	<b>27.59</b>	+0,68	634	A
11.	Andre Henriques MARQUES	05	Benfica	<b>27.67</b>	+0,55	629	B
12.	Rodrigo Vieira RODRIGUES	06	Sporting de Espinho	<b>27.74</b>	+0,55	624	B
13.	Ricardo Matias SANTOS	05	CPFZ - Natacao	<b>27.95</b>	+0,63	610	B
14.	Ricardo Saraiva PIRES	98	Laranjeiro	<b>27.98</b>	+0,61	608	B
15.	Miguel Cordeiro ALMEIDA	05	Alges	<b>28.03</b>	+0,58	605	B
16.	Tomas Maia JANUARIO	06	Benfica	<b>28.12</b>	+0,68	599	B
17.	Miguel Ribeiro BATE	99	Sporting	<b>28.21</b>	+0,64	593	B
18.	Marin CEPELEAGA	05	Portinado	<b>28.22</b>	+0,55	593	B
19.	Joao Anibal REMELHE	05	Braga	<b>28.26</b>	+0,57	590	B
20.	Pedro Miguel PITA	06	Naval do Funchal	<b>28.29</b>	+0,50	588	?
	Joao Diogo FERNANDES	98	Belenenses	<b>28.29</b>	+0,60	588	?
22.	Simao Valadas BILRO	05	Aminata	<b>28.41</b>	+0,57	581	
	Luiz Henrique MENDONCA	06	Belenenses	<b>28.41</b>	+0,64	581	
24.	Antonio Coelho VIEIRA	06	Sporting	<b>28.44</b>	+0,53	579	
25.	Manuel Alves GONCALVES	06	Celorico Basto	<b>28.50</b>	+0,70	575	
	Tiago Campos LOURENCO	02	Natacao de Valongo	<b>28.50</b>	+0,63	575	
27.	Gaspar Pinheiro LIMA	04	Leixoes	<b>28.52</b>	+0,64	574	
28.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>28.69</b>	+0,56	564	
29.	Artur Guterres CARVALHO	06	Vilacondense	<b>28.82</b>	+0,63	556	
30.	Filipe Silva RIBEIRO	05	Leixoes	<b>28.86</b>	+0,56	554	
31.	Tomas Ferreira OLIVEIRA	06	Natacao da Maia	<b>28.95</b>	+0,58	549	
32.	Rodrigo Castro ALVES	06	Desportiva de Viana	<b>29.17</b>	+0,80	537	
33.	Martim Ribeiro MENESES	06	O Crasto	<b>29.30</b>	+0,61	529	
34.	Artur Osorio BONANCA	05	Naval de Faro	<b>29.37</b>	+0,68	526	
35.	Tomas Almeida CORDEIRO	05	Alges	<b>29.44</b>	+0,63	522	
36.	Jean Louis ROJAS	05	Desportivo Nacional	<b>29.59</b>	+0,63	514	
37.	Miguel Costa DURAO	06	Braga	<b>30.02</b>	+0,54	492	
DNS	Andre Azevedo BARAONA	04	Natacao do Montijo				

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

**Prova 4, Masc., 50m Costas, Elimín**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
EXH	Caio Salgado MEDEIROS	07	Alges	<b>29.68</b>	+0,76	509
EXH	Tomas Coelho CORDEIRO	04 S10	3,5,12-Colegio Efanor	<b>31.05</b>	+0,67	445

*Recorde Nacional S10*

**Prova 5**
**Femin., 200m Mariposa**
**Open**

30/03/2023 - 11:05

**Resultados Elimin**

Rec Nac Absoluto	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Sen	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Jun17	2:12.56	Sara Freitas OLIVEIRA	POR	Berlim (GER)	04/08/2002
Rec Nac Jun16	2:17.09	Mariana Fernandes BARBOSA	FCP	Oeiras	29/07/2018

JO Absoluto: 2:08.43 / CMPL 19 +: 2:09.21 / CESub23 19 - 23: 2:12.93 / CEJun\_Fem 14 - 17: 2:17.07 / TAC Sen 50m: 2:32.03 - 25m: 2:25.96; Jun 50m: 2:35.83 - 25m: 2:29.61

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Catarina MONTEIRO	93	Vilacondense	<b>2:11.59</b>	+0,68	793	A
	50m: 29.44 29.44	100m: 1:02.30 32.86	150m: 1:36.62 34.32	200m: 2:11.59 34.97			
2.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	<b>2:12.76</b>	+0,70	772	A
	<i>Minimos CE Sub23</i>						
	50m: 29.23 29.23	100m: 1:02.38 33.15	150m: 1:36.88 34.50	200m: 2:12.76 35.88			
3.	Maria Luiza PESSANHA	00	Naval do Funchal	<b>2:15.56</b>	+0,72	725	A
	50m: 30.48 30.48	100m: 1:04.54 34.06	150m: 1:39.78 35.24	200m: 2:15.56 35.78			
4.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>2:16.33</b>	+0,66	713	A
	50m: 30.55 30.55	100m: 1:05.33 34.78	150m: 1:41.58 36.25	200m: 2:16.33 34.75			
5.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>2:19.85</b>	+0,64	660	A
	50m: 30.74 30.74	100m: 1:05.90 35.16	150m: 1:42.17 36.27	200m: 2:19.85 37.68			
6.	Francisca Salvador MESQUITA	02	Sporting	<b>2:20.83</b>	+0,72	647	A
	50m: 30.61 30.61	100m: 1:06.12 35.51	150m: 1:42.89 36.77	200m: 2:20.83 37.94			
7.	Angelica Maria ANDRE	94	Porto	<b>2:21.44</b>	+0,70	638	A
	50m: 31.60 31.60	100m: 1:06.87 35.27	150m: 1:43.45 36.58	200m: 2:21.44 37.99			
8.	Giovanna Vaz VARGAS	00	Nautico Marinha Grande	<b>2:22.31</b>	+0,77	627	A
	50m: 31.51 31.51	100m: 1:07.95 36.44	150m: 1:45.41 37.46	200m: 2:22.31 36.90			
9.	Daniela Silva LIGEIRO	04	Viana Natacao	<b>2:23.66</b>	+0,72	609	A
	50m: 32.19 32.19	100m: 1:08.42 36.23	150m: 1:45.42 37.00	200m: 2:23.66 38.24			
10.	Mariana Amaral MENDES	02	Sporting	<b>2:24.27</b>	+0,78	601	A
	50m: 32.26 32.26	100m: 1:08.81 36.55	150m: 1:46.37 37.56	200m: 2:24.27 37.90			
11.	Matilde Nunes LOPES	06	Benfica	<b>2:25.37</b>	+0,72	588	B
	50m: 32.04 32.04	100m: 1:08.38 36.34	150m: 1:45.33 36.95	200m: 2:25.37 40.04			
12.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>2:25.60</b>	+0,67	585	B
	50m: 31.05 31.05	100m: 1:08.05 37.00	150m: 1:46.48 38.43	200m: 2:25.60 39.12			
13.	Mariana Goncalves BROCHADO	06	Viana Natacao	<b>2:26.18</b>	+0,98	578	B
	50m: 32.19 32.19	100m: 1:08.63 36.44	150m: 1:47.07 38.44	200m: 2:26.18 39.11			

Prova 5, Femin., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
14.	Maria Emilia ALMEIDA	07		Colegio Efanor	<b>2:26.47</b>	+0,81	575	B
	50m: 31.96 31.96	100m: 1:08.32		36.36 150m: 1:46.36	38.04	200m: 2:26.47	40.11	
15.	Francisca Santos FERREIRA	06		Alges	<b>2:26.64</b>	+0,69	573	B
	50m: 32.88 32.88	100m: 1:09.74		36.86 150m: 1:47.96	38.22	200m: 2:26.64	38.68	
16.	Ana Carolina MONTEIRO	04		Uniao Coimbra	<b>2:27.06</b>	+0,73	568	B
	50m: 31.83 31.83	100m: 1:08.31		36.48 150m: 1:46.78	38.47	200m: 2:27.06	40.28	
17.	Maria Neto FERREIRA	06		Nautico Academico	<b>2:27.69</b>	+0,80	561	B
	50m: 33.41 33.41	100m: 1:10.51		37.10 150m: 1:48.28	37.77	200m: 2:27.69	39.41	
18.	Lia Ana LIMA	01		Benfica	<b>2:28.06</b>	+0,76	556	B
	50m: 31.67 31.67	100m: 1:08.18		36.51 150m: 1:47.30	39.12	200m: 2:28.06	40.76	
19.	Gabriela Ferreira NEVES	06		Foca Quinta da Lixa CNF	<b>2:29.33</b>	+0,73	542	B
	50m: 33.18 33.18	100m: 1:10.23		37.05 150m: 1:48.23	38.00	200m: 2:29.33	41.10	
20.	Ines Cruz CAMARA	07		Desportivo Nacional	<b>2:29.56</b>	+0,75	540	B
	50m: 32.00 32.00	100m: 1:09.28		37.28 150m: 1:49.58	40.30	200m: 2:29.56	39.98	
21.	Ana Rita MATOS	02		Belenenses	<b>2:29.69</b>	+0,72	538	R
	50m: 32.64 32.64	100m: 1:09.97		37.33 150m: 1:48.66	38.69	200m: 2:29.69	41.03	
22.	Ana Claudia FERREIRA	90		Alcobaca	<b>2:29.76</b>	+0,73	538	R
	50m: 32.56 32.56	100m: 1:09.82		37.26 150m: 1:49.01	39.19	200m: 2:29.76	40.75	
23.	Sara Calisto PIMENTEL	05		Gafanha da Encarnacao	<b>2:30.36</b>	+0,74	531	
	50m: 33.83 33.83	100m: 1:11.98		38.15 150m: 1:50.70	38.72	200m: 2:30.36	39.66	
24.	Maria Jardim FIDALGO	04		Belenenses	<b>2:30.53</b>	+0,74	529	
	50m: 32.17 32.17	100m: 1:09.29		37.12 150m: 1:48.33	39.04	200m: 2:30.53	42.20	
25.	Filipa Viamonte FERNANDES	02		Vitoria Guimaraes	<b>2:32.17</b>	+0,79	512	
	50m: 33.94 33.94	100m: 1:11.58		37.64 150m: 1:51.29	39.71	200m: 2:32.17	40.88	
26.	Alice Jesus MORGADO	04		Sporting	<b>2:32.73</b>	+0,77	507	
	50m: 32.96 32.96	100m: 1:10.30		37.34 150m: 1:49.64	39.34	200m: 2:32.73	43.09	
27.	Marta Filipa BUCHA	06		Viver Santarem	<b>2:33.18</b>	+0,81	502	
	50m: 32.91 32.91	100m: 1:11.00		38.09 150m: 1:51.56	40.56	200m: 2:33.18	41.62	
28.	Maria Madalena BENTO	05		BUZIOS-Coruche	<b>2:33.54</b>	+0,83	499	
	50m: 32.44 32.44	100m: 1:10.48		38.04 150m: 1:51.09	40.61	200m: 2:33.54	42.45	
29.	Eduarda Reis SILVA	03		Famalicao	<b>2:34.00</b>	+0,76	494	
	50m: 32.79 32.79	100m: 1:10.88		38.09 150m: 1:50.63	39.75	200m: 2:34.00	43.37	
30.	Joana Ferreira SILVA	05		Colegio Efanor	<b>2:34.35</b>	+0,68	491	
	50m: 32.55 32.55	100m: 1:10.27		37.72 150m: 1:51.07	40.80	200m: 2:34.35	43.28	
31.	Margarida Santos BOTELHO	07		Naval Setubalense	<b>2:34.44</b>	+0,72	490	
	50m: 33.67 33.67	100m: 1:12.62		38.95 150m: 1:53.13	40.51	200m: 2:34.44	41.31	
32.	Ana Francisca SILVA	06		Alcobaca	<b>2:35.57</b>	+0,74	480	
	50m: 33.44 33.44	100m: 1:12.57		39.13 150m: 1:53.73	41.16	200m: 2:35.57	41.84	
33.	Gabriela Silva MARQUES	07		Braga	<b>2:36.29</b>	+0,76	473	
	50m: 32.58 32.58	100m: 1:11.77		39.19 150m: 1:53.15	41.38	200m: 2:36.29	43.14	

## Prova 5, Femin., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
34.	Sofia Alexandra CARVALHO	07	Fluvial Portuense	<b>2:36.68</b>	+0,78	469
	50m: 33.40 33.40	100m: 1:12.30	38.90 150m: 1:53.62	41.32 200m: 2:36.68		43.06

## Prova 5

## Femin., 200m Mariposa

## Juvenis

30/03/2023 - 11:05

Resultados Elimin

Rec Nac Absoluto	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Juv A	2:15.56	Ana Rita FRANCISCO	POR	Genebra (SUI)	20/07/1995
Rec Nac Juv B	2:20.75	Susana Patricia MIGUEL	POR	Génova (ITA)	04/07/2004

JO Absoluto: 2:08.43 / CEJun\_Fem 14 - 17: 2:17.07 / TAC 50m: 2:42.67 - 25m: 2:36.18

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Leonor Carvalho SOARES	08	Porto	<b>2:31.08</b>	+0,73	524	Q
	50m: 32.96 32.96	100m: 1:10.99	38.03 150m: 1:51.25	40.26 200m: 2:31.08		39.83	
2.	Maria Saraiva PAIXAO	08	Galitos / Bresimar	<b>2:33.56</b>	+0,72	499	Q
	50m: 34.08 34.08	100m: 1:13.73	39.65 150m: 1:52.77	39.04 200m: 2:33.56		40.79	
3.	Catarina Maria LOPES	08	BUZIOS-Coruche	<b>2:33.57</b>	+0,82	499	Q
	50m: 33.68 33.68	100m: 1:11.76	38.08 150m: 1:52.79	41.03 200m: 2:33.57		40.78	
4.	Beatriz Costa DIAS	08	Aquatico Pacense	<b>2:34.65</b>	+0,77	488	Q
	50m: 32.89 32.89	100m: 1:12.51	39.62 150m: 1:53.15	40.64 200m: 2:34.65		41.50	
5.	Constanca Baptista TOMAS	09	Alcobaca	<b>2:35.75</b>	+0,79	478	Q
	50m: 34.02 34.02	100m: 1:13.51	39.49 150m: 1:54.31	40.80 200m: 2:35.75		41.44	
6.	Constanca Santos FERREIRA	08	Alges	<b>2:35.80</b>	+0,77	477	Q
	50m: 32.68 32.68	100m: 1:11.54	38.86 150m: 1:52.59	41.05 200m: 2:35.80		43.21	
7.	Eleine Vieira MATEUS	09	Desportivo Nacional	<b>2:38.39</b>	+0,73	454	Q
	50m: 34.35 34.35	100m: 1:14.33	39.98 150m: 1:55.62	41.29 200m: 2:38.39		42.77	
8.	Uxia Romero COSTA	09	Fluvial Portuense	<b>2:40.23</b>	+0,66	439	Q
	50m: 34.51 34.51	100m: 1:15.96	41.45 150m: 1:57.64	41.68 200m: 2:40.23		42.59	
9.	Ines Maria PEREIRA	08	Natacao de Valongo	<b>2:40.81</b>	+0,81	434	Q
	50m: 33.78 33.78	100m: 1:13.38	39.60 150m: 1:55.47	42.09 200m: 2:40.81		45.34	
10.	Maria Joao MARTINS	08	Fafe	<b>2:41.43</b>	+0,71	429	Q
	50m: 34.17 34.17	100m: 1:13.62	39.45 150m: 1:55.90	42.28 200m: 2:41.43		45.53	
11.	Juliana Rodrigues ALVES	08	Desportivo Nacional	<b>2:41.64</b>	+0,70	427	R
	50m: 34.90 34.90	100m: 1:15.29	40.39 150m: 1:57.62	42.33 200m: 2:41.64		44.02	
12.	Margarida Faria MIRANDA	09	Palmela Desporto	<b>2:42.12</b>	+0,70	424	R
	50m: 35.38 35.38	100m: 1:15.80	40.42 150m: 1:59.11	43.31 200m: 2:42.12		43.01	
13.	Joana Sofia FERNANDES	09	Nacional de Natacao	<b>2:42.75</b>	+0,78	419	
	50m: 35.90 35.90	100m: 1:17.43	41.53 150m: 1:59.39	41.96 200m: 2:42.75		43.36	

Prova 5, Femin., 200m Mariposa, Elimin

Prova 5  
30/03/2023 - 11:05  
Femin., 200m Mariposa  
Absolutos  
Resultados Elimin

Rec Nac Absoluto	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Sen	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Jun17	2:12.56	Sara Freitas OLIVEIRA	POR	Berlim (GER)	04/08/2002
Rec Nac Jun16	2:17.09	Mariana Fernandes BARBOSA	FCP	Oeiras	29/07/2018

JO Absoluto: 2:08.43 / CMPL 19 +: 2:09.21 / CESub23 19 - 23: 2:12.93 / CEJun\_Fem 14 - 17: 2:17.07 / TAC Sen 50m: 2:32.03 - 25m: 2:25.96; Jun 50m: 2:35.83 - 25m: 2:29.61

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Catarina MONTEIRO	93		Vilacondense	<b>2:11.59</b>	+0,68	793	A
	50m: 29.44 29.44	100m: 1:02.30	32.86	150m: 1:36.62	34.32	200m: 2:11.59	34.97	
2.	Ines Jacinto HENRIQUES	00		Louzan Natacao/EFAPEL	<b>2:12.76</b>	+0,70	772	A
	<i>Minimos CE Sub23</i>	50m: 29.23 29.23	100m: 1:02.38	33.15	150m: 1:36.88	34.50	200m: 2:12.76	35.88
3.	Mariana Pacheco CUNHA	04		Colegio Efanor	<b>2:16.33</b>	+0,66	713	A
	50m: 30.55 30.55	100m: 1:05.33	34.78	150m: 1:41.58	36.25	200m: 2:16.33	34.75	
4.	Beatriz Nunes CARDEAL	04		Academico Viseu	<b>2:19.85</b>	+0,64	660	A
	50m: 30.74 30.74	100m: 1:05.90	35.16	150m: 1:42.17	36.27	200m: 2:19.85	37.68	
5.	Francisca Salvador MESQUITA	02		Sporting	<b>2:20.83</b>	+0,72	647	A
	50m: 30.61 30.61	100m: 1:06.12	35.51	150m: 1:42.89	36.77	200m: 2:20.83	37.94	
6.	Angelica Maria ANDRE	94		Porto	<b>2:21.44</b>	+0,70	638	A
	50m: 31.60 31.60	100m: 1:06.87	35.27	150m: 1:43.45	36.58	200m: 2:21.44	37.99	
7.	Giovanna Vaz VARGAS	00		Nautico Marinha Grande	<b>2:22.31</b>	+0,77	627	A
	50m: 31.51 31.51	100m: 1:07.95	36.44	150m: 1:45.41	37.46	200m: 2:22.31	36.90	
8.	Daniela Silva LIGEIRO	04		Viana Natacao	<b>2:23.66</b>	+0,72	609	A
	50m: 32.19 32.19	100m: 1:08.42	36.23	150m: 1:45.42	37.00	200m: 2:23.66	38.24	
9.	Mariana Amaral MENDES	02		Sporting	<b>2:24.27</b>	+0,78	601	A
	50m: 32.26 32.26	100m: 1:08.81	36.55	150m: 1:46.37	37.56	200m: 2:24.27	37.90	
10.	Matilde Nunes LOPES	06		Benfica	<b>2:25.37</b>	+0,72	588	B
	50m: 32.04 32.04	100m: 1:08.38	36.34	150m: 1:45.33	36.95	200m: 2:25.37	40.04	
11.	Beatriz Costa TEJO	02		Academica de Coimbra	<b>2:25.60</b>	+0,67	585	B
	50m: 31.05 31.05	100m: 1:08.05	37.00	150m: 1:46.48	38.43	200m: 2:25.60	39.12	
12.	Mariana Goncalves BROCHADO	06		Viana Natacao	<b>2:26.18</b>	+0,98	578	B
	50m: 32.19 32.19	100m: 1:08.63	36.44	150m: 1:47.07	38.44	200m: 2:26.18	39.11	
13.	Maria Emilia ALMEIDA	07		Colegio Efanor	<b>2:26.47</b>	+0,81	575	B
	50m: 31.96 31.96	100m: 1:08.32	36.36	150m: 1:46.36	38.04	200m: 2:26.47	40.11	
14.	Francisca Santos FERREIRA	06		Alges	<b>2:26.64</b>	+0,69	573	B
	50m: 32.88 32.88	100m: 1:09.74	36.86	150m: 1:47.96	38.22	200m: 2:26.64	38.68	
15.	Ana Carolina MONTEIRO	04		Uniao Coimbra	<b>2:27.06</b>	+0,73	568	B
	50m: 31.83 31.83	100m: 1:08.31	36.48	150m: 1:46.78	38.47	200m: 2:27.06	40.28	
16.	Maria Neto FERREIRA	06		Nautico Academico	<b>2:27.69</b>	+0,80	561	B
	50m: 33.41 33.41	100m: 1:10.51	37.10	150m: 1:48.28	37.77	200m: 2:27.69	39.41	

## Prova 5, Femin., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
17.	Lia Ana LIMA	01		Benfica	<b>2:28.06</b>	+0,76	556	B
	50m: 31.67 31.67	100m: 1:08.18	36.51	150m: 1:47.30	39.12	200m: 2:28.06	40.76	
18.	Gabriela Ferreira NEVES	06		Foca Quinta da Lixa CNF	<b>2:29.33</b>	+0,73	542	B
	50m: 33.18 33.18	100m: 1:10.23	37.05	150m: 1:48.23	38.00	200m: 2:29.33	41.10	
19.	Ines Cruz CAMARA	07		Desportivo Nacional	<b>2:29.56</b>	+0,75	540	B
	50m: 32.00 32.00	100m: 1:09.28	37.28	150m: 1:49.58	40.30	200m: 2:29.56	39.98	
20.	Ana Rita MATOS	02		Belenenses	<b>2:29.69</b>	+0,72	538	R
	50m: 32.64 32.64	100m: 1:09.97	37.33	150m: 1:48.66	38.69	200m: 2:29.69	41.03	
21.	Ana Claudia FERREIRA	90		Alcobaca	<b>2:29.76</b>	+0,73	538	R
	50m: 32.56 32.56	100m: 1:09.82	37.26	150m: 1:49.01	39.19	200m: 2:29.76	40.75	
22.	Sara Calisto PIMENTEL	05		Gafanha da Encarnacao	<b>2:30.36</b>	+0,74	531	
	50m: 33.83 33.83	100m: 1:11.98	38.15	150m: 1:50.70	38.72	200m: 2:30.36	39.66	
23.	Maria Jardim FIDALGO	04		Belenenses	<b>2:30.53</b>	+0,74	529	
	50m: 32.17 32.17	100m: 1:09.29	37.12	150m: 1:48.33	39.04	200m: 2:30.53	42.20	
24.	Filipa Viamonte FERNANDES	02		Vitoria Guimaraes	<b>2:32.17</b>	+0,79	512	
	50m: 33.94 33.94	100m: 1:11.58	37.64	150m: 1:51.29	39.71	200m: 2:32.17	40.88	
25.	Alice Jesus MORGADO	04		Sporting	<b>2:32.73</b>	+0,77	507	
	50m: 32.96 32.96	100m: 1:10.30	37.34	150m: 1:49.64	39.34	200m: 2:32.73	43.09	
26.	Marta Filipa BUCHA	06		Viver Santarem	<b>2:33.18</b>	+0,81	502	
	50m: 32.91 32.91	100m: 1:11.00	38.09	150m: 1:51.56	40.56	200m: 2:33.18	41.62	
27.	Maria Madalena BENTO	05		BUZIOS-Coruche	<b>2:33.54</b>	+0,83	499	
	50m: 32.44 32.44	100m: 1:10.48	38.04	150m: 1:51.09	40.61	200m: 2:33.54	42.45	
28.	Eduarda Reis SILVA	03		Famalicao	<b>2:34.00</b>	+0,76	494	
	50m: 32.79 32.79	100m: 1:10.88	38.09	150m: 1:50.63	39.75	200m: 2:34.00	43.37	
29.	Joana Ferreira SILVA	05		Colegio Efanor	<b>2:34.35</b>	+0,68	491	
	50m: 32.55 32.55	100m: 1:10.27	37.72	150m: 1:51.07	40.80	200m: 2:34.35	43.28	
30.	Margarida Santos BOTELHO	07		Naval Setubalense	<b>2:34.44</b>	+0,72	490	
	50m: 33.67 33.67	100m: 1:12.62	38.95	150m: 1:53.13	40.51	200m: 2:34.44	41.31	
31.	Ana Francisca SILVA	06		Alcobaca	<b>2:35.57</b>	+0,74	480	
	50m: 33.44 33.44	100m: 1:12.57	39.13	150m: 1:53.73	41.16	200m: 2:35.57	41.84	
32.	Gabriela Silva MARQUES	07		Braga	<b>2:36.29</b>	+0,76	473	
	50m: 32.58 32.58	100m: 1:11.77	39.19	150m: 1:53.15	41.38	200m: 2:36.29	43.14	
33.	Sofia Alexandra CARVALHO	07		Fluvial Portuense	<b>2:36.68</b>	+0,78	469	
	50m: 33.40 33.40	100m: 1:12.30	38.90	150m: 1:53.62	41.32	200m: 2:36.68	43.06	

Prova 6  
30/03/2023 - 11:25

Masc., 200m Mariposa

Open  
Resultados Elimin

Rec Nac Absoluto	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Jun18	2:01.46	Pedro Diogo OLIVEIRA	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac Jun17	2:02.12	Pedro Diogo OLIVEIRA	POR	Belgrado (HUN)	16/07/2005
RN S15	2:19.31	Tiago Correia NEVES	CFB	Funchal	22/03/2018

CMPL Sen: 1:56.71 / JO Absoluto: 1:55.78 / CESub23 19 - 23: 1:59.83 / CEJun\_Masc 15 - 18: 2:03.83 / TAC Sen 50m: 2:12.71 - 25m: 2:08.72; Jun 50m: 2:16.69 - 25m: 2:12.58

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Henrique Gomes SILVA	02	Benfica	<b>2:02.84</b>	+0,63	724	A
	50m: 27.52 27.52	100m: 59.80	32.28	150m: 1:30.73	30.93	200m: 2:02.84	32.11
2.	Kevins Alexandre APSENIECE	04	Porto	<b>2:03.99</b>	+0,69	704	A
	50m: 27.49 27.49	100m: 59.12	31.63	150m: 1:31.58	32.46	200m: 2:03.99	32.41
3.	Luis Galvao GOUVEIA	05	Desportivo Nacional	<b>2:04.76</b>	+0,64	691	A
	50m: 27.66 27.66	100m: 59.17	31.51	150m: 1:32.01	32.84	200m: 2:04.76	32.75
4.	Porfirio Braga NUNES	00	Porto	<b>2:04.95</b>	+0,70	688	A
	50m: 27.90 27.90	100m: 59.53	31.63	150m: 1:31.63	32.10	200m: 2:04.95	33.32
5.	Salvador Goya PERLOIRO	05	Benfica	<b>2:05.55</b>	+0,72	678	A
	50m: 28.04 28.04	100m: 1:00.45	32.41	150m: 1:32.47	32.02	200m: 2:05.55	33.08
6.	Joao Soares CARNEIRO	03	Benfica	<b>2:06.27</b>	+0,66	667	A
	50m: 27.41 27.41	100m: 59.35	31.94	150m: 1:32.08	32.73	200m: 2:06.27	34.19
7.	Vasco Alves MORGADO	05	Alges	<b>2:06.95</b>	+0,61	656	A
	50m: 27.69 27.69	100m: 59.81	32.12	150m: 1:33.06	33.25	200m: 2:06.95	33.89
8.	Tiago Roberto CORDEIRO	00	Benfica	<b>2:08.04</b>	+0,66	639	A
	50m: 28.06 28.06	100m: 1:00.40	32.34	150m: 1:33.28	32.88	200m: 2:08.04	34.76
9.	Diogo Santos CARDOSO	01	Sporting	<b>2:09.11</b>	+0,72	624	A
	50m: 29.60 29.60	100m: 1:02.72	33.12	150m: 1:35.77	33.05	200m: 2:09.11	33.34
10.	Miguel Freitas OVIEDO	02	Academica de Coimbra	<b>2:09.55</b>	+0,62	617	A
	50m: 28.69 28.69	100m: 1:01.18	32.49	150m: 1:35.10	33.92	200m: 2:09.55	34.45
11.	Bernardo Jorge SIMOES	04	Belenenses	<b>2:10.08</b>	+0,70	610	B
	50m: 28.28 28.28	100m: 1:00.51	32.23	150m: 1:34.27	33.76	200m: 2:10.08	35.81
12.	Rodrigo Reis DIAS	03	Belenenses	<b>2:10.73</b>	+0,65	601	B
	50m: 28.29 28.29	100m: 1:01.65	33.36	150m: 1:35.03	33.38	200m: 2:10.73	35.70
13.	Rodrigo Reis RODRIGUES	04	Sao Roque	<b>2:11.48</b>	+0,62	591	B
	50m: 28.84 28.84	100m: 1:01.69	32.85	150m: 1:36.15	34.46	200m: 2:11.48	35.33
14.	Kaio Araujo FAFTINE	06	Sporting	<b>2:11.68</b>	+0,60	588	B
	50m: 29.30 29.30	100m: 1:02.97	33.67	150m: 1:37.14	34.17	200m: 2:11.68	34.54
15.	Tomas Amor SARREIRA	05	Nautico Marinha Grande	<b>2:11.80</b>	+0,72	586	B
	50m: 28.74 28.74	100m: 1:01.98	33.24	150m: 1:36.96	34.98	200m: 2:11.80	34.84
16.	Rodrigo Ferreira PEREIRA	06	Famalicao	<b>2:12.08</b>	+0,64	583	B
	50m: 27.90 27.90	100m: 1:00.67	32.77	150m: 1:35.12	34.45	200m: 2:12.08	36.96



## Prova 6, Masc., 200m Mariposa, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
17.	Joao Guilherme ARAUJO 50m: 28.63 28.63	03	Natacao da Maia 33.06 150m: 1:35.92	34.23 200m: 2:12.13	+0,72	582	B
18.	David Ferreira RELVAS 50m: 28.26 28.26	03	Nautico Marinha Grande 33.10 150m: 1:35.05	33.69 200m: 2:12.33	+0,73	579	B
19.	Jose Pinto CABRAL 50m: 28.69 28.69	05	Viver Santarem 33.68 150m: 1:37.07	34.70 200m: 2:12.52	+0,70	577	B
20.	Goncalo Duarte SANTOS 50m: 28.99 28.99	00	Vikings 34.23 150m: 1:38.03	34.81 200m: 2:12.58	+0,70	576	B
21.	Bernardo Rodrigues TAVARES 50m: 28.84 28.84	04	Galitos / Bresimar 33.17 150m: 1:36.44	34.43 200m: 2:13.18	+0,73	568	R
22.	Joao Pedro ROCHA 50m: 29.24 29.24	02	Viana Natacao 34.16 150m: 1:37.81	34.41 200m: 2:13.19	+0,68	568	R
23.	Luca Valentino TONA 50m: 30.83 30.83	06	Pimpoes/Cimai 33.33 150m: 1:38.64	34.48 200m: 2:13.31	+0,69	567	
24.	Guilherme Fernandes BAPTISTA 50m: 28.23 28.23	06	Benfica 33.67 150m: 1:36.49	34.59 200m: 2:15.67	+0,65	537	
25.	Jose Luis GONCALVES 50m: 28.73 28.73	05	Fafe 33.61 150m: 1:37.99	35.65 200m: 2:16.09	+0,78	532	
26.	David Miguel MORAIS 50m: 28.44 28.44	06	Benfica 33.21 150m: 1:38.80	37.15 200m: 2:16.22	+0,71	531	
27.	Mark ZHUKOV 50m: 29.63 29.63	06	Braga 33.90 150m: 1:39.14	35.61 200m: 2:16.55	+0,72	527	
28.	Gustavo Gomes RAMOS 50m: 29.86 29.86	06	Porto 34.51 150m: 1:39.90	35.53 200m: 2:17.45	+0,74	517	
29.	Jose Miguel MARQUES 50m: 30.56 30.56	06	Condeixa Clube 34.81 150m: 1:41.27	35.90 200m: 2:17.47	+0,67	517	
30.	Tiago Ventura CHAO 50m: 29.97 29.97	06	Naval Setubalense 34.25 150m: 1:40.47	36.25 200m: 2:17.90	+0,67	512	

Prova 6, Masc., 200m Mariposa, Elimin

Prova 6 Masc., 200m Mariposa Juvenis  
30/03/2023 - 11:25 Resultados Elimin

Rec Nac Absoluto	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Juv A	2:03.76	Pedro Diogo OLIVEIRA	CNRM	Lisboa	31/07/2004
Rec Nac Juv B	2:08.12	Jorge Jesus SILVA	SCB	Coimbra	26/07/2015
RN S15	2:19.31	Tiago Correia NEVES	CFB	Funchal	22/03/2018

JO Absoluto: 1:55.78 / CEJun\_Masc 15 - 18: 2:03.83 / TAC 50m: 2:23.33 - 25m: 2:19.02

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Goya PERLOIRO	07	Benfica	<b>2:13.97</b>	+0,69	558	Q
	50m: 29.04 29.04	100m: 1:03.47	34.43 150m: 1:38.21	34.74	200m: 2:13.97	35.76	
2.	Antonio Miguel COSTA	07	Fafe	<b>2:14.02</b>	+0,72	558	Q
	50m: 29.20 29.20	100m: 1:03.50	34.30 150m: 1:39.18	35.68	200m: 2:14.02	34.84	
3.	Francisco Bernardes MARTELO	07	Porto	<b>2:14.26</b>	+0,66	555	Q
	50m: 29.83 29.83	100m: 1:03.81	33.98 150m: 1:38.45	34.64	200m: 2:14.26	35.81	
4.	Renato Gouveia TEIXEIRA	07	Foca Quinta da Lixa CNF	<b>2:14.88</b>	+0,72	547	Q
	50m: 29.64 29.64	100m: 1:03.68	34.04 150m: 1:38.26	34.58	200m: 2:14.88	36.62	
5.	Guilherme Corte COSTA	07	Desportivo Nacional	<b>2:17.13</b>	+0,69	520	Q
	50m: 29.86 29.86	100m: 1:03.96	34.10 150m: 1:40.04	36.08	200m: 2:17.13	37.09	
6.	Joao Moura FRANCISCO	07	Nautico de Leiria	<b>2:17.22</b>	+0,79	519	Q
	50m: 28.91 28.91	100m: 1:03.57	34.66 150m: 1:40.20	36.63	200m: 2:17.22	37.02	
7.	Leonardo Cunha MOURA	07	Foca Quinta da Lixa CNF	<b>2:17.53</b>	+0,67	516	Q
	50m: 28.52 28.52	100m: 1:02.46	33.94 150m: 1:38.29	35.83	200m: 2:17.53	39.24	
8.	Rafael Pacheco GODINHO	07	Sporting	<b>2:19.00</b>	+0,81	500	Q
	50m: 29.41 29.41	100m: 1:03.01	33.60 150m: 1:39.38	36.37	200m: 2:19.00	39.62	
9.	Afonso Dinis ROQUE	07	Nautico de Leiria	<b>2:19.36</b>	+0,77	496	Q
	50m: 30.50 30.50	100m: 1:04.75	34.25 150m: 1:41.68	36.93	200m: 2:19.36	37.68	
10.	Guilherme Romeira PINTO	07	Sporting de Espinho	<b>2:20.16</b>	+0,66	487	Q
	50m: 30.17 30.17	100m: 1:05.70	35.53 150m: 1:42.34	36.64	200m: 2:20.16	37.82	
11.	Guilherme Costa SOARES	08	Vilacondense	<b>2:21.66</b>	+0,69	472	R
	50m: 30.99 30.99	100m: 1:07.07	36.08 150m: 1:43.46	36.39	200m: 2:21.66	38.20	
12.	Gil Afonso RODRIGUES	07	Fluvial Portuense	<b>2:22.06</b>	+0,69	468	R
	50m: 30.01 30.01	100m: 1:05.47	35.46 150m: 1:43.10	37.63	200m: 2:22.06	38.96	
13.	Guilherme Gomes RODRIGUES	08	Sao Roque	<b>2:22.19</b>	+0,68	467	
	50m: 30.97 30.97	100m: 1:06.40	35.43 150m: 1:43.27	36.87	200m: 2:22.19	38.92	
14.	Joao Francisco ALMEIDA	07	Naval do Funchal	<b>2:22.84</b>	+0,66	460	
	50m: 29.75 29.75	100m: 1:04.16	34.41 150m: 1:42.61	38.45	200m: 2:22.84	40.23	
DNS	Leonardo Jose CRUZ	07	Alcobaca				

Prova 6, Masc., 200m Mariposa, Elimin

Prova 6	Masc., 200m Mariposa				Absolutos
30/03/2023 - 11:25					Resultados Elimin
Rec Nac Absoluto	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Jun18	2:01.46	Pedro Diogo OLIVEIRA	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac Jun17	2:02.12	Pedro Diogo OLIVEIRA	POR	Belgrado (HUN)	16/07/2005
RN S15	2:19.31	Tiago Correia NEVES	CFB	Funchal	22/03/2018

CMPL Sen: 1:56.71 / JO Absoluto: 1:55.78 / CESub23 19 - 23: 1:59.83 / CEJun\_Masc 15 - 18: 2:03.83 / TAC Sen 50m: 2:12.71 - 25m: 2:08.72; Jun 50m: 2:16.69 - 25m: 2:12.58

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Henrique Gomes SILVA	02		Benfica	<b>2:02.84</b>	+0,63	724	A
	50m: 27.52 27.52	100m: 59.80	32.28	150m: 1:30.73	30.93	200m: 2:02.84	32.11	
2.	Kevin Alexandre APSENIECE	04		Porto	<b>2:03.99</b>	+0,69	704	A
	50m: 27.49 27.49	100m: 59.12	31.63	150m: 1:31.58	32.46	200m: 2:03.99	32.41	
3.	Luis Galvao GOUVEIA	05		Desportivo Nacional	<b>2:04.76</b>	+0,64	691	A
	50m: 27.66 27.66	100m: 59.17	31.51	150m: 1:32.01	32.84	200m: 2:04.76	32.75	
4.	Porfirio Braga NUNES	00		Porto	<b>2:04.95</b>	+0,70	688	A
	50m: 27.90 27.90	100m: 59.53	31.63	150m: 1:31.63	32.10	200m: 2:04.95	33.32	
5.	Salvador Goya PERLOIRO	05		Benfica	<b>2:05.55</b>	+0,72	678	A
	50m: 28.04 28.04	100m: 1:00.45	32.41	150m: 1:32.47	32.02	200m: 2:05.55	33.08	
6.	Joao Soares CARNEIRO	03		Benfica	<b>2:06.27</b>	+0,66	667	A
	50m: 27.41 27.41	100m: 59.35	31.94	150m: 1:32.08	32.73	200m: 2:06.27	34.19	
7.	Vasco Alves MORGADO	05		Alges	<b>2:06.95</b>	+0,61	656	A
	50m: 27.69 27.69	100m: 59.81	32.12	150m: 1:33.06	33.25	200m: 2:06.95	33.89	
8.	Tiago Roberto CORDEIRO	00		Benfica	<b>2:08.04</b>	+0,66	639	A
	50m: 28.06 28.06	100m: 1:00.40	32.34	150m: 1:33.28	32.88	200m: 2:08.04	34.76	
9.	Diogo Santos CARDOSO	01		Sporting	<b>2:09.11</b>	+0,72	624	A
	50m: 29.60 29.60	100m: 1:02.72	33.12	150m: 1:35.77	33.05	200m: 2:09.11	33.34	
10.	Miguel Freitas OVIEDO	02		Academica de Coimbra	<b>2:09.55</b>	+0,62	617	A
	50m: 28.69 28.69	100m: 1:01.18	32.49	150m: 1:35.10	33.92	200m: 2:09.55	34.45	
11.	Bernardo Jorge SIMOES	04		Belenenses	<b>2:10.08</b>	+0,70	610	B
	50m: 28.28 28.28	100m: 1:00.51	32.23	150m: 1:34.27	33.76	200m: 2:10.08	35.81	
12.	Rodrigo Reis DIAS	03		Belenenses	<b>2:10.73</b>	+0,65	601	B
	50m: 28.29 28.29	100m: 1:01.65	33.36	150m: 1:35.03	33.38	200m: 2:10.73	35.70	
13.	Rodrigo Reis RODRIGUES	04		Sao Roque	<b>2:11.48</b>	+0,62	591	B
	50m: 28.84 28.84	100m: 1:01.69	32.85	150m: 1:36.15	34.46	200m: 2:11.48	35.33	
14.	Kaio Araujo FAFTINE	06		Sporting	<b>2:11.68</b>	+0,60	588	B
	50m: 29.30 29.30	100m: 1:02.97	33.67	150m: 1:37.14	34.17	200m: 2:11.68	34.54	
15.	Tomas Amor SARREIRA	05		Nautico Marinha Grande	<b>2:11.80</b>	+0,72	586	B
	50m: 28.74 28.74	100m: 1:01.98	33.24	150m: 1:36.96	34.98	200m: 2:11.80	34.84	
16.	Rodrigo Ferreira PEREIRA	06		Famalicao	<b>2:12.08</b>	+0,64	583	B
	50m: 27.90 27.90	100m: 1:00.67	32.77	150m: 1:35.12	34.45	200m: 2:12.08	36.96	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS							
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS			

## Prova 6, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
17.	Joao Guilherme ARAUJO 50m: 28.63 28.63	03 100m: 1:01.69	Natacao da Maia 33.06 150m: 1:35.92	34.23 200m: 2:12.13	<b>2:12.13</b> +0,72	582 36.21	B
18.	David Ferreira RELVAS 50m: 28.26 28.26	03 100m: 1:01.36	Nautico Marinha Grande 33.10 150m: 1:35.05	33.69 200m: 2:12.33	<b>2:12.33</b> +0,73	579 37.28	B
19.	Jose Pinto CABRAL 50m: 28.69 28.69	05 100m: 1:02.37	Viver Santarem 33.68 150m: 1:37.07	34.70 200m: 2:12.52	<b>2:12.52</b> +0,70	577 35.45	B
20.	Goncalo Duarte SANTOS 50m: 28.99 28.99	00 100m: 1:03.22	Vikings 34.23 150m: 1:38.03	34.81 200m: 2:12.58	<b>2:12.58</b> +0,70	576 34.55	B
21.	Bernardo Rodrigues TAVARES 50m: 28.84 28.84	04 100m: 1:02.01	Galitos / Bresimar 33.17 150m: 1:36.44	34.43 200m: 2:13.18	<b>2:13.18</b> +0,73	568 36.74	R
22.	Joao Pedro ROCHA 50m: 29.24 29.24	02 100m: 1:03.40	Viana Natacao 34.16 150m: 1:37.81	34.41 200m: 2:13.19	<b>2:13.19</b> +0,68	568 35.38	R
23.	Luca Valentino TONA 50m: 30.83 30.83	06 100m: 1:04.16	Pimpoes/Cimai 33.33 150m: 1:38.64	34.48 200m: 2:13.31	<b>2:13.31</b> +0,69	567 34.67	
24.	Guilherme Fernandes BAPTISTA 50m: 28.23 28.23	06 100m: 1:01.90	Benfica 33.67 150m: 1:36.49	34.59 200m: 2:15.67	<b>2:15.67</b> +0,65	537 39.18	
25.	Jose Luis GONCALVES 50m: 28.73 28.73	05 100m: 1:02.34	Fafe 33.61 150m: 1:37.99	35.65 200m: 2:16.09	<b>2:16.09</b> +0,78	532 38.10	
26.	David Miguel MORAIS 50m: 28.44 28.44	06 100m: 1:01.65	Benfica 33.21 150m: 1:38.80	37.15 200m: 2:16.22	<b>2:16.22</b> +0,71	531 37.42	
27.	Mark ZHUKOV 50m: 29.63 29.63	06 100m: 1:03.53	Braga 33.90 150m: 1:39.14	35.61 200m: 2:16.55	<b>2:16.55</b> +0,72	527 37.41	
28.	Gustavo Gomes RAMOS 50m: 29.86 29.86	06 100m: 1:04.37	Porto 34.51 150m: 1:39.90	35.53 200m: 2:17.45	<b>2:17.45</b> +0,74	517 37.55	
29.	Jose Miguel MARQUES 50m: 30.56 30.56	06 100m: 1:05.37	Condeixa Clube 34.81 150m: 1:41.27	35.90 200m: 2:17.47	<b>2:17.47</b> +0,67	517 36.20	
30.	Tiago Ventura CHAO 50m: 29.97 29.97	06 100m: 1:04.22	Naval Setubalense 34.25 150m: 1:40.47	36.25 200m: 2:17.90	<b>2:17.90</b> +0,67	512 37.43	
EXH	Tiago Correia NEVES 50m: 30.93 30.93	97 S15 H 100m: 1:07.19	Belenenses 36.26 150m: 1:44.06	36.87 200m: 2:20.41	<b>2:20.41</b> +0,83	485 36.35	

Prova 7  
30/03/2023 - 11:40

Femin., 50m Livres

Open  
Resultados Elimin

Rec Nac Absoluto	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Sen	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Jun17	26.17	Carolina Miranda FERNANDES	CGA	Coimbra	01/04/2022
Rec Nac Jun16	26.21	Ana Pinho RODRIGUES	AEJ	Coimbra	10/04/2010
RN S9	28.85	Susana Pereira VEIGA	POR	Funchal	22/05/2021

CESub23 19 - 23: 25.56 / JO Absoluto: 24.70 / CMPL 19 +: 25.04 / CEJun\_Fem 14 - 17: 26.33 / TAC Sen 50m: 28.22 - 25m: 27.57;  
Jun 50m: 28.93 - 25m: 28.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Pinho RODRIGUES	94	Desportiva de Viana	<b>25.76</b>	+0,65	775	A
2.	Francisca Soares MARTINS	03	Foca Quinta da Lixa CNF	<b>26.29</b>	+0,64	729	A
3.	Rita Barros FRISCHKNECHT	98	Sporting	<b>26.91</b>	+0,67	680	A
4.	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>27.06</b>	+0,71	669	A
5.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>27.17</b>	+0,58	661	A
6.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>27.22</b>	+0,70	657	A
7.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>27.36</b>	+0,64	647	A
8.	Leonor Tavares CATALAO	06	Sporting	<b>27.39</b>	+0,71	645	A
9.	Leticia Maia ANDRE	02	Benfica	<b>27.48</b>	+0,74	639	A
10.	Mafalda Marques PINTO	02	Sporting	<b>27.53</b>	+0,70	635	A
11.	Anna FOMINA	02	Sporting	<b>27.58</b>	+0,76	632	B
12.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>27.59</b>	+0,68	631	B
13.	Leonor Peso PARENTE	07	Palmela Desporto	<b>27.62</b>	+0,70	629	B
14.	Erica Domitila AMADOR	07	Estarreja/PROZINCO	<b>27.64</b>	+0,70	628	B
15.	Leonor Mil MANO	07	Nautico Academico	<b>27.66</b>	+0,69	626	B
16.	Beatriz Silva LOURO	07	Louletano / Loule Concelho	<b>27.67</b>	+0,65	625	B
17.	Mariana Marques MERCEDES	03	Vikings	<b>27.68</b>	+0,66	625	B
18.	Raquel Gomes PEREIRA	00	Benfica	<b>27.87</b>	+0,73	612	B
19.	Maria Leonor COELHO	06	Benfica	<b>27.94</b>	+0,63	608	B
20.	Marta Joao PIRES	05	Alges	<b>27.98</b>	+0,70	605	B
21.	Ines Santos AMORIM	06	Desportiva de Viana	<b>28.00</b>	+0,71	604	?
	Joana Francisca RODRIGUES	04	Condeixa Clube	<b>28.00</b>	+0,68	604	?
23.	Catarina Andrade FRANCO	07	Benfica	<b>28.04</b>	+0,67	601	
24.	Ana Sebastiao MENDES	04	Aquatico Silves	<b>28.09</b>	+0,70	598	
25.	Carolina Pereira VIANA	04	Sporting	<b>28.10</b>	+0,69	597	
26.	Leonor Santos SILVA	03	Porto	<b>28.13</b>	+0,74	595	
27.	Ana Beatriz VIEIRA	07	Foca Quinta da Lixa CNF	<b>28.16</b>	+0,64	593	
28.	Zara Alejandra ROJAS	07	Desportivo Nacional	<b>28.19</b>	+0,71	591	
29.	Matilde Ribeiro CORREIA	04	UD Oliveirense	<b>28.21</b>	+0,67	590	
30.	Ines Correia TEIXEIRA	06	Amadora	<b>28.22</b>	+0,70	590	
31.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>28.30</b>	+0,76	585	
32.	Beatriz Heitor CACHACO	07	Gesloures	<b>28.44</b>	+0,64	576	
33.	Ana Ines FERNANDES	00	Vitoria Guimaraes	<b>28.48</b>	+0,71	574	
34.	Maria Lopes de FREITAS	97	Angola	<b>28.49</b>	+0,74	573	
35.	Lara Rodrigues VASCONCELOS	05	Galitos / Bresimar	<b>28.50</b>	+0,60	572	
36.	Rita Machita SANTOS	07	Naval Setubalense	<b>28.51</b>	+0,73	572	
37.	Ana Luisa GOUVEIA	06	Colegio Efanor	<b>28.53</b>	+0,76	571	

Prova 7, Femin., 50m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
38.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>28.55</b>	+0,64	569
	Daniela Silva LIGEIRO	04	Viana Natacao	<b>28.55</b>	+0,71	569
40.	Maria Manuel NEVES	05	Braga	<b>28.63</b>	+0,67	565
	Maria Luis SA	06	Fluvial Portuense	<b>28.63</b>	+0,71	565
42.	N'Hara Esteveao FERNANDES	06	Fluvial Portuense	<b>28.66</b>	+0,62	563
43.	Nuria Soares SILVA	07	Sao Joao Ver	<b>28.67</b>	+0,70	562
44.	Ines Mira PINO	06	Pimpoes/Cimai	<b>28.71</b>	+0,65	560
	Angelina Bermejo JONES	04	Portinado	<b>28.71</b>	+0,66	560
46.	Miriam Mortagua SOARES	06	Galitos / Bresimar	<b>28.75</b>	+0,74	558
47.	Sofia Alexandra NUNES	00	Laranjeiro	<b>28.81</b>	+0,80	554
48.	Andreia Monteiro BARREIRA	06	Peso da Regua	<b>28.84</b>	+0,66	552
49.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>28.98</b>	+0,70	544
50.	Rafaela Mariano ANTONIO	07	Portinado	<b>29.12</b>	+0,68	537
51.	Leonor Carreiro RODRIGUES	07	Benfica	<b>29.16</b>	+0,64	534
52.	Sara Carreira MELO	05	Gesloures	<b>29.25</b>	+0,65	529
53.	Maria Vitoria GRILO	06	Uniao Coimbra	<b>29.39</b>	+0,71	522
54.	Barbara Sofia GOMES	07	Leixoes	<b>29.42</b>	+0,67	520
55.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>29.44</b>	+0,83	519
DSQ	Maria Teresa FERNANDES	05	Alges		+0,67	

4.2 - Falsa Partida – SW 4.4

Prova 7  
30/03/2023 - 11:40

Femin., 50m Livres

Juvenis  
Resultados Elimin

Rec Nac Absoluto	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Juv A	26.78	Maria Gomes PEREIRA	SAD	Coimbra	05/04/2019
Rec Nac Juv B	27.17	Ana Margarida GUEDES	GCVR	Coimbra	31/05/2015
RN S9	28.85	Susana Pereira VEIGA	POR	Funchal	22/05/2021

JO Absoluto: 24.70 / CEJun\_Fem 14 - 17: 26.33 / TAC 50m: 30.20 - 25m: 29.50

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Ana Carolina NEVES	08	Fluvial Portuense	<b>28.02</b>	+0,62	602 Q
2.	Maria Silva PEREIRA	08	Ginasio de Vila Real	<b>28.16</b>	+0,67	593 Q
3.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>28.35</b>	+0,72	582 Q
4.	Leonor Carnide SILVA	09	Ginasio de Vila Real	<b>28.69</b>	+0,86	561 Q
5.	Carlota Filipa SILVA	08	Portinado	<b>28.73</b>	+0,66	559 Q
6.	Beatriz Maciel PEREIRA	09	Desportiva de Viana	<b>28.85</b>	+0,71	552 Q
7.	Ana Beatriz PIRES	08	Uniao Piedense	<b>28.98</b>	+0,75	544 Q
8.	Raquel Campos CARDOSO	09	Bombeiros de Ponta Delgada	<b>29.01</b>	+0,75	543 Q
9.	Catarina Soares ARAUJO	09	Penafiel	<b>29.11</b>	+0,86	537 Q
10.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>29.18</b>	+0,78	533 Q
11.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>29.28</b>	+0,73	528 ?
	Ana Carolina CRUZ	08	Famalicao	<b>29.28</b>	+0,77	528 ?
13.	Anastacia PROTOLYUK	09	Columbofila Cantanhedense	<b>29.33</b>	+0,73	525
14.	Maria Meleiro GONCALVES	08	Galitos / Bresimar	<b>29.34</b>	+0,62	525
15.	Sara Silva LIGEIRO	08	Viana Natacao	<b>29.40</b>	+0,74	521

## Prova 7, Femin., 50m Livres, Elimin, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Maria Joao COSTA	08	Vilacondense	<b>29.59</b>	+0,68	511
17.	Patricia Subtil HENRIQUES	08	Gesloures	<b>29.62</b>	+0,73	510
18.	Leonor Martins COSTA	09	Natacao de Lagos	<b>29.64</b>	+0,72	509
19.	Eva Alexandra COUTINHO	09	Peso da Regua	<b>29.76</b>	+0,74	503
20.	Madalena Azevedo MESSIAS	09	Sporting	<b>29.82</b>	+0,68	500
21.	Joana Sofia FERNANDES	09	Nacional de Natacao	<b>29.89</b>	+0,77	496
22.	Lis Fatima MELO	08	Gesloures	<b>29.90</b>	+0,72	496
23.	Uxia Romero COSTA	09	Fluvial Portuense	<b>30.01</b>	+0,61	490
24.	Matilde Pinheiro LAMEIRO	08	Galitos / Bresimar	<b>30.06</b>	+0,71	488
25.	Yasmin Ruth BEXIGAS	08	Gesloures	<b>30.11</b>	+0,92	485
26.	Mariana Silvestre NOVAIS	09	Portinado	<b>30.13</b>	+0,72	484
27.	Ana Moreira ANTUNES	09	Famalicao	<b>30.18</b>	+0,87	482
28.	Luisa Goncalves RODRIGUES	08	Fisica Torres Vedras	<b>30.20</b>	+0,73	481
29.	Matilde Marques MENDES	08	Gafanha da Encarnacao	<b>30.21</b>	+0,75	480
30.	Julia Maria SOARES	08	Miranda do Corvo	<b>30.27</b>	+0,71	478
31.	Beatriz Alexandra ROLIM	08	Uniao Piedense	<b>30.42</b>	+0,81	471
32.	Leonor Correia NUNES	08	Aminata	<b>30.55</b>	+0,76	465

## Prova 7 30/03/2023 - 11:40

## Femin., 50m Livres

## Absolutos Resultados Elimin

Rec Nac Absoluto	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Sen	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Jun17	26.17	Carolina Miranda FERNANDES	CGA	Coimbra	01/04/2022
Rec Nac Jun16	26.21	Ana Pinho RODRIGUES	AEJ	Coimbra	10/04/2010
RN S9	28.85	Susana Pereira VEIGA	POR	Funchal	22/05/2021

CESub23 19 - 23: 25.56 / JO Absoluto: 24.70 / CMPL 19 +: 25.04 / CEJun\_Fem 14 - 17: 26.33 / TAC Sen 50m: 28.22 - 25m: 27.57;  
Jun 50m: 28.93 - 25m: 28.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Pinho RODRIGUES	94	Desportiva de Viana	<b>25.76</b>	+0,65	775	A
2.	Francisca Soares MARTINS	03	Foca Quinta da Lixa CNF	<b>26.29</b>	+0,64	729	A
3.	Rita Barros FRISCHKNECHT	98	Sporting	<b>26.91</b>	+0,67	680	A
4.	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>27.06</b>	+0,71	669	A
5.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>27.17</b>	+0,58	661	A
6.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>27.22</b>	+0,70	657	A
7.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>27.36</b>	+0,64	647	A
8.	Leonor Tavares CATALAO	06	Sporting	<b>27.39</b>	+0,71	645	A
9.	Leticia Maia ANDRE	02	Benfica	<b>27.48</b>	+0,74	639	A
10.	Mafalda Marques PINTO	02	Sporting	<b>27.53</b>	+0,70	635	A
11.	Anna FOMINA	02	Sporting	<b>27.58</b>	+0,76	632	B
12.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>27.59</b>	+0,68	631	B
13.	Leonor Peso PARENTE	07	Palmela Desporto	<b>27.62</b>	+0,70	629	B
14.	Erica Domitila AMADOR	07	Estarreja/PROZINCO	<b>27.64</b>	+0,70	628	B
15.	Leonor Mil MANO	07	Nautico Academico	<b>27.66</b>	+0,69	626	B
16.	Beatriz Silva LOURO	07	Louletano / Loule Concelho	<b>27.67</b>	+0,65	625	B
17.	Mariana Marques MERCEDES	03	Vikings	<b>27.68</b>	+0,66	625	B

Prova 7, Femin., 50m Livres, Elimin, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Raquel Gomes PEREIRA	00	Benfica	<b>27.87</b>	+0,73	612	B
19.	Maria Leonor COELHO	06	Benfica	<b>27.94</b>	+0,63	608	B
20.	Marta Joao PIRES	05	Alges	<b>27.98</b>	+0,70	605	B
21.	Ines Santos AMORIM	06	Desportiva de Viana	<b>28.00</b>	+0,71	604	?
	Joana Francisca RODRIGUES	04	Condeixa Clube	<b>28.00</b>	+0,68	604	?
23.	Catarina Andrade FRANCO	07	Benfica	<b>28.04</b>	+0,67	601	
24.	Ana Sebastiao MENDES	04	Aquatico Silves	<b>28.09</b>	+0,70	598	
25.	Carolina Pereira VIANA	04	Sporting	<b>28.10</b>	+0,69	597	
26.	Leonor Santos SILVA	03	Porto	<b>28.13</b>	+0,74	595	
27.	Ana Beatriz VIEIRA	07	Foca Quinta da Lixa CNF	<b>28.16</b>	+0,64	593	
28.	Zara Alejandra ROJAS	07	Desportivo Nacional	<b>28.19</b>	+0,71	591	
29.	Matilde Ribeiro CORREIA	04	UD Oliveirense	<b>28.21</b>	+0,67	590	
30.	Ines Correia TEIXEIRA	06	Amadora	<b>28.22</b>	+0,70	590	
31.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>28.30</b>	+0,76	585	
32.	Beatriz Heitor CACHACO	07	Gesloures	<b>28.44</b>	+0,64	576	
33.	Ana Ines FERNANDES	00	Vitoria Guimaraes	<b>28.48</b>	+0,71	574	
34.	Lara Rodrigues VASCONCELOS	05	Galitos / Bresimar	<b>28.50</b>	+0,60	572	
35.	Rita Machita SANTOS	07	Naval Setubalense	<b>28.51</b>	+0,73	572	
36.	Ana Luisa GOUVEIA	06	Colegio Efanor	<b>28.53</b>	+0,76	571	
37.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>28.55</b>	+0,64	569	
	Daniela Silva LIGEIRO	04	Viana Natacao	<b>28.55</b>	+0,71	569	
39.	Maria Manuel NEVES	05	Braga	<b>28.63</b>	+0,67	565	
	Maria Luis SA	06	Fluvial Portuense	<b>28.63</b>	+0,71	565	
41.	Nuria Soares SILVA	07	Sao Joao Ver	<b>28.67</b>	+0,70	562	
42.	Ines Mira PINO	06	Pimpoes/Cimai	<b>28.71</b>	+0,65	560	
	Angelina Bermejo JONES	04	Portinado	<b>28.71</b>	+0,66	560	
44.	Miriam Mortagua SOARES	06	Galitos / Bresimar	<b>28.75</b>	+0,74	558	
45.	Sofia Alexandra NUNES	00	Laranjeiro	<b>28.81</b>	+0,80	554	
46.	Andreia Monteiro BARREIRA	06	Peso da Regua	<b>28.84</b>	+0,66	552	
47.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>28.98</b>	+0,70	544	
48.	Rafaela Mariano ANTONIO	07	Portinado	<b>29.12</b>	+0,68	537	
49.	Leonor Carreiro RODRIGUES	07	Benfica	<b>29.16</b>	+0,64	534	
50.	Sara Carreira MELO	05	Gesloures	<b>29.25</b>	+0,65	529	
51.	Maria Vitoria GRILO	06	Uniao Coimbra	<b>29.39</b>	+0,71	522	
52.	Barbara Sofia GOMES	07	Leixoes	<b>29.42</b>	+0,67	520	
53.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>29.44</b>	+0,83	519	
DSQ	Maria Teresa FERNANDES	05	Alges		+0,67		
	<i>4.2 - Falsa Partida – SW 4.4</i>						
EXH	Susana Pereira VEIGA	00 S9 9	Colegio Vasco da Gama	<b>30.39</b>	+0,81	472	



Prova 8 Masc., 50m Livres Open Resultados Elimin  
30/03/2023 - 11:55

Rec Nac Absoluto	21.90	Miguel Duarte NASCIMENTO	SLB	Oeiras	30/07/2022
Rec Nac Sen	21.90	Miguel Duarte NASCIMENTO	SLB	Oeiras	30/07/2022
Rec Nac Jun18	21.92	Diogo Matos RIBEIRO	POR	Lima (PER)	02/09/2022
Rec Nac Jun17	22.95	Tiago Andre VENANCIO	POR	Oeiras	16/07/2004
RN S8	28.97	Diogo Luis CANCELA	ALN	Oeiras	29/07/2022
RN S15	25.30	Tiago Correia NEVES	CFB	Funchal	23/03/2018

JO Absoluto: 21.96 / CMPL Sen: 22.12 / CESub23 19 - 23: 22.77 / CEJun\_Masc 15 - 18: 23.45 / TAC Sen 50m: 24.66 - 25m: 23.86;  
Jun 50m: 25.40 - 25m: 24.58

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Diogo Matos RIBEIRO <i>Recorde Nacional, Minimos JO, Minimos CMundo, Minimos CEJ Sub 23</i>	04	Benfica	<b>21.87</b>	+0,62	874	A
2.	Andrii GOVOROV <i>Minimos CMundo</i>	92	Vitoria Guimaraes	<b>21.98</b>	+0,61	860	A
3.	Miguel Duarte NASCIMENTO <i>Minimos CMundo</i>	95	Benfica	<b>21.99</b>	+0,60	859	A
4.	Miguel Henriques MARQUES <i>Minimos CEJ Sub 23</i>	00	Benfica	<b>22.70</b>	+0,65	781	A
5.	Leonardo SCHILLING	93	Porto	<b>23.03</b>	+0,66	748	A
6.	Tiago Cunha COSTA	99	Sporting	<b>23.20</b>	+0,64	732	A
7.	Diogo Ramos LEBRE	01	Alges	<b>23.26</b>	+0,64	726	A
8.	Joao Esteves PADRELA	99	Naval do Funchal	<b>23.43</b>	+0,67	710	A
9.	Paulo VAKULYUK	03	Torres Novas	<b>23.45</b>	+0,66	708	A
10.	Gabriel Persequin DIAS	03	Naval do Funchal	<b>23.51</b>	+0,59	703	A
11.	Fernando Souza SILVA	86	Naval do Funchal	<b>23.63</b>	+0,69	692	B
12.	Bruno Miguel RAMOS	97	Belenenses	<b>23.83</b>	+0,62	675	B
13.	Miguel Vicente SILVA	02	Nautico Marinha Grande	<b>23.86</b>	+0,64	673	B
14.	Nick HEINIO-WIDELL	05	Alges	<b>23.88</b>	+0,57	671	B
15.	Gustavo Carvalhais RIBEIRO	03	Sporting	<b>23.90</b>	+0,69	669	B
16.	Alexandre Ferreira AMORIM	99	Vitoria Guimaraes	<b>23.91</b>	+0,65	668	B
17.	Tomas Teixeira LOPES	02	Vitoria Guimaraes	<b>23.92</b>	+0,67	668	B
18.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>24.20</b>	+0,61	645	B
19.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>24.22</b>	+0,66	643	B
20.	Joao Duarte SANTOS	95	Natacao de Olhao	<b>24.28</b>	+0,68	638	B
21.	Matthew George LAWRENCE	03	Mozambique	<b>24.31</b>	+0,65	636	R
22.	Rodrigo Miguel REIS	04	Nautico Academico	<b>24.32</b>	+0,62	635	R
23.	Bernardo Victorino ALMEIDA	04	Sporting	<b>24.39</b>	+0,63	630	
24.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>24.40</b>	+0,59	629	
25.	Henrique Silva MASCARENHAS	01	Fluvial Portuense	<b>24.45</b>	+0,65	625	
26.	Diogo Henrique FERNANDES	04	Naval do Funchal	<b>24.48</b>	+0,66	623	
27.	Simao Valadas BILRO	05	Aminata	<b>24.61</b>	+0,60	613	
28.	Daniel Batista TAVARES	06	Braga	<b>24.62</b>	+0,67	612	
29.	Tiago Campos LOURENCO	02	Natacao de Valongo	<b>24.71</b>	+0,71	605	
30.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>24.78</b>	+0,70	600	
	Diogo Alexandre OLIVEIRA	05	Naval do Funchal	<b>24.78</b>	+0,61	600	

Prova 8, Masc., 50m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
32.	Pedro Andre SANTOS	94	Alges	<b>24.79</b>	+0,67	600
33.	Nuno Goncalo SANTOS	96	Nautico de Leiria	<b>24.80</b>	+0,65	599
34.	Tomas Coelho PEREIRA	05	Penafiel	<b>24.90</b>	+0,70	592
35.	Andre Henriques MARQUES	05	Benfica	<b>25.03</b>	+0,63	583
36.	Rodrigo Vieira RODRIGUES	06	Sporting de Espinho	<b>25.11</b>	+0,61	577
37.	Rodrigo Costa CRUZ	06	Academica de Coimbra	<b>25.12</b>	+0,67	576
38.	Matheus Costa FAUSTINO	98	Braga	<b>25.13</b>	+0,71	576
39.	Joao Antonio PIRES	05	Torres Novas	<b>25.14</b>	+0,63	575
40.	Gabriel Carvalho FERRAO	05	Benfica	<b>25.17</b>	+0,56	573
41.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>25.20</b>	+0,65	571
42.	Nicolas Filip MONTFORT	05	Alges	<b>25.21</b>	+0,61	570
43.	Artur Osorio BONANCA	05	Naval de Faro	<b>25.29</b>	+0,68	565
44.	Gil Santos LEMOS	06	Pimpoes/Cimai	<b>25.30</b>	+0,64	564
45.	Vasco Goncalves CUNHA	05	Leixoes	<b>25.33</b>	+0,73	562
46.	Guilherme Fernandes BAPTISTA	06	Benfica	<b>25.38</b>	+0,66	559
47.	Joao Carlos BARROS	06	Fluvial Portuense	<b>25.40</b>	+0,69	557
48.	David Ferreira RELVAS	03	Nautico Marinha Grande	<b>25.42</b>	+0,73	556
49.	Andre Prates LOPES	05	Electrico Clube/ FGil.pt	<b>25.43</b>	+0,71	555
50.	Manuel Alves GONCALVES	06	Celorico Basto	<b>25.48</b>	+0,68	552
51.	Vasco Almeida RIBEIRO	05	Sao Joao Ver	<b>25.51</b>	+0,63	550
52.	Micael Dmitrievich DENISOV	06	Nautico de Leiria	<b>25.75</b>	+0,68	535
53.	Antonio Coelho VIEIRA	06	Sporting	<b>26.20</b>	+0,75	508
DSQ	Joao Luis RODRIGUES	05	Naval do Funchal			
	<i>4.2 - Falsa Partida – SW 4.4</i>					
DNS	Rodrigo Ribeiro GOMES	00	Condeixa Clube			
DNS	Adam NASR	06	Vikings			

Prova 8

Masc., 50m Livres

Juvenis

30/03/2023 - 11:55

Resultados Elimin

Rec Nac Absoluto	21.90	Miguel Duarte NASCIMENTO	SLB	Oeiras	30/07/2022
Rec Nac Juv A	23.78	Tiago Andre VENANCIO	POR	Paris (FRA)	31/07/2003
Rec Nac Juv B	24.61	Tiago Andrade MACHADO	SCA	Oeiras	20/07/2017
RN S8	28.97	Diogo Luis CANCELA	ALN	Oeiras	29/07/2022
RN S15	25.30	Tiago Correia NEVES	CFB	Funchal	23/03/2018

JO Absoluto: 21.96 / CEJun\_Masc 15 - 18: 23.45 / TAC 50m: 26.63 - 25m: 25.77

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Goncalo Carlos AZEVEDO	07	Natacao da Maia	<b>24.84</b>	+0,68	596 Q
2.	Andre Miguel RAMOS	07	Fisica Torres Vedras	<b>24.97</b>	+0,63	587 Q
3.	Alexandre MORARI	07	Rio Maior	<b>25.00</b>	+0,72	585 Q
4.	Joao Valente MARTINS	07	Louletano / Loule Concelho	<b>25.24</b>	+0,62	568 Q
5.	Antonio Furtado PIRES	07	CLIP Teams	<b>25.38</b>	+0,70	559 Q
6.	Vicente Dias MAIA	07	Alges	<b>25.56</b>	+0,76	547 Q
7.	Rodrigo Martins CHOCAS	07	Sporting	<b>25.58</b>	+0,59	546 Q
8.	Guilherme Mahua SOARES	07	Porto	<b>25.75</b>	+0,72	535 Q

**Prova 8, Masc., 50m Livres, Elimin, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
9.	Alexandre Silva RESENDE	07	Feirense	<b>25.78</b>	+0,74	533	Q
10.	Joao Lourenco HERDEIRO	07	CLIP Teams	<b>25.82</b>	+0,64	531	Q
11.	Goncalo Pereira COLACO	07	Nautico de Leiria	<b>25.88</b>	+0,70	527	R
12.	Duarte Cachulo MARQUES	07	Condeixa Clube	<b>25.89</b>	+0,61	526	R
13.	Martim Alexandre SILVA	07	Columbofila Cantanhedense	<b>25.90</b>	+0,69	526	
14.	Andriy FEDOROV	08	FC Ferreiras/AlgarExperience	<b>25.95</b>	+0,68	523	
15.	Tiago Lopes BRANDAO	07	Sporting de Aveiro	<b>26.06</b>	+0,68	516	
16.	Joao Pedro CARAPINHA	07	Uniao Piedense	<b>26.23</b>	+0,77	506	
17.	Gabriel Mota PATRICIO	08	Vieirense	<b>26.33</b>	+0,71	500	
18.	Leonardo Cunha MOURA	07	Foca Quinta da Lixa CNF	<b>26.38</b>	+0,65	498	
	Daniel KUCHERYAVENKO	07	Galitos / Bresimar	<b>26.38</b>	+0,69	498	
20.	Lucas Santos PEREIRA	07	Naval do Funchal	<b>26.53</b>	+0,62	489	
21.	Tiago Manuel FERNANDES	08	Ginasio de Vila Real	<b>26.58</b>	+0,75	486	
22.	Martim Rodrigues SANTOS	08	Colegio Monte Maior	<b>26.59</b>	+0,79	486	
23.	Santiago Ganso PERDIGAO	08	Lagoa AC	<b>26.61</b>	+0,66	485	
24.	Joaquim Gabriel OLIVEIRA	07	Sporting de Aveiro	<b>26.72</b>	+0,73	479	

**Prova 8**
**Masc., 50m Livres**
**Absolutos**

30/03/2023 - 11:55

**Resultados Elimin**

Rec Nac Absoluto	21.90	Miguel Duarte NASCIMENTO	SLB	Oeiras	30/07/2022
Rec Nac Sen	21.90	Miguel Duarte NASCIMENTO	SLB	Oeiras	30/07/2022
Rec Nac Jun18	21.92	Diogo Matos RIBEIRO	POR	Lima (PER)	02/09/2022
Rec Nac Jun17	22.95	Tiago Andre VENANCIO	POR	Oeiras	16/07/2004
RN S8	28.97	Diogo Luis CANCELA	ALN	Oeiras	29/07/2022
RN S15	25.30	Tiago Correia NEVES	CFB	Funchal	23/03/2018

JO Absoluto: 21.96 / CMPL Sen: 22.12 / CESub23 19 - 23: 22.77 / CEJun\_Masc 15 - 18: 23.45 / TAC Sen 50m: 24.66 - 25m: 23.86;

Jun 50m: 25.40 - 25m: 24.58

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Diogo Matos RIBEIRO	04	Benfica	<b>21.87</b>	+0,62	874	A
	<i>Recorde Nacional, Minimos JO, Minimos CMundo, Minimos CEJ Sub 23</i>						
2.	Miguel Duarte NASCIMENTO	95	Benfica	<b>21.99</b>	+0,60	859	A
	<i>Minimos CMundo</i>						
3.	Miguel Henriques MARQUES	00	Benfica	<b>22.70</b>	+0,65	781	A
	<i>Minimos CEJ Sub 23</i>						
4.	Tiago Cunha COSTA	99	Sporting	<b>23.20</b>	+0,64	732	A
5.	Diogo Ramos LEBRE	01	Alges	<b>23.26</b>	+0,64	726	A
6.	Joao Esteves PADRELA	99	Naval do Funchal	<b>23.43</b>	+0,67	710	A
7.	Paulo VAKULYUK	03	Torres Novas	<b>23.45</b>	+0,66	708	A
8.	Fernando Souza SILVA	86	Naval do Funchal	<b>23.63</b>	+0,69	692	B
9.	Bruno Miguel RAMOS	97	Belenenses	<b>23.83</b>	+0,62	675	B
10.	Miguel Vicente SILVA	02	Nautico Marinha Grande	<b>23.86</b>	+0,64	673	B
11.	Gustavo Carvalhais RIBEIRO	03	Sporting	<b>23.90</b>	+0,69	669	B
12.	Alexandre Ferreira AMORIM	99	Vitoria Guimaraes	<b>23.91</b>	+0,65	668	B
13.	Tomas Teixeira LOPES	02	Vitoria Guimaraes	<b>23.92</b>	+0,67	668	B

Prova 8, Masc., 50m Livres, Elimina, Absolutos

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
14.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>24.20</b>	+0,61	645	B
15.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>24.22</b>	+0,66	643	B
16.	Joao Duarte SANTOS	95	Natacao de Olhao	<b>24.28</b>	+0,68	638	B
17.	Rodrigo Miguel REIS	04	Nautico Academico	<b>24.32</b>	+0,62	635	R
18.	Bernardo Victorino ALMEIDA	04	Sporting	<b>24.39</b>	+0,63	630	
19.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>24.40</b>	+0,59	629	
20.	Henrique Silva MASCARENHAS	01	Fluvial Portuense	<b>24.45</b>	+0,65	625	
21.	Diogo Henrique FERNANDES	04	Naval do Funchal	<b>24.48</b>	+0,66	623	
22.	Simao Valadas BILRO	05	Aminata	<b>24.61</b>	+0,60	613	
23.	Daniel Batista TAVARES	06	Braga	<b>24.62</b>	+0,67	612	
24.	Tiago Campos LOURENCO	02	Natacao de Valongo	<b>24.71</b>	+0,71	605	
25.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>24.78</b>	+0,70	600	
	Diogo Alexandre OLIVEIRA	05	Naval do Funchal	<b>24.78</b>	+0,61	600	
27.	Pedro Andre SANTOS	94	Alges	<b>24.79</b>	+0,67	600	
28.	Nuno Goncalo SANTOS	96	Nautico de Leiria	<b>24.80</b>	+0,65	599	
29.	Tomas Coelho PEREIRA	05	Penafiel	<b>24.90</b>	+0,70	592	
30.	Andre Henriques MARQUES	05	Benfica	<b>25.03</b>	+0,63	583	
31.	Rodrigo Vieira RODRIGUES	06	Sporting de Espinho	<b>25.11</b>	+0,61	577	
32.	Rodrigo Costa CRUZ	06	Academica de Coimbra	<b>25.12</b>	+0,67	576	
33.	Joao Antonio PIRES	05	Torres Novas	<b>25.14</b>	+0,63	575	
34.	Gabriel Carvalho FERRAO	05	Benfica	<b>25.17</b>	+0,56	573	
35.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>25.20</b>	+0,65	571	
36.	Artur Osorio BONANCA	05	Naval de Faro	<b>25.29</b>	+0,68	565	
37.	Gil Santos LEMOS	06	Pimpoes/Cimai	<b>25.30</b>	+0,64	564	
38.	Vasco Goncalves CUNHA	05	Leixoes	<b>25.33</b>	+0,73	562	
39.	Guilherme Fernandes BAPTISTA	06	Benfica	<b>25.38</b>	+0,66	559	
40.	Joao Carlos BARROS	06	Fluvial Portuense	<b>25.40</b>	+0,69	557	
41.	David Ferreira RELVAS	03	Nautico Marinha Grande	<b>25.42</b>	+0,73	556	
42.	Andre Prates LOPES	05	Electrico Clube/ FGil.pt	<b>25.43</b>	+0,71	555	
43.	Manuel Alves GONCALVES	06	Celorico Basto	<b>25.48</b>	+0,68	552	
44.	Vasco Almeida RIBEIRO	05	Sao Joao Ver	<b>25.51</b>	+0,63	550	
45.	Micael Dmitrievich DENISOV	06	Nautico de Leiria	<b>25.75</b>	+0,68	535	
46.	Antonio Coelho VIEIRA	06	Sporting	<b>26.20</b>	+0,75	508	
DSQ	Joao Luis RODRIGUES	05	Naval do Funchal				
	<i>4.2 - Falsa Partida – SW 4.4</i>						
DNS	Rodrigo Ribeiro GOMES	00	Condeixa Clube				
EXH	Caio Salgado MEDEIROS	07	Alges	<b>25.87</b>	+0,69	528	
EXH	Diogo Correia NEVES	94	S15 H Colegio Vasco da Gama	<b>28.07</b>	+0,67	413	
EXH	Diogo Luis CANCELA	02	S8 1,2,4 Louzan Natacao/EFAPEL	<b>28.24</b>	+0,62	405	
	<i>Recorde Nacional S8</i>						

Prova 109  
30/03/2023 - 12:10

Masc., 4 x 200m Livres

Juvenis  
Resultados

Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nac Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26/07/2012
Rec Nac Juv	7:58.57	tempo limite			
Rec Nac Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01/08/2019

TAC\_Juv\_estafeta 50m: 8:38.62 - 25m: 8:28.24

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>1. Nautico de Leiria-JUV</b>		<b>Nautico de Leiria</b>	<b>8:18.50</b>	<b>+0,71</b>	<b>591</b>
Goncalo Pereira COLACO	07	+0,71 29.58	1:02.04	1:35.23	2:06.16
Francisco Marques SIMOES	07	+0,37 27.35	58.62	1:30.83	2:03.53
Afonso Dinis ROQUE	07	+0,24 27.82	58.48	1:31.22	2:02.05
Joao Moura FRANCISCO	07	+0,49 27.81	59.83	1:32.91	2:06.76
<b>2. Fluvial Portuense-JUV</b>		<b>Fluvial Portuense</b>	<b>8:19.18</b>	<b>+0,67</b>	<b>589</b>
Rodrigo Costa BORGES	07	+0,67 28.06	59.36	1:31.65	2:03.07
Tiago Andre CANELAS	08	+0,65 29.72	1:02.41	1:35.90	2:07.84
Gil Afonso RODRIGUES	07	+0,55 28.02	59.61	1:33.04	2:06.02
Francisco Miguel PEREIRA	08	+0,41 27.04	58.48	1:30.68	2:02.25
<b>3. Porto-JUV</b>		<b>Porto</b>	<b>8:20.08</b>	<b>+0,75</b>	<b>586</b>
Miguel Guedes FERREIRA	07	+0,75 28.99	1:00.63	1:32.63	2:04.61
Miguel Fragozo MEDEIROS	08	+0,53 28.20	59.61	1:32.22	2:04.93
Duarte Santos FERREIRA	08	+0,31 28.21	59.85	1:33.21	2:07.52
Guilherme Mahua SOARES	07	+0,11 26.74	57.87	1:30.54	2:03.02
<b>4. Sporting-JUV</b>		<b>Sporting</b>	<b>8:20.59</b>	<b>+0,64</b>	<b>584</b>
Axel Guedes ASMAR	07	+0,64 28.05	59.52	1:31.82	2:04.18
Miguel Braga GOMES	07	+0,55 28.02	1:00.13	1:34.10	2:08.05
David Jesus MORGADO	08	+0,46 28.14	59.62	1:33.28	2:07.72
Leonardo Conceicao REIS	07	+0,35 27.02	57.22	1:29.14	2:00.64
<b>5. Alges-JUV</b>		<b>Alges</b>	<b>8:52.14</b>	<b>+0,73</b>	<b>486</b>
Afonso Jose FERNANDES	07	+0,73 28.86	1:01.22	1:35.04	2:08.06
Antonio Rego ARSENIÓ	07	28.16	1:02.22	1:37.85	2:14.03
Vicente Dias MAIA	07	+0,53 29.17	1:04.56	1:41.64	2:16.87
Francisco Maria SANTOS	08	+0,50 27.94	1:00.87	1:36.31	2:13.18

Prova 110  
30/03/2023 - 12:20

Femin., 4 x 200m Livres

Juvenis  
Resultados

Rec Nac Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14/04/2019
Rec Nac Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01/04/2015
Rec Nac Juv	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23/07/2015
Rec Nac Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26/07/2012

TAC\_Juv\_estafeta 50m: 9:25.95 - 25m: 9:14.63

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>1. Braga-JUV</b>		<b>Braga</b>	<b>9:13.51</b>	<b>+0,69</b>	<b>571</b>
Maria Gomes NEVES	08	+0,69 30.46	1:04.43	1:38.35	2:12.66
Leonor Queiroz GONCALVES	09	+0,29 31.76	1:07.39	1:43.79	2:20.32
Maria Alexandra LEITE	08	+0,41 31.39	1:06.98	1:43.77	2:21.81
Adriana Ribeiro BARROS	08	+0,06 30.28	1:05.64	1:41.79	2:18.72
<b>2. Porto-JUV</b>		<b>Porto</b>	<b>9:19.32</b>	<b>+0,77</b>	<b>553</b>
Leonor Carvalho SOARES	08	+0,77 32.37	1:07.80	1:44.61	2:20.77
Beatriz Alves AMBRUS	09	+0,31 30.95	1:06.41	1:43.57	2:20.55
Sofia Teixeira BARBOSA	08	+0,41 31.24	1:06.49	1:42.54	2:18.66
Carolina Correia MARTINS	09	+0,13 31.50	1:06.27	1:42.67	2:19.34
<b>3. Estarreja/PROZINCO-JUV</b>		<b>Estarreja/PROZINCO</b>	<b>9:19.50</b>	<b>+0,77</b>	<b>553</b>
Carolina Sofia BAPTISTA	09	+0,77 31.12	1:06.02	1:41.89	2:16.58
Carolina Mendes NUNES	08	+0,44 31.43	1:06.27	1:42.23	2:17.77
Ana Jorge GONCALVES	08	+0,52 31.82	1:09.07	1:49.53	2:30.93
Lara Catarina MAIA	09	+0,43 30.53	1:04.44	1:40.05	2:14.22
<b>DSQ Galitos / Bresimar-JUV</b>		<b>Galitos / Bresimar</b>		<b>+0,62</b>	
<i>10.15 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>					
Maria Meleiro GONCALVES	08	+0,62 31.91	1:07.54	1:43.78	2:20.60
Maria Saraiva PAIXAO	08	+0,68 33.44	1:11.07	1:49.63	2:28.80
Matilde Pinheiro LAMEIRO	08	+0,33 30.50	1:06.31	1:43.69	2:22.39
Sofia Pereira JORGE	08	-0,06			

Prova 4 Open  
30/03/2023 Resultados Swim Off Elimin  
Masc., 50m Costas

Rec Nac Absoluto	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Sen	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Jun18	26.22	Joao Nogueira COSTA	POR	Budapest (HUN)	22/08/2019
Rec Nac Jun17	26.67	Diogo Santos COSTA	ADRCIMM	Oeiras	14/04/2019
RN S10	31.05	Tomas Coelho CORDEIRO	CNCE	Funchal	30/03/2023

CMPL Sen: 25.16 / CESub23 19 - 23: 25.39 / TAC Sen 50m: 28.55 - 25m: 27.17; Jun 50m: 29.41 - 25m: 27.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Joao Diogo FERNANDES	98	Belenenses	<b>27.64</b>	+0,58	631
2.	Pedro Miguel PITA	06	Naval do Funchal	<b>27.99</b>	+0,65	607

Prova 7 Open  
30/03/2023 Resultados Swim Off Elimin  
Femin., 50m Livres

Rec Nac Absoluto	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Sen	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Jun17	26.17	Carolina Miranda FERNANDES	CGA	Coimbra	01/04/2022
Rec Nac Jun16	26.21	Ana Pinho RODRIGUES	AEJ	Coimbra	10/04/2010
RN S9	28.85	Susana Pereira VEIGA	POR	Funchal	22/05/2021

CESub23 19 - 23: 25.56 / JO Absoluto: 24.70 / CMPL 19 +: 25.04 / CEJun\_Fem 14 - 17: 26.33 / TAC Sen 50m: 28.22 - 25m: 27.57; Jun 50m: 28.93 - 25m: 28.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Ines Santos AMORIM	06	Desportiva de Viana	<b>27.74</b>	+0,72	621
2.	Joana Francisca RODRIGUES	04	Condeixa Clube	<b>27.81</b>	+0,65	616

2 - 1ª Jornada - 2ª Sessão (Finais-Finals)

30/03/2023 - 17:00

Prova 3	Femin., 50m Costas				Open
30/03/2023 - 17:00					Resultados Final
Rec Nac Absoluto	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Sen	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Jun17	28.55	Rafaela Gomes AZEVEDO	POR	Kazan (RUS)	05/07/2019
Rec Nac Jun17	28.55	Rafaela Gomes AZEVEDO	POR	Budapest (HUN)	23/08/2019
Rec Nac Jun16	29.33	Rafaela Gomes AZEVEDO	SAD	Oeiras	26/07/2018

CMPL 19 +: 28.22 / CESub23 19 - 23: 28.62 / TAC Sen 50m: 32.52 - 25m: 31.21; Jun 50m: 33.33 - 25m: 31.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Rafaela Gomes AZEVEDO <i>Minimos CE Sub23</i>	02	Alges	<b>28.56</b>	+0,58	843
2.	Catarina Martins MESTRE	00	Natacao de Lisboa	<b>29.87</b>	+0,59	736
3.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>30.01</b>	+0,60	726
4.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>30.28</b>	+0,53	707
5.	Maria Carolina EIRA	05	Ginasio de Vila Real	<b>31.11</b>	+0,61	652
6.	Mafalda Martins MESQUITA	07	Famalicao	<b>31.15</b>	+0,54	649
7.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>31.23</b>	+0,71	644
8.	Joana Nunes CARDEAL	02	Academico Viseu	<b>31.24</b>	+0,65	644
9.	Ana Teresa ROMAO	06	Naval de Faro	<b>31.42</b>	+0,61	633
10.	Catarina Castro CASALINHO	07	Estarreja/PROZINCO	<b>31.85</b>	+0,68	607
<b>Final B</b>						
11.	Leonor Correia PAIVA	04	Louzan Natacao/EFAPEL	<b>31.36</b>	+0,61	636
12.	Luana Correia RODRIGUES	01	Belenenses	<b>31.54</b>	+0,55	625
13.	Maria Leonor RODRIGUES	07	Salesianos	<b>31.57</b>	+0,59	624
14.	Soraia Maria SALGADO	05	Fisica Torres Vedras	<b>31.68</b>	+0,66	617
15.	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>31.83</b>	+0,77	608
16.	Erica Cristina REIS	05	Sporting	<b>31.84</b>	+0,54	608
17.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>31.88</b>	+0,75	606
18.	Mariana Nunes MARQUES	03	Estarreja/PROZINCO	<b>31.97</b>	+0,51	601
19.	Yasmin Reis ABRAO	06	Uniao Piedense	<b>32.19</b>	+0,64	588
20.	Sofia Alexandra NUNES	00	Laranjeiro	<b>32.25</b>	+0,65	585



## Prova 3, Femin., 50m Costas, Final

Prova 3	Femin., 50m Costas				Juvenis
30/03/2023 - 17:00					Resultados Final
Rec Nac Absoluto	28.24	Rafaela Gomes AZEVEDO	SAD	Oeiras	23/12/2021
Rec Nac Juv A	29.42	tempo limite			
Rec Nac Juv B	30.52	tempo limite			
TAC 50m: 34.80 - 25m: 33.39					

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Vera Andrade GONCALVES	09	Juventude Atlantico	<b>31.27</b>	+0,60	642
2.	Rafaela Ferreira MENDES	08	Torres Novas	<b>31.90</b>	+0,62	604
3.	Beatriz Belo CLARA	09	Nautico de Leiria	<b>31.97</b>	+0,65	601
4.	Matilde Marques MENDES	08	Gafanha da Encarnacao	<b>32.41</b>	+0,68	576
5.	Mariana Silvestre NOVAIS	09	Portinado	<b>32.71</b>	+0,59	561
6.	Barbara Maria NEVES	08	Alges	<b>32.80</b>	+0,69	556
7.	Margarida Catroga MARQUES	08	Colegio Monte Maior	<b>32.98</b>	+0,65	547
8.	Matilde Catroga MARQUES	08	Colegio Monte Maior	<b>33.12</b>	+0,61	540
9.	Julia Freitas PEREIRA	08	Naval do Funchal	<b>33.21</b>	+0,55	536
10.	Beatriz Maciel PEREIRA	09	Desportiva de Viana	<b>33.31</b>	+0,65	531

Prova 4	Masc., 50m Costas				Open
30/03/2023 - 17:07					Resultados Final

Rec Nac Absoluto	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Sen	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Jun18	26.22	Joao Nogueira COSTA	POR	Budapest (HUN)	22/08/2019
Rec Nac Jun17	26.67	Diogo Santos COSTA	ADRCIMM	Oeiras	14/04/2019

CMPL Sen: 25.16 / CESub23 19 - 23: 25.39 / TAC Sen 50m: 28.55 - 25m: 27.17; Jun 50m: 29.41 - 25m: 27.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Joao Nogueira COSTA	01	Vitoria Guimaraes	<b>25.55</b>	+0,55	799
2.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>25.63</b>	+0,61	791
3.	Diogo Santos COSTA	02	Benfica	<b>26.16</b>	+0,53	744
4.	Gustavo Carvalho SILVA	04	Naval Praia da Vitoria	<b>26.79</b>	+0,59	693
5.	Ricardo Filipe ROCHA	02	Aquatico Pacense	<b>26.91</b>	+0,54	683
6.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>27.43</b>	+0,53	645
	Tomas Coelho PEREIRA	05	Penafiel	<b>27.43</b>	+0,59	645
8.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>27.91</b>	+0,60	613
9.	Francisco Araujo SILVA	06	Famalicao	<b>27.93</b>	+0,59	611
DSQ	Francisco Rogerio SANTOS	98	Sporting		+0,58	
6.4 - O(A) nadador(a), após a partida, não rompeu a superfície da água com a cabeça até aos 15 metros - SW 6.3						

**Final B**

11.	Tomas Maia JANUARIO	06	Benfica	<b>27.53</b>	+0,64	638
12.	Rodrigo Vieira RODRIGUES	06	Sporting de Espinho	<b>27.68</b>	+0,55	628
13.	Andre Henriques MARQUES	05	Benfica	<b>27.69</b>	+0,55	627

## Prova 4, Masc., 50m Costas, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
14.	Miguel Cordeiro ALMEIDA	05	Alges	<b>27.76</b>	+0,51	623
15.	Federico MESTRONI	99	Benfica	<b>27.86</b>	+0,59	616
16.	Ricardo Saraiva PIRES	98	Laranjeiro	<b>27.89</b>	+0,56	614
17.	Ricardo Matias SANTOS	05	CPFZ - Natacao	<b>27.92</b>	+0,61	612
18.	Miguel Ribeiro BATE	99	Sporting	<b>28.11</b>	+0,59	600
19.	Joao Anibal REMELHE	05	Braga	<b>28.30</b>	+0,58	588
20.	Marin CEPELEAGA	05	Portinado	<b>28.34</b>	+0,56	585

## Prova 4

## Masc., 50m Costas

## Juvenis

30/03/2023 - 17:07

Resultados Final

Rec Nac Absoluto	25.28	Alexis Manacas SANTOS	POR	Budapeste (HUN)	17/05/2021
Rec Nac Juv A	27.58	Goncalo Carlos AZEVEDO	CNMAIA	Funchal	30/03/2023
Rec Nac Juv B	28.21	tempo limite			

TAC 50m: 30.83 - 25m: 29.34

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Goncalo Carlos AZEVEDO <i>Recorde Nacional</i>	07	Natacao da Maia	<b>27.46</b>	+0,57	643
2.	Afonso Bjork FREITAS	07	Nacional de Natacao	<b>28.43</b>	+0,62	580
3.	Tiago Mendes COSTA	07	Famalicao	<b>28.54</b>	+0,70	573
4.	Rodrigo Filipe CORREIA	07	Porto	<b>29.05</b>	+0,57	543
	Tiago Brazao NEVES	07	Naval do Funchal	<b>29.05</b>	+0,53	543
6.	Afonso Rodrigues CALHELHA	07	Colegio Monte Maior	<b>29.21</b>	+0,61	534
7.	Alexandre DZYAKANAU	07	Louzan Natacao/EFAPEL	<b>29.60</b>	+0,60	513
8.	Mikhael ONUTSKYY	08	Pimpoes/Cimai	<b>29.86</b>	+0,65	500
9.	Lourenco Lopes SILVA	07	Uniao Piedense	<b>30.10</b>	+0,71	488
10.	Francisco Miguel PEREIRA	08	Fluvial Portuense	<b>30.35</b>	+0,65	476

Prova 5  
30/03/2023 - 17:13

Femin., 200m Mariposa

Open  
Resultados Final

Rec Nac Absoluto	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Sen	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Jun17	2:12.56	Sara Freitas OLIVEIRA	POR	Berlim (GER)	04/08/2002
Rec Nac Jun16	2:17.09	Mariana Fernandes BARBOSA	FCP	Oeiras	29/07/2018

JO Absoluto: 2:08.43 / CMPL 19+: 2:09.21 / CESub23 19 - 23: 2:12.93 / CEJun\_Fem 14 - 17: 2:17.07 / TAC Sen 50m: 2:32.03 - 25m: 2:25.96; Jun 50m: 2:35.83 - 25m: 2:29.61

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Ana Catarina MONTEIRO	93	Vilacondense	<b>2:10.87</b>	+0,68	806
	50m: 29.46 29.46	100m: 1:02.71	33.25	150m: 1:36.32	33.61	200m: 2:10.87 34.55
2.	Ines Jacinto HENRIQUES <i>Minimos CE Sub23</i>	00	Louzan Natacao/EFAPEL	<b>2:12.13</b>	+0,69	783
	50m: 29.56 29.56	100m: 1:02.75	33.19	150m: 1:36.55	33.80	200m: 2:12.13 35.58
3.	Maria Luiza PESSANHA	00	Naval do Funchal	<b>2:13.39</b>	+0,73	761
	50m: 29.94 29.94	100m: 1:03.70	33.76	150m: 1:38.11	34.41	200m: 2:13.39 35.28
4.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>2:14.54</b>	+0,67	742
	50m: 29.81 29.81	100m: 1:03.15	33.34	150m: 1:37.50	34.35	200m: 2:14.54 37.04
5.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>2:17.47</b>	+0,63	695
	50m: 30.22 30.22	100m: 1:05.09	34.87	150m: 1:40.65	35.56	200m: 2:17.47 36.82
6.	Angelica Maria ANDRE	94	Porto	<b>2:18.94</b>	+0,72	673
	50m: 31.07 31.07	100m: 1:05.93	34.86	150m: 1:41.82	35.89	200m: 2:18.94 37.12
7.	Francisca Salvador MESQUITA	02	Sporting	<b>2:19.34</b>	+0,76	668
	50m: 30.68 30.68	100m: 1:05.86	35.18	150m: 1:42.40	36.54	200m: 2:19.34 36.94
8.	Mariana Amaral MENDES	02	Sporting	<b>2:21.99</b>	+0,80	631
	50m: 32.32 32.32	100m: 1:08.31	35.99	150m: 1:45.01	36.70	200m: 2:21.99 36.98
9.	Giovanna Vaz VARGAS	00	Nautico Marinha Grande	<b>2:22.91</b>	+0,84	619
	50m: 31.68 31.68	100m: 1:08.25	36.57	150m: 1:45.29	37.04	200m: 2:22.91 37.62
10.	Daniela Silva LIGEIRO	04	Viana Natacao	<b>2:23.05</b>	+0,68	617
	50m: 31.91 31.91	100m: 1:08.07	36.16	150m: 1:45.00	36.93	200m: 2:23.05 38.05
<b>Final B</b>						
11.	Maria Emilia ALMEIDA	07	Colegio Efanor	<b>2:24.61</b>	+0,81	597
	50m: 31.96 31.96	100m: 1:08.58	36.62	150m: 1:46.06	37.48	200m: 2:24.61 38.55
12.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>2:24.62</b>	+0,70	597
	50m: 30.91 30.91	100m: 1:07.63	36.72	150m: 1:45.71	38.08	200m: 2:24.62 38.91
13.	Matilde Nunes LOPES	06	Benfica	<b>2:24.93</b>	+0,74	593
	50m: 32.34 32.34	100m: 1:09.25	36.91	150m: 1:46.71	37.46	200m: 2:24.93 38.22
14.	Lia Ana LIMA	01	Benfica	<b>2:25.20</b>	+0,76	590
	50m: 31.97 31.97	100m: 1:09.01	37.04	150m: 1:46.73	37.72	200m: 2:25.20 38.47
15.	Ana Carolina MONTEIRO	04	Uniao Coimbra	<b>2:26.29</b>	+0,74	577
	50m: 32.04 32.04	100m: 1:09.08	37.04	150m: 1:47.31	38.23	200m: 2:26.29 38.98

<b>ORGANIZAÇÃO</b> 		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b> 	
<b>PATROCINADOR PRINCIPAL</b> 		<b>PARCEIROS INSTITUCIONAIS</b> 	
<b>PATROCINADOR OFICIAL</b> 		<b>PARCEIROS</b> 	

Prova 5, Femin., 200m Mariposa, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Mariana Goncalves BROCHADO	06	Viana Natacao	<b>2:27.00</b>	+0,88	568
	50m: 32.06 32.06	100m: 1:09.11	37.05 150m: 1:47.28	38.17	200m: 2:27.00	39.72
17.	Gabriela Ferreira NEVES	06	Foca Quinta da Lixa CNF	<b>2:27.13</b>	+0,79	567
	50m: 32.81 32.81	100m: 1:10.00	37.19 150m: 1:48.16	38.16	200m: 2:27.13	38.97
18.	Maria Neto FERREIRA	06	Nautico Academico	<b>2:27.54</b>	+0,79	562
	50m: 33.14 33.14	100m: 1:10.52	37.38 150m: 1:48.17	37.65	200m: 2:27.54	39.37
19.	Ines Cruz CAMARA	07	Desportivo Nacional	<b>2:27.72</b>	+0,76	560
	50m: 31.76 31.76	100m: 1:08.83	37.07 150m: 1:47.76	38.93	200m: 2:27.72	39.96
DSQ	Francisca Santos FERREIRA	06	Alges		+0,68	
8.13 - O(A) nadador(a), na viragem dos 150 metros, tocou na parede com toque não simultâneo - SW 8.4						

Prova 5  
30/03/2023 - 17:13

Femin., 200m Mariposa

Juvenis  
Resultados Final

Rec Nac Absoluto	2:08.03	Ana Catarina MONTEIRO	POR	Glasgow (GBR)	06/08/2018
Rec Nac Juv A	2:15.56	Ana Rita FRANCISCO	POR	Genebra (SUI)	20/07/1995
Rec Nac Juv B	2:20.75	Susana Patricia MIGUEL	POR	Génova (ITA)	04/07/2004

JO Absoluto: 2:08.43 / CEJun\_Fem 14 - 17: 2:17.07 / TAC 50m: 2:42.67 - 25m: 2:36.18

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Leonor Carvalho SOARES	08	Porto	<b>2:29.10</b>	+0,73	545
	50m: 32.77 32.77	100m: 1:10.24	37.47 150m: 1:49.67	39.43	200m: 2:29.10	39.43
2.	Maria Saraiva PAIXAO	08	Galitos / Bresimar	<b>2:30.33</b>		532
	50m: 33.42 33.42	100m: 1:11.47	38.05 150m: 1:50.41	38.94	200m: 2:30.33	39.92
3.	Catarina Maria LOPES	08	BUZIOS-Coruche	<b>2:31.84</b>	+0,82	516
	50m: 33.32 33.32	100m: 1:10.80	37.48 150m: 1:50.52	39.72	200m: 2:31.84	41.32
4.	Beatriz Costa DIAS	08	Aquatico Pacense	<b>2:32.68</b>	+0,75	507
	50m: 32.28 32.28	100m: 1:09.75	37.47 150m: 1:50.47	40.72	200m: 2:32.68	42.21
5.	Constanca Santos FERREIRA	08	Alges	<b>2:33.46</b>	+0,87	500
	50m: 32.93 32.93	100m: 1:11.37	38.44 150m: 1:51.60	40.23	200m: 2:33.46	41.86
6.	Constanca Baptista TOMAS	09	Alcobaca	<b>2:36.32</b>	+0,70	473
	50m: 33.89 33.89	100m: 1:14.10	40.21 150m: 1:55.35	41.25	200m: 2:36.32	40.97
7.	Eleine Vieira MATEUS	09	Desportivo Nacional	<b>2:38.68</b>	+0,73	452
	50m: 34.41 34.41	100m: 1:14.51	40.10 150m: 1:56.30	41.79	200m: 2:38.68	42.38
8.	Uxia Romero COSTA	09	Fluvial Portuense	<b>2:39.49</b>	+0,65	445
	50m: 34.22 34.22	100m: 1:15.85	41.63 150m: 1:57.77	41.92	200m: 2:39.49	41.72
9.	Maria Joao MARTINS	08	Fafe	<b>2:40.08</b>	+0,69	440
	50m: 34.05 34.05	100m: 1:14.02	39.97 150m: 1:56.37	42.35	200m: 2:40.08	43.71
10.	Ines Maria PEREIRA	08	Natacao de Valongo	<b>2:41.80</b>	+0,82	426
	50m: 35.22 35.22	100m: 1:16.92	41.70 150m: 1:58.93	42.01	200m: 2:41.80	42.87

Prova 6  
30/03/2023 - 17:24

Masc., 200m Mariposa

Open  
Resultados Final

Rec Nac Absoluto	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Jun18	2:01.46	Pedro Diogo OLIVEIRA	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac Jun17	2:02.12	Pedro Diogo OLIVEIRA	POR	Belgrado (HUN)	16/07/2005

JO Absoluto: 1:55.78 / CMPL Sen: 1:56.71 / CESub23 19 - 23: 1:59.83 / CEJun\_Masc 15 - 18: 2:03.83 / TAC Sen 50m: 2:12.71 - 25m: 2:08.72; Jun 50m: 2:16.69 - 25m: 2:12.58

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>							
1.	Kevins Alexandre APSENEIECE	04		Porto	<b>1:59.68</b>	+0,72	783
	<i>Minimos CE Sub23</i>						
	50m: 27.06 27.06	100m: 57.42	30.36	150m: 1:28.14	30.72	200m: 1:59.68	31.54
2.	Henrique Gomes SILVA	02		Benfica	<b>2:01.49</b>	+0,62	749
	50m: 27.27 27.27	100m: 57.84	30.57	150m: 1:28.53	30.69	200m: 2:01.49	32.96
3.	Porfirio Braga NUNES	00		Porto	<b>2:02.00</b>	+0,66	739
	50m: 27.39 27.39	100m: 57.96	30.57	150m: 1:29.03	31.07	200m: 2:02.00	32.97
4.	Luis Galvao GOUVEIA	05		Desportivo Nacional	<b>2:03.81</b>	+0,65	707
	<i>Minimos CEJun</i>						
	50m: 27.51 27.51	100m: 58.59	31.08	150m: 1:31.19	32.60	200m: 2:03.81	32.62
5.	Salvador Goya PERLOIRO	05		Benfica	<b>2:04.70</b>	+0,69	692
	50m: 27.92 27.92	100m: 59.78	31.86	150m: 1:31.85	32.07	200m: 2:04.70	32.85
6.	Tiago Roberto CORDEIRO	00		Benfica	<b>2:06.12</b>	+0,68	669
	50m: 27.89 27.89	100m: 59.56	31.67	150m: 1:32.01	32.45	200m: 2:06.12	34.11
7.	Vasco Alves MORGADO	05		Alges	<b>2:06.13</b>	+0,60	669
	50m: 28.05 28.05	100m: 1:00.57	32.52	150m: 1:33.02	32.45	200m: 2:06.13	33.11
8.	Joao Soares CARNEIRO	03		Benfica	<b>2:06.82</b>	+0,68	658
	50m: 27.21 27.21	100m: 58.75	31.54	150m: 1:31.60	32.85	200m: 2:06.82	35.22
9.	Diogo Santos CARDOSO	01		Sporting	<b>2:07.33</b>	+0,73	650
	50m: 29.11 29.11	100m: 1:01.58	32.47	150m: 1:34.43	32.85	200m: 2:07.33	32.90
10.	Miguel Freitas OVIEDO	02		Academica de Coimbra	<b>2:09.20</b>	+0,64	622
	50m: 29.03 29.03	100m: 1:01.81	32.78	150m: 1:35.60	33.79	200m: 2:09.20	33.60
<b>Final B</b>							
11.	Rodrigo Reis DIAS	03		Belenenses	<b>2:08.68</b>	+0,64	630
	50m: 28.45 28.45	100m: 1:01.91	33.46	150m: 1:35.79	33.88	200m: 2:08.68	32.89
12.	Bernardo Jorge SIMOES	04		Belenenses	<b>2:08.93</b>	+0,70	626
	50m: 28.23 28.23	100m: 1:01.25	33.02	150m: 1:35.43	34.18	200m: 2:08.93	33.50
13.	Tomas Amor SARREIRA	05		Nautico Marinha Grande	<b>2:09.39</b>	+0,71	620
	50m: 28.13 28.13	100m: 1:01.19	33.06	150m: 1:34.93	33.74	200m: 2:09.39	34.46
14.	Rodrigo Ferreira PEREIRA	06		Famalicao	<b>2:09.62</b>	+0,65	616
	50m: 28.52 28.52	100m: 1:01.39	32.87	150m: 1:35.30	33.91	200m: 2:09.62	34.32
15.	David Ferreira RELVAS	03		Nautico Marinha Grande	<b>2:10.21</b>	+0,79	608
	50m: 28.56 28.56	100m: 1:01.54	32.98	150m: 1:35.70	34.16	200m: 2:10.21	34.51

## Prova 6, Masc., 200m Mariposa, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Kaio Araujo FAFTINE	06		Sporting	<b>2:10.87</b>	+0,59	599
	50m: 29.39 29.39	100m: 1:03.12	33.73	150m: 1:37.39	34.27	200m: 2:10.87	33.48
17.	Rodrigo Reis RODRIGUES	04		Sao Roque	<b>2:11.51</b>	+0,64	590
	50m: 28.62 28.62	100m: 1:01.40	32.78	150m: 1:35.86	34.46	200m: 2:11.51	35.65
18.	Goncalo Duarte SANTOS	00		Vikings	<b>2:11.99</b>	+0,72	584
	50m: 28.68 28.68	100m: 1:02.89	34.21	150m: 1:37.77	34.88	200m: 2:11.99	34.22
19.	Joao Guilherme ARAUJO	03		Natacao da Maia	<b>2:12.34</b>	+0,71	579
	50m: 28.46 28.46	100m: 1:01.72	33.26	150m: 1:36.43	34.71	200m: 2:12.34	35.91
20.	Jose Pinto CABRAL	05		Viver Santarem	<b>2:12.41</b>	+0,73	578
	50m: 28.35 28.35	100m: 1:01.12	32.77	150m: 1:35.11	33.99	200m: 2:12.41	37.30

## Prova 6

## Masc., 200m Mariposa

## Juvenis

30/03/2023 - 17:24

Resultados Final

Rec Nac Absoluto	1:56.17	Pedro Diogo OLIVEIRA	POR	Roma (ITA)	28/07/2009
Rec Nac Juv A	2:03.76	Pedro Diogo OLIVEIRA	CNRM	Lisboa	31/07/2004
Rec Nac Juv B	2:08.12	Jorge Jesus SILVA	SCB	Coimbra	26/07/2015

JO Absoluto: 1:55.78 / CEJun\_Masc 15 - 18: 2:03.83 / TAC 50m: 2:23.33 - 25m: 2:19.02

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Antonio Miguel COSTA	07		Fafe	<b>2:12.47</b>	+0,66	577
	50m: 29.57 29.57	100m: 1:03.97	34.40	150m: 1:38.23	34.26	200m: 2:12.47	34.24
2.	Francisco Goya PERLOIRO	07		Benfica	<b>2:12.86</b>	+0,69	572
	50m: 29.02 29.02	100m: 1:02.68	33.66	150m: 1:37.27	34.59	200m: 2:12.86	35.59
3.	Francisco Bernardes MARTELO	07		Porto	<b>2:15.12</b>	+0,61	544
	50m: 29.73 29.73	100m: 1:04.14	34.41	150m: 1:39.97	35.83	200m: 2:15.12	35.15
4.	Afonso Dinis ROQUE	07		Nautico de Leiria	<b>2:16.28</b>	+0,78	530
	50m: 28.94 28.94	100m: 1:02.59	33.65	150m: 1:38.32	35.73	200m: 2:16.28	37.96
5.	Leonardo Cunha MOURA	07		Foca Quinta da Lixa CNF	<b>2:16.32</b>	+0,73	530
	50m: 29.72 29.72	100m: 1:04.14	34.42	150m: 1:39.56	35.42	200m: 2:16.32	36.76
6.	Guilherme Corte COSTA	07		Desportivo Nacional	<b>2:17.44</b>	+0,71	517
	50m: 30.01 30.01	100m: 1:04.40	34.39	150m: 1:40.72	36.32	200m: 2:17.44	36.72
7.	Joao Moura FRANCISCO	07		Nautico de Leiria	<b>2:18.24</b>	+0,82	508
	50m: 29.37 29.37	100m: 1:04.38	35.01	150m: 1:41.20	36.82	200m: 2:18.24	37.04
8.	Rafael Pacheco GODINHO	07		Sporting	<b>2:19.94</b>	+0,87	490
	50m: 29.97 29.97	100m: 1:04.75	34.78	150m: 1:42.00	37.25	200m: 2:19.94	37.94
9.	Guilherme Romeira PINTO	07		Sporting de Espinho	<b>2:20.74</b>	+0,67	481
	50m: 30.18 30.18	100m: 1:05.46	35.28	150m: 1:42.48	37.02	200m: 2:20.74	38.26
DSQ	Renato Gouveia TEIXEIRA	07		Foca Quinta da Lixa CNF		+0,80	

8.13 - O(A) nadador(a), na viragem dos 100 metros, tocou na parede com toque não simultâneo - SW 8.4

Prova 7  
30/03/2023 - 17:35

Femin., 50m Livres

Open  
Resultados Final

Rec Nac Absoluto	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Sen	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Jun17	26.17	Carolina Miranda FERNANDES	CGA	Coimbra	01/04/2022
Rec Nac Jun16	26.21	Ana Pinho RODRIGUES	AEJ	Coimbra	10/04/2010

JO Absoluto: 24.70 / CMPL 19 +: 25.04 / CESub23 19 - 23: 25.56 / CEJun\_Fem 14 - 17: 26.33 / TAC Sen 50m: 28.22 - 25m: 27.57;  
Jun 50m: 28.93 - 25m: 28.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Ana Pinho RODRIGUES <i>Recorde Nacional</i>	94	Desportiva de Viana	<b>25.25</b>	+0,63	823
2.	Francisca Soares MARTINS	03	Foca Quinta da Lixa CNF	<b>26.05</b>	+0,66	750
3.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>26.65</b>	+0,62	700
4.	Rita Barros FRISCHKNECHT	98	Sporting	<b>26.74</b>	+0,69	693
	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>26.74</b>	+0,69	693
6.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>27.00</b>	+0,69	673
7.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>27.18</b>	+0,59	660
8.	Leticia Maia ANDRE	02	Benfica	<b>27.20</b>	+0,69	659
9.	Leonor Tavares CATALAO	06	Sporting	<b>27.21</b>	+0,77	658
10.	Mafalda Marques PINTO	02	Sporting	<b>27.42</b>	+0,71	643
<b>Final B</b>						
11.	Anna FOMINA	02	Sporting	<b>27.39</b>	+0,75	645
	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>27.39</b>	+0,63	645
13.	Leonor Mil MANO	07	Nautico Academico	<b>27.52</b>	+0,69	636
14.	Leonor Peso PARENTE	07	Palmela Desporto	<b>27.55</b>	+0,71	634
	Beatriz Silva LOURO	07	Louletano / Loule Concelho	<b>27.55</b>	+0,66	634
16.	Ines Santos AMORIM	06	Desportiva de Viana	<b>27.57</b>	+0,77	632
17.	Erica Domitila AMADOR	07	Estarreja/PROZINCO	<b>27.62</b>	+0,70	629
18.	Maria Leonor COELHO	06	Benfica	<b>27.64</b>	+0,61	628
19.	Marta Joao PIRES	05	Alges	<b>27.84</b>	+0,69	614
20.	Mariana Marques MERCEDES	03	Vikings	<b>27.98</b>	+0,66	605

## Prova 7, Femin., 50m Livres, Final

Prova 7 Femin., 50m Livres Juvenis  
30/03/2023 - 17:35 Resultados Final

Rec Nac Absoluto	25.56	Ana Pinho RODRIGUES	ADS	Funchal	03/08/2019
Rec Nac Juv A	26.78	Maria Gomes PEREIRA	SAD	Coimbra	05/04/2019
Rec Nac Juv B	27.17	Ana Margarida GUEDES	GCVR	Coimbra	31/05/2015

JO Absoluto: 24.70 / CEJun\_Fem 14 - 17: 26.33 / TAC 50m: 30.20 - 25m: 29.50

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>27.86</b>	+0,72	613
2.	Maria Silva PEREIRA	08	Ginasio de Vila Real	<b>27.88</b>	+0,67	611
3.	Leonor Carnide SILVA	09	Ginasio de Vila Real	<b>27.92</b>	+0,73	609
4.	Ana Carolina NEVES	08	Fluvial Portuense	<b>28.07</b>	+0,58	599
5.	Catarina Soares ARAUJO	09	Penafiel	<b>28.63</b>	+0,79	565
6.	Carlota Filipa SILVA	08	Portinado	<b>28.65</b>	+0,63	563
7.	Ana Beatriz PIRES	08	Uniao Piedense	<b>28.71</b>	+0,72	560
8.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>28.76</b>	+0,77	557
9.	Raquel Campos CARDOSO	09	Bombeiros de Ponta Delgada	<b>28.77</b>	+0,76	556
10.	Beatriz Maciel PEREIRA	09	Desportiva de Viana	<b>28.93</b>	+0,73	547

Prova 8 Masc., 50m Livres Open  
30/03/2023 - 17:40 Resultados Final

Rec Nac Absoluto	21.87	Diogo Matos RIBEIRO	SLB	Funchal	30/03/2023
Rec Nac Sen	21.87	Diogo Matos RIBEIRO	SLB	Funchal	30/03/2023
Rec Nac Jun18	21.92	Diogo Matos RIBEIRO	POR	Lima (PER)	02/09/2022
Rec Nac Jun17	22.95	Tiago Andre VENANCIO	POR	Oeiras	16/07/2004

JO Absoluto: 21.96 / CMPL Sen: 22.12 / CESub23 19 - 23: 22.77 / CEJun\_Masc 15 - 18: 23.45 / TAC Sen 50m: 24.66 - 25m: 23.86;  
Jun 50m: 25.40 - 25m: 24.58

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Miguel Duarte NASCIMENTO <i>Minimos CMundo</i>	95	Benfica	<b>21.97</b>	+0,60	862
2.	Diogo Matos RIBEIRO <i>Minimos CMundo, Minimos CE Sub23</i>	04	Benfica	<b>22.02</b>	+0,60	856
3.	Andrii GOVOROV <i>Minimos CMundo</i>	92	Vitoria Guimaraes	<b>22.09</b>	+0,61	848
4.	Miguel Henriques MARQUES <i>Minimos CE Sub23</i>	00	Benfica	<b>22.44</b>	+0,63	809
5.	Leonardo SCHILLING	93	Porto	<b>22.89</b>	+0,67	762
6.	Tiago Cunha COSTA	99	Sporting	<b>23.09</b>	+0,66	742
7.	Diogo Ramos LEBRE	01	Alges	<b>23.19</b>	+0,61	733
8.	Paulo VAKULYUK	03	Torres Novas	<b>23.46</b>	+0,72	708
9.	Joao Esteves PADRELA	99	Naval do Funchal	<b>23.51</b>	+0,65	703
10.	Gabriel Persequin DIAS	03	Naval do Funchal	<b>23.67</b>	+0,70	689



## Prova 8, Masc., 50m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final B</b>						
11.	Bruno Miguel RAMOS	97	Belenenses	<b>23.54</b>	+0,62	700
12.	Fernando Souza SILVA	86	Naval do Funchal	<b>23.60</b>	+0,65	695
13.	Miguel Vicente SILVA	02	Nautico Marinha Grande	<b>23.89</b>	+0,64	670
14.	Nick HEINIO-WIDELL	05	Alges	<b>23.95</b>	+0,56	665
15.	Tomas Teixeira LOPES	02	Vitoria Guimaraes	<b>24.01</b>	+0,68	660
16.	Alexandre Ferreira AMORIM	99	Vitoria Guimaraes	<b>24.03</b>	+0,66	658
17.	Joao Duarte SANTOS	95	Natacao de Olhao	<b>24.17</b>	+0,66	647
18.	Gustavo Carvalhais RIBEIRO	03	Sporting	<b>24.25</b>	+0,69	641
19.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>24.30</b>	+0,61	637
20.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>24.32</b>	+0,63	635

## Prova 8

## Masc., 50m Livres

## Juvenis

30/03/2023 - 17:40

Resultados Final

Rec Nac Absoluto	21.87	Diogo Matos RIBEIRO	SLB	Funchal	30/03/2023
Rec Nac Juv A	23.78	Tiago Andre VENANCIO	POR	Paris (FRA)	31/07/2003
Rec Nac Juv B	24.61	Tiago Andrade MACHADO	SCA	Oeiras	20/07/2017

JO Absoluto: 21.96 / CEJun\_Masc 15 - 18: 23.45 / TAC 50m: 26.63 - 25m: 25.77

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Alexandre MORARI	07	Rio Maior	<b>24.83</b>	+0,67	597
2.	Andre Miguel RAMOS	07	Fisica Torres Vedras	<b>25.05</b>	+0,71	581
3.	Goncalo Carlos AZEVEDO	07	Natacao da Maia	<b>25.06</b>	+0,70	580
4.	Antonio Furtado PIRES	07	CLIP Teams	<b>25.18</b>	+0,67	572
5.	Joao Valente MARTINS	07	Louletano / Loule Concelho	<b>25.52</b>	+0,63	550
6.	Guilherme Mahua SOARES	07	Porto	<b>25.55</b>	+0,76	548
7.	Vicente Dias MAIA	07	Alges	<b>25.63</b>	+0,76	543
8.	Alexandre Silva RESENDE	07	Feirense	<b>25.66</b>	+0,69	541
9.	Rodrigo Martins CHOCAS	07	Sporting	<b>25.67</b>	+0,57	540
10.	Joao Lourenco HERDEIRO	07	CLIP Teams	<b>25.99</b>	+0,64	520

Prova 9 Open  
30/03/2023 - 18:14 Resultados  
**Masc., 4 x 200m Livres**

Rec Nac Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nac Sen	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	14/04/2019
Rec Nac Jun	7:44.42	Associacao Naval Amorense	ANAM	Coimbra	05/04/2014
Rec Nac Juv A	7:58.57	Associacao Naval Amorense	ANAM	Jamor	26/07/2012
Rec Nac Juv	7:58.57	tempo limite			
Rec Nac Juv B	8:09.89	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	01/08/2019
Rec Nac Inf A	8:31.60	Assoc Desp Cult Rec Bairro dos Anj	ADBAnca	Coimbra	06/07/2018
Rec Nac Inf	8:31.60	Assoc Desp Cult Rec Bairro dos Anj	ADBAnca	Coimbra	06/07/2018
Rec Nac Inf B	8:58.21	Associacao Naval Amorense	ANAM	Loulé	18/07/2014

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>1. Porto-ABS</b>		<b>Porto</b>	<b>7:46.06</b>	<b>+0,67</b>	<b>724</b>
Francisco Rodriguez AMARAL	02	+0,67 26.98	56.18 1:25.83	1:55.27	1:55.27
Kevin Alexandre APSENEICE	04	+0,39 26.20	56.86 1:27.43	1:57.91	1:57.91
Bruno Silva LOUREIRO	06	+0,16 26.97	56.96 1:28.08	1:59.51	1:59.51
Porfirio Braga NUNES	00	+0,32 26.04	54.94 1:24.03	1:53.37	1:53.37
<b>2. Braga-ABS</b>		<b>Braga</b>	<b>7:48.62</b>	<b>+0,67</b>	<b>712</b>
Daniel Batista TAVARES	06	+0,67 27.25	57.62 1:28.55	1:59.75	1:59.75
Jose Paulo LOPES	00	+0,41 25.74	54.17 1:23.23	1:52.44	1:52.44
Joao Maria SOUSA	05	+0,45 27.53	58.23 1:29.83	2:01.39	2:01.39
Rafael Gomes SIMOES	00	+0,45 25.35	53.87 1:24.25	1:55.04	1:55.04
<b>3. Benfica-ABS</b>		<b>Benfica</b>	<b>7:49.03</b>	<b>+0,55</b>	<b>710</b>
Gabriel Carvalho FERRAO	05	+0,55 27.33	57.78 1:28.30	1:57.83	1:57.83
Salvador Goya PERLOIRO	05	+0,15 25.97	55.57 1:25.62	1:55.71	1:55.71
Tomas Maia JANUARIO	06	+0,47 26.34	56.09 1:26.54	1:56.83	1:56.83
Tomas Nunes ROQUE	06	+0,46 26.67	56.10 1:27.22	1:58.66	1:58.66
<b>4. Nautico Academico-ABS</b>		<b>Nautico Academico</b>	<b>7:50.34</b>	<b>+0,65</b>	<b>704</b>
Vasco Pereira BASTOS	02	+0,65 27.41	57.98 1:28.63	1:59.45	1:59.45
Lucas Pereira BASTOS	00	+0,30 25.89	54.88 1:24.11	1:53.91	1:53.91
Rodrigo Alexandre TRAVASSOS	02	+0,35 26.56	56.36 1:27.71	1:59.66	1:59.66
Rodrigo Miguel REIS	04	+0,23 25.10	53.63 1:24.10	1:57.32	1:57.32
<b>5. Belenenses-ABS</b>		<b>Belenenses</b>	<b>7:52.34</b>	<b>+0,65</b>	<b>695</b>
Bruno Miguel RAMOS	97	+0,65 25.49	53.53 1:22.55	1:51.97	1:51.97
Afonso Mateus RIBEIRO	95	+0,33 27.32	58.07 1:29.99	2:02.92	2:02.92
Bernardo Jorge SIMOES	04	+0,23 25.70	54.59 1:25.10	1:55.62	1:55.62
Rodrigo Reis DIAS	03	+0,38 27.09	57.43 1:29.29	2:01.83	2:01.83
<b>6. Naval do Funchal-ABS</b>		<b>Naval do Funchal</b>	<b>7:59.09</b>	<b>+0,71</b>	<b>666</b>
Sergio Gomes ABREU	96	+0,71 27.13	57.24 1:28.45	1:59.69	1:59.69
Nicollas Cataldo SOUZA	02	+0,07 27.01	57.41 1:28.93	2:00.61	2:00.61
Diogo Alexandre OLIVEIRA	05	+0,34 26.09	55.93 1:27.07	1:57.78	1:57.78
Diogo Henrique FERNANDES	04	+0,45 26.41	56.94 1:28.98	2:01.01	2:01.01
<b>7. Uniao Piedense-ABS</b>		<b>Uniao Piedense</b>	<b>8:16.15</b>	<b>+0,72</b>	<b>600</b>
Pedro Crispim JORGE	06	+0,72 27.96	59.36 1:31.82	2:04.91	2:04.91
Miguel Costa SIMOES	04	+0,35 26.38	57.14 1:28.73	1:59.68	1:59.68
Andre Correia ALVES	06	+0,24 28.13	59.14 1:30.91	2:02.72	2:02.72
Manuel Costa SIMOES	06	+0,18 27.42	59.11 1:32.94	2:08.84	2:08.84

DNS Sporting-ABS Sporting

Prova 10  
30/03/2023 - 18:24

Femin., 4 x 200m Livres

Open  
Resultados

Rec Nac Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	14/04/2019
Rec Nac Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	18/03/2018
Rec Nac Jun	8:37.33	Sport Lisboa e Benfica	SLB	Oeiras	26/07/2018
Rec Nac Juv A	8:55.49	Futebol Clube do Porto	FCP	Coimbra	01/04/2015
Rec Nac Juv	8:46.61	Futebol Clube do Porto	FCP	Coimbra	23/07/2015
Rec Nac Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	26/07/2012
Rec Nac Inf A	9:07.81	Grupo Desp. Natacao V. N. Famalica	GDNVNF	Lisboa	22/07/2011
Rec Nac Inf	9:07.81	tempo limite		Lisboa	22/07/2011
Rec Nac Inf B	9:28.03	Grupo Desp. Natacao V. N. Famalica	GDNVNF	Porto	23/07/2010

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	
<b>1. Benfica-ABS</b>		<b>Benfica</b>	<b>8:25.34</b>	<b>+0,73</b>	<b>750</b>	
Diana Margarida DURAES	96	+0,73 29.55	1:01.28	1:33.67	2:06.45	2:06.45
Raquel Gomes PEREIRA	00	+0,53 28.88	1:01.43	1:34.62	2:07.91	2:07.91
Ema Jeronimo CONCEICAO	03	+0,69 28.39	59.30	1:31.39	2:04.13	2:04.13
Leticia Maia ANDRE	02	+0,39 28.07	59.44	1:32.56	2:06.85	2:06.85
<b>2. Sporting-ABS</b>		<b>Sporting</b>	<b>8:36.09</b>	<b>+0,80</b>	<b>704</b>	
Anna FOMINA	02	+0,80 29.06	1:00.96	1:33.63	2:06.58	2:06.58
Carolina Pereira VIANA	04	+0,47 29.77	1:02.15	1:35.62	2:08.60	2:08.60
Francisca Salvador MESQUITA	02	+0,42 29.97	1:03.32	1:37.51	2:10.73	2:10.73
Mafalda Marques PINTO	02	+0,52 29.43	1:02.42	1:36.15	2:10.18	2:10.18
<b>3. Braga-ABS</b>		<b>Braga</b>	<b>8:39.28</b>	<b>+0,80</b>	<b>691</b>	
Margarida Vieira PINTO	07	+0,80 29.97	1:02.50	1:36.20	2:09.86	2:09.86
Maria Gomes NEVES	08	+0,33 29.99	1:03.41	1:37.81	2:11.68	2:11.68
Carolina Esteves PEIXOTO	06	+0,17 29.82	1:03.16	1:38.36	2:13.56	2:13.56
Tamila Hryhorivna HOLUB	99	+0,23 28.35	59.76	1:31.74	2:04.18	2:04.18
<b>4. Porto-ABS</b>		<b>Porto</b>	<b>8:53.67</b>	<b>+0,75</b>	<b>637</b>	
Sofia Nunes FIAL	03	+0,75 30.79	1:04.93	1:39.56	2:14.28	2:14.28
Angelica Maria ANDRE	94	+0,24 29.70	1:01.71	1:34.21	2:07.04	2:07.04
Catarina Gaspar PIRES	06	+0,37 30.37	1:03.82	1:39.35	2:14.22	2:14.22
Leonor Santos SILVA	03	+0,22 29.91	1:04.48	1:41.03	2:18.13	2:18.13
<b>5. Condeixa Clube-ABS</b>		<b>Condeixa Clube</b>	<b>8:55.57</b>	<b>+0,73</b>	<b>630</b>	
Maria Carlota REBELO	03	+0,73 30.26	1:03.44	1:37.80	2:11.96	2:11.96
Joana Francisca RODRIGUES	04	+0,50 30.76	1:04.67	1:39.87	2:14.40	2:14.40
Mariana Carmo ROSA	05	+0,49 29.91	1:03.31	1:38.36	2:14.14	2:14.14
Helena Nunes RODRIGUES	03	+0,07 30.08	1:04.10	1:39.69	2:15.07	2:15.07
<b>6. Vilacondense-ABS</b>		<b>Vilacondense</b>	<b>8:57.22</b>	<b>+0,74</b>	<b>624</b>	
Francisca Macedo LOPES	05	+0,74 30.21	1:03.04	1:36.49	2:10.26	2:10.26
Ana Catarina MONTEIRO	93	+0,23 29.37	1:01.61	1:34.69	2:07.68	2:07.68
Filipa Carvalho GALANTE	09	+0,37 30.68	1:05.70	1:43.56	2:20.47	2:20.47
Maria Joao COSTA	08	+0,50 30.63	1:05.55	1:42.23	2:18.81	2:18.81
<b>7. Fluvial Portuense-ABS</b>		<b>Fluvial Portuense</b>	<b>8:58.69</b>	<b>+0,72</b>	<b>619</b>	
Margaux Verger GOURSON	95	+0,72 30.74	1:04.18	1:37.47	2:10.76	2:10.76
Sofia Alexandra CARVALHO	07	+0,45 30.81	1:05.88	1:43.11	2:19.51	2:19.51
Isabel Porfirio PEGO	01	+0,37 29.19	1:01.78	1:36.23	2:10.90	2:10.90
Ana Carolina NEVES	08	+0,15 29.97	1:04.88	1:41.54	2:17.52	2:17.52
<b>8. Nautico Academico-ABS</b>		<b>Nautico Academico</b>	<b>9:01.84</b>	<b>+0,70</b>	<b>609</b>	
Leonor Mil MANO	07	+0,70 30.47	1:03.83	1:38.28	2:11.73	2:11.73
Ines Miranda DIOGO	07	+0,47 30.96	1:05.34	1:40.30	2:15.82	2:15.82
Marta Andre AGUILAR	07	+0,33 30.25	1:05.49	1:43.02	2:20.03	2:20.03
Maria Neto FERREIRA	06	+0,23 30.12	1:03.97	1:39.03	2:14.26	2:14.26

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

02/04/2023 20:29 - Página 59

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS LOCAIS



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 101  
30/03/2023 - 18:34

Femin., 1500m Livres

Juvenis  
Resultados

Rec Nac Absoluto	16:15.12	Diana Margarida DURAES	SLB	Lisboa	09/02/2020
Rec Nac Juv A	16:54.60	Tamila Hryhorivna HOLUB	POR	Dordrecht (NED)	11/07/2014
Rec Nac Juv B	17:34.28	Maria Miguel VELOSO	CNAC	Coimbra	08/07/2007

TAC 50m: 20:06.26 - 25m: 19:42.79

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Luana Ferreira CRAVEIRO	09		Nautico Marinha Grande	<b>18:23.32</b>	<b>+0,72</b>	<b>580</b>	
	50m: 32.84	32.84	450m: 5:25.80	36.86	850m: 10:23.91	37.33	1250m: 15:21.96	36.98
	100m: 1:08.89	36.05	500m: 6:03.12	37.32	900m: 11:01.56	37.65	1300m: 15:58.65	36.69
	150m: 1:45.28	36.39	550m: 6:40.43	37.31	950m: 11:39.00	37.44	1350m: 16:35.40	36.75
	200m: 2:21.72	36.44	600m: 7:17.71	37.28	1000m: 12:16.25	37.25	1400m: 17:12.67	37.27
	250m: 2:58.22	36.50	650m: 7:55.39	37.68	1050m: 12:53.32	37.07	1450m: 17:47.95	35.28
	300m: 3:35.09	36.87	700m: 8:32.35	36.96	1100m: 13:29.89	36.57	1500m: 18:23.32	35.37
	350m: 4:12.04	36.95	750m: 9:09.66	37.31	1150m: 14:07.53	37.64		
	400m: 4:48.94	36.90	800m: 9:46.58	36.92	1200m: 14:44.98	37.45		
2.	Carolina Amadeu FERREIRA	08		Leixoes	<b>18:37.34</b>	<b>+0,76</b>	<b>559</b>	
	50m: 33.35	33.35	450m: 5:31.60	37.60	850m: 10:31.79	37.51	1250m: 15:32.75	37.76
	100m: 1:09.46	36.11	500m: 6:09.08	37.48	900m: 11:09.19	37.40	1300m: 16:10.18	37.43
	150m: 1:46.59	37.13	550m: 6:46.60	37.52	950m: 11:46.83	37.64	1350m: 16:47.45	37.27
	200m: 2:23.86	37.27	600m: 7:23.98	37.38	1000m: 12:24.27	37.44	1400m: 17:24.74	37.29
	250m: 3:01.53	37.67	650m: 8:01.61	37.63	1050m: 13:02.17	37.90	1450m: 18:01.95	37.21
	300m: 3:39.03	37.50	700m: 8:39.09	37.48	1100m: 13:39.60	37.43	1500m: 18:37.34	35.39
	350m: 4:16.59	37.56	750m: 9:16.74	37.65	1150m: 14:17.35	37.75		
	400m: 4:54.00	37.41	800m: 9:54.28	37.54	1200m: 14:54.99	37.64		
3.	Catarina Maria LOPES	08		BUZIOS-Coruche	<b>18:38.81</b>	<b>+0,78</b>	<b>556</b>	
	50m: 33.51	33.51	450m: 5:32.21	37.68	850m: 10:34.16	37.86	1250m: 15:34.79	37.39
	100m: 1:10.38	36.87	500m: 6:09.69	37.48	900m: 11:11.87	37.71	1300m: 16:13.01	38.22
	150m: 1:47.12	36.74	550m: 6:47.34	37.65	950m: 11:49.12	37.25	1350m: 16:50.17	37.16
	200m: 2:24.71	37.59	600m: 7:24.93	37.59	1000m: 12:27.24	38.12	1400m: 17:27.71	37.54
	250m: 3:02.17	37.46	650m: 8:02.34	37.41	1050m: 13:04.47	37.23	1450m: 18:03.57	35.86
	300m: 3:39.49	37.32	700m: 8:40.59	38.25	1100m: 13:42.12	37.65	1500m: 18:38.81	35.24
	350m: 4:17.05	37.56	750m: 9:18.25	37.66	1150m: 14:19.33	37.21		
	400m: 4:54.53	37.48	800m: 9:56.30	38.05	1200m: 14:57.40	38.07		
4.	Lara Catarina MAIA	09		Estarreja/PROZINCO	<b>18:39.97</b>	<b>+0,66</b>	<b>555</b>	
	50m: 33.60	33.60	450m: 5:32.48	37.55	850m: 10:34.21	37.70	1250m: 15:35.50	37.44
	100m: 1:09.87	36.27	500m: 6:10.03	37.55	900m: 11:11.90	37.69	1300m: 16:13.29	37.79
	150m: 1:47.07	37.20	550m: 6:47.68	37.65	950m: 11:49.68	37.78	1350m: 16:50.57	37.28
	200m: 2:24.67	37.60	600m: 7:25.36	37.68	1000m: 12:27.30	37.62	1400m: 17:28.34	37.77
	250m: 3:02.12	37.45	650m: 8:03.20	37.84	1050m: 13:05.18	37.88	1450m: 18:04.49	36.15
	300m: 3:39.89	37.77	700m: 8:40.91	37.71	1100m: 13:42.64	37.46	1500m: 18:39.97	35.48
	350m: 4:17.54	37.65	750m: 9:18.41	37.50	1150m: 14:20.62	37.98		
	400m: 4:54.93	37.39	800m: 9:56.51	38.10	1200m: 14:58.06	37.44		
5.	Maria Carvalho PINTO	09		Viana Natacao	<b>18:49.02</b>		<b>541</b>	
	50m: 33.93	33.93	450m: 5:34.61	37.86	850m: 10:37.38	37.60	1250m: 15:41.68	38.32
	100m: 1:10.60	36.67	500m: 6:12.48	37.87	900m: 11:15.23	37.85	1300m: 16:19.48	37.80
	150m: 1:48.18	37.58	550m: 6:50.47	37.99	950m: 11:53.19	37.96	1350m: 16:57.02	37.54
	200m: 2:25.61	37.43	600m: 7:28.67	38.20	1000m: 12:31.16	37.97	1400m: 17:35.70	38.68
	250m: 3:03.00	37.39	650m: 8:06.57	37.90	1050m: 13:09.01	37.85	1450m: 18:12.68	36.98
	300m: 3:41.08	38.08	700m: 8:44.18	37.61	1100m: 13:47.03	38.02	1500m: 18:49.02	36.34
	350m: 4:19.04	37.96	750m: 9:21.71	37.53	1150m: 14:24.46	37.43		
	400m: 4:56.75	37.71	800m: 9:59.78	38.07	1200m: 15:03.36	38.90		

Prova 101, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
6.	Leonor Queiroz GONCALVES	09	Braga	<b>18:49.12</b>	<b>+0,79</b>	<b>541</b>
	50m: 33.98 33.98	450m: 5:34.56	37.85 850m: 10:37.52	37.75	1250m: 15:41.26	38.70
	100m: 1:10.82 36.84	500m: 6:12.59	38.03 900m: 11:15.33	37.81	1300m: 16:19.60	38.34
	150m: 1:48.25 37.43	550m: 6:50.30	37.71 950m: 11:53.14	37.81	1350m: 16:56.95	37.35
	200m: 2:25.77 37.52	600m: 7:28.47	38.17 1000m: 12:31.27	38.13	1400m: 17:35.44	38.49
	250m: 3:03.17 37.40	650m: 8:06.50	38.03 1050m: 13:08.78	37.51	1450m: 18:12.74	37.30
	300m: 3:41.04 37.87	700m: 8:44.48	37.98 1100m: 13:46.76	37.98	1500m: 18:49.12	36.38
	350m: 4:18.77 37.73	750m: 9:22.05	37.57 1150m: 14:24.47	37.71		
	400m: 4:56.71 37.94	800m: 9:59.77	37.72 1200m: 15:02.56	38.09		
7.	Margarida Maria LUIZ	08	Lagoa AC	<b>18:49.98</b>	<b>+0,86</b>	<b>540</b>
	50m: 33.38 33.38	450m: 5:34.68	37.62 850m: 10:38.42	37.64	1250m: 15:42.01	38.20
	100m: 1:09.65 36.27	500m: 6:12.62	37.94 900m: 11:16.67	38.25	1300m: 16:20.41	38.40
	150m: 1:46.90 37.25	550m: 6:50.67	38.05 950m: 11:54.56	37.89	1350m: 16:57.70	37.29
	200m: 2:24.75 37.85	600m: 7:28.79	38.12 1000m: 12:32.42	37.86	1400m: 17:35.39	37.69
	250m: 3:02.74 37.99	650m: 8:06.82	38.03 1050m: 13:10.24	37.82	1450m: 18:12.82	37.43
	300m: 3:41.02 38.28	700m: 8:44.88	38.06 1100m: 13:47.95	37.71	1500m: 18:49.98	37.16
	350m: 4:19.01 37.99	750m: 9:22.63	37.75 1150m: 14:25.91	37.96		
	400m: 4:57.06 38.05	800m: 10:00.78	38.15 1200m: 15:03.81	37.90		
8.	Beatriz Alves AMBRUS	09	Porto	<b>18:56.59</b>	<b>+0,55</b>	<b>531</b>
	50m: 34.54 34.54	450m: 5:34.68	38.09 850m: 10:40.79	38.40	1250m: 15:47.88	38.39
	100m: 1:10.60 36.06	500m: 6:13.00	38.32 900m: 11:19.67	38.88	1300m: 16:26.04	38.16
	150m: 1:47.68 37.08	550m: 6:51.10	38.10 950m: 11:57.54	37.87	1350m: 17:04.49	38.45
	200m: 2:25.26 37.58	600m: 7:29.44	38.34 1000m: 12:35.71	38.17	1400m: 17:42.70	38.21
	250m: 3:02.40 37.14	650m: 8:07.50	38.06 1050m: 13:13.73	38.02	1450m: 18:20.02	37.32
	300m: 3:40.17 37.77	700m: 8:45.83	38.33 1100m: 13:52.72	38.99	1500m: 18:56.59	36.57
	350m: 4:18.28 38.11	750m: 9:24.18	38.35 1150m: 14:30.60	37.88		
	400m: 4:56.59 38.31	800m: 10:02.39	38.21 1200m: 15:09.49	38.89		
9.	Raquel Santos BAIONA	08	Colegio Monte Maior	<b>19:06.65</b>	<b>+0,95</b>	<b>517</b>
	50m: 34.93 34.93	450m: 5:40.58	38.00 850m: 10:45.11	38.11	1250m: 15:53.98	39.09
	100m: 1:12.50 37.57	500m: 6:18.70	38.12 900m: 11:23.74	38.63	1300m: 16:33.14	39.16
	150m: 1:51.03 38.53	550m: 6:56.58	37.88 950m: 12:01.90	38.16	1350m: 17:12.19	39.05
	200m: 2:29.67 38.64	600m: 7:34.53	37.95 1000m: 12:40.28	38.38	1400m: 17:51.09	38.90
	250m: 3:08.15 38.48	650m: 8:12.89	38.36 1050m: 13:19.12	38.84	1450m: 18:29.45	38.36
	300m: 3:46.27 38.12	700m: 8:50.80	37.91 1100m: 13:57.66	38.54	1500m: 19:06.65	37.20
	350m: 4:24.63 38.36	750m: 9:28.96	38.16 1150m: 14:36.05	38.39		
	400m: 5:02.58 37.95	800m: 10:07.00	38.04 1200m: 15:14.89	38.84		
10.	Constanca Lopes CRUZ	09	Colegio Monte Maior	<b>19:08.15</b>		<b>515</b>
	50m: 35.03 35.03	450m: 5:41.11	38.16 850m: 10:48.31	38.31	1250m: 15:57.24	38.81
	100m: 1:12.71 37.68	500m: 6:19.87	38.76 900m: 11:26.75	38.44	1300m: 16:35.92	38.68
	150m: 1:50.66 37.95	550m: 6:58.16	38.29 950m: 12:05.99	39.24	1350m: 17:15.00	39.08
	200m: 2:28.64 37.98	600m: 7:36.60	38.44 1000m: 12:44.12	38.13	1400m: 17:53.58	38.58
	250m: 3:06.89 38.25	650m: 8:14.78	38.18 1050m: 13:23.34	39.22	1450m: 18:31.96	38.38
	300m: 3:45.71 38.82	700m: 8:53.96	39.18 1100m: 14:01.18	37.84	1500m: 19:08.15	36.19
	350m: 4:24.56 38.85	750m: 9:32.09	38.13 1150m: 14:40.15	38.97		
	400m: 5:02.95 38.39	800m: 10:10.00	37.91 1200m: 15:18.43	38.28		

Prova 101, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
11.	Joana Almeida SANTOS	09		Galitos / Bresimar	<b>19:18.60</b>	<b>+0,59</b>	<b>501</b>
	50m: 35.30 35.30	450m: 5:44.61	38.71	850m: 10:59.09	38.57	1250m: 16:09.01	38.52
	100m: 1:13.29 37.99	500m: 6:23.55	38.94	900m: 11:37.95	38.86	1300m: 16:48.11	39.10
	150m: 1:51.68 38.39	550m: 7:02.70	39.15	950m: 12:16.19	38.24	1350m: 17:26.23	38.12
	200m: 2:29.97 38.29	600m: 7:41.95	39.25	1000m: 12:55.01	38.82	1400m: 18:05.39	39.16
	250m: 3:09.03 39.06	650m: 8:21.14	39.19	1050m: 13:33.53	38.52	1450m: 18:42.83	37.44
	300m: 3:47.76 38.73	700m: 9:00.92	39.78	1100m: 14:12.85	39.32	1500m: 19:18.60	35.77
	350m: 4:26.53 38.77	750m: 9:40.95	40.03	1150m: 14:51.35	38.50		
	400m: 5:05.90 39.37	800m: 10:20.52	39.57	1200m: 15:30.49	39.14		
12.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgad	<b>19:20.38</b>	<b>+0,85</b>	<b>499</b>
	50m: 33.98 33.98	450m: 5:36.74	38.50	850m: 10:53.11	38.63	1250m: 16:07.07	39.03
	100m: 1:10.56 36.58	500m: 6:15.47	38.73	900m: 11:32.77	39.66	1300m: 16:46.28	39.21
	150m: 1:47.71 37.15	550m: 6:54.47	39.00	950m: 12:12.16	39.39	1350m: 17:25.62	39.34
	200m: 2:25.83 38.12	600m: 7:35.14	40.67	1000m: 12:51.30	39.14	1400m: 18:04.07	38.45
	250m: 3:03.66 37.83	650m: 8:14.95	39.81	1050m: 13:30.64	39.34	1450m: 18:43.00	38.93
	300m: 3:42.19 38.53	700m: 8:54.64	39.69	1100m: 14:09.80	39.16	1500m: 19:20.38	37.38
	350m: 4:19.85 37.66	750m: 9:33.88	39.24	1150m: 14:48.64	38.84		
	400m: 4:58.24 38.39	800m: 10:14.48	40.60	1200m: 15:28.04	39.40		
13.	Maria Manuel CORTESAO	08		Nautico Academico	<b>19:22.04</b>	<b>+0,80</b>	<b>497</b>
	50m: 34.83 34.83	450m: 5:44.81	39.22	850m: 10:56.58	39.20	1250m: 16:08.27	39.02
	100m: 1:13.02 38.19	500m: 6:23.69	38.88	900m: 11:35.22	38.64	1300m: 16:47.25	38.98
	150m: 1:51.67 38.65	550m: 7:02.94	39.25	950m: 12:14.18	38.96	1350m: 17:26.40	39.15
	200m: 2:30.32 38.65	600m: 7:41.74	38.80	1000m: 12:52.79	38.61	1400m: 18:05.64	39.24
	250m: 3:09.01 38.69	650m: 8:20.77	39.03	1050m: 13:32.15	39.36	1450m: 18:44.06	38.42
	300m: 3:47.81 38.80	700m: 8:59.41	38.64	1100m: 14:11.16	39.01	1500m: 19:22.04	37.98
	350m: 4:26.66 38.85	750m: 9:38.49	39.08	1150m: 14:50.26	39.10		
	400m: 5:05.59 38.93	800m: 10:17.38	38.89	1200m: 15:29.25	38.99		
14.	Sofia Teixeira BARBOSA	08		Porto	<b>19:22.88</b>	<b>+0,90</b>	<b>495</b>
	50m: 34.36 34.36	450m: 5:40.06	38.44	850m: 10:52.75	38.79	1250m: 16:07.80	38.94
	100m: 1:11.72 37.36	500m: 6:18.68	38.62	900m: 11:32.23	39.48	1300m: 16:47.35	39.55
	150m: 1:49.27 37.55	550m: 6:57.42	38.74	950m: 12:11.52	39.29	1350m: 17:26.99	39.64
	200m: 2:27.31 38.04	600m: 7:36.59	39.17	1000m: 12:50.94	39.42	1400m: 18:06.52	39.53
	250m: 3:06.12 38.81	650m: 8:15.99	39.40	1050m: 13:30.14	39.20	1450m: 18:44.45	37.93
	300m: 3:44.23 38.11	700m: 8:55.34	39.35	1100m: 14:10.04	39.90	1500m: 19:22.88	38.43
	350m: 4:22.74 38.51	750m: 9:34.40	39.06	1150m: 14:49.13	39.09		
	400m: 5:01.62 38.88	800m: 10:13.96	39.56	1200m: 15:28.86	39.73		
15.	Madalena Valente MOREIRA	09		Colegio Efanor	<b>19:24.86</b>	<b>+0,78</b>	<b>493</b>
	50m: 33.97 33.97	450m: 5:41.95	39.25	850m: 10:57.73	39.68	1250m: 16:09.53	38.82
	100m: 1:11.69 37.72	500m: 6:21.18	39.23	900m: 11:37.20	39.47	1300m: 16:48.93	39.40
	150m: 1:49.64 37.95	550m: 7:00.46	39.28	950m: 12:16.34	39.14	1350m: 17:27.62	38.69
	200m: 2:27.90 38.26	600m: 7:40.01	39.55	1000m: 12:55.38	39.04	1400m: 18:07.14	39.52
	250m: 3:06.35 38.45	650m: 8:18.98	38.97	1050m: 13:34.21	38.83	1450m: 18:46.65	39.51
	300m: 3:45.32 38.97	700m: 8:58.32	39.34	1100m: 14:13.14	38.93	1500m: 19:24.86	38.21
	350m: 4:24.23 38.91	750m: 9:38.59	40.27	1150m: 14:51.77	38.63		
	400m: 5:02.70 38.47	800m: 10:18.05	39.46	1200m: 15:30.71	38.94		

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS			
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS	

Prova 101, Femin., 1500m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Carolina Correia MARTINS	09	Porto	<b>19:28.24</b>	<b>+0,89</b>	<b>489</b>
	50m: 35.97 35.97	450m: 5:49.19	38.73 850m: 11:02.09	38.53	1250m: 16:13.89	39.13
	100m: 1:15.25 39.28	500m: 6:28.36	39.17 900m: 11:40.72	38.63	1300m: 16:53.50	39.61
	150m: 1:54.70 39.45	550m: 7:07.43	39.07 950m: 12:19.13	38.41	1350m: 17:31.64	38.14
	200m: 2:34.49 39.79	600m: 7:47.48	40.05 1000m: 12:58.28	39.15	1400m: 18:11.28	39.64
	250m: 3:13.00 38.51	650m: 8:26.43	38.95 1050m: 13:37.16	38.88	1450m: 18:50.02	38.74
	300m: 3:52.05 39.05	700m: 9:05.47	39.04 1100m: 14:16.67	39.51	1500m: 19:28.24	38.22
	350m: 4:31.14 39.09	750m: 9:44.43	38.96 1150m: 14:55.22	38.55		
	400m: 5:10.46 39.32	800m: 10:23.56	39.13 1200m: 15:34.76	39.54		
17.	Marta Matos LARANJEIRA	08	Vikings	<b>19:34.09</b>	<b>+0,72</b>	<b>481</b>
	50m: 33.88 33.88	450m: 5:44.95	39.52 850m: 10:59.84	39.70	1250m: 16:16.48	39.73
	100m: 1:12.11 38.23	500m: 6:23.66	38.71 900m: 11:40.12	40.28	1300m: 16:56.60	40.12
	150m: 1:50.27 38.16	550m: 7:03.26	39.60 950m: 12:18.39	38.27	1350m: 17:36.69	40.09
	200m: 2:29.26 38.99	600m: 7:42.31	39.05 1000m: 12:58.07	39.68	1400m: 18:16.54	39.85
	250m: 3:07.92 38.66	650m: 8:21.85	39.54 1050m: 13:37.65	39.58	1450m: 18:54.97	38.43
	300m: 3:46.94 39.02	700m: 9:00.97	39.12 1100m: 14:17.07	39.42	1500m: 19:34.09	39.12
	350m: 4:26.76 39.82	750m: 9:40.40	39.43 1150m: 14:57.38	40.31		
	400m: 5:05.43 38.67	800m: 10:20.14	39.74 1200m: 15:36.75	39.37		
18.	Diana Gomes FREITAS	08	Amigos da Montanha	<b>19:41.11</b>	<b>+0,84</b>	<b>473</b>
	50m: 33.45 33.45	450m: 5:41.22	39.93 850m: 11:00.24	40.10	1250m: 16:22.37	40.28
	100m: 1:09.99 36.54	500m: 6:20.26	39.04 900m: 11:39.96	39.72	1300m: 17:02.88	40.51
	150m: 1:47.28 37.29	550m: 6:59.96	39.70 950m: 12:20.69	40.73	1350m: 17:43.43	40.55
	200m: 2:25.16 37.88	600m: 7:39.80	39.84 1000m: 13:00.42	39.73	1400m: 18:23.63	40.20
	250m: 3:03.76 38.60	650m: 8:20.04	40.24 1050m: 13:41.15	40.73	1450m: 19:03.26	39.63
	300m: 3:42.52 38.76	700m: 8:59.94	39.90 1100m: 14:21.18	40.03	1500m: 19:41.11	37.85
	350m: 4:22.20 39.68	750m: 9:40.14	40.20 1150m: 15:01.91	40.73		
	400m: 5:01.29 39.09	800m: 10:20.14	40.00 1200m: 15:42.09	40.18		
19.	Joana Pereira SANTOS	09	Rio Maior	<b>19:48.82</b>	<b>+0,79</b>	<b>464</b>
	50m: 33.91 33.91	450m: 5:44.70	40.33 850m: 11:06.67	40.22	1250m: 16:29.85	40.91
	100m: 1:11.55 37.64	500m: 6:24.72	40.02 900m: 11:47.15	40.48	1300m: 17:10.11	40.26
	150m: 1:49.79 38.24	550m: 7:04.75	40.03 950m: 12:27.67	40.52	1350m: 17:50.74	40.63
	200m: 2:28.62 38.83	600m: 7:45.10	40.35 1000m: 13:07.87	40.20	1400m: 18:30.69	39.95
	250m: 3:06.94 38.32	650m: 8:25.05	39.95 1050m: 13:48.47	40.60	1450m: 19:10.70	40.01
	300m: 3:46.35 39.41	700m: 9:05.52	40.47 1100m: 14:28.61	40.14	1500m: 19:48.82	38.12
	350m: 4:25.03 38.68	750m: 9:46.22	40.70 1150m: 15:08.71	40.10		
	400m: 5:04.37 39.34	800m: 10:26.45	40.23 1200m: 15:48.94	40.23		
20.	Francisca Ramos NUNES	09	Naval de Peniche	<b>20:33.03</b>	<b>+0,92</b>	<b>416</b>
	50m: 34.26 34.26	450m: 5:50.07	39.78 850m: 11:17.85	43.11	1250m: 17:01.26	42.96
	100m: 1:11.44 37.18	500m: 6:29.96	39.89 900m: 12:00.99	43.14	1300m: 17:43.46	42.20
	150m: 1:50.06 38.62	550m: 7:09.58	39.62 950m: 12:43.24	42.25	1350m: 18:25.74	42.28
	200m: 2:29.31 39.25	600m: 7:50.09	40.51 1000m: 13:26.23	42.99	1400m: 19:08.17	42.43
	250m: 3:08.94 39.63	650m: 8:30.74	40.65 1050m: 14:09.96	43.73	1450m: 19:50.82	42.65
	300m: 3:49.73 40.79	700m: 9:12.26	41.52 1100m: 14:53.24	43.28	1500m: 20:33.03	42.21
	350m: 4:29.76 40.03	750m: 9:54.16	41.90 1150m: 15:35.44	42.20		
	400m: 5:10.29 40.53	800m: 10:34.74	40.58 1200m: 16:18.30	42.86		

Prova 101, Femin., 1500m Livres

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
EXH	Marta Andre AGUILAR	07		Nautico Academico	<b>18:36.49</b>	<b>+0,71</b>	<b>560</b>	
	50m: 32.10	32.10	450m: 5:24.83	37.27	850m: 10:24.48	37.66	1250m: 15:28.13	38.04
	100m: 1:08.25	36.15	500m: 6:02.34	37.51	900m: 11:02.88	38.40	1300m: 16:06.70	38.57
	150m: 1:44.24	35.99	550m: 6:39.42	37.08	950m: 11:40.60	37.72	1350m: 16:45.18	38.48
	200m: 2:20.63	36.39	600m: 7:16.77	37.35	1000m: 12:18.40	37.80	1400m: 17:23.16	37.98
	250m: 2:56.71	36.08	650m: 7:53.86	37.09	1050m: 12:55.64	37.24	1450m: 18:00.14	36.98
	300m: 3:33.94	37.23	700m: 8:31.41	37.55	1100m: 13:33.67	38.03	1500m: 18:36.49	36.35
	350m: 4:10.52	36.58	750m: 9:09.28	37.87	1150m: 14:11.86	38.19		
	400m: 4:47.56	37.04	800m: 9:46.82	37.54	1200m: 14:50.09	38.23		
EXH	Francisca Martingo RICARDO	09		Porto	<b>19:14.09</b>	<b>+0,72</b>	<b>507</b>	
	50m: 33.03	33.03	450m: 5:41.44	38.32	850m: 10:51.81	38.61	1250m: 16:01.74	38.59
	100m: 1:10.64	37.61	500m: 6:20.39	38.95	900m: 11:30.56	38.75	1300m: 16:41.06	39.32
	150m: 1:49.00	38.36	550m: 6:59.06	38.67	950m: 12:09.24	38.68	1350m: 17:19.84	38.78
	200m: 2:27.64	38.64	600m: 7:37.91	38.85	1000m: 12:48.28	39.04	1400m: 17:58.79	38.95
	250m: 3:06.53	38.89	650m: 8:16.81	38.90	1050m: 13:27.08	38.80	1450m: 18:36.45	37.66
	300m: 3:45.71	39.18	700m: 8:55.52	38.71	1100m: 14:05.45	38.37	1500m: 19:14.09	37.64
	350m: 4:24.30	38.59	750m: 9:34.33	38.81	1150m: 14:44.22	38.77		
	400m: 5:03.12	38.82	800m: 10:13.20	38.87	1200m: 15:23.15	38.93		
EXH	Margarida Ribeiro CUNHA	07		Braga	<b>19:17.78</b>	<b>+0,74</b>	<b>502</b>	
	50m: 34.01	34.01	450m: 5:40.14	38.55	850m: 10:51.26	38.95	1250m: 16:03.75	39.35
	100m: 1:11.26	37.25	500m: 6:19.22	39.08	900m: 11:30.06	38.80	1300m: 16:42.99	39.24
	150m: 1:48.64	37.38	550m: 6:58.13	38.91	950m: 12:08.98	38.92	1350m: 17:21.43	38.44
	200m: 2:27.08	38.44	600m: 7:36.86	38.73	1000m: 12:48.11	39.13	1400m: 18:00.95	39.52
	250m: 3:05.91	38.83	650m: 8:15.64	38.78	1050m: 13:27.13	39.02	1450m: 18:39.16	38.21
	300m: 3:44.46	38.55	700m: 8:54.64	39.00	1100m: 14:06.27	39.14	1500m: 19:17.78	38.62
	350m: 4:23.03	38.57	750m: 9:33.18	38.54	1150m: 14:44.88	38.61		
	400m: 5:01.59	38.56	800m: 10:12.31	39.13	1200m: 15:24.40	39.52		
EXH	Francisca Soreto PEDREIRO	09		Galitos / Bresimar	<b>19:38.03</b>	<b>+0,66</b>	<b>477</b>	
	50m: 35.61	35.61	450m: 5:47.77	38.64	850m: 11:03.45	39.30	1250m: 16:20.97	39.96
	100m: 1:13.98	38.37	500m: 6:27.43	39.66	900m: 11:43.33	39.88	1300m: 17:01.33	40.36
	150m: 1:52.97	38.99	550m: 7:06.65	39.22	950m: 12:22.62	39.29	1350m: 17:41.18	39.85
	200m: 2:32.34	39.37	600m: 7:46.57	39.92	1000m: 13:02.42	39.80	1400m: 18:22.21	41.03
	250m: 3:11.29	38.95	650m: 8:25.58	39.01	1050m: 13:41.97	39.55	1450m: 19:00.64	38.43
	300m: 3:50.91	39.62	700m: 9:04.92	39.34	1100m: 14:21.72	39.75	1500m: 19:38.03	37.39
	350m: 4:29.78	38.87	750m: 9:44.54	39.62	1150m: 15:01.21	39.49		
	400m: 5:09.13	39.35	800m: 10:24.15	39.61	1200m: 15:41.01	39.80		
EXH	Eduarda Ribeiro PEREIRA	09		Naval do Funchal	<b>19:40.68</b>	<b>+0,71</b>	<b>473</b>	
	50m: 32.99	32.99	450m: 5:47.26	39.96	850m: 11:05.52	39.78	1250m: 16:24.83	40.20
	100m: 1:10.62	37.63	500m: 6:26.92	39.66	900m: 11:45.29	39.77	1300m: 17:04.88	40.05
	150m: 1:49.71	39.09	550m: 7:06.36	39.44	950m: 12:25.19	39.90	1350m: 17:45.04	40.16
	200m: 2:28.81	39.10	600m: 7:46.25	39.89	1000m: 13:05.14	39.95	1400m: 18:24.41	39.37
	250m: 3:08.44	39.63	650m: 8:25.80	39.55	1050m: 13:45.04	39.90	1450m: 19:03.33	38.92
	300m: 3:48.10	39.66	700m: 9:05.69	39.89	1100m: 14:24.85	39.81	1500m: 19:40.68	37.35
	350m: 4:27.45	39.35	750m: 9:45.68	39.99	1150m: 15:05.05	40.20		
	400m: 5:07.30	39.85	800m: 10:25.74	40.06	1200m: 15:44.63	39.58		

<b>ORGANIZAÇÃO</b> 		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b> 	
<b>PATROCINADOR PRINCIPAL</b> 		<b>PARCEIROS INSTITUCIONAIS</b> 	
<b>PATROCINADOR OFICIAL</b> 		<b>PARCEIROS</b> 	



Prova 101, Femin., 1500m Livres

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
EXH	Lara Filipa PINTO	08		Porto	<b>19:43.23</b>	<b>+0,82</b>	<b>470</b>	
	50m: 35.46	35.46	450m: 5:47.39	39.34	850m: 11:03.77	39.70	1250m: 16:24.34	40.49
	100m: 1:13.94	38.48	500m: 6:26.79	39.40	900m: 11:43.64	39.87	1300m: 17:04.68	40.34
	150m: 1:52.92	38.98	550m: 7:06.12	39.33	950m: 12:23.63	39.99	1350m: 17:44.71	40.03
	200m: 2:32.06	39.14	600m: 7:45.82	39.70	1000m: 13:03.37	39.74	1400m: 18:25.19	40.48
	250m: 3:11.15	39.09	650m: 8:25.38	39.56	1050m: 13:43.69	40.32	1450m: 19:04.17	38.98
	300m: 3:50.06	38.91	700m: 9:05.12	39.74	1100m: 14:23.71	40.02	1500m: 19:43.23	39.06
	350m: 4:28.84	38.78	750m: 9:44.65	39.53	1150m: 15:04.12	40.41		
	400m: 5:08.05	39.21	800m: 10:24.07	39.42	1200m: 15:43.85	39.73		
EXH	Beatriz Silva JORDAO	09		Vikings	<b>19:57.59</b>	<b>+0,71</b>	<b>454</b>	
	50m: 34.44	34.44	450m: 5:49.85	39.34	850m: 11:10.56	39.80	1250m: 16:33.31	40.71
	100m: 1:13.41	38.97	500m: 6:29.92	40.07	900m: 11:50.79	40.23	1300m: 17:15.15	41.84
	150m: 1:52.73	39.32	550m: 7:09.73	39.81	950m: 12:30.80	40.01	1350m: 17:56.47	41.32
	200m: 2:32.90	40.17	600m: 7:50.09	40.36	1000m: 13:11.34	40.54	1400m: 18:37.76	41.29
	250m: 3:11.89	38.99	650m: 8:30.32	40.23	1050m: 13:51.38	40.04	1450m: 19:17.55	39.79
	300m: 3:51.48	39.59	700m: 9:10.62	40.30	1100m: 14:31.45	40.07	1500m: 19:57.59	40.04
	350m: 4:30.84	39.36	750m: 9:50.81	40.19	1150m: 15:12.17	40.72		
	400m: 5:10.51	39.67	800m: 10:30.76	39.95	1200m: 15:52.60	40.43		
EXH	Paula Aguiar MARGARIDO	09		Juventude Atlantico	<b>20:03.39</b>	<b>+0,75</b>	<b>447</b>	
	50m: 34.78	34.78	450m: 5:53.19	39.99	850m: 11:16.46	40.27	1250m: 16:42.70	40.97
	100m: 1:14.10	39.32	500m: 6:33.92	40.73	900m: 11:57.16	40.70	1300m: 17:23.12	40.42
	150m: 1:53.71	39.61	550m: 7:14.30	40.38	950m: 12:37.42	40.26	1350m: 18:04.51	41.39
	200m: 2:34.20	40.49	600m: 7:54.89	40.59	1000m: 13:18.17	40.75	1400m: 18:44.74	40.23
	250m: 3:13.34	39.14	650m: 8:35.20	40.31	1050m: 13:59.00	40.83	1450m: 19:24.50	39.76
	300m: 3:53.31	39.97	700m: 9:15.36	40.16	1100m: 14:39.91	40.91	1500m: 20:03.39	38.89
	350m: 4:33.44	40.13	750m: 9:55.83	40.47	1150m: 15:20.51	40.60		
	400m: 5:13.20	39.76	800m: 10:36.19	40.36	1200m: 16:01.73	41.22		
EXH	Clara Alexandra VICENTE	09		Lagoa AC	<b>20:34.14</b>	<b>+0,80</b>	<b>414</b>	
	50m: 34.61	34.61	450m: 6:00.95	42.00	850m: 11:36.75	41.86	1250m: 17:09.93	42.04
	100m: 1:12.46	37.85	500m: 6:42.82	41.87	900m: 12:18.80	42.05	1300m: 17:52.36	42.43
	150m: 1:51.96	39.50	550m: 7:24.80	41.98	950m: 12:59.62	40.82	1350m: 18:34.27	41.91
	200m: 2:32.40	40.44	600m: 8:06.71	41.91	1000m: 13:41.14	41.52	1400m: 19:16.43	42.16
	250m: 3:13.27	40.87	650m: 8:48.46	41.75	1050m: 14:22.66	41.52	1450m: 19:56.00	39.57
	300m: 3:55.23	41.96	700m: 9:30.72	42.26	1100m: 15:04.16	41.50	1500m: 20:34.14	38.14
	350m: 4:36.92	41.69	750m: 10:12.97	42.25	1150m: 15:45.71	41.55		
	400m: 5:18.95	42.03	800m: 10:54.89	41.92	1200m: 16:27.89	42.18		
EXH	Rita Cunha GOMES	07		Viana Natacao	<b>20:41.66</b>	<b>+0,91</b>	<b>407</b>	
	50m: 35.97	35.97	450m: 6:01.51	41.43	850m: 11:34.73	41.68	1250m: 17:11.82	42.15
	100m: 1:14.93	38.96	500m: 6:43.51	42.00	900m: 12:16.60	41.87	1300m: 17:54.21	42.39
	150m: 1:54.83	39.90	550m: 7:25.20	41.69	950m: 12:58.78	42.18	1350m: 18:36.19	41.98
	200m: 2:35.22	40.39	600m: 8:06.71	41.51	1000m: 13:41.56	42.78	1400m: 19:18.39	42.20
	250m: 3:15.91	40.69	650m: 8:48.07	41.36	1050m: 14:23.53	41.97	1450m: 20:00.48	42.09
	300m: 3:57.27	41.36	700m: 9:29.51	41.44	1100m: 15:05.97	42.44	1500m: 20:41.66	41.18
	350m: 4:38.69	41.42	750m: 10:11.37	41.86	1150m: 15:47.93	41.96		
	400m: 5:20.08	41.39	800m: 10:53.05	41.68	1200m: 16:29.67	41.74		

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS			
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS	

Prova 102  
30/03/2023 - 19:36

Masc., 1500m Livres

Juvenis  
Resultados

Rec Nac Absoluto	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	Guilherme Filipe PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	Guilherme Filipe PINA	POR	Singapore (SGP)	30/08/2015
Rec Nac Juv A	15:45.55	Gustavo Manuel SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	16:30.45	Duarte Miguel JORGE	CGA	Oeiras	21/07/2016
RN S15	18:15.76	Miguel Duarte CRUZ	CFB	Vila Franca de Xira	28/02/2020

JO Absoluto: 15:00.99 / CMPL Sen: 15:04.64 / CESub23 19 - 23: 15:32.52 / CEJun\_Masc 15 - 18: 15:56.90 / TAC Sen 50m: 17:18.06 - 25m: 16:45.20; Jun 50m: 17:49.20 - 25m: 17:15.36; Juv 50m: 18:25.53 - 25m: 17:50.54

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Rui Silva PEREIRA	08	Colegio Monte Maior	<b>16:36.24</b>	<b>+0,82</b>	<b>668</b>
	50m: 29.01 29.01	450m: 4:52.63 33.11	850m: 9:20.01 33.51	1250m: 13:49.41 33.87		
	100m: 1:01.76 32.75	500m: 5:25.66 33.03	900m: 9:53.28 33.27	1300m: 14:22.76 33.35		
	150m: 1:34.51 32.75	550m: 5:58.95 33.29	950m: 10:26.75 33.47	1350m: 14:56.50 33.74		
	200m: 2:07.36 32.85	600m: 6:32.18 33.23	1000m: 11:00.92 34.17	1400m: 15:30.10 33.60		
	250m: 2:39.88 32.52	650m: 7:05.75 33.57	1050m: 11:33.88 32.96	1450m: 16:03.43 33.33		
	300m: 3:12.92 33.04	700m: 7:39.19 33.44	1100m: 12:07.83 33.95	1500m: 16:36.24 32.81		
	350m: 3:45.62 32.70	750m: 8:12.94 33.75	1150m: 12:41.48 33.65			
	400m: 4:19.52 33.90	800m: 8:46.50 33.56	1200m: 13:15.54 34.06			
2.	Rodrigo Costa BORGES	07	Fluvial Portuense	<b>16:48.48</b>	<b>+0,65</b>	<b>644</b>
	50m: 29.81 29.81	450m: 4:58.54 33.35	850m: 9:29.57 33.87	1250m: 14:01.28 33.43		
	100m: 1:02.79 32.98	500m: 5:32.55 34.01	900m: 10:03.78 34.21	1300m: 14:35.15 33.87		
	150m: 1:36.51 33.72	550m: 6:06.45 33.90	950m: 10:37.64 33.86	1350m: 15:08.96 33.81		
	200m: 2:10.26 33.75	600m: 6:40.06 33.61	1000m: 11:11.84 34.20	1400m: 15:42.54 33.58		
	250m: 2:44.24 33.98	650m: 7:13.85 33.79	1050m: 11:45.68 33.84	1450m: 16:15.66 33.12		
	300m: 3:17.76 33.52	700m: 7:47.70 33.85	1100m: 12:19.90 34.22	1500m: 16:48.48 32.82		
	350m: 3:51.24 33.48	750m: 8:21.75 34.05	1150m: 12:54.19 34.29			
	400m: 4:25.19 33.95	800m: 8:55.70 33.95	1200m: 13:27.85 33.66			
3.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>17:01.30</b>	<b>+0,62</b>	<b>620</b>
	50m: 29.73 29.73	450m: 5:02.02 34.10	850m: 9:36.01 33.85	1250m: 14:11.18 34.24		
	100m: 1:02.63 32.90	500m: 5:36.56 34.54	900m: 10:10.35 34.34	1300m: 14:45.72 34.54		
	150m: 1:36.40 33.77	550m: 6:10.76 34.20	950m: 10:44.47 34.12	1350m: 15:19.68 33.96		
	200m: 2:10.65 34.25	600m: 6:45.33 34.57	1000m: 11:19.03 34.56	1400m: 15:54.35 34.67		
	250m: 2:44.70 34.05	650m: 7:19.35 34.02	1050m: 11:53.43 34.40	1450m: 16:27.64 33.29		
	300m: 3:19.25 34.55	700m: 7:53.80 34.45	1100m: 12:28.07 34.64	1500m: 17:01.30 33.66		
	350m: 3:53.41 34.16	750m: 8:27.93 34.13	1150m: 13:02.32 34.25			
	400m: 4:27.92 34.51	800m: 9:02.16 34.23	1200m: 13:36.94 34.62			
4.	Axel Guedes ASMAR	07	Sporting	<b>17:07.47</b>	<b>+0,60</b>	<b>609</b>
	50m: 29.47 29.47	450m: 4:58.99 34.24	850m: 9:35.91 34.72	1250m: 14:14.13 34.86		
	100m: 1:02.23 32.76	500m: 5:33.47 34.48	900m: 10:10.69 34.78	1300m: 14:50.03 35.90		
	150m: 1:35.11 32.88	550m: 6:08.28 34.81	950m: 10:45.31 34.62	1350m: 15:24.60 34.57		
	200m: 2:08.91 33.80	600m: 6:42.80 34.52	1000m: 11:19.84 34.53	1400m: 16:00.23 35.63		
	250m: 2:42.47 33.56	650m: 7:17.22 34.42	1050m: 11:54.33 34.49	1450m: 16:34.63 34.40		
	300m: 3:16.53 34.06	700m: 7:51.99 34.77	1100m: 12:29.46 35.13	1500m: 17:07.47 32.84		
	350m: 3:50.36 33.83	750m: 8:26.22 34.23	1150m: 13:04.40 34.94			
	400m: 4:24.75 34.39	800m: 9:01.19 34.97	1200m: 13:39.27 34.87			

Prova 102, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Miguel Guedes FERREIRA	07	Porto	<b>17:09.81</b>	<b>+0,78</b>	<b>605</b>	
	50m: 30.17 30.17	450m: 5:04.15	34.60	850m: 9:40.89	34.51	1250m: 14:18.17	34.66
	100m: 1:03.68 33.51	500m: 5:38.73	34.58	900m: 10:15.64	34.75	1300m: 14:53.03	34.86
	150m: 1:37.82 34.14	550m: 6:13.27	34.54	950m: 10:50.25	34.61	1350m: 15:26.75	33.72
	200m: 2:12.11 34.29	600m: 6:48.07	34.80	1000m: 11:25.06	34.81	1400m: 16:00.85	34.10
	250m: 2:46.33 34.22	650m: 7:22.84	34.77	1050m: 11:59.58	34.52	1450m: 16:35.23	34.38
	300m: 3:20.66 34.33	700m: 7:57.40	34.56	1100m: 12:34.27	34.69	1500m: 17:09.81	34.58
	350m: 3:54.97 34.31	750m: 8:31.79	34.39	1150m: 13:09.01	34.74		
	400m: 4:29.55 34.58	800m: 9:06.38	34.59	1200m: 13:43.51	34.50		
6.	Tiago Andre CANELAS	08	Fluvial Portuense	<b>17:14.48</b>	<b>+0,68</b>	<b>596</b>	
	50m: 30.49 30.49	450m: 5:06.24	34.65	850m: 9:42.88	34.47	1250m: 14:20.85	34.92
	100m: 1:04.07 33.58	500m: 5:40.82	34.58	900m: 10:17.33	34.45	1300m: 14:56.12	35.27
	150m: 1:38.50 34.43	550m: 6:15.35	34.53	950m: 10:52.12	34.79	1350m: 15:31.32	35.20
	200m: 2:12.92 34.42	600m: 6:50.23	34.88	1000m: 11:26.86	34.74	1400m: 16:06.37	35.05
	250m: 2:47.49 34.57	650m: 7:24.71	34.48	1050m: 12:01.17	34.31	1450m: 16:40.78	34.41
	300m: 3:22.16 34.67	700m: 7:59.30	34.59	1100m: 12:36.01	34.84	1500m: 17:14.48	33.70
	350m: 3:56.81 34.65	750m: 8:33.98	34.68	1150m: 13:10.96	34.95		
	400m: 4:31.59 34.78	800m: 9:08.41	34.43	1200m: 13:45.93	34.97		
7.	Miguel Fragoso MEDEIROS	08	Porto	<b>17:26.34</b>	<b>+0,84</b>	<b>576</b>	
	50m: 30.12 30.12	450m: 5:04.90	34.64	850m: 9:44.16	35.15	1250m: 14:29.42	35.90
	100m: 1:03.60 33.48	500m: 5:39.67	34.77	900m: 10:19.66	35.50	1300m: 15:05.34	35.92
	150m: 1:37.84 34.24	550m: 6:14.49	34.82	950m: 10:54.90	35.24	1350m: 15:41.10	35.76
	200m: 2:12.44 34.60	600m: 6:49.31	34.82	1000m: 11:30.77	35.87	1400m: 16:16.52	35.42
	250m: 2:46.63 34.19	650m: 7:24.21	34.90	1050m: 12:06.26	35.49	1450m: 16:51.65	35.13
	300m: 3:21.06 34.43	700m: 7:58.91	34.70	1100m: 12:41.89	35.63	1500m: 17:26.34	34.69
	350m: 3:55.63 34.57	750m: 8:33.92	35.01	1150m: 13:17.79	35.90		
	400m: 4:30.26 34.63	800m: 9:09.01	35.09	1200m: 13:53.52	35.73		
8.	Afonso Gago GARCIA	08	Benfica	<b>17:31.62</b>	<b>+0,64</b>	<b>568</b>	
	50m: 30.50 30.50	450m: 5:11.27	35.90	850m: 9:56.90	35.60	1250m: 14:40.20	35.53
	100m: 1:03.91 33.41	500m: 5:46.51	35.24	900m: 10:32.31	35.41	1300m: 15:15.41	35.21
	150m: 1:38.08 34.17	550m: 6:22.68	36.17	950m: 11:07.90	35.59	1350m: 15:50.61	35.20
	200m: 2:12.81 34.73	600m: 6:58.96	36.28	1000m: 11:43.94	36.04	1400m: 16:26.09	35.48
	250m: 2:48.00 35.19	650m: 7:34.61	35.65	1050m: 12:18.46	34.52	1450m: 16:58.59	32.50
	300m: 3:23.80 35.80	700m: 8:09.78	35.17	1100m: 12:53.65	35.19	1500m: 17:31.62	33.03
	350m: 3:59.35 35.55	750m: 8:46.05	36.27	1150m: 13:29.38	35.73		
	400m: 4:35.37 36.02	800m: 9:21.30	35.25	1200m: 14:04.67	35.29		
9.	Marco Dimitar OLIVEIRA	07	Nautico Academico	<b>17:33.66</b>	<b>+0,81</b>	<b>564</b>	
	50m: 30.71 30.71	450m: 5:08.62	35.32	850m: 9:51.87	35.42	1250m: 14:35.94	35.64
	100m: 1:04.34 33.63	500m: 5:44.09	35.47	900m: 10:27.49	35.62	1300m: 15:11.64	35.70
	150m: 1:38.70 34.36	550m: 6:19.20	35.11	950m: 11:02.61	35.12	1350m: 15:46.92	35.28
	200m: 2:13.61 34.91	600m: 6:54.72	35.52	1000m: 11:38.18	35.57	1400m: 16:22.81	35.89
	250m: 2:48.28 34.67	650m: 7:30.55	35.83	1050m: 12:13.62	35.44	1450m: 16:58.81	36.00
	300m: 3:23.24 34.96	700m: 8:05.83	35.28	1100m: 12:49.31	35.69	1500m: 17:33.66	34.85
	350m: 3:57.90 34.66	750m: 8:40.97	35.14	1150m: 13:24.92	35.61		
	400m: 4:33.30 35.40	800m: 9:16.45	35.48	1200m: 14:00.30	35.38		

## Prova 102, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
10.	Filipe Manso LARANJO	07		Desportiva de Viana	<b>17:36.21</b>	<b>+0,80</b>	<b>560</b>	
	50m: 30.32	30.32	450m: 5:05.11	34.91	850m: 9:51.20	35.81	1250m: 14:38.65	35.21
	100m: 1:03.93	33.61	500m: 5:40.35	35.24	900m: 10:26.85	35.65	1300m: 15:14.89	36.24
	150m: 1:37.57	33.64	550m: 6:15.79	35.44	950m: 11:02.63	35.78	1350m: 15:51.03	36.14
	200m: 2:11.28	33.71	600m: 6:51.60	35.81	1000m: 11:38.99	36.36	1400m: 16:26.82	35.79
	250m: 2:45.99	34.71	650m: 7:27.46	35.86	1050m: 12:15.10	36.11	1450m: 17:02.16	35.34
	300m: 3:20.54	34.55	700m: 8:03.34	35.88	1100m: 12:51.04	35.94	1500m: 17:36.21	34.05
	350m: 3:54.96	34.42	750m: 8:39.29	35.95	1150m: 13:27.38	36.34		
	400m: 4:30.20	35.24	800m: 9:15.39	36.10	1200m: 14:03.44	36.06		
11.	Guilherme Simoes SOUSA	08		Nautico Academico	<b>17:41.76</b>	<b>+0,69</b>	<b>552</b>	
	50m: 31.44	31.44	450m: 5:16.45	35.93	850m: 10:01.26	35.67	1250m: 14:46.43	35.66
	100m: 1:06.20	34.76	500m: 5:52.16	35.71	900m: 10:36.88	35.62	1300m: 15:22.08	35.65
	150m: 1:41.44	35.24	550m: 6:27.72	35.56	950m: 11:12.54	35.66	1350m: 15:57.75	35.67
	200m: 2:17.49	36.05	600m: 7:03.57	35.85	1000m: 11:47.90	35.36	1400m: 16:33.82	36.07
	250m: 2:53.17	35.68	650m: 7:39.19	35.62	1050m: 12:23.28	35.38	1450m: 17:08.75	34.93
	300m: 3:28.88	35.71	700m: 8:14.80	35.61	1100m: 12:59.16	35.88	1500m: 17:41.76	33.01
	350m: 4:04.58	35.70	750m: 8:50.39	35.59	1150m: 13:34.89	35.73		
	400m: 4:40.52	35.94	800m: 9:25.59	35.20	1200m: 14:10.77	35.88		
12.	Daniel Casaca CARVALHO	07		Colegio Vasco da Gama	<b>17:44.74</b>	<b>+0,81</b>	<b>547</b>	
	50m: 30.21	30.21	450m: 5:13.07	35.85	850m: 10:01.05	36.30	1250m: 14:47.65	36.03
	100m: 1:04.61	34.40	500m: 5:48.93	35.86	900m: 10:37.56	36.51	1300m: 15:23.74	36.09
	150m: 1:39.80	35.19	550m: 6:25.00	36.07	950m: 11:13.47	35.91	1350m: 15:58.83	35.09
	200m: 2:14.48	34.68	600m: 7:00.67	35.67	1000m: 11:49.34	35.87	1400m: 16:34.54	35.71
	250m: 2:49.93	35.45	650m: 7:36.26	35.59	1050m: 12:24.92	35.58	1450m: 17:09.89	35.35
	300m: 3:25.85	35.92	700m: 8:12.38	36.12	1100m: 13:00.72	35.80	1500m: 17:44.74	34.85
	350m: 4:01.12	35.27	750m: 8:48.61	36.23	1150m: 13:35.71	34.99		
	400m: 4:37.22	36.10	800m: 9:24.75	36.14	1200m: 14:11.62	35.91		
13.	Ricardo Figueiredo FERNANDES	08		Colegio Monte Maior	<b>17:45.71</b>	<b>+0,85</b>	<b>545</b>	
	50m: 31.60	31.60	450m: 5:15.75	36.31	850m: 10:03.60	36.17	1250m: 14:52.32	35.74
	100m: 1:06.74	35.14	500m: 5:51.25	35.50	900m: 10:40.04	36.44	1300m: 15:28.20	35.88
	150m: 1:42.04	35.30	550m: 6:27.16	35.91	950m: 11:16.51	36.47	1350m: 16:04.28	36.08
	200m: 2:17.16	35.12	600m: 7:03.21	36.05	1000m: 11:52.98	36.47	1400m: 16:40.10	35.82
	250m: 2:52.71	35.55	650m: 7:39.57	36.36	1050m: 12:28.55	35.57	1450m: 17:14.31	34.21
	300m: 3:28.11	35.40	700m: 8:15.48	35.91	1100m: 13:04.52	35.97	1500m: 17:45.71	31.40
	350m: 4:03.74	35.63	750m: 8:51.47	35.99	1150m: 13:40.79	36.27		
	400m: 4:39.44	35.70	800m: 9:27.43	35.96	1200m: 14:16.58	35.79		
14.	Goncalo Augusto SOARES	08		Porto	<b>17:46.45</b>	<b>+0,79</b>	<b>544</b>	
	50m: 31.14	31.14	450m: 5:13.25	35.40	850m: 9:59.27	35.36	1250m: 14:47.56	35.71
	100m: 1:05.80	34.66	500m: 5:49.64	36.39	900m: 10:35.53	36.26	1300m: 15:24.16	36.60
	150m: 1:40.78	34.98	550m: 6:25.00	35.36	950m: 11:11.11	35.58	1350m: 15:59.77	35.61
	200m: 2:16.40	35.62	600m: 7:00.63	35.63	1000m: 11:47.30	36.19	1400m: 16:36.32	36.55
	250m: 2:51.42	35.02	650m: 7:36.28	35.65	1050m: 12:23.31	36.01	1450m: 17:11.73	35.41
	300m: 3:27.09	35.67	700m: 8:12.23	35.95	1100m: 12:59.72	36.41	1500m: 17:46.45	34.72
	350m: 4:02.68	35.59	750m: 8:47.82	35.59	1150m: 13:35.49	35.77		
	400m: 4:37.85	35.17	800m: 9:23.91	36.09	1200m: 14:11.85	36.36		

Prova 102, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
15.	Rodrigo Silva LIMA	08		Porto	<b>17:51.10</b>	<b>+0,68</b>	<b>537</b>	
	50m: 32.70	32.70	450m: 5:19.15	36.06	850m: 10:05.14	35.82	1250m: 14:53.00	36.06
	100m: 1:07.28	34.58	500m: 5:54.91	35.76	900m: 10:40.89	35.75	1300m: 15:28.97	35.97
	150m: 1:43.56	36.28	550m: 6:30.63	35.72	950m: 11:16.94	36.05	1350m: 16:05.05	36.08
	200m: 2:19.80	36.24	600m: 7:06.30	35.67	1000m: 11:52.86	35.92	1400m: 16:41.02	35.97
	250m: 2:55.82	36.02	650m: 7:42.44	36.14	1050m: 12:28.66	35.80	1450m: 17:17.20	36.18
	300m: 3:31.48	35.66	700m: 8:18.23	35.79	1100m: 13:04.83	36.17	1500m: 17:51.10	33.90
	350m: 4:07.38	35.90	750m: 8:54.08	35.85	1150m: 13:41.07	36.24		
	400m: 4:43.09	35.71	800m: 9:29.32	35.24	1200m: 14:16.94	35.87		
16.	Andre Leitao COSTA	07		Fafe	<b>17:51.33</b>	<b>+0,68</b>	<b>537</b>	
	50m: 31.52	31.52	450m: 5:18.51	36.36	850m: 10:05.74	35.78	1250m: 14:54.57	36.08
	100m: 1:06.36	34.84	500m: 5:54.63	36.12	900m: 10:41.57	35.83	1300m: 15:30.22	35.65
	150m: 1:42.42	36.06	550m: 6:30.28	35.65	950m: 11:17.91	36.34	1350m: 16:06.29	36.07
	200m: 2:18.66	36.24	600m: 7:06.06	35.78	1000m: 11:53.94	36.03	1400m: 16:42.45	36.16
	250m: 2:55.04	36.38	650m: 7:41.79	35.73	1050m: 12:30.01	36.07	1450m: 17:18.06	35.61
	300m: 3:30.71	35.67	700m: 8:17.34	35.55	1100m: 13:06.04	36.03	1500m: 17:51.33	33.27
	350m: 4:06.69	35.98	750m: 8:53.66	36.32	1150m: 13:42.25	36.21		
	400m: 4:42.15	35.46	800m: 9:29.96	36.30	1200m: 14:18.49	36.24		
17.	Gustavo Miguel LOPES	08		Porto	<b>17:51.34</b>	<b>+0,71</b>	<b>537</b>	
	50m: 30.86	30.86	450m: 5:18.23	36.03	850m: 10:05.89	36.04	1250m: 14:54.34	35.64
	100m: 1:06.08	35.22	500m: 5:54.48	36.25	900m: 10:41.88	35.99	1300m: 15:30.77	36.43
	150m: 1:41.98	35.90	550m: 6:30.24	35.76	950m: 11:18.14	36.26	1350m: 16:06.53	35.76
	200m: 2:18.04	36.06	600m: 7:06.30	36.06	1000m: 11:54.44	36.30	1400m: 16:42.84	36.31
	250m: 2:54.31	36.27	650m: 7:41.99	35.69	1050m: 12:30.06	35.62	1450m: 17:18.48	35.64
	300m: 3:30.29	35.98	700m: 8:18.14	36.15	1100m: 13:06.30	36.24	1500m: 17:51.34	32.86
	350m: 4:06.12	35.83	750m: 8:53.80	35.66	1150m: 13:42.38	36.08		
	400m: 4:42.20	36.08	800m: 9:29.85	36.05	1200m: 14:18.70	36.32		
18.	Afonso Miguel NOGUEIRA	07		Braga	<b>17:52.91</b>	<b>+0,85</b>	<b>535</b>	
	50m: 31.71	31.71	450m: 5:15.42	35.83	850m: 10:03.55	36.02	1250m: 14:55.16	36.72
	100m: 1:06.26	34.55	500m: 5:51.12	35.70	900m: 10:40.15	36.60	1300m: 15:31.30	36.14
	150m: 1:41.87	35.61	550m: 6:27.31	36.19	950m: 11:16.50	36.35	1350m: 16:07.85	36.55
	200m: 2:17.07	35.20	600m: 7:03.25	35.94	1000m: 11:53.10	36.60	1400m: 16:43.98	36.13
	250m: 2:52.60	35.53	650m: 7:39.28	36.03	1050m: 12:29.24	36.14	1450m: 17:19.89	35.91
	300m: 3:28.15	35.55	700m: 8:15.29	36.01	1100m: 13:05.87	36.63	1500m: 17:52.91	33.02
	350m: 4:03.80	35.65	750m: 8:51.43	36.14	1150m: 13:42.22	36.35		
	400m: 4:39.59	35.79	800m: 9:27.53	36.10	1200m: 14:18.44	36.22		
19.	Tomas Alexandre SANTOS	07		BUZIOS-Coruche	<b>17:53.65</b>	<b>+0,78</b>	<b>533</b>	
	50m: 29.79	29.79	450m: 5:14.76	36.30	850m: 10:05.30	36.47	1250m: 14:56.09	36.78
	100m: 1:03.55	33.76	500m: 5:50.77	36.01	900m: 10:41.55	36.25	1300m: 15:32.05	35.96
	150m: 1:38.85	35.30	550m: 6:27.26	36.49	950m: 11:17.66	36.11	1350m: 16:07.60	35.55
	200m: 2:14.28	35.43	600m: 7:03.60	36.34	1000m: 11:54.31	36.65	1400m: 16:42.67	35.07
	250m: 2:49.91	35.63	650m: 7:39.73	36.13	1050m: 12:30.66	36.35	1450m: 17:19.21	36.54
	300m: 3:25.85	35.94	700m: 8:16.12	36.39	1100m: 13:06.79	36.13	1500m: 17:53.65	34.44
	350m: 4:02.24	36.39	750m: 8:52.47	36.35	1150m: 13:43.15	36.36		
	400m: 4:38.46	36.22	800m: 9:28.83	36.36	1200m: 14:19.31	36.16		

Prova 102, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
20.	Miguel Braga GOMES	07	Sporting	<b>17:53.99</b>	<b>+0,74</b>	<b>533</b>
	50m: 30.87 30.87	450m: 5:13.34	36.13 850m: 10:02.68	36.34 1250m: 14:53.57		36.77
	100m: 1:04.30 33.43	500m: 5:49.10	35.76 900m: 10:38.82	36.14 1300m: 15:30.24		36.67
	150m: 1:39.51 35.21	550m: 6:25.23	36.13 950m: 11:15.32	36.50 1350m: 16:07.09		36.85
	200m: 2:14.80 35.29	600m: 7:01.28	36.05 1000m: 11:51.73	36.41 1400m: 16:43.71		36.62
	250m: 2:50.36 35.56	650m: 7:37.65	36.37 1050m: 12:27.27	35.54 1450m: 17:18.93		35.22
	300m: 3:25.94 35.58	700m: 8:13.87	36.22 1100m: 13:03.54	36.27 1500m: 17:53.99		35.06
	350m: 4:01.62 35.68	750m: 8:50.04	36.17 1150m: 13:40.15			
	400m: 4:37.21 35.59	800m: 9:26.34	36.30 1200m: 14:16.80			
21.	Francisco Xavier RITA	07	Vieirense	<b>18:00.51</b>	<b>+0,72</b>	<b>523</b>
	50m: 30.85 30.85	450m: 5:17.48	36.23 850m: 10:09.10	36.30 1250m: 15:02.84		36.86
	100m: 1:05.06 34.21	500m: 5:53.76	36.28 900m: 10:45.67	36.57 1300m: 15:39.54		36.70
	150m: 1:40.25 35.19	550m: 6:30.10	36.34 950m: 11:22.42	36.75 1350m: 16:15.28		35.74
	200m: 2:16.44 36.19	600m: 7:06.75	36.65 1000m: 11:59.07	36.65 1400m: 16:51.20		35.92
	250m: 2:52.90 36.46	650m: 7:43.30	36.55 1050m: 12:35.42	36.35 1450m: 17:26.38		35.18
	300m: 3:28.87 35.97	700m: 8:20.16	36.86 1100m: 13:12.37	36.95 1500m: 18:00.51		34.13
	350m: 4:05.06 36.19	750m: 8:56.48	36.32 1150m: 13:49.00			
	400m: 4:41.25 36.19	800m: 9:32.80	36.32 1200m: 14:25.98			
22.	Rafael Pereira RODRIGUES	08	Condeixa Clube	<b>18:06.36</b>	<b>+0,67</b>	<b>515</b>
	50m: 31.40 31.40	450m: 5:19.26	35.59 850m: 10:12.12	36.77 1250m: 15:05.30		36.73
	100m: 1:05.75 34.35	500m: 5:56.15	36.89 900m: 10:48.70	36.58 1300m: 15:42.11		36.81
	150m: 1:41.53 35.78	550m: 6:32.90	36.75 950m: 11:24.84	36.14 1350m: 16:17.99		35.88
	200m: 2:17.60 36.07	600m: 7:09.41	36.51 1000m: 12:01.38	36.54 1400m: 16:54.63		36.64
	250m: 2:53.88 36.28	650m: 7:45.62	36.21 1050m: 12:38.28	36.90 1450m: 17:31.07		36.44
	300m: 3:30.13 36.25	700m: 8:22.28	36.66 1100m: 13:15.10	36.82 1500m: 18:06.36		35.29
	350m: 4:06.74 36.61	750m: 8:58.91	36.63 1150m: 13:51.85			
	400m: 4:43.67 36.93	800m: 9:35.35	36.44 1200m: 14:28.57			
23.	Paulo Tiago VALES	07	Porto	<b>18:07.79</b>	<b>+0,72</b>	<b>513</b>
	50m: 30.88 30.88	450m: 5:20.91	36.59 850m: 10:12.16	36.75 1250m: 15:05.37		36.82
	100m: 1:06.20 35.32	500m: 5:57.62	36.71 900m: 10:48.59	36.43 1300m: 15:41.40		36.03
	150m: 1:42.24 36.04	550m: 6:34.02	36.40 950m: 11:25.13	36.54 1350m: 16:18.21		36.81
	200m: 2:18.65 36.41	600m: 7:10.33	36.31 1000m: 12:01.60	36.47 1400m: 16:54.65		36.44
	250m: 2:55.03 36.38	650m: 7:46.41	36.08 1050m: 12:38.34	36.74 1450m: 17:31.53		36.88
	300m: 3:31.43 36.40	700m: 8:22.86	36.45 1100m: 13:15.32	36.98 1500m: 18:07.79		36.26
	350m: 4:08.04 36.61	750m: 8:59.09	36.23 1150m: 13:52.01			
	400m: 4:44.32 36.28	800m: 9:35.41	36.32 1200m: 14:28.55			
24.	Joao Dinis ROQUE	07	Sporting	<b>18:09.18</b>	<b>+0,91</b>	<b>511</b>
	50m: 30.75 30.75	450m: 5:18.63	37.16 850m: 10:12.28	36.67 1250m: 15:07.32		36.85
	100m: 1:05.23 34.48	500m: 5:55.19	36.56 900m: 10:49.54	37.26 1300m: 15:44.20		36.88
	150m: 1:40.25 35.02	550m: 6:31.67	36.48 950m: 11:25.62	36.08 1350m: 16:20.67		36.47
	200m: 2:16.27 36.02	600m: 7:09.21	37.54 1000m: 12:02.69	37.07 1400m: 16:58.10		37.43
	250m: 2:52.51 36.24	650m: 7:45.79	36.58 1050m: 12:39.47	36.78 1450m: 17:34.10		36.00
	300m: 3:29.17 36.66	700m: 8:22.71	36.92 1100m: 13:16.48	37.01 1500m: 18:09.18		35.08
	350m: 4:05.62 36.45	750m: 8:58.89	36.18 1150m: 13:53.23			
	400m: 4:41.47 35.85	800m: 9:35.61	36.72 1200m: 14:30.47			

## Prova 102, Masc., 1500m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
25.	Afonso Miguel OLIVEIRA	07		Juventude Atlantico	<b>18:13.04</b>	+0,65	506	
	50m: 29.78 29.78		450m: 5:15.21	36.54	850m: 10:10.54	36.89	1250m: 15:08.64	37.01
	100m: 1:03.71 33.93		500m: 5:52.17	36.96	900m: 10:47.33	36.79	1300m: 15:46.59	37.95
	150m: 1:38.11 34.40		550m: 6:29.02	36.85	950m: 11:23.82	36.49	1350m: 16:24.19	37.60
	200m: 2:13.75 35.64		600m: 7:06.60	37.58	1000m: 12:01.54	37.72	1400m: 17:01.76	37.57
	250m: 2:49.40 35.65		650m: 7:42.93	36.33	1050m: 12:38.58	37.04	1450m: 17:37.55	35.79
	300m: 3:25.70 36.30		700m: 8:20.19	37.26	1100m: 13:16.39	37.81	1500m: 18:13.04	35.49
	350m: 4:01.87 36.17		750m: 8:56.61	36.42	1150m: 13:53.78	37.39		
	400m: 4:38.67 36.80		800m: 9:33.65	37.04	1200m: 14:31.63	37.85		
26.	Guilherme Martins SILVA	08		Academico Viseu	<b>18:16.08</b>	+0,69	501	
	50m: 31.01 31.01		450m: 5:24.96	37.07	850m: 10:20.74	36.73	1250m: 15:15.78	36.51
	100m: 1:06.49 35.48		500m: 6:02.44	37.48	900m: 10:57.58	36.84	1300m: 15:52.56	36.78
	150m: 1:42.72 36.23		550m: 6:39.05	36.61	950m: 11:34.51	36.93	1350m: 16:29.35	36.79
	200m: 2:19.80 37.08		600m: 7:16.29	37.24	1000m: 12:11.24	36.73	1400m: 17:06.33	36.98
	250m: 2:56.54 36.74		650m: 7:53.07	36.78	1050m: 12:47.89	36.65	1450m: 17:41.61	35.28
	300m: 3:33.72 37.18		700m: 8:30.07	37.00	1100m: 13:25.17	37.28	1500m: 18:16.08	34.47
	350m: 4:10.57 36.85		750m: 9:06.93	36.86	1150m: 14:02.04	36.87		
	400m: 4:47.89 37.32		800m: 9:44.01	37.08	1200m: 14:39.27	37.23		
27.	Paulo Jorge OLIVEIRA	08		Estarreja/PROZINCO	<b>18:19.20</b>	+0,71	497	
	50m: 30.73 30.73		450m: 5:18.96	37.00	850m: 10:15.15	37.23	1250m: 15:12.77	37.58
	100m: 1:05.41 34.68		500m: 5:55.46	36.50	900m: 10:52.46	37.31	1300m: 15:51.40	38.63
	150m: 1:40.47 35.06		550m: 6:32.29	36.83	950m: 11:29.79	37.33	1350m: 16:29.71	38.31
	200m: 2:16.46 35.99		600m: 7:09.74	37.45	1000m: 12:08.07	38.28	1400m: 17:06.73	37.02
	250m: 2:52.65 36.19		650m: 7:46.45	36.71	1050m: 12:44.23	36.16	1450m: 17:43.02	36.29
	300m: 3:29.36 36.71		700m: 8:23.85	37.40	1100m: 13:21.74	37.51	1500m: 18:19.20	36.18
	350m: 4:05.70 36.34		750m: 9:00.49	36.64	1150m: 13:58.33	36.59		
	400m: 4:41.96 36.26		800m: 9:37.92	37.43	1200m: 14:35.19	36.86		
28.	Eduardo Sousa SARAGOCA	07		Viana Natacao	<b>18:27.20</b>	+0,75	486	
	50m: 31.93 31.93		450m: 5:23.82	36.82	850m: 10:22.66	36.87	1250m: 15:21.30	37.63
	100m: 1:07.06 35.13		500m: 6:01.21	37.39	900m: 11:00.07	37.41	1300m: 15:58.94	37.64
	150m: 1:42.93 35.87		550m: 6:38.32	37.11	950m: 11:37.00	36.93	1350m: 16:35.93	36.99
	200m: 2:19.62 36.69		600m: 7:15.78	37.46	1000m: 12:14.64	37.64	1400m: 17:13.08	37.15
	250m: 2:56.29 36.67		650m: 7:53.13	37.35	1050m: 12:51.96	37.32	1450m: 17:50.16	37.08
	300m: 3:33.04 36.75		700m: 8:30.52	37.39	1100m: 13:29.27	37.31	1500m: 18:27.20	37.04
	350m: 4:09.81 36.77		750m: 9:08.12	37.60	1150m: 14:06.34	37.07		
	400m: 4:47.00 37.19		800m: 9:45.79	37.67	1200m: 14:43.67	37.33		
29.	Joao Pedro CARAPINHA	07		Uniao Piedense	<b>19:11.85</b>	+0,77	432	
	50m: 31.63 31.63		450m: 5:32.37	38.25	850m: 10:38.72	37.95	1250m: 15:52.59	38.89
	100m: 1:07.69 36.06		500m: 6:11.59	39.22	900m: 11:18.25	39.53	1300m: 16:33.02	40.43
	150m: 1:43.93 36.24		550m: 6:47.91	36.32	950m: 11:56.75	38.50	1350m: 17:12.35	39.33
	200m: 2:21.21 37.28		600m: 7:26.80	38.89	1000m: 12:36.18	39.43	1400m: 17:52.39	40.04
	250m: 2:58.25 37.04		650m: 8:04.88	38.08	1050m: 13:14.50	38.32	1450m: 18:30.93	38.54
	300m: 3:36.64 38.39		700m: 8:44.02	39.14	1100m: 13:54.49	39.99	1500m: 19:11.85	40.92
	350m: 4:14.74 38.10		750m: 9:21.64	37.62	1150m: 14:33.43	38.94		
	400m: 4:54.12 39.38		800m: 10:00.77	39.13	1200m: 15:13.70	40.27		
DNS	David Ferreira SILVA	07		Academica de Coimbra				
DNS	David Luis ANTUNES	07		Fluvial Portuense				

Prova 102, Masc., 1500m Livres

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
EXH	Joao Pedro TORRES	05		Porto	<b>17:14.43</b>	<b>+0,80</b>	<b>597</b>	
	50m: 31.27	31.27	450m: 5:02.51	33.52	850m: 9:36.94	34.24	1250m: 14:19.39	35.40
	100m: 1:05.49	34.22	500m: 5:36.94	34.43	900m: 10:12.09	35.15	1300m: 14:55.48	36.09
	150m: 1:39.16	33.67	550m: 6:10.61	33.67	950m: 10:46.71	34.62	1350m: 15:31.07	35.59
	200m: 2:13.42	34.26	600m: 6:45.35	34.74	1000m: 11:22.00	35.29	1400m: 16:06.76	35.69
	250m: 2:47.23	33.81	650m: 7:19.30	33.95	1050m: 11:56.95	34.95	1450m: 16:40.95	34.19
	300m: 3:21.22	33.99	700m: 7:54.22	34.92	1100m: 12:32.34	35.39	1500m: 17:14.43	33.48
	350m: 3:54.75	33.53	750m: 8:28.37	34.15	1150m: 13:08.16	35.82		
	400m: 4:28.99	34.24	800m: 9:02.70	34.33	1200m: 13:43.99	35.83		
EXH	Goncalo Carvalho SANTOS	05		Louzan Natacao/EFAPEL	<b>17:39.18</b>	<b>+0,72</b>	<b>556</b>	
	50m: 30.88	30.88	400m: 4:34.78	35.88	750m: 8:43.13	35.80	1250m: 14:41.34	35.68
	100m: 1:05.01	34.13	450m: 5:10.16	35.38	800m: 9:19.39	36.26	1300m: 15:17.66	36.32
	150m: 1:39.37	34.36	500m: 5:46.01	35.85	850m: 9:55.11	35.72	1350m: 15:53.54	35.88
	200m: 2:14.25	34.88	550m: 6:21.03	35.02	900m: 10:46.67	1:11.56	1400m: 16:29.36	35.82
	250m: 2:48.86	34.61	600m: 6:56.24	35.21	1050m: 12:18.62	1:11.95	1450m: 17:04.78	35.42
	300m: 3:24.02	35.16	650m: 7:31.80	35.56	1100m: 13:29.74	1:11.12	1500m: 17:39.18	34.40
	350m: 3:58.90	34.88	700m: 8:07.33	35.53	1200m: 14:05.66	35.92		
EXH	Pedro Caiada RODRIGUES	08		Benfica	<b>17:47.19</b>	<b>+0,86</b>	<b>543</b>	
	50m: 30.86	30.86	450m: 5:13.46	35.85	850m: 10:01.18	35.86	1250m: 14:49.89	35.61
	100m: 1:04.86	34.00	500m: 5:49.34	35.88	900m: 10:37.69	36.51	1300m: 15:26.30	36.41
	150m: 1:39.52	34.66	550m: 6:25.35	36.01	950m: 11:13.95	36.26	1350m: 16:02.26	35.96
	200m: 2:14.59	35.07	600m: 7:01.32	35.97	1000m: 11:49.96	36.01	1400m: 16:38.84	36.58
	250m: 2:50.05	35.46	650m: 7:37.32	36.00	1050m: 12:25.68	35.72	1450m: 17:13.69	34.85
	300m: 3:25.67	35.62	700m: 8:13.39	36.07	1100m: 13:02.29	36.61	1500m: 17:47.19	33.50
	350m: 4:01.62	35.95	750m: 8:49.16	35.77	1150m: 13:38.10	35.81		
	400m: 4:37.61	35.99	800m: 9:25.32	36.16	1200m: 14:14.28	36.18		
EXH	Salvador Correia PEREIRA	08		Condeixa Clube	<b>18:03.20</b>	<b>+0,72</b>	<b>519</b>	
	50m: 33.10	33.10	450m: 5:17.72	35.74	850m: 10:07.90	36.55	1250m: 15:02.97	37.11
	100m: 1:08.88	35.78	500m: 5:53.86	36.14	900m: 10:44.39	36.49	1300m: 15:39.99	37.02
	150m: 1:44.15	35.27	550m: 6:29.94	36.08	950m: 11:21.05	36.66	1350m: 16:16.59	36.60
	200m: 2:19.94	35.79	600m: 7:05.81	35.87	1000m: 11:57.96	36.91	1400m: 16:52.79	36.20
	250m: 2:53.99	34.05	650m: 7:42.22	36.41	1050m: 12:34.53	36.57	1450m: 17:28.79	36.00
	300m: 3:29.83	35.84	700m: 8:18.91	36.69	1100m: 13:12.21	37.68	1500m: 18:03.20	34.41
	350m: 4:05.81	35.98	750m: 8:55.21	36.30	1150m: 13:48.65	36.44		
	400m: 4:41.98	36.17	800m: 9:31.35	36.14	1200m: 14:25.86	37.21		
EXH	Eugenio MELNYK	07		Rio Maior	<b>18:07.30</b>	<b>+0,74</b>	<b>514</b>	
	50m: 31.63	31.63	450m: 5:21.20	36.58	850m: 10:15.78	36.92	1250m: 15:07.73	36.18
	100m: 1:07.10	35.47	500m: 5:58.23	37.03	900m: 10:52.55	36.77	1300m: 15:44.16	36.43
	150m: 1:42.87	35.77	550m: 6:34.94	36.71	950m: 11:29.00	36.45	1350m: 16:19.98	35.82
	200m: 2:19.44	36.57	600m: 7:12.13	37.19	1000m: 12:05.60	36.60	1400m: 16:56.10	36.12
	250m: 2:55.55	36.11	650m: 7:48.55	36.42	1050m: 12:41.83	36.23	1450m: 17:31.70	35.60
	300m: 3:31.95	36.40	700m: 8:25.55	37.00	1100m: 13:18.61	36.78	1500m: 18:07.30	35.60
	350m: 4:07.88	35.93	750m: 9:02.16	36.61	1150m: 13:55.02	36.41		
	400m: 4:44.62	36.74	800m: 9:38.86	36.70	1200m: 14:31.55	36.53		
EXH	Tomas Carvalhinho RIBEIRO	05		Natacao da Maia	<b>18:16.42</b>	<b>+0,81</b>	<b>501</b>	
	50m: 31.43	31.43	450m: 5:21.28	36.74	850m: 10:17.95	37.29	1250m: 15:14.73	36.79
	100m: 1:06.89	35.46	500m: 5:58.39	37.11	900m: 10:55.33	37.38	1300m: 15:51.86	37.13
	150m: 1:42.79	35.90	550m: 6:35.35	36.96	950m: 11:32.23	36.90	1350m: 16:28.36	36.50
	200m: 2:18.83	36.04	600m: 7:12.39	37.04	1000m: 12:09.48	37.25	1400m: 17:05.26	36.90
	250m: 2:54.91	36.08	650m: 7:49.19	36.80	1050m: 12:46.33	36.85	1450m: 17:41.50	36.24
	300m: 3:31.22	36.31	700m: 8:26.49	37.30	1100m: 13:23.59	37.26	1500m: 18:16.42	34.92
	350m: 4:07.65	36.43	750m: 9:03.28	36.79	1150m: 14:00.63	37.04		
	400m: 4:44.54	36.89	800m: 9:40.66	37.38	1200m: 14:37.94	37.31		



## Prova 102, Masc., 1500m Livres

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
EXH	Luis Pedro GONCALVES	08	Braga	<b>18:18.84</b>	+0,84	498
	50m: 31.88 31.88	450m: 5:21.78 36.58	850m: 10:17.15 37.05	1250m: 15:17.29 38.35		
	100m: 1:07.03 35.15	500m: 5:58.46 36.68	900m: 10:54.83 37.68	1300m: 15:54.38 37.09		
	150m: 1:42.89 35.86	550m: 6:35.42 36.96	950m: 11:32.11 37.28	1350m: 16:30.86 36.48		
	200m: 2:19.31 36.42	600m: 7:12.45 37.03	1000m: 12:09.15 37.04	1400m: 17:07.82 36.96		
	250m: 2:55.23 35.92	650m: 7:49.76 37.31	1050m: 12:46.53 37.38	1450m: 17:43.87 36.05		
	300m: 3:31.40 36.17	700m: 8:26.53 36.77	1100m: 13:24.30 37.77	1500m: 18:18.84 34.97		
	350m: 4:07.93 36.53	750m: 9:02.83 36.30	1150m: 14:01.48 37.18			
	400m: 4:45.20 37.27	800m: 9:40.10 37.27	1200m: 14:38.94 37.46			
EXH	Miguel Duarte CRUZ	99 S15 H	Belenenses	<b>18:25.00</b>	+0,77	489
	50m: 32.24 32.24	450m: 5:27.63 37.60	850m: 10:24.45 36.80	1250m: 15:22.74 37.34		
	100m: 1:08.24 36.00	500m: 6:04.97 37.34	900m: 11:02.10 37.65	1300m: 15:59.91 37.17		
	150m: 1:44.74 36.50	550m: 6:42.10 37.13	950m: 11:38.93 36.83	1350m: 16:36.60 36.69		
	200m: 2:21.73 36.99	600m: 7:19.37 37.27	1000m: 12:16.46 37.53	1400m: 17:13.70 37.10		
	250m: 2:58.63 36.90	650m: 7:56.34 36.97	1050m: 12:53.62 37.16	1450m: 17:49.92 36.22		
	300m: 3:35.66 37.03	700m: 8:33.32 36.98	1100m: 13:31.17 37.55	1500m: 18:25.00 35.08		
	350m: 4:12.69 37.03	750m: 9:10.62 37.30	1150m: 14:07.98 36.81			
	400m: 4:50.03 37.34	800m: 9:47.65 37.03	1200m: 14:45.40 37.42			

## 3 - 2ª Jornada - 1ª Sessão (Eliminatórias-Heats)

31/03/2023 - 9:00

### Prova 11 31/03/2023 - 9:00

### Masc., 800m Livres

### Open Resultados Elimin

Rec Nac Absoluto	7:52.68	Jose Paulo LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	Jose Paulo LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun18	8:06.97	Guilherme Filipe PINA	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun17	8:13.49	Gustavo Manuel SANTA	POR	Helsinki (FIN)	17/07/2010
Rec Nac Juv A	8:23.54	Gustavo Manuel SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	8:37.90	Vitor Belo CLARA	ADBA	Coimbra	14/07/2019
Rec Nac Inf A	8:54.25	Pedro Fontoura OLIVEIRA	CFB	Lisboa	29/05/2004
Rec Nac Inf B	9:12.56	Pedro Fontoura OLIVEIRA	CFB	Lisboa	27/07/2003

JO : 7:51.65 / CMPL Sen: 7:53.11 / CESub23 19 - 23: 8:08.16 / CEJun\_Masc 15 - 18: 8:16.80 / TAC Sen 50m: 9:02.52 - 25m: 8:45.04; Jun 50m: 9:18.80 - 25m: 9:00.79

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Jose Paulo LOPES	00	Braga	<b>8:21.12</b>	+0,68	734 Q
	50m: 28.36 28.36	250m: 2:35.52 32.25	450m: 4:43.63 31.15	650m: 6:47.96 31.31		
	100m: 59.50 31.14	300m: 3:07.72 32.20	500m: 5:14.63 31.00	700m: 7:19.14 31.18		
	150m: 1:31.31 31.81	350m: 3:40.15 32.43	550m: 5:45.71 31.08	750m: 7:50.32 31.18		
	200m: 2:03.27 31.96	400m: 4:12.48 32.33	600m: 6:16.65 30.94	800m: 8:21.12 30.80		
2.	Francisco Rodriguez AMARAL	02	Porto	<b>8:21.40</b>	+0,72	733 Q
	50m: 28.48 28.48	250m: 2:35.69 32.20	450m: 4:43.91 31.27	650m: 6:48.70 31.15		
	100m: 59.71 31.23	300m: 3:07.88 32.19	500m: 5:15.22 31.31	700m: 7:19.97 31.27		
	150m: 1:31.56 31.85	350m: 3:40.28 32.40	550m: 5:46.42 31.20	750m: 7:51.05 31.08		
	200m: 2:03.49 31.93	400m: 4:12.64 32.36	600m: 6:17.55 31.13	800m: 8:21.40 30.35		

Prova 11, Masc., 800m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
3.	Salvador Goya PERLOIRO	05		Benfica	<b>8:34.87</b>	+0,75	677	Q
	50m: 29.04	29.04	250m: 2:37.17	32.28	450m: 4:47.98	32.90	650m: 6:59.28	32.90
	100m: 1:00.81	31.77	300m: 3:09.67	32.50	500m: 5:20.63	32.65	700m: 7:32.05	32.77
	150m: 1:32.75	31.94	350m: 3:42.47	32.80	550m: 5:53.69	33.06	750m: 8:03.92	31.87
	200m: 2:04.89	32.14	400m: 4:15.08	32.61	600m: 6:26.38	32.69	800m: 8:34.87	30.95
4.	Diogo Santos CARDOSO	01		Sporting	<b>8:35.54</b>	+0,76	674	Q
	50m: 29.32	29.32	250m: 2:36.39	31.93	450m: 4:47.33	33.07	650m: 6:59.45	33.15
	100m: 1:00.71	31.39	300m: 3:08.05	31.66	500m: 5:20.50	33.17	700m: 7:31.99	32.54
	150m: 1:32.72	32.01	350m: 3:41.09	33.04	550m: 5:53.46	32.96	750m: 8:04.27	32.28
	200m: 2:04.46	31.74	400m: 4:14.26	33.17	600m: 6:26.30	32.84	800m: 8:35.54	31.27
5.	Gustavo Pires MARQUES	04		Uniao Coimbra	<b>8:39.73</b>	+0,73	658	Q
	50m: 28.40	28.40	250m: 2:37.68	32.52	450m: 4:48.89	33.09	650m: 7:01.37	32.95
	100m: 1:00.22	31.82	300m: 3:10.18	32.50	500m: 5:22.08	33.19	700m: 7:34.43	33.06
	150m: 1:32.97	32.75	350m: 3:42.93	32.75	550m: 5:55.27	33.19	750m: 8:07.09	32.66
	200m: 2:05.16	32.19	400m: 4:15.80	32.87	600m: 6:28.42	33.15	800m: 8:39.73	32.64
6.	Bruno Silva LOUREIRO	06		Porto	<b>8:44.82</b>	+0,70	639	Q
	50m: 30.35	30.35	250m: 2:42.90	33.03	450m: 4:55.39	33.29	650m: 7:08.95	33.02
	100m: 1:03.45	33.10	300m: 3:16.01	33.11	500m: 5:29.15	33.76	700m: 7:41.43	32.48
	150m: 1:36.80	33.35	350m: 3:49.05	33.04	550m: 6:02.33	33.18	750m: 8:14.08	32.65
	200m: 2:09.87	33.07	400m: 4:22.10	33.05	600m: 6:35.93	33.60	800m: 8:44.82	30.74
7.	Tomas Amor SARREIRA	05		Nautico Marinha Grande	<b>8:45.11</b>	+0,70	638	Q
	50m: 29.30	29.30	250m: 2:41.83	33.54	450m: 4:55.08	32.94	650m: 7:08.46	33.12
	100m: 1:01.50	32.20	300m: 3:15.17	33.34	500m: 5:28.39	33.31	700m: 7:41.50	33.04
	150m: 1:35.01	33.51	350m: 3:48.63	33.46	550m: 6:02.05	33.66	750m: 8:14.64	33.14
	200m: 2:08.29	33.28	400m: 4:22.14	33.51	600m: 6:35.34	33.29	800m: 8:45.11	30.47
8.	Goncalo Renato CARVALHO	04		Porto	<b>8:45.77</b>	+0,69	635	Q
	50m: 30.56	30.56	250m: 2:42.64	32.87	450m: 4:55.59	33.27	650m: 7:09.13	33.22
	100m: 1:03.47	32.91	300m: 3:16.00	33.36	500m: 5:29.30	33.71	700m: 7:41.94	32.81
	150m: 1:36.48	33.01	350m: 3:49.06	33.06	550m: 6:02.27	32.97	750m: 8:14.35	32.41
	200m: 2:09.77	33.29	400m: 4:22.32	33.26	600m: 6:35.91	33.64	800m: 8:45.77	31.42
9.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	<b>8:50.87</b>	+0,65	617	Q
	50m: 29.70	29.70	250m: 2:42.69	33.58	450m: 4:57.96	33.58	650m: 7:12.68	33.27
	100m: 1:02.35	32.65	300m: 3:16.67	33.98	500m: 5:31.90	33.94	700m: 7:46.17	33.49
	150m: 1:35.54	33.19	350m: 3:50.36	33.69	550m: 6:05.64	33.74	750m: 8:18.97	32.80
	200m: 2:09.11	33.57	400m: 4:24.38	34.02	600m: 6:39.41	33.77	800m: 8:50.87	31.90
10.	Joao Maria SOUSA	05		Braga	<b>8:52.44</b>	+0,74	612	Q
	50m: 29.14	29.14	250m: 2:41.22	33.62	450m: 4:57.02	34.17	650m: 7:13.99	34.19
	100m: 1:01.35	32.21	300m: 3:14.97	33.75	500m: 5:31.23	34.21	700m: 7:47.84	33.85
	150m: 1:34.16	32.81	350m: 3:48.74	33.77	550m: 6:05.50	34.27	750m: 8:20.67	32.83
	200m: 2:07.60	33.44	400m: 4:22.85	34.11	600m: 6:39.80	34.30	800m: 8:52.44	31.77
11.	Afonso Martim LEITE	05		Foca Quinta da Lixa CNF	<b>8:55.00</b>	+0,81	603	R
	50m: 30.13	30.13	250m: 2:41.56	33.26	450m: 4:56.99	34.31	650m: 7:14.96	34.69
	100m: 1:02.25	32.12	300m: 3:15.04	33.48	500m: 5:31.22	34.23	700m: 7:49.63	34.67
	150m: 1:35.25	33.00	350m: 3:48.78	33.74	550m: 6:05.75	34.53	750m: 8:23.46	33.83
	200m: 2:08.30	33.05	400m: 4:22.68	33.90	600m: 6:40.27	34.52	800m: 8:55.00	31.54
12.	Marcio Fernandes GOMES	04		Braga	<b>8:56.28</b>	+0,78	599	R
	50m: 30.56	30.56	250m: 2:43.31	33.54	450m: 5:00.12	34.54	650m: 7:17.55	34.25
	100m: 1:03.45	32.89	300m: 3:17.25	33.94	500m: 5:34.45	34.33	700m: 7:51.41	33.86
	150m: 1:36.30	32.85	350m: 3:51.38	34.13	550m: 6:08.81	34.36	750m: 8:25.04	33.63
	200m: 2:09.77	33.47	400m: 4:25.58	34.20	600m: 6:43.30	34.49	800m: 8:56.28	31.24

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS							
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS			

Prova 11, Masc., 800m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Guilherme Maia CARDOSO	05		Columbofila Cantanhedense	<b>8:56.51</b>	<b>+0,74</b>	598	
	50m: 30.17	30.17	250m: 2:43.76	33.77	450m: 4:58.44	33.53	650m: 7:15.83	34.35
	100m: 1:03.25	33.08	300m: 3:17.28	33.52	500m: 5:32.84	34.40	700m: 7:50.23	34.40
	150m: 1:36.38	33.13	350m: 3:51.01	33.73	550m: 6:07.00	34.16	750m: 8:24.00	33.77
	200m: 2:09.99	33.61	400m: 4:24.91	33.90	600m: 6:41.48	34.48	800m: 8:56.51	32.51
14.	Eduardo Nuno FARIA	06		Braga	<b>9:03.57</b>	<b>+0,78</b>	575	
	50m: 29.48	29.48	250m: 2:43.99	33.57	450m: 5:02.41	34.05	650m: 7:21.96	34.75
	100m: 1:02.60	33.12	300m: 3:18.92	34.93	500m: 5:37.69	35.28	700m: 7:56.75	34.79
	150m: 1:36.07	33.47	350m: 3:53.29	34.37	550m: 6:12.04	34.35	750m: 8:30.29	33.54
	200m: 2:10.42	34.35	400m: 4:28.36	35.07	600m: 6:47.21	35.17	800m: 9:03.57	33.28
15.	Alexandre Ramos GONCALVES	05		Sao Joao Ver	<b>9:06.15</b>	<b>+0,72</b>	567	
	50m: 30.44	30.44	250m: 2:45.19	33.60	450m: 5:03.42	34.14	650m: 7:23.29	34.67
	100m: 1:03.40	32.96	300m: 3:19.55	34.36	500m: 5:38.80	35.38	700m: 7:58.47	35.18
	150m: 1:37.27	33.87	350m: 3:54.10	34.55	550m: 6:12.96	34.16	750m: 8:32.77	34.30
	200m: 2:11.59	34.32	400m: 4:29.28	35.18	600m: 6:48.62	35.66	800m: 9:06.15	33.38
16.	Goncalo Duarte SANTOS	00		Vikings	<b>9:08.23</b>	<b>+0,70</b>	560	
	50m: 29.49	29.49	250m: 2:46.70	34.61	450m: 5:05.07	34.48	650m: 7:25.77	34.82
	100m: 1:03.17	33.68	300m: 3:21.31	34.61	500m: 5:40.19	35.12	700m: 8:00.78	35.01
	150m: 1:37.45	34.28	350m: 3:55.91	34.60	550m: 6:15.79	35.60	750m: 8:34.73	33.95
	200m: 2:12.09	34.64	400m: 4:30.59	34.68	600m: 6:50.95	35.16	800m: 9:08.23	33.50
17.	Diogo Bernardo TOME	03		Nautico Salvaterra Magos	<b>9:10.55</b>	<b>+0,73</b>	553	
	50m: 30.04	30.04	250m: 2:46.49	34.11	450m: 5:05.66	34.52	650m: 7:25.59	34.98
	100m: 1:03.92	33.88	300m: 3:21.34	34.85	500m: 5:40.57	34.91	700m: 8:00.88	35.29
	150m: 1:37.76	33.84	350m: 3:55.96	34.62	550m: 6:15.45	34.88	750m: 8:36.03	35.15
	200m: 2:12.38	34.62	400m: 4:31.14	35.18	600m: 6:50.61	35.16	800m: 9:10.55	34.52
18.	Ruben Ferreira PAIVA	05		Sanjoanense/FEPSA	<b>9:13.47</b>	<b>+0,91</b>	545	
	50m: 31.00	31.00	250m: 2:48.81	34.47	450m: 5:08.41	34.42	650m: 7:28.24	34.73
	100m: 1:04.92	33.92	300m: 3:24.20	35.39	500m: 5:43.81	35.40	700m: 8:03.90	35.66
	150m: 1:38.93	34.01	350m: 3:58.48	34.28	550m: 6:18.19	34.38	750m: 8:38.50	34.60
	200m: 2:14.34	35.41	400m: 4:33.99	35.51	600m: 6:53.51	35.32	800m: 9:13.47	34.97
19.	Milan Santos JEVIC	06		Braga	<b>9:16.86</b>	<b>+0,75</b>	535	
	50m: 29.96	29.96	250m: 2:48.98	35.28	450m: 5:12.25	35.63	650m: 7:36.17	35.16
	100m: 1:03.66	33.70	300m: 3:25.23	36.25	500m: 5:48.45	36.20	700m: 8:11.39	35.22
	150m: 1:38.08	34.42	350m: 4:00.69	35.46	550m: 6:24.60	36.15	750m: 8:44.29	32.90
	200m: 2:13.70	35.62	400m: 4:36.62	35.93	600m: 7:01.01	36.41	800m: 9:16.86	32.57
20.	Tiago Diniz LIMA	04		Estarreja/PROZINCO	<b>9:19.64</b>	<b>+0,72</b>	527	
	50m: 30.05	30.05	250m: 2:48.50	34.97	450m: 5:10.19	35.33	650m: 7:33.51	35.80
	100m: 1:03.85	33.80	300m: 3:23.82	35.32	500m: 5:46.17	35.98	700m: 8:09.40	35.89
	150m: 1:38.32	34.47	350m: 3:59.02	35.20	550m: 6:21.88	35.71	750m: 8:44.76	35.36
	200m: 2:13.53	35.21	400m: 4:34.86	35.84	600m: 6:57.71	35.83	800m: 9:19.64	34.88

Prova 12  
31/03/2023 - 9:20

Femin., 800m Livres

Open  
Resultados Elimin

Rec Nac Absoluto	8:29.33	Diana Margarida DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nac Sen	8:29.33	Diana Margarida DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nac Jun17	8:36.21	Tamila Hryhorivna HOLUB	SCB	Coimbra	28/05/2016
Rec Nac Jun16	8:45.53	Tamila Hryhorivna HOLUB	SCB	Coimbra	30/05/2015
Rec Nac Juv A	8:50.68	Tamila Hryhorivna HOLUB	SCB	Oeiras	27/07/2014
Rec Nac Juv B	9:07.70	Alexandra Maria SILVA	POR	Split (CRO)	10/09/1981
Rec Nac Inf A	9:14.85	Alexandra Maria SILVA	POR	Skovde (SWE)	10/08/1980
Rec Nac Inf B	9:30.42	Filipa Vilas RUIVO	DNMG	S. Joao da Madeira	25/07/2009

JO : 8:26.71 / CMPL 19 +: 8:37.90 / CESub23 19 - 23: 8:44.44 / CEJun\_Fem 14 - 17: 9:04.96 / TAC Sen 50m: 9:42.27 - 25m: 9:25.66;  
Jun: 9:56.83

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Tamila Hryhorivna HOLUB	99		Braga	<b>9:02.77</b>	+0,80	712	Q
	50m: 31.01 31.01	250m: 2:45.60	33.75	450m: 5:01.46	34.03	650m: 7:19.19	34.34	
	100m: 1:04.31 33.30	300m: 3:19.61	34.01	500m: 5:35.99	34.53	700m: 7:54.22	35.03	
	150m: 1:37.98 33.67	350m: 3:53.56	33.95	550m: 6:10.28	34.29	750m: 8:29.39	35.17	
	200m: 2:11.85 33.87	400m: 4:27.43	33.87	600m: 6:44.85	34.57	800m: 9:02.77	33.38	
2.	Diana Margarida DURAES	96		Benfica	<b>9:03.20</b>	+0,82	710	Q
	50m: 31.48 31.48	250m: 2:47.29	34.38	450m: 5:03.95	34.14	650m: 7:20.30	34.14	
	100m: 1:04.78 33.30	300m: 3:21.46	34.17	500m: 5:37.99	34.04	700m: 7:54.61	34.31	
	150m: 1:38.76 33.98	350m: 3:55.73	34.27	550m: 6:12.04	34.05	750m: 8:28.95	34.34	
	200m: 2:12.91 34.15	400m: 4:29.81	34.08	600m: 6:46.16	34.12	800m: 9:03.20	34.25	
3.	Margaux Verger GOURSON	95		Fluvial Portuense	<b>9:20.94</b>	+0,72	645	Q
	50m: 32.64 32.64	250m: 2:54.21	35.47	450m: 5:16.32	34.95	650m: 7:37.62	34.87	
	100m: 1:07.79 35.15	300m: 3:30.01	35.80	500m: 5:51.74	35.42	700m: 8:13.02	35.40	
	150m: 1:43.19 35.40	350m: 4:05.46	35.45	550m: 6:27.18	35.44	750m: 8:47.94	34.92	
	200m: 2:18.74 35.55	400m: 4:41.37	35.91	600m: 7:02.75	35.57	800m: 9:20.94	33.00	
4.	Mariana Amaral MENDES	02		Sporting	<b>9:22.83</b>	+0,81	639	Q
	50m: 32.55 32.55	250m: 2:53.70	35.63	450m: 5:15.76	35.53	650m: 7:37.86	35.65	
	100m: 1:07.59 35.04	300m: 3:29.17	35.47	500m: 5:51.00	35.24	700m: 8:12.94	35.08	
	150m: 1:42.81 35.22	350m: 4:04.78	35.61	550m: 6:26.72	35.72	750m: 8:48.34	35.40	
	200m: 2:18.07 35.26	400m: 4:40.23	35.45	600m: 7:02.21	35.49	800m: 9:22.83	34.49	
5.	Daniela Magalhaes LOPES	05		Famalicao	<b>9:23.53</b>	+0,80	636	Q
	50m: 31.80 31.80	250m: 2:51.84	35.54	450m: 5:13.93	35.11	650m: 7:37.79	35.81	
	100m: 1:06.15 34.35	300m: 3:27.39	35.55	500m: 5:49.69	35.76	700m: 8:13.52	35.73	
	150m: 1:40.97 34.82	350m: 4:03.15	35.76	550m: 6:25.79	36.10	750m: 8:48.76	35.24	
	200m: 2:16.30 35.33	400m: 4:38.82	35.67	600m: 7:01.98	36.19	800m: 9:23.53	34.77	
6.	Beatriz Silva LOURO	07		Louletano / Loule Concelho	<b>9:26.17</b>	+0,70	627	Q
	50m: 32.02 32.02	250m: 2:52.42	35.49	450m: 5:15.18	35.88	650m: 7:39.10	35.80	
	100m: 1:06.62 34.60	300m: 3:28.08	35.66	500m: 5:51.42	36.24	700m: 8:14.93	35.83	
	150m: 1:41.36 34.74	350m: 4:03.63	35.55	550m: 6:27.39	35.97	750m: 8:51.01	36.08	
	200m: 2:16.93 35.57	400m: 4:39.30	35.67	600m: 7:03.30	35.91	800m: 9:26.17	35.16	
7.	Maria Ornelas ARMAS	98		Vikings	<b>9:26.25</b>	+0,88	627	Q
	50m: 32.49 32.49	250m: 2:53.15	35.43	450m: 5:15.94	35.71	650m: 7:39.39	35.72	
	100m: 1:07.19 34.70	300m: 3:28.80	35.65	500m: 5:52.10	36.16	700m: 8:15.18	35.79	
	150m: 1:42.13 34.94	350m: 4:04.29	35.49	550m: 6:27.68	35.58	750m: 8:50.91	35.73	
	200m: 2:17.72 35.59	400m: 4:40.23	35.94	600m: 7:03.67	35.99	800m: 9:26.25	35.34	

Prova 12, Femin., 800m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
8.	Carolina Esteves PEIXOTO	06	Braga	<b>9:32.08</b>	+0,77	608	Q
	50m: 32.22 32.22	250m: 2:53.99	35.89 450m: 5:19.22	36.51	650m: 7:45.35	36.44	
	100m: 1:06.92 34.70	300m: 3:30.06	36.07 500m: 5:55.84	36.62	700m: 8:21.59	36.24	
	150m: 1:42.62 35.70	350m: 4:06.27	36.21 550m: 6:32.62	36.78	750m: 8:57.45	35.86	
	200m: 2:18.10 35.48	400m: 4:42.71	36.44 600m: 7:08.91	36.29	800m: 9:32.08	34.63	
9.	Marta Lima PIMENTEL	04	Porto	<b>9:32.82</b>	+0,77	606	Q
	50m: 33.02 33.02	250m: 2:56.28	35.85 450m: 5:21.07	35.78	650m: 7:45.59	35.89	
	100m: 1:08.50 35.48	300m: 3:32.85	36.57 500m: 5:57.48	36.41	700m: 8:21.90	36.31	
	150m: 1:44.38 35.88	350m: 4:08.86	36.01 550m: 6:33.34	35.86	750m: 8:57.77	35.87	
	200m: 2:20.43 36.05	400m: 4:45.29	36.43 600m: 7:09.70	36.36	800m: 9:32.82	35.05	
10.	Alice Jesus MORGADO	04	Sporting	<b>9:38.48</b>	+0,76	588	Q
	50m: 32.71 32.71	250m: 2:55.81	36.28 450m: 5:21.14	36.54	650m: 7:48.22	37.10	
	100m: 1:08.03 35.32	300m: 3:32.01	36.20 500m: 5:57.65	36.51	700m: 8:25.44	37.22	
	150m: 1:43.58 35.55	350m: 4:08.33	36.32 550m: 6:34.35	36.70	750m: 9:02.52	37.08	
	200m: 2:19.53 35.95	400m: 4:44.60	36.27 600m: 7:11.12	36.77	800m: 9:38.48	35.96	
11.	Leonor Verissimo FARIA	06	Nucleo de Pombal	<b>9:40.27</b>	+0,70	583	R
	50m: 32.91 32.91	250m: 2:58.14	36.76 450m: 5:25.17	36.81	650m: 7:51.71	36.50	
	100m: 1:08.62 35.71	300m: 3:34.74	36.60 500m: 6:01.91	36.74	700m: 8:28.46	36.75	
	150m: 1:44.65 36.03	350m: 4:11.52	36.78 550m: 6:38.59	36.68	750m: 9:04.81	36.35	
	200m: 2:21.38 36.73	400m: 4:48.36	36.84 600m: 7:15.21	36.62	800m: 9:40.27	35.46	
12.	Catarina Gaspar PIRES	06	Porto	<b>9:40.30</b>	+0,83	583	R
	50m: 32.63 32.63	250m: 2:54.32	35.84 450m: 5:20.05	36.75	650m: 7:48.20	37.23	
	100m: 1:07.65 35.02	300m: 3:30.29	35.97 500m: 5:56.99	36.94	700m: 8:25.73	37.53	
	150m: 1:42.94 35.29	350m: 4:06.77	36.48 550m: 6:33.94	36.95	750m: 9:03.24	37.51	
	200m: 2:18.48 35.54	400m: 4:43.30	36.53 600m: 7:10.97	37.03	800m: 9:40.30	37.06	
13.	Joana Silva ALVES	05	Benedita	<b>9:42.76</b>	+0,70	575	
	50m: 32.80 32.80	250m: 2:59.05	36.78 450m: 5:27.42	36.59	650m: 7:55.09	36.77	
	100m: 1:08.82 36.02	300m: 3:36.45	37.40 500m: 6:04.27	36.85	700m: 8:32.16	37.07	
	150m: 1:45.32 36.50	350m: 4:13.51	37.06 550m: 6:41.08	36.81	750m: 9:08.33	36.17	
	200m: 2:22.27 36.95	400m: 4:50.83	37.32 600m: 7:18.32	37.24	800m: 9:42.76	34.43	
14.	Francisca Macedo LOPES	05	Vilacondense	<b>9:42.92</b>	+0,79	575	
	50m: 32.29 32.29	250m: 2:56.55	36.75 450m: 5:22.40	36.65	650m: 7:52.18	37.55	
	100m: 1:07.55 35.26	300m: 3:32.88	36.33 500m: 5:59.62	37.22	700m: 8:29.96	37.78	
	150m: 1:43.62 36.07	350m: 4:09.19	36.31 550m: 6:36.97	37.35	750m: 9:07.06	37.10	
	200m: 2:19.80 36.18	400m: 4:45.75	36.56 600m: 7:14.63	37.66	800m: 9:42.92	35.86	
15.	Vanessa Sofia OLIVEIRA	05	Gafanha da Encarnacao	<b>9:43.08</b>	+0,79	574	
	50m: 33.03 33.03	250m: 2:59.79	37.12 450m: 5:27.65	36.61	650m: 7:55.00	36.33	
	100m: 1:08.97 35.94	300m: 3:36.91	37.12 500m: 6:04.74	37.09	700m: 8:31.60	36.60	
	150m: 1:45.58 36.61	350m: 4:13.88	36.97 550m: 6:41.61	36.87	750m: 9:07.68	36.08	
	200m: 2:22.67 37.09	400m: 4:51.04	37.16 600m: 7:18.67	37.06	800m: 9:43.08	35.40	
16.	Margarida Vieira PINTO	07	Braga	<b>9:44.17</b>	+0,80	571	
	50m: 32.23 32.23	250m: 2:55.70	36.56 450m: 5:23.96	37.31	650m: 7:53.96	37.54	
	100m: 1:07.19 34.96	300m: 3:32.40	36.70 500m: 6:01.40	37.44	700m: 8:31.20	37.24	
	150m: 1:42.97 35.78	350m: 4:09.39	36.99 550m: 6:38.89	37.49	750m: 9:08.24	37.04	
	200m: 2:19.14 36.17	400m: 4:46.65	37.26 600m: 7:16.42	37.53	800m: 9:44.17	35.93	
17.	Rita Sofia NUNES	05	Colegio Efanor	<b>9:44.84</b>	+0,84	569	
	50m: 32.70 32.70	250m: 2:57.77	36.74 450m: 5:26.57	36.59	650m: 7:55.74	37.18	
	100m: 1:08.02 35.32	300m: 3:35.05	37.28 500m: 6:03.98	37.41	700m: 8:32.40	36.66	
	150m: 1:44.49 36.47	350m: 4:12.68	37.63 550m: 6:41.25	37.27	750m: 9:09.22	36.82	
	200m: 2:21.03 36.54	400m: 4:49.98	37.30 600m: 7:18.56	37.31	800m: 9:44.84	35.62	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS	
PATROCINADOR PRINCIPAL		PARCEIROS INSTITUCIONAIS	
		PARCEIROS	

Prova 12, Femin., 800m Livres, Elimina, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Joana Barbas RAMOS	06	Gafanha da Encarnacao	<b>9:47.21</b>	<b>+0,73</b>	<b>562</b>	
	50m: 33.30 33.30	250m: 2:59.87	37.04	450m: 5:27.78	37.18	650m: 7:57.02	37.18
	100m: 1:09.10 35.80	300m: 3:36.73	36.86	500m: 6:05.07	37.29	700m: 8:34.57	37.55
	150m: 1:45.99 36.89	350m: 4:13.61	36.88	550m: 6:42.44	37.37	750m: 9:11.19	36.62
	200m: 2:22.83 36.84	400m: 4:50.60	36.99	600m: 7:19.84	37.40	800m: 9:47.21	36.02
19.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>9:50.45</b>	<b>+0,77</b>	<b>553</b>	
	50m: 32.94 32.94	250m: 2:58.71	36.87	450m: 5:26.24	36.43	650m: 7:56.94	38.46
	100m: 1:08.35 35.41	300m: 3:35.61	36.90	500m: 6:03.15	36.91	700m: 8:35.48	38.54
	150m: 1:44.88 36.53	350m: 4:12.78	37.17	550m: 6:40.69	37.54	750m: 9:13.33	37.85
	200m: 2:21.84 36.96	400m: 4:49.81	37.03	600m: 7:18.48	37.79	800m: 9:50.45	37.12
20.	Lia Beatriz GOMES	06	Vitoria Guimaraes	<b>9:51.07</b>	<b>+0,75</b>	<b>551</b>	
	50m: 32.92 32.92	250m: 2:57.33	36.53	450m: 5:25.72	37.34	650m: 7:57.76	38.19
	100m: 1:08.40 35.48	300m: 3:33.92	36.59	500m: 6:03.54	37.82	700m: 8:36.04	38.28
	150m: 1:44.55 36.15	350m: 4:11.03	37.11	550m: 6:41.59	38.05	750m: 9:14.19	38.15
	200m: 2:20.80 36.25	400m: 4:48.38	37.35	600m: 7:19.57	37.98	800m: 9:51.07	36.88
21.	Leonor Castanho SANTOS	07	Sporting	<b>9:52.20</b>	<b>+0,85</b>	<b>548</b>	
	50m: 33.07 33.07	250m: 2:59.23	36.54	450m: 5:29.07	37.30	650m: 8:00.56	37.95
	100m: 1:09.05 35.98	300m: 3:36.57	37.34	500m: 6:06.72	37.65	700m: 8:38.53	37.97
	150m: 1:45.71 36.66	350m: 4:14.13	37.56	550m: 6:44.64	37.92	750m: 9:16.02	37.49
	200m: 2:22.69 36.98	400m: 4:51.77	37.64	600m: 7:22.61	37.97	800m: 9:52.20	36.18
22.	Carolina Vizinho CABRAL	07	Natacao de Vagos	<b>9:53.19</b>	<b>+0,74</b>	<b>545</b>	
	50m: 32.55 32.55	250m: 2:58.64	36.87	450m: 5:28.88	37.26	650m: 8:02.59	38.06
	100m: 1:08.46 35.91	300m: 3:36.38	37.74	500m: 6:08.28	39.40	700m: 8:41.20	38.61
	150m: 1:44.11 35.65	350m: 4:13.52	37.14	550m: 6:45.95	37.67	750m: 9:18.63	37.43
	200m: 2:21.77 37.66	400m: 4:51.62	38.10	600m: 7:24.53	38.58	800m: 9:53.19	34.56
23.	Marta Andre AGUILAR	07	Nautico Academico	<b>9:53.69</b>	<b>+0,74</b>	<b>544</b>	
	50m: 33.21 33.21	250m: 2:58.53	36.13	450m: 5:27.85	37.76	650m: 8:00.74	37.96
	100m: 1:09.39 36.18	300m: 3:35.60	37.07	500m: 6:06.46	38.61	700m: 8:39.01	38.27
	150m: 1:45.65 36.26	350m: 4:12.30	36.70	550m: 6:44.44	37.98	750m: 9:16.86	37.85
	200m: 2:22.40 36.75	400m: 4:50.09	37.79	600m: 7:22.78	38.34	800m: 9:53.69	36.83
24.	Ines Miranda DIOGO	07	Nautico Academico	<b>9:54.62</b>	<b>+0,71</b>	<b>541</b>	
	50m: 33.09 33.09	250m: 3:00.49	37.24	450m: 5:30.81	37.66	650m: 8:02.04	37.76
	100m: 1:09.31 36.22	300m: 3:37.98	37.49	500m: 6:08.56	37.75	700m: 8:40.01	37.97
	150m: 1:46.42 37.11	350m: 4:15.66	37.68	550m: 6:46.55	37.99	750m: 9:17.51	37.50
	200m: 2:23.25 36.83	400m: 4:53.15	37.49	600m: 7:24.28	37.73	800m: 9:54.62	37.11
25.	Matilde Violante VIANA	07	Nautico de Leiria	<b>9:59.59</b>	<b>+0,86</b>	<b>528</b>	
	50m: 32.72 32.72	250m: 3:01.51	37.56	450m: 5:33.36	38.06	650m: 8:06.46	38.34
	100m: 1:09.25 36.53	300m: 3:39.23	37.72	500m: 6:11.51	38.15	700m: 8:44.13	37.67
	150m: 1:46.21 36.96	350m: 4:17.02	37.79	550m: 6:49.48	37.97	750m: 9:21.94	37.81
	200m: 2:23.95 37.74	400m: 4:55.30	38.28	600m: 7:28.12	38.64	800m: 9:59.59	37.65
26.	Margarida Correia MADEIRA	06	Nautico Marinha Grande	<b>10:18.33</b>	<b>+0,80</b>	<b>481</b>	
	50m: 34.02 34.02	250m: 3:06.37	38.95	450m: 5:44.06	39.46	650m: 8:21.38	38.97
	100m: 1:10.82 36.80	300m: 3:45.56	39.19	500m: 6:23.75	39.69	700m: 9:00.68	39.30
	150m: 1:48.68 37.86	350m: 4:25.04	39.48	550m: 7:02.40	38.65	750m: 9:39.92	39.24
	200m: 2:27.42 38.74	400m: 5:04.60	39.56	600m: 7:42.41	40.01	800m: 10:18.33	38.41
27.	Mariana Coelho SANTOS	04	Lagoa AC	<b>10:22.96</b>	<b>+0,90</b>	<b>471</b>	
	50m: 33.55 33.55	250m: 3:06.97	39.32	450m: 5:46.23	40.02	650m: 8:25.79	39.78
	100m: 1:10.43 36.88	300m: 3:46.54	39.57	500m: 6:26.24	40.01	700m: 9:05.45	39.66
	150m: 1:48.56 38.13	350m: 4:26.19	39.65	550m: 7:06.12	39.88	750m: 9:44.64	39.19
	200m: 2:27.65 39.09	400m: 5:06.21	40.02	600m: 7:46.01	39.89	800m: 10:22.96	38.32


## Prova 12, Femin., 800m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
28.	Rita Cunha GOMES	07	Viana Natacao	<b>10:29.97</b>	+0,84	455
	50m: 34.78 34.78	250m: 3:11.09 39.93	450m: 5:51.14 39.78	650m: 8:31.66 39.59		
	100m: 1:13.27 38.49	300m: 3:50.98 39.89	500m: 6:31.91 40.77	700m: 9:11.76 40.10		
	150m: 1:51.80 38.53	350m: 4:31.16 40.18	550m: 7:11.87 39.96	750m: 9:51.44 39.68		
	200m: 2:31.16 39.36	400m: 5:11.36 40.20	600m: 7:52.07 40.20	800m: 10:29.97 38.53		

## Prova 13 31/03/2023 - 9:50

### Masc., 100m Costas

### Open Resultados Elimin

Rec Nac Absoluto	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Sen	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Jun18	55.18	Joao Nogueira COSTA	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun17	57.17	Alexis Manacas SANTOS	POR	Praga (CZE)	12/07/2009
RN S8	1:12.96	Diogo Luis CANCELA	POR	Sheffield (GBR)	17/03/2023
RN S10	1:05.09	Gino Santos CAETANO	SCA	Vila Franca de Xira	29/04/2012

JO Absoluto: 53.74 / CMPL Sen: 54.03 / CESub23 19 - 23: 55.62 / CEJun\_Masc 15 - 18: 57.28 / TAC Sen 50m: 1:01.71 - 25m: 58.53;  
Jun 50m: 1:03.56 - 25m: 1:00.29

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Joao Nogueira COSTA <i>Minimos CE Sub23</i>	01	Vitoria Guimaraes	<b>54.65</b>	+0,62	841	A
	50m: 26.57 26.57	100m: 54.65 28.08					
2.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>55.39</b>	+0,58	808	A
	50m: 26.74 26.74	100m: 55.39 28.65					
3.	Diogo Santos COSTA	02	Benfica	<b>57.80</b>	+0,53	711	A
	50m: 27.51 27.51	100m: 57.80 30.29					
4.	Ricardo Filipe ROCHA	02	Aquatico Pacense	<b>58.40</b>	+0,53	689	A
	50m: 28.27 28.27	100m: 58.40 30.13					
5.	Gustavo Carvalho SILVA	04	Naval Praia da Vitoria	<b>58.74</b>	+0,65	677	A
	50m: 27.42 27.42	100m: 58.74 31.32					
6.	Ricardo Matias SANTOS	05	CPFZ - Natacao	<b>58.87</b>	+0,61	673	A
	50m: 28.88 28.88	100m: 58.87 29.99					
7.	Ricardo Saraiva PIRES	98	Laranjeiro	<b>59.20</b>	+0,60	662	A
	50m: 29.07 29.07	100m: 59.20 30.13					
8.	Federico MESTRONI	99	Benfica	<b>59.36</b>	+0,59	656	A
	50m: 28.50 28.50	100m: 59.36 30.86					
9.	Tomas Maia JANUARIO	06	Benfica	<b>59.37</b>	+0,64	656	A
	50m: 28.49 28.49	100m: 59.37 30.88					
10.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>59.43</b>	+0,58	654	A
	50m: 28.75 28.75	100m: 59.43 30.68					
11.	Joao Diogo FERNANDES	98	Belenenses	<b>59.64</b>	+0,57	647	B
	50m: 28.88 28.88	100m: 59.64 30.76					
12.	Francisco Araujo SILVA	06	Famalicao	<b>59.67</b>	+0,60	646	B
	50m: 28.90 28.90	100m: 59.67 30.77					

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 13, Masc., 100m Costas, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Rodrigo Vieira RODRIGUES	06		Sporting de Espinho	<b>59.69</b>	+0,57	646	B
	50m: 28.81 28.81	100m: 59.69	30.88					
14.	Miguel Cordeiro ALMEIDA	05		Alges	<b>59.82</b>	+0,53	641	B
	50m: 29.27 29.27	100m: 59.82	30.55					
15.	Andre Henriques MARQUES	05		Benfica	<b>59.86</b>	+0,53	640	B
	50m: 28.59 28.59	100m: 59.86	31.27					
16.	Rodrigo Manuel CUNHA	04		Vitoria Guimaraes	<b>1:00.36</b>	+0,61	624	B
	50m: 28.96 28.96	100m: 1:00.36	31.40					
17.	Daniel Nogueira CATALAO	00		Sporting	<b>1:00.69</b>	+0,63	614	B
	50m: 28.70 28.70	100m: 1:00.69	31.99					
18.	Jose Diogo DIAS	04		Nautico Academico	<b>1:01.05</b>	+0,63	603	B
	50m: 29.37 29.37	100m: 1:01.05	31.68					
19.	Joao Anibal REMELHE	05		Braga	<b>1:01.28</b>	+0,59	597	B
	50m: 29.26 29.26	100m: 1:01.28	32.02					
20.	Marin CEPELEAGA	05		Portinado	<b>1:01.36</b>	+0,57	594	B
	50m: 29.40 29.40	100m: 1:01.36	31.96					
21.	Miguel Ribeiro BATE	99		Sporting	<b>1:01.47</b>	+0,60	591	R
	50m: 29.76 29.76	100m: 1:01.47	31.71					
22.	Simao Valadas BILRO	05		Aminata	<b>1:01.50</b>	+0,54	590	R
	50m: 29.78 29.78	100m: 1:01.50	31.72					
23.	Luiz Henrique MENDONCA	06		Belenenses	<b>1:01.69</b>	+0,65	585	
	50m: 29.36 29.36	100m: 1:01.69	32.33					
24.	Pedro Miguel PITA	06		Naval do Funchal	<b>1:02.04</b>	+0,64	575	
	50m: 29.65 29.65	100m: 1:02.04	32.39					
25.	Antonio Coelho VIEIRA	06		Sporting	<b>1:02.22</b>	+0,59	570	
	50m: 29.95 29.95	100m: 1:02.22	32.27					
26.	Tiago Campos LOURENCO	02		Natacao de Valongo	<b>1:02.29</b>	+0,63	568	
	50m: 30.39 30.39	100m: 1:02.29	31.90					
27.	Tomas Ferreira OLIVEIRA	06		Natacao da Maia	<b>1:02.63</b>	+0,59	559	
	50m: 30.07 30.07	100m: 1:02.63	32.56					
28.	Sebastiao Nogueira ESTEVES	06		Gesloures	<b>1:02.79</b>	+0,65	554	
	50m: 29.83 29.83	100m: 1:02.79	32.96					
29.	Rodrigo Castro ALVES	06		Desportiva de Viana	<b>1:03.26</b>	+0,80	542	
	50m: 31.78 31.78	100m: 1:03.26	31.48					
30.	Miguel Alves FERNANDES	05		Viana Natacao	<b>1:03.28</b>	+0,63	542	
	50m: 30.81 30.81	100m: 1:03.28	32.47					
31.	Martim Ribeiro MENESES	06		O Crasto	<b>1:03.68</b>	+0,60	532	
	50m: 30.16 30.16	100m: 1:03.68	33.52					
32.	Miguel Mera HERRERO	06		Sporting	<b>1:03.81</b>	+0,54	528	
	50m: 30.62 30.62	100m: 1:03.81	33.19					



## Prova 13, Masc., 100m Costas, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
33.	Miguel Costa DURAO	06	Braga	<b>1:04.94</b>	+0,50	501
	50m: 30.90 30.90	100m: 1:04.94	34.04			
DNS	Andre Azevedo BARAONA	04	Natacao do Montijo			
DNS	Francisco Rogerio SANTOS	98	Sporting			
DNS	Tomas Almeida CORDEIRO	05	Alges			

## Prova 13 31/03/2023 - 9:50

## Masc., 100m Costas

## Juvenis Resultados Elimin

Rec Nac Absoluto	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Juv A	58.61	Diogo Gomes SOUSA	CNCVG	Coimbra	29/05/2011
Rec Nac Juv B	59.54	Diogo Matos RIBEIRO	POR	Baku (AZE)	22/07/2019
RN S8	1:12.96	Diogo Luis CANCELA	POR	Sheffield (GBR)	17/03/2023
RN S10	1:05.09	Gino Santos CAETANO	SCA	Vila Franca de Xira	29/04/2012

JO Absoluto: 53.74 / CEJun\_Masc 15 - 18: 57.28 / TAC 50m: 1:06.65 - 25m: 1:03.21

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Goncalo Carlos AZEVEDO	07	Natacao da Maia	<b>1:00.96</b>	+0,57	606 Q
	50m: 29.31 29.31	100m: 1:00.96	31.65			
2.	Afonso Bjork FREITAS	07	Nacional de Natacao	<b>1:01.66</b>	+0,66	586 Q
	50m: 29.75 29.75	100m: 1:01.66	31.91			
3.	Tiago Brazao NEVES	07	Naval do Funchal	<b>1:01.70</b>	+0,55	584 Q
	50m: 30.35 30.35	100m: 1:01.70	31.35			
4.	Tiago Mendes COSTA	07	Famalicao	<b>1:02.48</b>	+0,64	563 Q
	50m: 29.80 29.80	100m: 1:02.48	32.68			
5.	Rodrigo Filipe CORREIA	07	Porto	<b>1:02.63</b>	+0,59	559 Q
	50m: 30.09 30.09	100m: 1:02.63	32.54			
6.	Goncalo Pereira COLACO	07	Nautico de Leiria	<b>1:03.58</b>	+0,59	534 Q
	50m: 30.08 30.08	100m: 1:03.58	33.50			
7.	Daniel KUCHERYAVENKO	07	Galitos / Bresimar	<b>1:04.42</b>	+0,67	513 Q
	50m: 31.22 31.22	100m: 1:04.42	33.20			
8.	Luis Filipe CARVALHO	07	Naval Povoense	<b>1:04.43</b>	+0,61	513 Q
	50m: 31.29 31.29	100m: 1:04.43	33.14			
9.	Francisco Miguel PEREIRA	08	Fluvial Portuense	<b>1:04.45</b>	+0,63	513 Q
	50m: 32.17 32.17	100m: 1:04.45	32.28			
10.	Tiago Delfim PEREIRA	07	Aminata	<b>1:04.76</b>	+0,62	505 ?
	50m: 32.04 32.04	100m: 1:04.76	32.72			
	Mikhael ONUTSKYY	08	Pimpoes/Cimai	<b>1:04.76</b>	+0,63	505 ?
	50m: 31.76 31.76	100m: 1:04.76	33.00			
12.	Alexandre DZYAKANAU	07	Louzan Natacao/EFAPEL	<b>1:04.82</b>	+0,61	504 R
	50m: 31.43 31.43	100m: 1:04.82	33.39			
13.	Duarte Santos FERREIRA	08	Porto	<b>1:04.87</b>	+0,71	503
	50m: 31.63 31.63	100m: 1:04.87	33.24			

## Prova 13, Masc., 100m Costas, Elimina, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
14.	Guilherme Mahua SOARES	07		Porto	<b>1:04.98</b>	+0,71	500
	50m: 31.09 31.09	100m: 1:04.98	33.89				
15.	Afonso Rodrigues CALHELHA	07		Colegio Monte Maior	<b>1:05.19</b>	+0,61	495
	50m: 30.51 30.51	100m: 1:05.19	34.68				
16.	Pedro Saad OLIVEIRA	08		Sporting	<b>1:05.34</b>	+0,69	492
	50m: 31.13 31.13	100m: 1:05.34	34.21				
17.	Lourenco Lopes SILVA	07		Uniao Piedense	<b>1:05.79</b>	+0,63	482
	50m: 31.74 31.74	100m: 1:05.79	34.05				
18.	Tomas Pinto PEIXOTO	08		Porto	<b>1:05.94</b>	+0,62	479
	50m: 31.66 31.66	100m: 1:05.94	34.28				
19.	Andriy FEDOROV	08		FC Ferreiras/AlgarExperienc	<b>1:06.06</b>	+0,62	476
	50m: 31.80 31.80	100m: 1:06.06	34.26				
20.	Martim Rodrigues SANTOS	08		Colegio Monte Maior	<b>1:06.64</b>	+0,67	464
	50m: 32.10 32.10	100m: 1:06.64	34.54				
21.	Dario Rafael OLIVEIRA	07		Portinado	<b>1:06.72</b>	+0,63	462
	50m: 31.59 31.59	100m: 1:06.72	35.13				
22.	Antonio Ricardo ALVES	07		Belenenses	<b>1:06.80</b>	+0,63	460
	50m: 31.75 31.75	100m: 1:06.80	35.05				
23.	Antonio Rego ARSENIO	07		Alges	<b>1:07.39</b>	+0,66	448
	50m: 31.47 31.47	100m: 1:07.39	35.92				
	Joaquim Gabriel OLIVEIRA	07		Sporting de Aveiro	<b>1:07.39</b>	+0,63	448
	50m: 31.72 31.72	100m: 1:07.39	35.67				
DNS	Leonardo Jose CRUZ	07		Alcobaca			
EXH	Tomas Coelho CORDEIRO	04	S10	3,5,12-Colegio Efanor	<b>1:06.23</b>	+0,67	472
	50m: 32.05 32.05	100m: 1:06.23	34.18				
EXH	Diogo Luis CANCELA	02	S8	1,2,4 Louzan Natacao/EFAPEL	<b>1:12.09</b>	+0,62	366
	<i>Recorde Nacional S8</i>						
	50m: 34.08 34.08	100m: 1:12.09	38.01				

Prova 14  
31/03/2023 - 10:15

Femin., 100m Costas

Open  
Resultados Elimin

Rec Nac Absoluto	1:00.66	Camila Rodrigues REBELO	POR	Roma (ITA)	15/08/2022
Rec Nac Sen	1:00.66	Camila Rodrigues REBELO	POR	Roma (ITA)	15/08/2022
Rec Nac Jun17	1:01.18	Rafaela Gomes AZEVEDO	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun16	1:03.21	Camila Rodrigues REBELO	ALN	Coimbra	05/04/2019
RN S9	1:19.54	Susana Pereira VEIGA	CNCVG	Porto	27/06/2021

JO Absoluto: 59.99 / CMPL 19 +: 1:00.59 / CESub23 19 - 23: 1:02.09 / CEJun\_Fem 14 - 17: 1:04.59 / TAC Sen 50m: 1:09.73 -  
25m: 1:06.80; Jun 50m: 1:11.47 - 25m: 1:08.47

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Rafaela Gomes AZEVEDO	02	Alges	<b>1:04.76</b>	+0,60	698	A
	50m: 30.01 30.01	100m: 1:04.76	34.75				
2.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>1:05.08</b>	+0,53	687	A
	50m: 31.55 31.55	100m: 1:05.08	33.53				
3.	Catarina Martins MESTRE	00	Natacao de Lisboa	<b>1:05.74</b>	+0,60	667	A
	50m: 31.87 31.87	100m: 1:05.74	33.87				
4.	Maria Luiza PESSANHA	00	Naval do Funchal	<b>1:05.88</b>	+0,67	663	A
	50m: 31.98 31.98	100m: 1:05.88	33.90				
5.	Mafalda Martins MESQUITA	07	Famalicao	<b>1:07.20</b>	+0,62	624	A
	50m: 32.35 32.35	100m: 1:07.20	34.85				
6.	Ana Teresa ROMAO	06	Naval de Faro	<b>1:07.44</b>	+0,58	618	A
	50m: 32.64 32.64	100m: 1:07.44	34.80				
7.	Ana Catarina MONTEIRO	93	Vilacondense	<b>1:07.63</b>	+0,60	612	A
	50m: 32.81 32.81	100m: 1:07.63	34.82				
8.	Luana Correia RODRIGUES	01	Belenenses	<b>1:07.73</b>	+0,54	610	A
	50m: 32.76 32.76	100m: 1:07.73	34.97				
9.	Maria Carolina EIRA	05	Ginasio de Vila Real	<b>1:07.84</b>	+0,70	607	A
	50m: 32.57 32.57	100m: 1:07.84	35.27				
10.	Erica Cristina REIS	05	Sporting	<b>1:08.37</b>	+0,55	593	A
	50m: 33.19 33.19	100m: 1:08.37	35.18				
11.	Leonor Correia PAIVA	04	Louzan Natacao/EFAPEL	<b>1:08.48</b>	+0,59	590	B
	50m: 33.35 33.35	100m: 1:08.48	35.13				
12.	Soraia Maria SALGADO	05	Fisica Torres Vedras	<b>1:08.63</b>	+0,69	586	B
	50m: 32.73 32.73	100m: 1:08.63	35.90				
13.	Sofia Alexandra NUNES	00	Laranjeiro	<b>1:08.75</b>	+0,70	583	B
	50m: 33.42 33.42	100m: 1:08.75	35.33				
14.	Carolina Martins CAMACHO	06	Uniao Piedense	<b>1:08.89</b>	+0,68	579	B
	50m: 33.11 33.11	100m: 1:08.89	35.78				
15.	Maria Joao FERREIRA	06	Foca Quinta da Lixa CNF	<b>1:09.27</b>	+0,57	570	B
	50m: 33.48 33.48	100m: 1:09.27	35.79				
16.	Maria Lopes AMADO	04	Sporting	<b>1:09.30</b>	+0,61	569	B
	50m: 33.15 33.15	100m: 1:09.30	36.15				

Prova 14, Femin., 100m Costas, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
17.	Yasmin Reis ABRAO	06	Uniao Piedense	<b>1:09.49</b>	+0,62	565	B
	50m: 33.42 33.42	100m: 1:09.49	36.07				
18.	Luana Cardoso MAGALHAES	06	Alges	<b>1:09.53</b>	+0,60	564	B
	50m: 33.32 33.32	100m: 1:09.53	36.21				
19.	Teresa Joao PIRES	07	Alges	<b>1:09.75</b>	+0,63	558	B
	50m: 33.42 33.42	100m: 1:09.75	36.33				
20.	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>1:10.29</b>	+0,66	545	B
	50m: 33.44 33.44	100m: 1:10.29	36.85				
21.	Madalena Almeida FIGUEIRA	07	Academico Viseu	<b>1:10.37</b>	+0,68	544	R
	50m: 33.88 33.88	100m: 1:10.37	36.49				
22.	Mariana Nunes MARQUES	03	Estarreja/PROZINCO	<b>1:10.48</b>	+0,50	541	R
	50m: 33.53 33.53	100m: 1:10.48	36.95				
23.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>1:10.60</b>	+0,65	538	
	50m: 34.02 34.02	100m: 1:10.60	36.58				
24.	Maria Pinto CANINHAS	05	Natacao do Fundao/GIRASSOL	<b>1:10.64</b>	+0,71	537	
	50m: 33.90 33.90	100m: 1:10.64	36.74				
25.	Catarina Castro CASALINHO	07	Estarreja/PROZINCO	<b>1:10.72</b>	+0,61	536	
	50m: 33.99 33.99	100m: 1:10.72	36.73				
26.	Beatriz Machado SILVA	06	Braga	<b>1:10.99</b>	+0,61	530	
	50m: 33.79 33.79	100m: 1:10.99	37.20				
27.	Rita Abibe GONCALVES	05	Gesloures	<b>1:11.07</b>	+0,64	528	
	50m: 33.72 33.72	100m: 1:11.07	37.35				
28.	Nuria Resende SILVA	07	UD Oliveirense	<b>1:11.38</b>	+0,62	521	
	50m: 33.92 33.92	100m: 1:11.38	37.46				
29.	Maria Leonor RODRIGUES	07	Salesianos	<b>1:11.84</b>	+0,59	511	
	50m: 34.06 34.06	100m: 1:11.84	37.78				
30.	Miriam Mortagua SOARES	06	Galitos / Bresimar	<b>1:11.91</b>	+0,62	509	
	50m: 33.85 33.85	100m: 1:11.91	38.06				
31.	Maria Carlotta FERRARI	07	Benfica	<b>1:12.08</b>	+0,63	506	
	50m: 34.16 34.16	100m: 1:12.08	37.92				
32.	Sara Sofia ALVES	07	Naval Setubalense	<b>1:12.31</b>	+0,61	501	
	50m: 34.86 34.86	100m: 1:12.31	37.45				
33.	Daniela Alexandra COSTA	06	Leixoes	<b>1:12.60</b>	+0,69	495	
	50m: 34.32 34.32	100m: 1:12.60	38.28				
34.	Ana Francisca SILVA	06	Alcobaca	<b>1:14.32</b>	+0,68	461	
	50m: 35.53 35.53	100m: 1:14.32	38.79				

Prova 14, Femin., 100m Costas, Elimin

Prova 14  
31/03/2023 - 10:15

Femin., 100m Costas

Juvenis  
Resultados Elimin

Rec Nac Absoluto	1:00.66	Camila Rodrigues REBELO	POR	Roma (ITA)	15/08/2022
Rec Nac Juv A	1:03.92	Ines Camacho FERNANDES	SCP	Coimbra	06/04/2012
Rec Nac Juv A	1:03.92	Joana Carina SILVA	LSXXI	Coimbra	06/04/2012
Rec Nac Juv B	1:04.90	Joana Carina SILVA	LSXXI	Oeiras	25/03/2011
RN S9	1:19.54	Susana Pereira VEIGA	CNCVG	Porto	27/06/2021

JO Absoluto: 59.99 / CEJun\_Fem 14 - 17: 1:04.59 / TAC 50m: 1:14.61 - 25m: 1:11.48

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Maria Gomes NEVES	08		Braga	<b>1:07.82</b>	+0,66	607	Q
	50m: 33.15 33.15	100m: 1:07.82		34.67				
2.	Vera Andrade GONCALVES	09		Juventude Atlantico	<b>1:08.70</b>	+0,60	584	Q
	50m: 33.01 33.01	100m: 1:08.70		35.69				
3.	Rafaela Ferreira MENDES	08		Torres Novas	<b>1:09.90</b>	+0,65	555	Q
	50m: 33.55 33.55	100m: 1:09.90		36.35				
4.	Matilde Marques MENDES	08		Gafanha da Encarnacao	<b>1:10.65</b>	+0,69	537	Q
	50m: 33.80 33.80	100m: 1:10.65		36.85				
5.	Constanca Santos FERREIRA	08		Alges	<b>1:10.88</b>	+0,79	532	Q
	50m: 34.49 34.49	100m: 1:10.88		36.39				
6.	Julia Freitas PEREIRA	08		Naval do Funchal	<b>1:11.04</b>	+0,58	528	Q
	50m: 34.41 34.41	100m: 1:11.04		36.63				
7.	Beatriz Belo CLARA	09		Nautico de Leiria	<b>1:11.05</b>	+0,64	528	Q
	50m: 34.38 34.38	100m: 1:11.05		36.67				
8.	Sofia Vega GOMES	08		Naval do Funchal	<b>1:11.35</b>	+0,62	522	Q
	50m: 34.80 34.80	100m: 1:11.35		36.55				
9.	Matilde Pinheiro LAMEIRO	08		Galitos / Bresimar	<b>1:11.65</b>	+0,63	515	Q
	50m: 33.86 33.86	100m: 1:11.65		37.79				
10.	Matilde Catroga MARQUES	08		Colegio Monte Maior	<b>1:11.92</b>	+0,62	509	Q
	50m: 34.25 34.25	100m: 1:11.92		37.67				
11.	Margarida Catroga MARQUES	08		Colegio Monte Maior	<b>1:12.19</b>	+0,70	504	R
	50m: 35.10 35.10	100m: 1:12.19		37.09				
12.	Mariana Silvestre NOVAIS	09		Portinado	<b>1:12.43</b>	+0,62	499	R
	50m: 34.30 34.30	100m: 1:12.43		38.13				
13.	Carolina Sofia BAPTISTA	09		Estarreja/PROZINCO	<b>1:12.49</b>	+0,72	497	
	50m: 35.00 35.00	100m: 1:12.49		37.49				
14.	Beatriz Costa DIAS	08		Aquatico Pacense	<b>1:13.14</b>	+0,72	484	
	50m: 35.37 35.37	100m: 1:13.14		37.77				
15.	Barbara Maria NEVES	08		Alges	<b>1:13.33</b>	+0,69	480	
	50m: 34.70 34.70	100m: 1:13.33		38.63				
16.	Beatriz Alexandra ROLIM	08		Uniao Piedense	<b>1:13.35</b>	+0,58	480	
	50m: 35.19 35.19	100m: 1:13.35		38.16				

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 14, Femin., 100m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Beatriz Silva COENTRAO	08		Famalicao	<b>1:13.37</b>	+0,65	480
	50m: 35.36 35.36	100m: 1:13.37		38.01			
18.	Ines Carvalhinho RIBEIRO	09		Natacao da Maia	<b>1:13.46</b>	+0,65	478
	50m: 35.65 35.65	100m: 1:13.46		37.81			
19.	Ana Moreira ANTUNES	09		Famalicao	<b>1:13.61</b>	+0,77	475
	50m: 35.26 35.26	100m: 1:13.61		38.35			
20.	Matilde Lopes FIALHO	09		Palmela Desporto	<b>1:13.73</b>	+0,64	473
	50m: 34.88 34.88	100m: 1:13.73		38.85			
21.	Maria Joao MARTINS	08		Fafe	<b>1:14.38</b>	+0,61	460
	50m: 34.89 34.89	100m: 1:14.38		39.49			
22.	Leonor Martins COSTA	09		Natacao de Lagos	<b>1:14.43</b>	+0,63	459
	50m: 35.53 35.53	100m: 1:14.43		38.90			
23.	Francisca Martingo RICARDO	09		Porto	<b>1:14.53</b>	+0,67	458
	50m: 36.03 36.03	100m: 1:14.53		38.50			
24.	Joana Monteiro CAETANO	08		Gesloures	<b>1:14.91</b>	+0,68	451
	50m: 36.44 36.44	100m: 1:14.91		38.47			
25.	Beatriz Maciel PEREIRA	09		Desportiva de Viana	<b>1:14.99</b>	+0,64	449
	50m: 35.32 35.32	100m: 1:14.99		39.67			
26.	Lis Fatima MELO	08		Gesloures	<b>1:15.03</b>	+0,68	448
	50m: 36.53 36.53	100m: 1:15.03		38.50			
27.	Francisca Santos FERNANDES	08		Miranda do Corvo	<b>1:15.27</b>	+0,61	444
	50m: 35.55 35.55	100m: 1:15.27		39.72			
28.	Matilde Esteves MAGALHAES	09		Sporting Caminha	<b>1:15.29</b>	+0,60	444
	50m: 35.77 35.77	100m: 1:15.29		39.52			
29.	Ana Castro SILVA	08		Famalicao	<b>1:15.56</b>	+0,63	439
	50m: 36.02 36.02	100m: 1:15.56		39.54			

Prova 15  
31/03/2023 - 10:35

Masc., 100m Bruços

Open  
Resultados Elimin

Rec Nac Absoluto	1:01.01	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nac Sen	1:01.01	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nac Jun18	1:02.87	Andre Miguel SILVA	PDEM	Faro	18/07/2009
Rec Nac Jun17	1:04.54	Andre Miguel SILVA	POR	Belgrado (SRB)	02/08/2008
RN S15	1:11.69	Tiago Correia NEVES	CFB	Oeiras	27/07/2022

TAC Sen 50m: 1:08.71 - 25m: 1:05.73; Jun 50m: 1:10.77 - 25m: 1:07.70

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Robalo QUINTAS	95	Sporting	<b>1:02.54</b>	+0,64	752	A
	50m: 29.41 29.41	100m: 1:02.54	33.13				
2.	Joao Soares CARNEIRO	03	Benfica	<b>1:04.10</b>	+0,66	698	A
	50m: 29.99 29.99	100m: 1:04.10	34.11				
3.	Carlos Daniel NUNES	05	Nautico Salvaterra Magos	<b>1:04.59</b>	+0,70	682	A
	50m: 29.91 29.91	100m: 1:04.59	34.68				
4.	Rafael Gomes SIMOES	00	Braga	<b>1:04.69</b>	+0,74	679	A
	50m: 30.58 30.58	100m: 1:04.69	34.11				
5.	Pedro Goncalves BONNIZ	06	Benfica	<b>1:04.74</b>	+0,65	678	A
	50m: 30.53 30.53	100m: 1:04.74	34.21				
6.	Francisco Costa NUNES	02	Belenenses	<b>1:05.31</b>	+0,67	660	A
	50m: 30.43 30.43	100m: 1:05.31	34.88				
7.	Andre Tavares GRENHO	99	Gesloures	<b>1:05.97</b>	+0,67	640	A
	50m: 30.85 30.85	100m: 1:05.97	35.12				
8.	Joao Carvalho RODRIGUES	06	Galitos / Bresimar	<b>1:06.11</b>	+0,72	636	A
	50m: 31.00 31.00	100m: 1:06.11	35.11				
9.	Nicollas Cataldo SOUZA	02	Naval do Funchal	<b>1:06.29</b>	+0,62	631	A
	50m: 30.31 30.31	100m: 1:06.29	35.98				
10.	Rodrigo Almeida CABRITO	01	Belenenses	<b>1:06.90</b>	+0,63	614	A
	50m: 31.53 31.53	100m: 1:06.90	35.37				
11.	Renato Barros FRISCHKNECHT	01	Sporting	<b>1:06.91</b>	+0,59	614	B
	50m: 30.70 30.70	100m: 1:06.91	36.21				
12.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>1:06.95</b>	+0,59	613	B
	50m: 31.21 31.21	100m: 1:06.95	35.74				
13.	Joao Lourenco REBELO	04	Alges	<b>1:07.35</b>	+0,64	602	B
	50m: 31.50 31.50	100m: 1:07.35	35.85				
14.	Andre Filipe MAGALHAES	98	Despertarecorde	<b>1:08.27</b>	+0,69	578	B
	50m: 30.93 30.93	100m: 1:08.27	37.34				
15.	Joaquim Agra MERUJE	01	Uniao Coimbra	<b>1:08.44</b>	+0,73	574	B
	50m: 31.53 31.53	100m: 1:08.44	36.91				
16.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>1:08.55</b>	+0,70	571	B
	50m: 31.70 31.70	100m: 1:08.55	36.85				
17.	Francisco Lopes AFONSO	03	Alges	<b>1:08.78</b>	+0,64	565	B
	50m: 32.51 32.51	100m: 1:08.78	36.27				

## Prova 15, Masc., 100m Bruços, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Miguel Carvalho RODRIGUES	02		Galitos / Bresimar	<b>1:08.87</b>	+0,70	563	B
	50m: 31.58 31.58	100m: 1:08.87		37.29				
19.	Tomas Mendes COSTA	06		Famalicao	<b>1:08.98</b>	+0,72	560	B
	50m: 32.14 32.14	100m: 1:08.98		36.84				
20.	Afonso Mateus RIBEIRO	95		Belenenses	<b>1:09.02</b>	+0,67	559	B
	50m: 32.39 32.39	100m: 1:09.02		36.63				
21.	Leonardo Freitas FERNANDES	06		Famalicao	<b>1:09.58</b>	+0,72	546	R
	50m: 31.83 31.83	100m: 1:09.58		37.75				
22.	Goncalo Manuel SILVA	05		Porto	<b>1:09.78</b>	+0,69	541	R
	50m: 32.69 32.69	100m: 1:09.78		37.09				
23.	Bernardo Miguel EVARISTO	06		Gualdim Pais	<b>1:10.59</b>	+0,65	523	
	50m: 33.91 33.91	100m: 1:10.59		36.68				
24.	Rodrigo Manuel ROCHA	05		Sporting de Espinho	<b>1:10.71</b>	+0,70	520	
	50m: 32.80 32.80	100m: 1:10.71		37.91				
25.	David Miguel MORAIS	06		Benfica	<b>1:10.76</b>	+0,69	519	
	50m: 32.44 32.44	100m: 1:10.76		38.32				
26.	Diogo Miguel COSTA	98		Leixoes	<b>1:11.23</b>	+0,73	509	
	50m: 32.47 32.47	100m: 1:11.23		38.76				
27.	Duarte Jose FERNANDES	06		Louzan Natacao/EFAPEL	<b>1:11.41</b>	+0,67	505	
	50m: 32.69 32.69	100m: 1:11.41		38.72				
28.	Marin CEPELEAGA	05		Portinado	<b>1:12.59</b>	+0,74	481	
	50m: 33.07 33.07	100m: 1:12.59		39.52				
29.	Goncalo Ramos COSTA	05		CPCD-Povoa St Iria	<b>1:18.70</b>	+0,73	377	
	50m: 35.22 35.22	100m: 1:18.70		43.48				
DSQ	Diogo Garcez MATEUS	02		Sporting		+0,68		
	<i>7.2 - O(A) nadador(a), após a viragem dos 50 metros, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1</i>							
DNS	Martim Pestana FERNANDES	04		Naval do Funchal				



## Prova 15, Masc., 100m Bruços, Elimín

 Prova 15  
 31/03/2023 - 10:35

Masc., 100m Bruços

 Juvenis  
 Resultados Elimin

Rec Nac Absoluto	1:01.01	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nac Juv A	1:04.48	Ricardo Samuel PEREIRA	POR	Baku (AZE)	25/07/2019
Rec Nac Juv B	1:06.16	Ricardo Samuel PEREIRA	SLB	Oeiras	26/07/2018
RN S15	1:11.69	Tiago Correia NEVES	CFB	Oeiras	27/07/2022

TAC 50m: 1:14.21 - 25m: 1:10.99

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Rafael Miguel MIMOSO	07	Benfica	<b>1:07.15</b>	+0,67	607	Q
	50m: 31.33 31.33	100m: 1:07.15	35.82				
2.	Rodrigo Martins CHOCAS	07	Sporting	<b>1:09.18</b>	+0,60	555	Q
	50m: 31.88 31.88	100m: 1:09.18	37.30				
3.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>1:10.51</b>	+0,59	524	Q
	50m: 33.08 33.08	100m: 1:10.51	37.43				
4.	Alexandre Moreira DOURADO	07	Naval Povoense	<b>1:12.50</b>	+0,81	482	Q
	50m: 33.81 33.81	100m: 1:12.50	38.69				
5.	Duarte Maria CARREIRA	07	Porto	<b>1:12.64</b>	+0,63	480	Q
	50m: 33.60 33.60	100m: 1:12.64	39.04				
6.	Francisco Marques SIMOES	07	Nautico de Leiria	<b>1:13.18</b>	+0,69	469	Q
	50m: 34.01 34.01	100m: 1:13.18	39.17				
7.	Vicente Sa VALE	08	Galitos / Bresimar	<b>1:13.28</b>	+0,67	467	Q
	50m: 34.41 34.41	100m: 1:13.28	38.87				
8.	Dario Cristiano MARICI	07	Louletano / Loule Concelho	<b>1:14.03</b>	+0,72	453	Q
	50m: 34.76 34.76	100m: 1:14.03	39.27				
9.	David Jesus MORGADO	08	Sporting	<b>1:14.24</b>	+0,69	449	Q
	50m: 34.37 34.37	100m: 1:14.24	39.87				
10.	Daniel IONAS	07	Amadora	<b>1:17.20</b>	+0,71	399	Q
	50m: 35.61 35.61	100m: 1:17.20	41.59				
EXH	Tiago Correia NEVES	97 SB15 H	Belenenses	<b>1:11.50</b>	+0,66	503	
	<i>Recorde Nacional S15</i>						
	50m: 33.73 33.73	100m: 1:11.50	37.77				

Prova 16  
31/03/2023 - 10:45

Femin., 100m Bruços

Open  
Resultados Elimin

Rec Nac Absoluto	1:08.29	Ana Pinho RODRIGUES	EDV	Coimbra	17/12/2022
Rec Nac Sen	1:08.29	Ana Pinho RODRIGUES	EDV	Coimbra	17/12/2022
Rec Nac Jun17	1:10.00	Raquel Gomes PEREIRA	SAD	Coimbra	31/03/2017
Rec Nac Jun16	1:10.09	Diana Duarte GOMES	POR	Budapeste (HUN)	17/07/2005

TAC Sen 50m: 1:18.27 - 25m: 1:15.63; Jun 50m: 1:20.23 - 25m: 1:17.52

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Pinho RODRIGUES 50m: 31.70 31.70	94	Desportiva de Viana 100m: 1:11.70 40.00	<b>1:11.70</b>	+0,65	715	A
2.	Lidiana Correia RODRIGUES 50m: 34.24 34.24	04	Belenenses 100m: 1:12.61 38.37	<b>1:12.61</b>	+0,76	688	A
3.	Claudia Ferreira BORGES 50m: 35.29 35.29	99	Natacao de Olhao 100m: 1:14.30 39.01	<b>1:14.30</b>	+0,71	643	A
4.	Maria Freitas CASTRO 50m: 35.69 35.69	03	Porto 100m: 1:14.75 39.06	<b>1:14.75</b>	+0,64	631	A
5.	Madalena Reis CERDEIRA 50m: 36.26 36.26	03	Sporting 100m: 1:14.87 38.61	<b>1:14.87</b>	+0,71	628	A
6.	Ana Filipa VEIGA 50m: 35.57 35.57	01	Gafanha da Encarnacao 100m: 1:15.41 39.84	<b>1:15.41</b>	+0,72	615	A
	Catarina Costa SEQUEIRA 50m: 35.80 35.80	98	Natacao de Lisboa 100m: 1:15.41 39.61	<b>1:15.41</b>	+0,72	615	A
8.	Margarida Domingues NUNES 50m: 35.00 35.00	05	Sporting 100m: 1:15.50 40.50	<b>1:15.50</b>	+0,71	612	A
9.	Rebeca Leonor ANTUNES 50m: 35.79 35.79	06	Alges 100m: 1:15.83 40.04	<b>1:15.83</b>	+0,69	604	A
10.	Maria Carlota REBELO 50m: 35.68 35.68	03	Condeixa Clube 100m: 1:15.86 40.18	<b>1:15.86</b>	+0,71	604	A
11.	Emma Aguiar BERGAMO 50m: 35.15 35.15	07	Alges 100m: 1:16.21 41.06	<b>1:16.21</b>	+0,68	595	B
12.	Mariana Teixeira JESUS 50m: 36.18 36.18	06	Estarreja/PROZINCO 100m: 1:16.28 40.10	<b>1:16.28</b>	+0,68	594	B
13.	Laura Fabiana ESTEVENS 50m: 35.35 35.35	05	Naval de Faro 100m: 1:16.33 40.98	<b>1:16.33</b>	+0,71	593	B
14.	Joana Rosa FERREIRA 50m: 35.46 35.46	05	Naval de Peniche 100m: 1:16.67 41.21	<b>1:16.67</b>	+0,72	585	B
15.	Matilde Barros LEAL 50m: 36.51 36.51	07	Aquatico Pacense 100m: 1:16.95 40.44	<b>1:16.95</b>	+0,70	578	B
16.	Sofia Nunes FIAL 50m: 36.08 36.08	03	Porto 100m: 1:17.05 40.97	<b>1:17.05</b>	+0,72	576	B
17.	Luana Correia RODRIGUES 50m: 36.83 36.83	01	Belenenses 100m: 1:17.64 40.81	<b>1:17.64</b>	+0,69	563	B

Prova 16, Femin., 100m Bruços, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Rita Fernandes LEITAO 50m: 36.16 36.16	96 100m: 1:17.66	Porto 41.50	<b>1:17.66</b>	+0,80	563	B
19.	Ana Rita ALMEIDA 50m: 35.46 35.46	05 100m: 1:17.69	Campinho 42.23	<b>1:17.69</b>	+0,72	562	B
20.	Maria Joao RIBEIRO 50m: 36.16 36.16	05 100m: 1:18.05	Sao Joao Ver 41.89	<b>1:18.05</b>	+0,69	554	B
21.	Joana Navega TEIXEIRA 50m: 37.08 37.08	07 100m: 1:18.12	Fluvial Portuense 41.04	<b>1:18.12</b>	+0,69	553	R
22.	Madalena Correa SA 50m: 37.93 37.93	06 100m: 1:18.17	Benfica 40.24	<b>1:18.17</b>	+0,74	552	R
23.	Margarida Santos LOPES 50m: 36.20 36.20	04 100m: 1:18.39	Estarreja/PROZINCO 42.19	<b>1:18.39</b>	+0,68	547	
24.	Laura Almeida PINA 50m: 36.65 36.65	07 100m: 1:18.84	O Crasto 42.19	<b>1:18.84</b>	+0,75	538	
25.	Nuria Soares SILVA 50m: 36.91 36.91	07 100m: 1:18.93	Sao Joao Ver 42.02	<b>1:18.93</b>	+0,73	536	
26.	Laura Sofia RODRIGUES 50m: 36.31 36.31	07 100m: 1:19.70	Juventude Atlantico 43.39	<b>1:19.70</b>	+0,76	520	
27.	Isis Filipa SILVA 50m: 36.61 36.61	07 100m: 1:19.74	Aquatico Silves 43.13	<b>1:19.74</b>	+0,74	520	
28.	Beatriz Andre GASPAR 50m: 37.59 37.59	06 100m: 1:19.78	Nautico Academico 42.19	<b>1:19.78</b>	+0,67	519	
29.	Nuria Costa CABRAL 50m: 37.99 37.99	06 100m: 1:20.14	Bombeiros de Ponta Delgada 42.15	<b>1:20.14</b>	+0,75	512	
30.	Lara Rodrigues VASCONCELOS 50m: 37.33 37.33	05 100m: 1:20.50	Galitos / Bresimar 43.17	<b>1:20.50</b>	+0,64	505	
31.	Andreia Monteiro BARREIRA 50m: 36.90 36.90	06 100m: 1:20.67	Peso da Regua 43.77	<b>1:20.67</b>	+0,65	502	
32.	Andreia Wongsangnoi ALVES 50m: 37.99 37.99	03 100m: 1:20.72	Belenenses 42.73	<b>1:20.72</b>	+0,67	501	
33.	Francisca Martins GOMES 50m: 37.93 37.93	07 100m: 1:21.36	Porto 43.43	<b>1:21.36</b>	+0,79	489	
34.	Catarina Isabel ALVES 50m: 38.14 38.14	06 100m: 1:21.56	Aminata 43.42	<b>1:21.56</b>	+0,79	486	
35.	Mariana Cunha REBELO 50m: 38.50 38.50	06 100m: 1:21.94	Natacao de Vagos 43.44	<b>1:21.94</b>	+0,69	479	
36.	Raquel Rodrigues AUGUSTO 50m: 37.89 37.89	07 100m: 1:22.40	FC Ferreiras/AlgarExperienc 44.51	<b>1:22.40</b>	+0,77	471	
37.	Margarida Correia MADEIRA 50m: 38.77 38.77	06 100m: 1:22.47	Nautico Marinha Grande 43.70	<b>1:22.47</b>	+0,79	470	

## Prova 16, Femin., 100m Bruços, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
38.	Beatriz Heitor CACHACO	07	Gesloures	<b>1:22.57</b>	+0,64	468
	50m: 38.30 38.30	100m: 1:22.57	44.27			
39.	Vanessa Liliana ALMEIDA	07	Nautico de Leiria	<b>1:24.96</b>		430
	50m: 40.08 40.08	100m: 1:24.96	44.88			
DSQ	Angela Rodrigues REBELO	07	Louzan Natacao/EFAPEL		+0,67	
<i>7.2 - O(A) nadador(a), após a viragem dos 50 metros, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1</i>						
DNS	Beatriz Matias ALMEIDA	06	Lagoa AC			

## Prova 16

## Femin., 100m Bruços

## Juvenis

31/03/2023 - 10:45

Resultados Elimin

Rec Nac Absoluto	1:08.29	Ana Pinho RODRIGUES	EDV	Coimbra	17/12/2022
Rec Nac Juv A	1:10.73	Ana Pinho RODRIGUES	AEJ	Coimbra	31/05/2009
Rec Nac Juv B	1:12.89	Paula Alexandra OLIVEIRA	FCP	Coimbra	29/07/2010

TAC 50m: 1:23.75 - 25m: 1:20.92

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Matilde Militao GUERRA	08	Colegio Monte Maior	<b>1:17.67</b>	+0,80	562 Q
	50m: 36.23 36.23	100m: 1:17.67	41.44			
2.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>1:18.28</b>	+0,74	549 Q
	50m: 36.59 36.59	100m: 1:18.28	41.69			
3.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>1:18.33</b>	+0,64	548 Q
	50m: 35.96 35.96	100m: 1:18.33	42.37			
4.	Maria Alexandra LEITE	08	Braga	<b>1:19.26</b>	+0,73	529 Q
	50m: 37.04 37.04	100m: 1:19.26	42.22			
5.	Leonor Serrao NASCIMENTO	08	Alges	<b>1:19.68</b>	+0,66	521 Q
	50m: 37.14 37.14	100m: 1:19.68	42.54			
6.	Erica Ferreira BARROS	08	Aquatico Pacense	<b>1:20.80</b>	+0,75	499 Q
	50m: 37.22 37.22	100m: 1:20.80	43.58			
7.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	<b>1:21.66</b>	+0,70	484 Q
	50m: 38.47 38.47	100m: 1:21.66	43.19			
8.	Luciana Filipa PINTO	08	Porto	<b>1:22.18</b>	+0,69	475 Q
	50m: 38.53 38.53	100m: 1:22.18	43.65			
9.	Maria Manuel BRAZ	09	Ginasio de Vila Real	<b>1:22.20</b>	+0,68	474 Q
	50m: 38.48 38.48	100m: 1:22.20	43.72			
10.	Eva Alexandra COUTINHO	09	Peso da Regua	<b>1:22.25</b>	+0,71	473 Q
	50m: 38.74 38.74	100m: 1:22.25	43.51			
11.	Rita Lobo PIRES	09	Natacao do Fundao/GIRASSI	<b>1:22.59</b>	+0,86	468 R
	50m: 38.85 38.85	100m: 1:22.59	43.74			
12.	Rita Silva GOMES	08	Colegio Efanor	<b>1:22.72</b>	+0,77	465 R
	50m: 38.55 38.55	100m: 1:22.72	44.17			

## Prova 16, Femin., 100m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
13.	Raquel Sofia BRAS	09		Belenenses	<b>1:23.07</b>	+0,71	460
	50m: 39.41 39.41	100m: 1:23.07		43.66			
14.	Margarida Caninhas PAIS	08		Natacao do Fundao/GIRASSI	<b>1:23.42</b>	+0,74	454
	50m: 39.22 39.22	100m: 1:23.42		44.20			
15.	Ana Beatriz CAMPOS	08		Academica de Coimbra	<b>1:23.83</b>	+0,77	447
	50m: 40.26 40.26	100m: 1:23.83		43.57			
16.	Leonor Correia NUNES	08		Aminata	<b>1:24.25</b>	+0,75	441
	50m: 39.61 39.61	100m: 1:24.25		44.64			
17.	Vanessa Fernandes SA	09		Naval do Funchal	<b>1:24.68</b>	+0,73	434
	50m: 39.67 39.67	100m: 1:24.68		45.01			
18.	Luisa Goncalves RODRIGUES	08		Fisica Torres Vedras	<b>1:25.16</b>	+0,71	427
	50m: 39.77 39.77	100m: 1:25.16		45.39			
19.	Rita Rocha SILVA	08		Alcobaca	<b>1:25.23</b>	+0,68	425
	50m: 40.05 40.05	100m: 1:25.23		45.18			

## Prova 17

## Masc., 100m Livres

## Open

31/03/2023 - 11:00

Resultados Elimin

Rec Nac Absoluto	48.52	Diogo Matos RIBEIRO	POR	Roma (ITA)	12/08/2022
Rec Nac Sen	49.04	Miguel Duarte NASCIMENTO	SLB	Oeiras	20/12/2020
Rec Nac Jun18	48.52	Diogo Matos RIBEIRO	POR	Roma (ITA)	12/08/2022
Rec Nac Jun17	49.34	Diogo Matos RIBEIRO	POR	Rome (ITA)	07/07/2021
RN S10	56.94	Gino Santos CAETANO	CGA	Coimbra	30/03/2017
RN S11	1:00.43	Marco Ribeiro MENESES	POR	Sheffield (GBR)	16/03/2023
RN S15	55.31	Tiago Correia NEVES	CFB	Coimbra	18/03/2018

JO Absoluto: 48.34 / CMPL Sen: 48.51 / CESub23 19 - 23: 50.03 / CEJun\_Masc 15 - 18: 51.54 / TAC Sen 50m: 53.91 - 25m: 51.96;

Jun 50m: 55.53 - 25m: 53.52

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Diogo Matos RIBEIRO	04		Benfica	<b>48.01</b>	+0,62	929	A
	<i>Recorde Nacional, Minimos JO 2024, Minimos CMundo, Minimos CE Sub 23</i>							
	50m: 22.73 22.73	100m: 48.01		25.28				
2.	Miguel Duarte NASCIMENTO	95		Benfica	<b>50.76</b>	+0,60	786	A
	50m: 24.55 24.55	100m: 50.76		26.21				
3.	Diogo Ramos LEBRE	01		Alges	<b>50.95</b>	+0,64	777	A
	50m: 23.94 23.94	100m: 50.95		27.01				
4.	Miguel Henriques MARQUES	00		Benfica	<b>51.17</b>	+0,58	767	A
	50m: 23.95 23.95	100m: 51.17		27.22				
5.	Joao Esteves PADRELA	99		Naval do Funchal	<b>51.22</b>	+0,66	765	A
	50m: 24.10 24.10	100m: 51.22		27.12				
6.	Tiago Cunha COSTA	99		Sporting	<b>51.23</b>	+0,65	765	A
	50m: 24.20 24.20	100m: 51.23		27.03				

Prova 17, Masc., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
7.	Gabriel Persequin DIAS	03		Naval do Funchal	<b>51.43</b>	+0,59	756	A
	50m: 24.32 24.32	100m: 51.43		27.11				
8.	Gustavo Carvalhais RIBEIRO	03		Sporting	<b>51.54</b>	+0,70	751	A
	50m: 24.60 24.60	100m: 51.54		26.94				
9.	Bruno Miguel RAMOS	97		Belenenses	<b>51.72</b>	+0,63	743	A
	50m: 24.63 24.63	100m: 51.72		27.09				
10.	Tomas Teixeira LOPES	02		Vitoria Guimaraes	<b>51.92</b>	+0,68	735	A
	50m: 24.90 24.90	100m: 51.92		27.02				
11.	Leonardo SCHILLING	93		Porto	<b>52.01</b>	+0,69	731	B
	50m: 25.02 25.02	100m: 52.01		26.99				
12.	Henrique Silva MASCARENHAS	01		Fluvial Portuense	<b>52.41</b>	+0,64	714	B
	50m: 25.01 25.01	100m: 52.41		27.40				
13.	Gustavo Carvalho SILVA	04		Naval Praia da Vitoria	<b>52.42</b>	+0,73	714	B
	50m: 25.32 25.32	100m: 52.42		27.10				
14.	Paulo VAKULYUK	03		Torres Novas	<b>52.48</b>	+0,67	711	B
	50m: 24.51 24.51	100m: 52.48		27.97				
15.	Fernando Souza SILVA	86		Naval do Funchal	<b>52.62</b>	+0,68	706	B
	50m: 24.65 24.65	100m: 52.62		27.97				
16.	Afonso Filipe COSTA	03		Louzan Natacao/EFAPEL	<b>52.73</b>	+0,64	701	B
	50m: 25.22 25.22	100m: 52.73		27.51				
17.	Joao Duarte SANTOS	95		Natacao de Olhao	<b>53.03</b>	+0,69	689	B
	50m: 25.61 25.61	100m: 53.03		27.42				
18.	Rodrigo Miguel REIS	04		Nautico Academico	<b>53.32</b>	+0,62	678	B
	50m: 25.19 25.19	100m: 53.32		28.13				
19.	Pedro Andre SANTOS	94		Alges	<b>53.41</b>	+0,69	675	B
	50m: 25.78 25.78	100m: 53.41		27.63				
20.	Diogo Alexandre OLIVEIRA	05		Naval do Funchal	<b>53.49</b>	+0,64	672	B
	50m: 25.73 25.73	100m: 53.49		27.76				
21.	Diogo Henrique FERNANDES	04		Naval do Funchal	<b>53.56</b>	+0,66	669	R
	50m: 25.45 25.45	100m: 53.56		28.11				
22.	Nick HEINIO-WIDELL	05		Alges	<b>53.60</b>	+0,57	668	R
	50m: 25.82 25.82	100m: 53.60		27.78				
23.	Francisco Ribeiro VIEIRA	04		Fisica Torres Vedras	<b>53.68</b>	+0,67	665	
	50m: 25.35 25.35	100m: 53.68		28.33				
24.	Tomas Coelho PEREIRA	05		Penafiel	<b>53.69</b>	+0,70	664	
	50m: 25.24 25.24	100m: 53.69		28.45				
25.	Daniel Batista TAVARES	06		Braga	<b>53.79</b>	+0,67	661	
	50m: 25.61 25.61	100m: 53.79		28.18				
26.	Joao Antonio PIRES	05		Torres Novas	<b>54.01</b>	+0,66	653	
	50m: 25.94 25.94	100m: 54.01		28.07				

## Prova 17, Masc., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
27.	Diogo Barbosa NUNES	00		Colegio Efanor	<b>54.02</b>	+0,71	652
	50m: 25.56 25.56	100m: 54.02		28.46			
28.	Gil Santos LEMOS	06		Pimpoes/Cimai	<b>54.11</b>	+0,66	649
	50m: 26.26 26.26	100m: 54.11		27.85			
29.	Gabriel Carvalho FERRAO	05		Benfica	<b>54.19</b>	+0,57	646
	50m: 25.90 25.90	100m: 54.19		28.29			
30.	Artur Guterres CARVALHO	06		Vilacondense	<b>54.56</b>	+0,67	633
	50m: 26.11 26.11	100m: 54.56		28.45			
31.	Rodrigo Vieira RODRIGUES	06		Sporting de Espinho	<b>54.65</b>	+0,63	630
	50m: 26.00 26.00	100m: 54.65		28.65			
32.	Guilherme Fernandes BAPTISTA	06		Benfica	<b>55.01</b>	+0,65	618
	50m: 25.93 25.93	100m: 55.01		29.08			
33.	Filipe Silva RIBEIRO	05		Leixoes	<b>55.18</b>	+0,67	612
	50m: 26.32 26.32	100m: 55.18		28.86			
34.	Tomas Nunes ROQUE	06		Benfica	<b>55.27</b>	+0,69	609
	50m: 26.62 26.62	100m: 55.27		28.65			
35.	Raul Sousa ANSELMO	05		Bombeiros de Ponta Delgada	<b>55.29</b>	+0,71	608
	50m: 26.59 26.59	100m: 55.29		28.70			
36.	Simao Valadas BILRO	05		Aminata	<b>55.61</b>	+0,59	598
	50m: 26.26 26.26	100m: 55.61		29.35			
37.	Tiago Campos LOURENCO	02		Natacao de Valongo	<b>55.75</b>	+0,74	593
	50m: 25.98 25.98	100m: 55.75		29.77			
38.	Diogo Miguel SILVA	05		Galitos / Bresimar	<b>55.79</b>	+0,67	592
	50m: 26.26 26.26	100m: 55.79		29.53			
39.	Vasco Almeida RIBEIRO	05		Sao Joao Ver	<b>56.02</b>	+0,62	585
	50m: 26.56 26.56	100m: 56.02		29.46			
40.	Micael Dmitrievich DENISOV	06		Nautico de Leiria	<b>56.98</b>	+0,65	556
	50m: 26.68 26.68	100m: 56.98		30.30			
DNS	Adam NASR	06		Vikings			

Prova 17, Masc., 100m Livres, Elimin

Prova 17  
31/03/2023 - 11:00

Masc., 100m Livres

Juvenis  
Resultados Elimin

Rec Nac Absoluto	48.52	Diogo Matos RIBEIRO	POR	Roma (ITA)	12/08/2022
Rec Nac Juv A	52.10	Tiago Andre VENANCIO	POR	Paris (FRA)	28/07/2003
Rec Nac Juv B	52.51	Diogo Matos RIBEIRO	CUC	Funchal	04/08/2019
RN S10	56.94	Gino Santos CAETANO	CGA	Coimbra	30/03/2017
RN S11	1:00.43	Marco Ribeiro MENESES	POR	Sheffield (GBR)	16/03/2023
RN S15	55.31	Tiago Correia NEVES	CFB	Coimbra	18/03/2018

JO Absoluto: 48.34 / CEJun\_Masc 15 - 18: 51.54 / TAC 50m: 58.22 - 25m: 56.12

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Goncalo Carlos AZEVEDO 50m: 26.07 26.07	07		Natacao da Maia	<b>54.62</b>	+0,68	631	Q
2.	Alexandre MORARI 50m: 26.63 26.63	07		Rio Maior	<b>54.88</b>	+0,69	622	Q
3.	Andre Miguel RAMOS 50m: 26.75 26.75	07		Fisica Torres Vedras	<b>55.09</b>	+0,67	615	Q
4.	Afonso Dinis ROQUE 50m: 26.81 26.81	07		Nautico de Leiria	<b>55.41</b>	+0,72	604	Q
5.	Antonio Furtado PIRES 50m: 26.49 26.49	07		CLIP Teams	<b>55.93</b>	+0,64	588	Q
6.	Tiago Brazao NEVES 50m: 27.23 27.23	07		Naval do Funchal	<b>56.17</b>	+0,63	580	Q
7.	Goncalo Pereira COLACO 50m: 27.23 27.23	07		Nautico de Leiria	<b>56.20</b>	+0,70	579	Q
8.	Martim Alexandre SILVA 50m: 27.03 27.03	07		Columbofila Cantanhedense	<b>56.26</b>	+0,71	577	Q
9.	Leonardo Cunha MOURA 50m: 27.31 27.31	07		Foca Quinta da Lixa CNF	<b>56.48</b>	+0,67	571	Q
10.	Duarte Cachulo MARQUES 50m: 26.87 26.87	07		Condeixa Clube	<b>56.54</b>	+0,64	569	Q
11.	Alexandre DZYAKANAU 50m: 27.58 27.58	07		Louzan Natacao/EFAPEL	<b>56.63</b>	+0,74	566	R
12.	Guilherme Mahua SOARES 50m: 27.74 27.74	07		Porto	<b>56.83</b>	+0,76	560	R
13.	Tiago Lopes BRANDAO 50m: 26.78 26.78	07		Sporting de Aveiro	<b>56.98</b>	+0,70	556	
14.	Joao Valente MARTINS 50m: 27.14 27.14	07		Louletano / Loule Concelho	<b>57.23</b>	+0,63	548	
15.	Duarte Santos FERREIRA 50m: 27.72 27.72	08		Porto	<b>57.32</b>	+0,72	546	
16.	Francisco Miguel PEREIRA 50m: 27.52 27.52	08		Fluvial Portuense	<b>57.34</b>	+0,83	545	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	



Prova 17, Masc., 100m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Guilherme Romeira PINTO 50m: 27.34 27.34	07	100m: 57.38	Sporting de Espinho 30.04	<b>57.38</b>	+0,63	544
18.	Vicente Dias MAIA 50m: 27.84 27.84	07	100m: 57.55	Alges 29.71	<b>57.55</b>	+0,85	539
19.	Andriy FEDOROV 50m: 27.98 27.98	08	100m: 57.60	FC Ferreiras/AlgarExperience 29.62	<b>57.60</b>	+0,71	538
20.	Francisco Maria SANTOS 50m: 27.52 27.52	08	100m: 57.70	Alges 30.18	<b>57.70</b>	+0,71	535
21.	Afonso Bjork FREITAS 50m: 27.60 27.60	07	100m: 57.72	Nacional de Natacao 30.12	<b>57.72</b>	+0,70	535
22.	Joao Moura FRANCISCO 50m: 27.58 27.58	07	100m: 57.76	Nautico de Leiria 30.18	<b>57.76</b>	+0,77	533
23.	Afonso Jose FERNANDES 50m: 27.97 27.97	07	100m: 58.09	Alges 30.12	<b>58.09</b>	+0,70	524
24.	Francisco Xavier RITA 50m: 28.40 28.40	07	100m: 58.12	Vieirense 29.72	<b>58.12</b>	+0,69	524
25.	Luis Filipe CARVALHO 50m: 28.06 28.06	07	100m: 58.13	Naval Povoense 30.07	<b>58.13</b>	+0,71	523
	Gabriel Mota PATRICIO 50m: 28.18 28.18	08	100m: 58.13	Vieirense 29.95	<b>58.13</b>	+0,73	523
27.	Alexandre Silva RESENDE 50m: 26.83 26.83	07	100m: 58.39	Feirense 31.56	<b>58.39</b>	+0,76	516
28.	Tomas Santos BRAGA 50m: 28.01 28.01	07	100m: 58.55	Colegio Vasco da Gama 30.54	<b>58.55</b>	+0,69	512
29.	Joaquim Gabriel OLIVEIRA 50m: 27.89 27.89	07	100m: 58.59	Sporting de Aveiro 30.70	<b>58.59</b>	+0,72	511
30.	Lucas Santos PEREIRA 50m: 27.61 27.61	07	100m: 59.03	Naval do Funchal 31.42	<b>59.03</b>	+0,69	500
31.	Antonio Cruz FARDILHA 50m: 28.45 28.45	08	100m: 59.21	Galitos / Bresimar 30.76	<b>59.21</b>	+0,68	495
32.	Dario Rafael OLIVEIRA 50m: 28.31 28.31	07	100m: 59.23	Portinado 30.92	<b>59.23</b>	+0,68	495
EXH	Caio Salgado MEDEIROS 50m: 26.38 26.38	07	100m: 55.42	Alges 29.04	<b>55.42</b>	+0,69	604
EXH	Tomas Coelho CORDEIRO 50m: 28.77 28.77	04	S10 100m: 59.84	3,5,12-Colegio Efanor 31.07	<b>59.84</b>	+0,79	480
EXH	Marco Ribeiro MENESES 50m: 29.79 29.79	01	S11 100m: 1:01.79	T O Crasto 32.00	<b>1:01.79</b>	+0,77	436
EXH	Diogo Correia NEVES 50m: 29.45 29.45	94	S15 100m: 1:02.40	H Colegio Vasco da Gama 32.95	<b>1:02.40</b>	+0,71	423

Prova 18  
31/03/2023 - 11:20

Femin., 100m Livres

Open  
Resultados Elimin

Rec Nac Absoluto	56.39	Ana Pinho RODRIGUES	ADS	Coimbra	04/04/2019
Rec Nac Sen	56.39	Ana Pinho RODRIGUES	ADS	Coimbra	04/04/2019
Rec Nac Jun17	56.56	Ana Reis SOUSA	SAD	Coimbra	04/04/2019
Rec Nac Jun16	57.11	Ana Reis SOUSA	POR	Helsinki (FIN)	04/07/2018
RN S9	1:04.19	Susana Pereira VEIGA	POR	Funchal	15/06/2022

JO Absoluto: 53.61 / CMPL 19 +: 54.25 / CESub23 19 - 23: 55.49 / CEJun\_Fem 14 - 17: 57.81 / TAC Sen 50m: 1:00.88 - 25m: 59.40;  
Jun 50m: 1:02.40 - 25m: 1:00.89

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisca Soares MARTINS	03	Foca Quinta da Lixa CNF	<b>56.41</b>	+0,67	770	A
	50m: 27.47 27.47	100m: 56.41	28.94				
2.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>57.09</b>	+0,65	743	A
	50m: 27.44 27.44	100m: 57.09	29.65				
3.	Rita Barros FRISCHKNECHT	98	Sporting	<b>57.57</b>	+0,70	724	A
	50m: 27.66 27.66	100m: 57.57	29.91				
4.	Ema Jeronimo CONCEICAO	03	Benfica	<b>58.09</b>	+0,76	705	A
	50m: 28.29 28.29	100m: 58.09	29.80				
5.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>58.33</b>	+0,69	696	A
	50m: 28.11 28.11	100m: 58.33	30.22				
6.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>58.43</b>	+0,65	693	A
	50m: 28.02 28.02	100m: 58.43	30.41				
7.	Anna FOMINA	02	Sporting	<b>58.56</b>	+0,76	688	A
	50m: 28.17 28.17	100m: 58.56	30.39				
8.	Leticia Maia ANDRE	02	Benfica	<b>58.67</b>	+0,70	684	A
	50m: 27.93 27.93	100m: 58.67	30.74				
9.	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>59.07</b>	+0,71	670	A
	50m: 28.12 28.12	100m: 59.07	30.95				
10.	Ines Santos AMORIM	06	Desportiva de Viana	<b>59.11</b>	+0,73	669	A
	50m: 28.67 28.67	100m: 59.11	30.44				
11.	Mariana Marques MERCEDES	03	Vikings	<b>59.47</b>	+0,60	657	B
	50m: 28.38 28.38	100m: 59.47	31.09				
12.	Ana Beatriz VIEIRA	07	Foca Quinta da Lixa CNF	<b>59.56</b>	+0,65	654	B
	50m: 28.86 28.86	100m: 59.56	30.70				
	Leonor Tavares CATALAO	06	Sporting	<b>59.56</b>	+0,73	654	B
	50m: 28.44 28.44	100m: 59.56	31.12				
14.	Catarina Andrade FRANCO	07	Benfica	<b>59.77</b>	+0,69	647	B
	50m: 28.79 28.79	100m: 59.77	30.98				
15.	Leonor Mil MANO	07	Nautico Academico	<b>59.86</b>	+0,69	644	B
	50m: 28.75 28.75	100m: 59.86	31.11				
16.	Erica Domitila AMADOR	07	Estarreja/PROZINCO	<b>59.91</b>	+0,69	643	B
	50m: 28.36 28.36	100m: 59.91	31.55				

<b>ORGANIZAÇÃO</b> 		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b> 	
<b>PATROCINADOR PRINCIPAL</b> 		<b>PARCEIROS INSTITUCIONAIS</b> 	
<b>PATROCINADOR OFICIAL</b> 		<b>PARCEIROS</b> 	

Prova 18, Femin., 100m Livres, Elimina, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
17.	Maria Leonor COELHO	06		Benfica	<b>1:00.06</b>	+0,65	638	B
	50m: 28.93 28.93	100m: 1:00.06	31.13					
18.	Marta Joao PIRES	05		Alges	<b>1:00.20</b>	+0,70	633	B
	50m: 28.79 28.79	100m: 1:00.20	31.41					
19.	Mafalda Marques PINTO	02		Sporting	<b>1:00.24</b>	+0,71	632	B
	50m: 29.02 29.02	100m: 1:00.24	31.22					
20.	Mafalda Martins MESQUITA	07		Famalicao	<b>1:00.46</b>	+0,78	625	B
	50m: 29.13 29.13	100m: 1:00.46	31.33					
21.	Zara Alejandra ROJAS	07		Desportivo Nacional	<b>1:00.75</b>	+0,71	616	R
	50m: 28.75 28.75	100m: 1:00.75	32.00					
22.	Maria Carolina EIRA	05		Ginasio de Vila Real	<b>1:00.79</b>	+0,75	615	R
	50m: 29.21 29.21	100m: 1:00.79	31.58					
23.	Ines Correia TEIXEIRA	06		Amadora	<b>1:01.12</b>	+0,73	605	
	50m: 29.09 29.09	100m: 1:01.12	32.03					
24.	Leonor Peso PARENTE	07		Palmela Desporto	<b>1:01.14</b>	+0,64	604	
	50m: 29.54 29.54	100m: 1:01.14	31.60					
25.	Ana Luisa GOUVEIA	06		Colegio Efanor	<b>1:01.30</b>	+0,75	600	
	50m: 28.87 28.87	100m: 1:01.30	32.43					
	Joana Francisca RODRIGUES	04		Condeixa Clube	<b>1:01.30</b>	+0,66	600	
	50m: 28.88 28.88	100m: 1:01.30	32.42					
27.	Maria Luis SA	06		Fluvial Portuense	<b>1:01.43</b>	+0,74	596	
	50m: 29.88 29.88	100m: 1:01.43	31.55					
28.	Maria Lopes de FREITAS	97		Angola	<b>1:01.44</b>	+0,77	596	
	50m: 29.60 29.60	100m: 1:01.44	31.84					
29.	Carolina Vizinho CABRAL	07		Natacao de Vagos	<b>1:02.21</b>	+0,75	574	
	50m: 30.09 30.09	100m: 1:02.21	32.12					
30.	Barbara Sofia GOMES	07		Leixoes	<b>1:02.24</b>	+0,69	573	
	50m: 29.84 29.84	100m: 1:02.24	32.40					
31.	Maria Neto FERREIRA	06		Nautico Academico	<b>1:02.94</b>	+0,75	554	
	50m: 30.19 30.19	100m: 1:02.94	32.75					
32.	Ines Mira PINO	06		Pimpoes/Cimai	<b>1:02.98</b>	+0,66	553	
	50m: 30.48 30.48	100m: 1:02.98	32.50					
33.	Miriam Mortagua SOARES	06		Galitos / Bresimar	<b>1:03.22</b>	+0,75	547	
	50m: 29.96 29.96	100m: 1:03.22	33.26					
34.	Andreia Monteiro BARREIRA	06		Peso da Regua	<b>1:03.34</b>	+0,65	544	
	50m: 30.33 30.33	100m: 1:03.34	33.01					
35.	Francisca Santos FERREIRA	06		Alges	<b>1:03.60</b>	+0,69	537	
	50m: 30.48 30.48	100m: 1:03.60	33.12					
36.	Beatriz Heitor CACHACO	07		Gesloures	<b>1:03.66</b>	+0,64	535	
	50m: 30.68 30.68	100m: 1:03.66	32.98					

## Prova 18, Femin., 100m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
37.	Bianca Filipa ALMEIDA	07		Alges e Agueda XXI	<b>1:03.80</b>	+0,77	532
	50m: 30.52 30.52	100m: 1:03.80	33.28				
38.	Sara Sofia ALVES	07		Naval Setubalense	<b>1:05.21</b>	+0,79	498
	50m: 31.42 31.42	100m: 1:05.21	33.79				

## Prova 18

## Femin., 100m Livres

## Juvenis

31/03/2023 - 11:20

Resultados Elimin

Rec Nac Absoluto	56.39	Ana Pinho RODRIGUES	ADS	Coimbra	04/04/2019
Rec Nac Juv A	57.75	Maria Carolina ROSA	POR	Prague (CZE)	08/07/2009
Rec Nac Juv B	58.07	Carolina Miranda FERNANDES	POR	Baku (AZE)	22/07/2019
RNS9	1:04.19	Susana Pereira VEIGA	POR	Funchal	15/06/2022

JO Absoluto: 53.61 / CEJun\_Fem 14 - 17: 57.81 / TAC 50m: 1:05.14 - 25m: 1:03.56

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Carlota Costa BOLEIXA	08		Louletano / Loule Concelho	<b>59.90</b>	+0,68	643	Q
	50m: 28.63 28.63	100m: 59.90	31.27					
2.	Maria Silva PEREIRA	08		Ginasio de Vila Real	<b>1:01.37</b>	+0,68	598	Q
	50m: 29.05 29.05	100m: 1:01.37	32.32					
3.	Ana Carolina NEVES	08		Fluvial Portuense	<b>1:01.74</b>	+0,60	587	Q
	50m: 29.41 29.41	100m: 1:01.74	32.33					
4.	Anastacia PROTOLYUK	09		Columbofila Cantanhedense	<b>1:02.31</b>	+0,69	571	Q
	50m: 30.06 30.06	100m: 1:02.31	32.25					
5.	Lara Catarina MAIA	09		Estarreja/PROZINCO	<b>1:02.36</b>	+0,63	570	Q
	50m: 30.00 30.00	100m: 1:02.36	32.36					
6.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgada	<b>1:02.45</b>	+0,78	567	Q
	50m: 30.13 30.13	100m: 1:02.45	32.32					
7.	Matilde Catroga MARQUES	08		Colegio Monte Maior	<b>1:02.72</b>	+0,76	560	Q
	50m: 30.19 30.19	100m: 1:02.72	32.53					
8.	Ana Beatriz PIRES	08		Uniao Piedense	<b>1:03.02</b>	+0,77	552	Q
	50m: 30.07 30.07	100m: 1:03.02	32.95					
9.	Sara Silva LIGEIRO	08		Viana Natacao	<b>1:03.13</b>	+0,71	549	Q
	50m: 30.21 30.21	100m: 1:03.13	32.92					
10.	Catarina Soares ARAUJO	09		Penafiel	<b>1:03.27</b>	+0,81	545	Q
	50m: 29.93 29.93	100m: 1:03.27	33.34					
11.	Margarida Maria LUIZ	08		Lagoa AC	<b>1:03.63</b>	+0,79	536	R
	50m: 30.88 30.88	100m: 1:03.63	32.75					
12.	Beatriz Maciel PEREIRA	09		Desportiva de Viana	<b>1:03.77</b>	+0,74	533	R
	50m: 30.79 30.79	100m: 1:03.77	32.98					
13.	Diana Gomes FREITAS	08		Amigos da Montanha	<b>1:03.96</b>	+0,86	528	
	50m: 31.04 31.04	100m: 1:03.96	32.92					
14.	Uxia Romero COSTA	09		Fluvial Portuense	<b>1:04.02</b>	+0,63	526	
	50m: 30.17 30.17	100m: 1:04.02	33.85					

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

## Prova 18, Femin., 100m Livres, Elimina, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
15.	Maria Carvalho PINTO 50m: 30.74 30.74	09	100m: 1:04.25	Viana Natacao 33.51	<b>1:04.25</b>	+0,97	521
16.	Matilde Pinheiro LAMEIRO 50m: 30.46 30.46	08	100m: 1:04.40	Galitos / Bresimar 33.94	<b>1:04.40</b>	+0,67	517
17.	Bruna Filipa LOURENCO 50m: 31.38 31.38	08	100m: 1:04.59	O Crasto 33.21	<b>1:04.59</b>	+0,74	513
18.	Joana Sofia FERNANDES 50m: 30.76 30.76	09	100m: 1:04.60	Nacional de Natacao 33.84	<b>1:04.60</b>	+0,77	512
19.	Sofia Monteiro UVA 50m: 31.17 31.17	09	100m: 1:04.65	Alges 33.48	<b>1:04.65</b>	+0,62	511
20.	Beatriz Silva COENTRAO 50m: 31.00 31.00	08	100m: 1:04.74	Famalicao 33.74	<b>1:04.74</b>	+0,73	509
21.	Alana Costa MATIAS 50m: 30.71 30.71	09	100m: 1:04.81	Uniao Coimbra 34.10	<b>1:04.81</b>	+0,74	507
22.	Patricia Subtil HENRIQUES 50m: 30.74 30.74	08	100m: 1:05.17	Gesloures 34.43	<b>1:05.17</b>	+0,70	499
23.	Madalena Azevedo MESSIAS 50m: 30.74 30.74	09	100m: 1:05.22	Sporting 34.48	<b>1:05.22</b>	+0,66	498
24.	Sofia Pereira JORGE 50m: 30.93 30.93	08	100m: 1:05.23	Galitos / Bresimar 34.30	<b>1:05.23</b>	+0,72	498
25.	Leonor Martins COSTA 50m: 31.09 31.09	09	100m: 1:05.31	Natacao de Lagos 34.22	<b>1:05.31</b>	+0,72	496
26.	Sofia Vega GOMES 50m: 31.83 31.83	08	100m: 1:05.37	Naval do Funchal 33.54	<b>1:05.37</b>	+0,81	494
27.	Leonor Carnide SILVA 50m: 31.67 31.67	09	100m: 1:05.46	Ginasio de Vila Real 33.79	<b>1:05.46</b>	+0,76	492
28.	Carlota Filipa SILVA 50m: 30.03 30.03	08	100m: 1:05.58	Portinado 35.55	<b>1:05.58</b>	+0,67	490
29.	Carolina Marques MADEIRA 50m: 31.09 31.09	09	100m: 1:05.63	Nacional de Natacao 34.54	<b>1:05.63</b>	+0,90	489
30.	Eva Alexandra COUTINHO 50m: 31.62 31.62	09	100m: 1:06.24	Peso da Regua 34.62	<b>1:06.24</b>	+0,74	475
31.	Matilde Marques MENDES 50m: 31.44 31.44	08	100m: 1:06.50	Gafanha da Encarnacao 35.06	<b>1:06.50</b>	+0,71	470
32.	Beatriz Alexandra ROLIM 50m: 31.88 31.88	08	100m: 1:07.69	Uniao Piedense 35.81	<b>1:07.69</b>	+0,77	445
EXH	Susana Pereira VEIGA 50m: 31.34 31.34	00	S9 9 100m: 1:06.47	Colegio Vasco da Gama 35.13	<b>1:06.47</b>	+0,80	470

Prova 19  
31/03/2023 - 11:35

Masc., 400m Estilos

Open  
Resultados Elimin

Rec Nac Absoluto	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	Jose Paulo LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	Joao Alexandre VITAL	POR	Singapore (SGP)	29/08/2015

TAC Sen 50m: 4:49.87 - 25m: 4:40.54; Jun 50m: 4:58.57 - 25m: 4:48.96

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Jose Paulo LOPES	00	Braga	<b>4:34.80</b>	+0,66	698	A
	50m: 28.16 28.16	150m: 1:36.09	35.43	250m: 2:49.81	38.50	350m: 4:02.49	33.66
	100m: 1:00.66 32.50	200m: 2:11.31	35.22	300m: 3:28.83	39.02	400m: 4:34.80	32.31
2.	Lucas Pereira BASTOS	00	Nautico Academico	<b>4:37.44</b>	+0,72	678	A
	50m: 28.70 28.70	150m: 1:36.56	34.89	250m: 2:52.10	40.39	350m: 4:06.30	32.70
	100m: 1:01.67 32.97	200m: 2:11.71	35.15	300m: 3:33.60	41.50	400m: 4:37.44	31.14
3.	Afonso Carvalho SILVA	05	Famalicao	<b>4:37.94</b>	+0,67	675	A
	50m: 28.83 28.83	150m: 1:38.53	36.17	250m: 2:52.48	38.64	350m: 4:04.36	32.66
	100m: 1:02.36 33.53	200m: 2:13.84	35.31	300m: 3:31.70	39.22	400m: 4:37.94	33.58
4.	Yury FOMIN	06	Louletano / Loule Concelho	<b>4:40.27</b>	+0,66	658	A
	50m: 29.14 29.14	150m: 1:39.54	36.94	250m: 2:56.00	41.13	350m: 4:09.32	32.57
	100m: 1:02.60 33.46	200m: 2:14.87	35.33	300m: 3:36.75	40.75	400m: 4:40.27	30.95
5.	Diogo Santos CARDOSO	01	Sporting	<b>4:40.93</b>	+0,73	653	A
	50m: 29.48 29.48	150m: 1:41.52	39.15	250m: 2:59.46	40.46	350m: 4:11.02	31.73
	100m: 1:02.37 32.89	200m: 2:19.00	37.48	300m: 3:39.29	39.83	400m: 4:40.93	29.91
6.	Porfirio Braga NUNES	00	Porto	<b>4:41.20</b>	+0,73	652	A
	50m: 27.93 27.93	150m: 1:36.85	36.48	250m: 2:53.38	40.54	350m: 4:08.50	33.00
	100m: 1:00.37 32.44	200m: 2:12.84	35.99	300m: 3:35.50	42.12	400m: 4:41.20	32.70
7.	Vasco Alves MORGADO	05	Alges	<b>4:42.62</b>	+0,59	642	A
	50m: 28.01 28.01	150m: 1:37.96	37.21	250m: 2:55.99	40.48	350m: 4:10.59	32.38
	100m: 1:00.75 32.74	200m: 2:15.51	37.55	300m: 3:38.21	42.22	400m: 4:42.62	32.03
8.	Tiago Roberto CORDEIRO	00	Benfica	<b>4:45.14</b>	+0,70	625	A
	50m: 28.20 28.20	150m: 1:38.03	37.43	250m: 2:55.41	40.27	350m: 4:10.84	33.77
	100m: 1:00.60 32.40	200m: 2:15.14	37.11	300m: 3:37.07	41.66	400m: 4:45.14	34.30
9.	Luis Galvao GOUVEIA	05	Desportivo Nacional	<b>4:46.64</b>	+0,73	615	A
	50m: 28.04 28.04	150m: 1:38.87	38.09	250m: 2:58.23	42.22	350m: 4:14.25	33.83
	100m: 1:00.78 32.74	200m: 2:16.01	37.14	300m: 3:40.42	42.19	400m: 4:46.64	32.39
10.	Bernardo Jorge SIMOES	04	Belenenses	<b>4:47.17</b>	+0,68	612	A
	50m: 28.04 28.04	150m: 1:38.36	37.81	250m: 2:58.64	42.30	350m: 4:14.91	32.42
	100m: 1:00.55 32.51	200m: 2:16.34	37.98	300m: 3:42.49	43.85	400m: 4:47.17	32.26
11.	Mark ZHUKOV	06	Braga	<b>4:47.20</b>	+0,71	612	B
	50m: 29.37 29.37	150m: 1:41.65	38.08	250m: 2:59.18	40.30	350m: 4:13.97	33.88
	100m: 1:03.57 34.20	200m: 2:18.88	37.23	300m: 3:40.09	40.91	400m: 4:47.20	33.23
12.	Kaio Araujo FAFTINE	06	Sporting	<b>4:47.28</b>	+0,63	611	B
	50m: 29.53 29.53	150m: 1:41.50	37.85	250m: 3:01.21	42.05	350m: 4:15.81	33.39
	100m: 1:03.65 34.12	200m: 2:19.16	37.66	300m: 3:42.42	41.21	400m: 4:47.28	31.47
13.	Nicolas Filip MONTFORT	05	Alges	<b>4:49.19</b>	+0,62	599	B
	50m: 28.58 28.58	150m: 1:41.51	38.65	250m: 3:02.23	43.02	350m: 4:17.18	32.70
	100m: 1:02.86 34.28	200m: 2:19.21	37.70	300m: 3:44.48	42.25	400m: 4:49.19	32.01

Prova 19, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
14.	Bernardo Victorino ALMEIDA	04		Sporting	<b>4:51.18</b>	+0,64	587	B
	50m: 27.45 27.45	150m: 1:38.86	38.99	250m: 2:58.70	41.38	350m: 4:17.23	34.62	
	100m: 59.87 32.42	200m: 2:17.32	38.46	300m: 3:42.61	43.91	400m: 4:51.18	33.95	
15.	Goncalo Duarte CARVALHO	05		Benfica	<b>4:53.21</b>	+0,71	575	B
	50m: 29.36 29.36	150m: 1:42.23	38.50	250m: 3:01.15	40.79	350m: 4:18.59	35.38	
	100m: 1:03.73 34.37	200m: 2:20.36	38.13	300m: 3:43.21	42.06	400m: 4:53.21	34.62	
16.	Miguel Salomao TRISTAO	04		Academica de Coimbra	<b>4:53.33</b>	+0,73	574	B
	50m: 29.27 29.27	150m: 1:40.58	36.48	250m: 3:00.32	42.91	350m: 4:18.39	35.05	
	100m: 1:04.10 34.83	200m: 2:17.41	36.83	300m: 3:43.34	43.02	400m: 4:53.33	34.94	
17.	Ruben Ferreira PAIVA	05		Sanjoanense/FEPSA	<b>4:54.24</b>	+0,79	569	B
	50m: 30.01 30.01	150m: 1:43.83	39.48	250m: 3:03.37	40.87	350m: 4:20.48	34.54	
	100m: 1:04.35 34.34	200m: 2:22.50	38.67	300m: 3:45.94	42.57	400m: 4:54.24	33.76	
18.	David Ferreira RELVAS	03		Nautico Marinha Grande	<b>4:54.35</b>	+0,78	568	B
	50m: 29.03 29.03	150m: 1:40.37	38.02	250m: 3:02.86	44.21	350m: 4:21.92	33.48	
	100m: 1:02.35 33.32	200m: 2:18.65	38.28	300m: 3:48.44	45.58	400m: 4:54.35	32.43	
19.	Dinis Miranda DIOGO	04		Nautico Academico	<b>4:54.57</b>	+0,68	567	B
	50m: 29.66 29.66	150m: 1:41.98	37.97	250m: 3:02.05	42.16	350m: 4:20.95	35.04	
	100m: 1:04.01 34.35	200m: 2:19.89	37.91	300m: 3:45.91	43.86	400m: 4:54.57	33.62	
20.	Rodrigo Reis RODRIGUES	04		Sao Roque	<b>4:54.61</b>	+0,63	566	B
	50m: 29.14 29.14	150m: 1:42.39	39.41	250m: 3:03.71	42.12	350m: 4:20.18	33.52	
	100m: 1:02.98 33.84	200m: 2:21.59	39.20	300m: 3:46.66	42.95	400m: 4:54.61	34.43	
21.	Miguel Alves FERNANDES	05		Viana Natacao	<b>4:57.52</b>	+0,81	550	R
	50m: 29.43 29.43	150m: 1:42.48	37.50	250m: 3:03.03	43.78	350m: 4:23.65	35.09	
	100m: 1:04.98 35.55	200m: 2:19.25	36.77	300m: 3:48.56	45.53	400m: 4:57.52	33.87	
22.	Joao Guilherme ARAUJO	03		Natacao da Maia	<b>4:58.35</b>	+0,74	545	R
	50m: 28.98 28.98	150m: 1:42.07	39.42	250m: 3:01.88	41.97	350m: 4:21.92	36.24	
	100m: 1:02.65 33.67	200m: 2:19.91	37.84	300m: 3:45.68	43.80	400m: 4:58.35	36.43	
23.	Tiago Almeida CORREIA	06		Natacao do Montijo	<b>4:59.68</b>	+0,76	538	
	50m: 30.28 30.28	150m: 1:46.74	40.75	250m: 3:08.67	43.90	350m: 4:27.37	34.15	
	100m: 1:05.99 35.71	200m: 2:24.77	38.03	300m: 3:53.22	44.55	400m: 4:59.68	32.31	
24.	Jose Luis GONCALVES	05		Fafe	<b>5:00.09</b>	+0,78	536	
	50m: 28.86 28.86	150m: 1:43.91	40.42	250m: 3:05.46	42.34	350m: 4:25.72	36.25	
	100m: 1:03.49 34.63	200m: 2:23.12	39.21	300m: 3:49.47	44.01	400m: 5:00.09	34.37	
25.	Duarte Jose FERNANDES	06		Louzan Natacao/EFAPEL	<b>5:00.78</b>	+0,66	532	
	50m: 29.27 29.27	150m: 1:46.87	42.06	250m: 3:07.95	40.35	350m: 4:26.07	35.75	
	100m: 1:04.81 35.54	200m: 2:27.60	40.73	300m: 3:50.32	42.37	400m: 5:00.78	34.71	
26.	Gustavo Gomes RAMOS	06		Porto	<b>5:03.76</b>	+0,76	517	
	50m: 30.29 30.29	150m: 1:45.83	40.31	250m: 3:10.13	45.40	350m: 4:30.09	33.88	
	100m: 1:05.52 35.23	200m: 2:24.73	38.90	300m: 3:56.21	46.08	400m: 5:03.76	33.67	
27.	Francisco Campos LOURENCO	06		Natacao de Valongo	<b>5:05.39</b>	+0,74	509	
	50m: 29.13 29.13	150m: 1:43.47	39.50	250m: 3:07.23	43.70	350m: 4:28.52	36.72	
	100m: 1:03.97 34.84	200m: 2:23.53	40.06	300m: 3:51.80	44.57	400m: 5:05.39	36.87	
28.	Joao Carlos BARROS	06		Fluvial Portuense	<b>5:06.78</b>	+0,73	502	
	50m: 29.68 29.68	150m: 1:46.57	41.64	250m: 3:10.91	44.23	350m: 4:32.48	35.77	
	100m: 1:04.93 35.25	200m: 2:26.68	40.11	300m: 3:56.71	45.80	400m: 5:06.78	34.30	

## Prova 19, Masc., 400m Estilos, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
29.	Rui Miguel SANTOS	06	Famalicao	<b>5:12.35</b>	+0,88	475
	50m: 30.30 30.30	150m: 1:52.01	41.85 250m: 3:17.90	45.50 350m: 4:38.74	35.26	
	100m: 1:10.16 39.86	200m: 2:32.40	40.39 300m: 4:03.48	45.58 400m: 5:12.35	33.61	
DSQ	Filipe Santos CARDOSO	04	Gafanha da Encarnacao		+0,60	
	7.24 - O(A) nadador(a), na chegada, tocou na parede com toque não simultâneo - SW 7.6, 300 metros					
DSQ	Daniel Nogueira CATALAO	00	Sporting		+0,58	
	9.4 - O(A) nadador(a) não executou a viragem dos 200 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4					
DSQ	Andre Correia ALVES	06	Uniao Piedense		+0,68	
	9.4 - O(A) nadador(a) não executou a viragem dos 200 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4					

## Prova 19

## Masc., 400m Estilos

## Juvenis

31/03/2023 - 11:35

Resultados Elimin

Rec Nat	Tempo	Nome	País	Local	Data
Rec Nat Absoluto	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nat Juv A	4:32.66	Joao Alexandre VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nat Juv B	4:37.06	Joao Alexandre VITAL	POR	Utrecht (NED)	16/07/2013

TAC 50m: 5:13.06 - 25m: 5:02.98

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Renato Gouveia TEIXEIRA	07	Foca Quinta da Lixa CNF	<b>4:48.82</b>	+0,71	601	Q
	50m: 30.38 30.38	150m: 1:42.55	37.28 250m: 3:01.04	41.29 350m: 4:15.87	32.33		
	100m: 1:05.27 34.89	200m: 2:19.75	37.20 300m: 3:43.54	42.50 400m: 4:48.82	32.95		
2.	Leonardo Conceicao REIS	07	Sporting	<b>4:58.69</b>	+0,63	544	Q
	50m: 29.32 29.32	150m: 1:41.87	39.10 250m: 3:02.50	42.68 350m: 4:23.43	36.89		
	100m: 1:02.77 33.45	200m: 2:19.82	37.95 300m: 3:46.54	44.04 400m: 4:58.69	35.26		
3.	Guilherme Costa SOARES	08	Vilacondense	<b>4:59.54</b>	+0,76	539	Q
	50m: 31.27 31.27	150m: 1:46.41	37.94 250m: 3:08.56	45.10 350m: 4:27.32	33.46		
	100m: 1:08.47 37.20	200m: 2:23.46	37.05 300m: 3:53.86	45.30 400m: 4:59.54	32.22		
4.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>5:00.25</b>	+0,78	535	Q
	50m: 30.98 30.98	150m: 1:46.79	39.06 250m: 3:08.63	44.11 350m: 4:28.07	33.48		
	100m: 1:07.73 36.75	200m: 2:24.52	37.73 300m: 3:54.59	45.96 400m: 5:00.25	32.18		
5.	Francisco Marques SIMOES	07	Nautico de Leiria	<b>5:00.39</b>	+0,72	534	Q
	50m: 30.15 30.15	150m: 1:45.99	39.04 250m: 3:07.79	44.29 350m: 4:27.16	35.87		
	100m: 1:06.95 36.80	200m: 2:23.50	37.51 300m: 3:51.29	43.50 400m: 5:00.39	33.23		
6.	Joao Francisco ALMEIDA	07	Naval do Funchal	<b>5:01.29</b>	+0,63	530	Q
	50m: 30.77 30.77	150m: 1:46.18	39.62 250m: 3:09.99	43.65 350m: 4:27.66	33.82		
	100m: 1:06.56 35.79	200m: 2:26.34	40.16 300m: 3:53.84	43.85 400m: 5:01.29	33.63		
7.	Joao Dinis ROQUE	07	Sporting	<b>5:02.15</b>	+0,88	525	Q
	50m: 31.30 31.30	150m: 1:48.09	40.92 250m: 3:10.31	42.30 350m: 4:28.74	35.37		
	100m: 1:07.17 35.87	200m: 2:28.01	39.92 300m: 3:53.37	43.06 400m: 5:02.15	33.41		
8.	Tomas Pinto PEIXOTO	08	Porto	<b>5:03.54</b>	+0,76	518	Q
	50m: 31.21 31.21	150m: 1:45.08	36.79 250m: 3:07.72	46.47 350m: 4:29.02	35.20		
	100m: 1:08.29 37.08	200m: 2:21.25	36.17 300m: 3:53.82	46.10 400m: 5:03.54	34.52		





## Prova 19, Masc., 400m Estilos, Elimin

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
EXH	Miguel Duarte CRUZ	99 SM15 H	Belenenses	<b>5:09.91</b>	+0,66	487	
	50m: 31.28 31.28	150m: 1:50.86	42.08	250m: 3:16.00	44.47	350m: 4:35.18	34.61
	100m: 1:08.78 37.50	200m: 2:31.53	40.67	300m: 4:00.57	44.57	400m: 5:09.91	34.73

## Prova 20

## Femin., 400m Estilos

## Open

31/03/2023 - 12:15

Resultados Elimin

Rec Nac Absoluto	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	Victoria KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	Ines Neto ROCHA	SANNP	Gijón (ESP)	20/05/2017

TAC Sen 50m: 5:21.47 - 25m: 5:12.08; Jun 50m: 5:29.51 - 25m: 5:19.88

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Angelica Maria ANDRE	94	Porto	<b>4:57.33</b>	+0,73	718 A	
	50m: 31.23 31.23	150m: 1:45.29	38.77	250m: 3:07.27	42.47	350m: 4:22.80	34.32
	100m: 1:06.52 35.29	200m: 2:24.80	39.51	300m: 3:48.48	41.21	400m: 4:57.33	34.53
2.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	<b>4:58.15</b>	+0,69	713 A	
	50m: 30.09 30.09	150m: 1:42.52	38.18	250m: 3:04.95	44.04	350m: 4:23.95	34.45
	100m: 1:04.34 34.25	200m: 2:20.91	38.39	300m: 3:49.50	44.55	400m: 4:58.15	34.20
3.	Joana Nunes CARDEAL	02	Academico Viseu	<b>5:02.65</b>	+0,71	681 A	
	50m: 30.96 30.96	150m: 1:45.64	39.35	250m: 3:08.76	43.99	350m: 4:28.51	34.87
	100m: 1:06.29 35.33	200m: 2:24.77	39.13	300m: 3:53.64	44.88	400m: 5:02.65	34.14
4.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>5:03.09</b>	+0,62	678 A	
	50m: 30.19 30.19	150m: 1:46.07	40.83	250m: 3:10.37	43.96	350m: 4:29.36	35.02
	100m: 1:05.24 35.05	200m: 2:26.41	40.34	300m: 3:54.34	43.97	400m: 5:03.09	33.73
5.	Francisca Salvador MESQUITA	02	Sporting	<b>5:03.14</b>	+0,76	678 A	
	50m: 31.45 31.45	150m: 1:47.29	40.11	250m: 3:10.18	43.23	350m: 4:29.06	35.50
	100m: 1:07.18 35.73	200m: 2:26.95	39.66	300m: 3:53.56	43.38	400m: 5:03.14	34.08
6.	Diana Margarida DURAES	96	Benfica	<b>5:06.13</b>	+0,73	658 A	
	50m: 32.65 32.65	150m: 1:49.62	39.67	250m: 3:13.14	44.59	350m: 4:31.92	34.69
	100m: 1:09.95 37.30	200m: 2:28.55	38.93	300m: 3:57.23	44.09	400m: 5:06.13	34.21
7.	Matilde Nunes LOPES	06	Benfica	<b>5:11.92</b>	+0,73	622 A	
	50m: 31.93 31.93	150m: 1:49.32	40.59	250m: 3:15.36	45.34	350m: 4:36.67	35.48
	100m: 1:08.73 36.80	200m: 2:30.02	40.70	300m: 4:01.19	45.83	400m: 5:11.92	35.25
8.	Mariana Amaral MENDES	02	Sporting	<b>5:12.87</b>	+0,76	617 A	
	50m: 32.74 32.74	150m: 1:52.08	42.24	250m: 3:18.50	45.07	350m: 4:38.65	35.77
	100m: 1:09.84 37.10	200m: 2:33.43	41.35	300m: 4:02.88	44.38	400m: 5:12.87	34.22
9.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>5:13.27</b>	+0,77	614 A	
	50m: 32.07 32.07	150m: 1:52.51	42.41	250m: 3:17.78	43.33	350m: 4:37.94	36.43
	100m: 1:10.10 38.03	200m: 2:34.45	41.94	300m: 4:01.51	43.73	400m: 5:13.27	35.33
10.	Sofia Nunes FIAL	03	Porto	<b>5:15.89</b>	+0,73	599 A	
	50m: 33.43 33.43	150m: 1:54.63	42.49	250m: 3:19.32	42.79	350m: 4:40.49	37.43
	100m: 1:12.14 38.71	200m: 2:36.53	41.90	300m: 4:03.06	43.74	400m: 5:15.89	35.40

Prova 20, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
11.	Giovanna Vaz VARGAS	00	Nautico Marinha Grande	<b>5:16.27</b>	+0,80	597	B
	50m: 32.26 32.26	150m: 1:51.36	42.43 250m: 3:18.46	45.59	350m: 4:40.39	36.71	
	100m: 1:08.93 36.67	200m: 2:32.87	41.51 300m: 4:03.68	45.22	400m: 5:16.27	35.88	
12.	Daniela Magalhaes LOPES	05	Famalicao	<b>5:16.32</b>	+0,80	597	B
	50m: 31.98 31.98	150m: 1:53.07	42.85 250m: 3:18.71	43.74	350m: 4:40.38	36.84	
	100m: 1:10.22 38.24	200m: 2:34.97	41.90 300m: 4:03.54	44.83	400m: 5:16.32	35.94	
13.	Margarida Vieira PINTO	07	Braga	<b>5:16.58</b>	+0,82	595	B
	50m: 32.96 32.96	150m: 1:54.65	42.33 250m: 3:21.21	45.68	350m: 4:42.29	35.33	
	100m: 1:12.32 39.36	200m: 2:35.53	40.88 300m: 4:06.96	45.75	400m: 5:16.58	34.29	
14.	Rita Machita SANTOS	07	Naval Setubalense	<b>5:18.56</b>	+0,78	584	B
	50m: 33.72 33.72	150m: 1:55.13	42.27 250m: 3:20.80	43.65	350m: 4:43.25	37.90	
	100m: 1:12.86 39.14	200m: 2:37.15	42.02 300m: 4:05.35	44.55	400m: 5:18.56	35.31	
15.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>5:18.62</b>	+0,69	584	B
	50m: 33.89 33.89	150m: 1:57.45	42.98 250m: 3:21.95	43.33	350m: 4:43.54	36.55	
	100m: 1:14.47 40.58	200m: 2:38.62	41.17 300m: 4:06.99	45.04	400m: 5:18.62	35.08	
16.	Erica Cristina REIS	05	Sporting	<b>5:19.22</b>	+0,68	580	B
	50m: 32.21 32.21	150m: 1:53.21	42.78 250m: 3:20.58	45.29	350m: 4:44.99	37.35	
	100m: 1:10.43 38.22	200m: 2:35.29	42.08 300m: 4:07.64	47.06	400m: 5:19.22	34.23	
17.	Maria Emilia ALMEIDA	07	Colegio Efanor	<b>5:19.61</b>	+0,84	578	B
	50m: 32.77 32.77	150m: 1:51.40	41.02 250m: 3:20.55	48.37	350m: 4:44.05	35.90	
	100m: 1:10.38 37.61	200m: 2:32.18	40.78 300m: 4:08.15	47.60	400m: 5:19.61	35.56	
18.	Francisca Macedo LOPES	05	Vilacondense	<b>5:19.94</b>	+0,78	577	B
	50m: 33.97 33.97	150m: 1:55.80	42.82 250m: 3:23.65	46.34	350m: 4:45.68	35.60	
	100m: 1:12.98 39.01	200m: 2:37.31	41.51 300m: 4:10.08	46.43	400m: 5:19.94	34.26	
19.	Margarida Cabral MONTEIRO	02	Galitos / Bresimar	<b>5:20.44</b>	+0,65	574	B
	50m: 33.21 33.21	150m: 1:53.99	42.41 250m: 3:20.79	45.64	350m: 4:44.00	36.82	
	100m: 1:11.58 38.37	200m: 2:35.15	41.16 300m: 4:07.18	46.39	400m: 5:20.44	36.44	
20.	Alice Jesus MORGADO	04	Sporting	<b>5:22.58</b>	+0,78	562	B
	50m: 33.22 33.22	150m: 1:54.87	42.83 250m: 3:22.63	45.97	350m: 4:45.93	36.47	
	100m: 1:12.04 38.82	200m: 2:36.66	41.79 300m: 4:09.46	46.83	400m: 5:22.58	36.65	
21.	Maria Francisca FROIS	06	Nautico de Leiria	<b>5:26.19</b>	+0,81	544	R
	50m: 32.67 32.67	150m: 1:55.77	44.40 250m: 3:23.51	45.89	350m: 4:49.81	38.84	
	100m: 1:11.37 38.70	200m: 2:37.62	41.85 300m: 4:10.97	47.46	400m: 5:26.19	36.38	
22.	Ines Cruz CAMARA	07	Desportivo Nacional	<b>5:28.23</b>	+0,74	534	R
	50m: 32.55 32.55	150m: 1:53.95	43.05 250m: 3:24.65	47.91	350m: 4:50.80	37.64	
	100m: 1:10.90 38.35	200m: 2:36.74	42.79 300m: 4:13.16	48.51	400m: 5:28.23	37.43	
23.	Madalena Correa SA	06	Benfica	<b>5:28.63</b>	+0,83	532	
	50m: 34.34 34.34	150m: 1:59.50	46.20 250m: 3:26.72	43.52	350m: 4:50.53	38.65	
	100m: 1:13.30 38.96	200m: 2:43.20	43.70 300m: 4:11.88	45.16	400m: 5:28.63	38.10	
24.	Joana Ferreira SILVA	05	Colegio Efanor	<b>5:28.93</b>	+0,67	531	
	50m: 33.55 33.55	150m: 1:56.77	44.54 250m: 3:25.80	45.68	350m: 4:51.07	38.35	
	100m: 1:12.23 38.68	200m: 2:40.12	43.35 300m: 4:12.72	46.92	400m: 5:28.93	37.86	
25.	Joana Rosa FERREIRA	05	Naval de Peniche	<b>5:31.16</b>	+0,71	520	
	50m: 33.97 33.97	150m: 1:58.77	44.61 250m: 3:28.13	45.13	350m: 4:53.55	39.20	
	100m: 1:14.16 40.19	200m: 2:43.00	44.23 300m: 4:14.35	46.22	400m: 5:31.16	37.61	

## Prova 20, Femin., 400m Estilos, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
26.	Ana Francisca SILVA	06	Alcobaca	<b>5:32.88</b>	+0,72	512
	50m: 33.63 33.63	150m: 1:56.98	44.20 250m: 3:27.16	48.80 350m: 4:56.28		38.48
	100m: 1:12.78 39.15	200m: 2:38.36	41.38 300m: 4:17.80	50.64 400m: 5:32.88		36.60
27.	Joana Barbas RAMOS	06	Gafanha da Encarnacao	<b>5:34.67</b>	+0,80	504
	50m: 35.54 35.54	150m: 2:00.76	43.08 250m: 3:31.74	49.02 350m: 4:58.76		37.55
	100m: 1:17.68 42.14	200m: 2:42.72	41.96 300m: 4:21.21	49.47 400m: 5:34.67		35.91
28.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>5:37.26</b>	+0,70	492
	50m: 34.59 34.59	150m: 1:59.47	44.16 250m: 3:31.68	49.11 350m: 4:59.17		38.33
	100m: 1:15.31 40.72	200m: 2:42.57	43.10 300m: 4:20.84	49.16 400m: 5:37.26		38.09

## Prova 20 31/03/2023 - 12:15

## Femin., 400m Estilos

## Juvenis Resultados Elimin

Rec Nac Absoluto	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	Diana Margarida DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	Ines Neto ROCHA	CAP	Coimbra	24/07/2015

TAC 50m: 5:43.97 - 25m: 5:33.93

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	<b>5:29.24</b>	+0,74	529 Q
	50m: 35.13 35.13	150m: 2:02.04	44.87 250m: 3:31.89	46.17 350m: 4:54.07		36.63
	100m: 1:17.17 42.04	200m: 2:45.72	43.68 300m: 4:17.44	45.55 400m: 5:29.24		35.17
2.	Maria Joao COSTA	08	Vilacondense	<b>5:31.12</b>	+0,75	520 Q
	50m: 34.21 34.21	150m: 1:58.48	44.49 250m: 3:29.40	47.58 350m: 4:55.02		37.41
	100m: 1:13.99 39.78	200m: 2:41.82	43.34 300m: 4:17.61	48.21 400m: 5:31.12		36.10
3.	Beatriz Alves AMBRUS	09	Porto	<b>5:34.24</b>	+0,59	506 Q
	50m: 34.46 34.46	150m: 1:57.96	42.14 250m: 3:27.76	48.93 350m: 4:56.57		39.23
	100m: 1:15.82 41.36	200m: 2:38.83	40.87 300m: 4:17.34	49.58 400m: 5:34.24		37.67
4.	Constanca Baptista TOMAS	09	Alcobaca	<b>5:34.29</b>	+0,68	505 Q
	50m: 34.54 34.54	150m: 2:00.15	44.49 250m: 3:31.77	47.77 350m: 4:57.72		37.62
	100m: 1:15.66 41.12	200m: 2:44.00	43.85 300m: 4:20.10	48.33 400m: 5:34.29		36.57
5.	Luana Ferreira CRAVEIRO	09	Nautico Marinha Grande	<b>5:35.05</b>	+0,75	502 Q
	50m: 35.16 35.16	150m: 2:02.95	43.00 250m: 3:33.29	47.76 350m: 4:59.67		37.38
	100m: 1:19.95 44.79	200m: 2:45.53	42.58 300m: 4:22.29	49.00 400m: 5:35.05		35.38
6.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>5:35.78</b>	+0,82	499 Q
	50m: 34.99 34.99	150m: 2:02.77	45.60 250m: 3:33.41	46.75 350m: 4:58.63		37.44
	100m: 1:17.17 42.18	200m: 2:46.66	43.89 300m: 4:21.19	47.78 400m: 5:35.78		37.15
7.	Leonor Queiroz GONCALVES	09	Braga	<b>5:35.87</b>	+0,77	498 Q
	50m: 34.81 34.81	150m: 2:01.20	44.68 250m: 3:33.07	47.90 350m: 5:00.08		37.04
	100m: 1:16.52 41.71	200m: 2:45.17	43.97 300m: 4:23.04	49.97 400m: 5:35.87		35.79
8.	Francisca Lamas SILVA	08	Colegio Efanor	<b>5:37.42</b>	+0,72	491 Q
	50m: 35.29 35.29	150m: 2:00.66	44.40 250m: 3:29.61	46.52 350m: 4:58.45		41.26
	100m: 1:16.26 40.97	200m: 2:43.09	42.43 300m: 4:17.19	47.58 400m: 5:37.42		38.97
9.	Filipa Carvalho GALANTE	09	Vilacondense	<b>5:37.61</b>	+0,82	491 Q
	50m: 34.91 34.91	150m: 1:58.92	43.90 250m: 3:31.31	48.74 350m: 5:00.12		39.08
	100m: 1:15.02 40.11	200m: 2:42.57	43.65 300m: 4:21.04	49.73 400m: 5:37.61		37.49

Prova 20, Femin., 400m Estilos, Elimin, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
10.	Adriana Ribeiro BARROS	08	Braga	<b>5:38.86</b>	+0,77	485	Q
	50m: 34.33 34.33	150m: 1:59.98	44.70 250m: 3:32.72	48.93	350m: 5:01.32	38.98	
	100m: 1:15.28 40.95	200m: 2:43.79	43.81 300m: 4:22.34	49.62	400m: 5:38.86	37.54	
11.	Laura Brites COSTA	09	Rio Maior	<b>5:40.76</b>	+0,75	477	R
	50m: 35.28 35.28	150m: 2:02.99	45.33 250m: 3:35.24	47.96	350m: 5:03.12	39.16	
	100m: 1:17.66 42.38	200m: 2:47.28	44.29 300m: 4:23.96	48.72	400m: 5:40.76	37.64	
12.	Rita Rocha SILVA	08	Alcobaca	<b>5:41.16</b>	+0,76	475	R
	50m: 35.50 35.50	150m: 2:02.27	43.83 250m: 3:32.09	46.36	350m: 5:01.23	40.88	
	100m: 1:18.44 42.94	200m: 2:45.73	43.46 300m: 4:20.35	48.26	400m: 5:41.16	39.93	
13.	Eleine Vieira MATEUS	09	Desportivo Nacional	<b>5:41.24</b>	+0,71	475	
	50m: 34.34 34.34	150m: 1:59.72	45.18 250m: 3:34.50	50.77	350m: 5:03.49	38.66	
	100m: 1:14.54 40.20	200m: 2:43.73	44.01 300m: 4:24.83	50.33	400m: 5:41.24	37.75	
14.	Constanca Lopes CRUZ	09	Colegio Monte Maior	<b>5:41.93</b>	+0,79	472	
	50m: 35.89 35.89	150m: 2:02.94	43.68 250m: 3:36.38	50.57	350m: 5:05.41	37.95	
	100m: 1:19.26 43.37	200m: 2:45.81	42.87 300m: 4:27.46	51.08	400m: 5:41.93	36.52	
15.	Marta Oliveira SILVA	09	Sanjoanense/FEPSA	<b>5:43.85</b>	+0,79	464	
	50m: 34.64 34.64	150m: 2:01.96	45.73 250m: 3:36.78	50.28	350m: 5:05.58	38.23	
	100m: 1:16.23 41.59	200m: 2:46.50	44.54 300m: 4:27.35	50.57	400m: 5:43.85	38.27	
16.	Matilde Sousa ANDRADE	08	Naval do Funchal	<b>5:46.02</b>	+0,71	456	
	50m: 34.38 34.38	150m: 1:59.82	44.68 250m: 3:35.14	51.85	350m: 5:06.27	39.43	
	100m: 1:15.14 40.76	200m: 2:43.29	43.47 300m: 4:26.84	51.70	400m: 5:46.02	39.75	
17.	Lara Filipa PINTO	08	Porto	<b>5:46.30</b>	+0,73	455	
	50m: 34.61 34.61	150m: 2:01.50	43.98 250m: 3:36.12	51.05	350m: 5:07.62	40.08	
	100m: 1:17.52 42.91	200m: 2:45.07	43.57 300m: 4:27.54	51.42	400m: 5:46.30	38.68	
18.	Bruna Maria BARBOSA	08	Aquatico Pacense	<b>5:47.29</b>	+0,79	451	
	50m: 35.52 35.52	150m: 2:00.56	44.12 250m: 3:34.92	52.80	350m: 5:08.40	40.35	
	100m: 1:16.44 40.92	200m: 2:42.12	41.56 300m: 4:28.05	53.13	400m: 5:47.29	38.89	
19.	Ana Beatriz CAMPOS	08	Academica de Coimbra	<b>5:49.44</b>	+0,84	442	
	50m: 35.95 35.95	150m: 2:05.17	47.78 250m: 3:41.34	49.70	350m: 5:12.22	40.79	
	100m: 1:17.39 41.44	200m: 2:51.64	46.47 300m: 4:31.43	50.09	400m: 5:49.44	37.22	
20.	Leonor Mercês CAVALEIRO	09	Columbofila Cantanhedense	<b>5:50.09</b>	+0,58	440	
	50m: 35.22 35.22	150m: 2:03.69	44.20 250m: 3:38.57	51.38	350m: 5:11.30	40.07	
	100m: 1:19.49 44.27	200m: 2:47.19	43.50 300m: 4:31.23	52.66	400m: 5:50.09	38.79	
21.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>5:50.98</b>	+0,75	437	
	50m: 36.46 36.46	150m: 2:09.86	48.79 250m: 3:43.75	47.01	350m: 5:11.11	40.65	
	100m: 1:21.07 44.61	200m: 2:56.74	46.88 300m: 4:30.46	46.71	400m: 5:50.98	39.87	
22.	Juliana Rodrigues ALVES	08	Desportivo Nacional	<b>6:02.63</b>	+0,69	396	
	50m: 34.63 34.63	150m: 2:00.47	45.57 250m: 3:38.44	51.73	350m: 5:17.67	45.08	
	100m: 1:14.90 40.27	200m: 2:46.71	46.24 300m: 4:32.59	54.15	400m: 6:02.63	44.96	

Prova 121  
31/03/2023 - 12:45

Masc., 4 x 100m Livres

Juvenis  
Resultados

Rec Nac Absoluto	3:20.94	Sport Lisboa e Benfica	SLB	Oeiras	09/04/2022
Rec Nac Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nac Juv	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nac Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02/08/2019

TAC\_Juv\_estafeta 50m: 3:56.02 - 25m: 3:51.30

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA	
<b>1. Nautico de Leiria-JUV</b>		<b>Nautico de Leiria</b>	<b>3:44.52</b>	<b>+0,72</b>	<b>589</b>	
Afonso Dinis ROQUE	+0,72	55.21	Joao Moura FRANCISCO	+0,35	26.68	56.73
Goncalo Pereira COLACO	+0,44	26.68	Francisco Marques SIMOES	+0,22	26.90	57.04
<b>2. Porto-JUV</b>		<b>Porto</b>	<b>3:47.86</b>	<b>+0,73</b>	<b>563</b>	
Guilherme Mahua SOARES	+0,73	56.46	Paulo Tiago VALES	+0,52	27.16	58.48
Duarte Santos FERREIRA	+0,17	26.90	Rodrigo Filipe CORREIA	+0,34	26.56	56.90
<b>3. Sporting-JUV</b>		<b>Sporting</b>	<b>3:47.89</b>	<b>+0,63</b>	<b>563</b>	
Axel Guedes ASMAR	+0,63	57.69	Miguel Braga GOMES	+0,44	27.41	58.52
Rodrigo Martins CHOCAS	+0,46	26.59	Leonardo Conceicao REIS	+0,46	27.05	55.85
<b>4. Galitos / Bresimar-JUV</b>		<b>Galitos / Bresimar</b>	<b>3:49.10</b>	<b>+0,62</b>	<b>554</b>	
Duarte Ramos NUNES	+0,62	56.13	Vicente Sa VALE	+0,33	27.27	57.66
Daniel KUCHERYAVENKO	+0,38	27.83	Antonio Cruz FARDILHA	+0,41	27.34	57.55
<b>5. Alges-JUV</b>		<b>Alges</b>	<b>3:50.88</b>	<b>+0,71</b>	<b>541</b>	
Afonso Jose FERNANDES	+0,71	57.83	Francisco Maria SANTOS	+0,56	27.45	57.77
Vicente Dias MAIA	+0,56	27.15	Antonio Rego ARSENIO	+0,54	27.32	58.27
<b>6. Fluvial Portuense-JUV</b>		<b>Fluvial Portuense</b>	<b>3:51.09</b>	<b>+0,61</b>	<b>540</b>	
Rodrigo Costa BORGES	+0,61	57.14	Tiago Andre CANELAS	+0,62	28.69	59.57
Gil Afonso RODRIGUES	+0,53	27.55	Francisco Miguel PEREIRA	+0,28	26.51	56.39
<b>7. Vieiraense-JUV</b>		<b>Vieirense</b>	<b>3:53.59</b>	<b>+0,68</b>	<b>523</b>	
Gabriel Mota PATRICIO	+0,68	58.05	Francisco Xavier RITA	+0,23	27.54	57.36
Francisco Jose FRAGOSO	+0,11	27.12	Santiago Boica SOUSA	+0,47	27.53	58.25
<b>8. Naval do Funchal-JUV</b>		<b>Naval do Funchal</b>	<b>3:55.72</b>	<b>+0,64</b>	<b>509</b>	
Lucas Santos PEREIRA	+0,64	59.17	Telmo Drumond RIBEIRO	+0,34	28.85	1:02.38
Joao Francisco ALMEIDA	+0,18	27.24	Tiago Brazao NEVES	+0,36	26.87	56.35

Prova 122  
31/03/2023 - 12:50

Femin., 4 x 100m Livres

Juvenis  
Resultados

Rec Nac Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30/07/2010
Rec Nac Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02/04/2015
Rec Nac Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24/07/2015
Rec Nac Juv B	4:10.72	Clube Nautico Academico de Coimbra	CNAC	Povoa de Varzim	05/08/2011

TAC\_Juv\_estafeta 50m: 4:21.37 - 25m: 4:16.14

Pontos: FINA 2023

Lugar		Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Estarreja/PROZINCO-JUV		Estarreja/PROZINCO	<b>4:15.82</b>	+0,64	550
	Lara Catarina MAIA	+0,64 29.90	1:01.87 Ana Jorge GONCALVES		31.63	1:07.74
	Carolina Sofia BAPTISTA	30.34	1:03.46 Carolina Mendes NUNES		29.74	1:02.75
2.	Galitos / Bresimar-JUV		Galitos / Bresimar	<b>4:15.92</b>	+0,64	550
	Matilde Pinguicha MIRANDA	+0,64 29.78	1:03.03 Rita Oliveira PIRES		30.58	1:05.10
	Matilde Pinheiro LAMEIRO	30.28	1:03.63 Sofia Pereira JORGE		30.25	1:04.16
3.	Braga-JUV		Braga	<b>4:16.27</b>	+0,71	547
	Maria Gomes NEVES	+0,71 28.99	1:00.70 Maria Alexandra LEITE		30.97	1:05.89
	Leonor Queiroz GONCALVES	31.80	1:05.97 Adriana Ribeiro BARROS		29.83	1:03.71
4.	Alges-JUV		Alges	<b>4:17.90</b>	+0,64	537
	Leonor Serrao NASCIMENTO	+0,64 30.66	1:04.64 Sofia Monteiro UVA		30.80	1:04.89
	Barbara Maria NEVES	30.98	1:05.19 Constanca Santos FERREIRA		30.04	1:03.18

Prova 13  
31/03/2023

Masc., 100m Costas

Juvenis  
Resultados Swim Off Elimin

Rec Nac Absoluto	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Juv A	58.61	Diogo Gomes SOUSA	CNCVG	Coimbra	29/05/2011
Rec Nac Juv B	59.54	Diogo Matos RIBEIRO	POR	Baku (AZE)	22/07/2019
RN S8	1:12.09	Diogo Luis CANCELA	ALN	Funchal	31/03/2023
RN S10	1:05.09	Gino Santos CAETANO	SCA	Vila Franca de Xira	29/04/2012

JO Absoluto: 53.74 / CEJun\_Masc 15 - 18: 57.28 / TAC 50m: 1:06.65 - 25m: 1:03.21

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Tiago Delfim PEREIRA	07		Aminata	<b>1:04.25</b>	+0,62	517
	50m: 32.07 32.07	100m: 1:04.25	32.18				
2.	Mikhael ONUTSKYY	08		Pimpoes/Cimai	<b>1:04.71</b>	+0,63	507
	50m: 32.18 32.18	100m: 1:04.71	32.53				

## 4 - 2ª Jornada - 2ª Sessão (Finais-Finals)

31/03/2023 - 17:00

Prova 13	Masc., 100m Costas				Open
31/03/2023 - 17:00					Resultados Final
Rec Nac Absoluto	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Sen	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Jun18	55.18	Joao Nogueira COSTA	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun17	57.17	Alexis Manacas SANTOS	POR	Praga (CZE)	12/07/2009

JO Absoluto: 53.74 / CMPL Sen: 54.03 / CESub23 19 - 23: 55.62 / CEJun\_Masc 15 - 18: 57.28 / TAC Sen 50m: 1:01.71 - 25m: 58.53;  
Jun 50m: 1:03.56 - 25m: 1:00.29

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Joao Nogueira COSTA <i>Minimos CE Sub23</i>	01	Vitoria Guimaraes	<b>54.50</b>	+0,57	848
	50m: 26.43 26.43		100m: 54.50 28.07			
2.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>55.01</b>	+0,65	825
	50m: 26.16 26.16		100m: 55.01 28.85			
3.	Diogo Santos COSTA	02	Benfica	<b>56.87</b>	+0,53	746
	50m: 26.95 26.95		100m: 56.87 29.92			
4.	Gustavo Carvalho SILVA	04	Naval Praia da Vitoria	<b>58.02</b>	+0,63	703
	50m: 27.46 27.46		100m: 58.02 30.56			
5.	Ricardo Filipe ROCHA	02	Aquatico Pacense	<b>58.25</b>	+0,57	695
	50m: 28.35 28.35		100m: 58.25 29.90			
6.	Ricardo Matias SANTOS	05	CPFZ - Natacao	<b>58.91</b>	+0,62	672
	50m: 28.63 28.63		100m: 58.91 30.28			
7.	Tomas Maia JANUARIO	06	Benfica	<b>59.39</b>	+0,53	655
	50m: 28.21 28.21		100m: 59.39 31.18			
8.	Diogo Miguel SILVA	05	Galitos / Bresimar	<b>59.69</b>	+0,61	646
	50m: 28.59 28.59		100m: 59.69 31.10			
9.	Ricardo Saraiva PIRES	98	Laranjeiro	<b>59.74</b>	+0,58	644
	50m: 28.89 28.89		100m: 59.74 30.85			
10.	Federico MESTRONI	99	Benfica	<b>59.75</b>	+0,59	644
	50m: 28.65 28.65		100m: 59.75 31.10			
<b>Final B</b>						
11.	Francisco Araujo SILVA	06	Famalicao	<b>59.16</b>	+0,65	663
	50m: 28.87 28.87		100m: 59.16 30.29			
12.	Rodrigo Vieira RODRIGUES	06	Sporting de Espinho	<b>59.55</b>	+0,55	650
	50m: 28.59 28.59		100m: 59.55 30.96			
13.	Andre Henriques MARQUES	05	Benfica	<b>59.67</b>	+0,53	646
	50m: 28.65 28.65		100m: 59.67 31.02			
14.	Miguel Cordeiro ALMEIDA	05	Alges	<b>59.81</b>	+0,52	642
	50m: 28.62 28.62		100m: 59.81 31.19			



## Prova 13, Masc., 100m Costas, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
15.	Joao Diogo FERNANDES	98		Belenenses	<b>59.95</b>	+0,59	637
	50m: 28.70 28.70	100m: 59.95	31.25				
16.	Joao Anibal REMELHE	05		Braga	<b>1:00.24</b>	+0,59	628
	50m: 29.07 29.07	100m: 1:00.24	31.17				
17.	Rodrigo Manuel CUNHA	04		Vitoria Guimaraes	<b>1:00.61</b>	+0,56	617
	50m: 28.76 28.76	100m: 1:00.61	31.85				
18.	Jose Diogo DIAS	04		Nautico Academico	<b>1:01.18</b>	+0,60	599
	50m: 29.53 29.53	100m: 1:01.18	31.65				
19.	Marin CEPELEAGA	05		Portinado	<b>1:01.50</b>	+0,54	590
	50m: 29.26 29.26	100m: 1:01.50	32.24				
	Miguel Ribeiro BATE	99		Sporting	<b>1:01.50</b>	+0,62	590
	50m: 29.51 29.51	100m: 1:01.50	31.99				

## Prova 13 31/03/2023 - 17:00

## Masc., 100m Costas

## Juvenis Resultados Final

Rec Nac Absoluto	53.87	Joao Nogueira COSTA	POR	Roma (ITA)	16/08/2022
Rec Nac Juv A	58.61	Diogo Gomes SOUSA	CNCVG	Coimbra	29/05/2011
Rec Nac Juv B	59.54	Diogo Matos RIBEIRO	POR	Baku (AZE)	22/07/2019

JO Absoluto: 53.74 / CEJun\_Masc 15 - 18: 57.28 / TAC 50m: 1:06.65 - 25m: 1:03.21

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Goncalo Carlos AZEVEDO	07		Natacao da Maia	<b>59.61</b>	+0,61	648
	50m: 28.74 28.74	100m: 59.61	30.87				
2.	Tiago Mendes COSTA	07		Famalicao	<b>1:00.97</b>	+0,62	606
	50m: 29.53 29.53	100m: 1:00.97	31.44				
3.	Tiago Brazao NEVES	07		Naval do Funchal	<b>1:01.31</b>	+0,54	596
	50m: 29.83 29.83	100m: 1:01.31	31.48				
4.	Afonso Bjork FREITAS	07		Nacional de Natacao	<b>1:01.42</b>	+0,57	592
	50m: 29.52 29.52	100m: 1:01.42	31.90				
5.	Rodrigo Filipe CORREIA	07		Porto	<b>1:01.49</b>	+0,60	590
	50m: 29.77 29.77	100m: 1:01.49	31.72				
6.	Francisco Miguel PEREIRA	08		Fluvial Portuense	<b>1:03.58</b>	+0,65	534
	50m: 31.17 31.17	100m: 1:03.58	32.41				
7.	Goncalo Pereira COLACO	07		Nautico de Leiria	<b>1:03.76</b>	+0,56	530
	50m: 30.45 30.45	100m: 1:03.76	33.31				
8.	Daniel KUCHERYAVENKO	07		Galitos / Bresimar	<b>1:04.16</b>	+0,63	520
	50m: 30.73 30.73	100m: 1:04.16	33.43				
9.	Tiago Delfim PEREIRA	07		Aminata	<b>1:04.78</b>	+0,60	505
	50m: 30.93 30.93	100m: 1:04.78	33.85				
10.	Luis Filipe CARVALHO	07		Naval Povoense	<b>1:04.86</b>	+0,59	503
	50m: 30.94 30.94	100m: 1:04.86	33.92				

Prova 14  
31/03/2023 - 17:08

Femin., 100m Costas

Open  
Resultados Final

Rec Nac Absoluto	1:00.66	Camila Rodrigues REBELO	POR	Roma (ITA)	15/08/2022
Rec Nac Sen	1:00.66	Camila Rodrigues REBELO	POR	Roma (ITA)	15/08/2022
Rec Nac Jun17	1:01.18	Rafaela Gomes AZEVEDO	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun16	1:03.21	Camila Rodrigues REBELO	ALN	Coimbra	05/04/2019

JO Absoluto: 59.99 / CMPL 19 +: 1:00.59 / CESub23 19 - 23: 1:02.09 / CEJun\_Fem 14 - 17: 1:04.59 / TAC Sen 50m: 1:09.73 - 25m: 1:06.80; Jun 50m: 1:11.47 - 25m: 1:08.47

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>							
1.	Maria Luiza PESSANHA	00		Naval do Funchal	<b>1:02.60</b>	+0,61	772
	50m: 30.71 30.71	100m: 1:02.60	31.89				
2.	Rafaela Gomes AZEVEDO	02		Alges	<b>1:02.68</b>	+0,63	769
	50m: 29.82 29.82	100m: 1:02.68	32.86				
3.	Catarina Martins MESTRE	00		Natacao de Lisboa	<b>1:04.58</b>	+0,59	704
	50m: 30.90 30.90	100m: 1:04.58	33.68				
4.	Maria Carolina EIRA	05		Ginasio de Vila Real	<b>1:06.59</b>	+0,58	642
	50m: 32.21 32.21	100m: 1:06.59	34.38				
5.	Mafalda Martins MESQUITA	07		Famalicao	<b>1:07.02</b>	+0,63	629
	50m: 32.61 32.61	100m: 1:07.02	34.41				
6.	Ana Teresa ROMAO	06		Naval de Faro	<b>1:07.14</b>	+0,60	626
	50m: 32.48 32.48	100m: 1:07.14	34.66				
7.	Luana Correia RODRIGUES	01		Belenenses	<b>1:07.36</b>	+0,54	620
	50m: 32.83 32.83	100m: 1:07.36	34.53				
8.	Ana Catarina MONTEIRO	93		Vilacondense	<b>1:07.50</b>	+0,57	616
	50m: 32.49 32.49	100m: 1:07.50	35.01				
9.	Leonor Correia PAIVA	04		Louzan Natacao/EFAPEL	<b>1:08.18</b>	+0,60	598
	50m: 32.55 32.55	100m: 1:08.18	35.63				
10.	Erica Cristina REIS	05		Sporting	<b>1:08.61</b>	+0,55	587
	50m: 33.31 33.31	100m: 1:08.61	35.30				
<b>Final B</b>							
11.	Carolina Martins CAMACHO	06		Uniao Piedense	<b>1:08.53</b>	+0,70	589
	50m: 32.96 32.96	100m: 1:08.53	35.57				
	Maria Joao FERREIRA	06		Foca Quinta da Lixa CNF	<b>1:08.53</b>	+0,58	589
	50m: 33.37 33.37	100m: 1:08.53	35.16				
13.	Sofia Alexandra NUNES	00		Laranjeiro	<b>1:08.83</b>	+0,62	581
	50m: 32.73 32.73	100m: 1:08.83	36.10				
14.	Soraia Maria SALGADO	05		Fisica Torres Vedras	<b>1:08.97</b>	+0,71	577
	50m: 32.82 32.82	100m: 1:08.97	36.15				
15.	Luana Cardoso MAGALHAES	06		Alges	<b>1:09.49</b>	+0,59	565
	50m: 33.30 33.30	100m: 1:09.49	36.19				
16.	Teresa Joao PIRES	07		Alges	<b>1:09.62</b>	+0,66	561
	50m: 33.77 33.77	100m: 1:09.62	35.85				

**Prova 14, Femin., 100m Costas, Final, Open**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Madalena Almeida FIGUEIRA	07		Academico Viseu	<b>1:09.83</b>	+0,68	556
	50m: 33.64 33.64	100m: 1:09.83		36.19			
18.	Yasmin Reis ABRAO	06		Uniao Piedense	<b>1:09.90</b>	+0,69	555
	50m: 33.68 33.68	100m: 1:09.90		36.22			
19.	Maria Lopes AMADO	04		Sporting	<b>1:09.94</b>	+0,61	554
	50m: 33.50 33.50	100m: 1:09.94		36.44			
20.	Filipa Viamonte FERNANDES	02		Vitoria Guimaraes	<b>1:11.31</b>	+0,67	522
	50m: 33.56 33.56	100m: 1:11.31		37.75			

**Prova 14  
31/03/2023 - 17:08**
**Femin., 100m Costas**
**Juvenis  
Resultados Final**

Rec Nac Absoluto	1:00.66	Camila Rodrigues REBELO	POR	Roma (ITA)	15/08/2022
Rec Nac Juv A	1:03.92	Ines Camacho FERNANDES	SCP	Coimbra	06/04/2012
Rec Nac Juv A	1:03.92	Joana Carina SILVA	LSXXI	Coimbra	06/04/2012
Rec Nac Juv B	1:04.90	Joana Carina SILVA	LSXXI	Oeiras	25/03/2011

JO Absoluto: 59.99 / CEJun\_Fem 14 - 17: 1:04.59 / TAC 50m: 1:14.61 - 25m: 1:11.48

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Gomes NEVES	08		Braga	<b>1:07.18</b>	+0,61	625
	50m: 32.52 32.52	100m: 1:07.18		34.66			
2.	Vera Andrade GONCALVES	09		Juventude Atlantico	<b>1:07.89</b>	+0,62	605
	50m: 32.94 32.94	100m: 1:07.89		34.95			
3.	Rafaela Ferreira MENDES	08		Torres Novas	<b>1:08.84</b>	+0,66	581
	50m: 32.68 32.68	100m: 1:08.84		36.16			
4.	Constanca Santos FERREIRA	08		Alges	<b>1:09.42</b>	+0,75	566
	50m: 33.88 33.88	100m: 1:09.42		35.54			
5.	Matilde Marques MENDES	08		Gafanha da Encarnacao	<b>1:09.79</b>	+0,70	557
	50m: 33.28 33.28	100m: 1:09.79		36.51			
6.	Beatriz Belo CLARA	09		Nautico de Leiria	<b>1:11.01</b>	+0,63	529
	50m: 34.10 34.10	100m: 1:11.01		36.91			
7.	Matilde Pinheiro LAMEIRO	08		Galitos / Bresimar	<b>1:11.28</b>	+0,63	523
	50m: 33.98 33.98	100m: 1:11.28		37.30			
8.	Sofia Vega GOMES	08		Naval do Funchal	<b>1:11.33</b>	+0,61	522
	50m: 35.02 35.02	100m: 1:11.33		36.31			
9.	Margarida Catroga MARQUES	08		Colegio Monte Maior	<b>1:11.74</b>	+0,76	513
	50m: 34.20 34.20	100m: 1:11.74		37.54			
10.	Julia Freitas PEREIRA	08		Naval do Funchal	<b>1:12.11</b>	+0,58	505
	50m: 34.85 34.85	100m: 1:12.11		37.26			

Prova 15  
31/03/2023 - 17:17

Masc., 100m Bruços

Open  
Resultados Final

Rec Nac Absoluto	1:01.01	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nac Sen	1:01.01	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nac Jun18	1:02.87	Andre Miguel SILVA	PDEM	Faro	18/07/2009
Rec Nac Jun17	1:04.54	Andre Miguel SILVA	POR	Belgrado (SRB)	02/08/2008

CESub23 19 - 23: 1:01.57 / JO Absoluto: 59.49 / CMPL Sen: 59.75 / CEJun\_Masc 15 - 18: 1:03.93 / TAC Sen 50m: 1:08.71 - 25m: 1:05.73; Jun 50m: 1:10.77 - 25m: 1:07.70

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>							
1.	Francisco Robalo QUINTAS	95		Sporting	<b>1:02.92</b>	+0,62	738
	50m: 29.10 29.10	100m: 1:02.92	33.82				
2.	Rafael Gomes SIMOES	00		Braga	<b>1:03.68</b>	+0,74	712
	50m: 29.98 29.98	100m: 1:03.68	33.70				
3.	Pedro Goncalves BONNIZ	06		Benfica	<b>1:04.35</b>	+0,63	690
	<i>Recorde Nacional</i>						
	50m: 30.48 30.48	100m: 1:04.35	33.87				
4.	Joao Soares CARNEIRO	03		Benfica	<b>1:04.73</b>	+0,64	678
	50m: 29.48 29.48	100m: 1:04.73	35.25				
5.	Carlos Daniel NUNES	05		Nautico Salvaterra Magos	<b>1:04.76</b>	+0,67	677
	50m: 29.71 29.71	100m: 1:04.76	35.05				
6.	Nicollas Cataldo SOUZA	02		Naval do Funchal	<b>1:04.87</b>	+0,69	674
	50m: 29.97 29.97	100m: 1:04.87	34.90				
7.	Francisco Costa NUNES	02		Belenenses	<b>1:05.56</b>	+0,72	653
	50m: 30.07 30.07	100m: 1:05.56	35.49				
8.	Andre Tavares GRENHO	99		Gesloures	<b>1:05.81</b>	+0,68	645
	50m: 30.54 30.54	100m: 1:05.81	35.27				
9.	Joao Carvalho RODRIGUES	06		Galitos / Bresimar	<b>1:06.27</b>	+0,68	632
	50m: 30.98 30.98	100m: 1:06.27	35.29				
10.	Rodrigo Almeida CABRITO	01		Belenenses	<b>1:06.77</b>	+0,64	618
	50m: 31.18 31.18	100m: 1:06.77	35.59				
<b>Final B</b>							
11.	Joao Lourenco REBELO	04		Alges	<b>1:06.46</b>	+0,63	626
	50m: 31.17 31.17	100m: 1:06.46	35.29				
12.	Renato Barros FRISCHKNECHT	01		Sporting	<b>1:07.03</b>	+0,62	611
	50m: 30.54 30.54	100m: 1:07.03	36.49				
13.	Filipe Miguel GOMES	97		Nautico de Leiria	<b>1:07.11</b>	+0,63	608
	50m: 31.14 31.14	100m: 1:07.11	35.97				
14.	Francisco Lopes AFONSO	03		Alges	<b>1:07.81</b>	+0,61	590
	50m: 31.59 31.59	100m: 1:07.81	36.22				
15.	Francisco Manuel ZENZA	01		Natacao da Maia	<b>1:07.98</b>	+0,67	585
	50m: 31.40 31.40	100m: 1:07.98	36.58				

**Prova 15, Masc., 100m Bruços, Final, Open**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Joaquim Agra MERUJE	01		Uniao Coimbra	<b>1:08.13</b>	+0,71	581
	50m: 31.34 31.34	100m: 1:08.13		36.79			
17.	Andre Filipe MAGALHAES	98		Despertarecorde	<b>1:08.17</b>	+0,69	580
	50m: 32.18 32.18	100m: 1:08.17		35.99			
18.	Tomas Mendes COSTA	06		Famalicao	<b>1:08.79</b>	+0,69	565
	50m: 32.15 32.15	100m: 1:08.79		36.64			
19.	Afonso Mateus RIBEIRO	95		Belenenses	<b>1:09.52</b>	+0,70	547
	50m: 32.40 32.40	100m: 1:09.52		37.12			
20.	Miguel Carvalho RODRIGUES	02		Galitos / Bresimar	<b>1:09.94</b>	+0,67	537
	50m: 31.91 31.91	100m: 1:09.94		38.03			

**Prova 15**
**Masc., 100m Bruços**
**Juvenis**

31/03/2023 - 17:17

Resultados Final

Rec Nac Absoluto	1:01.01	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	28/07/2013
Rec Nac Juv A	1:04.48	Ricardo Samuel PEREIRA	POR	Baku (AZE)	25/07/2019
Rec Nac Juv B	1:06.16	Ricardo Samuel PEREIRA	SLB	Oeiras	26/07/2018

JO Absoluto: 59.49 / CEJun\_Masc 15 - 18: 1:03.93 / TAC 50m: 1:14.21 - 25m: 1:10.99

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Rafael Miguel MIMOSO	07		Benfica	<b>1:05.75</b>	+0,70	647
	50m: 31.23 31.23	100m: 1:05.75		34.52			
2.	Rodrigo Martins CHOCAS	07		Sporting	<b>1:07.61</b>	+0,58	595
	50m: 31.95 31.95	100m: 1:07.61		35.66			
3.	Duarte Ramos NUNES	07		Galitos / Bresimar	<b>1:09.30</b>	+0,66	552
	50m: 32.84 32.84	100m: 1:09.30		36.46			
4.	Alexandre Moreira DOURADO	07		Naval Povoense	<b>1:11.90</b>	+0,79	495
	50m: 33.52 33.52	100m: 1:11.90		38.38			
5.	Duarte Maria CARREIRA	07		Porto	<b>1:12.30</b>	+0,67	486
	50m: 33.22 33.22	100m: 1:12.30		39.08			
6.	Vicente Sa VALE	08		Galitos / Bresimar	<b>1:12.47</b>	+0,64	483
	50m: 33.84 33.84	100m: 1:12.47		38.63			
7.	David Jesus MORGADO	08		Sporting	<b>1:13.93</b>	+0,74	455
	50m: 34.07 34.07	100m: 1:13.93		39.86			
8.	Dario Cristiano MARICI	07		Louletano / Loule Concelho	<b>1:14.13</b>	+0,74	451
	50m: 34.54 34.54	100m: 1:14.13		39.59			
9.	Francisco Marques SIMOES	07		Nautico de Leiria	<b>1:14.43</b>	+0,73	446
	50m: 34.19 34.19	100m: 1:14.43		40.24			

DSQ Daniel IONAS 07 Amadora +0,69  
 7.1 - O(A) nadador(a), após a partida, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1

Prova 16  
31/03/2023 - 17:24

Femin., 100m Bruços

Open  
Resultados Final

Rec Nac Absoluto	1:08.29	Ana Pinho RODRIGUES	EDV	Coimbra	17/12/2022
Rec Nac Sen	1:08.29	Ana Pinho RODRIGUES	EDV	Coimbra	17/12/2022
Rec Nac Jun17	1:10.00	Raquel Gomes PEREIRA	SAD	Coimbra	31/03/2017
Rec Nac Jun16	1:10.09	Diana Duarte GOMES	POR	Budapeste (HUN)	17/07/2005

JO Absoluto: 1:06.79 / CMPL 19 +: 1:07.35 / CESub23 19 - 23: 1:06.13 / CEJun\_Fem 14 - 17: 1:11.31 / TAC Sen 50m: 1:18.27 - 25m: 1:15.63; Jun 50m: 1:20.23 - 25m: 1:17.52

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Ana Pinho RODRIGUES	94	Desportiva de Viana	<b>1:09.07</b>	+0,65	800
	50m: 31.65 31.65	100m: 1:09.07	37.42			
2.	Lidiana Correia RODRIGUES	04	Belenenses	<b>1:11.67</b>	+0,75	716
	50m: 34.05 34.05	100m: 1:11.67	37.62			
3.	Madalena Reis CERDEIRA	03	Sporting	<b>1:12.47</b>	+0,73	692
	50m: 34.65 34.65	100m: 1:12.47	37.82			
4.	Claudia Ferreira BORGES	99	Natacao de Olhao	<b>1:13.75</b>	+0,65	657
	50m: 34.73 34.73	100m: 1:13.75	39.02			
5.	Margarida Domingues NUNES	05	Sporting	<b>1:14.59</b>	+0,75	635
	50m: 35.00 35.00	100m: 1:14.59	39.59			
6.	Maria Freitas CASTRO	03	Porto	<b>1:14.87</b>	+0,66	628
	50m: 35.32 35.32	100m: 1:14.87	39.55			
7.	Catarina Costa SEQUEIRA	98	Natacao de Lisboa	<b>1:15.38</b>	+0,69	615
	50m: 35.79 35.79	100m: 1:15.38	39.59			
8.	Maria Carlota REBELO	03	Condeixa Clube	<b>1:15.53</b>	+0,71	612
	50m: 35.55 35.55	100m: 1:15.53	39.98			
9.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>1:16.24</b>	+0,74	595
	50m: 36.02 36.02	100m: 1:16.24	40.22			
10.	Rebeca Leonor ANTUNES	06	Alges	<b>1:16.47</b>	+0,76	589
	50m: 35.40 35.40	100m: 1:16.47	41.07			
<b>Final B</b>						
11.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>1:13.87</b>	+0,68	654
	50m: 34.77 34.77	100m: 1:13.87	39.10			
12.	Matilde Barros LEAL	07	Aquatico Pacense	<b>1:15.93</b>	+0,69	602
	50m: 35.77 35.77	100m: 1:15.93	40.16			
13.	Rita Fernandes LEITAO	96	Porto	<b>1:16.22</b>	+0,76	595
	50m: 36.13 36.13	100m: 1:16.22	40.09			
14.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>1:16.25</b>	+0,68	594
	50m: 35.41 35.41	100m: 1:16.25	40.84			
15.	Emma Aguiar BERGAMO	07	Alges	<b>1:16.29</b>	+0,73	593
	50m: 35.42 35.42	100m: 1:16.29	40.87			
16.	Ana Rita ALMEIDA	05	Campinho	<b>1:17.32</b>	+0,70	570
	50m: 35.30 35.30	100m: 1:17.32	42.02			

## Prova 16, Femin., 100m Bruços, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Sofia Nunes FIAL	03		Porto	<b>1:17.35</b>	+0,71	569
	50m: 36.22 36.22	100m: 1:17.35	41.13				
18.	Joana Rosa FERREIRA	05		Naval de Peniche	<b>1:17.36</b>	+0,70	569
	50m: 35.88 35.88	100m: 1:17.36	41.48				
19.	Joana Navega TEIXEIRA	07		Fluvial Portuense	<b>1:18.13</b>	+0,70	553
	50m: 36.45 36.45	100m: 1:18.13	41.68				
20.	Maria Joao RIBEIRO	05		Sao Joao Ver	<b>1:19.48</b>	+0,66	525
	50m: 36.36 36.36	100m: 1:19.48	43.12				

## Prova 16 31/03/2023 - 17:24

## Femin., 100m Bruços

## Juvenis Resultados Final

Rec Nac Absoluto	1:08.29	Ana Pinho RODRIGUES	EDV	Coimbra	17/12/2022
Rec Nac Juv A	1:10.73	Ana Pinho RODRIGUES	AEJ	Coimbra	31/05/2009
Rec Nac Juv B	1:12.89	Paula Alexandra OLIVEIRA	FCP	Coimbra	29/07/2010

JO Absoluto: 1:06.79 / CEJun\_Fem 14 - 17: 1:11.31 / TAC 50m: 1:23.75 - 25m: 1:20.92

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Matilde Militao GUERRA	08		Colegio Monte Maior	<b>1:16.84</b>	+0,78	581
	50m: 36.61 36.61	100m: 1:16.84	40.23				
2.	Maria Ines SILVA	08		Gafanha da Encarnacao	<b>1:17.13</b>	+0,73	574
	50m: 36.09 36.09	100m: 1:17.13	41.04				
3.	Matilde Pinguicha MIRANDA	08		Galitos / Bresimar	<b>1:17.66</b>	+0,65	563
	50m: 36.22 36.22	100m: 1:17.66	41.44				
4.	Maria Alexandra LEITE	08		Braga	<b>1:18.72</b>	+0,78	540
	50m: 36.56 36.56	100m: 1:18.72	42.16				
5.	Leonor Serrao NASCIMENTO	08		Alges	<b>1:19.71</b>	+0,63	520
	50m: 37.53 37.53	100m: 1:19.71	42.18				
6.	Erica Ferreira BARROS	08		Aquatico Pacense	<b>1:20.93</b>	+0,76	497
	50m: 37.03 37.03	100m: 1:20.93	43.90				
	Luciana Filipa PINTO	08		Porto	<b>1:20.93</b>	+0,69	497
	50m: 37.90 37.90	100m: 1:20.93	43.03				
8.	Teresa Isabel RODRIGUES	09		Foca Quinta da Lixa CNF	<b>1:21.55</b>	+0,68	486
	50m: 38.50 38.50	100m: 1:21.55	43.05				
9.	Maria Manuel BRAZ	09		Ginasio de Vila Real	<b>1:22.45</b>	+0,69	470
	50m: 38.08 38.08	100m: 1:22.45	44.37				
10.	Eva Alexandra COUTINHO	09		Peso da Regua	<b>1:22.92</b>	+0,80	462
	50m: 38.16 38.16	100m: 1:22.92	44.76				

Prova 17  
31/03/2023 - 17:31

Masc., 100m Livres

Open  
Resultados Final

Rec Nac Absoluto	48.01	Diogo Matos RIBEIRO	SLB	Funchal	31/03/2023
Rec Nac Sen	48.01	Diogo Matos RIBEIRO	SLB	Funchal	31/03/2023
Rec Nac Jun18	48.52	Diogo Matos RIBEIRO	POR	Roma (ITA)	12/08/2022
Rec Nac Jun17	49.34	Diogo Matos RIBEIRO	POR	Roma (ITA)	07/07/2021

JO Absoluto: 48.34 / CMPL Sen: 48.51 / CESub23 19 - 23: 50.03 / CEJun\_Masc 15 - 18: 51.54 / TAC Sen 50m: 53.91 - 25m: 51.96;  
Jun 50m: 55.53 - 25m: 53.52

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Diogo Matos RIBEIRO	04	Benfica	<b>47.98</b>	+0,62	931
	<i>Recorde Nacional, Minimos JO 2024, Minimos CMundo, Minimos CE Sub23</i>					
	50m: 22.85 22.85	100m: 47.98	25.13			
2.	Miguel Duarte NASCIMENTO	95	Benfica	<b>49.63</b>	+0,62	841
	50m: 23.18 23.18	100m: 49.63	26.45			
3.	Tiago Cunha COSTA	99	Sporting	<b>50.17</b>	+0,63	814
	50m: 23.83 23.83	100m: 50.17	26.34			
4.	Diogo Ramos LEBRE	01	Alges	<b>50.59</b>	+0,64	794
	50m: 23.91 23.91	100m: 50.59	26.68			
5.	Gustavo Carvalhais RIBEIRO	03	Sporting	<b>51.00</b>	+0,73	775
	50m: 24.58 24.58	100m: 51.00	26.42			
6.	Miguel Henriques MARQUES	00	Benfica	<b>51.10</b>	+0,63	771
	50m: 23.51 23.51	100m: 51.10	27.59			
7.	Bruno Miguel RAMOS	97	Belenenses	<b>51.20</b>	+0,62	766
	50m: 24.56 24.56	100m: 51.20	26.64			
8.	Joao Esteves PADRELA	99	Naval do Funchal	<b>51.87</b>	+0,65	737
	50m: 24.39 24.39	100m: 51.87	27.48			
9.	Gabriel Persequin DIAS	03	Naval do Funchal	<b>51.98</b>	+0,58	732
	50m: 24.50 24.50	100m: 51.98	27.48			
10.	Tomas Teixeira LOPES	02	Vitoria Guimaraes	<b>52.32</b>	+0,70	718
	50m: 24.57 24.57	100m: 52.32	27.75			
<b>Final B</b>						
11.	Leonardo SCHILLING	93	Porto	<b>51.31</b>	+0,69	761
	50m: 24.62 24.62	100m: 51.31	26.69			
12.	Paulo VAKULYUK	03	Torres Novas	<b>51.61</b>	+0,67	748
	50m: 24.41 24.41	100m: 51.61	27.20			
13.	Henrique Silva MASCARENHAS	01	Fluvial Portuense	<b>52.25</b>	+0,67	721
	50m: 24.92 24.92	100m: 52.25	27.33			
14.	Fernando Souza SILVA	86	Naval do Funchal	<b>52.64</b>	+0,69	705
	50m: 24.26 24.26	100m: 52.64	28.38			
15.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>52.69</b>	+0,64	703
	50m: 25.12 25.12	100m: 52.69	27.57			



## Prova 17, Masc., 100m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Joao Duarte SANTOS	95		Natacao de Olhao	<b>53.15</b>	+0,68	685
	50m: 25.44 25.44	100m: 53.15		27.71			
17.	Rodrigo Miguel REIS	04		Nautico Academico	<b>53.42</b>	+0,64	674
	50m: 25.37 25.37	100m: 53.42		28.05			
18.	Diogo Alexandre OLIVEIRA	05		Naval do Funchal	<b>53.60</b>	+0,65	668
	50m: 25.49 25.49	100m: 53.60		28.11			
19.	Pedro Andre SANTOS	94		Alges	<b>53.86</b>	+0,71	658
	50m: 25.73 25.73	100m: 53.86		28.13			
20.	Gustavo Carvalho SILVA	04		Naval Praia da Vitoria	<b>55.34</b>	+0,72	607
	50m: 25.98 25.98	100m: 55.34		29.36			

## Prova 17

## Masc., 100m Livres

## Juvenis

31/03/2023 - 17:31

Resultados Final

Rec Nac Absoluto	48.01	Diogo Matos RIBEIRO	SLB	Funchal	31/03/2023
Rec Nac Juv A	52.10	Tiago Andre VENANCIO	POR	Paris (FRA)	28/07/2003
Rec Nac Juv B	52.51	Diogo Matos RIBEIRO	CUC	Funchal	04/08/2019

JO Absoluto: 48.34 / CEJun\_Masc 15 - 18: 51.54 / TAC 50m: 58.22 - 25m: 56.12

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Goncalo Carlos AZEVEDO	07		Natacao da Maia	<b>53.53</b>	+0,70	670
	50m: 25.90 25.90	100m: 53.53		27.63			
2.	Alexandre MORARI	07		Rio Maior	<b>54.11</b>	+0,66	649
	50m: 26.25 26.25	100m: 54.11		27.86			
3.	Andre Miguel RAMOS	07		Fisica Torres Vedras	<b>54.31</b>	+0,68	642
	50m: 25.98 25.98	100m: 54.31		28.33			
4.	Afonso Dinis ROQUE	07		Nautico de Leiria	<b>54.70</b>	+0,70	628
	50m: 26.15 26.15	100m: 54.70		28.55			
5.	Antonio Furtado PIRES	07		CLIP Teams	<b>55.60</b>	+0,65	598
	50m: 26.36 26.36	100m: 55.60		29.24			
6.	Martim Alexandre SILVA	07		Columbofila Cantanhedense	<b>56.14</b>	+0,69	581
	50m: 26.98 26.98	100m: 56.14		29.16			
7.	Duarte Cachulo MARQUES	07		Condeixa Clube	<b>56.16</b>	+0,66	580
	50m: 27.01 27.01	100m: 56.16		29.15			
8.	Goncalo Pereira COLACO	07		Nautico de Leiria	<b>56.21</b>	+0,72	579
	50m: 27.25 27.25	100m: 56.21		28.96			
9.	Tiago Brazao NEVES	07		Naval do Funchal	<b>56.27</b>	+0,61	577
	50m: 27.51 27.51	100m: 56.27		28.76			
10.	Leonardo Cunha MOURA	07		Foca Quinta da Lixa CNF	<b>56.45</b>	+0,65	572
	50m: 26.56 26.56	100m: 56.45		29.89			

Prova 18  
31/03/2023 - 17:38

Femin., 100m Livres

Open  
Resultados Final

Rec Nac Absoluto	56.39	Ana Pinho RODRIGUES	ADS	Coimbra	04/04/2019
Rec Nac Sen	56.39	Ana Pinho RODRIGUES	ADS	Coimbra	04/04/2019
Rec Nac Jun17	56.56	Ana Reis SOUSA	SAD	Coimbra	04/04/2019
Rec Nac Jun16	57.11	Ana Reis SOUSA	POR	Helsinki (FIN)	04/07/2018

JO Absoluto: 53.61 / CMPL 19 +: 54.25 / CESub23 19 - 23: 55.49 / CEJun\_Fem 14 - 17: 57.81 / TAC Sen 50m: 1:00.88 - 25m: 59.40;  
Jun 50m: 1:02.40 - 25m: 1:00.89

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Francisca Soares MARTINS <i>Recorde Nacional</i>	03	Foca Quinta da Lixa CNF	<b>56.25</b>	+0,66	776
	50m: 27.20 27.20	100m: 56.25	29.05			
2.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>56.78</b>	+0,68	755
	50m: 27.25 27.25	100m: 56.78	29.53			
3.	Ema Jeronimo CONCEICAO	03	Benfica	<b>57.59</b>	+0,77	723
	50m: 28.31 28.31	100m: 57.59	29.28			
4.	Rita Barros FRISCHKNECHT	98	Sporting	<b>58.10</b>	+0,67	705
	50m: 27.80 27.80	100m: 58.10	30.30			
5.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>58.25</b>	+0,64	699
	50m: 28.06 28.06	100m: 58.25	30.19			
6.	Anna FOMINA	02	Sporting	<b>58.43</b>	+0,73	693
	50m: 28.23 28.23	100m: 58.43	30.20			
7.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>58.77</b>	+0,68	681
	50m: 28.02 28.02	100m: 58.77	30.75			
8.	Leticia Maia ANDRE	02	Benfica	<b>58.88</b>	+0,73	677
	50m: 28.48 28.48	100m: 58.88	30.40			
9.	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>58.97</b>	+0,71	674
	50m: 28.12 28.12	100m: 58.97	30.85			
10.	Ines Santos AMORIM	06	Desportiva de Viana	<b>59.00</b>	+0,77	673
	50m: 28.59 28.59	100m: 59.00	30.41			
<b>Final B</b>						
11.	Mafalda Marques PINTO	02	Sporting	<b>58.98</b>	+0,69	673
	50m: 28.39 28.39	100m: 58.98	30.59			
12.	Catarina Andrade FRANCO	07	Benfica	<b>59.17</b>	+0,68	667
	50m: 28.31 28.31	100m: 59.17	30.86			
13.	Ana Beatriz VIEIRA	07	Foca Quinta da Lixa CNF	<b>59.20</b>	+0,66	666
	50m: 28.89 28.89	100m: 59.20	30.31			
14.	Leonor Tavares CATALAO	06	Sporting	<b>59.33</b>	+0,70	662
	50m: 28.35 28.35	100m: 59.33	30.98			
15.	Maria Leonor COELHO	06	Benfica	<b>59.46</b>	+0,74	657
	50m: 28.84 28.84	100m: 59.46	30.62			

## Prova 18, Femin., 100m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Erica Domitila AMADOR	07		Estarreja/PROZINCO	<b>59.54</b>	+0,67	655
	50m: 28.31 28.31	100m: 59.54	31.23				
17.	Mariana Marques MERCEDES	03		Vikings	<b>59.63</b>	+0,68	652
	50m: 28.57 28.57	100m: 59.63	31.06				
18.	Marta Joao PIRES	05		Alges	<b>59.66</b>	+0,67	651
	50m: 28.65 28.65	100m: 59.66	31.01				
19.	Leonor Mil MANO	07		Nautico Academico	<b>59.71</b>	+0,69	649
	50m: 28.36 28.36	100m: 59.71	31.35				
20.	Mafalda Martins MESQUITA	07		Famalicao	<b>59.89</b>	+0,76	643
	50m: 28.94 28.94	100m: 59.89	30.95				

## Prova 18

## Femin., 100m Livres

## Juvenis

31/03/2023 - 17:38

Resultados Final

Rec Nac Absoluto	56.39	Ana Pinho RODRIGUES	ADS	Coimbra	04/04/2019
Rec Nac Juv A	57.75	Maria Carolina ROSA	POR	Prague (CZE)	08/07/2009
Rec Nac Juv B	58.07	Carolina Miranda FERNANDES	POR	Baku (AZE)	22/07/2019

JO Absoluto: 53.61 / CEJun\_Fem 14 - 17: 57.81 / TAC 50m: 1:05.14 - 25m: 1:03.56

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Carlota Costa BOLEIXA	08		Louletano / Loule Concelho	<b>1:00.34</b>	+0,69	629
	50m: 28.30 28.30	100m: 1:00.34	32.04				
2.	Maria Silva PEREIRA	08		Ginasio de Vila Real	<b>1:01.05</b>	+0,66	607
	50m: 28.82 28.82	100m: 1:01.05	32.23				
3.	Ana Carolina NEVES	08		Fluvial Portuense	<b>1:01.18</b>	+0,61	603
	50m: 28.87 28.87	100m: 1:01.18	32.31				
4.	Lara Catarina MAIA	09		Estarreja/PROZINCO	<b>1:01.90</b>	+0,60	582
	50m: 29.76 29.76	100m: 1:01.90	32.14				
5.	Anastacia PROTOLYUK	09		Columbofila Cantanhedense	<b>1:02.13</b>	+0,71	576
	50m: 29.86 29.86	100m: 1:02.13	32.27				
6.	Raquel Campos CARDOSO	09		Bombeiros de Ponta Delgada	<b>1:02.16</b>	+0,80	575
	50m: 29.97 29.97	100m: 1:02.16	32.19				
7.	Catarina Soares ARAUJO	09		Penafiel	<b>1:02.43</b>	+0,81	568
	50m: 30.20 30.20	100m: 1:02.43	32.23				
8.	Ana Beatriz PIRES	08		Uniao Piedense	<b>1:02.57</b>	+0,76	564
	50m: 30.13 30.13	100m: 1:02.57	32.44				
9.	Matilde Catroga MARQUES	08		Colegio Monte Maior	<b>1:02.60</b>	+0,78	563
	50m: 29.86 29.86	100m: 1:02.60	32.74				
10.	Sara Silva LIGEIRO	08		Viana Natacao	<b>1:03.22</b>	+0,71	547
	50m: 30.27 30.27	100m: 1:03.22	32.95				

Prova 19  
31/03/2023 - 17:44

Masc., 400m Estilos

Open  
Resultados Final

Rec Nac Absoluto	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	Jose Paulo LOPES	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	Joao Alexandre VITAL	POR	Singapore (SGP)	29/08/2015

JO Absoluto: 4:12.50 / CMPL Sen: 4:17.48 / CESub23 19 - 23: 4:21.34 / CEJun\_Masc 15 - 18: 4:33.58 / TAC Sen 50m: 4:49.87 - 25m: 4:40.54; Jun 50m: 4:58.57 - 25m: 4:48.96

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Jose Paulo LOPES	00	Braga	<b>4:27.40</b>	+0,66	758
	50m: 27.68 27.68	150m: 1:33.05 33.55	250m: 2:45.50 38.48	350m: 3:56.99 31.95		
	100m: 59.50 31.82	200m: 2:07.02 33.97	300m: 3:25.04 39.54	400m: 4:27.40 30.41		
2.	Porfirio Braga NUNES	00	Porto	<b>4:33.03</b>	+0,66	712
	50m: 27.79 27.79	150m: 1:37.49 36.95	250m: 2:52.28 38.54	350m: 4:03.32 31.22		
	100m: 1:00.54 32.75	200m: 2:13.74 36.25	300m: 3:32.10 39.82	400m: 4:33.03 29.71		
3.	Diogo Santos CARDOSO	01	Sporting	<b>4:34.47</b>	+0,70	701
	50m: 29.16 29.16	150m: 1:39.96 38.40	250m: 2:55.91 39.17	350m: 4:05.33 30.76		
	100m: 1:01.56 32.40	200m: 2:16.74 36.78	300m: 3:34.57 38.66	400m: 4:34.47 29.14		
4.	Lucas Pereira BASTOS	00	Nautico Academico	<b>4:34.51</b>	+0,71	700
	50m: 28.56 28.56	150m: 1:36.41 35.53	250m: 2:51.13 39.28	350m: 4:03.07 31.93		
	100m: 1:00.88 32.32	200m: 2:11.85 35.44	300m: 3:31.14 40.01	400m: 4:34.51 31.44		
5.	Yury FOMIN	06	Louletano / Loule Concelho	<b>4:38.02</b>	+0,66	674
	50m: 28.74 28.74	150m: 1:38.82 36.84	250m: 2:54.81 40.31	350m: 4:07.04 32.22		
	100m: 1:01.98 33.24	200m: 2:14.50 35.68	300m: 3:34.82 40.01	400m: 4:38.02 30.98		
6.	Tiago Roberto CORDEIRO	00	Benfica	<b>4:40.01</b>	+0,69	660
	50m: 28.23 28.23	150m: 1:38.09 37.10	250m: 2:55.09 40.19	350m: 4:08.59 32.65		
	100m: 1:00.99 32.76	200m: 2:14.90 36.81	300m: 3:35.94 40.85	400m: 4:40.01 31.42		
7.	Afonso Carvalho SILVA	05	Famalicao	<b>4:40.52</b>	+0,65	656
	50m: 29.52 29.52	150m: 1:40.31 36.59	250m: 2:55.99 39.26	350m: 4:08.70 32.71		
	100m: 1:03.72 34.20	200m: 2:16.73 36.42	300m: 3:35.99 40.00	400m: 4:40.52 31.82		
8.	Vasco Alves MORGADO	05	Alges	<b>4:41.36</b>	+0,60	650
	50m: 28.10 28.10	150m: 1:39.97 38.14	250m: 2:58.94 40.16	350m: 4:11.07 30.55		
	100m: 1:01.83 33.73	200m: 2:18.78 38.81	300m: 3:40.52 41.58	400m: 4:41.36 30.29		
9.	Luis Galvao GOUVEIA	05	Desportivo Nacional	<b>4:44.22</b>	+0,68	631
	50m: 27.76 27.76	150m: 1:37.35 37.34	250m: 2:55.89 41.44	350m: 4:11.93 34.09		
	100m: 1:00.01 32.25	200m: 2:14.45 37.10	300m: 3:37.84 41.95	400m: 4:44.22 32.29		
10.	Bernardo Jorge SIMOES	04	Belenenses	<b>4:46.53</b>	+0,69	616
	50m: 28.69 28.69	150m: 1:40.19 37.91	250m: 2:59.17 41.34	350m: 4:14.72 32.01		
	100m: 1:02.28 33.59	200m: 2:17.83 37.64	300m: 3:42.71 43.54	400m: 4:46.53 31.81		

Final B

11.	Goncalo Duarte CARVALHO	05	Benfica	<b>4:43.65</b>	+0,70	635
	50m: 28.46 28.46	150m: 1:41.06 38.37	250m: 2:58.55 38.91	350m: 4:11.59 33.35		
	100m: 1:02.69 34.23	200m: 2:19.64 38.58	300m: 3:38.24 39.69	400m: 4:43.65 32.06		
12.	Kaio Araujo FAFTINE	06	Sporting	<b>4:44.73</b>	+0,61	628
	50m: 29.23 29.23	150m: 1:41.04 37.59	250m: 2:59.53 42.32	350m: 4:13.90 32.37		
	100m: 1:03.45 34.22	200m: 2:17.21 36.17	300m: 3:41.53 42.00	400m: 4:44.73 30.83		

Splash Meet Manager, 11.76418

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PARCEIROS INSTITUCIONAIS



PARCEIROS



Prova 19, Masc., 400m Estilos, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Mark ZHUKOV	06	Braga	<b>4:48.60</b>	+0,73	603	
	50m: 29.19 29.19	150m: 1:40.97	37.69	250m: 2:59.08	41.38	350m: 4:14.83	34.47
	100m: 1:03.28 34.09	200m: 2:17.70	36.73	300m: 3:40.36	41.28	400m: 4:48.60	33.77
14.	Nicolas Filip MONTFORT	05	Alges	<b>4:49.96</b>	+0,59	594	
	50m: 28.57 28.57	150m: 1:42.26	39.36	250m: 3:03.33	42.88	350m: 4:18.30	32.53
	100m: 1:02.90 34.33	200m: 2:20.45	38.19	300m: 3:45.77	42.44	400m: 4:49.96	31.66
15.	Miguel Salomao TRISTAO	04	Academica de Coimbra	<b>4:51.35</b>	+0,75	586	
	50m: 29.58 29.58	150m: 1:42.89	37.77	250m: 3:03.36	42.29	350m: 4:18.95	33.01
	100m: 1:05.12 35.54	200m: 2:21.07	38.18	300m: 3:45.94	42.58	400m: 4:51.35	32.40
16.	Miguel Alves FERNANDES	05	Viana Natacao	<b>4:51.70</b>	+0,84	584	
	50m: 29.73 29.73	150m: 1:41.26	36.43	250m: 3:01.22	44.14	350m: 4:18.93	33.09
	100m: 1:04.83 35.10	200m: 2:17.08	35.82	300m: 3:45.84	44.62	400m: 4:51.70	32.77
17.	Rodrigo Reis RODRIGUES	04	Sao Roque	<b>4:52.06</b>	+0,62	581	
	50m: 29.13 29.13	150m: 1:41.00	38.71	250m: 3:01.35	42.20	350m: 4:18.02	33.76
	100m: 1:02.29 33.16	200m: 2:19.15	38.15	300m: 3:44.26	42.91	400m: 4:52.06	34.04
18.	David Ferreira RELVAS	03	Nautico Marinha Grande	<b>4:53.10</b>	+0,78	575	
	50m: 28.71 28.71	150m: 1:41.15	39.06	250m: 3:03.09	42.98	350m: 4:20.36	33.39
	100m: 1:02.09 33.38	200m: 2:20.11	38.96	300m: 3:46.97	43.88	400m: 4:53.10	32.74
19.	Dinis Miranda DIOGO	04	Nautico Academico	<b>4:55.99</b>	+0,70	559	
	50m: 29.64 29.64	150m: 1:43.61	38.24	250m: 3:04.92	42.90	350m: 4:22.41	34.01
	100m: 1:05.37 35.73	200m: 2:22.02	38.41	300m: 3:48.40	43.48	400m: 4:55.99	33.58
20.	Ruben Ferreira PAIVA	05	Sanjoanense/FEPSA	<b>4:59.41</b>	+0,80	540	
	50m: 30.05 30.05	150m: 1:44.96	40.48	250m: 3:05.36	41.87	350m: 4:24.33	35.35
	100m: 1:04.48 34.43	200m: 2:23.49	38.53	300m: 3:48.98	43.62	400m: 4:59.41	35.08

Prova 19  
31/03/2023 - 17:44

Masc., 400m Estilos

Juvenis  
Resultados Final

Rec Nac Absoluto	4:15.84	Alexis Manacas SANTOS	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Juv A	4:32.66	Joao Alexandre VITAL	ADRCIMM	Coimbra	01/06/2014
Rec Nac Juv B	4:37.06	Joao Alexandre VITAL	POR	Utrecht (NED)	16/07/2013
JO Absoluto: 4:12.50 / CEJun_Masc 15 - 18: 4:33.58 / TAC 50m: 5:13.06 - 25m: 5:02.98					

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Leonardo Conceicao REIS	07	Sporting	<b>4:46.49</b>	+0,64	616	
	50m: 29.11 29.11	150m: 1:38.49	36.48	250m: 2:56.70	41.40	350m: 4:13.03	34.30
	100m: 1:02.01 32.90	200m: 2:15.30	36.81	300m: 3:38.73	42.03	400m: 4:46.49	33.46
2.	Renato Gouveia TEIXEIRA	07	Foca Quinta da Lixa CNF	<b>4:49.84</b>	+0,81	595	
	50m: 30.30 30.30	150m: 1:42.30	37.30	250m: 3:01.60	41.90	350m: 4:17.30	32.63
	100m: 1:05.00 34.70	200m: 2:19.70	37.40	300m: 3:44.67	43.07	400m: 4:49.84	32.54
3.	Guilherme Costa SOARES	08	Vilacondense	<b>4:53.80</b>	+0,72	571	
	50m: 30.56 30.56	150m: 1:43.70	37.86	250m: 3:04.40	43.45	350m: 4:22.16	33.49
	100m: 1:05.84 35.28	200m: 2:20.95	37.25	300m: 3:48.67	44.27	400m: 4:53.80	31.64
4.	Tomas Pinto PEIXOTO	08	Porto	<b>4:55.93</b>	+0,79	559	
	50m: 30.85 30.85	150m: 1:43.83	36.85	250m: 3:02.08	42.80	350m: 4:23.10	34.73
	100m: 1:06.98 36.13	200m: 2:19.28	35.45	300m: 3:48.37	46.29	400m: 4:55.93	32.83

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS			
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS	

**Prova 19, Masc., 400m Estilos, Final, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
5.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>4:56.01</b>	+0,75	558
	50m: 30.90 30.90	150m: 1:45.72	38.78 250m: 3:07.04	44.04 350m: 4:25.37		33.52
	100m: 1:06.94 36.04	200m: 2:23.00	37.28 300m: 3:51.85	44.81 400m: 4:56.01		30.64
6.	Francisco Marques SIMOES	07	Nautico de Leiria	<b>4:59.47</b>	+0,69	539
	50m: 30.53 30.53	150m: 1:45.53	38.61 250m: 3:07.17	43.81 350m: 4:26.51		35.35
	100m: 1:06.92 36.39	200m: 2:23.36	37.83 300m: 3:51.16	43.99 400m: 4:59.47		32.96
7.	Joao Dinis ROQUE	07	Sporting	<b>5:00.66</b>	+0,78	533
	50m: 30.85 30.85	150m: 1:46.95	40.87 250m: 3:08.83	41.56 350m: 4:27.10		35.36
	100m: 1:06.08 35.23	200m: 2:27.27	40.32 300m: 3:51.74	42.91 400m: 5:00.66		33.56
8.	Joao Francisco ALMEIDA	07	Naval do Funchal	<b>5:04.99</b>	+0,64	511
	50m: 30.59 30.59	150m: 1:47.28	40.87 250m: 3:10.76	43.62 350m: 4:30.57		35.20
	100m: 1:06.41 35.82	200m: 2:27.14	39.86 300m: 3:55.37	44.61 400m: 5:04.99		34.42
9.	Mikhael ONUTSKYY	08	Pimpoes/Cimai	<b>5:05.14</b>	+0,80	510
	50m: 32.34 32.34	150m: 1:47.07	38.62 250m: 3:10.56	45.35 350m: 4:31.57		35.53
	100m: 1:08.45 36.11	200m: 2:25.21	38.14 300m: 3:56.04	45.48 400m: 5:05.14		33.57
10.	Rafael Pacheco GODINHO	07	Sporting	<b>5:13.44</b>	+0,78	470
	50m: 30.01 30.01	150m: 1:47.18	41.32 250m: 3:13.01	45.49 350m: 4:37.16		37.01
	100m: 1:05.86 35.85	200m: 2:27.52	40.34 300m: 4:00.15	47.14 400m: 5:13.44		36.28

**Prova 20**
**Femin., 400m Estilos**
**Open**

31/03/2023 - 18:03

**Resultados Final**

Rec Nac Absoluto	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	Victoria KAMINSKAYA	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	Ines Neto ROCHA	SANNP	Gijón (ESP)	20/05/2017

JO Absoluto: 4:38.53 / CMPL 19 +: 4:43.06 / CESub23 19 - 23: 4:48.28 / CEJun\_Fem 14 - 17: 4:55.87 / TAC Sen 50m: 5:21.47 - 25m: 5:12.08; Jun 50m: 5:29.51 - 25m: 5:19.88

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Angelica Maria ANDRE	94	Porto	<b>4:52.38</b>	+0,71	756
	50m: 30.69 30.69	150m: 1:43.40	37.93 250m: 3:03.74	42.02 350m: 4:19.64		33.58
	100m: 1:05.47 34.78	200m: 2:21.72	38.32 300m: 3:46.06	42.32 400m: 4:52.38		32.74
2.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	<b>4:56.20</b>	+0,70	727
	50m: 29.69 29.69	150m: 1:41.98	38.66 250m: 3:04.47	44.27 350m: 4:22.90		34.42
	100m: 1:03.32 33.63	200m: 2:20.20	38.22 300m: 3:48.48	44.01 400m: 4:56.20		33.30
3.	Francisca Salvador MESQUITA	02	Sporting	<b>4:57.09</b>	+0,73	720
	50m: 30.94 30.94	150m: 1:46.51	39.91 250m: 3:08.13	42.33 350m: 4:24.33		34.31
	100m: 1:06.60 35.66	200m: 2:25.80	39.29 300m: 3:50.02	41.89 400m: 4:57.09		32.76
4.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>4:57.54</b>	+0,62	717
	50m: 29.81 29.81	150m: 1:45.01	40.72 250m: 3:07.44	43.02 350m: 4:25.22		33.94
	100m: 1:04.29 34.48	200m: 2:24.42	39.41 300m: 3:51.28	43.84 400m: 4:57.54		32.32
5.	Diana Margarida DURAES	96	Benfica	<b>5:02.06</b>	+0,76	685
	50m: 32.04 32.04	150m: 1:47.88	39.08 250m: 3:10.07	44.15 350m: 4:28.62		34.02
	100m: 1:08.80 36.76	200m: 2:25.92	38.04 300m: 3:54.60	44.53 400m: 5:02.06		33.44

## Prova 20, Femin., 400m Estilos, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
6.	Mariana Amaral MENDES	02		Sporting	<b>5:02.62</b>	+0,81	681
	50m: 31.83 31.83	150m: 1:48.57	40.53	250m: 3:11.76	43.38	350m: 4:29.56	34.24
	100m: 1:08.04 36.21	200m: 2:28.38	39.81	300m: 3:55.32	43.56	400m: 5:02.62	33.06
7.	Joana Nunes CARDEAL	02		Academico Viseu	<b>5:06.18</b>	+0,73	658
	50m: 30.80 30.80	150m: 1:46.56	40.09	250m: 3:11.09	45.28	350m: 4:32.36	35.42
	100m: 1:06.47 35.67	200m: 2:25.81	39.25	300m: 3:56.94	45.85	400m: 5:06.18	33.82
8.	Matilde Nunes LOPES	06		Benfica	<b>5:11.82</b>	+0,71	623
	50m: 32.09 32.09	150m: 1:49.72	41.03	250m: 3:16.10	45.39	350m: 4:37.10	35.16
	100m: 1:08.69 36.60	200m: 2:30.71	40.99	300m: 4:01.94	45.84	400m: 5:11.82	34.72
9.	Ana Filipa VEIGA	01		Gafanha da Encarnacao	<b>5:13.54</b>	+0,77	613
	50m: 32.53 32.53	150m: 1:52.81	42.66	250m: 3:18.44	42.92	350m: 4:38.05	36.48
	100m: 1:10.15 37.62	200m: 2:35.52	42.71	300m: 4:01.57	43.13	400m: 5:13.54	35.49
10.	Sofia Nunes FIAL	03		Porto	<b>5:17.40</b>	+0,76	590
	50m: 33.11 33.11	150m: 1:54.78	42.87	250m: 3:19.30	42.83	350m: 4:41.18	37.80
	100m: 1:11.91 38.80	200m: 2:36.47	41.69	300m: 4:03.38	44.08	400m: 5:17.40	36.22

## Final B

11.	Daniela Magalhaes LOPES	05		Famalicao	<b>5:09.07</b>	+0,78	640
	50m: 31.41 31.41	150m: 1:48.79	40.82	250m: 3:13.60	44.25	350m: 4:34.30	36.14
	100m: 1:07.97 36.56	200m: 2:29.35	40.56	300m: 3:58.16	44.56	400m: 5:09.07	34.77
12.	Rita Machita SANTOS	07		Naval Setubalense	<b>5:15.00</b>	+0,76	604
	50m: 32.41 32.41	150m: 1:51.47	41.75	250m: 3:15.65	42.97	350m: 4:39.25	39.76
	100m: 1:09.72 37.31	200m: 2:32.68	41.21	300m: 3:59.49	43.84	400m: 5:15.00	35.75
13.	Francisca Macedo LOPES	05		Vilacondense	<b>5:16.77</b>	+0,76	594
	50m: 33.42 33.42	150m: 1:54.69	42.60	250m: 3:21.84	45.72	350m: 4:42.97	35.08
	100m: 1:12.09 38.67	200m: 2:36.12	41.43	300m: 4:07.89	46.05	400m: 5:16.77	33.80
14.	Maria Emilia ALMEIDA	07		Colegio Efanor	<b>5:16.81</b>	+0,84	594
	50m: 32.29 32.29	150m: 1:49.46	40.70	250m: 3:18.14	48.38	350m: 4:41.58	36.11
	100m: 1:08.76 36.47	200m: 2:29.76	40.30	300m: 4:05.47	47.33	400m: 5:16.81	35.23
15.	Margarida Vieira PINTO	07		Braga	<b>5:16.93</b>	+0,81	593
	50m: 32.90 32.90	150m: 1:54.98	42.66	250m: 3:21.74	45.60	350m: 4:43.42	35.70
	100m: 1:12.32 39.42	200m: 2:36.14	41.16	300m: 4:07.72	45.98	400m: 5:16.93	33.51
16.	Alice Jesus MORGADO	04		Sporting	<b>5:21.48</b>	+0,75	568
	50m: 32.68 32.68	150m: 1:54.31	42.37	250m: 3:21.97	45.85	350m: 4:45.10	36.58
	100m: 1:11.94 39.26	200m: 2:36.12	41.81	300m: 4:08.52	46.55	400m: 5:21.48	36.38
17.	Margarida Cabral MONTEIRO	02		Galitos / Bresimar	<b>5:22.35</b>	+0,73	564
	50m: 32.92 32.92	150m: 1:54.52	42.57	250m: 3:22.20	46.11	350m: 4:45.73	36.24
	100m: 1:11.95 39.03	200m: 2:36.09	41.57	300m: 4:09.49	47.29	400m: 5:22.35	36.62
18.	Ines Cruz CAMARA	07		Desportivo Nacional	<b>5:24.02</b>	+0,76	555
	50m: 32.25 32.25	150m: 1:54.07	43.52	250m: 3:23.09	46.62	350m: 4:47.83	37.03
	100m: 1:10.55 38.30	200m: 2:36.47	42.40	300m: 4:10.80	47.71	400m: 5:24.02	36.19
19.	Erica Cristina REIS	05		Sporting	<b>5:24.73</b>	+0,66	551
	50m: 33.01 33.01	150m: 1:55.89	43.48	250m: 3:24.56	46.57	350m: 4:48.74	36.81
	100m: 1:12.41 39.40	200m: 2:37.99	42.10	300m: 4:11.93	47.37	400m: 5:24.73	35.99

## Prova 20, Femin., 400m Estilos, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
20.	Maria Francisca FROIS	06	Nautico de Leiria	<b>5:28.26</b>	+0,78	534
	50m: 33.02 33.02	150m: 1:57.11 44.36	250m: 3:24.75 45.03	350m: 4:50.15 45.03	400m: 5:28.26 45.03	38.28
	100m: 1:12.75 39.73	200m: 2:39.72 42.61	300m: 4:11.87 47.12			38.11

## Prova 20

31/03/2023 - 18:03

## Femin., 400m Estilos

Juvenis

Resultados Final

Rec Nac Absoluto	4:40.11	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Juv A	4:58.08	Diana Margarida DURAES	FOCA	Povoa de Varzim	05/08/2011
Rec Nac Juv B	5:01.00	Ines Neto ROCHA	CAP	Coimbra	24/07/2015

JO Absoluto: 4:38.53 / CEJun\_Fem 14 - 17: 4:55.87 / TAC 50m: 5:43.97 - 25m: 5:33.93

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	<b>5:24.08</b>	+0,73	555
	50m: 34.86 34.86	150m: 1:59.80 43.81	250m: 3:27.39 45.65	350m: 4:48.85 45.65	400m: 5:24.08 45.65	36.39
	100m: 1:15.99 41.13	200m: 2:41.74 41.94	300m: 4:12.46 45.07			35.23
2.	Beatriz Alves AMBRUS	09	Porto	<b>5:29.09</b>	+0,70	530
	50m: 33.96 33.96	150m: 1:55.76 41.73	250m: 3:25.26 48.28	350m: 4:51.78 48.28	400m: 5:29.09 48.28	38.31
	100m: 1:14.03 40.07	200m: 2:36.98 41.22	300m: 4:13.47 48.21			37.31
3.	Maria Joao COSTA	08	Vilacondense	<b>5:29.50</b>	+0,76	528
	50m: 33.59 33.59	150m: 1:56.78 43.96	250m: 3:28.00 47.86	350m: 4:53.67 47.86	400m: 5:29.50 47.86	37.12
	100m: 1:12.82 39.23	200m: 2:40.14 43.36	300m: 4:16.55 48.55			35.83
4.	Constanca Baptista TOMAS	09	Alcobaca	<b>5:33.02</b>	+0,74	511
	50m: 34.50 34.50	150m: 1:59.55 44.21	250m: 3:31.28 48.59	350m: 4:57.39 48.59	400m: 5:33.02 48.59	37.15
	100m: 1:15.34 40.84	200m: 2:42.69 43.14	300m: 4:20.24 48.96			35.63
5.	Leonor Queiroz GONCALVES	09	Braga	<b>5:33.08</b>	+0,81	511
	50m: 34.99 34.99	150m: 2:00.95 44.88	250m: 3:31.96 47.73	350m: 4:57.35 47.73	400m: 5:33.08 47.73	37.39
	100m: 1:16.07 41.08	200m: 2:44.23 43.28	300m: 4:19.96 48.00			35.73
6.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>5:35.14</b>	+0,84	502
	50m: 35.28 35.28	150m: 2:01.96 44.55	250m: 3:32.47 47.65	350m: 4:58.07 47.65	400m: 5:35.14 47.65	36.88
	100m: 1:17.41 42.13	200m: 2:44.82 42.86	300m: 4:21.19 48.72			37.07
7.	Adriana Ribeiro BARROS	08	Braga	<b>5:35.91</b>	+0,80	498
	50m: 34.09 34.09	150m: 1:59.53 44.07	250m: 3:32.00 47.41	350m: 4:59.47 47.41	400m: 5:35.91 47.41	38.06
	100m: 1:15.46 41.37	200m: 2:44.59 45.06	300m: 4:21.41 49.41			36.44
8.	Filipa Carvalho GALANTE	09	Vilacondense	<b>5:36.23</b>	+0,78	497
	50m: 37.82 37.82	150m: 2:03.17 41.31	250m: 3:31.75 46.37	350m: 4:59.36 46.37	400m: 5:36.23 46.37	38.26
	100m: 1:21.86 44.04	200m: 2:45.38 42.21	300m: 4:21.10 49.35			36.87
9.	Laura Brites COSTA	09	Rio Maior	<b>5:42.05</b>	+0,66	472
	50m: 34.16 34.16	150m: 2:01.91 45.02	250m: 3:34.50 47.98	350m: 5:03.51 47.98	400m: 5:42.05 47.98	39.05
	100m: 1:16.89 42.73	200m: 2:46.52 44.61	300m: 4:24.46 49.96			38.54
10.	Francisca Lamas SILVA	08	Colegio Efanor	<b>5:42.57</b>	+0,72	470
	50m: 34.53 34.53	150m: 1:59.82 43.83	250m: 3:32.41 48.90	350m: 5:02.35 48.90	400m: 5:42.57 48.90	40.61
	100m: 1:15.99 41.46	200m: 2:43.51 43.69	300m: 4:21.74 49.33			40.22



Prova 21 Open  
31/03/2023 - 19:02 Resultados  
**Masc., 4 x 100m Livres**

Rec Nac Absoluto	3:20.94	Sport Lisboa e Benfica	SLB	Oeiras	09/04/2022
Rec Nac Sen	3:24.34	Sporting Clube de Portugal	SCP	Oeiras	09/04/2022
Rec Nac Jun	3:32.70	Clube Uniao 1919	CUC	Coimbra	09/05/2021
Rec Nac Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nac Juv	3:39.68	Futebol Clube do Porto	FCP	Famalicao	19/07/2013
Rec Nac Juv B	3:44.52	Ass. Desp. Bairro dos Anjos	ADBA	Funchal	02/08/2019
Rec Nac Inf A	3:52.27	Grupo Desp. Natacao V. N. FamalicaGDNVNF		Loulé	19/07/2014
Rec Nac Inf	3:52.27	Grupo Desp. Natacao V. N. FamalicaGDNVNF		Loulé	19/07/2014
Rec Nac Inf B	4:06.16	Associacao Naval Amorense	ANAM	Loulé	19/07/2014

TAC\_estafeta Abs 50m: 3:38.54 - 25m: 3:34.17 / TAC\_Jun\_estafeta Jun 50m: 3:46.19 - 25m: 3:41.67

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
1. Naval do Funchal-ABS		Naval do Funchal	<b>3:29.93</b>	+0,63	720
		Diogo Henrique FERNANDES	+0,63	25.31	53.49
		Fernando Souza SILVA	25.24	52.89	50.85
2. Belenenses-ABS		Belenenses	<b>3:30.01</b>	+0,63	720
		Bruno Miguel RAMOS	+0,63	24.32	50.76
		Rodrigo Reis DIAS	24.95	53.73	52.80
3. Porto-ABS		Porto	<b>3:32.59</b>	+0,66	694
		Francisco Rodriguez AMARAL	+0,66	25.64	53.30
		Kevins Alexandre APSENIECE	25.19	53.42	51.34
4. Nautico Academico-ABS		Nautico Academico	<b>3:33.44</b>	+0,65	685
		Vasco Pereira BASTOS	+0,65	26.19	54.05
		Rodrigo Miguel REIS	+0,28	24.40	52.37
					Rodrigo Alexandre TRAVASSOS+0,30
					Lucas Pereira BASTOS +0,45
5. Benfica-ABS		Benfica	<b>3:34.27</b>	+0,63	678
		Guilherme Fernandes BAPTISTA	+0,63	25.60	54.69
		Salvador Goya PERLOIRO	24.69	53.07	52.75
6. Alges-ABS		Alges	<b>3:34.54</b>	+0,61	675
		Nicolas Filip MONTFORT	+0,61	25.87	53.71
		Nick HEINIO-WIDELL	24.76	52.92	53.54
7. Torres Novas-ABS		Torres Novas	<b>3:37.55</b>	+0,67	647
		Paulo VAKULYUK	+0,67	24.73	52.32
		Diogo Miguel MATRENO	25.45	54.67	53.79
8. Famalicao-ABS		Famalicao	<b>3:40.94</b>	+0,62	618
		Rodrigo Ferreira PEREIRA	+0,62	25.72	54.94
		Tomas Mendes COSTA	26.58	55.47	55.49
9. Nautico de Leiria-ABS		Nautico de Leiria	<b>3:41.69</b>	+0,61	612
		Filipe Miguel GOMES	+0,61	25.75	53.54
		Nuno Goncalo SANTOS	+0,37	26.17	55.66
					Bruno Pinto DOMINGUES +0,41
					Micael Dmitrievich DENISOV +0,49
10. Uniao Piedense-ABS		Uniao Piedense	<b>3:45.28</b>	+0,68	583
		Miguel Costa SIMOES	+0,68	26.39	55.56
		Miguel Filipe ANJO	+0,30	26.01	56.62
					Pedro Crispim JORGE +0,31
					Guilherme Matias CRISTINO +0,42
DNS Sporting-ABS		Sporting			

Prova 22  
31/03/2023 - 19:12

Femin., 4 x 100m Livres

Open  
Resultados

Rec Nac Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30/07/2010
Rec Nac Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	30/07/2010
Rec Nac Jun	4:00.06	Clube dos Galitos / Bresimar	CGA	Oeiras	28/07/2022
Rec Nac Juv A	4:06.43	Futebol Clube do Porto	FCP	Coimbra	02/04/2015
Rec Nac Juv	4:03.10	Futebol Clube do Porto	FCP	Coimbra	24/07/2015
Rec Nac Juv B	4:10.72	Clube Nautico Academico de Coimbra:CNAC		Povoa de Varzim	05/08/2011
Rec Nac Inf A	4:17.13	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Lisboa	24/07/2011
Rec Nac Inf	4:17.13	tempo limite	GDNVNF	Lisboa	24/07/2011
Rec Nac Inf B	4:26.09	Grupo Desportivo Natacao V. N. Farr	GDNVNF	Porto	25/07/2010

TAC\_estafeta Abs 50m: 4:08.92 - 25m: 4:03.94 / TAC\_Jun\_estafeta Jun 50m: 4:13.90 - 25m: 4:08.82

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA		
1. Sporting-ABS		<b>Sporting</b>	<b>3:56.24</b>	<b>+0,68</b>	<b>699</b>		
Carolina Pereira VIANA	+0,68	28.55	59.71	Leonor Tavares CATALAO	+0,54	28.03	59.68
Mafalda Marques PINTO	+0,38	27.89	58.51	Anna FOMINA	+0,54	27.74	58.34
2. Benfica-ABS		<b>Benfica</b>	<b>4:00.61</b>	<b>+0,71</b>	<b>661</b>		
Catarina Andrade FRANCO	+0,71	28.60	59.52	Matilde Nunes LOPES	+0,41	29.23	1:01.15
Maria Leonor COELHO	+0,18	27.96	58.82	Leonor Carreiro RODRIGUES	+0,28	28.81	1:01.12
3. Estarreja/PROZINCO-ABS		<b>Estarreja/PROZINCO</b>	<b>4:04.56</b>	<b>+0,73</b>	<b>630</b>		
Mariana Teixeira JESUS	+0,73	28.62	59.62	Margarida Santos LOPES	+0,46	29.93	1:03.28
Erica Domitila AMADOR	+0,51	28.03	59.53	Mariana Nunes MARQUES	+0,58	29.66	1:02.13
4. Porto-ABS		<b>Porto</b>	<b>4:05.36</b>	<b>+0,69</b>	<b>624</b>		
Leonor Santos SILVA	+0,69	29.16	1:01.88	Angelica Maria ANDRE	+0,22	28.85	59.01
Catarina Gaspar PIRES	+0,25	29.82	1:03.15	Rita Fernandes LEITAO	+0,49	28.91	1:01.32
5. Fluvial Portuense-ABS		<b>Fluvial Portuense</b>	<b>4:05.68</b>	<b>+0,79</b>	<b>621</b>		
Sofia Alexandra CARVALHO	+0,79	30.19	1:03.74	Margaux Verger GOURSON	+0,33	29.11	1:00.25
Isabel Porfirio PEGO	+0,45	28.03	59.22	Maria Luis SA	+0,38	29.39	1:02.47
6. Colegio Efanor-ABS		<b>Colegio Efanor</b>	<b>4:08.85</b>	<b>+0,79</b>	<b>598</b>		
Ana Luisa GOUVEIA	+0,79	29.12	1:00.36	Maria Emilia ALMEIDA	+0,48	30.37	1:02.86
Rita Sofia NUNES	+0,23	30.09	1:03.29	Maria Carolina ALMEIDA	+0,26	29.46	1:02.34
7. Nautico Academico-ABS		<b>Nautico Academico</b>	<b>4:09.72</b>	<b>+0,72</b>	<b>592</b>		
Leonor Mil MANO	+0,72	28.91	1:00.14	Ines Miranda DIOGO	+0,28	29.88	1:02.89
Maria Neto FERREIRA	+0,30	29.73	1:02.57	Maria Manuel CORTESAO	+0,46	30.46	1:04.12
8. Vilacondense-ABS		<b>Vilacondense</b>	<b>4:12.97</b>	<b>+0,68</b>	<b>569</b>		
Ana Catarina MONTEIRO	+0,68	28.99	1:00.50	Maria Joao COSTA	+0,63	30.59	1:04.31
Francisca Macedo LOPES	+0,44	29.75	1:02.15	Filipa Carvalho GALANTE	+0,51	31.08	1:06.01

Prova 111  
31/03/2023 - 19:17

Masc., 800m Livres

Juvenis  
Resultados

Rec Nac Absoluto	7:52.68	Jose Paulo LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nac Juv A	8:23.54	Gustavo Manuel SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	8:37.90	Vitor Belo CLARA	ADBA	Coimbra	14/07/2019

JO Absoluto: 7:51.65 / CEJun\_Masc 15 - 18: 8:16.80 / TAC 50m: 9:37.78 - 25m: 9:19.17

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Rodrigo Costa BORGES	07		Fluvial Portuense	<b>8:39.73</b>	+0,60	658
	50m: 28.75 28.75	250m: 2:39.47	33.04	450m: 4:51.12	33.05	650m: 7:03.39	32.80
	100m: 1:00.78 32.03	300m: 3:12.29	32.82	500m: 5:24.32	33.20	700m: 7:36.52	33.13
	150m: 1:33.60 32.82	350m: 3:45.11	32.82	550m: 5:57.43	33.11	750m: 8:08.75	32.23
	200m: 2:06.43 32.83	400m: 4:18.07	32.96	600m: 6:30.59	33.16	800m: 8:39.73	30.98
2.	Rui Silva PEREIRA	08		Colegio Monte Maior	<b>8:39.97</b>	+0,81	657
	50m: 29.09 29.09	250m: 2:40.27	33.23	450m: 4:51.81	32.77	650m: 7:03.80	33.01
	100m: 1:01.60 32.51	300m: 3:13.24	32.97	500m: 5:24.98	33.17	700m: 7:36.65	32.85
	150m: 1:34.16 32.56	350m: 3:45.86	32.62	550m: 5:57.84	32.86	750m: 8:08.97	32.32
	200m: 2:07.04 32.88	400m: 4:19.04	33.18	600m: 6:30.79	32.95	800m: 8:39.97	31.00
3.	Francisco Goya PERLOIRO	07		Benfica	<b>8:46.96</b>	+0,67	631
	50m: 29.45 29.45	250m: 2:39.87	33.11	450m: 4:52.58	33.14	650m: 7:07.07	33.75
	100m: 1:01.72 32.27	300m: 3:13.12	33.25	500m: 5:26.01	33.43	700m: 7:40.52	33.45
	150m: 1:34.19 32.47	350m: 3:46.15	33.03	550m: 5:59.56	33.55	750m: 8:14.45	33.93
	200m: 2:06.76 32.57	400m: 4:19.44	33.29	600m: 6:33.32	33.76	800m: 8:46.96	32.51
4.	Filipe Manso LARANJO	07		Desportiva de Viana	<b>8:54.36</b>	+0,76	605
	50m: 29.76 29.76	250m: 2:40.64	33.00	450m: 4:55.70	34.18	650m: 7:14.11	35.18
	100m: 1:02.10 32.34	300m: 3:13.91	33.27	500m: 5:30.34	34.64	700m: 7:48.54	34.43
	150m: 1:34.85 32.75	350m: 3:48.00	34.09	550m: 6:04.60	34.26	750m: 8:22.14	33.60
	200m: 2:07.64 32.79	400m: 4:21.52	33.52	600m: 6:38.93	34.33	800m: 8:54.36	32.22
5.	Axel Guedes ASMAR	07		Sporting	<b>8:59.20</b>	+0,60	589
	50m: 29.44 29.44	250m: 2:41.47	33.41	450m: 4:57.66	34.28	650m: 7:16.60	34.71
	100m: 1:01.85 32.41	300m: 3:15.28	33.81	500m: 5:32.68	35.02	700m: 7:51.64	35.04
	150m: 1:35.01 33.16	350m: 3:49.39	34.11	550m: 6:07.17	34.49	750m: 8:25.80	34.16
	200m: 2:08.06 33.05	400m: 4:23.38	33.99	600m: 6:41.89	34.72	800m: 8:59.20	33.40
6.	Antonio Miguel COSTA	07		Fafe	<b>8:59.64</b>	+0,70	588
	50m: 29.89 29.89	250m: 2:42.92	33.38	450m: 5:00.32	34.56	650m: 7:19.38	34.67
	100m: 1:02.82 32.93	300m: 3:16.75	33.83	500m: 5:35.13	34.81	700m: 7:53.99	34.61
	150m: 1:36.07 33.25	350m: 3:51.31	34.56	550m: 6:09.78	34.65	750m: 8:28.31	34.32
	200m: 2:09.54 33.47	400m: 4:25.76	34.45	600m: 6:44.71	34.93	800m: 8:59.64	31.33
7.	Tiago Andre CANELAS	08		Fluvial Portuense	<b>9:04.37</b>	+0,72	572
	50m: 29.79 29.79	250m: 2:46.35	34.38	450m: 5:04.84	34.76	650m: 7:22.71	34.60
	100m: 1:03.27 33.48	300m: 3:21.10	34.75	500m: 5:39.11	34.27	700m: 7:57.29	34.58
	150m: 1:37.60 34.33	350m: 3:55.57	34.47	550m: 6:13.51	34.40	750m: 8:31.67	34.38
	200m: 2:11.97 34.37	400m: 4:30.08	34.51	600m: 6:48.11	34.60	800m: 9:04.37	32.70
8.	Miguel Fragoço MEDEIROS	08		Porto	<b>9:05.60</b>	+0,73	569
	50m: 30.19 30.19	250m: 2:45.91	34.13	450m: 5:04.13	34.20	650m: 7:23.02	34.05
	100m: 1:03.72 33.53	300m: 3:20.74	34.83	500m: 5:38.91	34.78	700m: 7:57.56	34.54
	150m: 1:37.62 33.90	350m: 3:55.27	34.53	550m: 6:13.69	34.78	750m: 8:31.76	34.20
	200m: 2:11.78 34.16	400m: 4:29.93	34.66	600m: 6:48.97	35.28	800m: 9:05.60	33.84

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 111, Masc., 800m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
9.	Miguel Guedes FERREIRA	07	Porto	<b>9:06.97</b>	+0,81	564
	50m: 30.32 30.32	250m: 2:46.15	33.92	450m: 5:04.73	34.76	650m: 7:23.78 34.74
	100m: 1:04.05 33.73	300m: 3:20.76	34.61	500m: 5:39.40	34.67	700m: 7:58.53 34.75
	150m: 1:37.95 33.90	350m: 3:55.36	34.60	550m: 6:14.23	34.83	750m: 8:33.08 34.55
	200m: 2:12.23 34.28	400m: 4:29.97	34.61	600m: 6:49.04	34.81	800m: 9:06.97 33.89
10.	Marco Dimitar OLIVEIRA	07	Nautico Academico	<b>9:12.29</b>	+0,75	548
	50m: 29.82 29.82	250m: 2:47.36	35.09	450m: 5:07.93	35.52	650m: 7:28.59 34.97
	100m: 1:03.33 33.51	300m: 3:22.23	34.87	500m: 5:43.08	35.15	700m: 8:03.63 35.04
	150m: 1:37.52 34.19	350m: 3:57.43	35.20	550m: 6:18.61	35.53	750m: 8:38.71 35.08
	200m: 2:12.27 34.75	400m: 4:32.41	34.98	600m: 6:53.62	35.01	800m: 9:12.29 33.58
11.	Alexandre MORARI	07	Rio Maior	<b>9:14.40</b>	+0,69	542
	50m: 29.21 29.21	250m: 2:43.58	34.86	450m: 5:04.19	34.24	650m: 7:28.23 35.31
	100m: 1:01.92 32.71	300m: 3:19.10	35.52	500m: 5:40.40	36.21	700m: 8:04.38 36.15
	150m: 1:35.01 33.09	350m: 3:54.29	35.19	550m: 6:16.43	36.03	750m: 8:39.60 35.22
	200m: 2:08.72 33.71	400m: 4:29.95	35.66	600m: 6:52.92	36.49	800m: 9:14.40 34.80
12.	Ricardo Figueiredo FERNANDES	08	Colegio Monte Maior	<b>9:18.02</b>	+0,82	531
	50m: 30.68 30.68	250m: 2:51.24	35.13	450m: 5:13.62	35.80	650m: 7:35.84 35.44
	100m: 1:05.65 34.97	300m: 3:27.07	35.83	500m: 5:48.95	35.33	700m: 8:10.40 34.56
	150m: 1:40.74 35.09	350m: 4:02.40	35.33	550m: 6:25.18	36.23	750m: 8:44.79 34.39
	200m: 2:16.11 35.37	400m: 4:37.82	35.42	600m: 7:00.40	35.22	800m: 9:18.02 33.23
13.	Goncalo Augusto SOARES	08	Porto	<b>9:18.66</b>	+0,77	530
	50m: 31.08 31.08	250m: 2:49.62	34.97	450m: 5:11.21	34.95	650m: 7:33.41 35.38
	100m: 1:04.84 33.76	300m: 3:25.21	35.59	500m: 5:46.69	35.48	700m: 8:09.08 35.67
	150m: 1:39.63 34.79	350m: 4:00.61	35.40	550m: 6:22.03	35.34	750m: 8:44.20 35.12
	200m: 2:14.65 35.02	400m: 4:36.26	35.65	600m: 6:58.03	36.00	800m: 9:18.66 34.46
14.	Andre Leitao COSTA	07	Fafe	<b>9:20.58</b>	+0,70	524
	50m: 30.81 30.81	250m: 2:49.69	35.19	450m: 5:12.07	35.72	650m: 7:35.40 35.65
	100m: 1:04.81 34.00	300m: 3:25.18	35.49	500m: 5:47.81	35.74	700m: 8:11.35 35.95
	150m: 1:39.79 34.98	350m: 4:01.30	36.12	550m: 6:23.86	36.05	750m: 8:46.91 35.56
	200m: 2:14.50 34.71	400m: 4:36.35	35.05	600m: 6:59.75	35.89	800m: 9:20.58 33.67
15.	Daniel Casaca CARVALHO	07	Colegio Vasco da Gama	<b>9:21.72</b>	+0,78	521
	50m: 29.19 29.19	250m: 2:48.85	35.84	450m: 5:13.00	36.11	650m: 7:36.97 35.52
	100m: 1:02.62 33.43	300m: 3:24.82	35.97	500m: 5:49.48	36.48	700m: 8:12.33 35.36
	150m: 1:37.39 34.77	350m: 4:00.50	35.68	550m: 6:25.94	36.46	750m: 8:47.19 34.86
	200m: 2:13.01 35.62	400m: 4:36.89	36.39	600m: 7:01.45	35.51	800m: 9:21.72 34.53
16.	Guilherme Simoes SOUSA	08	Nautico Academico	<b>9:22.19</b>	+0,76	520
	50m: 30.99 30.99	250m: 2:51.39	35.34	450m: 5:13.88	35.69	650m: 7:37.46 35.67
	100m: 1:05.56 34.57	300m: 3:27.10	35.71	500m: 5:49.63	35.75	700m: 8:13.58 36.12
	150m: 1:40.53 34.97	350m: 4:02.64	35.54	550m: 6:25.71	36.08	750m: 8:48.55 34.97
	200m: 2:16.05 35.52	400m: 4:38.19	35.55	600m: 7:01.79	36.08	800m: 9:22.19 33.64
17.	Francisco Xavier RITA	07	Vieirense	<b>9:23.57</b>	+0,71	516
	50m: 30.82 30.82	250m: 2:49.08	35.46	450m: 5:12.72	35.55	650m: 7:37.72 35.71
	100m: 1:04.68 33.86	300m: 3:25.05	35.97	500m: 5:49.38	36.66	700m: 8:14.44 36.72
	150m: 1:39.02 34.34	350m: 4:00.56	35.51	550m: 6:25.22	35.84	750m: 8:49.33 34.89
	200m: 2:13.62 34.60	400m: 4:37.17	36.61	600m: 7:02.01	36.79	800m: 9:23.57 34.24
18.	Guilherme Martins SILVA	08	Academico Viseu	<b>9:25.97</b>	+0,68	509
	50m: 31.18 31.18	250m: 2:51.81	35.15	450m: 5:15.96	36.16	650m: 7:40.50 36.00
	100m: 1:06.07 34.89	300m: 3:28.12	36.31	500m: 5:52.43	36.47	700m: 8:16.34 35.84
	150m: 1:40.73 34.66	350m: 4:03.33	35.21	550m: 6:28.15	35.72	750m: 8:51.36 35.02
	200m: 2:16.66 35.93	400m: 4:39.80	36.47	600m: 7:04.50	36.35	800m: 9:25.97 34.61


Prova 111, Masc., 800m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
19.	Miguel Braga GOMES	07		Sporting	<b>9:31.77</b>	+0,72	494
	50m: 30.25 30.25	250m: 2:50.22	35.76	450m: 5:15.11	36.50	650m: 7:42.28	36.76
	100m: 1:04.05 33.80	300m: 3:26.30	36.08	500m: 5:51.79	36.68	700m: 8:19.26	36.98
	150m: 1:39.01 34.96	350m: 4:02.27	35.97	550m: 6:28.42	36.63	750m: 8:55.89	36.63
	200m: 2:14.46 35.45	400m: 4:38.61	36.34	600m: 7:05.52	37.10	800m: 9:31.77	35.88
20.	Antonio Cruz FARDILHA	08		Galitos / Bresimar	<b>9:36.53</b>	+0,69	482
	50m: 31.22 31.22	250m: 2:56.09	36.12	450m: 5:22.08	36.21	650m: 7:49.89	36.84
	100m: 1:06.79 35.57	300m: 3:32.58	36.49	500m: 5:59.08	37.00	700m: 8:26.48	36.59
	150m: 1:43.15 36.36	350m: 4:09.04	36.46	550m: 6:35.63	36.55	750m: 9:02.17	35.69
	200m: 2:19.97 36.82	400m: 4:45.87	36.83	600m: 7:13.05	37.42	800m: 9:36.53	34.36
EXH	Afonso Miguel NOGUEIRA	07		Braga	<b>9:21.40</b>	+0,80	522
	50m: 30.45 30.45	250m: 2:52.13	35.31	450m: 5:13.70	35.51	650m: 7:37.10	35.78
	100m: 1:05.54 35.09	300m: 3:27.53	35.40	500m: 5:49.52	35.82	700m: 8:13.17	36.07
	150m: 1:41.22 35.68	350m: 4:02.93	35.40	550m: 6:25.34	35.82	750m: 8:48.53	35.36
	200m: 2:16.82 35.60	400m: 4:38.19	35.26	600m: 7:01.32	35.98	800m: 9:21.40	32.87
EXH	David Ferreira SILVA	07		Academica de Coimbra	<b>9:21.97</b>	+0,68	520
	50m: 32.02 32.02	250m: 2:51.55	35.19	450m: 5:13.60	35.74	650m: 7:36.88	35.82
	100m: 1:06.57 34.55	300m: 3:26.71	35.16	500m: 5:49.46	35.86	700m: 8:12.98	36.10
	150m: 1:41.47 34.90	350m: 4:02.18	35.47	550m: 6:25.32	35.86	750m: 8:48.46	35.48
	200m: 2:16.36 34.89	400m: 4:37.86	35.68	600m: 7:01.06	35.74	800m: 9:21.97	33.51
EXH	Guilherme Romeira PINTO	07		Sporting de Espinho	<b>9:22.22</b>	+0,63	520
	50m: 30.37 30.37	250m: 2:51.63	35.96	450m: 5:14.78	35.84	650m: 7:38.16	35.86
	100m: 1:04.71 34.34	300m: 3:27.35	35.72	500m: 5:50.55	35.77	700m: 8:13.89	35.73
	150m: 1:39.97 35.26	350m: 4:03.12	35.77	550m: 6:26.72	36.17	750m: 8:49.33	35.44
	200m: 2:15.67 35.70	400m: 4:38.94	35.82	600m: 7:02.30	35.58	800m: 9:22.22	32.89
EXH	Joao Pedro MONTEIRO	08		BUZIOS-Coruche	<b>9:28.37</b>	+0,79	503
	50m: 31.87 31.87	250m: 2:51.94	35.86	450m: 5:15.66	36.06	650m: 7:42.07	36.55
	100m: 1:05.92 34.05	300m: 3:27.69	35.75	500m: 5:51.93	36.27	700m: 8:17.76	35.69
	150m: 1:41.08 35.16	350m: 4:03.65	35.96	550m: 6:28.68	36.75	750m: 8:53.32	35.56
	200m: 2:16.08 35.00	400m: 4:39.60	35.95	600m: 7:05.52	36.84	800m: 9:28.37	35.05
EXH	Rodrigo Silva LIMA	08		Porto	<b>9:29.20</b>	+0,71	501
	50m: 32.59 32.59	250m: 2:56.02	36.40	450m: 5:19.48	35.85	650m: 7:43.47	36.07
	100m: 1:07.39 34.80	300m: 3:31.95	35.93	500m: 5:55.34	35.86	700m: 8:19.37	35.90
	150m: 1:43.26 35.87	350m: 4:07.58	35.63	550m: 6:31.39	36.05	750m: 8:54.63	35.26
	200m: 2:19.62 36.36	400m: 4:43.63	36.05	600m: 7:07.40	36.01	800m: 9:29.20	34.57
EXH	Luis Pedro GONCALVES	08		Braga	<b>9:36.99</b>	+0,74	481
	50m: 30.73 30.73	250m: 2:54.02	36.71	450m: 5:21.21	36.41	650m: 7:49.17	37.35
	100m: 1:05.48 34.75	300m: 3:31.09	37.07	500m: 5:57.55	36.34	700m: 8:26.27	37.10
	150m: 1:41.11 35.63	350m: 4:07.68	36.59	550m: 6:34.55	37.00	750m: 9:02.21	35.94
	200m: 2:17.31 36.20	400m: 4:44.80	37.12	600m: 7:11.82	37.27	800m: 9:36.99	34.78
EXH	Eduardo Sousa SARAGOCA	07		Viana Natacao	<b>9:38.42</b>	+0,76	477
	50m: 32.04 32.04	250m: 2:57.79	37.13	450m: 5:25.25	36.29	650m: 7:50.88	36.40
	100m: 1:07.27 35.23	300m: 3:34.80	37.01	500m: 6:01.76	36.51	700m: 8:27.24	36.36
	150m: 1:44.11 36.84	350m: 4:12.32	37.52	550m: 6:38.38	36.62	750m: 9:03.70	36.46
	200m: 2:20.66 36.55	400m: 4:48.96	36.64	600m: 7:14.48	36.10	800m: 9:38.42	34.72

## Prova 111, Masc., 800m Livres

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
EXH	David Martins CARMO	07	Natacao de Olhao	<b>9:43.62</b>	+0,72	464
	50m: 31.46 31.46	250m: 2:54.98	36.55	450m: 5:24.30	37.08	650m: 7:53.85 37.49
	100m: 1:06.34 34.88	300m: 3:32.18	37.20	500m: 6:01.41	37.11	700m: 8:31.22 37.37
	150m: 1:42.01 35.67	350m: 4:09.53	37.35	550m: 6:38.67	37.26	750m: 9:08.09 36.87
	200m: 2:18.43 36.42	400m: 4:47.22	37.69	600m: 7:16.36	37.69	800m: 9:43.62 35.53
EXH	Goncalo Andre FERREIRA	07	Ginasio de Vila Real	<b>9:45.50</b>	+0,79	460
	50m: 30.65 30.65	250m: 2:55.36	37.51	450m: 5:24.64	38.23	650m: 7:55.62 37.88
	100m: 1:05.32 34.67	300m: 3:32.20	36.84	500m: 6:02.59	37.95	700m: 8:33.13 37.51
	150m: 1:41.07 35.75	350m: 4:09.12	36.92	550m: 6:40.31	37.72	750m: 9:10.63 37.50
	200m: 2:17.85 36.78	400m: 4:46.41	37.29	600m: 7:17.74	37.43	800m: 9:45.50 34.87
EXH	Joao Pedro CARAPINHA	07	Uniao Piedense	<b>9:56.88</b>	+0,75	434
	50m: 31.37 31.37	250m: 2:56.64	37.49	450m: 5:27.38	37.66	650m: 8:01.46 38.65
	100m: 1:06.44 35.07	300m: 3:33.90	37.26	500m: 6:05.44	38.06	700m: 8:39.97 38.51
	150m: 1:42.58 36.14	350m: 4:11.68	37.78	550m: 6:44.13	38.69	750m: 9:18.88 38.91
	200m: 2:19.15 36.57	400m: 4:49.72	38.04	600m: 7:22.81	38.68	800m: 9:56.88 38.00

## Prova 112

## Femin., 800m Livres

## Juvenis

31/03/2023 - 19:49

Resultados

Rec Nac Absoluto	8:29.33	Diana Margarida DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nac Juv A	8:50.68	Tamila Hryhorivna HOLUB	SCB	Oeiras	27/07/2014
Rec Nac Juv B	9:07.70	Alexandra Maria SILVA	POR	Split (CRO)	10/09/1981

JO Absoluto: 8:26.71 / CEJun\_Fem 14 - 17: 9:04.96 / TAC 50m: 10:23.03 - 25m: 10:05.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Gomes NEVES	08	Braga	<b>9:39.30</b>	+0,75	586
	50m: 31.43 31.43	250m: 2:54.07	36.66	450m: 5:22.79	37.01	650m: 7:51.04 37.09
	100m: 1:05.68 34.25	300m: 3:31.07	37.00	500m: 6:00.13	37.34	700m: 8:28.02 36.98
	150m: 1:41.19 35.51	350m: 4:08.49	37.42	550m: 6:37.06	36.93	750m: 9:04.09 36.07
	200m: 2:17.41 36.22	400m: 4:45.78	37.29	600m: 7:13.95	36.89	800m: 9:39.30 35.21
2.	Carolina Amadeu FERREIRA	08	Leixoes	<b>9:40.60</b>	+0,75	582
	50m: 32.66 32.66	250m: 2:59.10	37.37	450m: 5:27.18	37.03	650m: 7:54.47 36.65
	100m: 1:07.92 35.26	300m: 3:35.92	36.82	500m: 6:04.19	37.01	700m: 8:31.10 36.63
	150m: 1:44.90 36.98	350m: 4:13.10	37.18	550m: 6:41.17	36.98	750m: 9:07.18 36.08
	200m: 2:21.73 36.83	400m: 4:50.15	37.05	600m: 7:17.82	36.65	800m: 9:40.60 33.42
3.	Luana Ferreira CRAVEIRO	09	Nautico Marinha Grande	<b>9:40.64</b>	+0,70	582
	50m: 32.05 32.05	250m: 2:57.54	37.25	450m: 5:27.12	37.83	650m: 7:54.51 36.84
	100m: 1:06.76 34.71	300m: 3:35.06	37.52	500m: 6:03.97	36.85	700m: 8:31.00 36.49
	150m: 1:43.11 36.35	350m: 4:12.22	37.16	550m: 6:40.80	36.83	750m: 9:07.32 36.32
	200m: 2:20.29 37.18	400m: 4:49.29	37.07	600m: 7:17.67	36.87	800m: 9:40.64 33.32
4.	Lara Catarina MAIA	09	Estarreja/PROZINCO	<b>9:47.77</b>	+0,62	561
	50m: 32.84 32.84	250m: 2:59.98	37.16	450m: 5:29.54	37.62	650m: 7:59.07 37.30
	100m: 1:09.21 36.37	300m: 3:37.27	37.29	500m: 6:06.84	37.30	700m: 8:36.56 37.49
	150m: 1:45.83 36.62	350m: 4:14.56	37.29	550m: 6:44.27	37.43	750m: 9:13.10 36.54
	200m: 2:22.82 36.99	400m: 4:51.92	37.36	600m: 7:21.77	37.50	800m: 9:47.77 34.67

Prova 112, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
5.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>9:48.54</b>	+0,77	558
	50m: 32.16 32.16	250m: 2:59.77	37.64 450m: 5:30.01	37.83	650m: 7:59.31	37.23
	100m: 1:07.91 35.75	300m: 3:37.05	37.28 500m: 6:07.15	37.14	700m: 8:36.71	37.40
	150m: 1:45.10 37.19	350m: 4:14.78	37.73 550m: 6:45.04	37.89	750m: 9:13.54	36.83
	200m: 2:22.13 37.03	400m: 4:52.18	37.40 600m: 7:22.08	37.04	800m: 9:48.54	35.00
6.	Margarida Maria LUIZ	08	Lagoa AC	<b>9:51.13</b>	+0,81	551
	50m: 32.21 32.21	250m: 2:57.57	36.82 450m: 5:27.20	37.27	650m: 7:58.72	37.21
	100m: 1:07.66 35.45	300m: 3:35.13	37.56 500m: 6:05.61	38.41	700m: 8:36.46	37.74
	150m: 1:43.85 36.19	350m: 4:12.20	37.07 550m: 6:43.21	37.60	750m: 9:13.73	37.27
	200m: 2:20.75 36.90	400m: 4:49.93	37.73 600m: 7:21.51	38.30	800m: 9:51.13	37.40
7.	Maria Carvalho PINTO	09	Viana Natacao	<b>9:52.48</b>		547
	50m: 33.41 33.41	250m: 3:01.28	37.16 450m: 5:31.16	37.44	650m: 8:01.51	37.57
	100m: 1:09.94 36.53	300m: 3:38.56	37.28 500m: 6:09.03	37.87	700m: 8:39.38	37.87
	150m: 1:46.80 36.86	350m: 4:16.02	37.46 550m: 6:46.48	37.45	750m: 9:16.60	37.22
	200m: 2:24.12 37.32	400m: 4:53.72	37.70 600m: 7:23.94	37.46	800m: 9:52.48	35.88
8.	Catarina Maria LOPES	08	BUZIOS-Coruche	<b>9:53.73</b>	+0,79	544
	50m: 32.49 32.49	250m: 2:58.93	37.24 450m: 5:29.29	37.60	650m: 8:01.90	38.37
	100m: 1:07.93 35.44	300m: 3:36.49	37.56 500m: 6:07.13	37.84	700m: 8:39.78	37.88
	150m: 1:44.49 36.56	350m: 4:14.06	37.57 550m: 6:45.43	38.30	750m: 9:17.55	37.77
	200m: 2:21.69 37.20	400m: 4:51.69	37.63 600m: 7:23.53	38.10	800m: 9:53.73	36.18
9.	Ana Carolina CRUZ	08	Famalicao	<b>9:57.01</b>	+0,86	535
	50m: 32.01 32.01	250m: 2:58.95	37.31 450m: 5:31.58	38.31	650m: 8:06.28	38.44
	100m: 1:07.95 35.94	300m: 3:37.09	38.14 500m: 6:10.11	38.53	700m: 8:44.28	38.00
	150m: 1:44.59 36.64	350m: 4:15.10	38.01 550m: 6:49.07	38.96	750m: 9:22.17	37.89
	200m: 2:21.64 37.05	400m: 4:53.27	38.17 600m: 7:27.84	38.77	800m: 9:57.01	34.84
10.	Raquel Campos CARDOSO	09	Bombeiros de Ponta Delgada	<b>9:57.12</b>	+0,80	535
	50m: 33.34 33.34	250m: 3:01.35	37.07 450m: 5:33.99	38.53	650m: 8:07.28	37.02
	100m: 1:09.59 36.25	300m: 3:39.27	37.92 500m: 6:13.14	39.15	700m: 8:44.52	37.24
	150m: 1:46.78 37.19	350m: 4:17.04	37.77 550m: 6:51.85	38.71	750m: 9:21.57	37.05
	200m: 2:24.28 37.50	400m: 4:55.46	38.42 600m: 7:30.26	38.41	800m: 9:57.12	35.55
11.	Madalena Valente MOREIRA	09	Colegio Efanor	<b>10:01.94</b>	+0,77	522
	50m: 32.79 32.79	250m: 3:03.71	38.21 450m: 5:36.73	38.26	650m: 8:10.03	38.35
	100m: 1:09.48 36.69	300m: 3:42.06	38.35 500m: 6:15.36	38.63	700m: 8:48.49	38.46
	150m: 1:47.33 37.85	350m: 4:20.26	38.20 550m: 6:53.69	38.33	750m: 9:25.75	37.26
	200m: 2:25.50 38.17	400m: 4:58.47	38.21 600m: 7:31.68	37.99	800m: 10:01.94	36.19
12.	Ana Carolina NEVES	08	Fluvial Portuense	<b>10:01.96</b>	+0,60	522
	50m: 31.75 31.75	250m: 2:59.20	37.78 450m: 5:30.73	37.86	650m: 8:05.94	38.48
	100m: 1:07.80 36.05	300m: 3:36.92	37.72 500m: 6:09.57	38.84	700m: 8:45.47	39.53
	150m: 1:44.20 36.40	350m: 4:14.83	37.91 550m: 6:48.31	38.74	750m: 9:24.16	38.69
	200m: 2:21.42 37.22	400m: 4:52.87	38.04 600m: 7:27.46	39.15	800m: 10:01.96	37.80
13.	Constanca Lopes CRUZ	09	Colegio Monte Maior	<b>10:02.94</b>	+0,80	519
	50m: 33.83 33.83	250m: 3:05.89	38.50 450m: 5:39.38	38.03	650m: 8:12.95	38.06
	100m: 1:10.57 36.74	300m: 3:44.69	38.80 500m: 6:17.69	38.31	700m: 8:50.71	37.76
	150m: 1:48.82 38.25	350m: 4:23.05	38.36 550m: 6:56.30	38.61	750m: 9:28.25	37.54
	200m: 2:27.39 38.57	400m: 5:01.35	38.30 600m: 7:34.89	38.59	800m: 10:02.94	34.69
14.	Joana Almeida SANTOS	09	Galitos / Bresimar	<b>10:03.36</b>	+0,62	518
	50m: 34.75 34.75	250m: 3:06.03	38.13 450m: 5:39.39	37.78	650m: 8:13.06	38.22
	100m: 1:12.09 37.34	300m: 3:44.57	38.54 500m: 6:17.95	38.56	700m: 8:51.43	38.37
	150m: 1:49.90 37.81	350m: 4:22.73	38.16 550m: 6:56.31	38.36	750m: 9:28.50	37.07
	200m: 2:27.90 38.00	400m: 5:01.61	38.88 600m: 7:34.84	38.53	800m: 10:03.36	34.86

Prova 112, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
15.	Leonor Carvalho SOARES	08	Porto	<b>10:04.47</b>	+0,78	515		
	50m: 33.87	33.87	250m: 3:05.06	38.27	450m: 5:38.19	38.33	650m: 8:11.28	38.27
	100m: 1:10.77	36.90	300m: 3:43.24	38.18	500m: 6:16.32	38.13	700m: 8:49.56	38.28
	150m: 1:48.85	38.08	350m: 4:21.79	38.55	550m: 6:54.58	38.26	750m: 9:27.54	37.98
	200m: 2:26.79	37.94	400m: 4:59.86	38.07	600m: 7:33.01	38.43	800m: 10:04.47	36.93
16.	Leonor Queiroz GONCALVES	09	Braga	<b>10:05.28</b>	+0,86	513		
	50m: 33.72	33.72	250m: 3:05.12	38.30	450m: 5:38.95	38.28	650m: 8:12.24	38.45
	100m: 1:10.46	36.74	300m: 3:43.56	38.44	500m: 6:17.68	38.73	700m: 8:50.40	38.16
	150m: 1:48.76	38.30	350m: 4:22.28	38.72	550m: 6:55.96	38.28	750m: 9:27.99	37.59
	200m: 2:26.82	38.06	400m: 5:00.67	38.39	600m: 7:33.79	37.83	800m: 10:05.28	37.29
17.	Marta Oliveira SILVA	09	Sanjoanense/FEPSA	<b>10:05.65</b>	+0,84	512		
	50m: 33.90	33.90	250m: 3:05.84	38.34	450m: 5:39.43	38.45	650m: 8:13.20	38.35
	100m: 1:11.60	37.70	300m: 3:44.06	38.22	500m: 6:17.82	38.39	700m: 8:51.60	38.40
	150m: 1:49.56	37.96	350m: 4:22.55	38.49	550m: 6:56.29	38.47	750m: 9:29.23	37.63
	200m: 2:27.50	37.94	400m: 5:00.98	38.43	600m: 7:34.85	38.56	800m: 10:05.65	36.42
18.	Raquel Santos BAIONA	08	Colegio Monte Maior	<b>10:06.58</b>	+0,84	510		
	50m: 33.72	33.72	250m: 3:03.98	38.28	450m: 5:37.08	38.55	650m: 8:12.06	38.84
	100m: 1:09.96	36.24	300m: 3:42.36	38.38	500m: 6:15.88	38.80	700m: 8:50.54	38.48
	150m: 1:47.63	37.67	350m: 4:20.24	37.88	550m: 6:54.51	38.63	750m: 9:28.96	38.42
	200m: 2:25.70	38.07	400m: 4:58.53	38.29	600m: 7:33.22	38.71	800m: 10:06.58	37.62
19.	Sofia Teixeira BARBOSA	08	Porto	<b>10:09.82</b>	+0,86	502		
	50m: 33.92	33.92	250m: 3:05.14	38.42	450m: 5:38.95	38.12	650m: 8:13.71	38.33
	100m: 1:10.85	36.93	300m: 3:43.76	38.62	500m: 6:17.92	38.97	700m: 8:52.89	39.18
	150m: 1:49.00	38.15	350m: 4:22.49	38.73	550m: 6:56.83	38.91	750m: 9:31.20	38.31
	200m: 2:26.72	37.72	400m: 5:00.83	38.34	600m: 7:35.38	38.55	800m: 10:09.82	38.62
20.	Carolina Marques MADEIRA	09	Nacional de Natacao	<b>10:11.42</b>	+0,87	498		
	50m: 34.89	34.89	250m: 3:09.99	39.15	450m: 5:45.92	38.64	650m: 8:20.17	38.38
	100m: 1:13.05	38.16	300m: 3:48.91	38.92	500m: 6:24.59	38.67	700m: 8:58.09	37.92
	150m: 1:51.86	38.81	350m: 4:28.57	39.66	550m: 7:03.59	39.00	750m: 9:35.47	37.38
	200m: 2:30.84	38.98	400m: 5:07.28	38.71	600m: 7:41.79	38.20	800m: 10:11.42	35.95
21.	Diana Gomes FREITAS	08	Amigos da Montanha	<b>10:11.87</b>	+0,83	497		
	50m: 32.76	32.76	250m: 3:03.49	38.38	450m: 5:39.71	39.20	650m: 8:17.69	39.02
	100m: 1:09.37	36.61	300m: 3:42.83	39.34	500m: 6:19.55	39.84	700m: 8:57.59	39.90
	150m: 1:46.79	37.42	350m: 4:21.32	38.49	550m: 6:58.92	39.37	750m: 9:34.86	37.27
	200m: 2:25.11	38.32	400m: 5:00.51	39.19	600m: 7:38.67	39.75	800m: 10:11.87	37.01
22.	Maria Manuel CORTESAO	08	Nautico Academico	<b>10:12.21</b>	+0,80	496		
	50m: 34.37	34.37	250m: 3:08.19	38.46	450m: 5:43.19	38.58	650m: 8:18.32	38.55
	100m: 1:12.86	38.49	300m: 3:47.20	39.01	500m: 6:22.14	38.95	700m: 8:57.20	38.88
	150m: 1:51.07	38.21	350m: 4:25.47	38.27	550m: 7:00.58	38.44	750m: 9:34.97	37.77
	200m: 2:29.73	38.66	400m: 5:04.61	39.14	600m: 7:39.77	39.19	800m: 10:12.21	37.24
23.	Lara Filipa PINTO	08	Porto	<b>10:14.13</b>	+0,74	491		
	50m: 33.74	33.74	250m: 3:07.10	38.54	450m: 5:41.78	38.24	650m: 8:19.73	39.39
	100m: 1:11.86	38.12	300m: 3:46.04	38.94	500m: 6:21.14	39.36	700m: 8:59.19	39.46
	150m: 1:50.25	38.39	350m: 4:24.98	38.94	550m: 7:00.78	39.64	750m: 9:37.60	38.41
	200m: 2:28.56	38.31	400m: 5:03.54	38.56	600m: 7:40.34	39.56	800m: 10:14.13	36.53
24.	Francisca Soreto PEDREIRO	09	Galitos / Bresimar	<b>10:14.14</b>	+0,65	491		
	50m: 34.42	34.42	250m: 3:06.12	39.00	450m: 5:43.31	39.01	650m: 8:20.27	39.31
	100m: 1:11.33	36.91	300m: 3:45.30	39.18	500m: 6:22.26	38.95	700m: 8:59.29	39.02
	150m: 1:48.89	37.56	350m: 4:24.68	39.38	550m: 7:01.68	39.42	750m: 9:37.79	38.50
	200m: 2:27.12	38.23	400m: 5:04.30	39.62	600m: 7:40.96	39.28	800m: 10:14.14	36.35



## Prova 112, Femin., 800m Livres, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
24.	Carolina Correia MARTINS	09		Porto	<b>10:14.14</b>	<b>+0,76</b>	491	
	50m: 34.05	34.05	250m: 3:07.90	38.02	450m: 5:43.85	38.98	650m: 8:19.20	38.13
	100m: 1:12.45	38.40	300m: 3:47.19	39.29	500m: 6:23.75	39.90	700m: 8:58.33	39.13
	150m: 1:50.67	38.22	350m: 4:25.46	38.27	550m: 7:02.30	38.55	750m: 9:36.00	37.67
	200m: 2:29.88	39.21	400m: 5:04.87	39.41	600m: 7:41.07	38.77	800m: 10:14.14	38.14
26.	Ana Beatriz PIRES	08		Uniao Piedense	<b>10:19.71</b>	<b>+0,85</b>	478	
	50m: 33.61	33.61	250m: 3:04.72	38.93	450m: 5:42.59	39.66	650m: 8:20.75	39.58
	100m: 1:10.24	36.63	300m: 3:43.73	39.01	500m: 6:21.92	39.33	700m: 8:59.98	39.23
	150m: 1:47.92	37.68	350m: 4:23.11	39.38	550m: 7:01.72	39.80	750m: 9:39.91	39.93
	200m: 2:25.79	37.87	400m: 5:02.93	39.82	600m: 7:41.17	39.45	800m: 10:19.71	39.80
27.	Constanca Baptista TOMAS	09		Alcobaca	<b>10:19.79</b>	<b>+0,80</b>	478	
	50m: 34.15	34.15	250m: 3:12.43	39.23	450m: 5:49.28	38.86	650m: 8:25.69	39.06
	100m: 1:13.07	38.92	300m: 3:52.36	39.93	500m: 6:29.07	39.79	700m: 9:05.36	39.67
	150m: 1:52.97	39.90	350m: 4:31.18	38.82	550m: 7:07.68	38.61	750m: 9:43.27	37.91
	200m: 2:33.20	40.23	400m: 5:10.42	39.24	600m: 7:46.63	38.95	800m: 10:19.79	36.52
28.	Sofia Pereira JORGE	08		Galitos / Bresimar	<b>10:24.47</b>	<b>+0,72</b>	467	
	50m: 32.76	32.76	250m: 3:08.90	39.72	450m: 5:48.62	39.39	650m: 8:28.04	39.32
	100m: 1:10.67	37.91	300m: 3:49.07	40.17	500m: 6:29.14	40.52	700m: 9:07.96	39.92
	150m: 1:49.67	39.00	350m: 4:29.31	40.24	550m: 7:08.93	39.79	750m: 9:46.28	38.32
	200m: 2:29.18	39.51	400m: 5:09.23	39.92	600m: 7:48.72	39.79	800m: 10:24.47	38.19
29.	Francisca Ramos NUNES	09		Naval de Peniche	<b>10:24.51</b>	<b>+0,85</b>	467	
	50m: 33.07	33.07	250m: 3:08.05	39.24	450m: 5:46.89	39.49	650m: 8:27.42	40.07
	100m: 1:10.58	37.51	300m: 3:47.46	39.41	500m: 6:27.06	40.17	700m: 9:07.74	40.32
	150m: 1:49.40	38.82	350m: 4:27.46	40.00	550m: 7:07.12	40.06	750m: 9:46.91	39.17
	200m: 2:28.81	39.41	400m: 5:07.40	39.94	600m: 7:47.35	40.23	800m: 10:24.51	37.60
30.	Constanca Isabel CARVALHO	08		Alges	<b>10:30.48</b>	<b>+0,79</b>	454	
	50m: 33.97	33.97	250m: 3:07.93	38.92	450m: 5:47.42	39.90	650m: 8:29.58	40.82
	100m: 1:11.70	37.73	300m: 3:47.82	39.89	500m: 6:27.55	40.13	700m: 9:10.63	41.05
	150m: 1:49.96	38.26	350m: 4:27.59	39.77	550m: 7:07.76	40.21	750m: 9:50.71	40.08
	200m: 2:29.01	39.05	400m: 5:07.52	39.93	600m: 7:48.76	41.00	800m: 10:30.48	39.77

**5 - 3ª Jornada - 1ª Sessão (Eliminatórias-Heats)**
**01/04/2023 - 9:00**

Prova 23	Masc., 400m Livres					Open
01/04/2023 - 9:00						Resultados Elimin
Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021	
Rec Nac Sen	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021	
Rec Nac Jun18	3:53.79	Jose Paulo LOPES	SCB	Oeiras	28/07/2018	
Rec Nac Jun17	3:57.15	Gustavo Manuel SANTA	POR	Helsinki (FIN)	14/07/2010	
RN S11	4:43.74	Marco Ribeiro MENESES	POR	Sheffield (GBR)	18/03/2023	

 JO Absoluto: 3:46.78 / CMPL Sen: 3:48.15 / CESub23 19 - 23: 2:54.72 / CEJun\_Masc 15 - 18: 4:01.28 / TAC Sen 50m: 4:16.03 -  
 25m: 4:06.41; Jun 50m: 4:23.71 - 25m: 4:13.80

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Rodriguez AMARAL	02	Porto	<b>4:00.99</b>	+0,66	761	A
	50m: 27.48 27.48	150m: 1:27.61 30.22	250m: 2:28.81 30.64	350m: 3:30.70 31.03		30.29	
	100m: 57.39 29.91	200m: 1:58.17 30.56	300m: 2:59.67 30.86	400m: 4:00.99			
2.	Jose Paulo LOPES	00	Braga	<b>4:05.46</b>	+0,68	720	A
	50m: 27.60 27.60	150m: 1:28.10 30.44	250m: 2:30.62 31.58	350m: 3:34.17 31.96		31.29	
	100m: 57.66 30.06	200m: 1:59.04 30.94	300m: 3:02.21 31.59	400m: 4:05.46			
3.	Bernardo Victorino ALMEIDA	04	Sporting	<b>4:05.90</b>	+0,68	716	A
	50m: 27.24 27.24	150m: 1:28.91 31.18	250m: 2:31.88 31.47	350m: 3:35.58 31.77		30.32	
	100m: 57.73 30.49	200m: 2:00.41 31.50	300m: 3:03.81 31.93	400m: 4:05.90			
4.	Gustavo Pires MARQUES	04	Uniao Coimbra	<b>4:07.24</b>	+0,72	705	A
	50m: 27.57 27.57	150m: 1:28.97 30.91	250m: 2:31.98 31.46	350m: 3:35.62 31.48		31.62	
	100m: 58.06 30.49	200m: 2:00.52 31.55	300m: 3:04.14 32.16	400m: 4:07.24			
5.	Salvador Goya PERLOIRO	05	Benfica	<b>4:08.67</b>	+0,71	693	A
	50m: 28.17 28.17	150m: 1:30.18 31.17	250m: 2:33.20 31.37	350m: 3:36.82 32.01		31.85	
	100m: 59.01 30.84	200m: 2:01.83 31.65	300m: 3:04.81 31.61	400m: 4:08.67			
6.	Bernardo Jorge SIMOES	04	Belenenses	<b>4:09.05</b>	+0,70	689	A
	50m: 28.18 28.18	150m: 1:31.57 32.34	250m: 2:35.63 32.16	350m: 3:38.37 31.03		30.68	
	100m: 59.23 31.05	200m: 2:03.47 31.90	300m: 3:07.34 31.71	400m: 4:09.05			
7.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>4:09.36</b>	+0,64	687	A
	50m: 27.39 27.39	150m: 1:28.77 31.18	250m: 2:31.58 31.56	350m: 3:36.72 33.12		32.64	
	100m: 57.59 30.20	200m: 2:00.02 31.25	300m: 3:03.60 32.02	400m: 4:09.36			
8.	Yury FOMIN	06	Louletano / Loule Concelho	<b>4:10.23</b>	+0,65	680	A
	50m: 28.09 28.09	150m: 1:30.42 31.67	250m: 2:34.53 32.31	350m: 3:38.67 31.92		31.56	
	100m: 58.75 30.66	200m: 2:02.22 31.80	300m: 3:06.75 32.22	400m: 4:10.23			
9.	Lucas Pereira BASTOS	00	Nautico Academico	<b>4:11.11</b>	+0,71	673	A
	50m: 27.85 27.85	150m: 1:29.66 31.27	250m: 2:33.38 31.96	350m: 3:38.79 33.03		32.32	
	100m: 58.39 30.54	200m: 2:01.42 31.76	300m: 3:05.76 32.38	400m: 4:11.11			
10.	Henrique Silva MASCARENHAS	01	Fluvial Portuense	<b>4:12.08</b>	+0,65	665	A
	50m: 27.78 27.78	150m: 1:30.35 31.40	250m: 2:34.60 31.88	350m: 3:40.23 32.71		31.85	
	100m: 58.95 31.17	200m: 2:02.72 32.37	300m: 3:07.52 32.92	400m: 4:12.08			
11.	Afonso Martim LEITE	05	Foca Quinta da Lixa CNF	<b>4:14.73</b>	+0,69	644	B
	50m: 28.57 28.57	150m: 1:32.04 32.17	250m: 2:36.91 32.81	350m: 3:43.11 33.11		31.62	
	100m: 59.87 31.30	200m: 2:04.10 32.06	300m: 3:10.00 33.09	400m: 4:14.73			

## Prova 23, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
12.	Nicolas Filip MONTFORT	05		Alges	<b>4:14.91</b>	+0,62	643	B
	50m: 27.92 27.92	150m: 1:31.47	32.72	250m: 2:37.19	32.90	350m: 3:43.01	32.88	
	100m: 58.75 30.83	200m: 2:04.29	32.82	300m: 3:10.13	32.94	400m: 4:14.91	31.90	
13.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	<b>4:15.47</b>	+0,63	639	B
	50m: 28.74 28.74	150m: 1:32.68	32.41	250m: 2:38.50	32.78	350m: 3:44.21	32.44	
	100m: 1:00.27 31.53	200m: 2:05.72	33.04	300m: 3:11.77	33.27	400m: 4:15.47	31.26	
14.	Tomas Maia JANUARIO	06		Benfica	<b>4:16.29</b>	+0,77	633	B
	50m: 28.43 28.43	150m: 1:31.86	32.12	250m: 2:37.80	33.18	350m: 3:44.10	33.26	
	100m: 59.74 31.31	200m: 2:04.62	32.76	300m: 3:10.84	33.04	400m: 4:16.29	32.19	
15.	Diogo Alexandre OLIVEIRA	05		Naval do Funchal	<b>4:16.95</b>	+0,66	628	B
	50m: 28.10 28.10	150m: 1:31.17	31.72	250m: 2:36.91	33.02	350m: 3:44.13	33.56	
	100m: 59.45 31.35	200m: 2:03.89	32.72	300m: 3:10.57	33.66	400m: 4:16.95	32.82	
16.	Bruno Silva LOUREIRO	06		Porto	<b>4:17.46</b>	+0,66	624	B
	50m: 29.48 29.48	150m: 1:34.54	32.55	250m: 2:40.13	32.26	350m: 3:45.54	32.75	
	100m: 1:01.99 32.51	200m: 2:07.87	33.33	300m: 3:12.79	32.66	400m: 4:17.46	31.92	
17.	Francisco Couto FRAZAO	06		Uniao Coimbra	<b>4:18.27</b>	+0,69	618	B
	50m: 29.04 29.04	150m: 1:33.40	32.60	250m: 2:39.34	32.76	350m: 3:46.22	33.32	
	100m: 1:00.80 31.76	200m: 2:06.58	33.18	300m: 3:12.90	33.56	400m: 4:18.27	32.05	
18.	Alexandre Ramos GONCALVES	05		Sao Joao Ver	<b>4:18.34</b>	+0,72	618	B
	50m: 28.85 28.85	150m: 1:33.54	32.77	250m: 2:39.67	32.77	350m: 3:46.37	33.50	
	100m: 1:00.77 31.92	200m: 2:06.90	33.36	300m: 3:12.87	33.20	400m: 4:18.34	31.97	
19.	Joao Pedro TORRES	05		Porto	<b>4:18.87</b>	+0,76	614	B
	50m: 29.74 29.74	150m: 1:34.51	32.54	250m: 2:40.52	32.50	350m: 3:45.94	32.46	
	100m: 1:01.97 32.23	200m: 2:08.02	33.51	300m: 3:13.48	32.96	400m: 4:18.87	32.93	
20.	Goncalo Renato CARVALHO	04		Porto	<b>4:18.95</b>	+0,67	613	B
	50m: 29.57 29.57	150m: 1:33.34	32.09	250m: 2:38.74	32.79	350m: 3:45.53	33.39	
	100m: 1:01.25 31.68	200m: 2:05.95	32.61	300m: 3:12.14	33.40	400m: 4:18.95	33.42	
21.	Joao Maria SOUSA	05		Braga	<b>4:19.13</b>	+0,75	612	R
	50m: 29.11 29.11	150m: 1:33.44	32.46	250m: 2:39.73	33.38	350m: 3:46.77	33.55	
	100m: 1:00.98 31.87	200m: 2:06.35	32.91	300m: 3:13.22	33.49	400m: 4:19.13	32.36	
22.	Guilherme Maia CARDOSO	05		Columbofila Cantanhedense	<b>4:19.50</b>	+0,65	609	R
	50m: 29.20 29.20	150m: 1:34.24	32.54	250m: 2:40.65	32.93	350m: 3:47.41	33.08	
	100m: 1:01.70 32.50	200m: 2:07.72	33.48	300m: 3:14.33	33.68	400m: 4:19.50	32.09	
23.	Tomas Nunes ROQUE	06		Benfica	<b>4:19.78</b>	+0,66	607	
	50m: 28.87 28.87	150m: 1:33.04	32.31	250m: 2:39.42	33.16	350m: 3:46.98	33.72	
	100m: 1:00.73 31.86	200m: 2:06.26	33.22	300m: 3:13.26	33.84	400m: 4:19.78	32.80	
24.	Guilherme Fernandes BAPTISTA	06		Benfica	<b>4:21.01</b>	+0,64	599	
	50m: 28.88 28.88	150m: 1:34.05	32.77	250m: 2:40.53	33.01	350m: 3:48.17	33.84	
	100m: 1:01.28 32.40	200m: 2:07.52	33.47	300m: 3:14.33	33.80	400m: 4:21.01	32.84	
25.	Miguel Costa SIMOES	04		Uniao Piedense	<b>4:21.90</b>	+0,73	593	
	50m: 28.53 28.53	150m: 1:33.37	32.35	250m: 2:40.00	33.32	350m: 3:48.17	33.76	
	100m: 1:01.02 32.49	200m: 2:06.68	33.31	300m: 3:14.41	34.41	400m: 4:21.90	33.73	
26.	Eduardo Nuno FARIA	06		Braga	<b>4:22.39</b>	+0,72	589	
	50m: 28.01 28.01	150m: 1:32.20	32.52	250m: 2:39.86	33.55	350m: 3:48.81	33.92	
	100m: 59.68 31.67	200m: 2:06.31	34.11	300m: 3:14.89	35.03	400m: 4:22.39	33.58	

## Prova 23, Masc., 400m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
27.	Jose Maria TEMUDO	06	Rio Maior	<b>4:23.89</b>	+0,60	579	
	50m: 28.85 28.85	150m: 1:33.20	32.64	250m: 2:41.63	34.12	350m: 3:50.99	34.39
	100m: 1:00.56 31.71	200m: 2:07.51	34.31	300m: 3:16.60	34.97	400m: 4:23.89	32.90
28.	Federico MESTRONI	99	Benfica	<b>4:24.13</b>	+0,75	578	
	50m: 29.01 29.01	150m: 1:34.05	33.12	250m: 2:41.61	33.90	350m: 3:50.62	34.87
	100m: 1:00.93 31.92	200m: 2:07.71	33.66	300m: 3:15.75	34.14	400m: 4:24.13	33.51
29.	Milan Santos JEVIC	06	Braga	<b>4:27.24</b>	+0,75	558	
	50m: 28.38 28.38	150m: 1:34.30	34.08	250m: 2:43.93	34.56	350m: 3:53.46	34.23
	100m: 1:00.22 31.84	200m: 2:09.37	35.07	300m: 3:19.23	35.30	400m: 4:27.24	33.78
30.	Raul Sousa ANSELMO	05	Bombeiros de Ponta Delgada	<b>4:32.64</b>	+0,65	525	
	50m: 29.06 29.06	150m: 1:35.50	33.64	250m: 2:45.03	34.97	350m: 3:56.72	35.47
	100m: 1:01.86 32.80	200m: 2:10.06	34.56	300m: 3:21.25	36.22	400m: 4:32.64	35.92
DNS	Tomas Amor SARREIRA	05	Nautico Marinha Grande				

## Prova 23 01/04/2023 - 9:00

## Masc., 400m Livres

## Juvenis Resultados Elimin

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	Gustavo Manuel SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe COSTA	VSC	Coimbra	29/07/2006
RN S11	4:43.74	Marco Ribeiro MENESES	POR	Sheffield (GBR)	18/03/2023

JO Absoluto: 3:46.78 / CEJun\_Masc 15 - 18: 4:01.28 / TAC 50m: 4:36.51 - 25m: 4:26.12

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Goya PERLOIRO	07	Benfica	<b>4:16.60</b>	+0,70	630	Q
	50m: 28.37 28.37	150m: 1:32.33	32.17	250m: 2:37.27	32.28	350m: 3:43.99	33.23
	100m: 1:00.16 31.79	200m: 2:04.99	32.66	300m: 3:10.76	33.49	400m: 4:16.60	32.61
2.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>4:16.99</b>	+0,61	627	Q
	50m: 28.51 28.51	150m: 1:32.74	32.36	250m: 2:39.23	33.21	350m: 3:46.09	33.13
	100m: 1:00.38 31.87	200m: 2:06.02	33.28	300m: 3:12.96	33.73	400m: 4:16.99	30.90
3.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>4:21.39</b>	+0,84	596	Q
	50m: 28.87 28.87	150m: 1:34.01	32.79	250m: 2:41.20	33.27	350m: 3:48.58	33.48
	100m: 1:01.22 32.35	200m: 2:07.93	33.92	300m: 3:15.10	33.90	400m: 4:21.39	32.81
4.	Antonio Miguel COSTA	07	Fafe	<b>4:22.20</b>	+0,67	591	Q
	50m: 30.03 30.03	150m: 1:35.39	32.82	250m: 2:42.19	33.43	350m: 3:50.65	34.41
	100m: 1:02.57 32.54	200m: 2:08.76	33.37	300m: 3:16.24	34.05	400m: 4:22.20	31.55
5.	Alexandre MORARI	07	Rio Maior	<b>4:22.21</b>	+0,68	591	Q
	50m: 28.12 28.12	150m: 1:31.93	32.50	250m: 2:39.07	33.90	350m: 3:48.09	35.15
	100m: 59.43 31.31	200m: 2:05.17	33.24	300m: 3:12.94	33.87	400m: 4:22.21	34.12
6.	Rui Silva PEREIRA	08	Colegio Monte Maior	<b>4:22.68</b>	+0,85	588	Q
	50m: 29.84 29.84	150m: 1:35.55	33.32	250m: 2:42.93	33.65	350m: 3:50.02	33.52
	100m: 1:02.23 32.39	200m: 2:09.28	33.73	300m: 3:16.50	33.57	400m: 4:22.68	32.66
7.	Guilherme Costa SOARES	08	Vilacondense	<b>4:22.81</b>	+0,75	587	Q
	50m: 29.98 29.98	150m: 1:35.96	33.26	250m: 2:42.55	33.25	350m: 3:50.40	33.70
	100m: 1:02.70 32.72	200m: 2:09.30	33.34	300m: 3:16.70	34.15	400m: 4:22.81	32.41

Prova 23, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
8.	Axel Guedes ASMAR	07		Sporting	<b>4:23.55</b>	+0,62	582	Q
	50m: 29.56 29.56	150m: 1:35.37	33.15	250m: 2:42.53	33.37	350m: 3:50.71	33.81	
	100m: 1:02.22 32.66	200m: 2:09.16	33.79	300m: 3:16.90	34.37	400m: 4:23.55	32.84	
9.	Afonso Dinis ROQUE	07		Nautico de Leiria	<b>4:24.09</b>	+0,72	578	Q
	50m: 29.16 29.16	150m: 1:34.65	33.36	250m: 2:40.91	33.30	350m: 3:50.62	35.06	
	100m: 1:01.29 32.13	200m: 2:07.61	32.96	300m: 3:15.56	34.65	400m: 4:24.09	33.47	
10.	Miguel Guedes FERREIRA	07		Porto	<b>4:24.58</b>	+0,79	575	Q
	50m: 29.57 29.57	150m: 1:36.54	33.80	250m: 2:43.92	33.64	350m: 3:51.69	33.84	
	100m: 1:02.74 33.17	200m: 2:10.28	33.74	300m: 3:17.85	33.93	400m: 4:24.58	32.89	
11.	Tiago Andre CANELAS	08		Fluvial Portuense	<b>4:26.41</b>	+0,64	563	R
	50m: 30.05 30.05	150m: 1:36.96	33.83	250m: 2:45.21	34.21	350m: 3:53.67	34.19	
	100m: 1:03.13 33.08	200m: 2:11.00	34.04	300m: 3:19.48	34.27	400m: 4:26.41	32.74	
12.	Duarte Cachulo MARQUES	07		Condeixa Clube	<b>4:27.21</b>	+0,65	558	R
	50m: 30.47 30.47	150m: 1:37.79	34.29	250m: 2:46.09	34.00	350m: 3:54.39	34.48	
	100m: 1:03.50 33.03	200m: 2:12.09	34.30	300m: 3:19.91	33.82	400m: 4:27.21	32.82	
13.	Francisco Xavier RITA	07		Vieirense	<b>4:28.18</b>	+0,68	552	
	50m: 29.69 29.69	150m: 1:36.97	34.21	250m: 2:45.53	34.25	350m: 3:54.71	34.44	
	100m: 1:02.76 33.07	200m: 2:11.28	34.31	300m: 3:20.27	34.74	400m: 4:28.18	33.47	
14.	Rodrigo Costa BORGES	07		Fluvial Portuense	<b>4:28.55</b>	+0,66	550	
	50m: 28.68 28.68	150m: 1:36.27	34.24	250m: 2:45.98	34.58	350m: 3:54.92	33.97	
	100m: 1:02.03 33.35	200m: 2:11.40	35.13	300m: 3:20.95	34.97	400m: 4:28.55	33.63	
15.	Tomas Pinto PEIXOTO	08		Porto	<b>4:29.99</b>	+0,71	541	
	50m: 29.99 29.99	150m: 1:35.71	32.93	250m: 2:44.56	34.55	350m: 3:54.81	34.86	
	100m: 1:02.78 32.79	200m: 2:10.01	34.30	300m: 3:19.95	35.39	400m: 4:29.99	35.18	
16.	Eduardo Miguel LIMA	08		Foca Quinta da Lixa CNF	<b>4:30.05</b>	+0,72	541	
	50m: 29.54 29.54	150m: 1:37.23	34.36	250m: 2:46.95	34.56	350m: 3:56.62	34.18	
	100m: 1:02.87 33.33	200m: 2:12.39	35.16	300m: 3:22.44	35.49	400m: 4:30.05	33.43	
17.	Guilherme Mahua SOARES	07		Porto	<b>4:30.23</b>	+0,76	540	
	50m: 30.27 30.27	150m: 1:37.47	33.67	250m: 2:46.18	34.20	350m: 3:56.33	34.98	
	100m: 1:03.80 33.53	200m: 2:11.98	34.51	300m: 3:21.35	35.17	400m: 4:30.23	33.90	
18.	Luis Filipe CARVALHO	07		Naval Povoense	<b>4:30.47</b>	+0,67	538	
	50m: 29.91 29.91	150m: 1:38.04	34.55	250m: 2:47.83	34.21	350m: 3:57.78	34.79	
	100m: 1:03.49 33.58	200m: 2:13.62	35.58	300m: 3:22.99	35.16	400m: 4:30.47	32.69	
19.	Martim Alexandre SILVA	07		Columbofila Cantanhedense	<b>4:31.31</b>	+0,69	533	
	50m: 29.20 29.20	150m: 1:36.48	34.38	250m: 2:45.50	34.66	350m: 3:56.72	35.89	
	100m: 1:02.10 32.90	200m: 2:10.84	34.36	300m: 3:20.83	35.33	400m: 4:31.31	34.59	
20.	Guilherme Corte COSTA	07		Desportivo Nacional	<b>4:32.32</b>	+0,69	527	
	50m: 30.34 30.34	150m: 1:37.98	34.88	250m: 2:48.31	35.21	350m: 3:59.01	34.96	
	100m: 1:03.10 32.76	200m: 2:13.10	35.12	300m: 3:24.05	35.74	400m: 4:32.32	33.31	
21.	Goncalo Augusto SOARES	08		Porto	<b>4:32.73</b>	+0,79	525	
	50m: 30.21 30.21	150m: 1:38.80	34.41	250m: 2:48.11	34.45	350m: 3:58.26	34.60	
	100m: 1:04.39 34.18	200m: 2:13.66	34.86	300m: 3:23.66	35.55	400m: 4:32.73	34.47	
22.	Eugenio MELNYK	07		Rio Maior	<b>4:32.88</b>	+0,77	524	
	50m: 30.18 30.18	150m: 1:37.97	34.10	250m: 2:47.77	35.06	350m: 3:58.30	35.15	
	100m: 1:03.87 33.69	200m: 2:12.71	34.74	300m: 3:23.15	35.38	400m: 4:32.88	34.58	

Prova 23, Masc., 400m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
23.	Andre Leitao COSTA	07		Fafe	<b>4:33.17</b>	+0,70	522
	50m: 29.58 29.58	150m: 1:37.46	35.29	250m: 2:48.28	35.65	350m: 3:59.52	35.20
	100m: 1:02.17 32.59	200m: 2:12.63	35.17	300m: 3:24.32	36.04	400m: 4:33.17	33.65
24.	Marco Dimitar OLIVEIRA	07		Nautico Academico	<b>4:34.04</b>	+0,72	517
	50m: 29.65 29.65	150m: 1:37.73	34.97	250m: 2:48.76	35.54	350m: 3:59.53	34.98
	100m: 1:02.76 33.11	200m: 2:13.22	35.49	300m: 3:24.55	35.79	400m: 4:34.04	34.51
25.	Miguel Braga GOMES	07		Sporting	<b>4:34.19</b>	+0,67	517
	50m: 29.73 29.73	150m: 1:37.27	34.51	250m: 2:47.48	35.09	350m: 3:58.72	35.42
	100m: 1:02.76 33.03	200m: 2:12.39	35.12	300m: 3:23.30	35.82	400m: 4:34.19	35.47
26.	Afonso Miguel NOGUEIRA	07		Braga	<b>4:34.44</b>	+0,78	515
	50m: 30.52 30.52	150m: 1:40.63	35.57	250m: 2:51.33	35.31	350m: 4:01.55	34.74
	100m: 1:05.06 34.54	200m: 2:16.02	35.39	300m: 3:26.81	35.48	400m: 4:34.44	32.89
27.	Daniel Casaca CARVALHO	07		Colegio Vasco da Gama	<b>4:34.53</b>	+0,78	515
	50m: 30.10 30.10	150m: 1:37.63	34.43	250m: 2:48.29	35.45	350m: 4:00.30	35.94
	100m: 1:03.20 33.10	200m: 2:12.84	35.21	300m: 3:24.36	36.07	400m: 4:34.53	34.23
28.	Paulo Jorge OLIVEIRA	08		Estarreja/PROZINCO	<b>4:34.96</b>	+0,67	512
	50m: 29.83 29.83	150m: 1:36.76	34.11	250m: 2:47.07	35.73	350m: 3:59.74	36.54
	100m: 1:02.65 32.82	200m: 2:11.34	34.58	300m: 3:23.20	36.13	400m: 4:34.96	35.22
29.	Ricardo Figueiredo FERNANDES	08		Colegio Monte Maior	<b>4:35.11</b>	+0,82	511
	50m: 29.69 29.69	150m: 1:38.46	35.12	250m: 2:50.04	35.98	350m: 4:00.51	34.96
	100m: 1:03.34 33.65	200m: 2:14.06	35.60	300m: 3:25.55	35.51	400m: 4:35.11	34.60
30.	Goncalo Andre FERREIRA	07		Ginasio de Vila Real	<b>4:35.68</b>	+0,78	508
	50m: 29.97 29.97	150m: 1:37.85	34.55	250m: 2:48.20	35.07	350m: 4:00.74	35.84
	100m: 1:03.30 33.33	200m: 2:13.13	35.28	300m: 3:24.90	36.70	400m: 4:35.68	34.94
31.	Paulo Tiago VALES	07		Porto	<b>4:37.40</b>	+0,69	499
	50m: 30.07 30.07	150m: 1:38.31	34.81	250m: 2:50.76	36.26	350m: 4:02.42	35.65
	100m: 1:03.50 33.43	200m: 2:14.50	36.19	300m: 3:26.77	36.01	400m: 4:37.40	34.98
32.	Joao Pedro CARAPINHA	07		Uniao Piedense	<b>4:39.53</b>	+0,73	487
	50m: 30.97 30.97	150m: 1:39.16	34.51	250m: 2:49.73	35.14	350m: 4:03.06	36.94
	100m: 1:04.65 33.68	200m: 2:14.59	35.43	300m: 3:26.12	36.39	400m: 4:39.53	36.47
33.	Miguel Lourenco VELHINHO	07		Lagoa AC	<b>4:40.65</b>	+0,66	482
	50m: 30.05 30.05	150m: 1:39.39	35.44	250m: 2:52.11	36.06	350m: 4:05.72	36.39
	100m: 1:03.95 33.90	200m: 2:16.05	36.66	300m: 3:29.33	37.22	400m: 4:40.65	34.93
34.	Guilherme Simoes SOUSA	08		Nautico Academico	<b>4:41.21</b>	+0,79	479
	50m: 30.56 30.56	150m: 1:39.15	34.84	250m: 2:51.71	36.07	350m: 4:05.60	36.61
	100m: 1:04.31 33.75	200m: 2:15.64	36.49	300m: 3:28.99	37.28	400m: 4:41.21	35.61
35.	Tiago Miguel COSTA	07		Portinado	<b>4:41.87</b>	+0,72	475
	50m: 29.88 29.88	150m: 1:38.99	35.70	250m: 2:51.92	36.81	350m: 4:06.16	37.10
	100m: 1:03.29 33.41	200m: 2:15.11	36.12	300m: 3:29.06	37.14	400m: 4:41.87	35.71
36.	Eduardo Sousa SARAGOCA	07		Viana Natacao	<b>4:42.13</b>	+0,75	474
	50m: 30.36 30.36	150m: 1:38.94	35.32	250m: 2:52.35	37.03	350m: 4:06.42	37.08
	100m: 1:03.62 33.26	200m: 2:15.32	36.38	300m: 3:29.34	36.99	400m: 4:42.13	35.71
DSQ	Luis Pedro GONCALVES	08		Braga		+0,71	
	4.2 - Falsa Partida – SW 4.4						
DNS	Miguel Fragoso MEDEIROS	08		Porto			

## Prova 23, Masc., 400m Livres, Elimin

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
EXH	Marco Ribeiro MENESES	01 S11 T	O Crasto	<b>4:47.20</b>	+0,77	449
	50m: 32.01 32.01	150m: 1:46.05 36.77	250m: 2:59.22 35.89	350m: 4:12.26 36.31		
	100m: 1:09.28 37.27	200m: 2:23.33 37.28	300m: 3:35.95 36.73	400m: 4:47.20 34.94		

## Prova 24

## Femin., 400m Livres

## Open

01/04/2023 - 9:40

Resultados Elimin

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	Tamila Hryhorivna HOLUB	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	Marta Andreia FERREIRA	POR	Berlim (GER)	04/08/2002
RN S9	5:00.92	Susana Pereira VEIGA	POR	Funchal	16/06/2022

JO Absoluto: 4:07.90 / CMPL 19 +: 4:10.57 / CESub23 19 - 23: 4:16.58 / CEJun\_Fem 14 - 17: 4:23.44 / TAC Sen 50m: 4:39.70 - 25m: 4:31.76; Jun 50m: 4:46.69 - 25m: 4:38.55

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisca Soares MARTINS <i>Minimos CE Sub23</i>	03	Foca Quinta da Lixa CNF	<b>4:13.76</b>	+0,66	808	A
	50m: 29.23 29.23	150m: 1:32.45 31.80	250m: 2:37.17 32.36	350m: 3:42.39 32.46			
	100m: 1:00.65 31.42	200m: 2:04.81 32.36	300m: 3:09.93 32.76	400m: 4:13.76 31.37			
2.	Tamila Hryhorivna HOLUB	99	Braga	<b>4:24.87</b>	+0,77	710	A
	50m: 30.96 30.96	150m: 1:37.07 33.06	250m: 2:43.19 32.55	350m: 3:51.30 34.24			
	100m: 1:04.01 33.05	200m: 2:10.64 33.57	300m: 3:17.06 33.87	400m: 4:24.87 33.57			
3.	Ema Jeronimo CONCEICAO	03	Benfica	<b>4:27.12</b>	+0,80	693	A
	50m: 30.35 30.35	150m: 1:36.33 33.40	250m: 2:44.29 34.06	350m: 3:53.08 34.31			
	100m: 1:02.93 32.58	200m: 2:10.23 33.90	300m: 3:18.77 34.48	400m: 4:27.12 34.04			
4.	Anna FOMINA	02	Sporting	<b>4:28.08</b>	+0,78	685	A
	50m: 30.88 30.88	150m: 1:37.91 33.90	250m: 2:45.80 33.83	350m: 3:54.11 34.34			
	100m: 1:04.01 33.13	200m: 2:11.97 34.06	300m: 3:19.77 33.97	400m: 4:28.08 33.97			
5.	Carolina Pereira VIANA	04	Sporting	<b>4:31.24</b>	+0,70	662	A
	50m: 31.03 31.03	150m: 1:37.92 33.72	250m: 2:46.51 34.10	350m: 3:56.56 34.89			
	100m: 1:04.20 33.17	200m: 2:12.41 34.49	300m: 3:21.67 35.16	400m: 4:31.24 34.68			
6.	Ines Santos AMORIM	06	Desportiva de Viana	<b>4:31.98</b>	+0,76	656	A
	50m: 30.88 30.88	150m: 1:38.39 34.02	250m: 2:47.96 34.68	350m: 3:58.03 35.06			
	100m: 1:04.37 33.49	200m: 2:13.28 34.89	300m: 3:22.97 35.01	400m: 4:31.98 33.95			
7.	Ana Catarina MONTEIRO	93	Vilacondense	<b>4:32.05</b>	+0,67	656	A
	50m: 31.09 31.09	150m: 1:38.25 33.96	250m: 2:47.32 34.37	350m: 3:57.42 35.22			
	100m: 1:04.29 33.20	200m: 2:12.95 34.70	300m: 3:22.20 34.88	400m: 4:32.05 34.63			
8.	Beatriz Silva LOURO	07	Louletano / Loule Concelho	<b>4:34.12</b>	+0,65	641	A
	50m: 30.62 30.62	150m: 1:38.23 34.12	250m: 2:48.03 35.09	350m: 3:58.78 35.25			
	100m: 1:04.11 33.49	200m: 2:12.94 34.71	300m: 3:23.53 35.50	400m: 4:34.12 35.34			
9.	Mafalda Martins MESQUITA	07	Famalicao	<b>4:34.79</b>	+0,78	636	A
	50m: 31.58 31.58	150m: 1:41.53 34.98	250m: 2:51.77 35.17	350m: 4:01.71 34.56			
	100m: 1:06.55 34.97	200m: 2:16.60 35.07	300m: 3:27.15 35.38	400m: 4:34.79 33.08			

Prova 24, Femin., 400m Livres, Elimina, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
10.	Maria Ornelas ARMAS	98		Vikings	<b>4:35.92</b>	+0,85	628	A
	50m: 31.50 31.50	150m: 1:39.59	34.44	250m: 2:49.29	34.90	350m: 4:00.70	35.84	
	100m: 1:05.15 33.65	200m: 2:14.39	34.80	300m: 3:24.86	35.57	400m: 4:35.92	35.22	
11.	Margaux Verger GOURSON	95		Fluvial Portuense	<b>4:37.92</b>	+0,70	615	B
	50m: 31.98 31.98	150m: 1:41.56	34.97	250m: 2:53.15	35.60	350m: 4:04.00	34.94	
	100m: 1:06.59 34.61	200m: 2:17.55	35.99	300m: 3:29.06	35.91	400m: 4:37.92	33.92	
12.	Margarida Vieira PINTO	07		Braga	<b>4:38.31</b>	+0,75	612	B
	50m: 30.76 30.76	150m: 1:38.86	34.60	250m: 2:50.63	36.24	350m: 4:03.50	36.24	
	100m: 1:04.26 33.50	200m: 2:14.39	35.53	300m: 3:27.26	36.63	400m: 4:38.31	34.81	
13.	Maria Leonor COELHO	06		Benfica	<b>4:38.33</b>	+0,76	612	B
	50m: 31.19 31.19	150m: 1:40.22	34.79	250m: 2:52.34	35.68	350m: 4:03.62	35.20	
	100m: 1:05.43 34.24	200m: 2:16.66	36.44	300m: 3:28.42	36.08	400m: 4:38.33	34.71	
14.	Carolina Esteves PEIXOTO	06		Braga	<b>4:40.18</b>	+0,78	600	B
	50m: 31.87 31.87	150m: 1:40.99	35.01	250m: 2:52.17	35.58	350m: 4:04.95	36.33	
	100m: 1:05.98 34.11	200m: 2:16.59	35.60	300m: 3:28.62	36.45	400m: 4:40.18	35.23	
15.	Daniela Magalhaes LOPES	05		Famalicao	<b>4:40.33</b>	+0,79	599	B
	50m: 31.11 31.11	150m: 1:40.08	34.84	250m: 2:51.78	36.17	350m: 4:04.73	36.42	
	100m: 1:05.24 34.13	200m: 2:15.61	35.53	300m: 3:28.31	36.53	400m: 4:40.33	35.60	
16.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>4:40.35</b>	+0,70	599	B
	50m: 31.83 31.83	150m: 1:41.25	35.17	250m: 2:53.51	36.11	350m: 4:06.18	36.17	
	100m: 1:06.08 34.25	200m: 2:17.40	36.15	300m: 3:30.01	36.50	400m: 4:40.35	34.17	
17.	Ana Beatriz VIEIRA	07		Foca Quinta da Lixa CNF	<b>4:40.48</b>	+0,70	598	B
	50m: 31.53 31.53	150m: 1:40.70	35.21	250m: 2:52.91	36.08	350m: 4:05.42	35.84	
	100m: 1:05.49 33.96	200m: 2:16.83	36.13	300m: 3:29.58	36.67	400m: 4:40.48	35.06	
18.	Carolina Vizinho CABRAL	07		Natacao de Vagos	<b>4:40.73</b>	+0,74	597	B
	50m: 31.46 31.46	150m: 1:40.82	35.25	250m: 2:53.25	36.28	350m: 4:06.18	36.64	
	100m: 1:05.57 34.11	200m: 2:16.97	36.15	300m: 3:29.54	36.29	400m: 4:40.73	34.55	
	Francisca Macedo LOPES	05		Vilacondense	<b>4:40.73</b>	+0,78	597	B
	50m: 31.24 31.24	150m: 1:40.89	35.10	250m: 2:52.76	35.64	350m: 4:05.44	36.22	
	100m: 1:05.79 34.55	200m: 2:17.12	36.23	300m: 3:29.22	36.46	400m: 4:40.73	35.29	
20.	Bianca Filipa ALMEIDA	07		Alges e Agueda XXI	<b>4:41.28</b>	+0,74	593	B
	50m: 31.51 31.51	150m: 1:41.09	35.18	250m: 2:52.43	35.85	350m: 4:05.53	36.57	
	100m: 1:05.91 34.40	200m: 2:16.58	35.49	300m: 3:28.96	36.53	400m: 4:41.28	35.75	
21.	Maria Neto FERREIRA	06		Nautico Academico	<b>4:41.46</b>	+0,78	592	R
	50m: 31.86 31.86	150m: 1:41.96	35.27	250m: 2:54.34	36.42	350m: 4:06.85	35.73	
	100m: 1:06.69 34.83	200m: 2:17.92	35.96	300m: 3:31.12	36.78	400m: 4:41.46	34.61	
22.	Mariana Marques MERCEDES	03		Vikings	<b>4:41.59</b>	+0,67	591	R
	50m: 31.41 31.41	150m: 1:42.00	35.80	250m: 2:54.70	35.73	350m: 4:06.55	35.75	
	100m: 1:06.20 34.79	200m: 2:18.97	36.97	300m: 3:30.80	36.10	400m: 4:41.59	35.04	
23.	Ines Miranda DIOGO	07		Nautico Academico	<b>4:44.47</b>	+0,72	573	
	50m: 31.76 31.76	150m: 1:42.90	36.28	250m: 2:55.72	36.71	350m: 4:08.79	36.59	
	100m: 1:06.62 34.86	200m: 2:19.01	36.11	300m: 3:32.20	36.48	400m: 4:44.47	35.68	
24.	Catarina Gaspar PIRES	06		Porto	<b>4:44.60</b>	+0,85	573	
	50m: 32.33 32.33	150m: 1:41.75	35.13	250m: 2:54.19	36.45	350m: 4:08.45	37.20	
	100m: 1:06.62 34.29	200m: 2:17.74	35.99	300m: 3:31.25	37.06	400m: 4:44.60	36.15	



Prova 24, Femin., 400m Livres, Elimim, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
25.	Joana Silva ALVES	05		Benedita	<b>4:45.30</b>	+0,72	568
	50m: 32.48 32.48	150m: 1:44.32	35.92	250m: 2:57.00	36.21	350m: 4:09.68	36.18
	100m: 1:08.40 35.92	200m: 2:20.79	36.47	300m: 3:33.50	36.50	400m: 4:45.30	35.62
26.	Leonor Castanho SANTOS	07		Sporting	<b>4:45.48</b>	+0,82	567
	50m: 32.62 32.62	150m: 1:44.19	36.07	250m: 2:56.97	36.08	350m: 4:09.58	36.36
	100m: 1:08.12 35.50	200m: 2:20.89	36.70	300m: 3:33.22	36.25	400m: 4:45.48	35.90
27.	Mariana Carmo ROSA	05		Condeixa Clube	<b>4:45.88</b>	+0,70	565
	50m: 32.31 32.31	150m: 1:42.49	35.20	250m: 2:55.10	36.45	350m: 4:09.73	37.35
	100m: 1:07.29 34.98	200m: 2:18.65	36.16	300m: 3:32.38	37.28	400m: 4:45.88	36.15
28.	Leonor Mil MANO	07		Nautico Academico	<b>4:46.13</b>	+0,70	563
	50m: 31.78 31.78	150m: 1:42.95	35.77	250m: 2:55.44	35.74	350m: 4:09.60	37.20
	100m: 1:07.18 35.40	200m: 2:19.70	36.75	300m: 3:32.40	36.96	400m: 4:46.13	36.53
29.	Marta Andre AGUILAR	07		Nautico Academico	<b>4:46.39</b>	+0,68	562
	50m: 32.96 32.96	150m: 1:44.65	35.69	250m: 2:57.24	36.14	350m: 4:10.81	36.37
	100m: 1:08.96 36.00	200m: 2:21.10	36.45	300m: 3:34.44	37.20	400m: 4:46.39	35.58
30.	Rita Sofia NUNES	05		Colegio Efanor	<b>4:47.56</b>	+0,82	555
	50m: 32.10 32.10	150m: 1:43.77	36.02	250m: 2:57.37	36.43	350m: 4:11.46	36.81
	100m: 1:07.75 35.65	200m: 2:20.94	37.17	300m: 3:34.65	37.28	400m: 4:47.56	36.10
31.	Alice Jesus MORGADO	04		Sporting	<b>4:47.74</b>	+0,78	554
	50m: 32.71 32.71	150m: 1:44.30	36.34	250m: 2:57.75	36.83	350m: 4:11.64	37.17
	100m: 1:07.96 35.25	200m: 2:20.92	36.62	300m: 3:34.47	36.72	400m: 4:47.74	36.10
32.	Joana Barbas RAMOS	06		Gafanha da Encarnacao	<b>4:47.92</b>	+0,77	553
	50m: 33.02 33.02	150m: 1:45.36	36.78	250m: 2:58.99	36.91	350m: 4:12.59	36.63
	100m: 1:08.58 35.56	200m: 2:22.08	36.72	300m: 3:35.96	36.97	400m: 4:47.92	35.33
33.	Miriam Mortagua SOARES	06		Galitos / Bresimar	<b>4:49.37</b>	+0,74	545
	50m: 32.01 32.01	150m: 1:43.23	36.09	250m: 2:56.98	37.15	350m: 4:12.32	37.97
	100m: 1:07.14 35.13	200m: 2:19.83	36.60	300m: 3:34.35	37.37	400m: 4:49.37	37.05
34.	Lia Beatriz GOMES	06		Vitoria Guimaraes	<b>4:52.25</b>	+0,75	529
	50m: 32.25 32.25	150m: 1:44.04	36.60	250m: 2:59.05	37.73	350m: 4:14.92	38.10
	100m: 1:07.44 35.19	200m: 2:21.32	37.28	300m: 3:36.82	37.77	400m: 4:52.25	37.33
35.	Leonor Carreiro RODRIGUES	07		Benfica	<b>4:55.41</b>	+0,71	512
	50m: 31.82 31.82	150m: 1:44.27	36.65	250m: 3:00.04	37.80	350m: 4:17.55	38.23
	100m: 1:07.62 35.80	200m: 2:22.24	37.97	300m: 3:39.32	39.28	400m: 4:55.41	37.86
DNS	Diana Margarida DURAES	96		Benfica			

Prova 24, Femin., 400m Livres, Elimin

Prova 24 Femin., 400m Livres Juvenis  
01/04/2023 - 9:40 Resultados Elimin

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	Tamila Hryhorivna HOLUB	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	Maria Francisca CABRAL	FCP	Oeiras	26/07/2014
RN S9	5:00.92	Susana Pereira VEIGA	POR	Funchal	16/06/2022

JO Absoluto: 4:07.90 / CEJun\_Fem 14 - 17: 4:23.44 / TAC 50m: 4:59.28 - 25m: 4:50.78

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Maria Gomes NEVES	08	Braga	<b>4:40.44</b>	+0,72	598	Q
	50m: 31.62 31.62	150m: 1:41.73	35.33	250m: 2:53.62	35.68	350m: 4:05.72	35.85
	100m: 1:06.40 34.78	200m: 2:17.94	36.21	300m: 3:29.87	36.25	400m: 4:40.44	34.72
2.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>4:45.77</b>	+0,71	566	Q
	50m: 31.27 31.27	150m: 1:44.34	37.01	250m: 2:57.77	36.47	350m: 4:11.35	36.33
	100m: 1:07.33 36.06	200m: 2:21.30	36.96	300m: 3:35.02	37.25	400m: 4:45.77	34.42
3.	Lara Catarina MAIA	09	Estarreja/PROZINCO	<b>4:46.08</b>	+0,62	564	Q
	50m: 32.26 32.26	150m: 1:44.35	36.37	250m: 2:58.44	37.07	350m: 4:12.30	36.75
	100m: 1:07.98 35.72	200m: 2:21.37	37.02	300m: 3:35.55	37.11	400m: 4:46.08	33.78
4.	Carolina Amadeu FERREIRA	08	Leixoes	<b>4:46.36</b>	+0,75	562	Q
	50m: 32.41 32.41	150m: 1:44.28	36.51	250m: 2:57.80	36.96	350m: 4:11.05	36.38
	100m: 1:07.77 35.36	200m: 2:20.84	36.56	300m: 3:34.67	36.87	400m: 4:46.36	35.31
5.	Margarida Maria LUIZ	08	Lagoa AC	<b>4:47.59</b>	+0,79	555	Q
	50m: 32.83 32.83	150m: 1:43.98	35.76	250m: 2:57.15	36.73	350m: 4:11.09	37.11
	100m: 1:08.22 35.39	200m: 2:20.42	36.44	300m: 3:33.98	36.83	400m: 4:47.59	36.50
6.	Maria Carvalho PINTO	09	Viana Natacao	<b>4:50.54</b>	+0,91	538	Q
	50m: 32.01 32.01	150m: 1:44.73	36.65	250m: 2:58.86	36.88	350m: 4:13.87	37.11
	100m: 1:08.08 36.07	200m: 2:21.98	37.25	300m: 3:36.76	37.90	400m: 4:50.54	36.67
7.	Ana Carolina CRUZ	08	Famalicao	<b>4:50.85</b>	+0,85	536	Q
	50m: 32.15 32.15	150m: 1:46.40	37.63	250m: 3:01.43	37.31	350m: 4:15.67	36.54
	100m: 1:08.77 36.62	200m: 2:24.12	37.72	300m: 3:39.13	37.70	400m: 4:50.85	35.18
8.	Luana Ferreira CRAVEIRO	09	Nautico Marinha Grande	<b>4:51.43</b>	+0,74	533	Q
	50m: 32.30 32.30	150m: 1:45.04	37.08	250m: 3:00.39	37.73	350m: 4:15.55	37.40
	100m: 1:07.96 35.66	200m: 2:22.66	37.62	300m: 3:38.15	37.76	400m: 4:51.43	35.88
9.	Raquel Campos CARDOSO	09	Bombeiros de Ponta Delgada	<b>4:51.57</b>	+0,78	532	Q
	50m: 32.74 32.74	150m: 1:45.53	36.56	250m: 3:00.47	37.32	350m: 4:15.67	37.09
	100m: 1:08.97 36.23	200m: 2:23.15	37.62	300m: 3:38.58	38.11	400m: 4:51.57	35.90
10.	Madalena Valente MOREIRA	09	Colegio Efanor	<b>4:51.88</b>	+0,74	531	Q
	50m: 32.93 32.93	150m: 1:46.69	37.19	250m: 3:01.74	37.60	350m: 4:16.31	37.00
	100m: 1:09.50 36.57	200m: 2:24.14	37.45	300m: 3:39.31	37.57	400m: 4:51.88	35.57
11.	Catarina Maria LOPES	08	BUZIOS-Coruche	<b>4:53.19</b>	+0,77	524	R
	50m: 32.77 32.77	150m: 1:44.97	36.75	250m: 3:01.24	38.27	350m: 4:16.85	37.86
	100m: 1:08.22 35.45	200m: 2:22.97	38.00	300m: 3:38.99	37.75	400m: 4:53.19	36.34
12.	Constanca Baptista TOMAS	09	Alcobaca	<b>4:53.24</b>	+0,72	523	R
	50m: 32.67 32.67	150m: 1:47.37	37.52	250m: 3:02.25	36.97	350m: 4:16.43	37.06
	100m: 1:09.85 37.18	200m: 2:25.28	37.91	300m: 3:39.37	37.12	400m: 4:53.24	36.81

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 24, Femin., 400m Livres, Elimina, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
13.	Filipa Carvalho GALANTE	09	Vilacondense	<b>4:53.27</b>	+0,85	523
	50m: 33.85 33.85	150m: 1:49.20	37.71 250m: 3:03.76	37.16 350m: 4:18.16		37.53
	100m: 1:11.49 37.64	200m: 2:26.60	37.40 300m: 3:40.63	36.87 400m: 4:53.27		35.11
14.	Beatriz Silva JORDAO	09	Vikings	<b>4:53.64</b>	+0,71	521
	50m: 33.65 33.65	150m: 1:46.35	35.43 250m: 3:01.70	37.74 350m: 4:17.44		38.06
	100m: 1:10.92 37.27	200m: 2:23.96	37.61 300m: 3:39.38	37.68 400m: 4:53.64		36.20
15.	Diana Gomes FREITAS	08	Amigos da Montanha	<b>4:54.38</b>	+0,86	517
	50m: 32.90 32.90	150m: 1:46.02	37.21 250m: 3:01.53	37.55 350m: 4:17.38		37.77
	100m: 1:08.81 35.91	200m: 2:23.98	37.96 300m: 3:39.61	38.08 400m: 4:54.38		37.00
16.	Sofia Teixeira BARBOSA	08	Porto	<b>4:54.74</b>	+0,85	515
	50m: 33.44 33.44	150m: 1:48.57	38.16 250m: 3:03.56	37.08 350m: 4:17.98		36.51
	100m: 1:10.41 36.97	200m: 2:26.48	37.91 300m: 3:41.47	37.91 400m: 4:54.74		36.76
17.	Leonor Queiroz GONCALVES	09	Braga	<b>4:56.08</b>	+0,82	508
	50m: 32.52 32.52	150m: 1:46.03	37.41 250m: 3:03.00	38.69 350m: 4:19.31		38.13
	100m: 1:08.62 36.10	200m: 2:24.31	38.28 300m: 3:41.18	38.18 400m: 4:56.08		36.77
18.	Constanca Lopes CRUZ	09	Colegio Monte Maior	<b>4:56.86</b>		504
	50m: 33.94 33.94	150m: 1:48.24	37.48 250m: 3:04.24	38.06 350m: 4:20.15		37.77
	100m: 1:10.76 36.82	200m: 2:26.18	37.94 300m: 3:42.38	38.14 400m: 4:56.86		36.71
19.	Bruna Filipa LOURENCO	08	O Crasto	<b>4:56.92</b>	+0,78	504
	50m: 34.31 34.31	150m: 1:49.87	38.27 250m: 3:06.35	38.20 350m: 4:21.88		37.61
	100m: 1:11.60 37.29	200m: 2:28.15	38.28 300m: 3:44.27	37.92 400m: 4:56.92		35.04
20.	Ana Carolina NEVES	08	Fluvial Portuense	<b>4:57.04</b>	+0,63	504
	50m: 31.77 31.77	150m: 1:45.94	37.81 250m: 3:04.26	39.20 350m: 4:21.62		38.15
	100m: 1:08.13 36.36	200m: 2:25.06	39.12 300m: 3:43.47	39.21 400m: 4:57.04		35.42
21.	Ana Beatriz PIRES	08	Uniao Piedense	<b>4:57.23</b>	+0,78	503
	50m: 33.44 33.44	150m: 1:48.28	38.04 250m: 3:05.49	38.52 350m: 4:21.42		37.06
	100m: 1:10.24 36.80	200m: 2:26.97	38.69 300m: 3:44.36	38.87 400m: 4:57.23		35.81
22.	Alana Costa MATIAS	09	Uniao Coimbra	<b>4:57.34</b>	+0,71	502
	50m: 32.44 32.44	150m: 1:46.89	37.67 250m: 3:03.19	38.25 350m: 4:20.71		38.92
	100m: 1:09.22 36.78	200m: 2:24.94	38.05 300m: 3:41.79	38.60 400m: 4:57.34		36.63
23.	Maria Joao COSTA	08	Vilacondense	<b>4:57.36</b>	+0,74	502
	50m: 32.68 32.68	150m: 1:47.37	37.87 250m: 3:04.98	38.85 350m: 4:21.56		37.91
	100m: 1:09.50 36.82	200m: 2:26.13	38.76 300m: 3:43.65	38.67 400m: 4:57.36		35.80
24.	Anastacia PROTOLYUK	09	Columbofila Cantanhedense	<b>4:57.81</b>	+0,70	500
	50m: 32.48 32.48	150m: 1:44.56	36.75 250m: 3:01.64	39.54 350m: 4:19.67		39.24
	100m: 1:07.81 35.33	200m: 2:22.10	37.54 300m: 3:40.43	38.79 400m: 4:57.81		38.14
25.	Joana Almeida SANTOS	09	Galitos / Bresimar	<b>5:00.57</b>	+0,60	486
	50m: 33.61 33.61	150m: 1:49.37	37.75 250m: 3:06.53	38.14 350m: 4:24.78		38.58
	100m: 1:11.62 38.01	200m: 2:28.39	39.02 300m: 3:46.20	39.67 400m: 5:00.57		35.79
26.	Marta Oliveira SILVA	09	Sanjoanense/FEPSA	<b>5:00.60</b>	+0,85	486
	50m: 33.86 33.86	150m: 1:48.85	37.92 250m: 3:05.33	38.31 350m: 4:23.13		38.49
	100m: 1:10.93 37.07	200m: 2:27.02	38.17 300m: 3:44.64	39.31 400m: 5:00.60		37.47
27.	Maria Manuel CORTESAO	08	Nautico Academico	<b>5:00.81</b>	+0,78	485
	50m: 33.31 33.31	150m: 1:49.18	37.81 250m: 3:06.37	38.33 350m: 4:24.18		38.54
	100m: 1:11.37 38.06	200m: 2:28.04	38.86 300m: 3:45.64	39.27 400m: 5:00.81		36.63

Prova 24, Femin., 400m Livres, Elimina, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
28.	Raquel Santos BAIONA	08		Colegio Monte Maior	<b>5:03.69</b>	+0,87	471
	50m: 33.39 33.39	150m: 1:47.62	38.04	250m: 3:06.06	39.56	350m: 4:25.00	39.50
	100m: 1:09.58 36.19	200m: 2:26.50	38.88	300m: 3:45.50	39.44	400m: 5:03.69	38.69
29.	Matilde Rodrigues MARQUES	08		Viana Natacao	<b>5:04.78</b>	+0,71	466
	50m: 33.33 33.33	150m: 1:49.32	38.49	250m: 3:07.59	38.86	350m: 4:25.77	38.91
	100m: 1:10.83 37.50	200m: 2:28.73	39.41	300m: 3:46.86	39.27	400m: 5:04.78	39.01
30.	Sofia Vega GOMES	08		Naval do Funchal	<b>5:07.43</b>	+0,83	454
	50m: 33.54 33.54	150m: 1:48.83	38.36	250m: 3:08.18	40.41	350m: 4:28.67	40.49
	100m: 1:10.47 36.93	200m: 2:27.77	38.94	300m: 3:48.18	40.00	400m: 5:07.43	38.76
31.	Sofia Pereira JORGE	08		Galitos / Bresimar	<b>5:08.63</b>	+0,74	449
	50m: 33.91 33.91	150m: 1:51.76	39.49	250m: 3:11.61	39.59	350m: 4:30.36	39.05
	100m: 1:12.27 38.36	200m: 2:32.02	40.26	300m: 3:51.31	39.70	400m: 5:08.63	38.27
32.	Teresa Oliveira SANTOS	08		Alges	<b>5:09.09</b>	+0,86	447
	50m: 33.54 33.54	150m: 1:51.05	39.72	250m: 3:10.66	40.31	350m: 4:32.09	41.18
	100m: 1:11.33 37.79	200m: 2:30.35	39.30	300m: 3:50.91	40.25	400m: 5:09.09	37.00
EXH	Susana Pereira VEIGA	00	S9 9	Colegio Vasco da Gama	<b>4:59.78</b>	+0,81	490
	<i>Recorde Nacional S9</i>						
	50m: 33.46 33.46	150m: 1:46.68	37.06	250m: 3:02.65	38.49	350m: 4:20.75	39.41
	100m: 1:09.62 36.16	200m: 2:24.16	37.48	300m: 3:41.34	38.69	400m: 4:59.78	39.03

Prova 25  
01/04/2023 - 10:20

Masc., 100m Mariposa

Open  
Resultados Elimin

Rec Nac Absoluto	51.61	Diogo Matos RIBEIRO	POR	Roma (ITA)	13/08/2022
Rec Nac Sen	52.42	Diogo Filipe CARVALHO	CGA	Lisboa	29/03/2009
Rec Nac Jun18	51.61	Diogo Matos RIBEIRO	POR	Roma (ITA)	13/08/2022
Rec Nac Jun17	52.54	Diogo Matos RIBEIRO	POR	Rome (ITA)	09/07/2021
RN S15	59.56	Tiago Correia NEVES	POR	São Paulo (BRA)	27/08/2019

JO Absoluto: 51.67 / CMPL Sen: 51.96 / CESub23 19 - 23: 53.48 / CEJun\_Masc 15 - 18: 55.25 / TAC Sen 50m: 58.36 - 25m: 57.14;  
Jun 50m: 1:00.11 - 25m: 58.85

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Diogo Matos RIBEIRO	04		Benfica	<b>51.80</b>	+0,63	869 A
	<i>Recorde Nacional, Minimos CMundo, Minimos CE Sub23</i>						
	50m: 23.91 23.91	100m: 51.80	27.89				
2.	Gabriel Perseguin DIAS	03		Naval do Funchal	<b>53.74</b>	+0,58	779 A
	50m: 25.23 25.23	100m: 53.74	28.51				
3.	Henrique Gomes SILVA	02		Benfica	<b>54.93</b>	+0,60	729 A
	50m: 25.75 25.75	100m: 54.93	29.18				
4.	Porfirio Braga NUNES	00		Porto	<b>55.02</b>	+0,65	726 A
	50m: 26.09 26.09	100m: 55.02	28.93				
5.	Pedro Andre SANTOS	94		Alges	<b>55.20</b>	+0,69	718 A
	50m: 25.78 25.78	100m: 55.20	29.42				

## Prova 25, Masc., 100m Mariposa, Elimina, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
6.	Leonardo SCHILLING	93		Porto	<b>55.28</b>	+0,72	715	A
	50m: 25.45 25.45	100m: 55.28		29.83				
7.	Paulo VAKULYUK	03		Torres Novas	<b>55.31</b>	+0,69	714	A
	50m: 25.34 25.34	100m: 55.31		29.97				
8.	Fernando Souza SILVA	86		Naval do Funchal	<b>55.45</b>	+0,67	709	A
	50m: 25.29 25.29	100m: 55.45		30.16				
9.	Joao Soares CARNEIRO	03		Benfica	<b>55.46</b>	+0,66	708	A
	50m: 25.42 25.42	100m: 55.46		30.04				
10.	Kevins Alexandre APSENIECE	04		Porto	<b>55.51</b>	+0,67	706	A
	50m: 25.99 25.99	100m: 55.51		29.52				
11.	Tomas Teixeira LOPES	02		Vitoria Guimaraes	<b>56.19</b>	+0,68	681	B
	50m: 26.13 26.13	100m: 56.19		30.06				
12.	Diogo Santos COSTA	02		Benfica	<b>56.45</b>	+0,60	672	B
	50m: 25.50 25.50	100m: 56.45		30.95				
13.	Joao Esteves PADRELA	99		Naval do Funchal	<b>57.10</b>	+0,67	649	B
	50m: 26.20 26.20	100m: 57.10		30.90				
14.	Rodrigo Reis DIAS	03		Belenenses	<b>57.27</b>	+0,63	643	B
	50m: 26.53 26.53	100m: 57.27		30.74				
15.	Nick HEINIO-WIDELL	05		Alges	<b>57.31</b>	+0,59	642	B
	50m: 26.52 26.52	100m: 57.31		30.79				
16.	Vasco Alves MORGADO	05		Alges	<b>57.46</b>	+0,61	637	B
	50m: 26.89 26.89	100m: 57.46		30.57				
17.	Bernardo Jorge SIMOES	04		Belenenses	<b>57.61</b>	+0,68	632	B
	50m: 26.88 26.88	100m: 57.61		30.73				
18.	Tiago Roberto CORDEIRO	00		Benfica	<b>57.65</b>	+0,67	631	B
	50m: 27.14 27.14	100m: 57.65		30.51				
	Gabriel Carvalho FERRAO	05		Benfica	<b>57.65</b>	+0,58	631	B
	50m: 26.91 26.91	100m: 57.65		30.74				
20.	Francisco Ribeiro VIEIRA	04		Fisica Torres Vedras	<b>57.71</b>	+0,66	629	B
	50m: 26.65 26.65	100m: 57.71		31.06				
21.	Luis Galvao GOUVEIA	05		Desportivo Nacional	<b>57.75</b>	+0,67	627	R
	50m: 27.60 27.60	100m: 57.75		30.15				
22.	Bernardo Rodrigues TAVARES	04		Galitos / Bresimar	<b>57.87</b>	+0,68	623	R
	50m: 26.86 26.86	100m: 57.87		31.01				
23.	Rodrigo Ferreira PEREIRA	06		Famalicao	<b>57.90</b>	+0,63	622	
	50m: 26.35 26.35	100m: 57.90		31.55				
24.	Joao Duarte SANTOS	95		Natacao de Olhao	<b>58.06</b>	+0,69	617	
	50m: 26.95 26.95	100m: 58.06		31.11				
25.	Miguel Freitas OVIEDO	02		Academica de Coimbra	<b>58.14</b>	+0,66	615	
	50m: 27.18 27.18	100m: 58.14		30.96				

Prova 25, Masc., 100m Mariposa, Elimina, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
26.	Salvador Goya PERLOIRO	05		Benfica	<b>58.17</b>	+0,67	614
	50m: 27.07 27.07	100m: 58.17	31.10				
27.	Daniel Batista TAVARES	06		Braga	<b>58.30</b>	+0,63	610
	50m: 27.20 27.20	100m: 58.30	31.10				
28.	Rodrigo Miguel REIS	04		Nautico Academico	<b>58.41</b>	+0,61	606
	50m: 26.75 26.75	100m: 58.41	31.66				
29.	Pedro Miguel PITA	06		Naval do Funchal	<b>58.71</b>	+0,68	597
	50m: 26.89 26.89	100m: 58.71	31.82				
30.	Joao Guilherme ARAUJO	03		Natacao da Maia	<b>58.78</b>	+0,71	595
	50m: 27.15 27.15	100m: 58.78	31.63				
31.	Joao Luis RODRIGUES	05		Naval do Funchal	<b>58.79</b>	+0,58	595
	50m: 27.34 27.34	100m: 58.79	31.45				
32.	Jose Pinto CABRAL	05		Viver Santarem	<b>58.80</b>	+0,66	594
	50m: 27.12 27.12	100m: 58.80	31.68				
33.	Miguel Mera HERRERO	06		Sporting	<b>58.81</b>	+0,73	594
	50m: 27.55 27.55	100m: 58.81	31.26				
34.	Ricardo Jorge DOMINGUES	02		Nautico Academico	<b>58.85</b>	+0,60	593
	50m: 26.26 26.26	100m: 58.85	32.59				
35.	Diogo Alexandre OLIVEIRA	05		Naval do Funchal	<b>59.04</b>	+0,65	587
	50m: 27.01 27.01	100m: 59.04	32.03				
36.	Francisco Campos LOURENCO	06		Natacao de Valongo	<b>59.37</b>	+0,74	577
	50m: 27.27 27.27	100m: 59.37	32.10				
37.	Rodrigo Vieira RODRIGUES	06		Sporting de Espinho	<b>59.73</b>	+0,61	567
	50m: 27.43 27.43	100m: 59.73	32.30				
38.	Tiago Campos LOURENCO	02		Natacao de Valongo	<b>1:00.30</b>	+0,79	551
	50m: 27.29 27.29	100m: 1:00.30	33.01				
39.	Luca Valentino TONA	06		Pimpoes/Cimai	<b>1:00.65</b>	+0,68	542
	50m: 27.57 27.57	100m: 1:00.65	33.08				
40.	Micael Dmitrievich DENISOV	06		Nautico de Leiria	<b>1:03.17</b>	+0,68	479
	50m: 28.10 28.10	100m: 1:03.17	35.07				

Prova 25, Masc., 100m Mariposa, Elimin

Prova 25  
01/04/2023 - 10:20

Masc., 100m Mariposa

Juvenis  
Resultados Elimin

Rec Nac Absoluto	51.61	Diogo Matos RIBEIRO	POR	Roma (ITA)	13/08/2022
Rec Nac Juv A	56.05	Paulo VAKULYUK	CNTN	Funchal	03/08/2019
Rec Nac Juv B	56.61	Diogo Matos RIBEIRO	CUC	Funchal	03/08/2019
RN S15	59.56	Tiago Correia NEVES	POR	São Paulo (BRA)	27/08/2019

JO Absoluto: 51.67 / CEJun\_Masc 15 - 18: 55.25 / TAC 50m: 1:03.03 - 25m: 1:01.71

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Joao Moura FRANCISCO	07	Nautico de Leiria	<b>59.08</b>	+0,80	586	Q
	50m: 27.45 27.45	100m: 59.08	31.63				
2.	Leonardo Cunha MOURA	07	Foca Quinta da Lixa CNF	<b>59.81</b>	+0,65	565	Q
	50m: 28.05 28.05	100m: 59.81	31.76				
3.	Duarte Santos FERREIRA	08	Porto	<b>1:00.65</b>	+0,73	542	Q
	50m: 27.51 27.51	100m: 1:00.65	33.14				
4.	Afonso Dinis ROQUE	07	Nautico de Leiria	<b>1:00.72</b>	+0,71	540	Q
	50m: 27.78 27.78	100m: 1:00.72	32.94				
5.	Francisco Bernardes MARTELO	07	Porto	<b>1:00.77</b>	+0,60	538	Q
	50m: 28.00 28.00	100m: 1:00.77	32.77				
6.	Andre Miguel RAMOS	07	Fisica Torres Vedras	<b>1:00.85</b>	+0,66	536	Q
	50m: 28.22 28.22	100m: 1:00.85	32.63				
	Rafael Pacheco GODINHO	07	Sporting	<b>1:00.85</b>	+0,69	536	Q
	50m: 28.47 28.47	100m: 1:00.85	32.38				
8.	Francisco Goya PERLOIRO	07	Benfica	<b>1:00.88</b>	+0,66	535	Q
	50m: 28.51 28.51	100m: 1:00.88	32.37				
9.	Antonio Furtado PIRES	07	CLIP Teams	<b>1:01.46</b>	+0,66	520	Q
	50m: 28.34 28.34	100m: 1:01.46	33.12				
10.	Tiago Lopes BRANDAO	07	Sporting de Aveiro	<b>1:01.75</b>	+0,67	513	Q
	50m: 28.16 28.16	100m: 1:01.75	33.59				
11.	Antonio Miguel COSTA	07	Fafe	<b>1:01.95</b>	+0,68	508	R
	50m: 28.91 28.91	100m: 1:01.95	33.04				
12.	Guilherme Romeira PINTO	07	Sporting de Espinho	<b>1:02.04</b>	+0,61	506	R
	50m: 28.51 28.51	100m: 1:02.04	33.53				
13.	Afonso Miguel OLIVEIRA	07	Juventude Atlantico	<b>1:02.18</b>	+0,64	502	
	50m: 28.75 28.75	100m: 1:02.18	33.43				
14.	Guilherme Corte COSTA	07	Desportivo Nacional	<b>1:02.48</b>	+0,69	495	
	50m: 29.41 29.41	100m: 1:02.48	33.07				
15.	Rodrigo Filipe CORREIA	07	Porto	<b>1:02.59</b>	+0,76	493	
	50m: 28.81 28.81	100m: 1:02.59	33.78				
16.	Tomas Rocha DORES	07	Colegio Efanor	<b>1:02.66</b>	+0,70	491	
	50m: 28.98 28.98	100m: 1:02.66	33.68				
17.	Francisco Xavier RITA	07	Vieirense	<b>1:03.08</b>	+0,67	481	
	50m: 29.35 29.35	100m: 1:03.08	33.73				

**Prova 25, Masc., 100m Mariposa, Elimin, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
DNS	Joao Francisco ALMEIDA	07	Naval do Funchal			
EXH	Tiago Correia NEVES	97 S15 H	Belenenses	<b>1:00.36</b>	+0,62	549
	50m: 27.97 27.97	100m: 1:00.36 32.39				
EXH	Caio Salgado MEDEIROS	07	Alges	<b>1:01.57</b>	+0,66	518
	50m: 28.75 28.75	100m: 1:01.57 32.82				

**Prova 26  
01/04/2023 - 10:35**
**Femin., 100m Mariposa**
**Open  
Resultados Elimin**

Rec Nac Absoluto	58.76	Sara Freitas OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nac Sen	58.76	Sara Freitas OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nac Jun17	1:00.11	Mariana Pacheco CUNHA	POR	Porto	05/06/2021
Rec Nac Jun16	1:01.48	Sara Francisco CRUZ	ADBA	Faro	20/07/2009
RN S9	1:17.64	Leila Susana MARQUES	POR	Atenas (GRE)	17/09/2004

JO Absoluto: 57.92 / CMPL 19 +: 58.33 / CESub23 19 - 23: 59.95 / CEJun\_Fem 14 - 17: 1:01.69 / TAC Sen 50m: 1:06.80 - 25m: 1:05.28; Jun 50m: 1:08.47 - 25m: 1:06.91

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>1:00.20</b>	+0,67	782 A
	50m: 27.76 27.76	100m: 1:00.20 32.44				
2.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>1:01.15</b>	+0,60	746 A
	50m: 27.98 27.98	100m: 1:01.15 33.17				
3.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>1:01.95</b>	+0,65	718 A
	50m: 28.67 28.67	100m: 1:01.95 33.28				
4.	Maria Luiza PESSANHA	00	Naval do Funchal	<b>1:02.02</b>	+0,69	715 A
	50m: 29.12 29.12	100m: 1:02.02 32.90				
5.	Ana Catarina MONTEIRO	93	Vilacondense	<b>1:02.35</b>	+0,68	704 A
	50m: 29.74 29.74	100m: 1:02.35 32.61				
6.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPPEL	<b>1:03.24</b>	+0,69	675 A
	50m: 29.37 29.37	100m: 1:03.24 33.87				
7.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>1:04.09</b>	+0,63	648 A
	50m: 29.75 29.75	100m: 1:04.09 34.34				
8.	Maria Carolina ALMEIDA	05	Colegio Efanor	<b>1:04.34</b>	+0,73	641 A
	50m: 29.75 29.75	100m: 1:04.34 34.59				
9.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>1:04.49</b>	+0,64	636 A
	50m: 29.48 29.48	100m: 1:04.49 35.01				
10.	Raquel Gomes PEREIRA	00	Benfica	<b>1:04.59</b>	+0,72	633 A
	50m: 29.44 29.44	100m: 1:04.59 35.15				
11.	Ana Sebastiao MENDES	04	Aquatico Silves	<b>1:04.65</b>	+0,71	631 B
	50m: 29.81 29.81	100m: 1:04.65 34.84				
12.	Daniela Silva LIGEIRO	04	Viana Natacao	<b>1:04.71</b>	+0,70	630 B
	50m: 30.36 30.36	100m: 1:04.71 34.35				



Prova 26, Femin., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Francisca Santos FERREIRA	06		Alges	<b>1:05.01</b>	+0,66	621	B
	50m: 30.26 30.26	100m: 1:05.01		34.75				
14.	Giovanna Vaz VARGAS	00		Nautico Marinha Grande	<b>1:05.13</b>	+0,73	618	B
	50m: 30.65 30.65	100m: 1:05.13		34.48				
15.	Filipa Viamonte FERNANDES	02		Vitoria Guimaraes	<b>1:05.20</b>	+0,74	616	B
	50m: 30.14 30.14	100m: 1:05.20		35.06				
16.	Laura Espinola BARBEITO	06		Nucleo Sporting da Terceira	<b>1:05.34</b>	+0,70	612	B
	50m: 29.98 29.98	100m: 1:05.34		35.36				
17.	Lia Ana LIMA	01		Benfica	<b>1:06.02</b>	+0,79	593	B
	50m: 31.05 31.05	100m: 1:06.02		34.97				
18.	Zara Alejandra ROJAS	07		Desportivo Nacional	<b>1:06.11</b>	+0,69	591	B
	50m: 29.93 29.93	100m: 1:06.11		36.18				
19.	Maria Rita SOUSA	07		Desportiva de Viana	<b>1:06.17</b>	+0,79	589	B
	50m: 30.72 30.72	100m: 1:06.17		35.45				
20.	Mariana Goncalves BROCHADO	06		Viana Natacao	<b>1:06.54</b>	+0,82	579	B
	50m: 30.69 30.69	100m: 1:06.54		35.85				
21.	Leonor Santos SILVA	03		Porto	<b>1:06.57</b>	+0,69	578	R
	50m: 30.51 30.51	100m: 1:06.57		36.06				
22.	Maria Jardim FIDALGO	04		Belenenses	<b>1:06.74</b>	+0,68	574	R
	50m: 30.82 30.82	100m: 1:06.74		35.92				
23.	Leonor Tavares CATALAO	06		Sporting	<b>1:06.82</b>	+0,70	572	
	50m: 30.97 30.97	100m: 1:06.82		35.85				
24.	Maria Madalena BENTO	05		BUZIOS-Coruche	<b>1:06.98</b>	+0,84	568	
	50m: 31.26 31.26	100m: 1:06.98		35.72				
25.	Ana Carolina MONTEIRO	04		Uniao Coimbra	<b>1:07.06</b>	+0,73	566	
	50m: 31.38 31.38	100m: 1:07.06		35.68				
26.	Maria Emilia ALMEIDA	07		Colegio Efanor	<b>1:07.48</b>	+0,82	555	
	50m: 31.52 31.52	100m: 1:07.48		35.96				
27.	Gabriela Ferreira NEVES	06		Foca Quinta da Lixa CNF	<b>1:07.54</b>	+0,69	554	
	50m: 31.57 31.57	100m: 1:07.54		35.97				
28.	Gabriela Silva MARQUES	07		Braga	<b>1:08.19</b>	+0,80	538	
	50m: 31.67 31.67	100m: 1:08.19		36.52				
29.	Ines Cruz CAMARA	07		Desportivo Nacional	<b>1:08.33</b>	+0,78	535	
	50m: 31.63 31.63	100m: 1:08.33		36.70				
30.	Ana Claudia FERREIRA	90		Alcobaca	<b>1:08.43</b>	+0,70	532	
	50m: 31.45 31.45	100m: 1:08.43		36.98				
	Joana Ferreira SILVA	05		Colegio Efanor	<b>1:08.43</b>	+0,67	532	
	50m: 31.91 31.91	100m: 1:08.43		36.52				
32.	Catarina Isabel ALVES	06		Aminata	<b>1:09.49</b>	+0,77	508	
	50m: 31.87 31.87	100m: 1:09.49		37.62				

Prova 26, Femin., 100m Mariposa, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
33.	Mariana Nunes MARQUES	03	Estarreja/PROZINCO	<b>1:09.53</b>	+0,73	508
	50m: 31.67 31.67	100m: 1:09.53	37.86			
34.	Ana Francisca SILVA	06	Alcobaca	<b>1:10.97</b>	+0,71	477
	50m: 32.79 32.79	100m: 1:10.97	38.18			

Prova 26

Femin., 100m Mariposa

Juvenis

01/04/2023 - 10:35

Resultados Elimin

Rec Nac Absoluto	58.76	Sara Freitas OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nac Juv A	1:01.69	Mariana Pacheco CUNHA	CFP	Funchal	03/08/2019
Rec Nac Juv B	1:02.99	Carolina Miranda FERNANDES	POR	Baku (AZE)	24/07/2019
RN S9	1:17.64	Leila Susana MARQUES	POR	Atenas (GRE)	17/09/2004

JO Absoluto: 57.92 / CEJun\_Fem 14 - 17: 1:01.69 / TAC 50m: 1:11.48 - 25m: 1:09.85

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Beatriz Costa DIAS	08	Aquatico Pacense	<b>1:08.43</b>	+0,77	532	Q
	50m: 31.63 31.63	100m: 1:08.43	36.80				
2.	Sara Silva LIGEIRO	08	Viana Natacao	<b>1:08.80</b>	+0,70	524	Q
	50m: 32.16 32.16	100m: 1:08.80	36.64				
3.	Leonor Carvalho SOARES	08	Porto	<b>1:09.53</b>	+0,73	508	Q
	50m: 32.71 32.71	100m: 1:09.53	36.82				
4.	Maria Silva PEREIRA	08	Ginasio de Vila Real	<b>1:09.60</b>	+0,72	506	Q
	50m: 31.57 31.57	100m: 1:09.60	38.03				
5.	Joana Sofia FERNANDES	09	Nacional de Natacao	<b>1:09.91</b>	+0,84	499	Q
	50m: 32.12 32.12	100m: 1:09.91	37.79				
6.	Ines Maria PEREIRA	08	Natacao de Valongo	<b>1:09.95</b>	+0,85	498	Q
	50m: 32.33 32.33	100m: 1:09.95	37.62				
7.	Uxia Romero COSTA	09	Fluvial Portuense	<b>1:10.18</b>	+0,63	494	Q
	50m: 32.81 32.81	100m: 1:10.18	37.37				
8.	Maria Saraiva PAIXAO	08	Galitos / Bresimar	<b>1:11.23</b>	+0,77	472	Q
	50m: 33.30 33.30	100m: 1:11.23	37.93				
9.	Matilde Sousa ANDRADE	08	Naval do Funchal	<b>1:11.24</b>	+0,69	472	Q
	50m: 33.11 33.11	100m: 1:11.24	38.13				
10.	Maria Joao MARTINS	08	Fafe	<b>1:11.55</b>	+0,68	466	Q
	50m: 33.23 33.23	100m: 1:11.55	38.32				
11.	Juliana Rodrigues ALVES	08	Desportivo Nacional	<b>1:12.39</b>	+0,68	450	R
	50m: 33.69 33.69	100m: 1:12.39	38.70				

Prova 27  
01/04/2023 - 10:45

Masc., 50m Bruços

Open  
Resultados Elimin

Rec Nac Absoluto	28.16	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nac Sen	28.16	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nac Jun18	29.07	Bruno Miguel RAMOS	POR	Linz (AUT)	13/07/2002
Rec Nac Jun17	29.10	Pedro Miguel AGOSTINHO	POR	Praga (CZE)	10/07/2009

CMPL Sen: 27.33 / CESub23 19 - 23: 27.74 / TAC Sen 50m: 31.25 - 25m: 30.41; Jun 50m: 32.19 - 25m: 31.32

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Alexandre Ferreira AMORIM	99	Vitoria Guimaraes	<b>28.21</b>	+0,66	778	A
2.	Nicollas Cataldo SOUZA	02	Naval do Funchal	<b>29.10</b>	+0,60	709	A
3.	Matthew George LAWRENCE	03	Mozambique	<b>29.11</b>	+0,65	708	A
4.	Francisco Costa NUNES	02	Belenenses	<b>29.13</b>	+0,67	706	A
5.	Carlos Daniel NUNES	05	Nautico Salvaterra Magos	<b>29.60</b>	+0,68	673	A
6.	Pedro Goncalves BONNIZ	06	Benfica	<b>29.76</b>	+0,65	662	A
7.	Joao Soares CARNEIRO	03	Benfica	<b>29.87</b>	+0,65	655	A
8.	Renato Barros FRISCHKNECHT	01	Sporting	<b>29.92</b>	+0,60	652	A
9.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>30.14</b>	+0,60	638	A
10.	Andre Tavares GRENHO	99	Gesloures	<b>30.19</b>	+0,67	635	A
11.	Diogo Garcez MATEUS	02	Sporting	<b>30.26</b>	+0,70	630	B
12.	Andre Filipe MAGALHAES	98	Despertarecorde	<b>30.36</b>	+0,63	624	B
13.	Rodrigo Almeida CABRITO	01	Belenenses	<b>30.49</b>	+0,62	616	B
14.	Diogo Miguel COSTA	98	Leixoes	<b>30.82</b>	+0,69	596	B
15.	Francisco Lopes AFONSO	03	Alges	<b>30.88</b>	+0,64	593	B
	Joao Lourenco REBELO	04	Alges	<b>30.88</b>	+0,62	593	B
17.	Guilherme Matias CRISTINO	03	Uniao Piedense	<b>30.93</b>	+0,71	590	B
18.	Joao Carvalho RODRIGUES	06	Galitos / Bresimar	<b>30.95</b>	+0,69	589	B
19.	Miguel Filipe ANJO	04	Uniao Piedense	<b>31.00</b>	+0,66	586	B
20.	Tony Stefano SILVA	05	Desportivo Nacional	<b>31.06</b>	+0,66	583	B
21.	Joaquim Agra MERUJE	01	Uniao Coimbra	<b>31.11</b>	+0,70	580	R
22.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>31.13</b>	+0,67	579	R
23.	Tomas Coelho PEREIRA	05	Penafiel	<b>31.24</b>	+0,69	573	
24.	Vicente Morgado VENTOSO	00	Vikings	<b>31.28</b>	+0,69	570	
25.	Afonso Mateus RIBEIRO	95	Belenenses	<b>31.30</b>	+0,67	569	
26.	Rui Pedro SILVA	03	Leixoes	<b>31.46</b>	+0,66	561	
27.	Joao Pedro MOREIRA	04	Colegio Efanor	<b>31.52</b>	+0,67	558	
28.	Marin CEPELEAGA	05	Portinado	<b>31.54</b>	+0,74	556	
29.	Diogo Miguel MONTEIRO	04	Despertarecorde	<b>31.65</b>	+0,71	551	
30.	Joao Pedro ROCHA	02	Viana Natacao	<b>31.67</b>	+0,69	550	
31.	Miguel Carvalho RODRIGUES	02	Galitos / Bresimar	<b>31.72</b>	+0,69	547	
32.	Goncalo Manuel SILVA	05	Porto	<b>31.74</b>	+0,71	546	
33.	Diego Felipe SANTOS	87	Desportivo Nacional	<b>31.90</b>	+0,61	538	
34.	Duarte Jose FERNANDES	06	Louzan Natacao/EFAPEL	<b>32.05</b>	+0,69	530	
35.	Martim Pestana FERNANDES	04	Naval do Funchal	<b>32.09</b>	+0,62	528	
36.	Rodrigo Manuel ROCHA	05	Sporting de Espinho	<b>32.10</b>	+0,69	528	
37.	Andre Prates LOPES	05	Electrico Clube/ FGil.pt	<b>32.13</b>	+0,70	526	
38.	Tomas Mendes COSTA	06	Famalicao	<b>32.18</b>	+0,71	524	
39.	Leonardo Freitas FERNANDES	06	Famalicao	<b>32.33</b>	+0,70	517	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

**Prova 27, Masc., 50m Bruços, Elimin, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
40.	David Miguel MORAIS	06	Benfica	<b>32.36</b>	+0,72	515
41.	Milan Santos JEVIC	06	Braga	<b>32.50</b>	+0,76	509
42.	Goncalo Ramos COSTA	05	CPCD-Povoa St Iria	<b>34.36</b>	+0,72	430

**Prova 27 Masc., 50m Bruços Juvenis**  
**01/04/2023 - 10:45 Resultados Elimin**

Rec Nac Absoluto	28.16	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nac Juv A	29.75	tempo limite			
Rec Nac Juv B	30.57	tempo limite			

TAC 50m: 33.75 - 25m: 32.84

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Rafael Miguel MIMOSO	07	Benfica	<b>30.20</b>	+0,68	634 Q
2.	Rodrigo Martins CHOCAS	07	Sporting	<b>30.62</b>	+0,58	608 Q
3.	Daniel IONAS	07	Amadora	<b>32.49</b>	+0,67	509 Q
4.	Duarte Maria CARREIRA	07	Porto	<b>32.83</b>	+0,60	493 Q
5.	Joao Dinis ROQUE	07	Sporting	<b>33.22</b>	+0,72	476 Q
6.	Alexandre Moreira DOURADO	07	Naval Povoense	<b>33.42</b>	+0,78	468 Q
7.	David Jesus MORGADO	08	Sporting	<b>33.48</b>	+0,68	465 Q
8.	Tomas Ferreira SA	08	Famalicao	<b>33.64</b>	+0,68	459 Q
9.	Dario Cristiano MARICI	07	Louletano / Loule Concelho	<b>34.06</b>	+0,69	442 Q

**Prova 28 Femin., 50m Bruços Open**  
**01/04/2023 - 10:55 Resultados Elimin**

Rec Nac Absoluto	31.04	Ana Pinho RODRIGUES	POR	Roma (ITA)	16/08/2022
Rec Nac Sen	31.04	Ana Pinho RODRIGUES	POR	Roma (ITA)	16/08/2022
Rec Nac Jun17	31.60	Joana Catarina CARVALHO	FCP	Coimbra	30/05/2009
Rec Nac Jun16	31.92	Ana Pinho RODRIGUES	POR	Gorzow Wlwp (POL)	28/03/2010

CMPL 19 +: 31.02 / CESub23 19 - 23: 31.53 / TAC Sen 50m: 35.88 - 25m: 34.94; Jun 50m: 36.78 - 25m: 35.81

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Ana Pinho RODRIGUES	94	Desportiva de Viana	<b>30.98</b>	+0,62	845 A
<i>Recorde Nacional, Minimos CMundo</i>						
2.	Lidiana Correia RODRIGUES	04	Belenenses	<b>33.08</b>	+0,73	694 A
3.	Claudia Ferreira BORGES	99	Natacao de Olhao	<b>34.12</b>	+0,67	633 A
4.	Margarida Domingues NUNES	05	Sporting	<b>34.34</b>	+0,70	621 A
5.	Ana Rita ALMEIDA	05	Campinho	<b>34.38</b>	+0,67	618 A
6.	Madalena Reis CERDEIRA	03	Sporting	<b>34.66</b>	+0,72	604 A
7.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>34.67</b>	+0,66	603 A
8.	Leonor Peso PARENTE	07	Palmela Desporto	<b>34.72</b>	+0,72	600 A
9.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>34.75</b>	+0,67	599 A
	Joana Rosa FERREIRA	05	Naval de Peniche	<b>34.75</b>	+0,72	599 A
11.	Rebeca Leonor ANTUNES	06	Alges	<b>34.80</b>	+0,64	596 B
12.	Rita Fernandes LEITAO	96	Porto	<b>34.89</b>	+0,75	592 B

Prova 28, Femin., 50m Bruços, Elimina, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
13.	Emma Aguiar BERGAMO	07	Alges	<b>35.04</b>	+0,69	584	B
14.	Maria Freitas CASTRO	03	Porto	<b>35.15</b>	+0,67	579	B
15.	Catarina Costa SEQUEIRA	98	Natacao de Lisboa	<b>35.19</b>	+0,66	577	B
16.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>35.20</b>	+0,72	576	B
17.	Marta Oliveira FERREIRA	04	Ginasio Santo Tirso	<b>35.23</b>	+0,66	575	B
18.	Sofia Nunes FIAL	03	Porto	<b>35.28</b>	+0,70	572	B
19.	Luana Correia RODRIGUES	01	Belenenses	<b>35.35</b>	+0,69	569	B
20.	Andreia Monteiro BARREIRA	06	Peso da Regua	<b>35.41</b>	+0,65	566	B
21.	Francisca Sena PINHEIRO	05	Ginasio de Vila Real	<b>35.66</b>	+0,67	554	R
22.	Matilde Barros LEAL	07	Aquatico Pacense	<b>35.68</b>	+0,71	553	R
23.	Angela Rodrigues REBELO	07	Louzan Natacao/EFAPEL	<b>35.73</b>	+0,65	551	
24.	Madalena Correa SA	06	Benfica	<b>35.81</b>	+0,80	547	
25.	Isis Filipa SILVA	07	Aquatico Silves	<b>35.83</b>	+0,70	546	
26.	Beatriz Vale LOURENCO	05	Portinado	<b>35.89</b>	+0,72	544	
27.	Lara Rodrigues VASCONCELOS	05	Galitos / Bresimar	<b>35.93</b>	+0,56	542	
28.	N'Hara Esteveao FERNANDES	06	Fluvial Portuense	<b>35.96</b>	+0,65	540	
29.	Margarida Santos LOPES	04	Estarreja/PROZINCO	<b>36.03</b>	+0,69	537	
30.	Maria Joao RIBEIRO	05	Sao Joao Ver	<b>36.05</b>	+0,69	536	
31.	Andreia Wongsangnoi ALVES	03	Belenenses	<b>36.07</b>	+0,68	535	
32.	Carolina Pereira VIANA	04	Sporting	<b>36.13</b>	+0,71	533	
33.	Laura Almeida PINA	07	O Crasto	<b>36.16</b>	+0,77	532	
34.	Maria Lopes de FREITAS	97	Angola	<b>36.20</b>	+0,78	530	
35.	Laura Sofia RODRIGUES	07	Juventude Atlantico	<b>36.26</b>	+0,72	527	
36.	Beatriz Azevedo PEREIRA	07	Sao Joao Ver	<b>36.30</b>	+0,64	525	
37.	Nuria Costa CABRAL	06	Bombeiros de Ponta Delgada	<b>36.39</b>	+0,78	521	
38.	Francisca Martins GOMES	07	Porto	<b>36.56</b>	+0,78	514	
39.	Beatriz Teixeira CUNHA	07	Leixoes	<b>36.67</b>	+0,77	510	
40.	Nuria Soares SILVA	07	Sao Joao Ver	<b>36.71</b>	+0,76	508	
41.	Catarina Isabel ALVES	06	Aminata	<b>36.88</b>	+0,73	501	
42.	Joana Navega TEIXEIRA	07	Fluvial Portuense	<b>36.89</b>	+0,65	501	
43.	Liliana Lima ROCHA	06	Viana Natacao	<b>36.92</b>	+0,69	499	
44.	Maria Teresa SILVA	07	Aminata	<b>37.05</b>	+0,71	494	
45.	Mariana Cunha REBELO	06	Natacao de Vagos	<b>37.39</b>	+0,71	481	
46.	Margarida Correia MADEIRA	06	Nautico Marinha Grande	<b>37.67</b>	+0,73	470	
DNS	Beatriz Matias ALMEIDA	06	Lagoa AC				
DNS	Vanessa Liliana ALMEIDA	07	Nautico de Leiria				

Prova 28, Femin., 50m Bruços, Elimin

Prova 28

Femin., 50m Bruços

Juvenis

01/04/2023 - 10:55

Resultados Elimin

Rec Nac Absoluto	31.04	Ana Pinho RODRIGUES	POR	Roma (ITA)	16/08/2022
Rec Nac Juv A	32.04	tempo limite			
Rec Nac Juv B	34.12	tempo limite			

TAC 50m: 38.39 - 25m: 37.39

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Matilde Militao GUERRA	08	Colegio Monte Maior	<b>34.80</b>	+0,70	596	Q
2.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>35.28</b>	+0,60	572	Q
3.	Maria Manuel BRAZ	09	Ginasio de Vila Real	<b>35.77</b>	+0,75	549	Q
4.	Maria Alexandra LEITE	08	Braga	<b>35.95</b>	+0,72	541	Q
5.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>36.10</b>	+0,78	534	Q
6.	Julia Freitas PEREIRA	08	Naval do Funchal	<b>36.72</b>	+0,60	508	Q
7.	Ana Beatriz CAMPOS	08	Academica de Coimbra	<b>36.74</b>	+0,82	507	Q
8.	Rita Silva GOMES	08	Colegio Efanor	<b>36.91</b>	+0,72	500	Q
9.	Mariana Pinto FERREIRA	08	Foca Quinta da Lixa CNF	<b>37.28</b>	+0,83	485	Q
	Teresa Bonita OLIVEIRA	08	Naval Setubalense	<b>37.28</b>	+0,73	485	Q
11.	Leonor Serrao NASCIMENTO	08	Alges	<b>37.39</b>	+0,66	481	R
12.	Camila Silva CHAMUSCO	08	Pimpoes/Cimai	<b>37.51</b>	+0,45	476	R
13.	Leonor Correia NUNES	08	Aminata	<b>37.58</b>	+0,76	473	
14.	Eva Alexandra COUTINHO	09	Peso da Regua	<b>37.61</b>	+0,60	472	
15.	Luisa Goncalves RODRIGUES	08	Fisica Torres Vedras	<b>37.68</b>	+0,72	470	
16.	Luciana Filipa PINTO	08	Porto	<b>37.73</b>	+0,67	468	
17.	Erica Ferreira BARROS	08	Aquatico Pacense	<b>37.77</b>	+0,72	466	
18.	Vanessa Fernandes SA	09	Naval do Funchal	<b>37.80</b>	+0,74	465	
19.	Sofia Fonseca PRIMO	09	Academica de Coimbra	<b>37.96</b>	+0,65	459	
20.	Maria Rita RODRIGUES	08	Naval da Horta	<b>38.72</b>	+0,73	433	
21.	Matilde Lopes SILVA	09	Sao Joao Ver	<b>38.94</b>	+0,75	426	

Prova 29 Masc., 200m Estilos Open  
01/04/2023 - 11:05 Resultados Elimin

Rec Nac Absoluto	1:58.19	Alexis Manacas SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Sen	1:58.19	Alexis Manacas SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Jun18	2:02.55	Jose Paulo LOPES	POR	Helsinki (FIN)	06/07/2018
Rec Nac Jun17	2:04.32	Carlos Esteves ALMEIDA	POR	Budapeste (HUN)	17/07/2005
RN S8	2:27.47	Diogo Luis CANCELA	ALN	Coimbra	02/04/2022
RN S10	2:20.77	Tomas Coelho CORDEIRO	POR	Pajulahti (FIN)	02/07/2022
RN S15	2:16.25	Tiago Correia NEVES	POR	Lublin (POL)	03/07/2018

JO Absoluto: 1:57.94 / CMPL Sen: 1:59.53 / CESub23 19 - 23: 2:02.07 / CEJun\_Masc 15 - 18: 2:07.06 / TAC Sen 50m: 2:14.58 - 25m: 2:09.38; Jun 50m: 2:18.62 - 25m: 2:13.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES <i>Minimos CMundo</i>	97	Louzan Natacao/EFAPEL	<b>1:59.04</b>	+0,61	878	A
	50m: 25.07 25.07	100m: 54.19	29.12	150m: 1:28.72	34.53	200m: 1:59.04	30.32
2.	Rafael Gomes SIMOES	00	Braga	<b>2:04.78</b>	+0,74	762	A
	50m: 25.99 25.99	100m: 57.77	31.78	150m: 1:33.80	36.03	200m: 2:04.78	30.98
3.	Bruno Miguel RAMOS	97	Belenenses	<b>2:08.51</b>	+0,63	698	A
	50m: 26.17 26.17	100m: 58.56	32.39	150m: 1:37.10	38.54	200m: 2:08.51	31.41
4.	Francisco Robalo QUINTAS	95	Sporting	<b>2:10.21</b>	+0,65	671	A
	50m: 27.31 27.31	100m: 1:01.59	34.28	150m: 1:38.31	36.72	200m: 2:10.21	31.90
5.	Daniel Nogueira CATALAO	00	Sporting	<b>2:11.02</b>	+0,56	658	A
	50m: 26.36 26.36	100m: 59.04	32.68	150m: 1:37.55	38.51	200m: 2:11.02	33.47
6.	Lucas Pereira BASTOS	00	Nautico Academico	<b>2:11.26</b>	+0,69	655	A
	50m: 27.57 27.57	100m: 1:00.19	32.62	150m: 1:39.14	38.95	200m: 2:11.26	32.12
7.	Goncalo Duarte CARVALHO	05	Benfica	<b>2:11.61</b>	+0,65	649	A
	50m: 27.75 27.75	100m: 1:02.03	34.28	150m: 1:40.02	37.99	200m: 2:11.61	31.59
8.	Nick HEINIO-WIDELL	05	Alges	<b>2:11.72</b>	+0,61	648	A
	50m: 27.20 27.20	100m: 1:02.17	34.97	150m: 1:40.69	38.52	200m: 2:11.72	31.03
9.	Kaio Araujo FAFTINE	06	Sporting	<b>2:12.80</b>	+0,58	632	A
	50m: 28.05 28.05	100m: 1:01.92	33.87	150m: 1:41.17	39.25	200m: 2:12.80	31.63
10.	Afonso Carvalho SILVA	05	Famalicao	<b>2:13.83</b>	+0,63	618	A
	50m: 28.44 28.44	100m: 1:02.91	34.47	150m: 1:42.03	39.12	200m: 2:13.83	31.80
11.	Tiago Roberto CORDEIRO	00	Benfica	<b>2:14.26</b>	+0,67	612	B
	50m: 28.15 28.15	100m: 1:02.81	34.66	150m: 1:42.52	39.71	200m: 2:14.26	31.74
12.	Miguel Cordeiro ALMEIDA	05	Alges	<b>2:14.57</b>	+0,64	607	B
	50m: 27.51 27.51	100m: 1:00.48	32.97	150m: 1:41.76	41.28	200m: 2:14.57	32.81
13.	Mark ZHUKOV	06	Braga	<b>2:15.33</b>	+0,72	597	B
	50m: 28.59 28.59	100m: 1:03.64	35.05	150m: 1:43.41	39.77	200m: 2:15.33	31.92
14.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>2:15.43</b>	+0,58	596	B
	50m: 27.79 27.79	100m: 1:05.25	37.46	150m: 1:43.45	38.20	200m: 2:15.43	31.98
15.	Francisco Araujo SILVA	06	Famalicao	<b>2:15.86</b>	+0,76	590	B
	50m: 28.04 28.04	100m: 1:01.33	33.29	150m: 1:42.85	41.52	200m: 2:15.86	33.01

Prova 29, Masc., 200m Estilos, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
16.	Pedro Goncalves BONNIZ	06	Benfica	<b>2:16.69</b>	+0,69	580	B
	50m: 28.81 28.81	100m: 1:06.04	37.23 150m: 1:43.11	37.07	200m: 2:16.69	33.58	
17.	Francisco Campos LOURENCO	06	Natacao de Valongo	<b>2:17.08</b>	+0,76	575	B
	50m: 28.15 28.15	100m: 1:04.49	36.34 150m: 1:45.64	41.15	200m: 2:17.08	31.44	
18.	Miguel Alves FERNANDES	05	Viana Natacao	<b>2:17.20</b>	+0,79	573	B
	50m: 29.05 29.05	100m: 1:03.26	34.21 150m: 1:45.29	42.03	200m: 2:17.20	31.91	
19.	Afonso Martim GOUVEIA	05	FC Ferreiras/AlgarExperience	<b>2:17.34</b>	+0,66	571	B
	50m: 29.50 29.50	100m: 1:05.08	35.58 150m: 1:45.06	39.98	200m: 2:17.34	32.28	
20.	Andre Correia ALVES	06	Uniao Piedense	<b>2:18.24</b>	+0,69	560	B
	50m: 28.95 28.95	100m: 1:03.94	34.99 150m: 1:46.31	42.37	200m: 2:18.24	31.93	
21.	Luiz Henrique MENDONCA	06	Belenenses	<b>2:18.69</b>	+0,69	555	R
	50m: 30.06 30.06	100m: 1:03.25	33.19 150m: 1:43.83	40.58	200m: 2:18.69	34.86	
22.	Bernardo Rodrigues TAVARES	04	Galitos / Bresimar	<b>2:21.73</b>	+0,73	520	R
	50m: 27.20 27.20	100m: 1:02.73	35.53 150m: 1:47.07	44.34	200m: 2:21.73	34.66	
DSQ	Yury FOMIN	06	Louletano / Loule Concelho		+0,67		
	<i>9.4 - O(A) nadador(a) não executou a viragem dos 100 metros de acordo com as regras aplicadas para esse estilo em particular - SW 9.4</i>						
DNS	Luis Galvao GOUVEIA	05	Desportivo Nacional				

Prova 29

Masc., 200m Estilos

Juvenis

01/04/2023 - 11:05

Resultados Elimin

Rec Nac Absoluto	1:58.19	Alexis Manacas SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Juv A	2:08.11	Carlos Esteves ALMEIDA	CNA	Lisboa	31/07/2004
Rec Nac Juv B	2:10.83	Jorge Jesus SILVA	SCB	Coimbra	26/07/2015
RN S8	2:27.47	Diogo Luis CANCELA	ALN	Coimbra	02/04/2022
RN S10	2:20.77	Tomas Coelho CORDEIRO	POR	Pajulahti (FIN)	02/07/2022
RN S15	2:16.25	Tiago Correia NEVES	POR	Lublin (POL)	03/07/2018

JO Absoluto: 1:57.94 / CEJun\_Masc 15 - 18: 2:07.06 / TAC 50m: 2:25.35 - 25m: 2:19.73

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Leonardo Conceicao REIS	07	Sporting	<b>2:16.63</b>	+0,63	580	Q
	50m: 28.87 28.87	100m: 1:04.84	35.97 150m: 1:45.20	40.36	200m: 2:16.63	31.43	
2.	Renato Gouveia TEIXEIRA	07	Foca Quinta da Lixa CNF	<b>2:16.97</b>	+0,75	576	Q
	50m: 29.45 29.45	100m: 1:04.41	34.96 150m: 1:46.14	41.73	200m: 2:16.97	30.83	
3.	Goncalo Pereira COLACO	07	Nautico de Leiria	<b>2:19.14</b>	+0,72	549	Q
	50m: 29.22 29.22	100m: 1:04.40	35.18 150m: 1:44.68	40.28	200m: 2:19.14	34.46	
4.	Joao Francisco ALMEIDA	07	Naval do Funchal	<b>2:21.25</b>	+0,62	525	Q
	50m: 29.29 29.29	100m: 1:07.26	37.97 150m: 1:49.62	42.36	200m: 2:21.25	31.63	
5.	Francisco Marques SIMOES	07	Nautico de Leiria	<b>2:21.33</b>	+0,69	524	Q
	50m: 29.72 29.72	100m: 1:05.48	35.76 150m: 1:48.58	43.10	200m: 2:21.33	32.75	
6.	Tomas Pinto PEIXOTO	08	Porto	<b>2:21.38</b>	+0,68	524	Q
	50m: 30.40 30.40	100m: 1:05.79	35.39 150m: 1:48.16	42.37	200m: 2:21.38	33.22	



Prova 29, Masc., 200m Estilos, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
7.	Guilherme Costa SOARES	08		Vilacondense	<b>2:21.67</b>	+0,73	521	Q
	50m: 30.17 30.17	100m: 1:06.89	36.72	150m: 1:50.53	43.64	200m: 2:21.67	31.14	
8.	Alexandre DZYAKANAU	07		Louzan Natacao/EFAPEL	<b>2:21.70</b>	+0,73	520	Q
	50m: 29.59 29.59	100m: 1:06.52	36.93	150m: 1:49.42	42.90	200m: 2:21.70	32.28	
9.	Joao Dinis ROQUE	07		Sporting	<b>2:21.86</b>	+0,77	518	Q
	50m: 30.40 30.40	100m: 1:08.79	38.39	150m: 1:49.17	40.38	200m: 2:21.86	32.69	
10.	Gil Afonso RODRIGUES	07		Fluvial Portuense	<b>2:22.66</b>	+0,63	510	Q
	50m: 29.32 29.32	100m: 1:07.25	37.93	150m: 1:49.08	41.83	200m: 2:22.66	33.58	
11.	Rafael Pereira RODRIGUES	08		Condeixa Clube	<b>2:22.75</b>	+0,67	509	R
	50m: 31.46 31.46	100m: 1:07.02	35.56	150m: 1:49.40	42.38	200m: 2:22.75	33.35	
12.	Rodrigo Costa BORGES	07		Fluvial Portuense	<b>2:23.71</b>	+0,61	499	R
	50m: 28.84 28.84	100m: 1:06.37	37.53	150m: 1:49.70	43.33	200m: 2:23.71	34.01	
13.	Alexandre Moreira DOURADO	07		Naval Povoense	<b>2:23.82</b>	+0,78	498	
	50m: 30.50 30.50	100m: 1:11.41	40.91	150m: 1:49.91	38.50	200m: 2:23.82	33.91	
14.	Francisco Guilherme MIRANDA	08		Naval do Funchal	<b>2:23.85</b>	+0,57	497	
	50m: 30.26 30.26	100m: 1:05.70	35.44	150m: 1:49.53	43.83	200m: 2:23.85	34.32	
15.	Vicente Dias MAIA	07		Alges	<b>2:24.15</b>	+0,82	494	
	50m: 29.15 29.15	100m: 1:06.54	37.39	150m: 1:49.96	43.42	200m: 2:24.15	34.19	
16.	Rodrigo Malia SANTOS	07		Louletano / Loule Concelho	<b>2:24.28</b>	+0,71	493	
	50m: 29.53 29.53	100m: 1:06.64	37.11	150m: 1:50.38	43.74	200m: 2:24.28	33.90	
17.	Tomas Rocha DORES	07		Colegio Efanor	<b>2:25.48</b>	+0,70	481	
	50m: 30.36 30.36	100m: 1:07.10	36.74	150m: 1:51.85	44.75	200m: 2:25.48	33.63	
18.	Pedro Saad OLIVEIRA	08		Sporting	<b>2:26.37</b>	+0,89	472	
	50m: 30.63 30.63	100m: 1:06.66	36.03	150m: 1:52.27	45.61	200m: 2:26.37	34.10	
19.	Andriy FEDOROV	08		FC Ferreiras/AlgarExperience	<b>2:26.47</b>	+0,71	471	
	50m: 30.79 30.79	100m: 1:07.57	36.78	150m: 1:51.69	44.12	200m: 2:26.47	34.78	
20.	Antonio Rego ARSENIO	07		Alges	<b>2:27.55</b>	+0,68	461	
	50m: 30.82 30.82	100m: 1:08.36	37.54	150m: 1:53.35	44.99	200m: 2:27.55	34.20	
21.	Miguel Almeida BISPO	08		Natacao da Maia	<b>2:29.19</b>	+0,75	446	
	50m: 31.36 31.36	100m: 1:09.29	37.93	150m: 1:56.66	47.37	200m: 2:29.19	32.53	
22.	Miguel Braga GOMES	07		Sporting	<b>2:30.67</b>	+0,70	433	
	50m: 30.80 30.80	100m: 1:09.25	38.45	150m: 1:54.99	45.74	200m: 2:30.67	35.68	
DNS	Leonardo Jose CRUZ	07		Alcobaca				
EXH	Tomas Coelho CORDEIRO	04	SM10 3,5,12	Colegio Efanor	<b>2:22.16</b>	+0,76	515	
	50m: 29.91 29.91	100m: 1:05.97	36.06	150m: 1:47.40	41.43	200m: 2:22.16	34.76	
EXH	Diogo Luis CANCELA	02	SM8 1,2,4	Louzan Natacao/EFAPEL	<b>2:26.19</b>	+0,64	474	
	<i>Recorde Nacional S8</i>							
	50m: 31.63 31.63	100m: 1:09.18	37.55	150m: 1:52.57	43.39	200m: 2:26.19	33.62	
EXH	Miguel Duarte CRUZ	99	SM15 H	Belenenses	<b>2:26.41</b>	+0,68	472	
	50m: 29.59 29.59	100m: 1:08.67	39.08	150m: 1:52.69	44.02	200m: 2:26.41	33.72	

Prova 30 Femin., 200m Estilos Open  
01/04/2023 - 11:25 Resultados Elimin

Rec Nac Absoluto	2:13.87	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Sen	2:13.87	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Jun17	2:17.22	Raquel Gomes PEREIRA	SAD	Coimbra	30/03/2017
Rec Nac Jun16	2:20.61	Diana Margarida DURAES	FOCA	Porto	03/06/2012

JO Absoluto: 2:11.22 / CMPL 19 +: 2:12.98 / CESub23 19 - 23: 2:16.07 / CEJun\_Fem 14 - 17: 2:21.10 / TAC Sen 50m: 2:30.59 - 25m: 2:25.96; Jun 50m: 2:34.35 - 25m: 2:29.61

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisca Salvador MESQUITA	02		Sporting	<b>2:24.54</b>	+0,73	664	A
	50m: 30.21 30.21	100m: 1:06.87		36.66 150m: 1:50.13	43.26	200m: 2:24.54	34.41	
2.	Angelica Maria ANDRE	94		Porto	<b>2:24.55</b>	+0,72	664	A
	50m: 31.25 31.25	100m: 1:08.32		37.07 150m: 1:50.38	42.06	200m: 2:24.55	34.17	
3.	Joana Nunes CARDEAL	02		Academico Viseu	<b>2:25.34</b>	+0,71	653	A
	50m: 29.70 29.70	100m: 1:05.95		36.25 150m: 1:50.67	44.72	200m: 2:25.34	34.67	
4.	Ana Filipa VEIGA	01		Gafanha da Encarnacao	<b>2:25.53</b>	+0,76	650	A
	50m: 30.58 30.58	100m: 1:10.48		39.90 150m: 1:51.54	41.06	200m: 2:25.53	33.99	
5.	Marta Joao PIRES	05		Alges	<b>2:25.54</b>	+0,72	650	A
	50m: 30.14 30.14	100m: 1:06.92		36.78 150m: 1:50.23	43.31	200m: 2:25.54	35.31	
6.	Maria Carlota REBELO	03		Condeixa Clube	<b>2:25.93</b>	+0,70	645	A
	50m: 30.37 30.37	100m: 1:08.05		37.68 150m: 1:50.67	42.62	200m: 2:25.93	35.26	
7.	Matilde Nunes LOPES	06		Benfica	<b>2:26.58</b>	+0,71	636	A
	50m: 31.75 31.75	100m: 1:10.26		38.51 150m: 1:53.32	43.06	200m: 2:26.58	33.26	
8.	Catarina Martins MESTRE	00		Natacao de Lisboa	<b>2:28.19</b>	+0,73	616	A
	50m: 30.44 30.44	100m: 1:06.91		36.47 150m: 1:52.64	45.73	200m: 2:28.19	35.55	
9.	Laura Fabiana ESTEVENS	05		Naval de Faro	<b>2:28.68</b>	+0,66	610	A
	50m: 31.45 31.45	100m: 1:11.38		39.93 150m: 1:53.52	42.14	200m: 2:28.68	35.16	
10.	Erica Cristina REIS	05		Sporting	<b>2:29.40</b>	+0,67	601	A
	50m: 31.95 31.95	100m: 1:10.05		38.10 150m: 1:54.91	44.86	200m: 2:29.40	34.49	
11.	Margarida Sobral PIMENTA	99		Vikings	<b>2:29.61</b>	+0,70	599	B
	50m: 31.38 31.38	100m: 1:10.38		39.00 150m: 1:55.20	44.82	200m: 2:29.61	34.41	
12.	Margarida Vieira PINTO	07		Braga	<b>2:29.79</b>	+0,75	596	B
	50m: 32.43 32.43	100m: 1:12.60		40.17 150m: 1:56.55	43.95	200m: 2:29.79	33.24	
13.	Mariana Teixeira JESUS	06		Estarreja/PROZINCO	<b>2:30.17</b>	+0,65	592	B
	50m: 32.43 32.43	100m: 1:12.17		39.74 150m: 1:55.42	43.25	200m: 2:30.17	34.75	
14.	Margarida Cabral MONTEIRO	02		Galitos / Bresimar	<b>2:30.24</b>	+0,65	591	B
	50m: 31.82 31.82	100m: 1:11.23		39.41 150m: 1:56.04	44.81	200m: 2:30.24	34.20	
15.	Laura Espinola BARBEITO	06		Nucleo Sporting da Terceira	<b>2:30.55</b>	+0,70	587	B
	50m: 30.88 30.88	100m: 1:10.48		39.60 150m: 1:56.13	45.65	200m: 2:30.55	34.42	
16.	Giovanna Vaz VARGAS	00		Nautico Marinha Grande	<b>2:31.09</b>	+0,78	581	B
	50m: 31.17 31.17	100m: 1:10.59		39.42 150m: 1:55.30	44.71	200m: 2:31.09	35.79	
17.	Leonor Tavares CATALAO	06		Sporting	<b>2:32.22</b>	+0,70	568	B
	50m: 31.17 31.17	100m: 1:10.45		39.28 150m: 1:57.28	46.83	200m: 2:32.22	34.94	

Prova 30, Femin., 200m Estilos, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Rita Machita SANTOS	07	Naval Setubalense	<b>2:32.60</b>	+0,75	564	B
	50m: 31.51 31.51	100m: 1:12.17	40.66 150m: 1:55.83	43.66	200m: 2:32.60	36.77	
19.	Leonor Peso PARENTE	07	Palmela Desporto	<b>2:33.78</b>	+0,68	551	B
	50m: 31.85 31.85	100m: 1:11.38	39.53 150m: 1:57.08	45.70	200m: 2:33.78	36.70	
20.	Madalena Almeida FIGUEIRA	07	Academico Viseu	<b>2:34.19</b>	+0,70	547	B
	50m: 31.30 31.30	100m: 1:10.28	38.98 150m: 1:57.85	47.57	200m: 2:34.19	36.34	
21.	Laura Almeida PINA	07	O Crasto	<b>2:34.46</b>	+0,76	544	R
	50m: 34.12 34.12	100m: 1:16.05	41.93 150m: 1:58.06	42.01	200m: 2:34.46	36.40	
22.	Nuria Soares SILVA	07	Sao Joao Ver	<b>2:35.05</b>	+0,80	538	R
	50m: 32.77 32.77	100m: 1:13.96	41.19 150m: 1:59.10	45.14	200m: 2:35.05	35.95	
23.	Maria Joao FERREIRA	06	Foca Quinta da Lixa CNF	<b>2:35.13</b>	+0,77	537	
	50m: 33.11 33.11	100m: 1:10.41	37.30 150m: 1:57.87	47.46	200m: 2:35.13	37.26	
24.	Maria Francisca FROIS	06	Nautico de Leiria	<b>2:36.22</b>	+0,78	526	
	50m: 31.57 31.57	100m: 1:13.29	41.72 150m: 1:59.48	46.19	200m: 2:36.22	36.74	
25.	Dania Rodrigues SIMOES	07	Louzan Natacao/EFAPEL	<b>2:36.31</b>	+0,71	525	
	50m: 32.62 32.62	100m: 1:12.59	39.97 150m: 2:01.32	48.73	200m: 2:36.31	34.99	
26.	Teresa Joao PIRES	07	Alges	<b>2:36.43</b>	+0,79	524	
	50m: 31.59 31.59	100m: 1:11.26	39.67 150m: 1:59.51	48.25	200m: 2:36.43	36.92	
27.	Leonor Carreiro RODRIGUES	07	Benfica	<b>2:36.49</b>	+0,67	523	
	50m: 34.06 34.06	100m: 1:15.08	41.02 150m: 2:00.33	45.25	200m: 2:36.49	36.16	
28.	Andreia Monteiro BARREIRA	06	Peso da Regua	<b>2:37.62</b>	+0,66	512	
	50m: 32.27 32.27	100m: 1:16.03	43.76 150m: 2:00.63	44.60	200m: 2:37.62	36.99	
29.	Ana Francisca SILVA	06	Alcobaca	<b>2:40.79</b>	+0,71	482	
	50m: 32.98 32.98	100m: 1:13.86	40.88 150m: 2:03.39	49.53	200m: 2:40.79	37.40	
DNS	Mariana Pacheco CUNHA	04	Colegio Efanor				

Prova 30, Femin., 200m Estilos, Elimin

Prova 30  
01/04/2023 - 11:25

Femin., 200m Estilos

Juvenis  
Resultados Elimin

Rec Nac Absoluto	2:13.87	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Juv A	2:21.01	Raquel Gomes PEREIRA	SAD	Coimbra	04/04/2015
Rec Nac Juv B	2:23.60	Diana Margarida DURAES	FOCA	Coimbra	01/08/2010

JO Absoluto: 2:11.22 / CEJun\_Fem 14 - 17: 2:21.10 / TAC 50m: 2:41.13 - 25m: 2:36.18

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>2:31.82</b>	+0,72	573	Q
	50m: 31.18 31.18	100m: 1:09.81	38.63	150m: 1:56.62	46.81	200m: 2:31.82	35.20
	Constanca Santos FERREIRA	08	Alges	<b>2:31.82</b>	+0,70	573	Q
	50m: 31.12 31.12	100m: 1:09.39	38.27	150m: 1:55.46	46.07	200m: 2:31.82	36.36
3.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>2:38.82</b>	+0,78	500	Q
	50m: 33.20 33.20	100m: 1:14.96	41.76	150m: 2:01.93	46.97	200m: 2:38.82	36.89
4.	Rita Calado CRUZ	09	Academica de Coimbra	<b>2:38.94</b>	+0,70	499	Q
	50m: 34.20 34.20	100m: 1:16.10	41.90	150m: 2:01.59	45.49	200m: 2:38.94	37.35
5.	Bruna Filipa LOURENCO	08	O Crasto	<b>2:39.03</b>	+0,81	498	Q
	50m: 34.91 34.91	100m: 1:18.33	43.42	150m: 2:03.05	44.72	200m: 2:39.03	35.98
6.	Leonor Carnide SILVA	09	Ginasio de Vila Real	<b>2:39.18</b>	+0,74	497	Q
	50m: 30.79 30.79	100m: 1:11.91	41.12	150m: 2:01.16	49.25	200m: 2:39.18	38.02
7.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	<b>2:39.24</b>	+0,72	496	Q
	50m: 34.65 34.65	100m: 1:16.32	41.67	150m: 2:03.00	46.68	200m: 2:39.24	36.24
8.	Maria Joao COSTA	08	Vilacondense	<b>2:39.65</b>	+0,70	492	Q
	50m: 32.84 32.84	100m: 1:15.27	42.43	150m: 2:03.33	48.06	200m: 2:39.65	36.32
9.	Raquel Sofia BRAS	09	Belenenses	<b>2:39.79</b>	+0,68	491	Q
	50m: 33.06 33.06	100m: 1:14.56	41.50	150m: 2:01.54	46.98	200m: 2:39.79	38.25
10.	Beatriz Alves AMBRUS	09	Porto	<b>2:39.83</b>	+0,57	491	Q
	50m: 33.39 33.39	100m: 1:13.68	40.29	150m: 2:02.37	48.69	200m: 2:39.83	37.46
11.	Beatriz Belo CLARA	09	Nautico de Leiria	<b>2:39.88</b>	+0,75	490	R
	50m: 32.49 32.49	100m: 1:13.18	40.69	150m: 2:04.03	50.85	200m: 2:39.88	35.85
12.	Catarina Soares ARAUJO	09	Penafiel	<b>2:40.83</b>	+0,82	482	R
	50m: 33.63 33.63	100m: 1:12.63	39.00	150m: 2:04.17	51.54	200m: 2:40.83	36.66
13.	Rafaela Ferreira MENDES	08	Torres Novas	<b>2:41.25</b>	+0,83	478	
	50m: 33.09 33.09	100m: 1:12.69	39.60	150m: 2:03.83	51.14	200m: 2:41.25	37.42
14.	Rita Rocha SILVA	08	Alcobaca	<b>2:41.45</b>	+0,76	476	
	50m: 35.02 35.02	100m: 1:17.31	42.29	150m: 2:02.76	45.45	200m: 2:41.45	38.69
15.	Francisca Lamas SILVA	08	Colegio Efanor	<b>2:41.76</b>	+0,69	473	
	50m: 33.39 33.39	100m: 1:14.07	40.68	150m: 2:02.87	48.80	200m: 2:41.76	38.89
16.	Adriana Ribeiro BARROS	08	Braga	<b>2:42.08</b>	+0,80	471	
	50m: 33.45 33.45	100m: 1:16.67	43.22	150m: 2:05.80	49.13	200m: 2:42.08	36.28
17.	Leonor Serrao NASCIMENTO	08	Alges	<b>2:42.29</b>	+0,64	469	
	50m: 33.49 33.49	100m: 1:15.87	42.38	150m: 2:01.38	45.51	200m: 2:42.29	40.91

## Prova 30, Femin., 200m Estilos, Elimin, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
18.	Ana Beatriz CAMPOS	08	Academica de Coimbra	<b>2:42.66</b>	+0,80	466
	50m: 33.85 33.85	100m: 1:15.29	41.44 150m: 2:03.54	48.25	200m: 2:42.66	39.12
19.	Matilde Sousa ANDRADE	08	Naval do Funchal	<b>2:43.02</b>	+0,68	463
	50m: 33.85 33.85	100m: 1:16.11	42.26 150m: 2:04.89	48.78	200m: 2:43.02	38.13
20.	Filipa Carvalho GALANTE	09	Vilacondense	<b>2:43.22</b>	+0,91	461
	50m: 34.01 34.01	100m: 1:16.55	42.54 150m: 2:05.64	49.09	200m: 2:43.22	37.58
21.	Matilde Lopes FIALHO	09	Palmela Desporto	<b>2:43.47</b>	+0,76	459
	50m: 33.79 33.79	100m: 1:13.21	39.42 150m: 2:04.02	50.81	200m: 2:43.47	39.45
22.	Carolina Marques MADEIRA	09	Nacional de Natacao	<b>2:44.41</b>	+0,82	451
	50m: 34.16 34.16	100m: 1:16.42	42.26 150m: 2:08.63	52.21	200m: 2:44.41	35.78
23.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>2:44.76</b>	+0,78	448
	50m: 35.27 35.27	100m: 1:21.05	45.78 150m: 2:06.61	45.56	200m: 2:44.76	38.15
24.	Maria Manuel BRAZ	09	Ginasio de Vila Real	<b>2:45.01</b>	+0,72	446
	50m: 35.40 35.40	100m: 1:20.46	45.06 150m: 2:07.51	47.05	200m: 2:45.01	37.50
25.	Barbara Maria NEVES	08	Alges	<b>2:47.21</b>	+0,73	429
	50m: 33.52 33.52	100m: 1:15.45	41.93 150m: 2:07.40	51.95	200m: 2:47.21	39.81
DSQ	Luana Ferreira CRAVEIRO	09	Nautico Marinha Grande		+0,71	
	<i>7.2 - O(A) nadador(a), após a viragem dos 100 metros, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de braços - SW 7.1</i>					
DSQ	Julia Freitas PEREIRA	08	Naval do Funchal		+0,64	
	<i>7.2 - O(A) nadador(a), após a viragem dos 100 metros, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de braços - SW 7.1</i>					

Prova 131  
01/04/2023 - 11:50

Misto, 4 x 100m Estilos

Juvenis  
Resultados

Rec Nac Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Rec Nac Jun	4:09.98	Clube Natacao Colegio Efanor	CNCE	Coimbra	28/03/2021
Rec Nac Juv A	4:23.79	Gesloures-Gestao Equip. Sociais, EMGESL		Coimbra	02/04/2022
Rec Nac Juv	4:15.97	Clube dos Galitos / Bresimar	CGA	Oeiras	01/08/2021
Rec Nac Juv B	4:24.01	Grupo Desp. Natacao V. N. Famalica	GDNFAMA	Oeiras	01/08/2021
Rec Nac Inf A	4:33.31	Sporting Clube de Portugal	SCP	Famalicao	17/07/2016
Rec Nac Inf	4:33.31	Sporting Clube de Portugal	SCP	Famalicao	17/07/2016

TAC\_Jvu Mx\_estafeta 50m: 4:31.25 - 25m: 4:23.87

Pontos: FINA 2023

Lugar		Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Galitos / Bresimar-JUV		Galitos / Bresimar	<b>4:26.32</b>	+0,66	545
	Daniel KUCHERYAVENKO	+0,66 30.60	1:03.87 Maria Saraiva PAIXAO	+0,62	32.55	1:09.76
	Duarte Ramos NUNES	+0,22 32.88	1:10.06 Matilde Pinguicha MIRANDA	+0,31	29.96	1:02.63
2.	Colegio Monte Maior-JUV		Colegio Monte Maior	<b>4:27.10</b>	+0,59	540
	Afonso Rodrigues CALHELHA	+0,59 30.33	1:04.28 Rui Silva PEREIRA	+0,61	28.74	1:03.61
	Matilde Militao GUERRA	+0,31 35.37	1:17.09 Matilde Catroga MARQUES	+0,35	29.64	1:02.12
3.	Naval do Funchal-JUV		Naval do Funchal	<b>4:29.39</b>	+0,58	526
	Tiago Brazao NEVES	+0,58 29.98	1:01.22 Joao Francisco ALMEIDA	+0,32	28.87	1:01.94
	Julia Freitas PEREIRA	+0,43 37.46	1:22.26 Sofia Vega GOMES	+0,38	30.75	1:03.97
4.	Porto-JUV		Porto	<b>4:30.56</b>	+0,55	520
	Rodrigo Filipe CORREIA	+0,55 30.32	1:03.03 Leonor Carvalho SOARES	+0,56	32.09	1:08.96
	Duarte Maria CARREIRA	+0,27 33.44	1:14.18 Sofia Teixeira BARBOSA	+0,53	30.61	1:04.39
5.	Fluvial Portuense-JUV		Fluvial Portuense	<b>4:32.89</b>	+0,61	506
	Francisco Miguel PEREIRA	+0,61 31.41	1:04.58 Uxia Romero COSTA	+0,27	32.29	1:12.45
	Gil Afonso RODRIGUES	+0,65 34.48	1:14.43 Ana Carolina NEVES	+0,07	28.41	1:01.43
6.	Alges-JUV		Alges	<b>4:33.14</b>	+0,80	505
	Constanca Santos FERREIRA	+0,80 34.48	1:12.31 Francisco Maria SANTOS	+0,37	27.69	1:02.23
	Leonor Serrao NASCIMENTO	+0,64 38.07	1:21.70 Afonso Jose FERNANDES	+0,33	27.25	56.90

6 - 3ª Jornada - 2ª Sessão (Finais-Finals)

01/04/2023 - 17:00

Prova 23

Masc., 400m Livres

Open

01/04/2023 - 17:00

Resultados Final

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	Jose Paulo LOPES	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	Gustavo Manuel SANTA	POR	Helsinki (FIN)	14/07/2010

JO Absoluto: 3:46.78 / CMPL Sen: 3:48.15 / CESub23 19 - 23: 2:54.72 / CEJun\_Masc 15 - 18: 4:01.28 / TAC Sen 50m: 4:16.03 - 25m: 4:06.41; Jun 50m: 4:23.71 - 25m: 4:13.80

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Jose Paulo LOPES	00	Braga	<b>3:55.39</b>	+0,68	817
	50m: 26.86 26.86	150m: 1:26.22	29.81	250m: 2:25.63	29.68	350m: 3:25.92 30.05
	100m: 56.41 29.55	200m: 1:55.95	29.73	300m: 2:55.87	30.24	400m: 3:55.39 29.47
2.	Bernardo Victorino ALMEIDA	04	Sporting	<b>4:00.72</b>	+0,66	764
	50m: 26.71 26.71	150m: 1:27.06	30.16	250m: 2:29.17	31.23	350m: 3:31.04 30.77
	100m: 56.90 30.19	200m: 1:57.94	30.88	300m: 3:00.27	31.10	400m: 4:00.72 29.68
3.	Gustavo Pires MARQUES	04	Uniao Coimbra	<b>4:01.07</b>	+0,70	760
	50m: 27.11 27.11	150m: 1:27.12	30.33	250m: 2:28.97	30.82	350m: 3:32.00 31.31
	100m: 56.79 29.68	200m: 1:58.15	31.03	300m: 3:00.69	31.72	400m: 4:01.07 29.07
4.	Lucas Pereira BASTOS	00	Nautico Academico	<b>4:04.81</b>	+0,70	726
	50m: 27.96 27.96	150m: 1:29.45	31.05	250m: 2:31.75	30.81	350m: 3:34.10 31.04
	100m: 58.40 30.44	200m: 2:00.94	31.49	300m: 3:03.06	31.31	400m: 4:04.81 30.71
5.	Salvador Goya PERLOIRO	05	Benfica	<b>4:05.28</b>	+0,69	722
	50m: 27.53 27.53	150m: 1:28.82	30.76	250m: 2:32.07	31.57	350m: 3:35.02 31.22
	100m: 58.06 30.53	200m: 2:00.50	31.68	300m: 3:03.80	31.73	400m: 4:05.28 30.26
6.	Bernardo Jorge SIMOES	04	Belenenses	<b>4:07.87</b>	+0,68	699
	50m: 27.56 27.56	150m: 1:29.37	31.34	250m: 2:33.64	32.03	350m: 3:37.38 31.61
	100m: 58.03 30.47	200m: 2:01.61	32.24	300m: 3:05.77	32.13	400m: 4:07.87 30.49
7.	Yury FOMIN	06	Louletano / Loule Concelho	<b>4:08.39</b>	+0,67	695
	50m: 28.03 28.03	150m: 1:29.37	30.89	250m: 2:32.96	31.98	350m: 3:37.18 31.91
	100m: 58.48 30.45	200m: 2:00.98	31.61	300m: 3:05.27	32.31	400m: 4:08.39 31.21
8.	Afonso Filipe COSTA	03	Louzan Natacao/EFAPEL	<b>4:10.33</b>	+0,63	679
	50m: 27.61 27.61	150m: 1:28.88	30.87	250m: 2:32.16	31.54	350m: 3:37.08 32.66
	100m: 58.01 30.40	200m: 2:00.62	31.74	300m: 3:04.42	32.26	400m: 4:10.33 33.25
9.	Nicolas Filip MONTFORT	05	Alges	<b>4:16.44</b>	+0,63	632
	50m: 28.64 28.64	150m: 1:32.90	32.85	250m: 2:38.63	32.81	350m: 3:45.12 33.13
	100m: 1:00.05 31.41	200m: 2:05.82	32.92	300m: 3:11.99	33.36	400m: 4:16.44 31.32
10.	Afonso Martim LEITE	05	Foca Quinta da Lixa CNF	<b>4:19.57</b>	+0,71	609
	50m: 28.78 28.78	150m: 1:32.11	32.34	250m: 2:38.13	33.27	350m: 3:46.18 33.83
	100m: 59.77 30.99	200m: 2:04.86	32.75	300m: 3:12.35	34.22	400m: 4:19.57 33.39
<b>Final B</b>						
11.	Diogo Alexandre OLIVEIRA	05	Naval do Funchal	<b>4:13.22</b>	+0,66	656
	50m: 28.11 28.11	150m: 1:30.41	31.62	250m: 2:35.53	32.79	350m: 3:41.14 32.83
	100m: 58.79 30.68	200m: 2:02.74	32.33	300m: 3:08.31	32.78	400m: 4:13.22 32.08

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

02/04/2023 20:29 - Página 167

## Prova 23, Masc., 400m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
12.	Bruno Silva LOUREIRO	06	Porto	<b>4:13.36</b>	+0,68	655	
	50m: 28.74 28.74	150m: 1:32.59	32.03	250m: 2:37.73	32.17	350m: 3:42.85	32.07
	100m: 1:00.56 31.82	200m: 2:05.56	32.97	300m: 3:10.78	33.05	400m: 4:13.36	30.51
13.	Filipe Santos CARDOSO	04	Gafanha da Encarnacao	<b>4:13.66</b>	+0,60	653	
	50m: 28.70 28.70	150m: 1:32.64	32.20	250m: 2:38.18	32.63	350m: 3:43.06	31.81
	100m: 1:00.44 31.74	200m: 2:05.55	32.91	300m: 3:11.25	33.07	400m: 4:13.66	30.60
14.	Goncalo Renato CARVALHO	04	Porto	<b>4:16.82</b>	+0,62	629	
	50m: 29.45 29.45	150m: 1:33.54	32.33	250m: 2:38.97	32.72	350m: 3:44.57	32.62
	100m: 1:01.21 31.76	200m: 2:06.25	32.71	300m: 3:11.95	32.98	400m: 4:16.82	32.25
15.	Guilherme Maia CARDOSO	05	Columbofila Cantanhedense	<b>4:17.92</b>	+0,68	621	
	50m: 29.95 29.95	150m: 1:34.83	32.31	250m: 2:40.27	32.62	350m: 3:45.92	32.47
	100m: 1:02.52 32.57	200m: 2:07.65	32.82	300m: 3:13.45	33.18	400m: 4:17.92	32.00
16.	Tomas Nunes ROQUE	06	Benfica	<b>4:18.35</b>	+0,68	618	
	50m: 28.82 28.82	150m: 1:32.82	32.46	250m: 2:38.57	32.75	350m: 3:45.34	33.43
	100m: 1:00.36 31.54	200m: 2:05.82	33.00	300m: 3:11.91	33.34	400m: 4:18.35	33.01
17.	Alexandre Ramos GONCALVES	05	Sao Joao Ver	<b>4:20.36</b>	+0,70	603	
	50m: 28.89 28.89	150m: 1:32.93	32.35	250m: 2:39.31	32.99	350m: 3:47.10	34.08
	100m: 1:00.58 31.69	200m: 2:06.32	33.39	300m: 3:13.02	33.71	400m: 4:20.36	33.26
18.	Joao Maria SOUSA	05	Braga	<b>4:20.54</b>	+0,75	602	
	50m: 28.80 28.80	150m: 1:32.37	32.29	250m: 2:39.28	33.63	350m: 3:47.63	34.01
	100m: 1:00.08 31.28	200m: 2:05.65	33.28	300m: 3:13.62	34.34	400m: 4:20.54	32.91
19.	Francisco Couto FRAZAO	06	Uniao Coimbra	<b>4:22.05</b>	+0,77	592	
	50m: 28.95 28.95	150m: 1:34.38	32.92	250m: 2:41.93	33.73	350m: 3:49.96	33.87
	100m: 1:01.46 32.51	200m: 2:08.20	33.82	300m: 3:16.09	34.16	400m: 4:22.05	32.09
20.	Joao Pedro TORRES	05	Porto	<b>4:23.15</b>	+0,78	584	
	50m: 29.26 29.26	150m: 1:33.61	32.05	250m: 2:40.82	33.45	350m: 3:49.24	33.35
	100m: 1:01.56 32.30	200m: 2:07.37	33.76	300m: 3:15.89	35.07	400m: 4:23.15	33.91

 Prova 23  
 01/04/2023 - 17:00

## Masc., 400m Livres

 Juvenis  
 Resultados Final

Rec Nac Absoluto	3:50.56	Jose Paulo LOPES	POR	Barcelona (ESP)	06/06/2021
Rec Nac Juv A	3:59.38	Gustavo Manuel SANTA	POR	Tampere (FIN)	21/07/2009
Rec Nac Juv B	4:06.22	Rui Filipe COSTA	VSC	Coimbra	29/07/2006

JO Absoluto: 3:46.78 / CEJun\_Masc 15 - 18: 4:01.28 / TAC 50m: 4:36.51 - 25m: 4:26.12

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisco Goya PERLOIRO	07	Benfica	<b>4:12.85</b>	+0,66	659	
	50m: 29.19 29.19	150m: 1:33.98	32.30	250m: 2:38.00	31.61	350m: 3:42.13	31.88
	100m: 1:01.68 32.49	200m: 2:06.39	32.41	300m: 3:10.25	32.25	400m: 4:12.85	30.72
2.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>4:14.37</b>	+0,78	647	
	50m: 29.42 29.42	150m: 1:34.72	32.71	250m: 2:39.93	32.42	350m: 3:43.62	31.39
	100m: 1:02.01 32.59	200m: 2:07.51	32.79	300m: 3:12.23	32.30	400m: 4:14.37	30.75
3.	Rui Silva PEREIRA	08	Colegio Monte Maior	<b>4:17.28</b>	+0,79	625	
	50m: 28.83 28.83	150m: 1:33.90	33.03	250m: 2:38.96	32.39	350m: 3:44.91	33.05
	100m: 1:00.87 32.04	200m: 2:06.57	32.67	300m: 3:11.86	32.90	400m: 4:17.28	32.37



**Prova 23, Masc., 400m Livres, Final, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
4.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>4:18.53</b>	+0,60	616	
	50m: 28.78 28.78	150m: 1:33.99	33.17	250m: 2:40.22	33.11	350m: 3:47.24	33.55
	100m: 1:00.82 32.04	200m: 2:07.11	33.12	300m: 3:13.69	33.47	400m: 4:18.53	31.29
5.	Antonio Miguel COSTA	07	Fafe	<b>4:18.67</b>	+0,70	615	
	50m: 29.29 29.29	150m: 1:34.47	33.05	250m: 2:40.80	33.24	350m: 3:47.74	33.58
	100m: 1:01.42 32.13	200m: 2:07.56	33.09	300m: 3:14.16	33.36	400m: 4:18.67	30.93
6.	Axel Guedes ASMAR	07	Sporting	<b>4:22.26</b>	+0,63	590	
	50m: 28.30 28.30	150m: 1:33.78	33.36	250m: 2:40.86	33.51	350m: 3:49.27	34.14
	100m: 1:00.42 32.12	200m: 2:07.35	33.57	300m: 3:15.13	34.27	400m: 4:22.26	32.99
7.	Guilherme Costa SOARES	08	Vilacondense	<b>4:23.20</b>	+0,71	584	
	50m: 29.11 29.11	150m: 1:35.33	33.35	250m: 2:42.71	33.62	350m: 3:50.32	33.61
	100m: 1:01.98 32.87	200m: 2:09.09	33.76	300m: 3:16.71	34.00	400m: 4:23.20	32.88
8.	Alexandre MORARI	07	Rio Maior	<b>4:23.68</b>	+0,69	581	
	50m: 29.28 29.28	150m: 1:34.58	32.51	250m: 2:41.28	33.22	350m: 3:49.31	34.17
	100m: 1:02.07 32.79	200m: 2:08.06	33.48	300m: 3:15.14	33.86	400m: 4:23.68	34.37
9.	Afonso Dinis ROQUE	07	Nautico de Leiria	<b>4:24.80</b>	+0,74	574	
	50m: 29.23 29.23	150m: 1:35.01	33.11	250m: 2:42.38	33.46	350m: 3:50.58	34.06
	100m: 1:01.90 32.67	200m: 2:08.92	33.91	300m: 3:16.52	34.14	400m: 4:24.80	34.22
10.	Miguel Guedes FERREIRA	07	Porto	<b>4:25.43</b>	+0,79	569	
	50m: 29.03 29.03	150m: 1:35.53	33.69	250m: 2:43.95	34.10	350m: 3:52.19	33.83
	100m: 1:01.84 32.81	200m: 2:09.85	34.32	300m: 3:18.36	34.41	400m: 4:25.43	33.24

**Prova 24**  
 01/04/2023 - 17:16

**Femin., 400m Livres**
**Open**  
 Resultados Final

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	Tamila Hryhorivna HOLUB	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	Marta Andreia FERREIRA	POR	Berlim (GER)	04/08/2002

JO Absoluto: 4:07.90 / CMPL 19+: 4:10.57 / CESub23 19 - 23: 4:16.58 / CEJun\_Fem 14 - 17: 4:23.44 / TAC Sen 50m: 4:39.70 - 25m: 4:31.76; Jun 50m: 4:46.69 - 25m: 4:38.55

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
<b>Final A</b>							
1.	Francisca Soares MARTINS	03	Foca Quinta da Lixa CNF	<b>4:11.02</b>	+0,67	835	
	<i>Minimos CE Sub23</i>						
	50m: 28.83 28.83	150m: 1:31.47	31.57	250m: 2:35.91	32.06	350m: 3:40.00	31.67
	100m: 59.90 31.07	200m: 2:03.85	32.38	300m: 3:08.33	32.42	400m: 4:11.02	31.02
2.	Anna FOMINA	02	Sporting	<b>4:22.91</b>	+0,76	726	
	50m: 29.79 29.79	150m: 1:35.15	33.16	250m: 2:41.77	33.31	350m: 3:49.89	34.11
	100m: 1:01.99 32.20	200m: 2:08.46	33.31	300m: 3:15.78	34.01	400m: 4:22.91	33.02
3.	Ema Jeronimo CONCEICAO	03	Benfica	<b>4:23.11</b>	+0,77	725	
	50m: 29.74 29.74	150m: 1:34.32	32.61	250m: 2:42.06	33.91	350m: 3:50.20	33.81
	100m: 1:01.71 31.97	200m: 2:08.15	33.83	300m: 3:16.39	34.33	400m: 4:23.11	32.91

## Prova 24, Femin., 400m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
4.	Carolina Pereira VIANA	04		Sporting	<b>4:26.11</b>	+0,68	701
	50m: 30.15 30.15	150m: 1:35.38	33.15	250m: 2:43.26	34.18	350m: 3:52.32	34.67
	100m: 1:02.23 32.08	200m: 2:09.08	33.70	300m: 3:17.65	34.39	400m: 4:26.11	33.79
5.	Ines Santos AMORIM	06		Desportiva de Viana	<b>4:30.10</b>	+0,82	670
	50m: 30.59 30.59	150m: 1:36.94	33.61	250m: 2:44.68	33.85	350m: 3:55.12	35.32
	100m: 1:03.33 32.74	200m: 2:10.83	33.89	300m: 3:19.80	35.12	400m: 4:30.10	34.98
6.	Margaux Verger GOURSON	95		Fluvial Portuense	<b>4:32.51</b>	+0,71	652
	50m: 31.38 31.38	150m: 1:39.67	34.54	250m: 2:49.70	34.71	350m: 3:59.35	34.28
	100m: 1:05.13 33.75	200m: 2:14.99	35.32	300m: 3:25.07	35.37	400m: 4:32.51	33.16
7.	Mafalda Martins MESQUITA	07		Famalicao	<b>4:33.55</b>	+0,74	645
	50m: 31.07 31.07	150m: 1:40.01	34.92	250m: 2:50.27	34.96	350m: 4:00.02	34.72
	100m: 1:05.09 34.02	200m: 2:15.31	35.30	300m: 3:25.30	35.03	400m: 4:33.55	33.53
8.	Beatriz Silva LOURO	07		Louletano / Loule Concelho	<b>4:35.82</b>	+0,66	629
	50m: 30.41 30.41	150m: 1:37.66	34.14	250m: 2:48.35	35.48	350m: 3:59.96	35.75
	100m: 1:03.52 33.11	200m: 2:12.87	35.21	300m: 3:24.21	35.86	400m: 4:35.82	35.86
9.	Maria Leonor COELHO	06		Benfica	<b>4:38.54</b>	+0,73	611
	50m: 31.49 31.49	150m: 1:42.13	35.82	250m: 2:53.20	35.09	350m: 4:03.74	35.27
	100m: 1:06.31 34.82	200m: 2:18.11	35.98	300m: 3:28.47	35.27	400m: 4:38.54	34.80
10.	Margarida Vieira PINTO	07		Braga	<b>4:42.27</b>	+0,76	587
	50m: 31.03 31.03	150m: 1:40.33	35.15	250m: 2:52.64	36.36	350m: 4:06.28	36.97
	100m: 1:05.18 34.15	200m: 2:16.28	35.95	300m: 3:29.31	36.67	400m: 4:42.27	35.99
<b>Final B</b>							
11.	Carolina Esteves PEIXOTO	06		Braga	<b>4:36.27</b>	+0,76	626
	50m: 31.03 31.03	150m: 1:39.33	34.53	250m: 2:50.25	35.23	350m: 4:02.04	35.61
	100m: 1:04.80 33.77	200m: 2:15.02	35.69	300m: 3:26.43	36.18	400m: 4:36.27	34.23
12.	Ana Beatriz VIEIRA	07		Foca Quinta da Lixa CNF	<b>4:36.39</b>	+0,69	625
	50m: 30.94 30.94	150m: 1:39.12	34.69	250m: 2:50.75	35.67	350m: 4:02.31	35.34
	100m: 1:04.43 33.49	200m: 2:15.08	35.96	300m: 3:26.97	36.22	400m: 4:36.39	34.08
13.	Leonor Verissimo FARIA	06		Nucleo de Pombal	<b>4:38.77</b>	+0,70	609
	50m: 31.51 31.51	150m: 1:40.83	35.15	250m: 2:52.39	35.76	350m: 4:04.50	35.94
	100m: 1:05.68 34.17	200m: 2:16.63	35.80	300m: 3:28.56	36.17	400m: 4:38.77	34.27
14.	Maria Neto FERREIRA	06		Nautico Academico	<b>4:38.96</b>	+0,80	608
	50m: 32.16 32.16	150m: 1:41.99	35.20	250m: 2:52.69	35.13	350m: 4:03.88	35.58
	100m: 1:06.79 34.63	200m: 2:17.56	35.57	300m: 3:28.30	35.61	400m: 4:38.96	35.08
15.	Mariana Marques MERCEDES	03		Vikings	<b>4:39.56</b>	+0,70	604
	50m: 31.63 31.63	150m: 1:42.19	35.27	250m: 2:53.33	35.59	350m: 4:05.46	35.96
	100m: 1:06.92 35.29	200m: 2:17.74	35.55	300m: 3:29.50	36.17	400m: 4:39.56	34.10
16.	Francisca Macedo LOPES	05		Vilacondense	<b>4:39.93</b>	+0,75	602
	50m: 31.34 31.34	150m: 1:41.28	35.64	250m: 2:53.23	35.78	350m: 4:05.00	35.88
	100m: 1:05.64 34.30	200m: 2:17.45	36.17	300m: 3:29.12	35.89	400m: 4:39.93	34.93
17.	Carolina Vizinho CABRAL	07		Natacao de Vagos	<b>4:40.23</b>	+0,72	600
	50m: 31.91 31.91	150m: 1:41.77	35.41	250m: 2:53.54	35.79	350m: 4:06.76	36.67
	100m: 1:06.36 34.45	200m: 2:17.75	35.98	300m: 3:30.09	36.55	400m: 4:40.23	33.47

## Prova 24, Femin., 400m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
18.	Catarina Gaspar PIRES	06	Porto	<b>4:42.61</b>	+0,91	585
	50m: 31.79 31.79	150m: 1:42.66	35.95 250m: 2:54.21	35.98 350m: 4:06.64	36.48	
	100m: 1:06.71 34.92	200m: 2:18.23	35.57 300m: 3:30.16	35.95 400m: 4:42.61	35.97	
19.	Bianca Filipa ALMEIDA	07	Alges e Agueda XXI	<b>4:44.29</b>	+0,76	574
	50m: 31.78 31.78	150m: 1:42.30	35.82 250m: 2:54.40	36.02 350m: 4:07.97	36.86	
	100m: 1:06.48 34.70	200m: 2:18.38	36.08 300m: 3:31.11	36.71 400m: 4:44.29	36.32	
20.	Ines Miranda DIOGO	07	Nautico Academico	<b>4:44.75</b>	+0,72	572
	50m: 32.57 32.57	150m: 1:43.19	35.48 250m: 2:55.18	36.10 350m: 4:08.40	36.52	
	100m: 1:07.71 35.14	200m: 2:19.08	35.89 300m: 3:31.88	36.70 400m: 4:44.75	36.35	

## Prova 24 01/04/2023 - 17:16

## Femin., 400m Livres

## Juvenis Resultados Final

Rec Nac Absoluto	4:09.49	Diana Margarida DURAES	POR	Tarragona (ESP)	25/06/2018
Rec Nac Juv A	4:20.78	Tamila Hryhorivna HOLUB	POR	Porto	07/06/2014
Rec Nac Juv B	4:26.20	Maria Francisca CABRAL	FCP	Oeiras	26/07/2014

JO Absoluto: 4:07.90 / CEJun\_Fem 14 - 17: 4:23.44 / TAC 50m: 4:59.28 - 25m: 4:50.78

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Gomes NEVES	08	Braga	<b>4:39.34</b>	+0,73	606
	50m: 31.51 31.51	150m: 1:41.43	35.51 250m: 2:52.49	34.94 350m: 4:04.23	35.53	
	100m: 1:05.92 34.41	200m: 2:17.55	36.12 300m: 3:28.70	36.21 400m: 4:39.34	35.11	
2.	Lara Catarina MAIA	09	Estarreja/PROZINCO	<b>4:42.37</b>	+0,57	586
	50m: 32.11 32.11	150m: 1:42.98	35.73 250m: 2:55.84	36.24 350m: 4:08.29	35.60	
	100m: 1:07.25 35.14	200m: 2:19.60	36.62 300m: 3:32.69	36.85 400m: 4:42.37	34.08	
3.	Carolina Amadeu FERREIRA	08	Leixoes	<b>4:42.73</b>	+0,77	584
	50m: 32.39 32.39	150m: 1:43.43	36.02 250m: 2:56.24	36.58 350m: 4:08.63	35.91	
	100m: 1:07.41 35.02	200m: 2:19.66	36.23 300m: 3:32.72	36.48 400m: 4:42.73	34.10	
4.	Maria Carvalho PINTO	09	Viana Natacao	<b>4:43.65</b>	+0,93	578
	50m: 32.00 32.00	150m: 1:43.50	35.98 250m: 2:56.26	36.01 350m: 4:09.28	36.05	
	100m: 1:07.52 35.52	200m: 2:20.25	36.75 300m: 3:33.23	36.97 400m: 4:43.65	34.37	
5.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>4:44.58</b>	+0,72	573
	50m: 32.38 32.38	150m: 1:43.88	36.15 250m: 2:56.97	36.28 350m: 4:09.69	36.22	
	100m: 1:07.73 35.35	200m: 2:20.69	36.81 300m: 3:33.47	36.50 400m: 4:44.58	34.89	
6.	Luana Ferreira CRAVEIRO	09	Nautico Marinha Grande	<b>4:48.26</b>	+0,72	551
	50m: 31.96 31.96	150m: 1:43.70	36.75 250m: 2:57.70	37.13 350m: 4:12.35	37.47	
	100m: 1:06.95 34.99	200m: 2:20.57	36.87 300m: 3:34.88	37.18 400m: 4:48.26	35.91	
7.	Ana Carolina CRUZ	08	Famalicao	<b>4:48.70</b>	+0,75	549
	50m: 31.93 31.93	150m: 1:44.54	36.89 250m: 2:59.54	37.65 350m: 4:13.46	36.83	
	100m: 1:07.65 35.72	200m: 2:21.89	37.35 300m: 3:36.63	37.09 400m: 4:48.70	35.24	
8.	Margarida Maria LUIZ	08	Lagoa AC	<b>4:49.46</b>	+0,72	544
	50m: 32.25 32.25	150m: 1:43.22	36.17 250m: 2:57.40	37.27 350m: 4:12.99	37.81	
	100m: 1:07.05 34.80	200m: 2:20.13	36.91 300m: 3:35.18	37.78 400m: 4:49.46	36.47	
9.	Raquel Campos CARDOSO	09	Bombeiros de Ponta Delgada	<b>4:49.60</b>	+0,74	543
	50m: 32.16 32.16	150m: 1:44.80	36.83 250m: 2:59.74	37.61 350m: 4:13.92	36.80	
	100m: 1:07.97 35.81	200m: 2:22.13	37.33 300m: 3:37.12	37.38 400m: 4:49.60	35.68	

**Prova 24, Femin., 400m Livres, Final, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
10.	Madalena Valente MOREIRA	09	Colegio Efanor	<b>4:53.05</b>	+0,72	524	
	50m: 32.37	150m: 1:44.96	36.37	250m: 3:00.22	37.57	350m: 4:16.02	37.85
	100m: 1:08.59	200m: 2:22.65	37.69	300m: 3:38.17	37.95	400m: 4:53.05	37.03

**Prova 25**
**Masc., 100m Mariposa**
**Open**

01/04/2023 - 17:34

**Resultados Final**

Rec Nac Absoluto	51.61	Diogo Matos RIBEIRO	POR	Roma (ITA)	13/08/2022
Rec Nac Sen	51.80	Diogo Matos RIBEIRO	SLB	Funchal	01/04/2023
Rec Nac Jun18	51.61	Diogo Matos RIBEIRO	POR	Roma (ITA)	13/08/2022
Rec Nac Jun17	52.54	Diogo Matos RIBEIRO	POR	Rome (ITA)	09/07/2021

 JO Absoluto: 51.67 / CMPL Sen: 51.96 / CESub23 19 - 23: 53.48 / CEJun\_Masc 15 - 18: 55.25 / TAC Sen 50m: 58.36 - 25m: 57.14;  
 Jun 50m: 1:00.11 - 25m: 58.85

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Diogo Matos RIBEIRO	04	Benfica	<b>51.45</b>	+0,62	887
	<i>Recorde Nacional, Minimos JO 2024, Minimos CMundo, Minimos CE Sub23</i>					
	50m: 23.89	23.89	100m: 51.45	27.56		
2.	Gabriel Persequin DIAS	03	Naval do Funchal	<b>52.79</b>	+0,58	821
	<i>Minimos CE Sub23</i>					
	50m: 24.41	24.41	100m: 52.79	28.38		
3.	Fernando Souza SILVA	86	Naval do Funchal	<b>54.53</b>	+0,69	745
	50m: 25.10	25.10	100m: 54.53	29.43		
4.	Henrique Gomes SILVA	02	Benfica	<b>54.81</b>	+0,62	734
	50m: 25.89	25.89	100m: 54.81	28.92		
	Porfirio Braga NUNES	00	Porto	<b>54.81</b>	+0,63	734
	50m: 25.46	25.46	100m: 54.81	29.35		
6.	Pedro Andre SANTOS	94	Alges	<b>55.10</b>	+0,66	722
	50m: 25.77	25.77	100m: 55.10	29.33		
7.	Leonardo SCHILLING	93	Porto	<b>55.13</b>	+0,69	721
	50m: 25.82	25.82	100m: 55.13	29.31		
8.	Kevins Alexandre APSENIECE	04	Porto	<b>55.72</b>	+0,67	698
	50m: 25.99	25.99	100m: 55.72	29.73		
9.	Paulo VAKULYUK	03	Torres Novas	<b>55.75</b>	+0,64	697
	50m: 25.26	25.26	100m: 55.75	30.49		
10.	Joao Soares CARNEIRO	03	Benfica	<b>56.17</b>	+0,61	682
	50m: 25.62	25.62	100m: 56.17	30.55		

**Final B**

11.	Tomas Teixeira LOPES	02	Vitoria Guimaraes	<b>56.04</b>	+0,73	687
	50m: 26.23	26.23	100m: 56.04	29.81		

## Prova 25, Masc., 100m Mariposa, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
12.	Joao Esteves PADRELA 50m: 26.10 26.10	99	100m: 56.75	Naval do Funchal	<b>56.75</b>	+0,65	661
13.	Rodrigo Reis DIAS 50m: 26.37 26.37	03	100m: 56.93	Belenenses	<b>56.93</b>	+0,63	655
14.	Tiago Roberto CORDEIRO 50m: 26.80 26.80	00	100m: 56.95	Benfica	<b>56.95</b>	+0,64	654
15.	Luis Galvao GOUVEIA 50m: 26.97 26.97	05	100m: 57.08	Desportivo Nacional	<b>57.08</b>	+0,66	650
16.	Nick HEINIO-WIDELL 50m: 26.34 26.34	05	100m: 57.10	Alges	<b>57.10</b>	+0,58	649
17.	Vasco Alves MORGADO 50m: 26.57 26.57	05	100m: 57.14	Alges	<b>57.14</b>	+0,57	648
18.	Francisco Ribeiro VIEIRA 50m: 26.23 26.23	04	100m: 57.41	Fisica Torres Vedras	<b>57.41</b>	+0,65	639
19.	Bernardo Jorge SIMOES 50m: 26.84 26.84	04	100m: 57.77	Belenenses	<b>57.77</b>	+0,66	627
20.	Gabriel Carvalho FERRAO 50m: 27.04 27.04	05	100m: 57.78	Benfica	<b>57.78</b>	+0,57	626

## Prova 25 01/04/2023 - 17:34

## Masc., 100m Mariposa

## Juvenis Resultados Final

Rec Nac Absoluto	51.61	Diogo Matos RIBEIRO	POR	Roma (ITA)	13/08/2022
Rec Nac Juv A	56.05	Paulo VAKULYUK	CNTN	Funchal	03/08/2019
Rec Nac Juv B	56.61	Diogo Matos RIBEIRO	CUC	Funchal	03/08/2019

JO Absoluto: 51.67 / CEJun\_Masc 15 - 18: 55.25 / TAC 50m: 1:03.03 - 25m: 1:01.71

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Joao Moura FRANCISCO 50m: 27.15 27.15	07	100m: 58.64	Nautico de Leiria	<b>58.64</b>	+0,78	599
2.	Leonardo Cunha MOURA 50m: 27.11 27.11	07	100m: 58.69	Foca Quinta da Lixa CNF	<b>58.69</b>	+0,62	598
3.	Andre Miguel RAMOS 50m: 28.03 28.03	07	100m: 59.92	Fisica Torres Vedras	<b>59.92</b>	+0,64	562
4.	Afonso Dinis ROQUE 50m: 27.92 27.92	07	100m: 1:00.25	Nautico de Leiria	<b>1:00.25</b>	+0,72	552
5.	Duarte Santos FERREIRA 50m: 28.06 28.06	08	100m: 1:00.74	Porto	<b>1:00.74</b>	+0,71	539
6.	Tiago Lopes BRANDAO 50m: 27.52 27.52	07	100m: 1:00.84	Sporting de Aveiro	<b>1:00.84</b>	+0,71	536
7.	Francisco Goya PERLOIRO 50m: 28.22 28.22	07	100m: 1:01.04	Benfica	<b>1:01.04</b>	+0,67	531

**Prova 25, Masc., 100m Mariposa, Final, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
8.	Antonio Furtado PIRES	07	CLIP Teams	<b>1:01.35</b>	+0,65	523
	50m: 28.17 28.17	100m: 1:01.35	33.18			
9.	Rafael Pacheco GODINHO	07	Sporting	<b>1:01.59</b>	+0,70	517
	50m: 28.73 28.73	100m: 1:01.59	32.86			
10.	Francisco Bernardes MARTELO	07	Porto	<b>1:01.63</b>	+0,63	516
	50m: 27.79 27.79	100m: 1:01.63	33.84			

**Prova 26**
**Femin., 100m Mariposa**
**Open**

01/04/2023 - 17:41

**Resultados Final**

Rec Nac Absoluto	58.76	Sara Freitas OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nac Sen	58.76	Sara Freitas OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nac Jun17	1:00.11	Mariana Pacheco CUNHA	POR	Porto	05/06/2021
Rec Nac Jun16	1:01.48	Sara Francisco CRUZ	ADBA	Faro	20/07/2009

 JO Absoluto: 57.92 / CMPL 19 +: 58.33 / CESub23 19 - 23: 59.95 / CEJun\_Fem 14 - 17: 1:01.69 / TAC Sen 50m: 1:06.80 - 25m: 1:05.28;  
 Jun 50m: 1:08.47 - 25m: 1:06.91

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>59.45</b>	+0,67	812
	<i>Minimos CE Sub23</i>					
	50m: 27.70 27.70	100m: 59.45	31.75			
2.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>1:00.62</b>	+0,61	766
	50m: 27.40 27.40	100m: 1:00.62	33.22			
3.	Ana Catarina MONTEIRO	93	Vilacondense	<b>1:01.34</b>	+0,65	739
	50m: 28.57 28.57	100m: 1:01.34	32.77			
4.	Maria Luiza PESSANHA	00	Naval do Funchal	<b>1:01.71</b>	+0,68	726
	50m: 28.80 28.80	100m: 1:01.71	32.91			
5.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>1:02.00</b>	+0,66	716
	50m: 28.52 28.52	100m: 1:02.00	33.48			
6.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	<b>1:02.33</b>	+0,68	705
	50m: 29.25 29.25	100m: 1:02.33	33.08			
7.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>1:03.33</b>	+0,62	672
	50m: 29.38 29.38	100m: 1:03.33	33.95			
8.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>1:03.57</b>	+0,63	664
	50m: 29.19 29.19	100m: 1:03.57	34.38			
9.	Raquel Gomes PEREIRA	00	Benfica	<b>1:03.64</b>	+0,72	662
	50m: 29.72 29.72	100m: 1:03.64	33.92			
10.	Maria Carolina ALMEIDA	05	Colegio Efanor	<b>1:04.34</b>	+0,78	641
	50m: 30.22 30.22	100m: 1:04.34	34.12			

**Final B**

11.	Ana Sebastiao MENDES	04	Aquatico Silves	<b>1:03.58</b>	+0,68	664
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Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

02/04/2023 20:29 - Página 174

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**Prova 26, Femin., 100m Mariposa, Final, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
	50m: 29.16 29.16	100m: 1:03.58	34.42			
12.	Lia Ana LIMA	01	Benfica	<b>1:04.42</b>	+0,80	638
	50m: 30.06 30.06	100m: 1:04.42	34.36			
13.	Daniela Silva LIGEIRO	04	Viana Natacao	<b>1:04.55</b>	+0,68	634
	50m: 30.22 30.22	100m: 1:04.55	34.33			
14.	Giovanna Vaz VARGAS	00	Nautico Marinha Grande	<b>1:04.90</b>	+0,75	624
	50m: 30.77 30.77	100m: 1:04.90	34.13			
15.	Francisca Santos FERREIRA	06	Alges	<b>1:05.27</b>	+0,63	614
	50m: 29.88 29.88	100m: 1:05.27	35.39			
16.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>1:05.61</b>	+0,70	604
	50m: 30.26 30.26	100m: 1:05.61	35.35			
17.	Mariana Goncalves BROCHADO	06	Viana Natacao	<b>1:05.88</b>	+0,86	597
	50m: 30.77 30.77	100m: 1:05.88	35.11			
18.	Zara Alejandra ROJAS	07	Desportivo Nacional	<b>1:05.97</b>	+0,73	594
	50m: 30.49 30.49	100m: 1:05.97	35.48			
19.	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>1:06.10</b>	+0,75	591
	50m: 30.03 30.03	100m: 1:06.10	36.07			
20.	Maria Rita SOUSA	07	Desportiva de Viana	<b>1:06.13</b>	+0,77	590
	50m: 30.97 30.97	100m: 1:06.13	35.16			

**Prova 26**
**Femin., 100m Mariposa**
**Juvenis**

01/04/2023 - 17:41

**Resultados Final**

Rec Nac Absoluto	58.76	Sara Freitas OLIVEIRA	POR	Budapeste (HUN)	12/08/2010
Rec Nac Juv A	1:01.69	Mariana Pacheco CUNHA	CFP	Funchal	03/08/2019
Rec Nac Juv B	1:02.99	Carolina Miranda FERNANDES	POR	Baku (AZE)	24/07/2019

JO Absoluto: 57.92 / CEJun\_Fem 14 - 17: 1:01.69 / TAC 50m: 1:11.48 - 25m: 1:09.85

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Beatriz Costa DIAS	08	Aquatico Pacense	<b>1:06.00</b>	+0,79	593
	50m: 30.58 30.58	100m: 1:06.00	35.42			
2.	Sara Silva LIGEIRO	08	Viana Natacao	<b>1:08.34</b>	+0,71	535
	50m: 31.79 31.79	100m: 1:08.34	36.55			
3.	Leonor Carvalho SOARES	08	Porto	<b>1:08.40</b>	+0,68	533
	50m: 32.16 32.16	100m: 1:08.40	36.24			
4.	Maria Saraiva PAIXAO	08	Galitos / Bresimar	<b>1:08.75</b>	+0,67	525
	50m: 32.28 32.28	100m: 1:08.75	36.47			
5.	Maria Silva PEREIRA	08	Ginasio de Vila Real	<b>1:09.03</b>	+0,71	519
	50m: 31.66 31.66	100m: 1:09.03	37.37			
6.	Ines Maria PEREIRA	08	Natacao de Valongo	<b>1:09.72</b>	+0,79	503
	50m: 32.40 32.40	100m: 1:09.72	37.32			

## Prova 26, Femin., 100m Mariposa, Final, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
7.	Uxia Romero COSTA 50m: 32.55 32.55	09	Fluvial Portuense	<b>1:10.45</b> 100m: 1:10.45 37.90	+0,62	488
8.	Matilde Sousa ANDRADE 50m: 33.10 33.10	08	Naval do Funchal	<b>1:11.03</b> 100m: 1:11.03 37.93	+0,74	476
9.	Joana Sofia FERNANDES 50m: 32.87 32.87	09	Nacional de Natacao	<b>1:11.33</b> 100m: 1:11.33 38.46	+0,79	470
10.	Maria Joao MARTINS 50m: 32.42 32.42	08	Fafe	<b>1:11.53</b> 100m: 1:11.53 39.11	+0,63	466

## Prova 27 01/04/2023 - 17:48

## Masc., 50m Bruços

## Open Resultados Final

Rec Nac Absoluto	28.16	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nac Sen	28.16	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nac Jun18	29.07	Bruno Miguel RAMOS	POR	Linz (AUT)	13/07/2002
Rec Nac Jun17	29.10	Pedro Miguel AGOSTINHO	POR	Praga (CZE)	10/07/2009

CMPL Sen: 27.33 / CESub23 19 - 23: 27.74 / TAC Sen 50m: 31.25 - 25m: 30.41; Jun 50m: 32.19 - 25m: 31.32

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Alexandre Ferreira AMORIM	99	Vitoria Guimaraes	<b>28.48</b>	+0,65	756
2.	Matthew George LAWRENCE	03	Mozambique	<b>29.11</b>	+0,63	708
3.	Francisco Costa NUNES	02	Belenenses	<b>29.15</b>	+0,68	705
4.	Nicollas Cataldo SOUZA	02	Naval do Funchal	<b>29.41</b>	+0,58	686
5.	Carlos Daniel NUNES	05	Nautico Salvaterra Magos	<b>29.49</b>	+0,66	681
6.	Renato Barros FRISCHKNECHT	01	Sporting	<b>29.73</b>	+0,59	665
7.	Pedro Goncalves BONNIZ	06	Benfica	<b>29.91</b>	+0,60	653
8.	Andre Tavares GRENHO	99	Gesloures	<b>29.92</b>	+0,63	652
9.	Filipe Miguel GOMES	97	Nautico de Leiria	<b>30.13</b>	+0,60	638
10.	Diogo Garcez MATEUS	02	Sporting	<b>30.67</b>	+0,68	605

## Final B

11.	Andre Filipe MAGALHAES	98	Despertarecorde	<b>30.20</b>	+0,68	634
12.	Rodrigo Almeida CABRITO	01	Belenenses	<b>30.48</b>	+0,64	617
13.	Miguel Filipe ANJO	04	Uniao Piedense	<b>30.49</b>	+0,67	616
14.	Joao Lourenco REBELO	04	Alges	<b>30.50</b>	+0,62	615
15.	Joao Carvalho RODRIGUES	06	Galitos / Bresimar	<b>30.51</b>	+0,70	615
16.	Francisco Lopes AFONSO	03	Alges	<b>30.59</b>	+0,62	610
17.	Tony Stefano SILVA	05	Desportivo Nacional	<b>30.76</b>	+0,65	600
18.	Diogo Miguel COSTA	98	Leixoes	<b>30.87</b>	+0,67	594
19.	Guilherme Matias CRISTINO	03	Uniao Piedense	<b>30.98</b>	+0,70	587
20.	Joaquim Agra MERUJE	01	Uniao Coimbra	<b>31.19</b>	+0,73	575



**Prova 27, Masc., 50m Bruços, Final**

Prova 27	Masc., 50m Bruços				Juvenis
01/04/2023 - 17:48					Resultados Final
Rec Nac Absoluto	28.16	Carlos Esteves ALMEIDA	POR	Barcelona (ESP)	30/07/2013
Rec Nac Juv A	29.75	tempo limite			
Rec Nac Juv B	30.57	tempo limite			
TAC 50m: 33.75 - 25m: 32.84					

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Rafael Miguel MIMOSO	07	Benfica	<b>30.21</b>	+0,66	633
2.	Rodrigo Martins CHOCAS	07	Sporting	<b>30.51</b>	+0,60	615
3.	Daniel IONAS	07	Amadora	<b>32.13</b>	+0,68	526
4.	Joao Dinis ROQUE	07	Sporting	<b>32.84</b>	+0,72	493
5.	Alexandre Moreira DOURADO	07	Naval Povoense	<b>32.93</b>	+0,77	489
6.	David Jesus MORGADO	08	Sporting	<b>33.62</b>	+0,69	459
7.	Dario Cristiano MARICI	07	Louletano / Loule Concelho	<b>33.82</b>	+0,73	451
8.	Tomas Ferreira SA	08	Famalicao	<b>34.30</b>	+0,65	433

Prova 28	Femin., 50m Bruços				Open
01/04/2023 - 17:53					Resultados Final

Rec Nac Absoluto	30.98	Ana Pinho RODRIGUES	EDV	Funchal	01/04/2023
Rec Nac Sen	30.98	Ana Pinho RODRIGUES	EDV	Funchal	01/04/2023
Rec Nac Jun17	31.60	Joana Catarina CARVALHO	FCP	Coimbra	30/05/2009
Rec Nac Jun16	31.92	Ana Pinho RODRIGUES	POR	Gorzow Wlwp (POL)	28/03/2010
CMPL 19 +: 31.02 / CESub23 19 - 23: 31.53 / TAC Sen 50m: 35.88 - 25m: 34.94; Jun 50m: 36.78 - 25m: 35.81					

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Ana Pinho RODRIGUES	94	Desportiva de Viana	<b>30.96</b>	+0,63	847
	<i>Recorde Nacional, Minimos CMundo</i>					
2.	Lidiana Correia RODRIGUES	04	Belenenses	<b>33.08</b>	+0,76	694
3.	Claudia Ferreira BORGES	99	Natacao de Olhao	<b>33.76</b>	+0,70	653
4.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>34.05</b>	+0,68	637
5.	Madalena Reis CERDEIRA	03	Sporting	<b>34.08</b>	+0,70	635
6.	Ana Rita ALMEIDA	05	Campinho	<b>34.15</b>	+0,70	631
7.	Margarida Domingues NUNES	05	Sporting	<b>34.51</b>	+0,67	612
8.	Leonor Peso PARENTE	07	Palmela Desporto	<b>34.62</b>	+0,70	606
9.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>34.93</b>	+0,65	590
10.	Joana Rosa FERREIRA	05	Naval de Peniche	<b>35.04</b>	+0,68	584
<b>Final B</b>						
11.	Rita Fernandes LEITAO	96	Porto	<b>34.42</b>	+0,74	616
12.	Emma Aguiar BERGAMO	07	Alges	<b>34.47</b>	+0,65	614
13.	Rebeca Leonor ANTUNES	06	Alges	<b>34.80</b>	+0,63	596
14.	Maria Freitas CASTRO	03	Porto	<b>35.08</b>	+0,65	582
	Catarina Costa SEQUEIRA	98	Natacao de Lisboa	<b>35.08</b>	+0,67	582
16.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>35.18</b>	+0,72	577

## Prova 28, Femin., 50m Bruços, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Sofia Nunes FIAL	03	Porto	<b>35.24</b>	+0,71	574
18.	Luana Correia RODRIGUES	01	Belenenses	<b>35.37</b>	+0,71	568
19.	Andreia Monteiro BARREIRA	06	Peso da Regua	<b>35.80</b>	+0,65	548
20.	Marta Oliveira FERREIRA	04	Ginasio Santo Tirso	<b>35.82</b>	+0,64	547

## Prova 28 Femin., 50m Bruços Juvenis Resultados Final

Rec Nac Absoluto	30.98	Ana Pinho RODRIGUES	EDV	Funchal	01/04/2023
Rec Nac Juv A	32.04	tempo limite			
Rec Nac Juv B	34.12	tempo limite			

TAC 50m: 38.39 - 25m: 37.39

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>34.21</b>	+0,66	628
2.	Matilde Militao GUERRA	08	Colegio Monte Maior	<b>34.26</b>	+0,71	625
3.	Maria Manuel BRAZ	09	Ginasio de Vila Real	<b>35.51</b>	+0,73	561
4.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>35.98</b>	+0,76	540
5.	Maria Alexandra LEITE	08	Braga	<b>36.32</b>	+0,73	525
6.	Julia Freitas PEREIRA	08	Naval do Funchal	<b>37.03</b>	+0,62	495
7.	Rita Silva GOMES	08	Colegio Efanor	<b>37.10</b>	+0,74	492
8.	Ana Beatriz CAMPOS	08	Academica de Coimbra	<b>37.19</b>	+0,74	489
9.	Teresa Bonita OLIVEIRA	08	Naval Setubalense	<b>37.58</b>	+0,71	473
10.	Mariana Pinto FERREIRA	08	Foca Quinta da Lixa CNF	<b>38.21</b>	+0,90	450

## Prova 29 Masc., 200m Estilos Open Resultados Final

Rec Nac Absoluto	1:58.19	Alexis Manacas SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Sen	1:58.19	Alexis Manacas SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Jun18	2:02.55	Jose Paulo LOPES	POR	Helsinki (FIN)	06/07/2018
Rec Nac Jun17	2:04.32	Carlos Esteves ALMEIDA	POR	Budapeste (HUN)	17/07/2005

JO Absoluto: 1:57.94 / CMPL Sen: 1:59.53 / CESub23 19 - 23: 2:02.07 / CEJun\_Masc 15 - 18: 2:07.06 / TAC Sen 50m: 2:14.58 - 25m: 2:09.38; Jun 50m: 2:18.62 - 25m: 2:13.26

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Gabriel Jose LOPES <i>Minimos CMundo</i>	97	Louzan Natacao/EFAPEL	<b>1:59.29</b>	+0,61	872
	50m: 25.50 25.50	100m: 55.33 29.83	150m: 1:29.84 34.51	200m: 1:59.29 29.45		
2.	Bruno Miguel RAMOS	97	Belenenses	<b>2:04.35</b>	+0,63	770
	50m: 26.07 26.07	100m: 58.62 32.55	150m: 1:35.75 37.13	200m: 2:04.35 28.60		
3.	Rafael Gomes SIMOES	00	Braga	<b>2:04.62</b>	+0,75	765
	50m: 26.19 26.19	100m: 59.20 33.01	150m: 1:34.48 35.28	200m: 2:04.62 30.14		
4.	Daniel Nogueira CATALAO	00	Sporting	<b>2:07.51</b>	+0,58	714
	50m: 26.77 26.77	100m: 59.19 32.42	150m: 1:35.40 36.21	200m: 2:07.51 32.11		

Prova 29, Masc., 200m Estilos, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
5.	Goncalo Duarte CARVALHO	05	Benfica	<b>2:11.29</b>	+0,64	654
	50m: 27.62 27.62	100m: 1:02.46	34.84 150m: 1:39.70	37.24	200m: 2:11.29	31.59
6.	Afonso Carvalho SILVA	05	Famalicao	<b>2:12.10</b>	+0,65	642
	50m: 28.26 28.26	100m: 1:02.66	34.40 150m: 1:40.75	38.09	200m: 2:12.10	31.35
7.	Kaio Araujo FAFTINE	06	Sporting	<b>2:12.99</b>	+0,59	629
	50m: 28.24 28.24	100m: 1:02.78	34.54 150m: 1:42.06	39.28	200m: 2:12.99	30.93
	Miguel Cordeiro ALMEIDA	05	Alges	<b>2:12.99</b>	+0,63	629
	50m: 27.46 27.46	100m: 59.91	32.45 150m: 1:40.29	40.38	200m: 2:12.99	32.70
9.	Tiago Roberto CORDEIRO	00	Benfica	<b>2:13.04</b>	+0,69	629
	50m: 27.89 27.89	100m: 1:01.19	33.30 150m: 1:41.23	40.04	200m: 2:13.04	31.81
10.	Nick HEINIO-WIDELL	05	Alges	<b>2:14.49</b>	+0,61	609
	50m: 27.19 27.19	100m: 1:03.11	35.92 150m: 1:43.09	39.98	200m: 2:14.49	31.40

Final B

11.	Francisco Araujo SILVA	06	Famalicao	<b>2:12.80</b>	+0,73	632
	50m: 28.04 28.04	100m: 1:00.94	32.90 150m: 1:41.65	40.71	200m: 2:12.80	31.15
12.	Mark ZHUKOV	06	Braga	<b>2:14.02</b>	+0,69	615
	50m: 28.57 28.57	100m: 1:03.45	34.88 150m: 1:42.48	39.03	200m: 2:14.02	31.54
13.	Francisco Campos LOURENCO	06	Natacao de Valongo	<b>2:15.79</b>	+0,77	591
	50m: 27.94 27.94	100m: 1:03.47	35.53 150m: 1:44.24	40.77	200m: 2:15.79	31.55
14.	Afonso Martim GOUVEIA	05	FC Ferreiras/AlgarExperience	<b>2:16.61</b>	+0,67	581
	50m: 29.03 29.03	100m: 1:04.49	35.46 150m: 1:44.69	40.20	200m: 2:16.61	31.92
15.	Andre Correia ALVES	06	Uniao Piedense	<b>2:16.81</b>	+0,68	578
	50m: 28.81 28.81	100m: 1:03.61	34.80 150m: 1:45.47	41.86	200m: 2:16.81	31.34
16.	Bernardo Rodrigues TAVARES	04	Galitos / Bresimar	<b>2:17.03</b>	+0,70	575
	50m: 27.21 27.21	100m: 1:01.45	34.24 150m: 1:45.00	43.55	200m: 2:17.03	32.03
17.	Miguel Alves FERNANDES	05	Viana Natacao	<b>2:17.60</b>	+0,77	568
	50m: 28.59 28.59	100m: 1:02.64	34.05 150m: 1:45.39	42.75	200m: 2:17.60	32.21
18.	Luiz Henrique MENDONCA	06	Belenenses	<b>2:19.06</b>	+0,70	550
	50m: 28.75 28.75	100m: 1:01.74	32.99 150m: 1:43.29	41.55	200m: 2:19.06	35.77

Prova 29, Masc., 200m Estilos, Final

Prova 29  
01/04/2023 - 17:58

Masc., 200m Estilos

Juvenis  
Resultados Final

Rec Nac Absoluto	1:58.19	Alexis Manacas SANTOS	SCP	Coimbra	06/04/2019
Rec Nac Juv A	2:08.11	Carlos Esteves ALMEIDA	CNA	Lisboa	31/07/2004
Rec Nac Juv B	2:10.83	Jorge Jesus SILVA	SCB	Coimbra	26/07/2015

JO Absoluto: 1:57.94 / CEJun\_Masc 15 - 18: 2:07.06 / TAC 50m: 2:25.35 - 25m: 2:19.73

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Leonardo Conceicao REIS	07	Sporting	<b>2:13.40</b>	+0,62	624
	50m: 28.34 28.34	100m: 1:02.25	33.91	150m: 1:41.83	39.58	200m: 2:13.40 31.57
2.	Renato Gouveia TEIXEIRA	07	Foca Quinta da Lixa CNF	<b>2:15.24</b>	+0,72	598
	50m: 29.49 29.49	100m: 1:03.84	34.35	150m: 1:44.09	40.25	200m: 2:15.24 31.15
3.	Goncalo Pereira COLACO	07	Nautico de Leiria	<b>2:16.56</b>	+0,70	581
	50m: 29.19 29.19	100m: 1:03.52	34.33	150m: 1:43.25	39.73	200m: 2:16.56 33.31
4.	Joao Francisco ALMEIDA	07	Naval do Funchal	<b>2:19.80</b>	+0,63	542
	50m: 29.65 29.65	100m: 1:06.47	36.82	150m: 1:48.10	41.63	200m: 2:19.80 31.70
5.	Tomas Pinto PEIXOTO	08	Porto	<b>2:20.97</b>	+0,72	528
	50m: 30.30 30.30	100m: 1:05.50	35.20	150m: 1:48.62	43.12	200m: 2:20.97 32.35
6.	Alexandre DZYAKANAU	07	Louzan Natacao/EFAPEL	<b>2:21.28</b>	+0,75	525
	50m: 29.35 29.35	100m: 1:05.41	36.06	150m: 1:48.80	43.39	200m: 2:21.28 32.48
7.	Joao Dinis ROQUE	07	Sporting	<b>2:21.40</b>	+0,76	524
	50m: 30.31 30.31	100m: 1:08.31	38.00	150m: 1:48.69	40.38	200m: 2:21.40 32.71
8.	Guilherme Costa SOARES	08	Vilacondense	<b>2:21.75</b>	+0,71	520
	50m: 29.83 29.83	100m: 1:07.01	37.18	150m: 1:50.01	43.00	200m: 2:21.75 31.74
9.	Gil Afonso RODRIGUES	07	Fluvial Portuense	<b>2:23.31</b>	+0,68	503
	50m: 29.17 29.17	100m: 1:07.75	38.58	150m: 1:49.62	41.87	200m: 2:23.31 33.69
10.	Francisco Marques SIMOES	07	Nautico de Leiria	<b>2:24.38</b>	+0,71	492
	50m: 29.38 29.38	100m: 1:05.88	36.50	150m: 1:49.88	44.00	200m: 2:24.38 34.50

Prova 30  
01/04/2023 - 18:08

Femin., 200m Estilos

Open  
Resultados Final

Rec Nac Absoluto	2:13.87	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Sen	2:13.87	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Jun17	2:17.22	Raquel Gomes PEREIRA	SAD	Coimbra	30/03/2017
Rec Nac Jun16	2:20.61	Diana Margarida DURAES	FOCA	Porto	03/06/2012

JO Absoluto: 2:11.22 / CMPL 19 +: 2:12.98 / CESub23 19 - 23: 2:16.07 / CEJun\_Fem 14 - 17: 2:21.10 / TAC Sen 50m: 2:30.59 - 25m: 2:25.96; Jun 50m: 2:34.35 - 25m: 2:29.61

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Angelica Maria ANDRE	94	Porto	<b>2:20.11</b>	+0,71	729
	50m: 30.66 30.66	100m: 1:07.58	36.92	150m: 1:48.43	40.85	200m: 2:20.11 31.68
2.	Francisca Salvador MESQUITA	02	Sporting	<b>2:21.15</b>	+0,71	713
	50m: 29.98 29.98	100m: 1:06.39	36.41	150m: 1:48.50	42.11	200m: 2:21.15 32.65
3.	Joana Nunes CARDEAL	02	Academico Viseu	<b>2:22.93</b>	+0,72	687
	50m: 30.03 30.03	100m: 1:05.89	35.86	150m: 1:49.83	43.94	200m: 2:22.93 33.10
4.	Marta Joao PIRES	05	Alges	<b>2:23.12</b>	+0,70	684
	50m: 29.98 29.98	100m: 1:06.71	36.73	150m: 1:50.52	43.81	200m: 2:23.12 32.60
5.	Maria Carlota REBELO	03	Condeixa Clube	<b>2:23.57</b>	+0,70	677
	50m: 30.37 30.37	100m: 1:08.05	37.68	150m: 1:49.57	41.52	200m: 2:23.57 34.00
6.	Catarina Martins MESTRE	00	Natacao de Lisboa	<b>2:26.09</b>	+0,76	643
	50m: 30.69 30.69	100m: 1:07.02	36.33	150m: 1:51.53	44.51	200m: 2:26.09 34.56
7.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>2:26.62</b>	+0,73	636
	50m: 30.92 30.92	100m: 1:10.54	39.62	150m: 1:51.42	40.88	200m: 2:26.62 35.20
8.	Matilde Nunes LOPES	06	Benfica	<b>2:26.65</b>	+0,71	636
	50m: 31.38 31.38	100m: 1:10.89	39.51	150m: 1:53.48	42.59	200m: 2:26.65 33.17
9.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>2:30.41</b>	+0,67	589
	50m: 31.66 31.66	100m: 1:12.22	40.56	150m: 1:55.60	43.38	200m: 2:30.41 34.81
10.	Erica Cristina REIS	05	Sporting	<b>2:31.69</b>	+0,71	574
	50m: 31.70 31.70	100m: 1:11.36	39.66	150m: 1:56.49	45.13	200m: 2:31.69 35.20
<b>Final B</b>						
11.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>2:28.36</b>	+0,70	614
	50m: 30.81 30.81	100m: 1:10.24	39.43	150m: 1:55.47	45.23	200m: 2:28.36 32.89
12.	Rita Machita SANTOS	07	Naval Setubalense	<b>2:28.38</b>	+0,75	614
	50m: 31.32 31.32	100m: 1:10.73	39.41	150m: 1:53.28	42.55	200m: 2:28.38 35.10
13.	Margarida Vieira PINTO	07	Braga	<b>2:28.82</b>	+0,75	608
	50m: 32.33 32.33	100m: 1:12.01	39.68	150m: 1:55.73	43.72	200m: 2:28.82 33.09
14.	Margarida Sobral PIMENTA	99	Vikings	<b>2:29.34</b>	+0,71	602
	50m: 31.09 31.09	100m: 1:09.65	38.56	150m: 1:54.77	45.12	200m: 2:29.34 34.57
15.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>2:29.60</b>	+0,66	599
	50m: 31.65 31.65	100m: 1:11.67	40.02	150m: 1:54.61	42.94	200m: 2:29.60 34.99
16.	Leonor Tavares CATALAO	06	Sporting	<b>2:30.84</b>	+0,72	584
	50m: 30.78 30.78	100m: 1:10.06	39.28	150m: 1:55.84	45.78	200m: 2:30.84 35.00

**Prova 30, Femin., 200m Estilos, Final, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Margarida Cabral MONTEIRO	02	Galitos / Bresimar	<b>2:30.99</b>	+0,65	582
	50m: 32.14 32.14	100m: 1:11.12	38.98 150m: 1:56.17	45.05	200m: 2:30.99	34.82
18.	Giovanna Vaz VARGAS	00	Nautico Marinha Grande	<b>2:31.37</b>	+0,80	578
	50m: 31.48 31.48	100m: 1:11.46	39.98 150m: 1:55.71	44.25	200m: 2:31.37	35.66
19.	Madalena Almeida FIGUEIRA	07	Academico Viseu	<b>2:32.37</b>	+0,71	567
	50m: 31.12 31.12	100m: 1:10.07	38.95 150m: 1:56.81	46.74	200m: 2:32.37	35.56
20.	Leonor Peso PARENTE	07	Palmela Desporto	<b>2:34.04</b>	+0,71	548
	50m: 31.50 31.50	100m: 1:11.72	40.22 150m: 1:57.72	46.00	200m: 2:34.04	36.32

**Prova 30  
01/04/2023 - 18:08**
**Femin., 200m Estilos**
**Juvenis  
Resultados Final**

Rec Nac Absoluto	2:13.87	Victoria KAMINSKAYA	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Juv A	2:21.01	Raquel Gomes PEREIRA	SAD	Coimbra	04/04/2015
Rec Nac Juv B	2:23.60	Diana Margarida DURAES	FOCA	Coimbra	01/08/2010

JO Absoluto: 2:11.22 / CEJun\_Fem 14 - 17: 2:21.10 / TAC 50m: 2:41.13 - 25m: 2:36.18

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>2:29.69</b>	+0,71	598
	50m: 31.16 31.16	100m: 1:09.15	37.99 150m: 1:55.71	46.56	200m: 2:29.69	33.98
2.	Constanca Santos FERREIRA	08	Alges	<b>2:30.96</b>	+0,72	583
	50m: 30.93 30.93	100m: 1:08.92	37.99 150m: 1:54.76	45.84	200m: 2:30.96	36.20
3.	Bruna Filipa LOURENCO	08	O Crasto	<b>2:34.94</b>	+0,82	539
	50m: 34.37 34.37	100m: 1:16.69	42.32 150m: 1:59.75	43.06	200m: 2:34.94	35.19
4.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>2:35.63</b>	+0,81	532
	50m: 32.84 32.84	100m: 1:13.97	41.13 150m: 1:58.74	44.77	200m: 2:35.63	36.89
5.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	<b>2:36.12</b>	+0,70	527
	50m: 34.24 34.24	100m: 1:14.95	40.71 150m: 2:00.51	45.56	200m: 2:36.12	35.61
6.	Leonor Carnide SILVA	09	Ginasio de Vila Real	<b>2:36.34</b>	+0,77	524
	50m: 31.19 31.19	100m: 1:13.05	41.86 150m: 1:59.94	46.89	200m: 2:36.34	36.40
7.	Maria Joao COSTA	08	Vilacondense	<b>2:37.56</b>	+0,77	512
	50m: 32.52 32.52	100m: 1:14.82	42.30 150m: 2:02.12	47.30	200m: 2:37.56	35.44
8.	Beatriz Alves AMBRUS	09	Porto	<b>2:37.81</b>	+0,68	510
	50m: 32.90 32.90	100m: 1:13.57	40.67 150m: 2:01.37	47.80	200m: 2:37.81	36.44
9.	Rita Calado CRUZ	09	Academica de Coimbra	<b>2:37.99</b>	+0,75	508
	50m: 33.71 33.71	100m: 1:14.99	41.28 150m: 2:00.59	45.60	200m: 2:37.99	37.40
10.	Raquel Sofia BRAS	09	Belenenses	<b>2:40.59</b>	+0,68	484
	50m: 33.87 33.87	100m: 1:15.98	42.11 150m: 2:01.87	45.89	200m: 2:40.59	38.72

Prova 1  
01/04/2023 - 19:00

Femin., 1500m Livres

Open  
Resultados Final

Rec Nac Absoluto	16:15.12	Diana Margarida DURAES	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	Diana Margarida DURAES	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	Tamila Hryhorivna HOLUB	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	Tamila Hryhorivna HOLUB	SCB	Singapore (SGP)	29/08/2015

JO Absoluto: 16:09.09 / CMPL 19 +: 16:29.57 / CESub23 19 - 23: 16:43.01 / CEJun\_Fem 14 - 17: 17:14.78 / TAC Sen 50m: 19:03.37 - 25m: 18:41.13; Jun 50m: 19:31.95 - 25m: 19:09.16

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Tamila Hryhorivna HOLUB	99	Braga	<b>16:50.24</b>	<b>+0,76</b>	<b>756</b>
	50m: 30.65 30.65	450m: 4:55.14 33.35	850m: 9:25.40 34.19	1250m: 14:00.15 34.00		
	100m: 1:03.38 32.73	500m: 5:28.49 33.35	900m: 9:59.67 34.27	1300m: 14:34.56 34.41		
	150m: 1:36.11 32.73	550m: 6:02.07 33.58	950m: 10:33.99 34.32	1350m: 15:08.53 33.97		
	200m: 2:09.07 32.96	600m: 6:35.74 33.67	1000m: 11:08.57 34.58	1400m: 15:43.24 34.71		
	250m: 2:42.09 33.02	650m: 7:09.50 33.76	1050m: 11:42.77 34.20	1450m: 16:16.61 33.37		
	300m: 3:15.21 33.12	700m: 7:43.34 33.84	1100m: 12:17.30 34.53	1500m: 16:50.24 33.63		
	350m: 3:48.42 33.21	750m: 8:17.19 33.85	1150m: 12:51.58 34.28			
	400m: 4:21.79 33.37	800m: 8:51.21 34.02	1200m: 13:26.15 34.57			
2.	Diana Margarida DURAES	96	Benfica	<b>16:59.32</b>	<b>+0,73</b>	<b>736</b>
	50m: 30.78 30.78	450m: 4:59.35 33.90	850m: 9:33.15 34.45	1250m: 14:07.68 34.11		
	100m: 1:03.66 32.88	500m: 5:33.38 34.03	900m: 10:07.60 34.45	1300m: 14:41.86 34.18		
	150m: 1:36.98 33.32	550m: 6:07.47 34.09	950m: 10:42.01 34.41	1350m: 15:16.18 34.32		
	200m: 2:10.37 33.39	600m: 6:41.83 34.36	1000m: 11:16.61 34.60	1400m: 15:50.80 34.62		
	250m: 2:43.98 33.61	650m: 7:15.93 34.10	1050m: 11:50.92 34.31	1450m: 16:25.16 34.36		
	300m: 3:17.82 33.84	700m: 7:50.21 34.28	1100m: 12:25.08 34.16	1500m: 16:59.32 34.16		
	350m: 3:51.57 33.75	750m: 8:24.51 34.30	1150m: 12:59.35 34.27			
	400m: 4:25.45 33.88	800m: 8:58.70 34.19	1200m: 13:33.57 34.22			
3.	Mariana Amaral MENDES	02	Sporting	<b>17:19.89</b>	<b>+0,76</b>	<b>693</b>
	50m: 31.57 31.57	450m: 5:08.45 34.80	850m: 9:46.60 34.79	1250m: 14:26.08 34.69		
	100m: 1:05.64 34.07	500m: 5:43.30 34.85	900m: 10:21.49 34.89	1300m: 15:01.10 35.02		
	150m: 1:40.16 34.52	550m: 6:17.93 34.63	950m: 10:56.23 34.74	1350m: 15:36.02 34.92		
	200m: 2:14.88 34.72	600m: 6:52.78 34.85	1000m: 11:31.32 35.09	1400m: 16:11.22 35.20		
	250m: 2:49.59 34.71	650m: 7:27.47 34.69	1050m: 12:06.12 34.80	1450m: 16:46.08 34.86		
	300m: 3:24.17 34.58	700m: 8:02.25 34.78	1100m: 12:41.16 35.04	1500m: 17:19.89 33.81		
	350m: 3:58.98 34.81	750m: 8:36.92 34.67	1150m: 13:16.23 35.07			
	400m: 4:33.65 34.67	800m: 9:11.81 34.89	1200m: 13:51.39 35.16			
4.	Carolina Pereira VIANA	04	Sporting	<b>17:36.27</b>	<b>+0,71</b>	<b>661</b>
	50m: 31.74 31.74	450m: 5:07.46 34.94	850m: 9:51.91 35.73	1250m: 14:38.81 36.01		
	100m: 1:05.17 33.43	500m: 5:42.72 35.26	900m: 10:27.64 35.73	1300m: 15:14.71 35.90		
	150m: 1:39.70 34.53	550m: 6:17.87 35.15	950m: 11:03.43 35.79	1350m: 15:50.85 36.14		
	200m: 2:14.26 34.56	600m: 6:53.33 35.46	1000m: 11:38.77 35.34	1400m: 16:26.86 36.01		
	250m: 2:48.52 34.26	650m: 7:28.92 35.59	1050m: 12:14.67 35.90	1450m: 17:02.27 35.41		
	300m: 3:23.07 34.55	700m: 8:04.53 35.61	1100m: 12:50.78 36.11	1500m: 17:36.27 34.00		
	350m: 3:57.62 34.55	750m: 8:40.27 35.74	1150m: 13:26.89 36.11			
	400m: 4:32.52 34.90	800m: 9:16.18 35.91	1200m: 14:02.80 35.91			
5.	Daniela Magalhaes LOPES	05	Famalicao	<b>17:46.04</b>	<b>+0,79</b>	<b>643</b>
	50m: 31.95 31.95	450m: 5:16.50 35.83	850m: 10:01.88 35.50	1250m: 14:47.87 35.83		
	100m: 1:06.77 34.82	500m: 5:52.44 35.94	900m: 10:37.38 35.50	1300m: 15:24.00 36.13		
	150m: 1:41.90 35.13	550m: 6:27.99 35.55	950m: 11:13.08 35.70	1350m: 16:00.03 36.03		
	200m: 2:17.32 35.42	600m: 7:03.71 35.72	1000m: 11:48.92 35.84	1400m: 16:36.08 36.05		
	250m: 2:53.03 35.71	650m: 7:39.27 35.56	1050m: 12:24.67 35.75	1450m: 17:11.15 35.07		
	300m: 3:28.97 35.94	700m: 8:15.04 35.77	1100m: 13:00.55 35.88	1500m: 17:46.04 34.89		
	350m: 4:04.72 35.75	750m: 8:50.72 35.68	1150m: 13:36.11 35.56			
	400m: 4:40.67 35.95	800m: 9:26.38 35.66	1200m: 14:12.04 35.93			

Prova 1, Femin., 1500m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
6.	<b>Maria Ornelas ARMAS</b>	<b>98</b>	<b>Vikings</b>	<b>17:53.66</b>	<b>+0,86</b>	<b>630</b>		
	50m: 31.59	31.59	450m: 5:12.93	35.91	850m: 10:01.04	35.69	1250m: 14:52.03	36.64
	100m: 1:05.51	33.92	500m: 5:48.84	35.91	900m: 10:37.07	36.03	1300m: 15:28.78	36.75
	150m: 1:39.88	34.37	550m: 6:24.68	35.84	950m: 11:13.15	36.08	1350m: 16:05.30	36.52
	200m: 2:14.71	34.83	600m: 7:00.73	36.05	1000m: 11:49.53	36.38	1400m: 16:41.90	36.60
	250m: 2:49.73	35.02	650m: 7:36.53	35.80	1050m: 12:25.40	35.87	1450m: 17:18.06	36.16
	300m: 3:25.47	35.74	700m: 8:13.17	36.64	1100m: 13:02.17	36.77	1500m: 17:53.66	35.60
	350m: 4:00.97	35.50	750m: 8:49.21	36.04	1150m: 13:38.53	36.36		
	400m: 4:37.02	36.05	800m: 9:25.35	36.14	1200m: 14:15.39	36.86		
7.	<b>Carolina Esteves PEIXOTO</b>	<b>06</b>	<b>Braga</b>	<b>18:12.09</b>	<b>+0,82</b>	<b>598</b>		
	50m: 32.64	32.64	450m: 5:21.69	36.53	850m: 10:16.31	36.30	1250m: 15:11.80	36.84
	100m: 1:07.42	34.78	500m: 5:58.74	37.05	900m: 10:52.89	36.58	1300m: 15:48.34	36.54
	150m: 1:42.99	35.57	550m: 6:35.50	36.76	950m: 11:29.30	36.41	1350m: 16:24.26	35.92
	200m: 2:19.14	36.15	600m: 7:12.18	36.68	1000m: 12:05.96	36.66	1400m: 17:00.59	36.33
	250m: 2:55.41	36.27	650m: 7:49.04	36.86	1050m: 12:42.91	36.95	1450m: 17:36.37	35.78
	300m: 3:32.01	36.60	700m: 8:26.23	37.19	1100m: 13:20.23	37.32	1500m: 18:12.09	35.72
	350m: 4:08.44	36.43	750m: 9:03.40	37.17	1150m: 13:57.72	37.49		
	400m: 4:45.16	36.72	800m: 9:40.01	36.61	1200m: 14:34.96	37.24		
8.	<b>Marta Lima PIMENTEL</b>	<b>04</b>	<b>Porto</b>	<b>18:15.14</b>	<b>+0,76</b>	<b>593</b>		
	50m: 32.93	32.93	450m: 5:22.76	36.40	850m: 10:16.81	36.52	1250m: 15:11.72	36.82
	100m: 1:08.26	35.33	500m: 5:59.40	36.64	900m: 10:53.48	36.67	1300m: 15:48.97	37.25
	150m: 1:44.05	35.79	550m: 6:36.11	36.71	950m: 11:30.10	36.62	1350m: 16:25.89	36.92
	200m: 2:20.45	36.40	600m: 7:12.90	36.79	1000m: 12:07.12	37.02	1400m: 17:02.79	36.90
	250m: 2:56.89	36.44	650m: 7:49.57	36.67	1050m: 12:43.72	36.60	1450m: 17:39.20	36.41
	300m: 3:33.37	36.48	700m: 8:26.68	37.11	1100m: 13:21.02	37.30	1500m: 18:15.14	35.94
	350m: 4:09.58	36.21	750m: 9:03.18	36.50	1150m: 13:57.74	36.72		
	400m: 4:46.36	36.78	800m: 9:40.29	37.11	1200m: 14:34.90	37.16		
9.	<b>Leonor Verissimo FARIA</b>	<b>06</b>	<b>Nucleo de Pombal</b>	<b>18:18.37</b>	<b>+0,68</b>	<b>588</b>		
	50m: 33.36	33.36	450m: 5:25.69	36.43	850m: 10:19.87	36.41	1250m: 15:15.46	36.80
	100m: 1:09.45	36.09	500m: 6:02.82	37.13	900m: 10:56.78	36.91	1300m: 15:52.98	37.52
	150m: 1:45.71	36.26	550m: 6:39.60	36.78	950m: 11:33.45	36.67	1350m: 16:29.78	36.80
	200m: 2:22.91	37.20	600m: 7:16.61	37.01	1000m: 12:10.62	37.17	1400m: 17:06.90	37.12
	250m: 2:59.34	36.43	650m: 7:53.55	36.94	1050m: 12:47.27	36.65	1450m: 17:43.44	36.54
	300m: 3:36.06	36.72	700m: 8:30.49	36.94	1100m: 13:24.32	37.05	1500m: 18:18.37	34.93
	350m: 4:12.38	36.32	750m: 9:06.90	36.41	1150m: 14:01.26	36.94		
	400m: 4:49.26	36.88	800m: 9:43.46	36.56	1200m: 14:38.66	37.40		
10.	<b>Joana Barbas RAMOS</b>	<b>06</b>	<b>Gafanha da Encarnacao</b>	<b>18:28.91</b>	<b>+0,77</b>	<b>571</b>		
	50m: 33.16	33.16	450m: 5:25.43	36.83	850m: 10:21.82	36.88	1250m: 15:22.10	37.78
	100m: 1:09.01	35.85	500m: 6:02.47	37.04	900m: 10:59.18	37.36	1300m: 15:59.99	37.89
	150m: 1:45.27	36.26	550m: 6:39.49	37.02	950m: 11:36.55	37.37	1350m: 16:37.50	37.51
	200m: 2:21.93	36.66	600m: 7:16.65	37.16	1000m: 12:14.12	37.57	1400m: 17:15.12	37.62
	250m: 2:58.67	36.74	650m: 7:53.68	37.03	1050m: 12:51.44	37.32	1450m: 17:52.28	37.16
	300m: 3:35.26	36.59	700m: 8:30.79	37.11	1100m: 13:29.16	37.72	1500m: 18:28.91	36.63
	350m: 4:11.93	36.67	750m: 9:07.82	37.03	1150m: 14:06.55	37.39		
	400m: 4:48.60	36.67	800m: 9:44.94	37.12	1200m: 14:44.32	37.77		

<b>ORGANIZAÇÃO</b>  		<b>PARCEIROS INSTITUCIONAIS LOCAIS</b>       			
<b>PATROCINADOR PRINCIPAL</b> 	<b>PATROCINADOR OFICIAL</b> 	<b>PARCEIROS INSTITUCIONAIS</b>  	<b>PARCEIROS</b>    		



Prova 2  
 01/04/2023 - 19:19

Masc., 1500m Livres

 Open  
 Resultados Final

Rec Nac Absoluto	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	Guilherme Filipe PINA	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	Guilherme Filipe PINA	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	Guilherme Filipe PINA	POR	Singapore (SGP)	30/08/2015

JO Absoluto: 15:00.99 / CMPL Sen: 15:04.64 / CESub23 19 - 23: 15:32.52 / CEJun\_Masc 15 - 18: 15:56.90 / TAC Sen 50m: 17:18.06 - 25m: 16:45.20; Jun 50m: 17:49.20 - 25m: 17:15.36

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Diogo Santos CARDOSO <i>Minimos CE Sub23</i>	01	Sporting	<b>15:30.36</b>	+0,70	820
	50m: 28.39 28.39	450m: 4:39.27 31.33	850m: 8:49.93 30.98	1250m: 12:59.04 31.13		
	100m: 59.50 31.11	500m: 5:10.80 31.53	900m: 9:21.27 31.34	1300m: 13:30.15 31.11		
	150m: 1:30.61 31.11	550m: 5:42.02 31.22	950m: 9:52.43 31.16	1350m: 14:00.96 30.81		
	200m: 2:02.09 31.48	600m: 6:13.53 31.51	1000m: 10:23.48 31.05	1400m: 14:31.70 30.74		
	250m: 2:33.39 31.30	650m: 6:44.79 31.26	1050m: 10:54.59 31.11	1450m: 15:01.45 29.75		
	300m: 3:04.92 31.53	700m: 7:16.42 31.63	1100m: 11:25.96 31.37	1500m: 15:30.36 28.91		
	350m: 3:36.24 31.32	750m: 7:47.68 31.26	1150m: 11:56.79 30.83			
	400m: 4:07.94 31.70	800m: 8:18.95 31.27	1200m: 12:27.91 31.12			
2.	Jose Paulo LOPES	00	Braga	<b>15:36.32</b>	+0,68	805
	50m: 28.17 28.17	450m: 4:37.00 31.24	850m: 8:49.23 31.56	1250m: 12:59.22 31.08		
	100m: 59.11 30.94	500m: 5:08.33 31.33	900m: 9:20.99 31.76	1300m: 13:30.56 31.34		
	150m: 1:30.08 30.97	550m: 5:39.66 31.33	950m: 9:52.39 31.40	1350m: 14:02.08 31.52		
	200m: 2:01.27 31.19	600m: 6:11.12 31.46	1000m: 10:23.74 31.35	1400m: 14:33.86 31.78		
	250m: 2:32.21 30.94	650m: 6:42.52 31.40	1050m: 10:54.60 30.86	1450m: 15:05.25 31.39		
	300m: 3:03.50 31.29	700m: 7:14.21 31.69	1100m: 11:25.93 31.33	1500m: 15:36.32 31.07		
	350m: 3:34.45 30.95	750m: 7:45.86 31.65	1150m: 11:57.00 31.07			
	400m: 4:05.76 31.31	800m: 8:17.67 31.81	1200m: 12:28.14 31.14			
3.	Francisco Rodriguez AMARAL	02	Porto	<b>15:52.32</b>	+0,72	765
	50m: 28.71 28.71	450m: 4:38.97 31.30	850m: 8:51.49 31.49	1250m: 13:09.26 32.59		
	100m: 59.81 31.10	500m: 5:10.34 31.37	900m: 9:23.36 31.87	1300m: 13:41.83 32.57		
	150m: 1:30.84 31.03	550m: 5:41.80 31.46	950m: 9:55.12 31.76	1350m: 14:14.74 32.91		
	200m: 2:02.13 31.29	600m: 6:13.43 31.63	1000m: 10:27.16 32.04	1400m: 14:47.62 32.88		
	250m: 2:33.47 31.34	650m: 6:45.12 31.69	1050m: 10:59.28 32.12	1450m: 15:20.37 32.75		
	300m: 3:04.83 31.36	700m: 7:16.75 31.63	1100m: 11:31.76 32.48	1500m: 15:52.32 31.95		
	350m: 3:36.20 31.37	750m: 7:48.36 31.61	1150m: 12:04.16 32.40			
	400m: 4:07.67 31.47	800m: 8:20.00 31.64	1200m: 12:36.67 32.51			
4.	Bruno Silva LOUREIRO	06	Porto	<b>16:42.62</b>	+0,75	655
	50m: 29.55 29.55	450m: 4:58.24 33.17	850m: 9:27.17 33.40	1250m: 13:56.59 33.48		
	100m: 1:02.40 32.85	500m: 5:31.54 33.30	900m: 10:00.74 33.57	1300m: 14:30.39 33.80		
	150m: 1:35.81 33.41	550m: 6:04.86 33.32	950m: 10:34.41 33.67	1350m: 15:03.77 33.38		
	200m: 2:09.87 34.06	600m: 6:38.76 33.90	1000m: 11:07.99 33.58	1400m: 15:36.93 33.16		
	250m: 2:44.03 34.16	650m: 7:12.11 33.35	1050m: 11:41.73 33.74	1450m: 16:10.09 33.16		
	300m: 3:17.72 33.69	700m: 7:45.98 33.87	1100m: 12:15.61 33.88	1500m: 16:42.62 32.53		
	350m: 3:51.00 33.28	750m: 8:19.45 33.47	1150m: 12:49.09 33.48			
	400m: 4:25.07 34.07	800m: 8:53.77 34.32	1200m: 13:23.11 34.02			

Prova 2, Masc., 1500m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Goncalo Renato CARVALHO	04		Porto	<b>16:49.28</b>	<b>+0,68</b>	<b>642</b>	
	50m: 30.31	30.31	450m: 4:57.97	33.31	850m: 9:27.40	33.91	1250m: 13:59.67	34.24
	100m: 1:03.79	33.48	500m: 5:31.41	33.44	900m: 10:01.36	33.96	1300m: 14:34.31	34.64
	150m: 1:37.15	33.36	550m: 6:05.00	33.59	950m: 10:35.10	33.74	1350m: 15:08.54	34.23
	200m: 2:10.49	33.34	600m: 6:38.55	33.55	1000m: 11:09.04	33.94	1400m: 15:42.54	34.00
	250m: 2:43.97	33.48	650m: 7:12.36	33.81	1050m: 11:42.72	33.68	1450m: 16:16.43	33.89
	300m: 3:17.69	33.72	700m: 7:45.95	33.59	1100m: 12:16.83	34.11	1500m: 16:49.28	32.85
	350m: 3:51.17	33.48	750m: 8:19.51	33.56	1150m: 12:50.80	33.97		
	400m: 4:24.66	33.49	800m: 8:53.49	33.98	1200m: 13:25.43	34.63		
6.	Guilherme Maia CARDOSO	05		Columbofila Cantanhedense	<b>16:53.59</b>	<b>+0,69</b>	<b>634</b>	
	50m: 30.76	30.76	450m: 5:00.32	33.50	850m: 9:31.61	34.02	1250m: 14:05.02	34.13
	100m: 1:04.33	33.57	500m: 5:33.85	33.53	900m: 10:05.94	34.33	1300m: 14:39.79	34.77
	150m: 1:38.19	33.86	550m: 6:07.63	33.78	950m: 10:39.68	33.74	1350m: 15:13.72	33.93
	200m: 2:12.20	34.01	600m: 6:41.52	33.89	1000m: 11:13.95	34.27	1400m: 15:47.92	34.20
	250m: 2:45.82	33.62	650m: 7:15.22	33.70	1050m: 11:47.96	34.01	1450m: 16:21.28	33.36
	300m: 3:19.47	33.65	700m: 7:49.23	34.01	1100m: 12:22.25	34.29	1500m: 16:53.59	32.31
	350m: 3:53.28	33.81	750m: 8:23.19	33.96	1150m: 12:56.29	34.04		
	400m: 4:26.82	33.54	800m: 8:57.59	34.40	1200m: 13:30.89	34.60		
7.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	<b>16:56.81</b>	<b>+0,64</b>	<b>628</b>	
	50m: 29.75	29.75	450m: 5:04.45	34.45	850m: 9:38.44	33.65	1250m: 14:10.29	33.75
	100m: 1:03.28	33.53	500m: 5:38.88	34.43	900m: 10:12.44	34.00	1300m: 14:44.56	34.27
	150m: 1:37.52	34.24	550m: 6:13.23	34.35	950m: 10:46.47	34.03	1350m: 15:18.05	33.49
	200m: 2:11.93	34.41	600m: 6:47.76	34.53	1000m: 11:20.82	34.35	1400m: 15:51.90	33.85
	250m: 2:46.15	34.22	650m: 7:22.08	34.32	1050m: 11:54.60	33.78	1450m: 16:24.74	32.84
	300m: 3:20.84	34.69	700m: 7:56.48	34.40	1100m: 12:28.53	33.93	1500m: 16:56.81	32.07
	350m: 3:55.21	34.37	750m: 8:30.59	34.11	1150m: 13:02.43	33.90		
	400m: 4:30.00	34.79	800m: 9:04.79	34.20	1200m: 13:36.54	34.11		
8.	Marcio Fernandes GOMES	04		Braga	<b>17:13.10</b>	<b>+0,82</b>	<b>599</b>	
	50m: 30.15	30.15	450m: 4:59.78	34.10	850m: 9:36.38	34.71	1250m: 14:17.87	35.04
	100m: 1:03.15	33.00	500m: 5:34.09	34.31	900m: 10:11.50	35.12	1300m: 14:53.48	35.61
	150m: 1:36.71	33.56	550m: 6:08.50	34.41	950m: 10:46.07	34.57	1350m: 15:28.48	35.00
	200m: 2:10.67	33.96	600m: 6:42.87	34.37	1000m: 11:21.03	34.96	1400m: 16:03.87	35.39
	250m: 2:44.29	33.62	650m: 7:17.38	34.51	1050m: 11:56.26	35.23	1450m: 16:38.72	34.85
	300m: 3:18.20	33.91	700m: 7:51.91	34.53	1100m: 12:31.53	35.27	1500m: 17:13.10	34.38
	350m: 3:51.89	33.69	750m: 8:26.68	34.77	1150m: 13:07.17	35.64		
	400m: 4:25.68	33.79	800m: 9:01.67	34.99	1200m: 13:42.83	35.66		
9.	Joao Maria SOUSA	05		Braga	<b>17:20.28</b>	<b>+0,74</b>	<b>586</b>	
	50m: 30.14	30.14	450m: 5:03.25	34.68	850m: 9:44.54	35.27	1250m: 14:25.93	35.23
	100m: 1:03.59	33.45	500m: 5:38.27	35.02	900m: 10:19.57	35.03	1300m: 15:01.19	35.26
	150m: 1:37.20	33.61	550m: 6:13.34	35.07	950m: 10:54.45	34.88	1350m: 15:36.52	35.33
	200m: 2:11.38	34.18	600m: 6:48.51	35.17	1000m: 11:29.62	35.17	1400m: 16:11.57	35.05
	250m: 2:45.39	34.01	650m: 7:23.56	35.05	1050m: 12:04.76	35.14	1450m: 16:46.43	34.86
	300m: 3:19.53	34.14	700m: 7:58.76	35.20	1100m: 12:40.14	35.38	1500m: 17:20.28	33.85
	350m: 3:54.05	34.52	750m: 8:33.85	35.09	1150m: 13:15.36	35.22		
	400m: 4:28.57	34.52	800m: 9:09.27	35.42	1200m: 13:50.70	35.34		

## Prova 2, Masc., 1500m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA		
10.	Pedro Crispim JORGE	06	Uniao Piedense	<b>17:44.64</b>	+0,74	547		
	50m: 29.31	29.31	450m: 5:08.20	36.57	850m: 9:59.23	36.87	1250m: 14:48.24	36.05
	100m: 1:01.68	32.37	500m: 5:44.11	35.91	900m: 10:35.80	36.57	1300m: 15:24.60	36.36
	150m: 1:35.38	33.70	550m: 6:20.75	36.64	950m: 11:12.60	36.80	1350m: 15:59.86	35.26
	200m: 2:09.73	34.35	600m: 6:57.09	36.34	1000m: 11:49.08	36.48	1400m: 16:35.34	35.48
	250m: 2:44.87	35.14	650m: 7:34.36	37.27	1050m: 12:26.23	37.15	1450m: 17:10.08	34.74
	300m: 3:20.14	35.27	700m: 8:10.83	36.47	1100m: 13:01.80	35.57	1500m: 17:44.64	34.56
	350m: 3:55.62	35.48	750m: 8:47.31	36.48	1150m: 13:36.08	34.28		
	400m: 4:31.63	36.01	800m: 9:22.36	35.05	1200m: 14:12.19	36.11		

## Prova 31

### Misto, 4 x 100m Estilos

### Open

01/04/2023 - 19:37

Resultados

Rec Nac Absoluto	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Rec Nac Sen	4:05.38	Sporting Clube de Portugal	SCP	Coimbra	25/05/2019
Rec Nac Jun	4:09.98	Clube Natacao Colegio Efanor	CNCE	Coimbra	28/03/2021
Rec Nac Juv A	4:23.79	Gesloures-Gestao Equip. Sociais, EMGESL		Coimbra	02/04/2022
Rec Nac Juv	4:15.97	Clube dos Galitos / Bresimar	CGA	Oeiras	01/08/2021

TAC\_Abs Mx\_estafeta 50m: 4:16.23 - 25m: 4:08.94

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA			
1.	Louzan Natacao/EFAPEL-ABS	Louzan Natacao/EFAPEL	<b>3:58.56</b>	+0,56	758			
	<i>Recorde Nacional</i>							
	Camila Rodrigues REBELO	+0,56	30.11	1:02.77	Ines Jacinto HENRIQUES	+0,48	28.89	1:02.42
	Gabriel Jose LOPES	+0,37	28.51	1:01.09	Afonso Filipe COSTA	+0,48	24.67	52.28
2.	Benfica-ABS	Benfica	<b>4:05.49</b>	+0,47	696			
	Diogo Santos COSTA	+0,47	26.78	57.15	Henrique Gomes SILVA	+0,02	25.00	54.60
	Leticia Maia ANDRE	+0,22	34.34	1:15.98	Ema Jeronimo CONCEICAO	+0,58	27.94	57.76
3.	Belenenses-ABS	Belenenses	<b>4:06.69</b>	+0,54	686			
	Luana Correia RODRIGUES	+0,54	32.42	1:08.70	Rodrigo Reis DIAS	+0,09	25.99	57.21
	Lidiana Correia RODRIGUES	+0,25	33.18	1:10.83	Bruno Miguel RAMOS	+0,11	23.69	49.95
4.	Porto-ABS	Porto	<b>4:08.27</b>	+0,59	673			
	Porfirio Braga NUNES	+0,59	28.32	58.71	Kevins Alexandre APSENIECE	+0,14	24.98	54.96
	Maria Freitas CASTRO	+0,38	35.14	1:16.14	Angelica Maria ANDRE	+0,12	28.17	58.46
5.	Braga-ABS	Braga	<b>4:09.38</b>	+0,63	664			
	Maria Manuel NEVES	+0,63	33.17	1:09.11	Daniel Batista TAVARES	+0,25	26.27	58.03
	Rafael Gomes SIMOES	+0,38	28.91	1:03.58	Tamila Hryhorivna HOLUB	+0,08	28.08	58.66
6.	Sporting-ABS	Sporting	<b>4:10.36</b>	+0,63	656			
	Daniel Nogueira CATALAO	+0,63	28.51	1:01.38	Francisca Salvador MESQUITA	+0,38	29.55	1:03.83
	Madalena Reis CERDEIRA	+0,26	33.57	1:12.69	Bernardo Victorino ALMEIDA	+0,27	24.67	52.46
7.	Alges-ABS	Alges	<b>4:13.94</b>	+0,53	629			
	Miguel Cordeiro ALMEIDA	+0,53	29.14	59.97	Francisca Santos FERREIRA	+0,36	30.01	1:04.56
	Rebeca Leonor ANTUNES	+0,61	34.87	1:15.87	Vasco Alves MORGADO	+0,12	25.40	53.54
8.	Famalicao-ABS	Famalicao	<b>4:17.17</b>	+0,60	605			
	Mafalda Martins MESQUITA	+0,60	32.58	1:07.68	Rodrigo Ferreira PEREIRA	+0,41	26.35	58.05
	Tomas Mendes COSTA	+0,30	31.93	1:08.89	Daniela Magalhaes LOPES	+0,69	29.70	1:02.55

**Prova 31, Misto, 4 x 100m Estilos, Open**

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
9. Nautico Academico-ABS		Nautico Academico	<b>4:18.85</b>	+0,62	593
Jose Diogo DIAS	+0,62 29.08	1:01.46	Rodrigo Alexandre TRAVASSOS+0,08	26.15	58.18
Beatriz Andre GASPAR	+0,44 37.05	1:18.83	Leonor Mil MANO	+0,44	28.13 1:00.38
10. Uniao Piedense-ABS		Uniao Piedense	<b>4:20.70</b>	+0,67	581
Carolina Martins CAMACHO	+0,67 33.02	1:08.91	Miguel Costa SIMOES	+0,55	27.34 59.60
Guilherme Matias CRISTINO	+0,30 32.26	1:09.49	Luisa Ponte JORGE	+0,62	29.70 1:02.70

**7 - 4ª Jornada - 1ª Sessão (Eliminatórias-Heats)****02/04/2023 - 9:00****Prova 32****Femin., 200m Livres****Open**

02/04/2023 - 9:00

Resultados Elimin

Rec Nac Absoluto	2:00.96	Francisca Soares MARTINS	FOCA	Oeiras	28/07/2022
Rec Nac Sen	2:00.96	Francisca Soares MARTINS	FOCA	Lisboa	11/02/2023
Rec Nac Jun17	2:03.11	Francisca Soares MARTINS	POR	Loule	16/08/2020
Rec Nac Jun16	2:02.89	Ana Reis SOUSA	POR	Helsinki (FIN)	06/07/2018

TAC Sen 50m: 2:12.33 - 25m: 2:08.42; Jun 50m: 2:15.64 - 25m: 2:11.63

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Francisca Soares MARTINS <i>Minimos CE Sub23</i>	03	Foca Quinta da Lixa CNF	<b>2:01.29</b>	+0,67	808	A
	50m: 28.43 28.43	100m: 58.67	30.24	150m: 1:29.88	31.21	200m: 2:01.29	31.41
2.	Ema Jeronimo CONCEICAO	03	Benfica	<b>2:05.56</b>	+0,76	728	A
	50m: 29.63 29.63	100m: 1:01.84	32.21	150m: 1:34.03	32.19	200m: 2:05.56	31.53
3.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>2:06.25</b>	+0,69	716	A
	50m: 28.64 28.64	100m: 59.76	31.12	150m: 1:32.17	32.41	200m: 2:06.25	34.08
4.	Anna FOMINA	02	Sporting	<b>2:06.74</b>	+0,75	708	A
	50m: 29.31 29.31	100m: 1:01.12	31.81	150m: 1:34.03	32.91	200m: 2:06.74	32.71
5.	Leticia Maia ANDRE	02	Benfica	<b>2:07.27</b>	+0,70	699	A
	50m: 29.62 29.62	100m: 1:01.58	31.96	150m: 1:34.14	32.56	200m: 2:07.27	33.13
6.	Rita Barros FRISCHKNECHT	98	Sporting	<b>2:07.95</b>	+0,72	688	A
	50m: 28.89 28.89	100m: 1:00.54	31.65	150m: 1:33.33	32.79	200m: 2:07.95	34.62
7.	Ines Santos AMORIM	06	Desportiva de Viana	<b>2:07.96</b>	+0,74	688	A
	50m: 29.55 29.55	100m: 1:01.88	32.33	150m: 1:35.06	33.18	200m: 2:07.96	32.90
8.	Joana Nunes CARDEAL	02	Academico Viseu	<b>2:08.40</b>	+0,74	681	A
	50m: 29.39 29.39	100m: 1:01.49	32.10	150m: 1:35.00	33.51	200m: 2:08.40	33.40
9.	Catarina Andrade FRANCO	07	Benfica	<b>2:08.82</b>	+0,67	674	A
	50m: 30.56 30.56	100m: 1:03.23	32.67	150m: 1:36.15	32.92	200m: 2:08.82	32.67
10.	Mafalda Marques PINTO	02	Sporting	<b>2:09.10</b>	+0,71	670	A
	50m: 29.76 29.76	100m: 1:02.60	32.84	150m: 1:35.61	33.01	200m: 2:09.10	33.49
11.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>2:09.22</b>	+0,62	668	B
	50m: 30.28 30.28	100m: 1:03.08	32.80	150m: 1:36.43	33.35	200m: 2:09.22	32.79

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



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Direção Regional de Desporto

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PARCEIROS



## Prova 32, Femin., 200m Livres, Elimina, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
12.	Ana Beatriz VIEIRA 50m: 30.18 30.18	07		Foca Quinta da Lixa CNF	<b>2:10.13</b> 34.10 200m: 2:10.13	+0,69	654	B
13.	Marta Joao PIRES 50m: 30.33 30.33	05		Alges	<b>2:10.57</b> 33.44 200m: 2:10.57	+0,70	647	B
14.	Carolina Pereira VIANA 50m: 30.37 30.37	04		Sporting	<b>2:10.78</b> 34.07 200m: 2:10.78	+0,70	644	B
15.	Maria Leonor COELHO 50m: 29.52 29.52	06		Benfica	<b>2:11.16</b> 34.21 200m: 2:11.16	+0,72	639	B
16.	Beatriz Silva LOURO 50m: 29.65 29.65	07		Louletano / Loule Concelho	<b>2:11.47</b> 34.51 200m: 2:11.47	+0,68	634	B
17.	Margarida Vieira PINTO 50m: 30.13 30.13	07		Braga	<b>2:12.07</b> 34.40 200m: 2:12.07	+0,75	626	B
18.	Ana Luisa GOUVEIA 50m: 30.70 30.70	06		Colegio Efanor	<b>2:12.60</b> 34.61 200m: 2:12.60	+0,76	618	B
19.	Leonor Mil MANO 50m: 29.72 29.72	07		Nautico Academico	<b>2:12.81</b> 34.23 200m: 2:12.81	+0,73	615	B
20.	Margarida Sobral PIMENTA 50m: 30.79 30.79	99		Vikings	<b>2:13.17</b> 34.46 200m: 2:13.17	+0,72	610	B
21.	Mariana Carmo ROSA 50m: 31.19 31.19	05		Condeixa Clube	<b>2:13.38</b> 33.96 200m: 2:13.38	+0,68	607	R
22.	Carolina Vizinho CABRAL 50m: 31.36 31.36	07		Natacao de Vagos	<b>2:13.56</b> 34.60 200m: 2:13.56	+0,69	605	R
23.	Mariana Marques MERCEDES 50m: 29.92 29.92	03		Vikings	<b>2:14.00</b> 35.30 200m: 2:14.00	+0,64	599	
24.	Maria Lopes de FREITAS 50m: 30.47 30.47	97		Angola	<b>2:14.08</b> 34.61 200m: 2:14.08	+0,76	598	
25.	Bianca Filipa ALMEIDA 50m: 31.08 31.08	07		Alges e Aguada XXI	<b>2:14.41</b> 35.17 200m: 2:14.41	+0,75	593	
26.	Francisca Macedo LOPES 50m: 30.97 30.97	05		Vilacondense	<b>2:14.61</b> 34.95 200m: 2:14.61	+0,79	591	
27.	Leonor Verissimo FARIA 50m: 31.40 31.40	06		Nucleo de Pombal	<b>2:15.35</b> 35.25 200m: 2:15.35	+0,66	581	
28.	Sofia Alexandra CARVALHO 50m: 31.10 31.10	07		Fluvial Portuense	<b>2:15.80</b> 34.72 200m: 2:15.80	+0,78	575	
29.	Maria Neto FERREIRA 50m: 32.01 32.01	06		Nautico Academico	<b>2:15.87</b> 34.51 200m: 2:15.87	+0,79	574	
30.	Leonor Carreiro RODRIGUES 50m: 31.37 31.37	07		Benfica	<b>2:16.01</b> 35.18 200m: 2:16.01	+0,68	573	
31.	Catarina Gaspar PIRES 50m: 31.75 31.75	06		Porto	<b>2:16.13</b> 35.05 200m: 2:16.13	+0,87	571	

## Prova 32, Femin., 200m Livres, Elimina, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
32.	Erica Domitila AMADOR	07	Estarreja/PROZINCO	<b>2:16.27</b>	+0,71	569
	50m: 30.41 30.41	100m: 1:05.18	34.77 150m: 1:40.49	35.31	200m: 2:16.27	35.78
33.	Carolina Esteves PEIXOTO	06	Braga	<b>2:16.76</b>	+0,75	563
	50m: 31.47 31.47	100m: 1:05.83	34.36 150m: 1:41.28	35.45	200m: 2:16.76	35.48
34.	Ines Miranda DIOGO	07	Nautico Academico	<b>2:16.93</b>	+0,73	561
	50m: 31.76 31.76	100m: 1:06.29	34.53 150m: 1:41.97	35.68	200m: 2:16.93	34.96
35.	Barbara Sofia GOMES	07	Leixoes	<b>2:17.58</b>	+0,71	553
	50m: 31.07 31.07	100m: 1:05.71	34.64 150m: 1:41.26	35.55	200m: 2:17.58	36.32
36.	Miriam Mortagua SOARES	06	Galitos / Bresimar	<b>2:18.12</b>	+0,73	547
	50m: 31.33 31.33	100m: 1:05.87	34.54 150m: 1:42.02	36.15	200m: 2:18.12	36.10
37.	Ines Correia TEIXEIRA	06	Amadora	<b>2:18.51</b>	+0,73	542
	50m: 31.02 31.02	100m: 1:05.26	34.24 150m: 1:41.10	35.84	200m: 2:18.51	37.41
38.	Marta Lopes BRITES	06	Bombeiros de Ponta Delgada	<b>2:19.10</b>	+0,64	535
	50m: 32.01 32.01	100m: 1:06.69	34.68 150m: 1:42.74	36.05	200m: 2:19.10	36.36
DNS	Ana Filipa VEIGA	01	Gafanha da Encarnacao			
DNS	Ana Catarina MONTEIRO	93	Vilacondense			

## Prova 32 02/04/2023 - 9:00

## Femin., 200m Livres

## Juvenis Resultados Elimin

Rec Nac Absoluto	2:00.96	Francisca Soares MARTINS	FOCA	Oeiras	28/07/2022
Rec Nac Juv A	2:05.85	Francisca Soares MARTINS	FOCA	Oeiras	27/07/2018
Rec Nac Juv B	2:07.40	Maria Francisca CABRAL	FCP	Oeiras	25/07/2014

TAC 50m: 2:21.59 - 25m: 2:17.41

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Lara Catarina MAIA	09	Estarreja/PROZINCO	<b>2:14.91</b>	+0,64	587 Q
	50m: 31.41 31.41	100m: 1:05.28	33.87 150m: 1:40.14	34.86	200m: 2:14.91	34.77
2.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>2:15.42</b>	+0,67	580 Q
	50m: 30.35 30.35	100m: 1:05.43	35.08 150m: 1:40.42	34.99	200m: 2:15.42	35.00
3.	Maria Gomes NEVES	08	Braga	<b>2:15.50</b>	+0,72	579 Q
	50m: 30.79 30.79	100m: 1:04.65	33.86 150m: 1:40.10	35.45	200m: 2:15.50	35.40
4.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>2:15.67</b>	+0,71	577 Q
	50m: 31.18 31.18	100m: 1:05.76	34.58 150m: 1:41.75	35.99	200m: 2:15.67	33.92
5.	Maria Carvalho PINTO	09	Viana Natacao	<b>2:17.78</b>	+0,88	551 Q
	50m: 32.06 32.06	100m: 1:06.89	34.83 150m: 1:42.87	35.98	200m: 2:17.78	34.91
6.	Beatriz Maciel PEREIRA	09	Desportiva de Viana	<b>2:18.15</b>	+0,76	546 Q
	50m: 31.22 31.22	100m: 1:05.55	34.33 150m: 1:41.85	36.30	200m: 2:18.15	36.30
7.	Diana Gomes FREITAS	08	Amigos da Montanha	<b>2:18.51</b>	+0,83	542 Q
	50m: 32.67 32.67	100m: 1:07.70	35.03 150m: 1:43.66	35.96	200m: 2:18.51	34.85
8.	Anastacia PROTOLYUK	09	Columbofila Cantanhedense	<b>2:18.64</b>	+0,70	541 Q
	50m: 31.20 31.20	100m: 1:05.67	34.47 150m: 1:42.13	36.46	200m: 2:18.64	36.51

## Prova 32, Femin., 200m Livres, Elimim, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
9.	Catarina Maria LOPES	08	BUZIOS-Coruche	<b>2:18.67</b>	+0,83	540	Q
	50m: 32.33 32.33	100m: 1:07.24	34.91 150m: 1:43.18	35.94 200m: 2:18.67		35.49	
	Ana Carolina CRUZ	08	Famalicao	<b>2:18.67</b>	+0,75	540	Q
	50m: 31.68 31.68	100m: 1:06.96	35.28 150m: 1:43.29	36.33 200m: 2:18.67		35.38	
11.	Margarida Maria LUIZ	08	Lagoa AC	<b>2:18.92</b>	+0,79	537	R
	50m: 32.31 32.31	100m: 1:07.18	34.87 150m: 1:42.91	35.73 200m: 2:18.92		36.01	
12.	Sofia Teixeira BARBOSA	08	Porto	<b>2:19.21</b>	+0,77	534	R
	50m: 32.06 32.06	100m: 1:07.54	35.48 150m: 1:43.55	36.01 200m: 2:19.21		35.66	
13.	Ana Beatriz PIRES	08	Uniao Piedense	<b>2:19.36</b>	+0,74	532	
	50m: 31.35 31.35	100m: 1:06.20	34.85 150m: 1:42.70	36.50 200m: 2:19.36		36.66	
14.	Maria Joao COSTA	08	Vilacondense	<b>2:19.71</b>	+0,73	528	
	50m: 31.56 31.56	100m: 1:06.37	34.81 150m: 1:42.96	36.59 200m: 2:19.71		36.75	
15.	Beatriz Silva JORDAO	09	Vikings	<b>2:20.43</b>	+0,70	520	
	50m: 33.16 33.16	100m: 1:08.05	34.89 150m: 1:44.15	36.10 200m: 2:20.43		36.28	
16.	Alana Costa MATIAS	09	Uniao Coimbra	<b>2:20.75</b>	+0,72	517	
	50m: 31.63 31.63	100m: 1:07.57	35.94 150m: 1:44.28	36.71 200m: 2:20.75		36.47	
17.	Catarina Soares ARAUJO	09	Penafiel	<b>2:20.82</b>	+0,78	516	
	50m: 31.40 31.40	100m: 1:06.29	34.89 150m: 1:43.15	36.86 200m: 2:20.82		37.67	
18.	Matilde Catroga MARQUES	08	Colegio Monte Maior	<b>2:21.21</b>	+0,76	512	
	50m: 31.88 31.88	100m: 1:07.25	35.37 150m: 1:44.18	36.93 200m: 2:21.21		37.03	
19.	Leonor Queiroz GONCALVES	09	Braga	<b>2:21.43</b>	+0,77	509	
	50m: 32.48 32.48	100m: 1:08.08	35.60 150m: 1:45.10	37.02 200m: 2:21.43		36.33	
20.	Sara Silva LIGEIRO	08	Viana Natacao	<b>2:21.87</b>	+0,74	505	
	50m: 32.60 32.60	100m: 1:08.62	36.02 150m: 1:45.56	36.94 200m: 2:21.87		36.31	
21.	Filipa Carvalho GALANTE	09	Vilacondense	<b>2:22.09</b>	+0,81	502	
	50m: 33.69 33.69	100m: 1:09.37	35.68 150m: 1:46.54	37.17 200m: 2:22.09		35.55	
22.	Maria Meleiro GONCALVES	08	Galitos / Bresimar	<b>2:22.22</b>	+0,58	501	
	50m: 32.70 32.70	100m: 1:09.03	36.33 150m: 1:45.70	36.67 200m: 2:22.22		36.52	
23.	Sofia Monteiro UVA	09	Alges	<b>2:22.30</b>	+0,67	500	
	50m: 32.19 32.19	100m: 1:08.01	35.82 150m: 1:45.68	37.67 200m: 2:22.30		36.62	
24.	Leonor Carvalho SOARES	08	Porto	<b>2:23.03</b>	+0,68	492	
	50m: 32.92 32.92	100m: 1:08.81	35.89 150m: 1:46.18	37.37 200m: 2:23.03		36.85	
25.	Raquel Santos BAIONA	08	Colegio Monte Maior	<b>2:23.08</b>	+0,83	492	
	50m: 32.30 32.30	100m: 1:07.51	35.21 150m: 1:45.36	37.85 200m: 2:23.08		37.72	
26.	Ana Carolina NEVES	08	Fluvial Portuense	<b>2:23.84</b>	+0,62	484	
	50m: 31.89 31.89	100m: 1:08.46	36.57 150m: 1:45.77	37.31 200m: 2:23.84		38.07	
27.	Maria Saraiva PAIXAO	08	Galitos / Bresimar	<b>2:23.98</b>	+0,70	483	
	50m: 33.71 33.71	100m: 1:10.14	36.43 150m: 1:47.82	37.68 200m: 2:23.98		36.16	
28.	Bruna Filipa LOURENCO	08	O Crasto	<b>2:24.70</b>	+0,81	475	
	50m: 33.06 33.06	100m: 1:09.38	36.32 150m: 1:46.80	37.42 200m: 2:24.70		37.90	

**Prova 32, Femin., 200m Livres, Elimin, Juvenis**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
29.	Rita Oliveira PIRES	08		Galitos / Bresimar	<b>2:24.81</b>	+0,70	474
	50m: 33.21 33.21	100m: 1:09.78	36.57	150m: 1:47.69	37.91	200m: 2:24.81	37.12
	Patricia Subtil HENRIQUES	08		Gesloures	<b>2:24.81</b>	+0,72	474
	50m: 32.70 32.70	100m: 1:09.78	37.08	150m: 1:47.28	37.50	200m: 2:24.81	37.53
31.	Sofia Pereira JORGE	08		Galitos / Bresimar	<b>2:25.26</b>	+0,75	470
	50m: 31.83 31.83	100m: 1:07.66	35.83	150m: 1:46.14	38.48	200m: 2:25.26	39.12

**Prova 33**
**Masc., 200m Livres**
**Open**

02/04/2023 - 9:25

**Resultados Elimin**

Rec Nac Absoluto	1:47.97	Miguel Duarte NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nac Sen	1:47.97	Miguel Duarte NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nac Jun18	1:49.98	Tiago Andre VENANCIO	POR	Budapeste (HUN)	14/07/2005
Rec Nac Jun17	1:50.82	Diogo Matos RIBEIRO	CUC	Coimbra	27/03/2021
RN S8	2:16.64	Diogo Luis CANCELA	POR	Sheffield (GBR)	18/03/2023
RN S10	2:11.32	Tomas Coelho CORDEIRO	POR	Sheffield (GBR)	18/03/2023
RN S15	2:03.73	Tiago Correia NEVES	CFB	Funchal	24/03/2018

TAC Sen 50m: 1:59.11 - 25m: 1:54.73; Jun 50m: 2:02.68 - 25m: 1:58.17

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Afonso Filipe COSTA	03		Louzan Natacao/EFAPEL	<b>1:54.41</b>	+0,62	708	A
	50m: 26.29 26.29	100m: 55.10	28.81	150m: 1:24.80	29.70	200m: 1:54.41	29.61	
2.	Bruno Miguel RAMOS	97		Belenenses	<b>1:54.99</b>	+0,65	697	A
	50m: 25.91 25.91	100m: 54.88	28.97	150m: 1:25.09	30.21	200m: 1:54.99	29.90	
3.	Salvador Goya PERLOIRO	05		Benfica	<b>1:55.86</b>	+0,67	682	A
	50m: 27.09 27.09	100m: 56.58	29.49	150m: 1:26.21	29.63	200m: 1:55.86	29.65	
4.	Henrique Silva MASCARENHAS	01		Fluvial Portuense	<b>1:56.04</b>	+0,67	679	A
	50m: 26.38 26.38	100m: 55.78	29.40	150m: 1:25.74	29.96	200m: 1:56.04	30.30	
5.	Gustavo Carvalhais RIBEIRO	03		Sporting	<b>1:56.06</b>	+0,72	678	A
	50m: 26.46 26.46	100m: 55.41	28.95	150m: 1:25.14	29.73	200m: 1:56.06	30.92	
6.	Bernardo Victorino ALMEIDA	04		Sporting	<b>1:56.11</b>	+0,68	677	A
	50m: 26.33 26.33	100m: 55.86	29.53	150m: 1:26.42	30.56	200m: 1:56.11	29.69	
7.	Tomas Teixeira LOPES	02		Vitoria Guimaraes	<b>1:56.34</b>	+0,73	673	A
	50m: 25.79 25.79	100m: 54.45	28.66	150m: 1:25.24	30.79	200m: 1:56.34	31.10	
8.	Lucas Pereira BASTOS	00		Nautico Academico	<b>1:56.41</b>	+0,70	672	A
	50m: 27.01 27.01	100m: 56.17	29.16	150m: 1:26.66	30.49	200m: 1:56.41	29.75	
9.	Yury FOMIN	06		Louletano / Loule Concelho	<b>1:56.64</b>	+0,65	668	A
	50m: 27.28 27.28	100m: 56.69	29.41	150m: 1:26.77	30.08	200m: 1:56.64	29.87	
10.	Bernardo Jorge SIMOES	04		Belenenses	<b>1:57.22</b>	+0,69	658	A
	50m: 26.91 26.91	100m: 56.80	29.89	150m: 1:27.12	30.32	200m: 1:57.22	30.10	
11.	Rodrigo Miguel REIS	04		Nautico Academico	<b>1:57.30</b>	+0,61	657	B
	50m: 26.58 26.58	100m: 56.11	29.53	150m: 1:26.68	30.57	200m: 1:57.30	30.62	



## Prova 33, Masc., 200m Livres, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
12.	Diogo Barbosa NUNES	00		Colegio Efanor	<b>1:57.79</b>	+0,72	649	B
	50m: 26.44 26.44	100m: 55.76	29.32	150m: 1:26.05	30.29	200m: 1:57.79	31.74	
13.	Gustavo Pires MARQUES	04		Uniao Coimbra	<b>1:58.06</b>	+0,68	644	B
	50m: 26.38 26.38	100m: 56.16	29.78	150m: 1:27.03	30.87	200m: 1:58.06	31.03	
14.	Tiago Cunha COSTA	99		Sporting	<b>1:58.66</b>	+0,64	635	B
	50m: 26.46 26.46	100m: 55.89	29.43	150m: 1:26.71	30.82	200m: 1:58.66	31.95	
15.	Joao Duarte SANTOS	95		Natacao de Olhao	<b>1:58.73</b>	+0,71	634	B
	50m: 26.98 26.98	100m: 56.69	29.71	150m: 1:27.18	30.49	200m: 1:58.73	31.55	
16.	Daniel Batista TAVARES	06		Braga	<b>1:58.97</b>	+0,69	630	B
	50m: 27.50 27.50	100m: 58.01	30.51	150m: 1:28.75	30.74	200m: 1:58.97	30.22	
17.	Gabriel Carvalho FERRAO	05		Benfica	<b>1:59.15</b>	+0,56	627	B
	50m: 27.48 27.48	100m: 57.99	30.51	150m: 1:28.92	30.93	200m: 1:59.15	30.23	
18.	Gil Santos LEMOS	06		Pimpoes/Cimai	<b>1:59.79</b>	+0,67	617	B
	50m: 27.58 27.58	100m: 58.85	31.27	150m: 1:29.69	30.84	200m: 1:59.79	30.10	
19.	Joao Antonio PIRES	05		Torres Novas	<b>1:59.87</b>	+0,71	616	B
	50m: 27.74 27.74	100m: 58.05	30.31	150m: 1:29.38	31.33	200m: 1:59.87	30.49	
20.	Vasco Alves MORGADO	05		Alges	<b>1:59.95</b>	+0,60	614	B
	50m: 27.28 27.28	100m: 57.72	30.44	150m: 1:29.05	31.33	200m: 1:59.95	30.90	
21.	Afonso Martim LEITE	05		Foca Quinta da Lixa CNF	<b>1:59.97</b>	+0,73	614	R
	50m: 27.53 27.53	100m: 57.59	30.06	150m: 1:28.63	31.04	200m: 1:59.97	31.34	
22.	Afonso Carvalho SILVA	05		Famalicao	<b>2:00.02</b>	+0,64	613	R
	50m: 27.46 27.46	100m: 58.21	30.75	150m: 1:29.28	31.07	200m: 2:00.02	30.74	
23.	Rodrigo Alexandre TRAVASSOS	02		Nautico Academico	<b>2:00.32</b>	+0,72	609	
	50m: 28.13 28.13	100m: 58.41	30.28	150m: 1:29.55	31.14	200m: 2:00.32	30.77	
24.	Miguel Costa SIMOES	04		Uniao Piedense	<b>2:00.64</b>	+0,69	604	
	50m: 27.57 27.57	100m: 58.71	31.14	150m: 1:30.45	31.74	200m: 2:00.64	30.19	
25.	Tomas Nunes ROQUE	06		Benfica	<b>2:01.22</b>	+0,67	595	
	50m: 27.80 27.80	100m: 58.20	30.40	150m: 1:29.47	31.27	200m: 2:01.22	31.75	
26.	Guilherme Fernandes BAPTISTA	06		Benfica	<b>2:01.31</b>	+0,56	594	
	50m: 27.48 27.48	100m: 57.88	30.40	150m: 1:29.37	31.49	200m: 2:01.31	31.94	
27.	Bruno Silva LOUREIRO	06		Porto	<b>2:01.42</b>	+0,68	592	
	50m: 28.07 28.07	100m: 59.35	31.28	150m: 1:30.48	31.13	200m: 2:01.42	30.94	
28.	Alexandre Ramos GONCALVES	05		Sao Joao Ver	<b>2:01.45</b>	+0,71	592	
	50m: 28.97 28.97	100m: 59.55	30.58	150m: 1:30.60	31.05	200m: 2:01.45	30.85	
29.	Diogo Alexandre OLIVEIRA	05		Naval do Funchal	<b>2:01.72</b>	+0,66	588	
	50m: 27.49 27.49	100m: 58.07	30.58	150m: 1:29.98	31.91	200m: 2:01.72	31.74	
30.	Nicolas Filip MONTFORT	05		Alges	<b>2:01.76</b>	+0,62	587	
	50m: 27.10 27.10	100m: 57.36	30.26	150m: 1:29.56	32.20	200m: 2:01.76	32.20	
31.	Filipe Silva RIBEIRO	05		Leixoes	<b>2:01.80</b>	+0,64	587	
	50m: 27.17 27.17	100m: 57.75	30.58	150m: 1:28.53	30.78	200m: 2:01.80	33.27	

Prova 33, Masc., 200m Livres, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
32.	Eduardo Nuno FARIA	06	Braga	<b>2:02.45</b>	+0,76	577
	50m: 27.58 27.58	100m: 58.38	30.80 150m: 1:29.68	31.30 200m: 2:02.45		32.77
33.	Artur Guterres CARVALHO	06	Vilacondense	<b>2:02.47</b>	+0,71	577
	50m: 28.29 28.29	100m: 1:00.02	31.73 150m: 1:31.57	31.55 200m: 2:02.47		30.90
34.	Joao Pedro TORRES	05	Porto	<b>2:02.74</b>	+0,77	573
	50m: 28.58 28.58	100m: 59.43	30.85 150m: 1:30.92	31.49 200m: 2:02.74		31.82
35.	Joao Maria SOUSA	05	Braga	<b>2:03.41</b>	+0,72	564
	50m: 28.31 28.31	100m: 59.58	31.27 150m: 1:31.82	32.24 200m: 2:03.41		31.59
36.	Henrique Ferreira MARTINS	06	Alges e Agueda XXI	<b>2:03.51</b>	+0,66	563
	50m: 27.80 27.80	100m: 58.38	30.58 150m: 1:30.14	31.76 200m: 2:03.51		33.37
37.	Afonso Martim GOUVEIA	05	FC Ferreiras/AlgarExperience	<b>2:04.51</b>	+0,60	549
	50m: 28.88 28.88	100m: 59.97	31.09 150m: 1:32.28	32.31 200m: 2:04.51		32.23
38.	Raul Sousa ANSELMO	05	Bombeiros de Ponta Delgada	<b>2:04.72</b>	+0,64	547
	50m: 28.01 28.01	100m: 59.03	31.02 150m: 1:31.86	32.83 200m: 2:04.72		32.86
39.	Francisco Couto FRAZAO	06	Uniao Coimbra	<b>2:05.32</b>	+0,71	539
	50m: 28.78 28.78	100m: 1:00.39	31.61 150m: 1:33.27	32.88 200m: 2:05.32		32.05
40.	Vasco Almeida RIBEIRO	05	Sao Joao Ver	<b>2:07.65</b>	+0,62	510
	50m: 27.66 27.66	100m: 59.05	31.39 150m: 1:32.87	33.82 200m: 2:07.65		34.78
41.	Guilherme Maia CARDOSO	05	Columbofila Cantanhedense	<b>2:07.67</b>	+0,67	509
	50m: 29.54 29.54	100m: 1:02.13	32.59 150m: 1:34.95	32.82 200m: 2:07.67		32.72
DNS	Miguel Alves FERNANDES	05	Viana Natacao			

Prova 33  
02/04/2023 - 9:25

Masc., 200m Livres

Juvenis  
Resultados Elimin

Rec Nac Absoluto	1:47.97	Miguel Duarte NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nac Juv A	1:54.18	Gustavo Manuel SANTA	POR	Tampere (FIN)	24/07/2009
Rec Nac Juv B	1:53.96	Diogo Matos RIBEIRO	CUC	Funchal	02/08/2019
RN S8	2:16.64	Diogo Luis CANCELA	POR	Sheffield (GBR)	18/03/2023
RN S10	2:11.32	Tomas Coelho CORDEIRO	POR	Sheffield (GBR)	18/03/2023
RN S15	2:03.73	Tiago Correia NEVES	CFB	Funchal	24/03/2018

TAC 50m: 2:08.64 - 25m: 2:03.91

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Francisco Goya PERLOIRO	07	Benfica	<b>1:59.76</b>	+0,69	617 Q
	50m: 28.44 28.44	100m: 58.94	30.50 150m: 1:29.47	30.53 200m: 1:59.76		30.29
2.	Alexandre MORARI	07	Rio Maior	<b>2:00.28</b>	+0,72	609 Q
	50m: 27.42 27.42	100m: 57.51	30.09 150m: 1:29.94	32.43 200m: 2:00.28		30.34
3.	Filipe Manso LARANJO	07	Desportiva de Viana	<b>2:01.93</b>	+0,82	585 Q
	50m: 28.84 28.84	100m: 1:00.25	31.41 150m: 1:31.58	31.33 200m: 2:01.93		30.35
4.	Antonio Miguel COSTA	07	Fafe	<b>2:04.06</b>	+0,71	555 Q
	50m: 28.97 28.97	100m: 1:00.84	31.87 150m: 1:33.23	32.39 200m: 2:04.06		30.83
5.	Afonso Dinis ROQUE	07	Nautico de Leiria	<b>2:04.28</b>	+0,73	552 Q
	50m: 27.97 27.97	100m: 59.20	31.23 150m: 1:31.68	32.48 200m: 2:04.28		32.60

Splash Meet Manager, 11.76418

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

## Prova 33, Masc., 200m Livres, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
6.	Guilherme Costa SOARES	08		Vilacondense	<b>2:04.64</b>	+0,68	548	Q
	50m: 28.93 28.93	100m: 1:00.86	31.93	150m: 1:32.95	32.09	200m: 2:04.64	31.69	
7.	Axel Guedes ASMAR	07		Sporting	<b>2:04.69</b>	+0,63	547	Q
	50m: 28.32 28.32	100m: 1:00.54	32.22	150m: 1:32.94	32.40	200m: 2:04.69	31.75	
8.	Martim Alexandre SILVA	07		Columbofila Cantanhedense	<b>2:04.73</b>	+0,69	546	Q
	50m: 28.32 28.32	100m: 59.85	31.53	150m: 1:31.90	32.05	200m: 2:04.73	32.83	
9.	Duarte Cachulo MARQUES	07		Condeixa Clube	<b>2:05.02</b>	+0,63	543	Q
	50m: 29.42 29.42	100m: 1:01.27	31.85	150m: 1:33.75	32.48	200m: 2:05.02	31.27	
10.	Pedro Caiada RODRIGUES	08		Benfica	<b>2:05.07</b>	+0,78	542	Q
	50m: 29.15 29.15	100m: 1:00.94	31.79	150m: 1:32.61	31.67	200m: 2:05.07	32.46	
11.	Francisco Miguel PEREIRA	08		Fluvial Portuense	<b>2:05.10</b>	+0,82	542	R
	50m: 28.75 28.75	100m: 1:01.17	32.42	150m: 1:33.96	32.79	200m: 2:05.10	31.14	
12.	Leonardo Conceicao REIS	07		Sporting	<b>2:05.28</b>	+0,63	539	R
	50m: 28.50 28.50	100m: 59.48	30.98	150m: 1:32.71	33.23	200m: 2:05.28	32.57	
13.	Duarte Ramos NUNES	07		Galitos / Bresimar	<b>2:05.38</b>	+0,59	538	
	50m: 28.60 28.60	100m: 1:00.51	31.91	150m: 1:32.77	32.26	200m: 2:05.38	32.61	
14.	Luis Filipe CARVALHO	07		Naval Povoense	<b>2:05.84</b>	+0,69	532	
	50m: 28.94 28.94	100m: 1:00.83	31.89	150m: 1:33.32	32.49	200m: 2:05.84	32.52	
15.	Rodrigo Costa BORGES	07		Fluvial Portuense	<b>2:05.85</b>	+0,63	532	
	50m: 28.31 28.31	100m: 1:00.45	32.14	150m: 1:33.47	33.02	200m: 2:05.85	32.38	
16.	Joao Valente MARTINS	07		Louletano / Loule Concelho	<b>2:06.01</b>	+0,62	530	
	50m: 29.08 29.08	100m: 1:01.60	32.52	150m: 1:33.57	31.97	200m: 2:06.01	32.44	
17.	Rui Silva PEREIRA	08		Colegio Monte Maior	<b>2:06.40</b>	+0,80	525	
	50m: 28.58 28.58	100m: 1:00.36	31.78	150m: 1:33.52	33.16	200m: 2:06.40	32.88	
18.	Miguel Guedes FERREIRA	07		Porto	<b>2:06.91</b>	+0,79	519	
	50m: 29.40 29.40	100m: 1:01.66	32.26	150m: 1:34.61	32.95	200m: 2:06.91	32.30	
19.	Andre Leitao COSTA	07		Fafe	<b>2:07.86</b>	+0,74	507	
	50m: 29.88 29.88	100m: 1:03.06	33.18	150m: 1:36.55	33.49	200m: 2:07.86	31.31	
20.	Guilherme Mahua SOARES	07		Porto	<b>2:07.96</b>	+0,75	506	
	50m: 28.57 28.57	100m: 1:01.57	33.00	150m: 1:35.30	33.73	200m: 2:07.96	32.66	
21.	Guilherme Corte COSTA	07		Desportivo Nacional	<b>2:08.08</b>	+0,72	505	
	50m: 29.54 29.54	100m: 1:01.50	31.96	150m: 1:35.03	33.53	200m: 2:08.08	33.05	
22.	Joao Pedro CARAPINHA	07		Uniao Piedense	<b>2:08.20</b>	+0,74	503	
	50m: 29.62 29.62	100m: 1:02.51	32.89	150m: 1:35.83	33.32	200m: 2:08.20	32.37	
23.	Afonso Jose FERNANDES	07		Alges	<b>2:08.43</b>	+0,70	500	
	50m: 28.98 28.98	100m: 1:01.58	32.60	150m: 1:34.94	33.36	200m: 2:08.43	33.49	
24.	Tomas Rocha DORES	07		Colegio Efanor	<b>2:08.89</b>	+0,69	495	
	50m: 28.56 28.56	100m: 1:00.16	31.60	150m: 1:34.37	34.21	200m: 2:08.89	34.52	
25.	Francisco Maria SANTOS	08		Alges	<b>2:09.08</b>	+0,69	493	
	50m: 29.87 29.87	100m: 1:03.51	33.64	150m: 1:36.79	33.28	200m: 2:09.08	32.29	

**Prova 33, Masc., 200m Livres, Elimin, Juvenis**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
26.	Eduardo Miguel LIMA	08	Foca Quinta da Lixa CNF	<b>2:09.28</b>	+0,74	491
	50m: 29.87 29.87	100m: 1:03.53	33.66 150m: 1:37.03	33.50	200m: 2:09.28	32.25
27.	Goncalo Andre FERREIRA	07	Ginasio de Vila Real	<b>2:09.55</b>	+0,81	488
	50m: 28.85 28.85	100m: 1:01.41	32.56 150m: 1:35.44	34.03	200m: 2:09.55	34.11
28.	Miguel Braga GOMES	07	Sporting	<b>2:09.71</b>	+0,69	486
	50m: 29.41 29.41	100m: 1:02.46	33.05 150m: 1:36.50	34.04	200m: 2:09.71	33.21
29.	Antonio Cruz FARDILHA	08	Galitos / Bresimar	<b>2:10.40</b>	+0,67	478
	50m: 29.52 29.52	100m: 1:03.05	33.53 150m: 1:37.06	34.01	200m: 2:10.40	33.34
DNS	Miguel Fragoço MEDEIROS	08	Porto			
EXH	Caio Salgado MEDEIROS	07	Alges	<b>2:03.14</b>	+0,66	568
	50m: 27.73 27.73	100m: 59.43	31.70 150m: 1:31.39	31.96	200m: 2:03.14	31.75
EXH	Tomas Coelho CORDEIRO <i>Recorde Nacional S10</i>	04 S10	3,5,12-Colegio Efanor	<b>2:07.38</b>	+0,70	513
	50m: 29.75 29.75	100m: 1:01.57	31.82 150m: 1:34.77	33.20	200m: 2:07.38	32.61
EXH	Diogo Luis CANCELA <i>Recorde Nacional S8</i>	02 S8	1,2,4 Louzan Natacao/EFAPEL	<b>2:11.84</b>	+0,65	463
	50m: 30.82 30.82	100m: 1:04.55	33.73 150m: 1:38.40	33.85	200m: 2:11.84	33.44
EXH	Miguel Duarte CRUZ	99 S15 H	Belenenses	<b>2:13.01</b>	+0,70	450
	50m: 30.02 30.02	100m: 1:04.05	34.03 150m: 1:38.53	34.48	200m: 2:13.01	34.48

**Prova 34**
**Femin., 50m Mariposa**
**Open**

02/04/2023 - 9:55

**Resultados Elimin**

Rec Nac Absoluto	26.58	Ana Margarida GUEDES	GCVR	Porto	06/06/2021
Rec Nac Sen	26.58	Ana Margarida GUEDES	GCVR	Porto	06/06/2021
Rec Nac Jun17	27.10	Mariana Pacheco CUNHA	POR	Rome (ITA)	09/07/2021
Rec Nac Jun16	27.99	Carilina Miranda FERNANDES	POR	Rome (ITA)	09/07/2021

TAC Sen 50m: 30.14 - 25m: 29.64; Jun 50m: 30.89 - 25m: 30.38

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>27.08</b>	+0,58	734	A
2.	Maria Carolina ALMEIDA	05	Colegio Efanor	<b>28.53</b>	+0,71	627	A
3.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>28.58</b>	+0,63	624	A
4.	Ana Catarina MONTEIRO	93	Vilacondense	<b>28.60</b>	+0,66	623	A
5.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>28.75</b>	+0,65	613	A
6.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	<b>28.96</b>	+0,68	600	A
7.	Ana Sebastiao MENDES	04	Aquatico Silves	<b>29.03</b>	+0,69	595	A
	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>29.03</b>	+0,74	595	A
9.	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>29.06</b>	+0,70	594	A
10.	Lia Ana LIMA	01	Benfica	<b>29.10</b>	+0,77	591	A
11.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>29.40</b>	+0,59	573	B

Prova 34, Femin., 50m Mariposa, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
12.	Zara Alejandra ROJAS	07	Desportivo Nacional	<b>29.43</b>	+0,71	572	B
13.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>29.48</b>	+0,67	569	B
14.	Leonor Santos SILVA	03	Porto	<b>29.60</b>	+0,71	562	B
15.	Leonor Tavares CATALAO	06	Sporting	<b>29.77</b>	+0,70	552	B
16.	Angelina Bermejo JONES	04	Portinado	<b>29.85</b>	+0,67	548	B
17.	Maria Rita SOUSA	07	Desportiva de Viana	<b>29.87</b>	+0,75	547	B
18.	Ines Mira PINO	06	Pimpoes/Cimai	<b>29.91</b>	+0,67	544	B
19.	Beatriz Rocha SANTOS	02	Campinho	<b>29.94</b>	+0,58	543	B
20.	Leonor Carvalho OLIVEIRA	07	Despertarecorde	<b>29.99</b>	+0,62	540	B
21.	Joana Francisca RODRIGUES	04	Condeixa Clube	<b>30.00</b>	+0,66	540	R
22.	Gabriela Silva MARQUES	07	Braga	<b>30.01</b>	+0,74	539	R
23.	Madalena Rodrigues TOME	03	Belenenses	<b>30.08</b>	+0,67	535	
24.	Catarina Andrade FRANCO	07	Benfica	<b>30.16</b>	+0,67	531	
25.	Luisa Ponte JORGE	07	Uniao Piedense	<b>30.24</b>	+0,79	527	
26.	Leonor Peso PARENTE	07	Palmela Desporto	<b>30.25</b>	+0,68	526	
27.	Maria Madalena BENTO	05	BUZIOS-Coruche	<b>30.59</b>	+0,76	509	
28.	Mariana Goncalves BROCHADO	06	Viana Natacao	<b>30.66</b>	+0,81	505	
29.	Ana Luisa GOUVEIA	06	Colegio Efanor	<b>30.67</b>	+0,75	505	
30.	Mariana Nunes MARQUES	03	Estarreja/PROZINCO	<b>30.69</b>	+0,70	504	
31.	Catarina Isabel ALVES	06	Aminata	<b>30.70</b>	+0,71	503	
32.	Barbara Nunes MARQUES	06	Estarreja/PROZINCO	<b>30.74</b>	+0,68	501	
33.	Maria Emilia ALMEIDA	07	Colegio Efanor	<b>30.79</b>	+0,78	499	
34.	Lara Filipa JARDIM	06	Naval do Funchal	<b>30.92</b>	+0,67	493	
35.	Mariana Figueira RODEIA	07	Louletano / Loule Concelho	<b>30.95</b>	+0,73	491	
36.	Madalena Almeida FIGUEIRA	07	Academico Viseu	<b>31.06</b>	+0,63	486	
37.	Soraia Maria SALGADO	05	Fisica Torres Vedras	<b>31.18</b>	+0,73	480	
38.	Ana Beatriz SOARES	03	Feirense	<b>31.29</b>	+0,75	475	
39.	Carolina Martins SILVA	07	Estarreja/PROZINCO	<b>31.78</b>	+0,76	454	
40.	Ines Correia TEIXEIRA	06	Amadora	<b>31.85</b>	+0,74	451	
41.	Sofia Alexandra CARVALHO	07	Fluvial Portuense	<b>31.93</b>	+0,75	447	
DNS	Francisca Santos FERREIRA	06	Alges				

Prova 34, Femin., 50m Mariposa, Elimin

Prova 34 Femin., 50m Mariposa Juvenis  
02/04/2023 - 9:55 Resultados Elimin

Rec Nac Absoluto	26.58	Ana Margarida GUEDES	GCVR	Porto	06/06/2021
Rec Nac Juv A	27.98	tempo limite			
Rec Nac Juv B	28.51	tempo limite			

TAC 50m: 32.25 - 25m: 31.71

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Leonor Carnide SILVA	09	Ginasio de Vila Real	<b>29.81</b>	+0,76	550	Q
2.	Maria Silva PEREIRA	08	Ginasio de Vila Real	<b>29.86</b>	+0,63	547	Q
3.	Rafaela Ferreira MENDES	08	Torres Novas	<b>30.51</b>	+0,79	513	Q
4.	Beatriz Costa DIAS	08	Aquatico Pacense	<b>30.55</b>	+0,78	511	Q
5.	Leonor Correia NUNES	08	Aminata	<b>30.82</b>	+0,75	498	Q
6.	Maria Meleiro GONCALVES	08	Galitos / Bresimar	<b>31.22</b>	+0,59	479	Q
7.	Sara Silva LIGEIRO	08	Viana Natacao	<b>31.24</b>	+0,70	478	Q
8.	Carlota Filipa SILVA	08	Portinado	<b>31.47</b>	+0,61	467	Q
9.	Joana Sofia FERNANDES	09	Nacional de Natacao	<b>31.71</b>	+0,73	457	Q
10.	Uxia Romero COSTA	09	Fluvial Portuense	<b>31.76</b>	+0,61	455	Q
11.	Carolina Mendes NUNES	08	Estarreja/PROZINCO	<b>31.78</b>	+0,76	454	R
12.	Ines Maria PEREIRA	08	Natacao de Valongo	<b>31.93</b>	+0,78	447	R
13.	Julia Maria SOARES	08	Miranda do Corvo	<b>32.34</b>	+0,69	431	
14.	Patricia Subtil HENRIQUES	08	Gesloures	<b>32.38</b>	+0,70	429	
15.	Maria Joao MARTINS	08	Fafe	<b>32.41</b>	+0,68	428	
16.	Ana Castro SILVA	08	Famalicao	<b>32.43</b>	+0,77	427	
17.	Maria Saraiva PAIXAO	08	Galitos / Bresimar	<b>32.56</b>	+0,70	422	

Prova 35 Masc., 50m Mariposa Open  
02/04/2023 - 10:05 Resultados Elimin

Rec Nac Absoluto	22.96	Diogo Matos RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nac Sen	23.46	Diogo Matos RIBEIRO	POR	Edirne (TUR)	18/03/2023
Rec Nac Jun18	22.96	Diogo Matos RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nac Jun17	24.09	Diogo Matos RIBEIRO	POR	Rome (ITA)	07/07/2021
RN S10	29.58	Tomas Coelho CORDEIRO	POR	Sheffield (GBR)	16/03/2023
RN S15	26.29	Tiago Correia NEVES	POR	Samsun (HUN)	22/07/2017

TAC Sen 50m: 26.15 - 25m: 25.73; Jun 50m: 26.93 - 25m: 26.50

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Diogo Matos RIBEIRO	04	Benfica	<b>23.26</b>	+0,59	877	A
<i>Recorde Nacional, Minimos CE Sub 23</i>							
2.	Andrii GOVOROV	92	Vitoria Guimaraes	<b>23.61</b>	+0,59	839	A
3.	Gabriel Persequin DIAS	03	Naval do Funchal	<b>24.05</b>	+0,60	793	A
4.	Leonardo SCHILLING	93	Porto	<b>24.24</b>	+0,67	775	A
5.	Miguel Henriques MARQUES	00	Benfica	<b>24.62</b>	+0,66	740	A
6.	Matthew George LAWRENCE	03	Mozambique	<b>24.69</b>	+0,65	733	A
7.	Miguel Duarte NASCIMENTO	95	Benfica	<b>24.76</b>	+0,62	727	A

Prova 35, Masc., 50m Mariposa, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
8.	Fernando Souza SILVA	86	Naval do Funchal	<b>24.86</b>	+0,68	718	A
9.	Joao Esteves PADRELA	99	Naval do Funchal	<b>25.07</b>	+0,66	700	A
10.	Pedro Andre SANTOS	94	Alges	<b>25.09</b>	+0,69	699	A
11.	Paulo VAKULYUK	03	Torres Novas	<b>25.22</b>	+0,69	688	B
12.	Porfirio Braga NUNES	00	Porto	<b>25.29</b>	+0,64	682	B
13.	Joao Soares CARNEIRO	03	Benfica	<b>25.40</b>	+0,60	673	B
14.	Nick HEINIO-WIDELL	05	Alges	<b>25.53</b>	+0,59	663	B
15.	Henrique Gomes SILVA	02	Benfica	<b>25.67</b>	+0,63	652	B
16.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>25.75</b>	+0,64	646	B
17.	Tiago Campos LOURENCO	02	Natacao de Valongo	<b>25.87</b>	+0,71	637	B
18.	Andre Henriques MARQUES	05	Benfica	<b>25.91</b>	+0,64	634	B
19.	Bernardo Jorge SIMOES	04	Belenenses	<b>25.92</b>	+0,61	634	B
20.	Kevins Alexandre APSENIECE	04	Porto	<b>26.00</b>	+0,68	628	?
	Joao Luis RODRIGUES	05	Naval do Funchal	<b>26.00</b>	+0,60	628	?
22.	Francisco Manuel ZENZA	01	Natacao da Maia	<b>26.02</b>	+0,67	626	R
23.	Miguel Vicente SILVA	02	Nautico Marinha Grande	<b>26.03</b>	+0,65	626	
24.	Ricardo Jorge DOMINGUES	02	Nautico Academico	<b>26.04</b>	+0,62	625	
25.	Bernardo Rodrigues TAVARES	04	Galitos / Bresimar	<b>26.08</b>	+0,67	622	
26.	Rodrigo Reis DIAS	03	Belenenses	<b>26.17</b>	+0,63	616	
27.	Rodrigo Miguel REIS	04	Nautico Academico	<b>26.20</b>	+0,63	614	
28.	Rodrigo Ferreira PEREIRA	06	Famalicao	<b>26.22</b>	+0,64	612	
29.	Rui Pedro MADUREIRA	04	Famalicao	<b>26.23</b>	+0,63	612	
30.	Pedro Miguel PITA	06	Naval do Funchal	<b>26.36</b>	+0,66	603	
31.	Daniel Batista TAVARES	06	Braga	<b>26.39</b>	+0,63	600	
32.	Diogo Alexandre OLIVEIRA	05	Naval do Funchal	<b>26.53</b>	+0,63	591	
33.	Jose Pinto CABRAL	05	Viver Santarem	<b>26.68</b>	+0,66	581	
34.	Luis Galvao GOUVEIA	05	Desportivo Nacional	<b>26.78</b>	+0,65	575	
35.	Francisco Campos LOURENCO	06	Natacao de Valongo	<b>26.89</b>	+0,74	568	
36.	Tomas Carvalho SANTOS	05	Louzan Natacao/EFAPEL	<b>27.14</b>	+0,70	552	
37.	Simao Valadas BILRO	05	Aminata	<b>27.33</b>	+0,61	541	

Prova 35, Masc., 50m Mariposa, Elimin

Prova 35	Masc., 50m Mariposa				Juvenis
02/04/2023 - 10:05					Resultados Elimin
Rec Nac Absoluto	22.96	Diogo Matos RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nac Juv A	25.63	tempo limite			
Rec Nac Juv B	26.18	tempo limite			
RN S10	29.58	Tomas Coelho CORDEIRO	POR	Sheffield (GBR)	16/03/2023
RN S15	26.29	Tiago Correia NEVES	POR	Samsun (HUN)	22/07/2017

TAC 50m: 28.24 - 25m: 27.79

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Leonardo Cunha MOURA	07		Foca Quinta da Lixa CNF	<b>26.38</b>	+0,78	601	Q
2.	Duarte Santos FERREIRA	08		Porto	<b>26.39</b>	+0,71	600	Q
3.	Joao Moura FRANCISCO	07		Nautico de Leiria	<b>26.72</b>	+0,76	578	Q
4.	Tiago Lopes BRANDAO	07		Sporting de Aveiro	<b>26.90</b>	+0,66	567	Q
5.	Andre Miguel RAMOS	07		Fisica Torres Vedras	<b>27.17</b>	+0,67	550	Q
6.	Francisco Bernardes MARTELO	07		Porto	<b>27.26</b>	+0,60	545	Q
7.	Dario Rafael OLIVEIRA	07		Portinado	<b>27.53</b>	+0,61	529	Q
8.	Antonio Furtado PIRES	07		CLIP Teams	<b>27.54</b>	+0,64	528	Q
9.	Francisco Maria SANTOS	08		Alges	<b>27.72</b>	+0,71	518	Q
10.	Rafael Pacheco GODINHO	07		Sporting	<b>27.88</b>	+0,71	509	Q
11.	Guilherme Romeira PINTO	07		Sporting de Espinho	<b>27.92</b>	+0,64	507	R
12.	Telmo Drumond RIBEIRO	07		Naval do Funchal	<b>28.13</b>	+0,62	496	R
13.	Tiago Manuel FERNANDES	08		Ginasio de Vila Real	<b>28.21</b>	+0,71	491	
14.	Alexandre Silva RESENDE	07		Feirense	<b>28.23</b>	+0,71	490	
15.	Lucas Silva VILHENA	07		Litoral Alentejano	<b>28.46</b>	+0,61	479	
EXH	Tiago Correia NEVES	97	S15	H Belenenses	<b>26.89</b>	+0,63	568	
EXH	Tomas Coelho CORDEIRO	04	S10	3,5,12-Colegio Efanor	<b>29.94</b>	+0,72	411	
EXH	Diogo Correia NEVES	94	S15	H Colegio Vasco da Gama	<b>30.68</b>	+0,78	382	



Prova 36  
02/04/2023 - 10:15

Femin., 200m Costas

Open  
Resultados Elimin

Rec Nac Absoluto	2:10.41	Camila Rodrigues REBELO	POR	Oran (ALG)	02/07/2022
Rec Nac Sen	2:10.41	Camila Rodrigues REBELO	POR	Oran (ALG)	02/07/2022
Rec Nac Jun17	2:15.53	Rita Barros FRISCHKNECHT	SAD	Coimbra	02/04/2015
Rec Nac Jun16	2:15.72	Camila Rodrigues REBELO	ALN	Coimbra	07/04/2019

TAC Sen 50m: 2:31.36 - 25m: 2:25.45; Jun 50m: 2:35.14 - 25m: 2:29.09

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Camila Rodrigues REBELO 50m: 32.86 32.86	03	Louzan Natacao/EFAPEL 100m: 1:08.66 35.80 150m: 1:44.97 36.31	<b>2:20.76</b>	+0,62	672	A
2.	Maria Luiza PESSANHA 50m: 33.21 33.21	00	Naval do Funchal 100m: 1:08.64 35.43 150m: 1:45.35 36.71	<b>2:22.61</b>	+0,59	647	A
3.	Catarina Martins MESTRE 50m: 32.77 32.77	00	Natacao de Lisboa 100m: 1:08.75 35.98 150m: 1:46.64 37.89	<b>2:24.55</b>	+0,61	621	A
4.	Maria Carolina EIRA 50m: 33.59 33.59	05	Ginasio de Vila Real 100m: 1:10.09 36.50 150m: 1:47.98 37.89	<b>2:25.83</b>	+0,68	605	A
5.	Erica Cristina REIS 50m: 33.99 33.99	05	Sporting 100m: 1:11.51 37.52 150m: 1:50.31 38.80	<b>2:27.62</b>	+0,55	583	A
6.	Joana Nunes CARDEAL 50m: 34.18 34.18	02	Academico Viseu 100m: 1:11.48 37.30 150m: 1:50.11 38.63	<b>2:28.05</b>	+0,73	578	A
7.	Luana Correia RODRIGUES 50m: 34.19 34.19	01	Belenenses 100m: 1:11.33 37.14 150m: 1:49.69 38.36	<b>2:28.60</b>	+0,56	571	A
8.	Sofia Alexandra NUNES 50m: 34.47 34.47	00	Laranjeiro 100m: 1:11.61 37.14 150m: 1:49.96 38.35	<b>2:28.63</b>	+0,69	571	A
9.	Maria Lopes AMADO 50m: 34.30 34.30	04	Sporting 100m: 1:12.57 38.27 150m: 1:50.84 38.27	<b>2:28.73</b>	+0,60	570	A
10.	Leonor Correia PAIVA 50m: 34.09 34.09	04	Louzan Natacao/EFAPEL 100m: 1:11.39 37.30 150m: 1:49.96 38.57	<b>2:29.10</b>	+0,61	566	A
11.	Mafalda Martins MESQUITA 50m: 34.28 34.28	07	Famalicao 100m: 1:11.99 37.71 150m: 1:50.82 38.83	<b>2:29.12</b>	+0,61	565	B
12.	Maria Joao FERREIRA 50m: 34.23 34.23	06	Foca Quinta da Lixa CNF 100m: 1:11.64 37.41 150m: 1:50.42 38.78	<b>2:29.49</b>	+0,61	561	B
13.	Luana Cardoso MAGALHAES 50m: 34.00 34.00	06	Alges 100m: 1:11.83 37.83 150m: 1:51.16 39.33	<b>2:30.73</b>	+0,58	548	B
14.	Carolina Martins CAMACHO 50m: 34.33 34.33	06	Uniao Piedense 100m: 1:12.39 38.06 150m: 1:51.49 39.10	<b>2:30.96</b>	+0,69	545	B
15.	Catarina Castro CASALINHO 50m: 35.41 35.41	07	Estarreja/PROZINCO 100m: 1:15.03 39.62 150m: 1:53.96 38.93	<b>2:31.13</b>	+0,65	543	B
16.	Maria Ornelas ARMAS 50m: 34.54 34.54	98	Vikings 100m: 1:12.59 38.05 150m: 1:52.01 39.42	<b>2:31.23</b>	+0,63	542	B
17.	Ana Teresa ROMAO 50m: 34.10 34.10	06	Naval de Faro 100m: 1:12.03 37.93 150m: 1:51.34 39.31	<b>2:31.34</b>	+0,58	541	B

Prova 36, Femin., 200m Costas, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
18.	Maria Pinto CANINHAS	05	Natacao do Fundao/GIRASSO	<b>2:32.10</b>	+0,64	533	B
	50m: 34.59 34.59	100m: 1:12.45	37.86 150m: 1:52.37	39.92	200m: 2:32.10	39.73	
19.	Beatriz Machado SILVA	06	Braga	<b>2:32.17</b>	+0,51	532	B
	50m: 33.91 33.91	100m: 1:11.99	38.08 150m: 1:51.91	39.92	200m: 2:32.17	40.26	
20.	Teresa Joao PIRES	07	Alges	<b>2:32.19</b>	+0,64	532	B
	50m: 34.23 34.23	100m: 1:12.39	38.16 150m: 1:52.41	40.02	200m: 2:32.19	39.78	
21.	Madalena Almeida FIGUEIRA	07	Academico Viseu	<b>2:32.78</b>	+0,67	526	R
	50m: 34.87 34.87	100m: 1:13.60	38.73 150m: 1:53.48	39.88	200m: 2:32.78	39.30	
22.	Yasmin Reis ABRAO	06	Uniao Piedense	<b>2:33.78</b>	+0,60	516	R
	50m: 35.37 35.37	100m: 1:13.95	38.58 150m: 1:53.61	39.66	200m: 2:33.78	40.17	
23.	Margarida Sobral PIMENTA	99	Vikings	<b>2:34.15</b>	+0,70	512	
	50m: 35.45 35.45	100m: 1:14.21	38.76 150m: 1:54.43	40.22	200m: 2:34.15	39.72	
24.	Daniela Alexandra COSTA	06	Leixoes	<b>2:34.39</b>	+0,68	509	
	50m: 35.19 35.19	100m: 1:14.39	39.20 150m: 1:54.48	40.09	200m: 2:34.39	39.91	
25.	Ana Francisca SILVA	06	Alcobaca	<b>2:35.99</b>	+0,63	494	
	50m: 36.18 36.18	100m: 1:15.45	39.27 150m: 1:55.91	40.46	200m: 2:35.99	40.08	
26.	Maria Miguel RIGOR	06	Viana Natacao	<b>2:36.04</b>	+0,64	493	
	50m: 35.04 35.04	100m: 1:14.10	39.06 150m: 1:54.73	40.63	200m: 2:36.04	41.31	
27.	Maria Carlotta FERRARI	07	Benfica	<b>2:37.08</b>	+0,65	484	
	50m: 35.21 35.21	100m: 1:14.26	39.05 150m: 1:55.71	41.45	200m: 2:37.08	41.37	
28.	Leonor Castanho SANTOS	07	Sporting	<b>2:37.31</b>	+0,76	482	
	50m: 35.90 35.90	100m: 1:15.18	39.28 150m: 1:56.21	41.03	200m: 2:37.31	41.10	
29.	Sara Sofia ALVES	07	Naval Setubalense	<b>2:37.55</b>	+0,62	479	
	50m: 35.39 35.39	100m: 1:15.32	39.93 150m: 1:56.56	41.24	200m: 2:37.55	40.99	
30.	Sara Oliveira CONCEICAO	07	Feirense	<b>2:37.82</b>	+0,73	477	
	50m: 35.48 35.48	100m: 1:14.81	39.33 150m: 1:56.06	41.25	200m: 2:37.82	41.76	
31.	Leonor Garcia FERNANDES	07	O Crasto	<b>2:39.95</b>	+0,75	458	
	50m: 36.64 36.64	100m: 1:17.18	40.54 150m: 1:58.22	41.04	200m: 2:39.95	41.73	

## Prova 36, Femin., 200m Costas, Elimin

 Prova 36  
 02/04/2023 - 10:15

Femin., 200m Costas

 Juvenis  
 Resultados Elimin

Rec Nac Absoluto	2:10.41	Camila Rodrigues REBELO	POR	Oran (ALG)	02/07/2022
Rec Nac Juv A	2:17.38	Joana Carina SILVA	LSXXI	Coimbra	05/04/2012
Rec Nac Juv B	2:20.53	Camila Rodrigues REBELO	ALN	Oeiras	21/07/2017
TAC 50m: 2:41.96 - 25m: 2:35.63					

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Vera Andrade GONCALVES	09	Juventude Atlantico	<b>2:29.52</b>	+0,64	561	Q
	50m: 33.36 33.36	100m: 1:11.34	37.98	150m: 1:50.88	39.54	200m: 2:29.52	38.64
2.	Maria Gomes NEVES	08	Braga	<b>2:32.42</b>	+0,67	530	Q
	50m: 35.44 35.44	100m: 1:14.22	38.78	150m: 1:53.80	39.58	200m: 2:32.42	38.62
3.	Constanca Santos FERREIRA	08	Alges	<b>2:32.48</b>	+0,66	529	Q
	50m: 35.47 35.47	100m: 1:14.30	38.83	150m: 1:53.29	38.99	200m: 2:32.48	39.19
4.	Matilde Marques MENDES	08	Gafanha da Encarnacao	<b>2:33.11</b>	+0,69	522	Q
	50m: 35.02 35.02	100m: 1:13.63	38.61	150m: 1:53.06	39.43	200m: 2:33.11	40.05
5.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>2:34.07</b>	+0,68	513	Q
	50m: 35.70 35.70	100m: 1:15.27	39.57	150m: 1:55.11	39.84	200m: 2:34.07	38.96
6.	Rafaela Ferreira MENDES	08	Torres Novas	<b>2:34.19</b>	+0,63	511	Q
	50m: 35.49 35.49	100m: 1:14.82	39.33	150m: 1:55.02	40.20	200m: 2:34.19	39.17
7.	Carolina Amadeu FERREIRA	08	Leixoes	<b>2:34.73</b>	+0,67	506	Q
	50m: 35.52 35.52	100m: 1:14.34	38.82	150m: 1:54.39	40.05	200m: 2:34.73	40.34
8.	Beatriz Alexandra ROLIM	08	Uniao Piedense	<b>2:35.03</b>	+0,61	503	Q
	50m: 36.01 36.01	100m: 1:15.26	39.25	150m: 1:56.16	40.90	200m: 2:35.03	38.87
9.	Beatriz Belo CLARA	09	Nautico de Leiria	<b>2:35.92</b>	+0,65	495	Q
	50m: 35.62 35.62	100m: 1:15.47	39.85	150m: 1:56.00	40.53	200m: 2:35.92	39.92
10.	Matilde Pinheiro LAMEIRO	08	Galitos / Bresimar	<b>2:36.19</b>	+0,67	492	Q
	50m: 34.08 34.08	100m: 1:13.41	39.33	150m: 1:54.65	41.24	200m: 2:36.19	41.54
11.	Sofia Vega GOMES	08	Naval do Funchal	<b>2:36.31</b>	+0,61	491	R
	50m: 36.26 36.26	100m: 1:16.11	39.85	150m: 1:56.93	40.82	200m: 2:36.31	39.38
12.	Ana Moreira ANTUNES	09	Famalicao	<b>2:36.90</b>	+0,70	485	R
	50m: 35.92 35.92	100m: 1:15.61	39.69	150m: 1:56.57	40.96	200m: 2:36.90	40.33
13.	Matilde Lopes FIALHO	09	Palmela Desporto	<b>2:37.12</b>	+0,67	483	
	50m: 35.77 35.77	100m: 1:15.32	39.55	150m: 1:56.24	40.92	200m: 2:37.12	40.88
14.	Joana Almeida SANTOS	09	Galitos / Bresimar	<b>2:37.33</b>	+0,63	481	
	50m: 37.59 37.59	100m: 1:16.89	39.30	150m: 1:57.37	40.48	200m: 2:37.33	39.96
15.	Ines Carvalhinho RIBEIRO	09	Natacao da Maia	<b>2:37.68</b>	+0,63	478	
	50m: 36.65 36.65	100m: 1:16.84	40.19	150m: 1:57.85	41.01	200m: 2:37.68	39.83
16.	Margarida Catroga MARQUES	08	Colegio Monte Maior	<b>2:37.90</b>	+0,69	476	
	50m: 35.59 35.59	100m: 1:15.33	39.74	150m: 1:56.61	41.28	200m: 2:37.90	41.29
17.	Carolina Marques MADEIRA	09	Nacional de Natacao	<b>2:38.40</b>	+0,72	472	
	50m: 38.49 38.49	100m: 1:18.92	40.43	150m: 1:58.88	39.96	200m: 2:38.40	39.52

## Prova 36, Femin., 200m Costas, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
18.	Beatriz Alves AMBRUS	09		Porto	<b>2:38.65</b>	+0,63	469
	50m: 35.92 35.92	100m: 1:15.68	39.76	150m: 1:57.54	41.86	200m: 2:38.65	41.11
19.	Ana Castro SILVA	08		Famalicao	<b>2:39.62</b>	+0,63	461
	50m: 36.58 36.58	100m: 1:17.09	40.51	150m: 1:58.59	41.50	200m: 2:39.62	41.03
20.	Leonor Martins COSTA	09		Natacao de Lagos	<b>2:39.94</b>	+0,57	458
	50m: 37.85 37.85	100m: 1:18.40	40.55	150m: 1:58.95	40.55	200m: 2:39.94	40.99
21.	Lis Fatima MELO	08		Gesloures	<b>2:40.23</b>	+0,70	456
	50m: 37.04 37.04	100m: 1:16.84	39.80	150m: 1:58.36	41.52	200m: 2:40.23	41.87
22.	Lara Sofia FONSECA	08		Academico Viseu	<b>2:40.72</b>	+0,73	452
	50m: 36.79 36.79	100m: 1:17.28	40.49	150m: 1:59.21	41.93	200m: 2:40.72	41.51
23.	Joana Monteiro CAETANO	08		Gesloures	<b>2:40.76</b>	+0,67	451
	50m: 36.84 36.84	100m: 1:17.82	40.98	150m: 1:59.81	41.99	200m: 2:40.76	40.95
24.	Leonor Carvalho SOARES	08		Porto	<b>2:40.78</b>	+0,60	451
	50m: 37.22 37.22	100m: 1:18.36	41.14	150m: 2:00.25	41.89	200m: 2:40.78	40.53
25.	Francisca Ramos NUNES	09		Naval de Peniche	<b>2:40.93</b>	+0,78	450
	50m: 37.31 37.31	100m: 1:17.65	40.34	150m: 1:59.61	41.96	200m: 2:40.93	41.32
26.	Leonor Mercês CAVALEIRO	09		Columbofila Cantanhedense	<b>2:41.31</b>	+0,67	447
	50m: 36.17 36.17	100m: 1:18.12	41.95	150m: 2:00.29	42.17	200m: 2:41.31	41.02
27.	Matilde Esteves MAGALHAES	09		Sporting Caminha	<b>2:41.53</b>	+0,57	445
	50m: 36.12 36.12	100m: 1:17.18	41.06	150m: 2:00.02	42.84	200m: 2:41.53	41.51
28.	Barbara Maria NEVES	08		Alges	<b>2:43.02</b>	+0,65	433
	50m: 36.06 36.06	100m: 1:16.83	40.77	150m: 1:59.79	42.96	200m: 2:43.02	43.23
29.	Beatriz Silva COENTRAO	08		Famalicao	<b>2:43.27</b>	+0,65	431
	50m: 36.57 36.57	100m: 1:16.74	40.17	150m: 1:59.66	42.92	200m: 2:43.27	43.61
30.	Caetana Amado SANTOS	09		Miranda do Corvo	<b>2:43.47</b>	+0,58	429
	50m: 37.49 37.49	100m: 1:19.55	42.06	150m: 2:02.30	42.75	200m: 2:43.47	41.17
31.	Madalena Valente MOREIRA	09		Colegio Efanor	<b>2:43.92</b>	+0,65	426
	50m: 36.78 36.78	100m: 1:18.99	42.21	150m: 2:01.10	42.11	200m: 2:43.92	42.82
32.	Matilde Rodrigues MARQUES	08		Viana Natacao	<b>2:44.30</b>	+0,68	423
	50m: 37.59 37.59	100m: 1:18.39	40.80	150m: 2:00.91	42.52	200m: 2:44.30	43.39
33.	Francisca Santos FERNANDES	08		Miranda do Corvo	<b>2:45.38</b>	+0,62	414
	50m: 36.11 36.11	100m: 1:17.85	41.74	150m: 2:01.57	43.72	200m: 2:45.38	43.81
34.	Mafalda Monteiro ARAUJO	08		Leixoes	<b>2:47.68</b>	+0,59	398
	50m: 37.87 37.87	100m: 1:20.17	42.30	150m: 2:04.27	44.10	200m: 2:47.68	43.41
DNS	Francisca Martingo RICARDO	09		Porto			

Prova 37  
02/04/2023 - 10:45

Masc., 200m Costas

Open  
Resultados Elimin

Rec Nac Absoluto	1:57.06	Francisco Rogerio SANTOS	SCP	Porto	06/06/2021
Rec Nac Sen	1:57.06	Francisco Rogerio SANTOS	SCP	Porto	06/06/2021
Rec Nac Jun18	2:00.07	Joao Nogueira COSTA	POR	Budapest (HUN)	25/08/2019
Rec Nac Jun17	2:03.06	Pedro Diogo OLIVEIRA	POR	Budapest (HUN)	15/07/2005
RN S11	59:00.00				

TAC Sen 50m: 2:15.20 - 25m: 2:08.95; Jun 50m: 2:19.26 - 25m: 2:12.82

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Ricardo Matias SANTOS <i>Minimos CEJun</i>	05		CPFZ - Natacao	<b>2:03.07</b>	+0,65	752	A
	50m: 29.51 29.51	100m: 1:00.04	30.53	150m: 1:31.32	31.28	200m: 2:03.07	31.75	
2.	Tomas Maia JANUARIO	06		Benfica	<b>2:08.10</b>	+0,74	666	A
	50m: 29.54 29.54	100m: 1:01.16	31.62	150m: 1:34.41	33.25	200m: 2:08.10	33.69	
3.	Francisco Araujo SILVA	06		Famalicao	<b>2:09.25</b>	+0,58	649	A
	50m: 29.61 29.61	100m: 1:02.67	33.06	150m: 1:35.98	33.31	200m: 2:09.25	33.27	
4.	Francisco Rogerio SANTOS	98		Sporting	<b>2:09.31</b>	+0,59	648	A
	50m: 29.62 29.62	100m: 1:02.17	32.55	150m: 1:35.77	33.60	200m: 2:09.31	33.54	
5.	Ricardo Filipe ROCHA	02		Aquatico Pacense	<b>2:09.35</b>	+0,53	647	A
	50m: 29.59 29.59	100m: 1:02.31	32.72	150m: 1:35.79	33.48	200m: 2:09.35	33.56	
6.	Federico MESTRONI	99		Benfica	<b>2:09.43</b>	+0,62	646	A
	50m: 30.04 30.04	100m: 1:02.91	32.87	150m: 1:36.23	33.32	200m: 2:09.43	33.20	
7.	Ricardo Saraiva PIRES	98		Laranjeiro	<b>2:10.53</b>	+0,65	630	A
	50m: 30.65 30.65	100m: 1:03.65	33.00	150m: 1:37.63	33.98	200m: 2:10.53	32.90	
8.	Joao Diogo FERNANDES	98		Belenenses	<b>2:10.62</b>	+0,59	629	A
	50m: 29.88 29.88	100m: 1:02.72	32.84	150m: 1:36.35	33.63	200m: 2:10.62	34.27	
9.	Miguel Cordeiro ALMEIDA	05		Alges	<b>2:11.64</b>	+0,54	614	A
	50m: 30.38 30.38	100m: 1:03.50	33.12	150m: 1:37.34	33.84	200m: 2:11.64	34.30	
10.	Diogo Santos COSTA	02		Benfica	<b>2:12.67</b>	+0,52	600	A
	50m: 29.89 29.89	100m: 1:03.49	33.60	150m: 1:37.93	34.44	200m: 2:12.67	34.74	
11.	Joao Anibal REMELHE	05		Braga	<b>2:13.05</b>	+0,55	595	B
	50m: 30.43 30.43	100m: 1:03.98	33.55	150m: 1:37.85	33.87	200m: 2:13.05	35.20	
12.	Rodrigo Vieira RODRIGUES	06		Sporting de Espinho	<b>2:13.10</b>	+0,55	594	B
	50m: 29.97 29.97	100m: 1:02.70	32.73	150m: 1:36.97	34.27	200m: 2:13.10	36.13	
13.	Miguel Ribeiro BATE	99		Sporting	<b>2:13.20</b>	+0,62	593	B
	50m: 30.74 30.74	100m: 1:03.99	33.25	150m: 1:38.54	34.55	200m: 2:13.20	34.66	
14.	Miguel Salomao TRISTAO	04		Academica de Coimbra	<b>2:14.16</b>	+0,65	580	B
	50m: 31.03 31.03	100m: 1:04.33	33.30	150m: 1:38.67	34.34	200m: 2:14.16	35.49	
15.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	<b>2:14.44</b>	+0,61	576	B
	50m: 31.81 31.81	100m: 1:06.02	34.21	150m: 1:40.64	34.62	200m: 2:14.44	33.80	
16.	Marin CEPELEAGA	05		Portinado	<b>2:14.60</b>	+0,63	574	B
	50m: 30.23 30.23	100m: 1:03.71	33.48	150m: 1:38.73	35.02	200m: 2:14.60	35.87	

## Prova 37, Masc., 200m Costas, Elimin, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
16.	Diogo Miguel SILVA	05		Galitos / Bresimar	<b>2:14.60</b>	+0,56	574	B
	50m: 29.79 29.79	100m: 1:01.61	31.82	150m: 1:37.32	35.71	200m: 2:14.60	37.28	
	Jose Diogo DIAS	04		Nautico Academico	<b>2:14.60</b>	+0,62	574	B
	50m: 30.79 30.79	100m: 1:04.91	34.12	150m: 1:39.69	34.78	200m: 2:14.60	34.91	
19.	Rodrigo Castro ALVES	06		Desportiva de Viana	<b>2:14.86</b>	+0,70	571	B
	50m: 31.92 31.92	100m: 1:06.10	34.18	150m: 1:40.79	34.69	200m: 2:14.86	34.07	
	Rodrigo Manuel CUNHA	04		Vitoria Guimaraes	<b>2:14.86</b>	+0,58	571	B
	50m: 30.47 30.47	100m: 1:04.50	34.03	150m: 1:39.79	35.29	200m: 2:14.86	35.07	
21.	Kaio Araujo FAFINE	06		Sporting	<b>2:15.88</b>	+0,57	558	R
	50m: 30.97 30.97	100m: 1:05.54	34.57	150m: 1:40.72	35.18	200m: 2:15.88	35.16	
22.	Miguel Alves FERNANDES	05		Viana Natacao	<b>2:17.46</b>	+0,65	539	R
	50m: 31.56 31.56	100m: 1:05.91	34.35	150m: 1:41.53	35.62	200m: 2:17.46	35.93	
23.	Job Santos SILVA	96		UD Oliveirense	<b>2:17.53</b>	+0,60	538	
	50m: 31.15 31.15	100m: 1:05.74	34.59	150m: 1:41.74	36.00	200m: 2:17.53	35.79	
24.	Andre Correia ALVES	06		Uniao Piedense	<b>2:17.56</b>	+0,65	538	
	50m: 31.31 31.31	100m: 1:05.75	34.44	150m: 1:41.53	35.78	200m: 2:17.56	36.03	
25.	Miguel Mera HERRERO	06		Sporting	<b>2:17.85</b>	+0,61	535	
	50m: 31.77 31.77	100m: 1:06.56	34.79	150m: 1:42.03	35.47	200m: 2:17.85	35.82	
26.	Tomas Ferreira OLIVEIRA	06		Natacao da Maia	<b>2:17.88</b>	+0,58	534	
	50m: 31.11 31.11	100m: 1:05.87	34.76	150m: 1:41.76	35.89	200m: 2:17.88	36.12	
27.	Gustavo Carvalho SILVA	04		Naval Praia da Vitoria	<b>2:18.04</b>	+0,66	532	
	50m: 30.65 30.65	100m: 1:04.86	34.21	150m: 1:40.66	35.80	200m: 2:18.04	37.38	
28.	Andre Henriques MARQUES	05		Benfica	<b>2:18.76</b>	+0,51	524	
	50m: 30.66 30.66	100m: 1:05.32	34.66	150m: 1:40.99	35.67	200m: 2:18.76	37.77	
29.	Pedro Santos PEREIRA	06		Leixoes	<b>2:19.56</b>	+0,76	515	
	50m: 32.30 32.30	100m: 1:07.31	35.01	150m: 1:43.62	36.31	200m: 2:19.56	35.94	
30.	Gil Santos LEMOS	06		Pimpoes/Cimai	<b>2:20.11</b>	+0,69	509	
	50m: 32.02 32.02	100m: 1:07.00	34.98	150m: 1:43.72	36.72	200m: 2:20.11	36.39	
31.	Luiz Henrique MENDONCA	06		Belenenses	<b>2:21.68</b>	+0,64	492	
	50m: 30.78 30.78	100m: 1:05.07	34.29	150m: 1:42.24	37.17	200m: 2:21.68	39.44	
32.	Miguel Costa DURAO	06		Braga	<b>2:22.05</b>	+0,53	489	
	50m: 31.55 31.55	100m: 1:06.96	35.41	150m: 1:44.51	37.55	200m: 2:22.05	37.54	
33.	Antonio Coelho VIEIRA	06		Sporting	<b>2:22.38</b>	+0,60	485	
	50m: 31.50 31.50	100m: 1:07.22	35.72	150m: 1:44.89	37.67	200m: 2:22.38	37.49	
DNS	Andre Azevedo BARAONA	04		Natacao do Montijo				
DNS	Vasco Monteiro CASTRO	06		Porto				
DNS	Tomas Almeida CORDEIRO	05		Alges				

Prova 37, Masc., 200m Costas, Elimim

Prova 37 Masc., 200m Costas Juvenis  
02/04/2023 - 10:45 Resultados Elimin

Rec Nac Absoluto	1:57.06	Francisco Rogerio SANTOS	SCP	Porto	06/06/2021
Rec Nac Juv A	2:06.59	Joao Alexandre VITAL	POR	Netanya (ISR)	28/06/2014
Rec Nac Juv B	2:06.44	Joao Alexandre VITAL	POR	Utrecht (NED)	17/07/2013
RN S11	59:00.00				

TAC 50m: 2:26.02 - 25m: 2:19.27

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Goncalo Carlos AZEVEDO	07		Natacao da Maia	<b>2:13.72</b>	+0,55	586	Q
	50m: 30.06 30.06	100m: 1:03.94	33.88	150m: 1:38.94	35.00	200m: 2:13.72	34.78	
2.	Tiago Mendes COSTA	07		Famalicao	<b>2:15.16</b>	+0,66	567	Q
	50m: 30.58 30.58	100m: 1:04.42	33.84	150m: 1:39.97	35.55	200m: 2:15.16	35.19	
3.	Afonso Bjork FREITAS	07		Nacional de Natacao	<b>2:16.31</b>	+0,61	553	Q
	50m: 30.96 30.96	100m: 1:05.41	34.45	150m: 1:41.04	35.63	200m: 2:16.31	35.27	
4.	Tiago Brazao NEVES	07		Naval do Funchal	<b>2:16.46</b>	+0,58	551	Q
	50m: 31.64 31.64	100m: 1:06.07	34.43	150m: 1:41.51	35.44	200m: 2:16.46	34.95	
5.	Rodrigo Filipe CORREIA	07		Porto	<b>2:16.94</b>	+0,55	545	Q
	50m: 30.61 30.61	100m: 1:04.99	34.38	150m: 1:40.67	35.68	200m: 2:16.94	36.27	
6.	Leonardo Conceicao REIS	07		Sporting	<b>2:17.44</b>	+0,62	539	Q
	50m: 31.63 31.63	100m: 1:05.89	34.26	150m: 1:41.56	35.67	200m: 2:17.44	35.88	
7.	Tomas Pinto PEIXOTO	08		Porto	<b>2:17.96</b>	+0,61	533	Q
	50m: 32.01 32.01	100m: 1:06.52	34.51	150m: 1:42.44	35.92	200m: 2:17.96	35.52	
8.	Daniel KUCHERYAVENKO	07		Galitos / Bresimar	<b>2:20.19</b>	+0,66	508	Q
	50m: 31.89 31.89	100m: 1:07.43	35.54	150m: 1:44.14	36.71	200m: 2:20.19	36.05	
9.	Alexandre DZYAKANAU	07		Louzan Natacao/EFAPEL	<b>2:20.77</b>	+0,58	502	Q
	50m: 33.13 33.13	100m: 1:08.83	35.70	150m: 1:45.41	36.58	200m: 2:20.77	35.36	
10.	Mikhael ONUTSKYY	08		Pimpoes/Cimai	<b>2:21.43</b>	+0,63	495	Q
	50m: 33.85 33.85	100m: 1:10.15	36.30	150m: 1:46.27	36.12	200m: 2:21.43	35.16	
11.	Ricardo Figueiredo FERNANDES	08		Colegio Monte Maior	<b>2:21.44</b>	+0,67	495	R
	50m: 32.89 32.89	100m: 1:09.19	36.30	150m: 1:46.09	36.90	200m: 2:21.44	35.35	
12.	Renato Gouveia TEIXEIRA	07		Foca Quinta da Lixa CNF	<b>2:21.55</b>	+0,63	494	R
	50m: 32.42 32.42	100m: 1:08.30	35.88	150m: 1:44.77	36.47	200m: 2:21.55	36.78	
13.	Francisco Miguel PEREIRA	08		Fluvial Portuense	<b>2:21.82</b>	+0,64	491	
	50m: 32.80 32.80	100m: 1:09.12	36.32	150m: 1:45.74	36.62	200m: 2:21.82	36.08	
14.	Lourenco Lopes SILVA	07		Uniao Piedense	<b>2:22.03</b>	+0,63	489	
	50m: 31.91 31.91	100m: 1:08.13	36.22	150m: 1:45.92	37.79	200m: 2:22.03	36.11	
15.	Afonso Rodrigues CALHELHA	07		Colegio Monte Maior	<b>2:22.23</b>	+0,59	487	
	50m: 31.53 31.53	100m: 1:07.52	35.99	150m: 1:44.26	36.74	200m: 2:22.23	37.97	
16.	Pedro Saad OLIVEIRA	08		Sporting	<b>2:22.42</b>	+0,69	485	
	50m: 32.27 32.27	100m: 1:08.52	36.25	150m: 1:45.78	37.26	200m: 2:22.42	36.64	
17.	Francisco Marques SIMOES	07		Nautico de Leiria	<b>2:22.43</b>	+0,59	485	
	50m: 31.56 31.56	100m: 1:07.08	35.52	150m: 1:44.89	37.81	200m: 2:22.43	37.54	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS							
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS			

Prova 37, Masc., 200m Costas, Elimín, Juvenis

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
18.	Joao Miguel VITORIA 50m: 33.43 33.43	08	Academico Viseu 36.58 150m: 1:47.11	<b>2:23.63</b> 37.10 200m: 2:23.63	+0,61	473 36.52
19.	Antonio Ricardo ALVES 50m: 33.43 33.43	07	Belenenses 36.56 150m: 1:47.29	<b>2:24.17</b> 37.30 200m: 2:24.17	+0,70	467 36.88
20.	Tiago Delfim PEREIRA 50m: 33.16 33.16	07	Aminata 35.98 150m: 1:46.93	<b>2:24.46</b> 37.79 200m: 2:24.46	+0,59	465 37.53
21.	Afonso Gago GARCIA 50m: 33.91 33.91	08	Benfica 37.51 150m: 1:48.97	<b>2:24.62</b> 37.55 200m: 2:24.62	+0,55	463 35.65
22.	Joaquim Gabriel OLIVEIRA 50m: 32.68 32.68	07	Sporting de Aveiro 36.79 150m: 1:47.51	<b>2:25.09</b> 38.04 200m: 2:25.09	+0,65	458 37.58
23.	Antonio Pedro MOREIRA 50m: 32.99 32.99	08	Colegio Efanor 36.72 150m: 1:47.19	<b>2:25.10</b> 37.48 200m: 2:25.10	+0,64	458 37.91
24.	Andriy FEDOROV 50m: 33.43 33.43	08	FC Ferreiras/AlgarExperience 36.42 150m: 1:47.88	<b>2:25.74</b> 38.03 200m: 2:25.74	+0,64	452 37.86
25.	Pedro Miguel PINTO 50m: 33.08 33.08	07	Fafe 37.17 150m: 1:49.08	<b>2:27.20</b> 38.83 200m: 2:27.20	+0,67	439 38.12
26.	Miguel Duarte BATISTA 50m: 34.04 34.04	08	Academico Viseu 37.89 150m: 1:50.03	<b>2:28.30</b> 38.10 200m: 2:28.30	+0,68	429 38.27
27.	Antonio Rego ARSENIO 50m: 32.34 32.34	07	Alges 37.43 150m: 1:49.24	<b>2:28.39</b> 39.47 200m: 2:28.39	+0,63	429 39.15
28.	Afonso Bernardo EVARISTO 50m: 34.27 34.27	08	Gualdim Pais 37.69 150m: 1:50.51	<b>2:28.71</b> 38.55 200m: 2:28.71	+0,67	426 38.20
29.	Francisco Fernandes PEREIRA 50m: 36.11 36.11	08	Academica de Coimbra 37.65 150m: 1:51.59	<b>2:29.07</b> 37.83 200m: 2:29.07	+0,55	423 37.48
30.	Dario Rafael OLIVEIRA 50m: 33.93 33.93	07	Portinado 38.34 150m: 1:51.89	<b>2:31.18</b> 39.62 200m: 2:31.18	+0,67	405 39.29
DNS	Leonardo Jose CRUZ	07	Alcobaca			
EXH	Marco Ribeiro MENESES <i>Recorde Nacional S11, World Record - S11</i> 50m: 33.48 33.48	01 S11 T	O Crasto 38.39 150m: 1:49.13	<b>2:26.95</b> 37.26 200m: 2:26.95	+0,64	441 37.82



Prova 38 Femin., 200m Bruços Open  
02/04/2023 - 11:15 Resultados Elimin

Rec Nac Absoluto	2:25.67	Victoria KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nac Sen	2:25.67	Victoria KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nac Jun17	2:29.23	Raquel Gomes PEREIRA	SAD	Coimbra	02/04/2017
Rec Nac Jun16	2:29.51	Diana Duarte GOMES	POR	Budapeste (HUN)	15/07/2005

TAC Sen 50m: 2:51.07 - 25m: 2:43.83; Jun 50m: 2:55.35 - 25m: 2:47.93

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Raquel Gomes PEREIRA	00	Benfica	<b>2:35.02</b>	+0,72	720	A
	50m: 35.13 35.13	100m: 1:14.51	39.38 150m: 1:54.59	40.08	200m: 2:35.02	40.43	
2.	Maria Freitas CASTRO	03	Porto	<b>2:40.19</b>	+0,68	652	A
	50m: 36.94 36.94	100m: 1:18.00	41.06 150m: 1:59.18	41.18	200m: 2:40.19	41.01	
3.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>2:40.37</b>	+0,74	650	A
	50m: 36.49 36.49	100m: 1:17.16	40.67 150m: 1:58.43	41.27	200m: 2:40.37	41.94	
4.	Madalena Reis CERDEIRA	03	Sporting	<b>2:40.64</b>	+0,72	647	A
	50m: 37.04 37.04	100m: 1:17.98	40.94 150m: 1:59.27	41.29	200m: 2:40.64	41.37	
5.	Lidiana Correia RODRIGUES	04	Belenenses	<b>2:41.13</b>	+0,76	641	A
	50m: 35.73 35.73	100m: 1:16.46	40.73 150m: 1:58.70	42.24	200m: 2:41.13	42.43	
6.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>2:41.55</b>	+0,67	636	A
	50m: 36.59 36.59	100m: 1:18.08	41.49 150m: 1:59.96	41.88	200m: 2:41.55	41.59	
7.	Matilde Barros LEAL	07	Aquatico Pacense	<b>2:42.49</b>	+0,81	625	A
	50m: 37.52 37.52	100m: 1:19.11	41.59 150m: 2:00.83	41.72	200m: 2:42.49	41.66	
8.	Maria Carlota REBELO	03	Condeixa Clube	<b>2:42.89</b>	+0,75	620	A
	50m: 37.04 37.04	100m: 1:18.17	41.13 150m: 2:00.42	42.25	200m: 2:42.89	42.47	
9.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>2:43.19</b>	+0,70	617	A
	50m: 37.10 37.10	100m: 1:19.10	42.00 150m: 2:00.82	41.72	200m: 2:43.19	42.37	
10.	Sofia Nunes FIAL	03	Porto	<b>2:44.23</b>	+0,72	605	A
	50m: 36.66 36.66	100m: 1:18.78	42.12 150m: 2:00.85	42.07	200m: 2:44.23	43.38	
11.	Rebeca Leonor ANTUNES	06	Alges	<b>2:44.54</b>	+0,65	602	B
	50m: 37.89 37.89	100m: 1:20.75	42.86 150m: 2:02.47	41.72	200m: 2:44.54	42.07	
12.	Angelica Maria ANDRE	94	Porto	<b>2:45.16</b>	+0,74	595	B
	50m: 37.48 37.48	100m: 1:19.34	41.86 150m: 2:02.29	42.95	200m: 2:45.16	42.87	
13.	Claudia Ferreira BORGES	99	Natacao de Olhao	<b>2:45.38</b>	+0,67	593	B
	50m: 36.76 36.76	100m: 1:18.66	41.90 150m: 2:01.68	43.02	200m: 2:45.38	43.70	
14.	Catarina Costa SEQUEIRA	98	Natacao de Lisboa	<b>2:45.57</b>	+0,69	591	B
	50m: 37.08 37.08	100m: 1:18.97	41.89 150m: 2:02.13	43.16	200m: 2:45.57	43.44	
15.	Laura Almeida PINA	07	O Crasto	<b>2:45.72</b>	+0,71	589	B
	50m: 37.46 37.46	100m: 1:19.56	42.10 150m: 2:02.36	42.80	200m: 2:45.72	43.36	
16.	Francisca Salvador MESQUITA	02	Sporting	<b>2:46.42</b>	+0,74	582	B
	50m: 38.36 38.36	100m: 1:20.49	42.13 150m: 2:03.29	42.80	200m: 2:46.42	43.13	
	Margarida Domingues NUNES	05	Sporting	<b>2:46.42</b>	+0,70	582	B
	50m: 36.44 36.44	100m: 1:18.12	41.68 150m: 2:01.33	43.21	200m: 2:46.42	45.09	

## Prova 38, Femin., 200m Bruços, Elimin, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
16.	Daniela Magalhaes LOPES	05	Famalicao	<b>2:46.42</b>	+0,81	582	B
	50m: 38.57 38.57	100m: 1:20.96	42.39 150m: 2:03.56	42.60	200m: 2:46.42	42.86	
19.	Maria Joao RIBEIRO	05	Sao Joao Ver	<b>2:47.70</b>	+0,69	568	B
	50m: 37.03 37.03	100m: 1:18.90	41.87 150m: 2:02.58	43.68	200m: 2:47.70	45.12	
20.	Beatriz Andre GASPAS	06	Nautico Academico	<b>2:48.27</b>	+0,69	563	B
	50m: 38.01 38.01	100m: 1:21.17	43.16 150m: 2:04.77	43.60	200m: 2:48.27	43.50	
21.	Laura Sofia RODRIGUES	07	Juventude Atlantico	<b>2:48.34</b>	+0,72	562	R
	50m: 37.16 37.16	100m: 1:19.95	42.79 150m: 2:03.66	43.71	200m: 2:48.34	44.68	
22.	Matilde Nunes LOPES	06	Benfica	<b>2:48.38</b>	+0,72	561	R
	50m: 38.12 38.12	100m: 1:20.83	42.71 150m: 2:04.12	43.29	200m: 2:48.38	44.26	
23.	Rita Machita SANTOS	07	Naval Setubalense	<b>2:49.22</b>	+0,77	553	
	50m: 38.24 38.24	100m: 1:21.20	42.96 150m: 2:05.25	44.05	200m: 2:49.22	43.97	
24.	Madalena Correa SA	06	Benfica	<b>2:49.32</b>	+0,79	552	
	50m: 39.41 39.41	100m: 1:23.49	44.08 150m: 2:06.23	42.74	200m: 2:49.32	43.09	
25.	Emma Aguiar BERGAMO	07	Alges	<b>2:49.34</b>	+0,65	552	
	50m: 37.40 37.40	100m: 1:20.38	42.98 150m: 2:04.24	43.86	200m: 2:49.34	45.10	
26.	Joana Rosa FERREIRA	05	Naval de Peniche	<b>2:49.51</b>	+0,73	550	
	50m: 36.68 36.68	100m: 1:19.53	42.85 150m: 2:04.00	44.47	200m: 2:49.51	45.51	
27.	Mafalda Rodrigues CARDOSO	07	Sporting de Espinho	<b>2:50.42</b>	+0,64	542	
	50m: 38.52 38.52	100m: 1:21.62	43.10 150m: 2:06.16	44.54	200m: 2:50.42	44.26	
28.	Angela Rodrigues REBELO	07	Louzan Natacao/EFAPEL	<b>2:51.60</b>	+0,64	530	
	50m: 38.91 38.91	100m: 1:23.45	44.54 150m: 2:07.98	44.53	200m: 2:51.60	43.62	
29.	Zoe ENGELEN	05	Louletano / Loule Concelho	<b>2:51.70</b>	+0,88	529	
	50m: 40.48 40.48	100m: 1:24.07	43.59 150m: 2:06.74	42.67	200m: 2:51.70	44.96	
30.	Ana Pinho RODRIGUES	94	Desportiva de Viana	<b>2:52.49</b>	+0,64	522	
	50m: 31.64 31.64	100m: 1:08.48	36.84 150m: 2:00.93	52.45	200m: 2:52.49	51.56	
31.	Andreia Monteiro BARREIRA	06	Peso da Regua	<b>2:52.66</b>	+0,64	521	
	50m: 38.09 38.09	100m: 1:21.31	43.22 150m: 2:05.93	44.62	200m: 2:52.66	46.73	
32.	Joana Navega TEIXEIRA	07	Fluvial Portuense	<b>2:52.82</b>	+0,62	519	
	50m: 38.08 38.08	100m: 1:21.88	43.80 150m: 2:06.79	44.91	200m: 2:52.82	46.03	
33.	Nuria Soares SILVA	07	Sao Joao Ver	<b>2:54.77</b>	+0,72	502	
	50m: 38.80 38.80	100m: 1:22.73	43.93 150m: 2:08.32	45.59	200m: 2:54.77	46.45	
34.	Leonor Carreiro RODRIGUES	07	Benfica	<b>2:55.01</b>	+0,66	500	
	50m: 40.62 40.62	100m: 1:24.95	44.33 150m: 2:09.65	44.70	200m: 2:55.01	45.36	
35.	Francisca Martins GOMES	07	Porto	<b>2:56.42</b>	+0,84	488	
	50m: 38.38 38.38	100m: 1:23.67	45.29 150m: 2:09.58	45.91	200m: 2:56.42	46.84	
36.	Margarida Correia MADEIRA	06	Nautico Marinha Grande	<b>2:56.56</b>	+0,79	487	
	50m: 39.60 39.60	100m: 1:24.96	45.36 150m: 2:11.03	46.07	200m: 2:56.56	45.53	
37.	Mariana Cunha REBELO	06	Natacao de Vagos	<b>3:00.12</b>	+0,72	459	
	50m: 40.40 40.40	100m: 1:26.74	46.34 150m: 2:13.78	47.04	200m: 3:00.12	46.34	

**Prova 38, Femin., 200m Bruços, Elimin, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
38.	Beatriz Heitor CACHACO	07	Gesloures	<b>3:00.38</b>	+0,61	457
	50m: 39.61 39.61	100m: 1:26.01	46.40	150m: 2:12.34	46.33	200m: 3:00.38 48.04
DNS	Beatriz Matias ALMEIDA	06	Lagoa AC			
DNS	Vanessa Liliana ALMEIDA	07	Nautico de Leiria			

**Prova 38**

**Femin., 200m Bruços**

**Juvenis**

02/04/2023 - 11:15

**Resultados Elimin**

Rec Nac Absoluto	2:25.67	Victoria KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nac Juv A	2:31.32	Diana Duarte GOMES	POR	Mulhouse (FRA)	27/06/2004
Rec Nac Juv B	2:36.99	Diana Duarte GOMES	POR	Paris (FRA)	28/07/2003

TAC 50m: 3:03.04 - 25m: 2:55.30  
 Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Alexandra LEITE	08	Braga	<b>2:49.43</b>	+0,73	551 Q
	50m: 37.58 37.58	100m: 1:20.84	43.26	150m: 2:04.96	44.12	200m: 2:49.43 44.47
2.	Matilde Militao GUERRA	08	Colegio Monte Maior	<b>2:50.45</b>	+0,75	541 Q
	50m: 37.79 37.79	100m: 1:22.05	44.26	150m: 2:05.43	43.38	200m: 2:50.45 45.02
3.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>2:54.63</b>	+0,77	503 Q
	50m: 38.78 38.78	100m: 1:22.25	43.47	150m: 2:07.79	45.54	200m: 2:54.63 46.84
4.	Mariana Pinto FERREIRA	08	Foca Quinta da Lixa CNF	<b>2:55.17</b>	+0,83	499 Q
	50m: 38.99 38.99	100m: 1:23.29	44.30	150m: 2:09.34	46.05	200m: 2:55.17 45.83
5.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>2:55.61</b>	+0,65	495 Q
	50m: 38.93 38.93	100m: 1:24.15	45.22	150m: 2:10.19	46.04	200m: 2:55.61 45.42
6.	Madalena Azevedo MESSIAS	09	Sporting	<b>2:57.57</b>	+0,72	479 Q
	50m: 39.79 39.79	100m: 1:25.28	45.49	150m: 2:10.63	45.35	200m: 2:57.57 46.94
7.	Rita Lobo PIRES	09	Natacao do Fundao/GIRASSOL	<b>2:57.59</b>	+0,82	478 Q
	50m: 40.25 40.25	100m: 1:25.13	44.88	150m: 2:11.17	46.04	200m: 2:57.59 46.42
8.	Rita Rocha SILVA	08	Alcobaca	<b>2:57.71</b>	+0,70	478 Q
	50m: 39.86 39.86	100m: 1:24.49	44.63	150m: 2:10.96	46.47	200m: 2:57.71 46.75
9.	Leonor Serrao NASCIMENTO	08	Alges	<b>2:57.74</b>	+0,68	477 Q
	50m: 39.06 39.06	100m: 1:24.02	44.96	150m: 2:10.77	46.75	200m: 2:57.74 46.97
10.	Rita Calado CRUZ	09	Academica de Coimbra	<b>2:58.15</b>	+0,60	474 Q
	50m: 41.26 41.26	100m: 1:25.41	44.15	150m: 2:11.13	45.72	200m: 2:58.15 47.02
11.	Francisca Lamas SILVA	08	Colegio Efanor	<b>2:58.29</b>	+0,71	473 R
	50m: 40.23 40.23	100m: 1:25.72	45.49	150m: 2:12.27	46.55	200m: 2:58.29 46.02
12.	Teresa Isabel RODRIGUES	09	Foca Quinta da Lixa CNF	<b>2:58.76</b>	+0,66	469 ?
	50m: 39.83 39.83	100m: 1:24.60	44.77	150m: 2:12.00	47.40	200m: 2:58.76 46.76
	Raquel Sofia BRAS	09	Belenenses	<b>2:58.76</b>	+0,69	469 ?
	50m: 40.08 40.08	100m: 1:25.17	45.09	150m: 2:12.29	47.12	200m: 2:58.76 46.47
14.	Erica Ferreira BARROS	08	Aquatico Pacense	<b>2:59.18</b>	+0,67	466
	50m: 37.48 37.48	100m: 1:21.07	43.59	150m: 2:08.78	47.71	200m: 2:59.18 50.40

Prova 38, Femin., 200m Bruços, Elimin, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
15.	Luciana Filipa PINTO	08		Porto	<b>2:59.26</b>	+0,68	465
	50m: 39.31 39.31	100m: 1:25.26	45.95	150m: 2:11.71	46.45	200m: 2:59.26	47.55
16.	Carolina Mendes NUNES	08		Estarreja/PROZINCO	<b>3:00.81</b>	+0,79	453
	50m: 40.28 40.28	100m: 1:26.46	46.18	150m: 2:13.66	47.20	200m: 3:00.81	47.15
17.	Margarida Caninhas PAIS	08		Natacao do Fundao/GIRASSOL	<b>3:00.85</b>	+0,68	453
	50m: 40.50 40.50	100m: 1:26.56	46.06	150m: 2:12.41	45.85	200m: 3:00.85	48.44
18.	Ana Beatriz CAMPOS	08		Academica de Coimbra	<b>3:00.91</b>	+0,87	453
	50m: 42.16 42.16	100m: 1:28.14	45.98	150m: 2:15.33	47.19	200m: 3:00.91	45.58
19.	Lara Martins LAMEIRA	08		Leixoes	<b>3:01.10</b>	+0,76	451
	50m: 40.43 40.43	100m: 1:26.18	45.75	150m: 2:12.98	46.80	200m: 3:01.10	48.12
20.	Luisa Goncalves RODRIGUES	08		Fisica Torres Vedras	<b>3:01.34</b>	+0,74	449
	50m: 40.14 40.14	100m: 1:25.57	45.43	150m: 2:12.59	47.02	200m: 3:01.34	48.75
21.	Maria Manuel BRAZ	09		Ginasio de Vila Real	<b>3:01.74</b>	+0,70	446
	50m: 40.49 40.49	100m: 1:26.42	45.93	150m: 2:13.91	47.49	200m: 3:01.74	47.83
22.	Rita Silva GOMES	08		Colegio Efanor	<b>3:02.19</b>	+0,77	443
	50m: 39.13 39.13	100m: 1:25.51	46.38	150m: 2:13.65	48.14	200m: 3:02.19	48.54
23.	Bruna Filipa LOURENCO	08		O Crasto	<b>3:02.21</b>	+0,75	443
	50m: 40.37 40.37	100m: 1:26.19	45.82	150m: 2:14.09	47.90	200m: 3:02.21	48.12
24.	Marta Oliveira FERREIRA	08		Colegio Vasco da Gama	<b>3:02.44</b>	+0,78	441
	50m: 40.86 40.86	100m: 1:27.64	46.78	150m: 2:14.97	47.33	200m: 3:02.44	47.47
25.	Daniela Pina RODRIGUES	09		Gesloures	<b>3:02.61</b>	+0,59	440
	50m: 39.04 39.04	100m: 1:24.72	45.68	150m: 2:12.74	48.02	200m: 3:02.61	49.87
26.	Carlota Ganito SANTOS	09		Galitos / Bresimar	<b>3:03.86</b>	+0,83	431
	50m: 41.52 41.52	100m: 1:28.73	47.21	150m: 2:15.83	47.10	200m: 3:03.86	48.03
27.	Filipa Carvalho GALANTE	09		Vilacondense	<b>3:03.95</b>	+0,89	430
	50m: 40.35 40.35	100m: 1:26.63	46.28	150m: 2:15.06	48.43	200m: 3:03.95	48.89
28.	Laura Silva FERNANDES	08		Miranda do Corvo	<b>3:04.34</b>	+0,77	428
	50m: 41.89 41.89	100m: 1:28.84	46.95	150m: 2:16.50	47.66	200m: 3:04.34	47.84
29.	Beatriz Ferreira BATISTA	09		CPCD-Povoa St Iria	<b>3:05.19</b>	+0,81	422
	50m: 41.59 41.59	100m: 1:28.54	46.95	150m: 2:16.93	48.39	200m: 3:05.19	48.26
30.	Rita Antunes RATINHO	09		Naval Setubalense	<b>3:07.05</b>	+0,77	409
	50m: 42.22 42.22	100m: 1:29.43	47.21	150m: 2:18.57	49.14	200m: 3:07.05	48.48
31.	Maria Rita BENTO	08		Gafanha da Encarnacao	<b>3:07.40</b>	+0,71	407
	50m: 40.08 40.08	100m: 1:28.06	47.98	150m: 2:18.92	50.86	200m: 3:07.40	48.48
32.	Julia Freitas PEREIRA	08		Naval do Funchal	<b>3:08.07</b>	+0,62	403
	50m: 39.30 39.30	100m: 1:26.77	47.47	150m: 2:17.28	50.51	200m: 3:08.07	50.79
33.	Adriana Ribeiro BARROS	08		Braga	<b>3:09.09</b>	+0,81	396
	50m: 42.46 42.46	100m: 1:30.88	48.42	150m: 2:20.57	49.69	200m: 3:09.09	48.52
DSQ	Mafalda Coelho PEIXOTO	09		Vitoria Guimaraes		+0,69	
<i>7.22 - O(A) nadador(a), na viragem dos 100 metros, tocou na parede com toque não simultâneo - SW 7.6</i>							

## Prova 38, Femin., 200m Bruços, Elimin

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
EXH	Elena Del Rio BERNAT	07	Alges	<b>2:59.26</b>	+0,73	465
	50m: 40.45 40.45	100m: 1:25.81	45.36 150m: 2:12.56	46.75 200m: 2:59.26		46.70

## Prova 39

02/04/2023 - 11:45

## Masc., 200m Bruços

Open

Resultados Elimin

Rec Nac Absoluto	2:11.92	Gabriel Jose LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Sen	2:11.92	Gabriel Jose LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Jun18	2:15.99	Andre Miguel SILVA	PDEM	Faro	20/07/2009
Rec Nac Jun17	2:19.00	Andre Goncalo SANTOS	LSC	Oeiras	26/07/2014

TAC Sen 50m: 2:31.40 - 25m: 2:24.64; Jun 50m: 2:35.94 - 25m: 2:28.98

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>2:21.16</b>	+0,63	710	A
	50m: 29.50 29.50	100m: 1:02.37	32.87 150m: 1:41.20	38.83 200m: 2:21.16		39.96	
2.	Pedro Goncalves BONNIZ	06	Benfica	<b>2:21.43</b>	+0,61	706	A
	50m: 32.90 32.90	100m: 1:09.03	36.13 150m: 1:45.34	36.31 200m: 2:21.43		36.09	
3.	Rafael Gomes SIMOES	00	Braga	<b>2:23.58</b>	+0,73	675	A
	50m: 31.71 31.71	100m: 1:08.13	36.42 150m: 1:46.00	37.87 200m: 2:23.58		37.58	
4.	Diogo Garcez MATEUS	02	Sporting	<b>2:26.07</b>	+0,66	641	A
	50m: 32.13 32.13	100m: 1:09.43	37.30 150m: 1:47.77	38.34 200m: 2:26.07		38.30	
5.	Nicollas Cataldo SOUZA	02	Naval do Funchal	<b>2:26.14</b>	+0,63	640	A
	50m: 32.58 32.58	100m: 1:09.74	37.16 150m: 1:47.69	37.95 200m: 2:26.14		38.45	
6.	Francisco Robalo QUINTAS	95	Sporting	<b>2:26.44</b>	+0,63	636	A
	50m: 33.69 33.69	100m: 1:10.61	36.92 150m: 1:47.22	36.61 200m: 2:26.44		39.22	
7.	Joao Carvalho RODRIGUES	06	Galitos / Bresimar	<b>2:27.41</b>	+0,66	623	A
	50m: 33.17 33.17	100m: 1:11.24	38.07 150m: 1:49.32	38.08 200m: 2:27.41		38.09	
8.	Goncalo Duarte CARVALHO	05	Benfica	<b>2:27.44</b>	+0,65	623	A
	50m: 33.31 33.31	100m: 1:10.37	37.06 150m: 1:48.66	38.29 200m: 2:27.44		38.78	
9.	Carlos Daniel NUNES	05	Nautico Salvaterra Magos	<b>2:27.53</b>	+0,64	622	A
	50m: 32.24 32.24	100m: 1:09.77	37.53 150m: 1:48.30	38.53 200m: 2:27.53		39.23	
10.	Rodrigo Almeida CABRITO	01	Belenenses	<b>2:28.52</b>	+0,65	609	A
	50m: 32.63 32.63	100m: 1:10.21	37.58 150m: 1:49.05	38.84 200m: 2:28.52		39.47	
11.	Joaquim Agra MERUJE	01	Uniao Coimbra	<b>2:28.54</b>	+0,72	609	B
	50m: 32.96 32.96	100m: 1:10.59	37.63 150m: 1:49.03	38.44 200m: 2:28.54		39.51	
12.	Miguel Carvalho RODRIGUES	02	Galitos / Bresimar	<b>2:29.06</b>	+0,68	603	B
	50m: 33.55 33.55	100m: 1:11.52	37.97 150m: 1:49.86	38.34 200m: 2:29.06		39.20	
13.	Andre Tavares GRENHO	99	Gesloures	<b>2:30.17</b>	+0,69	589	B
	50m: 32.49 32.49	100m: 1:09.71	37.22 150m: 1:48.93	39.22 200m: 2:30.17		41.24	
14.	Leonardo Freitas FERNANDES	06	Famalicao	<b>2:30.30</b>	+0,68	588	B
	50m: 33.64 33.64	100m: 1:12.27	38.63 150m: 1:51.44	39.17 200m: 2:30.30		38.86	

**Prova 39, Masc., 200m Bruços, Elimín, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
15.	Mark ZHUKOV	06	Braga	<b>2:31.74</b>	+0,72	571	B
	50m: 34.60 34.60	100m: 1:13.88	39.28 150m: 1:52.54	38.66	200m: 2:31.74	39.20	
16.	Afonso Mateus RIBEIRO	95	Belenenses	<b>2:32.70</b>	+0,69	561	B
	50m: 34.74 34.74	100m: 1:13.47	38.73 150m: 1:52.39	38.92	200m: 2:32.70	40.31	
17.	Diego Felipe SANTOS	87	Desportivo Nacional	<b>2:32.92</b>	+0,62	558	B
	50m: 33.96 33.96	100m: 1:12.38	38.42 150m: 1:51.90	39.52	200m: 2:32.92	41.02	
18.	Diogo Santos CARDOSO	01	Sporting	<b>2:34.22</b>	+0,77	544	B
	50m: 35.96 35.96	100m: 1:15.44	39.48 150m: 1:54.70	39.26	200m: 2:34.22	39.52	
19.	Afonso Silvestre ALMEIDA	06	Amadora	<b>2:34.52</b>	+0,67	541	B
	50m: 34.30 34.30	100m: 1:12.91	38.61 150m: 1:53.06	40.15	200m: 2:34.52	41.46	
20.	Goncalo Manuel SILVA	05	Porto	<b>2:35.23</b>	+0,70	534	B
	50m: 34.40 34.40	100m: 1:14.03	39.63 150m: 1:54.07	40.04	200m: 2:35.23	41.16	
21.	Francisco Lopes AFONSO	03	Alges	<b>2:35.72</b>	+0,65	529	R
	50m: 34.34 34.34	100m: 1:13.80	39.46 150m: 1:53.33	39.53	200m: 2:35.72	42.39	
22.	Afonso Martim GOUVEIA	05	FC Ferreiras/AlgarExperience	<b>2:38.54</b>	+0,62	501	R
	50m: 36.22 36.22	100m: 1:17.04	40.82 150m: 1:57.27	40.23	200m: 2:38.54	41.27	
23.	Duarte Jose FERNANDES	06	Louzan Natacao/EFAPEL	<b>2:44.75</b>	+0,67	446	
	50m: 34.33 34.33	100m: 1:15.59	41.26 150m: 1:59.09	43.50	200m: 2:44.75	45.66	
DSQ	Joao Lourenco REBELO	04	Alges		+0,62		
	<i>7.1 - O(A) nadador(a), após a partida, executou mais do que uma pernada de golfinho durante a braçada subaquática que antecede a pernada de bruços - SW 7.1</i>						
DSQ	Tomas Mendes COSTA	06	Famalicao		+0,71		
	<i>7.21 - O(A) nadador(a), na viragem dos 100 metros, tocou só com uma mão na parede - SW 7.6</i>						

**Prova 39  
02/04/2023 - 11:45**
**Masc., 200m Bruços**
**Juvenis  
Resultados Elimín**

Rec Nac Absoluto	2:11.92	Gabriel Jose LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Juv A	2:22.25	Jorge Jesus SILVA	SCB	Oeiras	23/07/2016
Rec Nac Juv B	2:19.73	Rafael Miguel MIMOSO	POR	Banská Bystrica (SVK)	26/07/2022

TAC 50m: 2:43.51 - 25m: 2:36.21

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA	
1.	Rafael Miguel MIMOSO	07	Benfica	<b>2:19.42</b>	+0,69	737	Q
	<i>Recorde Nacional</i>						
	50m: 31.69 31.69	100m: 1:07.33	35.64 150m: 1:43.14	35.81	200m: 2:19.42	36.28	
2.	Alexandre Moreira DOURADO	07	Naval Povoense	<b>2:32.45</b>	+0,80	563	Q
	50m: 34.64 34.64	100m: 1:13.86	39.22 150m: 1:52.33	38.47	200m: 2:32.45	40.12	
3.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>2:35.26</b>	+0,58	533	Q
	50m: 34.65 34.65	100m: 1:14.87	40.22 150m: 1:54.85	39.98	200m: 2:35.26	40.41	
4.	Rodrigo Martins CHOCAS	07	Sporting	<b>2:36.66</b>	+0,60	519	Q
	50m: 33.34 33.34	100m: 1:13.26	39.92 150m: 1:54.22	40.96	200m: 2:36.66	42.44	

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

## Prova 39, Masc., 200m Bruços, Elimín, Juvenis

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
5.	Gil Afonso RODRIGUES	07		Fluvial Portuense	<b>2:37.66</b>	+0,70	509	Q
	50m: 35.67 35.67		100m: 1:14.53	38.86 150m: 1:55.44	40.91	200m: 2:37.66	42.22	
6.	Joao Alves RODRIGUES	07		Famalicao	<b>2:37.82</b>	+0,76	508	Q
	50m: 33.38 33.38		100m: 1:12.70	39.32 150m: 1:54.99	42.29	200m: 2:37.82	42.83	
7.	Goncalo Pereira COLACO	07		Nautico de Leiria	<b>2:38.02</b>	+0,70	506	Q
	50m: 34.40 34.40		100m: 1:13.84	39.44 150m: 1:55.42	41.58	200m: 2:38.02	42.60	
8.	Daniel IONAS	07		Amadora	<b>2:38.84</b>	+0,68	498	Q
	50m: 36.26 36.26		100m: 1:16.98	40.72 150m: 1:58.08	41.10	200m: 2:38.84	40.76	
9.	Joao Lourenco HERDEIRO	07		CLIP Teams	<b>2:39.62</b>	+0,64	491	Q
	50m: 34.48 34.48		100m: 1:14.93	40.45 150m: 1:56.81	41.88	200m: 2:39.62	42.81	
10.	Vicente Sa VALE	08		Galitos / Bresimar	<b>2:40.54</b>	+0,64	482	Q
	50m: 36.75 36.75		100m: 1:18.14	41.39 150m: 1:59.27	41.13	200m: 2:40.54	41.27	
11.	David Jesus MORGADO	08		Sporting	<b>2:44.02</b>	+0,69	452	R
	50m: 36.75 36.75		100m: 1:18.50	41.75 150m: 1:59.82	41.32	200m: 2:44.02	44.20	
12.	Guilherme Simao BESSA	08		Vilacondense	<b>2:44.13</b>	+0,67	451	R
	50m: 36.54 36.54		100m: 1:18.77	42.23 150m: 2:01.86	43.09	200m: 2:44.13	42.27	
13.	Dario Cristiano MARICI	07		Louletano / Loule Concelho	<b>2:45.42</b>	+0,73	441	
	50m: 37.45 37.45		100m: 1:18.70	41.25 150m: 2:01.63	42.93	200m: 2:45.42	43.79	
DNS	Duarte Maria CARREIRA	07		Porto				
DNS	Francisco Marques SIMOES	07		Nautico de Leiria				
EXH	Tiago Correia NEVES	97	SB15 H	Belenenses	<b>2:38.69</b>	+0,73	499	
	50m: 35.84 35.84		100m: 1:16.60	40.76 150m: 1:57.59	40.99	200m: 2:38.69	41.10	

## Prova 140 02/04/2023 - 12:05

### Femin., 4 x 100m Estilos

### Juvenis Resultados

Rec Nac Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13/04/2019
Rec Nac Juv A	4:35.70	tempo limite	SLB	Oeiras	27/07/2008
Rec Nac Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24/07/2016
Rec Nac Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27/07/2008

TAC\_Juv\_estafeta 50m: 4:55.32 - 25m: 4:49.42

Pontos: FINA 2023

Lugar		Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Braga-JUV		Braga	<b>4:42.26</b>	+0,60	543
	Maria Gomes NEVES	+0,60 33.26	1:08.15	Adriana Ribeiro BARROS	+0,32 32.24	1:11.45
	Maria Alexandra LEITE	+0,37 36.33	1:17.65	Leonor Queiroz GONCALVES	+0,02 30.86	1:05.01
2.	Colegio Monte Maior-JUV		Colegio Monte Maior	<b>4:45.34</b>	+0,67	526
	Margarida Catroga MARQUES	+0,67 34.46	1:11.90	Matilde Catroga MARQUES	+0,22 32.18	1:11.16
	Matilde Militao GUERRA	+0,46 36.29	1:17.73	Raquel Santos BAIONA	+0,28 30.65	1:04.55
3.	Alges-JUV		Alges	<b>4:45.38</b>	+0,70	526
	Barbara Maria NEVES	+0,70 34.72	1:13.59	Constanca Santos FERREIRA	+0,32 30.36	1:06.74
	Leonor Serrao NASCIMENTO	+0,06 38.62	1:21.55	Sofia Monteiro UVA	+0,28 29.78	1:03.50

**Prova 140, Femin., 4 x 100m Estilos, Juvenis**

Lugar		Cod		Clube	Tempo Final	TReac	Pts FINA	
4.	Galitos / Bresimar-JUV			Galitos / Bresimar	<b>4:46.91</b>	+0,62	517	
	Matilde Pinheiro LAMEIRO	+0,62	33.81	1:11.37	Maria Saraiva PAIXAO	+0,51	32.63	1:10.02
	Matilde Pinguicha MIRANDA	+0,23	36.79	1:20.15	Maria Meleiro GONCALVES	+0,34	29.99	1:05.37
5.	Porto-JUV			Porto	<b>4:53.01</b>	+0,62	486	
	Beatriz Alves AMBRUS	+0,62	36.01	1:14.93	Leonor Carvalho SOARES	+0,56	32.19	1:09.33
	Luciana Filipa PINTO	+0,41	38.87	1:24.37	Sofia Teixeira BARBOSA	+0,42	30.44	1:04.38
6.	Gafanha da Encarnacao-JUV			Gafanha da Encarnacao	<b>5:02.44</b>	+0,70	442	
	Matilde Marques MENDES	+0,70	34.07	1:10.46	Maria Rita BENTO	+0,67	37.00	1:23.18
	Maria Ines SILVA	+0,28	37.24	1:20.21	Daniela Leao PICADO	+0,42	31.81	1:08.59
7.	Estarreja/PROZINCO-JUV			Estarreja/PROZINCO	<b>5:03.69</b>	+0,63	436	
	Carolina Sofia BAPTISTA	+0,63	35.20	1:12.78	Carolina Mendes NUNES	+0,55	33.86	1:16.29
	Ana Jorge GONCALVES	+0,57	43.13	1:32.34	Lara Catarina MAIA	+0,25	29.76	1:02.28

**Prova 141  
02/04/2023 - 12:10**
**Masc., 4 x 100m Estilos**
**Juvenis  
Resultados**

Rec Nac Absoluto	3:43.87	Sporting Clube de Portugal	SCP	Oeiras	30/07/2022
Rec Nac Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nac Juv	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nac Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23/07/2017

TAC\_Juv\_estafeta 50m: 4:27.78 - 25m: 4:22.42

Pontos: FINA 2023

Lugar		Cod		Clube	Tempo Final	TReac	Pts FINA	
1.	Benfica-JUV			Benfica	<b>4:07.69</b>	+0,54	581	
	Afonso Gago GARCIA	+0,54	31.89	1:06.40	Francisco Goya PERLOIRO	+0,27	27.46	59.69
	Rafael Miguel MIMOSO	+0,30	30.24	1:04.81	Pedro Caiada RODRIGUES	+0,22	26.36	56.79
2.	Sporting-JUV			Sporting	<b>4:10.28</b>	+0,71	563	
	Pedro Saad OLIVEIRA	+0,71	31.40	1:05.60	Rafael Pacheco GODINHO	+0,57	28.48	1:00.83
	Rodrigo Martins CHOCAS	+0,26	31.30	1:08.21	Leonardo Conceicao REIS	+0,33	26.17	55.64
3.	Nautico de Leiria-JUV			Nautico de Leiria	<b>4:11.42</b>	+0,58	556	
	Francisco Marques SIMOES	+0,58	31.39	1:04.95	Joao Moura FRANCISCO	+0,32	26.63	59.29
	Goncalo Pereira COLACO	+0,39	33.73	1:12.21	Afonso Dinis ROQUE	+0,20	26.11	54.97
4.	Naval do Funchal-JUV			Naval do Funchal	<b>4:17.28</b>	+0,52	519	
	Tiago Brazao NEVES	+0,52	30.62	1:01.95	Telmo Drumond RIBEIRO	+0,31	28.64	1:02.96
	Joao Francisco ALMEIDA	+0,33	33.94	1:14.67	Lucas Santos PEREIRA	+0,26	27.21	57.70
5.	Fluvial Portuense-JUV			Fluvial Portuense	<b>4:19.40</b>	+0,63	506	
	Francisco Miguel PEREIRA	+0,63	31.05	1:03.98	Rodrigo Costa BORGES	+0,50	28.58	1:03.70
	Gil Afonso RODRIGUES	+0,56	34.03	1:12.57	Tiago Andre CANELAS	+0,28	28.54	59.15
6.	Galitos / Bresimar-JUV			Galitos / Bresimar	<b>4:20.63</b>	+0,64	499	
	Daniel KUCHERYAVENKO	+0,64	31.21	1:04.94	Duarte Ramos NUNES	+0,05	29.62	1:04.17
	Vicente Sa VALE	+0,17	33.82	1:13.59	Antonio Cruz FARDILHA	+0,13	27.16	57.93
7.	Famalicao-JUV			Famalicao	<b>4:23.24</b>	+0,65	484	
	Tiago Mendes COSTA	+0,65	29.74	1:01.56	Joao Alves RODRIGUES	+0,39	30.11	1:07.46
	Tomas Ferreira SA	+0,41	33.34	1:13.64	Tiago Carvalho COSTA	+0,27	28.04	1:00.58



## Prova 141, Masc., 4 x 100m Estilos, Juvenis

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
8. Alges-JUV		Alges	<b>4:24.83</b>	+0,61	476
Antonio Rego ARSENIO	+0,61 31.44	Francisco Maria SANTOS	+0,47 1:06.83	28.56	1:03.24
Afonso Jose FERNANDES	+0,69 36.54	Vicente Dias MAIA	+0,68 1:17.81	27.04	56.95
9. Viegrense-JUV		Viegrense	<b>4:26.17</b>	+0,64	468
Francisco Jose FRAGOSO	+0,64 32.88	Francisco Xavier RITA	+0,24 1:07.59	28.77	1:02.68
Gabriel Mota PATRICIO	+0,54 35.06	Santiago Boica SOUSA	+0,46 1:17.87	28.00	58.03
DSQ Sporting de Aveiro-JUV		Sporting de Aveiro		+0,53	
<i>10.15 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>					
David VOLKOV	+0,53 32.23	Tiago Lopes BRANDAO	-0,08 1:09.81		
Rodrigo Silva MEIRELES	+0,25 35.37	Joaquim Gabriel OLIVEIRA	1:16.57		

## 8 - 4ª Jornada - 2ª Sessão (Finais-Finals)

02/04/2023 - 16:00

### Prova 32 02/04/2023 - 16:00

### Femin., 200m Livres

### Open Resultados Final

Rec Nac Absoluto	2:00.96	Francisca Soares MARTINS	FOCA	Oeiras	28/07/2022
Rec Nac Sen	2:00.96	Francisca Soares MARTINS	FOCA	Lisboa	11/02/2023
Rec Nac Jun17	2:03.11	Francisca Soares MARTINS	POR	Loule	16/08/2020
Rec Nac Jun16	2:02.89	Ana Reis SOUSA	POR	Helsinki (FIN)	06/07/2018

CMPL 19 +: 1:58.66 / JO Absoluto: 1:57.26 / CESub23 19 - 23: 2:01.36 / CEJun\_Fem 14 - 17: 2:04.90 / TAC Sen 50m: 2:12.33 - 25m: 2:08.42; Jun 50m: 2:15.64 - 25m: 2:11.63

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Francisca Soares MARTINS	03	Foca Quinta da Lixa CNF	<b>2:00.05</b>	+0,65	833
<i>Recorde Nacional, Minimos CE Sub23</i>						
	50m:	28.15 28.15	100m:	58.48 30.33	150m:	1:29.16 30.68
	200m:	2:00.05 30.89				
2.	Mariana Pacheco CUNHA	04	Colegio Efanor	<b>2:03.91</b>	+0,70	758
	50m:	28.48 28.48	100m:	59.66 31.18	150m:	1:31.64 31.98
	200m:	2:03.91 32.27				
3.	Anna FOMINA	02	Sporting	<b>2:04.05</b>	+0,75	755
	50m:	29.05 29.05	100m:	1:00.33 31.28	150m:	1:32.20 31.87
	200m:	2:04.05 31.85				
4.	Ema Jeronimo CONCEICAO	03	Benfica	<b>2:04.59</b>	+0,77	745
	50m:	29.26 29.26	100m:	1:00.86 31.60	150m:	1:32.62 31.76
	200m:	2:04.59 31.97				
5.	Ines Santos AMORIM	06	Desportiva de Viana	<b>2:05.24</b>	+0,81	734
	50m:	29.43 29.43	100m:	1:01.05 31.62	150m:	1:32.93 31.88
	200m:	2:05.24 32.31				
6.	Catarina Andrade FRANCO	07	Benfica	<b>2:06.45</b>	+0,69	713
	50m:	29.65 29.65	100m:	1:01.63 31.98	150m:	1:34.04 32.41
	200m:	2:06.45 32.41				
7.	Leticia Maia ANDRE	02	Benfica	<b>2:07.36</b>	+0,73	698
	50m:	29.25 29.25	100m:	1:01.26 32.01	150m:	1:33.87 32.61
	200m:	2:07.36 33.49				
8.	Mafalda Marques PINTO	02	Sporting	<b>2:07.60</b>	+0,72	694
	50m:	29.89 29.89	100m:	1:02.58 32.69	150m:	1:34.89 32.31
	200m:	2:07.60 32.71				

## Prova 32, Femin., 200m Livres, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
9.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>2:08.56</b>	+0,60	678
	50m: 29.55 29.55	100m: 1:02.05	32.50 150m: 1:35.65	33.60	200m: 2:08.56	32.91
10.	Joana Nunes CARDEAL	02	Academico Viseu	<b>2:08.62</b>	+0,71	677
	50m: 29.79 29.79	100m: 1:02.38	32.59 150m: 1:35.91	33.53	200m: 2:08.62	32.71

## Final B

11.	Carolina Pereira VIANA	04	Sporting	<b>2:07.69</b>	+0,70	692
	50m: 29.77 29.77	100m: 1:01.75	31.98 150m: 1:34.45	32.70	200m: 2:07.69	33.24
12.	Ana Beatriz VIEIRA	07	Foca Quinta da Lixa CNF	<b>2:08.39</b>	+0,73	681
	50m: 30.02 30.02	100m: 1:02.39	32.37 150m: 1:35.26	32.87	200m: 2:08.39	33.13
13.	Beatriz Silva LOURO	07	Louletano / Loule Concelho	<b>2:09.77</b>	+0,65	659
	50m: 29.97 29.97	100m: 1:02.51	32.54 150m: 1:35.75	33.24	200m: 2:09.77	34.02
14.	Marta Joao PIRES	05	Alges	<b>2:09.97</b>	+0,72	656
	50m: 29.85 29.85	100m: 1:02.86	33.01 150m: 1:36.34	33.48	200m: 2:09.97	33.63
15.	Margarida Vieira PINTO	07	Braga	<b>2:10.09</b>	+0,77	655
	50m: 30.30 30.30	100m: 1:03.41	33.11 150m: 1:37.02	33.61	200m: 2:10.09	33.07
16.	Maria Leonor COELHO	06	Benfica	<b>2:11.07</b>	+0,73	640
	50m: 30.26 30.26	100m: 1:03.53	33.27 150m: 1:37.75	34.22	200m: 2:11.07	33.32
17.	Margarida Sobral PIMENTA	99	Vikings	<b>2:11.95</b>	+0,70	627
	50m: 29.93 29.93	100m: 1:03.42	33.49 150m: 1:37.47	34.05	200m: 2:11.95	34.48
18.	Leonor Mil MANO	07	Nautico Academico	<b>2:12.00</b>	+0,69	627
	50m: 30.68 30.68	100m: 1:04.16	33.48 150m: 1:38.02	33.86	200m: 2:12.00	33.98
19.	Mariana Carmo ROSA	05	Condeixa Clube	<b>2:12.09</b>	+0,68	625
	50m: 30.78 30.78	100m: 1:04.57	33.79 150m: 1:38.33	33.76	200m: 2:12.09	33.76
20.	Ana Luisa GOUVEIA	06	Colegio Efanor	<b>2:12.90</b>	+0,72	614
	50m: 30.21 30.21	100m: 1:03.63	33.42 150m: 1:38.39	34.76	200m: 2:12.90	34.51

Prova 32, Femin., 200m Livres, Final

Prova 32  
02/04/2023 - 16:00

Femin., 200m Livres

Juvenis  
Resultados Final

Rec Nac Absoluto	2:00.96	Francisca Soares MARTINS	FOCA	Oeiras	28/07/2022
Rec Nac Juv A	2:05.85	Francisca Soares MARTINS	FOCA	Oeiras	27/07/2018
Rec Nac Juv B	2:07.40	Maria Francisca CABRAL	FCP	Oeiras	25/07/2014

JO Absoluto: 1:57.26 / CEJun\_Fem 14 - 17: 2:04.90 / TAC 50m: 2:21.59 - 25m: 2:17.41

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Gomes NEVES	08	Braga	<b>2:10.00</b>	+0,71	656
	50m: 29.96 29.96	100m: 1:03.06	33.10	150m: 1:36.40	33.34	200m: 2:10.00 33.60
2.	Carlota Costa BOLEIXA	08	Louletano / Loule Concelho	<b>2:11.60</b>	+0,70	632
	50m: 29.13 29.13	100m: 1:02.00	32.87	150m: 1:36.36	34.36	200m: 2:11.60 35.24
3.	Lara Catarina MAIA	09	Estarreja/PROZINCO	<b>2:13.75</b>	+0,59	602
	50m: 30.39 30.39	100m: 1:03.95	33.56	150m: 1:38.95	35.00	200m: 2:13.75 34.80
4.	Maria Carvalho PINTO	09	Viana Natacao	<b>2:15.29</b>	+0,93	582
	50m: 31.29 31.29	100m: 1:05.29	34.00	150m: 1:40.60	35.31	200m: 2:15.29 34.69
5.	Catarina Maria LOPES	08	BUZIOS-Coruche	<b>2:16.45</b>	+0,77	567
	50m: 31.68 31.68	100m: 1:06.21	34.53	150m: 1:41.38	35.17	200m: 2:16.45 35.07
6.	Diana Gomes FREITAS	08	Amigos da Montanha	<b>2:16.70</b>	+0,70	564
	50m: 31.67 31.67	100m: 1:06.19	34.52	150m: 1:41.33	35.14	200m: 2:16.70 35.37
7.	Beatriz Maciel PEREIRA	09	Desportiva de Viana	<b>2:16.77</b>	+0,73	563
	50m: 30.99 30.99	100m: 1:05.56	34.57	150m: 1:41.60	36.04	200m: 2:16.77 35.17
8.	Ana Carolina CRUZ	08	Famalicao	<b>2:16.82</b>	+0,80	563
	50m: 31.71 31.71	100m: 1:06.97	35.26	150m: 1:42.67	35.70	200m: 2:16.82 34.15
9.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>2:16.85</b>	+0,69	562
	50m: 30.88 30.88	100m: 1:05.42	34.54	150m: 1:41.50	36.08	200m: 2:16.85 35.35
10.	Anastacia PROTOLYUK	09	Columbofila Cantanhedense	<b>2:19.75</b>	+0,71	528
	50m: 32.70 32.70	100m: 1:07.70	35.00	150m: 1:44.01	36.31	200m: 2:19.75 35.74

Prova 33  
02/04/2023 - 16:10

Masc., 200m Livres

Open  
Resultados Final

Rec Nac Absoluto	1:47.97	Miguel Duarte NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nac Sen	1:47.97	Miguel Duarte NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nac Jun18	1:49.98	Tiago Andre VENANCIO	POR	Budapeste (HUN)	14/07/2005
Rec Nac Jun17	1:50.82	Diogo Matos RIBEIRO	CUC	Coimbra	27/03/2021

JO Absoluto: 1:46.26 / CMPL Sen: 1:47.06 / CESub23 19 - 23: 1:49.98 / CEJun\_Masc 15 - 18: 1:53.68 / TAC Sen 50m: 1:59.11 - 25m: 1:54.73; Jun 50m: 2:02.68 - 25m: 1:58.17

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>							
1.	Bernardo Victorino ALMEIDA	04		Sporting	<b>1:52.97</b>	+0,65	736
	50m: 26.06 26.06	100m: 54.78	28.72	150m: 1:23.96	29.18	200m: 1:52.97	29.01
2.	Afonso Filipe COSTA	03		Louzan Natacao/EFAPEL	<b>1:53.70</b>	+0,63	721
	50m: 25.99 25.99	100m: 54.88	28.89	150m: 1:24.13	29.25	200m: 1:53.70	29.57
3.	Henrique Silva MASCARENHAS	01		Fluvial Portuense	<b>1:55.11</b>	+0,63	695
	50m: 25.99 25.99	100m: 55.04	29.05	150m: 1:25.00	29.96	200m: 1:55.11	30.11
4.	Lucas Pereira BASTOS	00		Nautico Academico	<b>1:55.24</b>	+0,69	693
	50m: 26.96 26.96	100m: 56.09	29.13	150m: 1:25.31	29.22	200m: 1:55.24	29.93
5.	Salvador Goya PERLOIRO	05		Benfica	<b>1:55.38</b>	+0,66	690
	50m: 26.55 26.55	100m: 55.82	29.27	150m: 1:25.11	29.29	200m: 1:55.38	30.27
6.	Yury FOMIN	06		Louletano / Loule Concelho	<b>1:56.43</b>	+0,67	672
	50m: 26.84 26.84	100m: 55.90	29.06	150m: 1:25.87	29.97	200m: 1:56.43	30.56
7.	Bernardo Jorge SIMOES	04		Belenenses	<b>1:56.83</b>	+0,65	665
	50m: 26.78 26.78	100m: 56.38	29.60	150m: 1:26.38	30.00	200m: 1:56.83	30.45
8.	Rodrigo Miguel REIS	04		Nautico Academico	<b>2:00.27</b>	+0,64	609
	50m: 26.56 26.56	100m: 56.21	29.65	150m: 1:27.71	31.50	200m: 2:00.27	32.56
9.	Bruno Miguel RAMOS	97		Belenenses	<b>2:08.34</b>	+0,62	502
	50m: 24.34 24.34	100m: 51.06	26.72	150m: 1:31.80	40.74	200m: 2:08.34	36.54
10.	Gustavo Carvalhais RIBEIRO	03		Sporting	<b>2:37.32</b>	+0,67	272
	50m: 24.11 24.11	100m: 50.77	26.66	150m: 1:53.95	1:03.18	200m: 2:37.32	43.37
<b>Final B</b>							
11.	Gustavo Pires MARQUES	04		Uniao Coimbra	<b>1:55.53</b>	+0,69	688
	50m: 26.00 26.00	100m: 55.40	29.40	150m: 1:25.77	30.37	200m: 1:55.53	29.76
12.	Diogo Barbosa NUNES	00		Colegio Efanor	<b>1:56.42</b>	+0,71	672
	50m: 26.08 26.08	100m: 55.54	29.46	150m: 1:26.08	30.54	200m: 1:56.42	30.34
13.	Gabriel Carvalho FERRAO	05		Benfica	<b>1:57.61</b>	+0,53	652
	50m: 26.70 26.70	100m: 56.69	29.99	150m: 1:26.97	30.28	200m: 1:57.61	30.64
14.	Joao Antonio PIRES	05		Torres Novas	<b>1:58.82</b>	+0,69	632
	50m: 27.42 27.42	100m: 57.67	30.25	150m: 1:28.28	30.61	200m: 1:58.82	30.54
15.	Daniel Batista TAVARES	06		Braga	<b>1:59.21</b>	+0,62	626
	50m: 26.98 26.98	100m: 57.29	30.31	150m: 1:28.04	30.75	200m: 1:59.21	31.17
16.	Afonso Martim LEITE	05		Foca Quinta da Lixa CNF	<b>1:59.35</b>	+0,72	624
	50m: 27.81 27.81	100m: 58.03	30.22	150m: 1:28.86	30.83	200m: 1:59.35	30.49

**Prova 33, Masc., 200m Livres, Final, Open**

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Rodrigo Alexandre TRAVASSOS	02		Nautico Academico	<b>2:00.08</b>	+0,73	612
	50m: 27.64 27.64	100m: 57.48	29.84	150m: 1:28.77	31.29	200m: 2:00.08	31.31
18.	Afonso Carvalho SILVA	05		Famalicao	<b>2:02.38</b>	+0,65	578
	50m: 27.96 27.96	100m: 58.81	30.85	150m: 1:30.59	31.78	200m: 2:02.38	31.79
19.	Gil Santos LEMOS	06		Pimpoes/Cimai	<b>2:03.21</b>	+0,72	567
	50m: 27.54 27.54	100m: 58.16	30.62	150m: 1:29.65	31.49	200m: 2:03.21	33.56
20.	Tiago Cunha COSTA	99		Sporting	<b>2:21.82</b>	+0,62	372
	50m: 23.69 23.69	100m: 49.99	26.30	150m: 1:40.62	50.63	200m: 2:21.82	41.20

**Prova 33  
02/04/2023 - 16:10**
**Masc., 200m Livres**
**Juvenis  
Resultados Final**

Rec Nac Absoluto	1:47.97	Miguel Duarte NASCIMENTO	SLB	Coimbra	06/04/2019
Rec Nac Juv A	1:54.18	Gustavo Manuel SANTA	POR	Tampere (FIN)	24/07/2009
Rec Nac Juv B	1:53.96	Diogo Matos RIBEIRO	CUC	Funchal	02/08/2019

JO Absoluto: 1:46.26 / CEJun\_Masc 15 - 18: 1:53.68 / TAC 50m: 2:08.64 - 25m: 2:03.91

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Francisco Goya PERLOIRO	07		Benfica	<b>1:57.91</b>	+0,67	647
	50m: 27.74 27.74	100m: 57.76	30.02	150m: 1:27.80	30.04	200m: 1:57.91	30.11
2.	Filipe Manso LARANJO	07		Desportiva de Viana	<b>1:59.40</b>	+0,76	623
	50m: 28.32 28.32	100m: 59.05	30.73	150m: 1:29.31	30.26	200m: 1:59.40	30.09
3.	Afonso Dinis ROQUE	07		Nautico de Leiria	<b>2:00.19</b>	+0,71	611
	50m: 28.11 28.11	100m: 58.78	30.67	150m: 1:29.34	30.56	200m: 2:00.19	30.85
4.	Antonio Miguel COSTA	07		Fafe	<b>2:03.05</b>	+0,71	569
	50m: 28.37 28.37	100m: 1:00.17	31.80	150m: 1:32.44	32.27	200m: 2:03.05	30.61
5.	Guilherme Costa SOARES	08		Vilacondense	<b>2:03.87</b>	+0,69	558
	50m: 28.68 28.68	100m: 1:00.55	31.87	150m: 1:32.65	32.10	200m: 2:03.87	31.22
6.	Duarte Cachulo MARQUES	07		Condeixa Clube	<b>2:04.05</b>	+0,62	555
	50m: 27.89 27.89	100m: 59.11	31.22	150m: 1:31.90	32.79	200m: 2:04.05	32.15
7.	Axel Guedes ASMAR	07		Sporting	<b>2:04.08</b>	+0,61	555
	50m: 27.86 27.86	100m: 59.40	31.54	150m: 1:32.24	32.84	200m: 2:04.08	31.84
8.	Martim Alexandre SILVA	07		Columbifila Cantanhedense	<b>2:04.59</b>	+0,70	548
	50m: 28.56 28.56	100m: 1:00.48	31.92	150m: 1:32.69	32.21	200m: 2:04.59	31.90
9.	Alexandre MORARI	07		Rio Maior	<b>2:05.95</b>	+0,70	531
	50m: 28.02 28.02	100m: 58.95	30.93	150m: 1:31.36	32.41	200m: 2:05.95	34.59
10.	Pedro Caiada RODRIGUES	08		Benfica	<b>2:09.00</b>	+0,76	494
	50m: 29.37 29.37	100m: 1:02.14	32.77	150m: 1:34.89	32.75	200m: 2:09.00	34.11

Prova 34  
02/04/2023 - 16:20

Femin., 50m Mariposa

Open  
Resultados Final

Rec Nac Absoluto	26.58	Ana Margarida GUEDES	GCVR	Porto	06/06/2021
Rec Nac Sen	26.58	Ana Margarida GUEDES	GCVR	Porto	06/06/2021
Rec Nac Jun17	27.10	Mariana Pacheco CUNHA	POR	Rome (ITA)	09/07/2021
Rec Nac Jun16	27.99	Carilina Miranda FERNANDES	POR	Rome (ITA)	09/07/2021

CMPL 19 +: 26.32 / CESub23 19 - 23: 26.45 / TAC Sen 50m: 30.14 - 25m: 29.64; Jun 50m: 30.89 - 25m: 30.38

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Ana Margarida GUEDES	01	Ginasio de Vila Real	<b>26.89</b>	+0,60	749
2.	Carolina Miranda FERNANDES	05	Galitos / Bresimar	<b>27.75</b>	+0,65	682
3.	Ana Catarina MONTEIRO	93	Vilacondense	<b>28.06</b>	+0,63	659
4.	Beatriz Costa TEJO	02	Academica de Coimbra	<b>28.24</b>	+0,62	647
5.	Maria Carolina ALMEIDA	05	Colegio Efanor	<b>28.37</b>	+0,70	638
6.	Ana Sebastiao MENDES	04	Aquatico Silves	<b>28.66</b>	+0,66	619
7.	Isabel Porfirio PEGO	01	Fluvial Portuense	<b>28.83</b>	+0,68	608
8.	Ines Jacinto HENRIQUES	00	Louzan Natacao/EFAPEL	<b>29.13</b>	+0,68	589
9.	Filipa Viamonte FERNANDES	02	Vitoria Guimaraes	<b>29.20</b>	+0,71	585
10.	Lia Ana LIMA	01	Benfica	<b>29.32</b>	+0,77	578
<b>Final B</b>						
11.	Beatriz Nunes CARDEAL	04	Academico Viseu	<b>28.93</b>	+0,60	602
12.	Zara Alejandra ROJAS	07	Desportivo Nacional	<b>29.10</b>	+0,70	591
13.	Laura Espinola BARBEITO	06	Nucleo Sporting da Terceira	<b>29.40</b>	+0,67	573
14.	Leonor Tavares CATALAO	06	Sporting	<b>29.57</b>	+0,69	563
15.	Leonor Santos SILVA	03	Porto	<b>29.60</b>	+0,69	562
16.	Maria Rita SOUSA	07	Desportiva de Viana	<b>29.74</b>	+0,71	554
17.	Beatriz Rocha SANTOS	02	Campinho	<b>29.78</b>	+0,59	552
18.	Ines Mira PINO	06	Pimpoes/Cimai	<b>29.91</b>	+0,67	544
19.	Angelina Bermejo JONES	04	Portinado	<b>30.03</b>	+0,66	538
20.	Leonor Carvalho OLIVEIRA	07	Despertarecorde	<b>30.11</b>	+0,63	534

**Prova 34, Femin., 50m Mariposa, Final**

Prova 34 Femin., 50m Mariposa Juvenis  
 02/04/2023 - 16:20 Resultados Final

Rec Nac Absoluto	26.58	Ana Margarida GUEDES	GCVR	Porto	06/06/2021
Rec Nac Juv A	27.98	tempo limite			
Rec Nac Juv B	28.51	tempo limite			
TAC 50m: 32.25 - 25m: 31.71					

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Silva PEREIRA	08	Ginasio de Vila Real	<b>29.61</b>	+0,70	561
2.	Leonor Carnide SILVA	09	Ginasio de Vila Real	<b>29.68</b>	+0,74	557
3.	Beatriz Costa DIAS	08	Aquatico Pacense	<b>29.86</b>	+0,76	547
4.	Rafaela Ferreira MENDES	08	Torres Novas	<b>30.18</b>	+0,80	530
5.	Sara Silva LIGEIRO	08	Viana Natacao	<b>31.01</b>	+0,73	488
6.	Maria Meleiro GONCALVES	08	Galitos / Bresimar	<b>31.06</b>	+0,61	486
7.	Leonor Correia NUNES	08	Aminata	<b>31.13</b>	+0,73	483
8.	Carlota Filipa SILVA	08	Portinado	<b>31.25</b>	+0,66	477
9.	Joana Sofia FERNANDES	09	Nacional de Natacao	<b>31.78</b>	+0,81	454
10.	Uxia Romero COSTA	09	Fluvial Portuense	<b>32.06</b>	+0,62	442

Prova 35 Masc., 50m Mariposa Open  
 02/04/2023 - 16:25 Resultados Final

Rec Nac Absoluto	22.96	Diogo Matos RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nac Sen	23.26	Diogo Matos RIBEIRO	SLB	Funchal	02/04/2023
Rec Nac Jun18	22.96	Diogo Matos RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nac Jun17	24.09	Diogo Matos RIBEIRO	POR	Rome (ITA)	07/07/2021

CMPL Sen: 23.53 / CESub23 19 - 23: 23.87 / TAC Sen 50m: 26.15 - 25m: 25.73; Jun 50m: 26.93 - 25m: 26.50

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Diogo Matos RIBEIRO	04	Benfica	<b>23.19</b>	+0,62	885
	<i>Recorde Nacional, Minimos CMundo, Minimos CE Sub23</i>					
2.	Andrii GOVOROV	92	Vitoria Guimaraes	<b>23.40</b>	+0,61	862
	<i>Minimos CMundo</i>					
3.	Gabriel Persequin DIAS	03	Naval do Funchal	<b>23.77</b>	+0,57	822
	<i>Minimos CE Sub23</i>					
4.	Leonardo SCHILLING	93	Porto	<b>24.06</b>	+0,68	793
5.	Miguel Henriques MARQUES	00	Benfica	<b>24.47</b>	+0,65	753
6.	Matthew George LAWRENCE	03	Mozambique	<b>24.54</b>	+0,65	747
7.	Fernando Souza SILVA	86	Naval do Funchal	<b>24.87</b>	+0,67	718
8.	Paulo VAKULYUK	03	Torres Novas	<b>24.90</b>	+0,68	715
9.	Joao Esteves PADRELA	99	Naval do Funchal	<b>25.07</b>	+0,66	700
10.	Pedro Andre SANTOS	94	Alges	<b>25.11</b>	+0,66	697

11.	Joao Soares CARNEIRO	03	Benfica	<b>25.22</b>	+0,62	688
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## Prova 35, Masc., 50m Mariposa, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
12.	Porfirio Braga NUNES	00	Porto	<b>25.34</b>	+0,62	678
13.	Nick HEINIO-WIDELL	05	Alges	<b>25.51</b>	+0,57	665
14.	Henrique Gomes SILVA	02	Benfica	<b>25.66</b>	+0,63	653
15.	Francisco Ribeiro VIEIRA	04	Fisica Torres Vedras	<b>25.78</b>	+0,64	644
16.	Kevins Alexandre APSENIECE	04	Porto	<b>25.82</b>	+0,66	641
17.	Tiago Campos LOURENCO	02	Natacao de Valongo	<b>25.89</b>	+0,69	636
18.	Andre Henriques MARQUES	05	Benfica	<b>25.90</b>	+0,64	635
19.	Joao Luis RODRIGUES	05	Naval do Funchal	<b>25.94</b>	+0,59	632
20.	Bernardo Jorge SIMOES	04	Belenenses	<b>26.10</b>	+0,66	621

## Prova 35

## Masc., 50m Mariposa

## Juvenis

02/04/2023 - 16:25

Resultados Final

Rec Nac Absoluto	22.96	Diogo Matos RIBEIRO	POR	Lima (PER)	03/09/2022
Rec Nac Juv A	25.63	tempo limite			
Rec Nac Juv B	26.18	tempo limite			

TAC 50m: 28.24 - 25m: 27.79

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Leonardo Cunha MOURA	07	Foca Quinta da Lixa CNF	<b>26.24</b>	+0,66	611
2.	Joao Moura FRANCISCO	07	Nautico de Leiria	<b>26.50</b>	+0,77	593
3.	Tiago Lopes BRANDAO	07	Sporting de Aveiro	<b>26.61</b>	+0,70	586
4.	Duarte Santos FERREIRA	08	Porto	<b>26.78</b>	+0,71	575
5.	Francisco Bernardes MARTELO	07	Porto	<b>27.08</b>	+0,56	556
6.	Andre Miguel RAMOS	07	Fisica Torres Vedras	<b>27.29</b>	+0,62	543
7.	Dario Rafael OLIVEIRA	07	Portinado	<b>27.45</b>	+0,64	533
8.	Antonio Furtado PIRES	07	CLIP Teams	<b>27.50</b>	+0,69	531
9.	Francisco Maria SANTOS	08	Alges	<b>27.70</b>	+0,72	519
10.	Rafael Pacheco GODINHO	07	Sporting	<b>27.89</b>	+0,71	509



Prova 36  
 02/04/2023 - 16:30

Femin., 200m Costas

 Open  
 Resultados Final

Rec Nac Absoluto	2:10.41	Camila Rodrigues REBELO	POR	Oran (ALG)	02/07/2022
Rec Nac Sen	2:10.41	Camila Rodrigues REBELO	POR	Oran (ALG)	02/07/2022
Rec Nac Jun17	2:15.53	Rita Barros FRISCHKNECHT	SAD	Coimbra	02/04/2015
Rec Nac Jun16	2:15.72	Camila Rodrigues REBELO	ALN	Coimbra	07/04/2019

JO Absoluto: 2:10.39 / CMPL 19 +: 2:11.08 / CESub23 19 - 23: 2:14.95 / CEJun\_Fem 14 - 17: 2:18.63 / TAC Sen 50m: 2:31.36 - 25m: 2:25.45; Jun 50m: 2:35.14 - 25m: 2:29.09

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Camila Rodrigues REBELO	03	Louzan Natacao/EFAPEL	<b>2:15.85</b>	+0,60	748
	50m: 31.81 31.81	100m: 1:05.93	34.12	150m: 1:40.55	34.62	200m: 2:15.85 35.30
2.	Maria Luiza PESSANHA	00	Naval do Funchal	<b>2:18.66</b>	+0,56	703
	50m: 32.36 32.36	100m: 1:06.90	34.54	150m: 1:42.64	35.74	200m: 2:18.66 36.02
3.	Catarina Martins MESTRE	00	Natacao de Lisboa	<b>2:23.15</b>	+0,64	639
	50m: 32.46 32.46	100m: 1:08.51	36.05	150m: 1:45.83	37.32	200m: 2:23.15 37.32
4.	Maria Carolina EIRA	05	Ginasio de Vila Real	<b>2:25.09</b>	+0,62	614
	50m: 33.12 33.12	100m: 1:09.62	36.50	150m: 1:47.56	37.94	200m: 2:25.09 37.53
5.	Erica Cristina REIS	05	Sporting	<b>2:26.29</b>	+0,54	599
	50m: 33.89 33.89	100m: 1:10.84	36.95	150m: 1:48.56	37.72	200m: 2:26.29 37.73
6.	Maria Lopes AMADO	04	Sporting	<b>2:27.78</b>	+0,58	581
	50m: 33.91 33.91	100m: 1:11.39	37.48	150m: 1:49.52	38.13	200m: 2:27.78 38.26
7.	Joana Nunes CARDEAL	02	Academico Viseu	<b>2:28.05</b>	+0,66	578
	50m: 33.86 33.86	100m: 1:11.24	37.38	150m: 1:49.70	38.46	200m: 2:28.05 38.35
8.	Luana Correia RODRIGUES	01	Belenenses	<b>2:28.70</b>	+0,56	570
	50m: 34.24 34.24	100m: 1:11.56	37.32	150m: 1:49.83	38.27	200m: 2:28.70 38.87
9.	Leonor Correia PAIVA	04	Louzan Natacao/EFAPEL	<b>2:28.97</b>	+0,61	567
	50m: 33.62 33.62	100m: 1:10.57	36.95	150m: 1:49.61	39.04	200m: 2:28.97 39.36
10.	Sofia Alexandra NUNES	00	Laranjeiro	<b>2:30.19</b>	+0,68	553
	50m: 34.15 34.15	100m: 1:11.55	37.40	150m: 1:50.32	38.77	200m: 2:30.19 39.87
<b>Final B</b>						
11.	Carolina Martins CAMACHO	06	Uniao Piedense	<b>2:26.28</b>	+0,68	599
	50m: 33.51 33.51	100m: 1:10.79	37.28	150m: 1:48.10	37.31	200m: 2:26.28 38.18
12.	Mafalda Martins MESQUITA	07	Famalicao	<b>2:27.28</b>	+0,60	587
	50m: 33.62 33.62	100m: 1:10.87	37.25	150m: 1:49.78	38.91	200m: 2:27.28 37.50
13.	Maria Joao FERREIRA	06	Foca Quinta da Lixa CNF	<b>2:27.67</b>	+0,59	582
	50m: 33.97 33.97	100m: 1:11.15	37.18	150m: 1:49.78	38.63	200m: 2:27.67 37.89
14.	Ana Teresa ROMAO	06	Naval de Faro	<b>2:28.60</b>	+0,58	571
	50m: 34.79 34.79	100m: 1:12.91	38.12	150m: 1:51.01	38.10	200m: 2:28.60 37.59
15.	Catarina Castro CASALINHO	07	Estarreja/PROZINCO	<b>2:30.38</b>	+0,64	551
	50m: 34.72 34.72	100m: 1:12.89	38.17	150m: 1:52.52	39.63	200m: 2:30.38 37.86
16.	Luana Cardoso MAGALHAES	06	Alges	<b>2:30.65</b>	+0,59	548
	50m: 34.22 34.22	100m: 1:12.46	38.24	150m: 1:51.26	38.80	200m: 2:30.65 39.39

**Prova 36, Femin., 200m Costas, Final, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Maria Pinto CANINHAS	05	Natacao do Fundao/GIRASSO	<b>2:31.88</b>	+0,71	535
	50m: 34.76 34.76	100m: 1:13.15	38.39 150m: 1:53.04	39.89	200m: 2:31.88	38.84
18.	Madalena Almeida FIGUEIRA	07	Academico Viseu	<b>2:32.20</b>	+0,66	532
	50m: 34.70 34.70	100m: 1:13.65	38.95 150m: 1:53.31	39.66	200m: 2:32.20	38.89
19.	Teresa Joao PIRES	07	Alges	<b>2:32.66</b>	+0,66	527
	50m: 34.69 34.69	100m: 1:13.27	38.58 150m: 1:53.85	40.58	200m: 2:32.66	38.81
20.	Beatriz Machado SILVA	06	Braga	<b>2:33.05</b>	+0,61	523
	50m: 34.53 34.53	100m: 1:13.25	38.72 150m: 1:53.46	40.21	200m: 2:33.05	39.59

**Prova 36  
02/04/2023 - 16:30**
**Femin., 200m Costas**
**Juvenis  
Resultados Final**

Rec Nac Absoluto	2:10.41	Camila Rodrigues REBELO	POR	Oran (ALG)	02/07/2022
Rec Nac Juv A	2:17.38	Joana Carina SILVA	LSXXI	Coimbra	05/04/2012
Rec Nac Juv B	2:20.53	Camila Rodrigues REBELO	ALN	Oeiras	21/07/2017

JO Absoluto: 2:10.39 / CEJun\_Fem 14 - 17: 2:18.63 / TAC 50m: 2:41.96 - 25m: 2:35.63

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Maria Gomes NEVES	08	Braga	<b>2:25.95</b>	+0,64	603
	50m: 34.10 34.10	100m: 1:11.26	37.16 150m: 1:49.16	37.90	200m: 2:25.95	36.79
2.	Vera Andrade GONCALVES	09	Juventude Atlantico	<b>2:27.88</b>	+0,60	580
	50m: 33.44 33.44	100m: 1:11.31	37.87 150m: 1:50.25	38.94	200m: 2:27.88	37.63
3.	Matilde Marques MENDES	08	Gafanha da Encarnacao	<b>2:30.21</b>	+0,68	553
	50m: 34.26 34.26	100m: 1:11.55	37.29 150m: 1:50.94	39.39	200m: 2:30.21	39.27
4.	Constanca Santos FERREIRA	08	Alges	<b>2:31.00</b>	+0,78	545
	50m: 35.42 35.42	100m: 1:13.58	38.16 150m: 1:52.35	38.77	200m: 2:31.00	38.65
5.	Beatriz Alexandra ROLIM	08	Uniao Piedense	<b>2:31.01</b>	+0,58	545
	50m: 35.00 35.00	100m: 1:13.03	38.03 150m: 1:51.98	38.95	200m: 2:31.01	39.03
6.	Carolina Amadeu FERREIRA	08	Leixoes	<b>2:32.73</b>	+0,65	526
	50m: 35.53 35.53	100m: 1:14.25	38.72 150m: 1:53.69	39.44	200m: 2:32.73	39.04
7.	Matilde Pinheiro LAMEIRO	08	Galitos / Bresimar	<b>2:32.91</b>	+0,63	524
	50m: 35.33 35.33	100m: 1:13.97	38.64 150m: 1:53.53	39.56	200m: 2:32.91	39.38
8.	Rafaela Ferreira MENDES	08	Torres Novas	<b>2:33.06</b>	+0,61	523
	50m: 35.16 35.16	100m: 1:13.70	38.54 150m: 1:53.47	39.77	200m: 2:33.06	39.59
9.	Beatriz Belo CLARA	09	Nautico de Leiria	<b>2:34.36</b>	+0,62	510
	50m: 35.35 35.35	100m: 1:14.72	39.37 150m: 1:55.24	40.52	200m: 2:34.36	39.12
10.	Carolina Sofia BAPTISTA	09	Estarreja/PROZINCO	<b>2:37.60</b>	+0,69	479
	50m: 36.26 36.26	100m: 1:16.61	40.35 150m: 1:56.98	40.37	200m: 2:37.60	40.62

Prova 37  
02/04/2023 - 16:42

Masc., 200m Costas

Open  
Resultados Final

Rec Nac Absoluto	1:57.06	Francisco Rogerio SANTOS	SCP	Porto	06/06/2021
Rec Nac Sen	1:57.06	Francisco Rogerio SANTOS	SCP	Porto	06/06/2021
Rec Nac Jun18	2:00.07	Joao Nogueira COSTA	POR	Budapest (HUN)	25/08/2019
Rec Nac Jun17	2:03.06	Pedro Diogo OLIVEIRA	POR	Budapest (HUN)	15/07/2005

JO Absoluto: 1:57.50 / CMPL Sen: 1:58.07 / CESub23 19 - 23: 2:01.61 / CEJun\_Masc 15 - 18: 2:04.74 / TAC Sen 50m: 2:15.20 - 25m: 2:08.95; Jun 50m: 2:19.26 - 25m: 2:12.82

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>							
1.	Ricardo Matias SANTOS	05		CPFZ - Natacao	<b>2:03.37</b>	+0,62	746
	<i>Minimos CEJun</i>						
	50m: 29.36 29.36	100m: 1:00.31	30.95	150m: 1:31.96	31.65	200m: 2:03.37	31.41
2.	Tomas Maia JANUARIO	06		Benfica	<b>2:07.40</b>	+0,69	677
	50m: 29.25 29.25	100m: 1:01.39	32.14	150m: 1:34.20	32.81	200m: 2:07.40	33.20
3.	Francisco Araujo SILVA	06		Famalicao	<b>2:07.82</b>	+0,62	671
	50m: 29.75 29.75	100m: 1:02.39	32.64	150m: 1:35.22	32.83	200m: 2:07.82	32.60
4.	Federico MESTRONI	99		Benfica	<b>2:08.92</b>	+0,60	654
	50m: 29.75 29.75	100m: 1:02.40	32.65	150m: 1:35.85	33.45	200m: 2:08.92	33.07
5.	Miguel Cordeiro ALMEIDA	05		Alges	<b>2:09.19</b>	+0,53	650
	50m: 30.40 30.40	100m: 1:03.04	32.64	150m: 1:36.29	33.25	200m: 2:09.19	32.90
6.	Joao Diogo FERNANDES	98		Belenenses	<b>2:09.89</b>	+0,57	639
	50m: 30.21 30.21	100m: 1:02.73	32.52	150m: 1:36.34	33.61	200m: 2:09.89	33.55
7.	Ricardo Saraiva PIRES	98		Laranjeiro	<b>2:10.57</b>	+0,67	629
	50m: 30.53 30.53	100m: 1:03.83	33.30	150m: 1:36.82	32.99	200m: 2:10.57	33.75
8.	Rodrigo Vieira RODRIGUES	06		Sporting de Espinho	<b>2:11.85</b>	+0,54	611
	50m: 30.79 30.79	100m: 1:04.50	33.71	150m: 1:38.36	33.86	200m: 2:11.85	33.49
9.	Joao Anibal REMELHE	05		Braga	<b>2:13.76</b>	+0,57	585
	50m: 30.50 30.50	100m: 1:04.58	34.08	150m: 1:39.52	34.94	200m: 2:13.76	34.24
10.	Ricardo Filipe ROCHA	02		Aquatico Pacense	<b>2:14.51</b>	+0,53	576
	50m: 29.68 29.68	100m: 1:03.09	33.41	150m: 1:37.82	34.73	200m: 2:14.51	36.69
<b>Final B</b>							
11.	Diogo Miguel SILVA	05		Galitos / Bresimar	<b>2:10.91</b>	+0,61	624
	50m: 30.65 30.65	100m: 1:03.66	33.01	150m: 1:37.61	33.95	200m: 2:10.91	33.30
12.	Jose Diogo DIAS	04		Nautico Academico	<b>2:12.57</b>	+0,62	601
	50m: 30.59 30.59	100m: 1:03.80	33.21	150m: 1:38.29	34.49	200m: 2:12.57	34.28
13.	Miguel Ribeiro BATE	99		Sporting	<b>2:13.72</b>	+0,66	586
	50m: 30.37 30.37	100m: 1:04.14	33.77	150m: 1:39.20	35.06	200m: 2:13.72	34.52
14.	Miguel Salomao TRISTAO	04		Academica de Coimbra	<b>2:13.96</b>	+0,65	583
	50m: 30.44 30.44	100m: 1:03.36	32.92	150m: 1:37.85	34.49	200m: 2:13.96	36.11
15.	Kaio Araujo FAFTINE	06		Sporting	<b>2:14.50</b>	+0,55	576
	50m: 31.75 31.75	100m: 1:05.93	34.18	150m: 1:40.70	34.77	200m: 2:14.50	33.80

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

## Prova 37, Masc., 200m Costas, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
16.	Filipe Santos CARDOSO	04	Gafanha da Encarnacao	<b>2:14.62</b>	+0,59	574
	50m: 31.44 31.44	100m: 1:05.41	33.97 150m: 1:40.48	35.07	200m: 2:14.62	34.14
17.	Rodrigo Castro ALVES	06	Desportiva de Viana	<b>2:15.84</b>	+0,70	559
	50m: 31.72 31.72	100m: 1:06.06	34.34 150m: 1:40.97	34.91	200m: 2:15.84	34.87
18.	Job Santos SILVA	96	UD Oliveirense	<b>2:16.43</b>	+0,60	552
	50m: 31.21 31.21	100m: 1:05.65	34.44 150m: 1:41.43	35.78	200m: 2:16.43	35.00
19.	Miguel Alves FERNANDES	05	Viana Natacao	<b>2:18.15</b>	+0,64	531
	50m: 31.85 31.85	100m: 1:06.12	34.27 150m: 1:42.15	36.03	200m: 2:18.15	36.00
20.	Marin CEPELEAGA	05	Portinado	<b>2:20.29</b>	+0,53	507
	50m: 30.58 30.58	100m: 1:05.03	34.45 150m: 1:42.22	37.19	200m: 2:20.29	38.07

 Prova 37  
 02/04/2023 - 16:42

## Masc., 200m Costas

 Juvenis  
 Resultados Final

Rec Nac Absoluto	1:57.06	Francisco Rogerio SANTOS	SCP	Porto	06/06/2021
Rec Nac Juv A	2:06.59	Joao Alexandre VITAL	POR	Netanya (ISR)	28/06/2014
Rec Nac Juv B	2:06.44	Joao Alexandre VITAL	POR	Utrecht (NED)	17/07/2013

JO Absoluto: 1:57.50 / CEJun\_Masc 15 - 18: 2:04.74 / TAC 50m: 2:26.02 - 25m: 2:19.27

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Goncalo Carlos AZEVEDO	07	Natacao da Maia	<b>2:09.71</b>	+0,66	642
	50m: 29.45 29.45	100m: 1:02.61	33.16 150m: 1:36.33	33.72	200m: 2:09.71	33.38
2.	Tiago Mendes COSTA	07	Famalicao	<b>2:12.19</b>	+0,63	606
	50m: 30.23 30.23	100m: 1:03.29	33.06 150m: 1:38.15	34.86	200m: 2:12.19	34.04
3.	Rodrigo Filipe CORREIA	07	Porto	<b>2:14.54</b>	+0,56	575
	50m: 31.06 31.06	100m: 1:05.09	34.03 150m: 1:39.81	34.72	200m: 2:14.54	34.73
4.	Afonso Bjork FREITAS	07	Nacional de Natacao	<b>2:14.69</b>	+0,60	573
	50m: 30.65 30.65	100m: 1:04.50	33.85 150m: 1:39.73	35.23	200m: 2:14.69	34.96
5.	Leonardo Conceicao REIS	07	Sporting	<b>2:16.25</b>	+0,61	554
	50m: 31.28 31.28	100m: 1:05.53	34.25 150m: 1:40.98	35.45	200m: 2:16.25	35.27
6.	Tiago Brazao NEVES	07	Naval do Funchal	<b>2:17.34</b>	+0,54	541
	50m: 31.60 31.60	100m: 1:06.00	34.40 150m: 1:42.40	36.40	200m: 2:17.34	34.94
7.	Alexandre DZYAKANAU	07	Louzan Natacao/EFAPEL	<b>2:22.28</b>	+0,62	486
	50m: 32.51 32.51	100m: 1:08.43	35.92 150m: 1:45.41	36.98	200m: 2:22.28	36.87
8.	Mikhael ONUTSKYY	08	Pimpoes/Cimai	<b>2:22.43</b>	+0,62	485
	50m: 33.39 33.39	100m: 1:09.63	36.24 150m: 1:46.51	36.88	200m: 2:22.43	35.92
9.	Daniel KUCHERYAVENKO	07	Galitos / Bresimar	<b>2:23.68</b>	+0,68	472
	50m: 32.86 32.86	100m: 1:09.38	36.52 150m: 1:47.01	37.63	200m: 2:23.68	36.67
DSQ	Tomas Pinto PEIXOTO	08	Porto		+0,47	
	4.2 - Falsa Partida – SW 4.4					

Prova 38  
02/04/2023 - 16:54

Femin., 200m Bruços

Open  
Resultados Final

Rec Nac Absoluto	2:25.67	Victoria KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nac Sen	2:25.67	Victoria KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nac Jun17	2:29.23	Raquel Gomes PEREIRA	SAD	Coimbra	02/04/2017
Rec Nac Jun16	2:29.51	Diana Duarte GOMES	POR	Budapeste (HUN)	15/07/2005

JO Absoluto: 2:23.91 / CMPL 19 +: 2:25.91 / CESub23 19 - 23: 2:28.95 / CEJun\_Fem 14 - 17: 2:35.49 / TAC Sen 50m: 2:51.07 - 25m: 2:43.83; Jun 50m: 2:55.35 - 25m: 2:47.93

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Raquel Gomes PEREIRA	00	Benfica	<b>2:32.01</b>	+0,75	763
	50m: 34.83 34.83	100m: 1:13.44	38.61	150m: 1:52.54	39.10	200m: 2:32.01 39.47
2.	Lidiana Correia RODRIGUES	04	Belenenses	<b>2:36.39</b>	+0,75	701
	50m: 35.47 35.47	100m: 1:15.60	40.13	150m: 1:56.10	40.50	200m: 2:36.39 40.29
3.	Maria Freitas CASTRO	03	Porto	<b>2:36.91</b>	+0,69	694
	50m: 36.32 36.32	100m: 1:16.72	40.40	150m: 1:57.14	40.42	200m: 2:36.91 39.77
4.	Ana Filipa VEIGA	01	Gafanha da Encarnacao	<b>2:39.38</b>	+0,77	662
	50m: 35.98 35.98	100m: 1:16.06	40.08	150m: 1:56.70	40.64	200m: 2:39.38 42.68
5.	Maria Carlota REBELO	03	Condeixa Clube	<b>2:39.61</b>	+0,70	659
	50m: 36.42 36.42	100m: 1:17.16	40.74	150m: 1:58.30	41.14	200m: 2:39.61 41.31
6.	Mariana Teixeira JESUS	06	Estarreja/PROZINCO	<b>2:40.51</b>	+0,67	648
	50m: 36.49 36.49	100m: 1:17.85	41.36	150m: 1:58.88	41.03	200m: 2:40.51 41.63
7.	Matilde Barros LEAL	07	Aquatico Pacense	<b>2:42.37</b>	+0,74	626
	50m: 36.66 36.66	100m: 1:17.80	41.14	150m: 1:59.88	42.08	200m: 2:42.37 42.49
8.	Rebeca Leonor ANTUNES	06	Alges	<b>2:42.56</b>	+0,68	624
	50m: 37.31 37.31	100m: 1:19.53	42.22	150m: 2:00.20	40.67	200m: 2:42.56 42.36
9.	Laura Fabiana ESTEVENS	05	Naval de Faro	<b>2:42.77</b>	+0,67	622
	50m: 36.58 36.58	100m: 1:18.33	41.75	150m: 2:00.17	41.84	200m: 2:42.77 42.60
10.	Sofia Nunes FIAL	03	Porto	<b>2:43.81</b>	+0,77	610
	50m: 36.67 36.67	100m: 1:18.47	41.80	150m: 2:00.40	41.93	200m: 2:43.81 43.41
<b>Final B</b>						
11.	Angelica Maria ANDRE	94	Porto	<b>2:37.67</b>	+0,71	684
	50m: 36.26 36.26	100m: 1:16.41	40.15	150m: 1:57.08	40.67	200m: 2:37.67 40.59
12.	Margarida Domingues NUNES	05	Sporting	<b>2:42.83</b>	+0,71	621
	50m: 36.46 36.46	100m: 1:17.33	40.87	150m: 1:59.63	42.30	200m: 2:42.83 43.20
13.	Catarina Costa SEQUEIRA	98	Natacao de Lisboa	<b>2:45.09</b>	+0,69	596
	50m: 36.41 36.41	100m: 1:17.59	41.18	150m: 2:00.53	42.94	200m: 2:45.09 44.56
14.	Claudia Ferreira BORGES	99	Natacao de Olhao	<b>2:45.83</b>	+0,73	588
	50m: 36.48 36.48	100m: 1:17.72	41.24	150m: 2:00.78	43.06	200m: 2:45.83 45.05
15.	Laura Almeida PINA	07	O Crasto	<b>2:46.17</b>	+0,74	584
	50m: 36.85 36.85	100m: 1:19.22	42.37	150m: 2:02.86	43.64	200m: 2:46.17 43.31
16.	Maria Joao RIBEIRO	05	Sao Joao Ver	<b>2:47.13</b>	+0,70	574
	50m: 37.36 37.36	100m: 1:19.52	42.16	150m: 2:03.47	43.95	200m: 2:47.13 43.66

**Prova 38, Femin., 200m Bruços, Final, Open**

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Beatriz Andre GASPAR	06	Nautico Academico	<b>2:47.97</b>	+0,71	566
	50m: 38.18 38.18	100m: 1:21.92	43.74 150m: 2:04.59	42.67 200m: 2:47.97		43.38
18.	Matilde Nunes LOPES	06	Benfica	<b>2:48.02</b>	+0,75	565
	50m: 38.35 38.35	100m: 1:20.73	42.38 150m: 2:03.73	43.00 200m: 2:48.02		44.29
19.	Rita Machita SANTOS	07	Naval Setubalense	<b>2:48.73</b>	+0,75	558
	50m: 37.86 37.86	100m: 1:20.38	42.52 150m: 2:04.12	43.74 200m: 2:48.73		44.61
20.	Laura Sofia RODRIGUES	07	Juventude Atlantico	<b>2:49.67</b>	+0,69	549
	50m: 36.85 36.85	100m: 1:19.51	42.66 150m: 2:04.13	44.62 200m: 2:49.67		45.54

**Prova 38  
02/04/2023 - 16:54**
**Femin., 200m Bruços**
**Juvenis  
Resultados Final**

Rec Nac Absoluto	2:25.67	Victoria KAMINSKAYA	POR	Gwangju (KOR)	25/07/2019
Rec Nac Juv A	2:31.32	Diana Duarte GOMES	POR	Mulhouse (FRA)	27/06/2004
Rec Nac Juv B	2:36.99	Diana Duarte GOMES	POR	Paris (FRA)	28/07/2003

JO Absoluto: 2:23.91 / CEJun\_Fem 14 - 17: 2:35.49 / TAC 50m: 3:03.04 - 25m: 2:55.30

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Matilde Militao GUERRA	08	Colegio Monte Maior	<b>2:47.34</b>	+0,71	572
	50m: 36.84 36.84	100m: 1:19.50	42.66 150m: 2:03.59	44.09 200m: 2:47.34		43.75
2.	Maria Alexandra LEITE	08	Braga	<b>2:48.11</b>	+0,75	564
	50m: 37.80 37.80	100m: 1:20.74	42.94 150m: 2:04.60	43.86 200m: 2:48.11		43.51
3.	Maria Ines SILVA	08	Gafanha da Encarnacao	<b>2:50.93</b>	+0,77	537
	50m: 37.69 37.69	100m: 1:20.65	42.96 150m: 2:05.27	44.62 200m: 2:50.93		45.66
4.	Matilde Pinguicha MIRANDA	08	Galitos / Bresimar	<b>2:51.08</b>	+0,64	535
	50m: 37.94 37.94	100m: 1:21.89	43.95 150m: 2:06.72	44.83 200m: 2:51.08		44.36
5.	Leonor Serrao NASCIMENTO	08	Alges	<b>2:53.94</b>	+0,62	509
	50m: 38.67 38.67	100m: 1:22.52	43.85 150m: 2:07.16	44.64 200m: 2:53.94		46.78
6.	Rita Calado CRUZ	09	Academica de Coimbra	<b>2:54.04</b>	+0,75	508
	50m: 40.69 40.69	100m: 1:24.95	44.26 150m: 2:08.91	43.96 200m: 2:54.04		45.13
7.	Mariana Pinto FERREIRA	08	Foca Quinta da Lixa CNF	<b>2:57.81</b>	+0,82	477
	50m: 39.32 39.32	100m: 1:25.01	45.69 150m: 2:11.21	46.20 200m: 2:57.81		46.60
8.	Rita Lobo PIRES	09	Natacao do Fundao/GIRASSOL	<b>2:58.22</b>	+0,85	473
	50m: 39.92 39.92	100m: 1:24.65	44.73 150m: 2:10.86	46.21 200m: 2:58.22		47.36
9.	Rita Rocha SILVA	08	Alcobaca	<b>2:58.25</b>	+0,75	473
	50m: 39.76 39.76	100m: 1:24.26	44.50 150m: 2:10.74	46.48 200m: 2:58.25		47.51
10.	Madalena Azevedo MESSIAS	09	Sporting	<b>2:59.69</b>	+0,76	462
	50m: 40.31 40.31	100m: 1:25.59	45.28 150m: 2:12.25	46.66 200m: 2:59.69		47.44

Prova 39  
02/04/2023 - 17:06

Masc., 200m Bruços

Open  
Resultados Final

Rec Nac Absoluto	2:11.92	Gabriel Jose LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Sen	2:11.92	Gabriel Jose LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Jun18	2:15.99	Andre Miguel SILVA	PDEM	Faro	20/07/2009
Rec Nac Jun17	2:19.00	Andre Goncalo SANTOS	LSC	Oeiras	26/07/2014

JO Absoluto: 2:09.54 / CMPL Sen: 2:10.32 / CESub23 19 - 23: 2:14.07 / CEJun\_Masc 15 - 18: 2:19.25 / TAC Sen 50m: 2:31.40 - 25m: 2:24.64; Jun 50m: 2:35.94 - 25m: 2:28.98

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
<b>Final A</b>						
1.	Gabriel Jose LOPES	97	Louzan Natacao/EFAPEL	<b>2:18.64</b>	+0,60	749
	50m: 29.00 29.00	100m: 1:01.65 32.65	150m: 1:41.88 40.23	200m: 2:18.64 36.76		
2.	Rafael Gomes SIMOES	00	Braga	<b>2:19.01</b>	+0,75	743
	50m: 30.90 30.90	100m: 1:06.30 35.40	150m: 1:41.98 35.68	200m: 2:19.01 37.03		
3.	Pedro Goncalves BONNIZ	06	Benfica	<b>2:20.08</b>	+0,62	726
	50m: 32.13 32.13	100m: 1:07.86 35.73	150m: 1:44.05 36.19	200m: 2:20.08 36.03		
4.	Diogo Garcez MATEUS	02	Sporting	<b>2:24.22</b>	+0,68	666
	50m: 31.12 31.12	100m: 1:07.46 36.34	150m: 1:44.95 37.49	200m: 2:24.22 39.27		
5.	Nicollas Cataldo SOUZA	02	Naval do Funchal	<b>2:25.23</b>	+0,62	652
	50m: 31.80 31.80	100m: 1:09.09 37.29	150m: 1:47.85 38.76	200m: 2:25.23 37.38		
6.	Joao Carvalho RODRIGUES	06	Galitos / Bresimar	<b>2:26.57</b>	+0,68	634
	50m: 32.55 32.55	100m: 1:09.90 37.35	150m: 1:48.81 38.91	200m: 2:26.57 37.76		
7.	Goncalo Duarte CARVALHO	05	Benfica	<b>2:26.97</b>	+0,64	629
	50m: 32.66 32.66	100m: 1:09.62 36.96	150m: 1:47.64 38.02	200m: 2:26.97 39.33		
8.	Carlos Daniel NUNES	05	Nautico Salvaterra Magos	<b>2:42.48</b>	+0,65	465
	50m: 29.85 29.85	100m: 1:05.53 35.68	150m: 1:55.56 50.03	200m: 2:42.48 46.92		
9.	Rodrigo Almeida CABRITO	01	Belenenses	<b>2:42.51</b>	+0,63	465
	50m: 30.88 30.88	100m: 1:07.47 36.59	150m: 1:56.01 48.54	200m: 2:42.51 46.50		
10.	Francisco Robalo QUINTAS	95	Sporting	<b>2:45.73</b>	+0,64	438
	50m: 28.79 28.79	100m: 1:01.94 33.15	150m: 1:57.64 55.70	200m: 2:45.73 48.09		
<b>Final B</b>						
11.	Miguel Carvalho RODRIGUES	02	Galitos / Bresimar	<b>2:28.81</b>	+0,69	606
	50m: 32.83 32.83	100m: 1:10.65 37.82	150m: 1:49.39 38.74	200m: 2:28.81 39.42		
12.	Leonardo Freitas FERNANDES	06	Famalicao	<b>2:28.86</b>	+0,68	605
	50m: 33.50 33.50	100m: 1:12.88 39.38	150m: 1:52.10 39.22	200m: 2:28.86 36.76		
13.	Mark ZHUKOV	06	Braga	<b>2:29.17</b>	+0,67	601
	50m: 33.84 33.84	100m: 1:11.66 37.82	150m: 1:50.30 38.64	200m: 2:29.17 38.87		
14.	Joaquim Agra MERUJE	01	Uniao Coimbra	<b>2:29.51</b>	+0,68	597
	50m: 32.66 32.66	100m: 1:10.29 37.63	150m: 1:49.45 39.16	200m: 2:29.51 40.06		
15.	Francisco Lopes AFONSO	03	Alges	<b>2:31.96</b>	+0,61	569
	50m: 33.89 33.89	100m: 1:12.49 38.60	150m: 1:51.77 39.28	200m: 2:31.96 40.19		
16.	Goncalo Manuel SILVA	05	Porto	<b>2:32.41</b>	+0,67	564
	50m: 33.62 33.62	100m: 1:12.91 39.29	150m: 1:52.07 39.16	200m: 2:32.41 40.34		

## Prova 39, Masc., 200m Bruços, Final, Open

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
17.	Afonso Mateus RIBEIRO	95	Belenenses	<b>2:32.68</b>	+0,65	561
	50m: 34.40 34.40	100m: 1:12.43	38.03 150m: 1:51.78	39.35	200m: 2:32.68	40.90
18.	Diego Felipe SANTOS	87	Desportivo Nacional	<b>2:32.82</b>	+0,66	559
	50m: 34.61 34.61	100m: 1:14.23	39.62 150m: 1:53.56	39.33	200m: 2:32.82	39.26
19.	Afonso Silvestre ALMEIDA	06	Amadora	<b>2:34.79</b>	+0,66	538
	50m: 35.80 35.80	100m: 1:15.41	39.61 150m: 1:54.27	38.86	200m: 2:34.79	40.52
20.	Afonso Martim GOUVEIA	05	FC Ferreiras/AlgarExperience	<b>2:36.96</b>	+0,64	516
	50m: 35.40 35.40	100m: 1:15.67	40.27 150m: 1:56.42	40.75	200m: 2:36.96	40.54

## Prova 39 02/04/2023 - 17:06

## Masc., 200m Bruços

## Juvenis Resultados Final

Rec Nac Absoluto	2:11.92	Gabriel Jose LOPES	POR	Roma (ITA)	13/08/2022
Rec Nac Juv A	2:19.42	Rafael Miguel MIMOSO	SLB	Funchal	02/04/2023
Rec Nac Juv B	2:19.73	Rafael Miguel MIMOSO	POR	Banská Bystrica (SVK)	26/07/2022

JO Absoluto: 2:09.54 / CEJun\_Masc 15 - 18: 2:19.25 / TAC 50m: 2:43.51 - 25m: 2:36.21

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Rafael Miguel MIMOSO	07	Benfica	<b>2:18.72</b>	+0,73	748
	<i>Recorde Nacional, Minimos CEJun</i>					
	50m: 31.63 31.63	100m: 1:07.15	35.52 150m: 1:42.74	35.59	200m: 2:18.72	35.98
2.	Alexandre Moreira DOURADO	07	Naval Povoense	<b>2:31.75</b>	+0,79	571
	50m: 34.75 34.75	100m: 1:13.89	39.14 150m: 1:52.42	38.53	200m: 2:31.75	39.33
3.	Duarte Ramos NUNES	07	Galitos / Bresimar	<b>2:34.74</b>	+0,54	539
	50m: 34.92 34.92	100m: 1:14.55	39.63 150m: 1:54.57	40.02	200m: 2:34.74	40.17
4.	Gil Afonso RODRIGUES	07	Fluvial Portuense	<b>2:36.78</b>	+0,69	518
	50m: 35.20 35.20	100m: 1:14.23	39.03 150m: 1:54.70	40.47	200m: 2:36.78	42.08
5.	Goncalo Pereira COLACO	07	Nautico de Leiria	<b>2:37.30</b>	+0,77	513
	50m: 35.11 35.11	100m: 1:14.91	39.80 150m: 1:56.27	41.36	200m: 2:37.30	41.03
6.	Daniel IONAS	07	Amadora	<b>2:37.57</b>	+0,67	510
	50m: 35.29 35.29	100m: 1:15.50	40.21 150m: 1:56.23	40.73	200m: 2:37.57	41.34
7.	Vicente Sa VALE	08	Galitos / Bresimar	<b>2:38.83</b>	+0,66	498
	50m: 36.19 36.19	100m: 1:17.18	40.99 150m: 1:57.94	40.76	200m: 2:38.83	40.89
8.	Joao Alves RODRIGUES	07	Famalicao	<b>2:39.38</b>	+0,82	493
	50m: 34.91 34.91	100m: 1:16.12	41.21 150m: 1:57.53	41.41	200m: 2:39.38	41.85
9.	Rodrigo Martins CHOCAS	07	Sporting	<b>2:40.60</b>	+0,60	482
	50m: 35.28 35.28	100m: 1:17.27	41.99 150m: 1:59.23	41.96	200m: 2:40.60	41.37
10.	Joao Lourenco HERDEIRO	07	CLIP Teams	<b>2:40.66</b>	+0,65	481
	50m: 35.14 35.14	100m: 1:16.27	41.13 150m: 1:57.81	41.54	200m: 2:40.66	42.85



Prova 11  
02/04/2023 - 17:58

Masc., 800m Livres

Open  
Resultados Final

Rec Nac Absoluto	7:52.68	Jose Paulo LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	Jose Paulo LOPES	POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun18	8:06.97	Guilherme Filipe PINA	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun17	8:13.49	Gustavo Manuel SANTA	POR	Helsinki (FIN)	17/07/2010
Rec Nac Juv A	8:23.54	Gustavo Manuel SANTA	POR	Tampere (FIN)	23/07/2009
Rec Nac Juv B	8:37.90	Vitor Belo CLARA	ADBA	Coimbra	14/07/2019
Rec Nac Inf A	8:54.25	Pedro Fontoura OLIVEIRA	CFB	Lisboa	29/05/2004
Rec Nac Inf B	9:12.56	Pedro Fontoura OLIVEIRA	CFB	Lisboa	27/07/2003

CMPL Sen: 7:53.11 / JO : 7:51.65 / CESub23 19 - 23: 8:08.16 / CEJun\_Masc 15 - 18: 8:16.80 / TAC Sen 50m: 9:02.52 - 25m: 8:45.04;  
Jun 50m: 9:18.80 - 25m: 9:00.79

Pontos: FINA 2023

Lugar	Nome	Ano Cod	Clube	Tempo Final	TReac	Pts FINA
1.	<b>Jose Paulo LOPES</b> <i>Minimos CE Sub23</i>	00	Braga	<b>8:06.47</b>	+0,66	802
	50m: 27.79 27.79	250m: 2:30.19 30.80	450m: 4:33.32 30.12	650m: 6:36.08 30.66		
	100m: 57.92 30.13	300m: 3:01.15 30.96	500m: 5:03.86 30.54	700m: 7:06.88 30.80		
	150m: 1:28.56 30.64	350m: 3:32.16 31.01	550m: 5:34.61 30.75	750m: 7:37.00 30.12		
	200m: 1:59.39 30.83	400m: 4:03.20 31.04	600m: 6:05.42 30.81	800m: 8:06.47 29.47		
2.	<b>Francisco Rodriguez AMARAL</b>	02	Porto	<b>8:15.26</b>	+0,69	760
	50m: 28.52 28.52	250m: 2:32.05 30.99	450m: 4:37.14 31.36	650m: 6:44.15 31.92		
	100m: 59.11 30.59	300m: 3:03.26 31.21	500m: 5:08.83 31.69	700m: 7:15.21 31.06		
	150m: 1:29.97 30.86	350m: 3:34.41 31.15	550m: 5:40.45 31.62	750m: 7:46.21 31.00		
	200m: 2:01.06 31.09	400m: 4:05.78 31.37	600m: 6:12.23 31.78	800m: 8:15.26 29.05		
3.	<b>Diogo Santos CARDOSO</b>	01	Sporting	<b>8:16.45</b>	+0,75	755
	50m: 28.89 28.89	250m: 2:34.47 31.82	450m: 4:40.36 31.30	650m: 6:45.72 31.41		
	100m: 59.56 30.67	300m: 3:05.97 31.50	500m: 5:11.72 31.36	700m: 7:16.89 31.17		
	150m: 1:30.98 31.42	350m: 3:37.65 31.68	550m: 5:43.15 31.43	750m: 7:47.29 30.40		
	200m: 2:02.65 31.67	400m: 4:09.06 31.41	600m: 6:14.31 31.16	800m: 8:16.45 29.16		
4.	<b>Gustavo Pires MARQUES</b>	04	Uniao Coimbra	<b>8:34.29</b>	+0,72	679
	50m: 28.71 28.71	250m: 2:35.26 31.82	450m: 4:44.55 32.22	650m: 6:56.60 33.15		
	100m: 1:00.06 31.35	300m: 3:07.70 32.44	500m: 5:17.46 32.91	700m: 7:29.30 32.70		
	150m: 1:31.66 31.60	350m: 3:39.79 32.09	550m: 5:50.13 32.67	750m: 8:02.13 32.83		
	200m: 2:03.44 31.78	400m: 4:12.33 32.54	600m: 6:23.45 33.32	800m: 8:34.29 32.16		
5.	<b>Salvador Goya PERLOIRO</b>	05	Benfica	<b>8:37.48</b>	+0,69	666
	50m: 28.65 28.65	250m: 2:37.39 32.47	450m: 4:48.82 32.85	650m: 7:00.86 32.87		
	100m: 1:00.44 31.79	300m: 3:10.28 32.89	500m: 5:22.03 33.21	700m: 7:33.49 32.63		
	150m: 1:32.39 31.95	350m: 3:42.98 32.70	550m: 5:54.95 32.92	750m: 8:05.55 32.06		
	200m: 2:04.92 32.53	400m: 4:15.97 32.99	600m: 6:27.99 33.04	800m: 8:37.48 31.93		
6.	<b>Bruno Silva LOUREIRO</b>	06	Porto	<b>8:47.27</b>	+0,72	630
	50m: 30.18 30.18	250m: 2:42.79 33.17	450m: 4:56.32 32.96	650m: 7:10.47 33.32		
	100m: 1:02.95 32.77	300m: 3:16.15 33.36	500m: 5:29.76 33.44	700m: 7:43.45 32.98		
	150m: 1:36.20 33.25	350m: 3:50.02 33.87	550m: 6:03.64 33.88	750m: 8:16.44 32.99		
	200m: 2:09.62 33.42	400m: 4:23.36 33.34	600m: 6:37.15 33.51	800m: 8:47.27 30.83		
7.	<b>Goncalo Renato CARVALHO</b>	04	Porto	<b>8:47.57</b>	+0,67	629
	50m: 30.39 30.39	250m: 2:42.89 33.25	450m: 4:56.72 33.59	650m: 7:10.48 33.30		
	100m: 1:03.14 32.75	300m: 3:16.18 33.29	500m: 5:29.86 33.14	700m: 7:43.52 33.04		
	150m: 1:36.19 33.05	350m: 3:49.66 33.48	550m: 6:03.69 33.83	750m: 8:16.37 32.85		
	200m: 2:09.64 33.45	400m: 4:23.13 33.47	600m: 6:37.18 33.49	800m: 8:47.57 31.20		

## Prova 11, Masc., 800m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
8.	Filipe Santos CARDOSO	04		Gafanha da Encarnacao	<b>8:47.73</b>	+0,60	628
	50m: 29.93 29.93	250m: 2:43.57	33.65	450m: 4:58.33	33.55	650m: 7:12.04	33.07
	100m: 1:03.10 33.17	300m: 3:17.35	33.78	500m: 5:32.14	33.81	700m: 7:45.43	33.39
	150m: 1:36.36 33.26	350m: 3:50.84	33.49	550m: 6:05.34	33.20	750m: 8:17.25	31.82
	200m: 2:09.92 33.56	400m: 4:24.78	33.94	600m: 6:38.97	33.63	800m: 8:47.73	30.48
9.	Marcio Fernandes GOMES	04		Braga	<b>8:55.96</b>	+0,68	600
	50m: 29.96 29.96	250m: 2:42.92	33.75	450m: 4:58.66	33.74	650m: 7:14.95	34.19
	100m: 1:02.63 32.67	300m: 3:16.87	33.95	500m: 5:32.57	33.91	700m: 7:49.42	34.47
	150m: 1:35.74 33.11	350m: 3:50.89	34.02	550m: 6:06.52	33.95	750m: 8:23.78	34.36
	200m: 2:09.17 33.43	400m: 4:24.92	34.03	600m: 6:40.76	34.24	800m: 8:55.96	32.18
10.	Joao Maria SOUSA	05		Braga	<b>8:59.86</b>	+0,74	587
	50m: 29.17 29.17	250m: 2:41.04	33.52	450m: 4:57.89	34.38	650m: 7:18.43	34.98
	100m: 1:01.38 32.21	300m: 3:14.94	33.90	500m: 5:32.64	34.75	700m: 7:52.98	34.55
	150m: 1:34.15 32.77	350m: 3:48.75	33.81	550m: 6:08.03	35.39	750m: 8:26.90	33.92
	200m: 2:07.52 33.37	400m: 4:23.51	34.76	600m: 6:43.45	35.42	800m: 8:59.86	32.96

## Prova 12

## Femin., 800m Livres

## Open

02/04/2023 - 18:08

Resultados Final

Rec Nac Absoluto	8:29.33	Diana Margarida DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nac Sen	8:29.33	Diana Margarida DURAES	POR	Tarragona (ESP)	23/06/2018
Rec Nac Jun17	8:36.21	Tamila Hryhorivna HOLUB	SCB	Coimbra	28/05/2016
Rec Nac Jun16	8:45.53	Tamila Hryhorivna HOLUB	SCB	Coimbra	30/05/2015
Rec Nac Juv A	8:50.68	Tamila Hryhorivna HOLUB	SCB	Oeiras	27/07/2014
Rec Nac Juv B	9:07.70	Alexandra Maria SILVA	POR	Split (CRO)	10/09/1981
Rec Nac Inf A	9:14.85	Alexandra Maria SILVA	POR	Skovde (SWE)	10/08/1980
Rec Nac Inf B	9:30.42	Filipa Vilas RUIVO	DNMG	S. Joao da Madeira	25/07/2009

JO : 8:26.71 / CMPL 19 +: 8:37.90 / CESub23 19 - 23: 8:44.44 / CEJun\_Fem 14 - 17: 9:04.96 / TAC Sen 50m: 9:42.27 - 25m: 9:25.66; Jun 50m: 9:56.83 - 25m: 9:39.80

Pontos: FINA 2023

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA
1.	Tamila Hryhorivna HOLUB	99		Braga	<b>8:50.74</b>	+0,79	762
	50m: 30.22 30.22	250m: 2:41.15	33.24	450m: 4:55.27	33.74	650m: 7:10.65	33.59
	100m: 1:02.51 32.29	300m: 3:14.46	33.31	500m: 5:29.21	33.94	700m: 7:44.67	34.02
	150m: 1:35.14 32.63	350m: 3:47.80	33.34	550m: 6:03.10	33.89	750m: 8:17.92	33.25
	200m: 2:07.91 32.77	400m: 4:21.53	33.73	600m: 6:37.06	33.96	800m: 8:50.74	32.82
2.	Diana Margarida DURAES	96		Benfica	<b>8:53.66</b>	+0,74	749
	50m: 30.47 30.47	250m: 2:43.11	33.50	450m: 4:57.90	33.74	650m: 7:12.86	33.72
	100m: 1:03.08 32.61	300m: 3:16.74	33.63	500m: 5:31.57	33.67	700m: 7:46.69	33.83
	150m: 1:36.17 33.09	350m: 3:50.43	33.69	550m: 6:05.40	33.83	750m: 8:20.34	33.65
	200m: 2:09.61 33.44	400m: 4:24.16	33.73	600m: 6:39.14	33.74	800m: 8:53.66	33.32
3.	Mariana Amaral MENDES	02		Sporting	<b>9:07.71</b>	+0,75	693
	50m: 31.46 31.46	250m: 2:47.97	34.40	450m: 5:06.13	34.56	650m: 7:25.05	34.84
	100m: 1:05.20 33.74	300m: 3:22.37	34.40	500m: 5:40.57	34.44	700m: 7:59.92	34.87
	150m: 1:39.27 34.07	350m: 3:56.97	34.60	550m: 6:15.43	34.86	750m: 8:34.37	34.45
	200m: 2:13.57 34.30	400m: 4:31.57	34.60	600m: 6:50.21	34.78	800m: 9:07.71	33.34

Prova 12, Femin., 800m Livres, Final, Open

Lugar	Nome	Ano	Cod	Clube	Tempo Final	TReac	Pts FINA	
4.	Margaux Verger GOURSON	95		Fluvial Portuense	<b>9:16.18</b>	<b>+0,73</b>	<b>662</b>	
	50m: 31.55	31.55	250m: 2:50.91	34.95	450m: 5:12.68	35.05	650m: 7:33.06	34.91
	100m: 1:05.81	34.26	300m: 3:26.33	35.42	500m: 5:47.86	35.18	700m: 8:08.50	35.44
	150m: 1:40.62	34.81	350m: 4:01.81	35.48	550m: 6:23.03	35.17	750m: 8:42.72	34.22
	200m: 2:15.96	35.34	400m: 4:37.63	35.82	600m: 6:58.15	35.12	800m: 9:16.18	33.46
5.	Maria Ornelas ARMAS	98		Vikings	<b>9:20.98</b>	<b>+0,87</b>	<b>645</b>	
	50m: 31.47	31.47	250m: 2:50.09	35.35	450m: 5:11.98	35.49	650m: 7:34.70	36.24
	100m: 1:05.19	33.72	300m: 3:25.58	35.49	500m: 5:47.23	35.25	700m: 8:10.43	35.73
	150m: 1:39.94	34.75	350m: 4:01.07	35.49	550m: 6:22.61	35.38	750m: 8:46.36	35.93
	200m: 2:14.74	34.80	400m: 4:36.49	35.42	600m: 6:58.46	35.85	800m: 9:20.98	34.62
6.	Daniela Magalhaes LOPES	05		Famalicao	<b>9:26.89</b>	<b>+0,77</b>	<b>625</b>	
	50m: 31.45	31.45	250m: 2:51.48	35.69	450m: 5:14.15	35.75	650m: 7:40.09	36.46
	100m: 1:05.55	34.10	300m: 3:26.83	35.35	500m: 5:50.66	36.51	700m: 8:16.06	35.97
	150m: 1:40.66	35.11	350m: 4:02.36	35.53	550m: 6:27.02	36.36	750m: 8:51.82	35.76
	200m: 2:15.79	35.13	400m: 4:38.40	36.04	600m: 7:03.63	36.61	800m: 9:26.89	35.07
7.	Beatriz Silva LOURO	07		Louletano / Loule Concelho	<b>9:28.43</b>	<b>+0,69</b>	<b>620</b>	
	50m: 31.25	31.25	250m: 2:52.96	35.91	450m: 5:17.04	35.89	650m: 7:40.79	35.90
	100m: 1:05.72	34.47	300m: 3:29.11	36.15	500m: 5:53.17	36.13	700m: 8:16.87	36.08
	150m: 1:41.38	35.66	350m: 4:04.98	35.87	550m: 6:28.95	35.78	750m: 8:52.49	35.62
	200m: 2:17.05	35.67	400m: 4:41.15	36.17	600m: 7:04.89	35.94	800m: 9:28.43	35.94
8.	Carolina Esteves PEIXOTO	06		Braga	<b>9:30.79</b>	<b>+0,77</b>	<b>612</b>	
	50m: 32.08	32.08	250m: 2:55.80	36.42	450m: 5:20.25	35.56	650m: 7:44.55	36.42
	100m: 1:07.18	35.10	300m: 3:32.41	36.61	500m: 5:55.77	35.52	700m: 8:20.80	36.25
	150m: 1:43.09	35.91	350m: 4:08.86	36.45	550m: 6:31.61	35.84	750m: 8:56.48	35.68
	200m: 2:19.38	36.29	400m: 4:44.69	35.83	600m: 7:08.13	36.52	800m: 9:30.79	34.31
9.	Marta Lima PIMENTEL	04		Porto	<b>9:34.25</b>	<b>+0,75</b>	<b>601</b>	
	50m: 32.48	32.48	250m: 2:54.65	36.05	450m: 5:20.16	36.32	650m: 7:46.07	36.49
	100m: 1:07.32	34.84	300m: 3:31.02	36.37	500m: 5:56.69	36.53	700m: 8:22.69	36.62
	150m: 1:42.68	35.36	350m: 4:07.33	36.31	550m: 6:33.06	36.37	750m: 8:59.05	36.36
	200m: 2:18.60	35.92	400m: 4:43.84	36.51	600m: 7:09.58	36.52	800m: 9:34.25	35.20
10.	Alice Jesus MORGADO	04		Sporting	<b>9:47.48</b>	<b>+0,76</b>	<b>561</b>	
	50m: 32.26	32.26	250m: 2:55.96	36.14	450m: 5:22.86	36.75	650m: 7:54.29	38.12
	100m: 1:07.74	35.48	300m: 3:32.53	36.57	500m: 6:00.45	37.59	700m: 8:32.29	38.00
	150m: 1:43.29	35.55	350m: 4:09.24	36.71	550m: 6:38.17	37.72	750m: 9:10.00	37.71
	200m: 2:19.82	36.53	400m: 4:46.11	36.87	600m: 7:16.17	38.00	800m: 9:47.48	37.48

ORGANIZAÇÃO		PARCEIROS INSTITUCIONAIS LOCAIS					
PATROCINADOR PRINCIPAL		PATROCINADOR OFICIAL		PARCEIROS INSTITUCIONAIS		PARCEIROS	

Prova 40 Femin., 4 x 100m Estilos Open Resultados  
02/04/2023 - 18:19

Rec Nac Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	13/04/2019
Rec Nac Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	21/07/2009
Rec Nac Jun	4:24.80	Sport Alges e Dafundo	SAD	Coimbra	04/04/2015
Rec Nac Juv A	4:35.70	tempo limite	SLB	Oeiras	27/07/2008
Rec Nac Juv	4:30.40	Sport Alges e Dafundo	SAD	Oeiras	24/07/2016
Rec Nac Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	27/07/2008
Rec Nac Inf A	4:45.41	Sport Lisboa e Benfica	SLB	Lisboa	30/06/2007
Rec Nac Inf	4:45.41	tempo limite	SLB	Oeiras	30/06/2007
Rec Nac Inf B	4:56.36	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Porto	24/07/2010

TAC\_estafeta Abs 50m: 4:41.26 - 25m: 4:35.63 / TAC\_Jun\_estafeta Jun 50m: 4:46.89 - 25m: 4:41.15

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA		
<b>1. Sporting-ABS</b>		<b>Sporting</b>	<b>4:18.55</b>	<b>+0,61</b>	<b>707</b>		
Rita Barros FRISCHKNECHT	+0,61	30.85	1:04.52	Francisca Salvador MESQUITA	+0,39	30.04	1:03.26
Madalena Reis CERDEIRA	+0,36	33.74	1:12.73	Anna FOMINA	+0,55	27.85	58.04
<b>2. Louzan Natacao/EFAPEL-ABS</b>		<b>Louzan Natacao/EFAPEL</b>	<b>4:24.89</b>	<b>+0,59</b>	<b>658</b>		
Camila Rodrigues REBELO	+0,59	30.38	1:02.71	Ines Jacinto HENRIQUES	+0,43	29.33	1:02.40
Angela Rodrigues REBELO	+0,43	36.27	1:18.19	Dania Rodrigues SIMOES	+0,36	28.94	1:01.59
<b>3. Belenenses-ABS</b>		<b>Belenenses</b>	<b>4:26.97</b>	<b>+0,53</b>	<b>642</b>		
Luana Correia RODRIGUES	+0,53	32.68	1:07.51	Maria Jardim FIDALGO	+0,54	30.79	1:06.43
Lidiana Correia RODRIGUES	+0,27	33.73	1:11.73	Madalena Rodrigues TOME	+0,12	28.62	1:01.30
<b>4. Alges-ABS</b>		<b>Alges</b>	<b>4:28.52</b>	<b>+0,57</b>	<b>631</b>		
Rafaela Gomes AZEVEDO	+0,57	28.53	1:07.38	Francisca Santos FERREIRA	+0,32	30.58	1:05.79
Rebeca Leonor ANTUNES	+0,48	34.73	1:16.08	Marta Joao PIRES		28.10	59.27
<b>5. Colegio Efanor-ABS</b>		<b>Colegio Efanor</b>	<b>4:28.74</b>	<b>+0,70</b>	<b>630</b>		
Mariana Pacheco CUNHA	+0,70	31.60	1:05.76	Maria Carolina ALMEIDA	+0,31	29.38	1:03.29
Joana Ferreira SILVA	+0,39	36.31	1:19.15	Ana Luisa GOUVEIA	+0,25	28.91	1:00.54
<b>6. Estarreja/PROZINCO-ABS</b>		<b>Estarreja/PROZINCO</b>	<b>4:33.68</b>	<b>+0,61</b>	<b>596</b>		
Catarina Castro CASALINHO	+0,61	33.56	1:09.21	Mariana Nunes MARQUES	+0,47	31.29	1:08.74
Mariana Teixeira JESUS	+0,48	34.91	1:15.36	Erica Domitila AMADOR	+0,57	28.46	1:00.37
<b>7. Porto-ABS</b>		<b>Porto</b>	<b>4:33.99</b>	<b>+0,78</b>	<b>594</b>		
Angelica Maria ANDRE	+0,78	34.07	1:10.06	Leonor Santos SILVA	+0,48	30.36	1:06.17
Maria Freitas CASTRO	+0,27	35.53	1:15.42	Rita Fernandes LEITAO	+0,43	28.90	1:02.34
<b>8. Condeixa Clube-ABS</b>		<b>Condeixa Clube</b>	<b>4:35.92</b>	<b>+0,65</b>	<b>582</b>		
Helena Nunes RODRIGUES	+0,65	33.71	1:09.55	Joana Francisca RODRIGUES	+0,60	30.70	1:08.13
Maria Carlota REBELO	+0,55	35.52	1:16.60	Mariana Carmo ROSA	+0,48	29.35	1:01.64
<b>9. Fluvial Portuense-ABS</b>		<b>Fluvial Portuense</b>	<b>4:38.60</b>	<b>+0,69</b>	<b>565</b>		
Maria Luis SA	+0,69	35.67	1:13.55	Isabel Porfirio PEGO	+0,51	30.26	1:05.64
Joana Navega TEIXEIRA	+0,55	36.37	1:17.95	Ana Carolina NEVES	+0,13	28.44	1:01.46
<b>10. Vilacondense-ABS</b>		<b>Vilacondense</b>	<b>4:39.76</b>	<b>+0,66</b>	<b>558</b>		
Filipa Carvalho GALANTE	+0,66	34.49	1:13.12	Ana Catarina MONTEIRO	+0,17	28.15	1:01.57
Francisca Macedo LOPES	+0,60	37.11	1:21.41	Maria Joao COSTA	+0,57	29.82	1:03.66
<b>11. Viana Natacao-ABS</b>		<b>Viana Natacao</b>	<b>4:40.09</b>	<b>+0,60</b>	<b>556</b>		
Maria Miguel RIGOR	+0,60	34.04	1:11.60	Mariana Goncalves BROCHADO	+0,67	30.43	1:06.22
Liliana Lima ROCHA	+0,34	37.35	1:21.70	Daniela Silva LIGEIRO	+0,19	28.92	1:00.57

**Prova 40, Femin., 4 x 100m Estilos, Open**

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>12. Nautico Academico-ABS</b>		<b>Nautico Academico</b>	<b>4:40.22</b>	<b>+0,67</b>	<b>555</b>
Ines Miranda DIOGO	+0,67 34.93	1:12.62 Maria Neto FERREIRA	+0,35	31.46	1:08.28
Beatriz Andre GASPAR	+0,41 37.45	1:19.47 Leonor Mil MANO	+0,28	28.38	59.85
<b>13. Naval Setubalense 1</b>		<b>Naval Setubalense</b>	<b>4:41.24</b>	<b>+0,59</b>	<b>549</b>
Sara Sofia ALVES	+0,59 33.08	1:09.63 Margarida Santos BOTELHO	+0,12	31.87	1:09.79
Rita Machita SANTOS	+0,23 37.01	1:19.65 Ana Margarida SOARES	+0,26	29.36	1:02.17
<b>14. Vitoria Guimaraes-ABS</b>		<b>Vitoria Guimaraes</b>	<b>4:48.47</b>	<b>+0,68</b>	<b>509</b>
Catarina Ribeiro COSTA	+0,68 37.31	1:15.72 Filipa Viamonte FERNANDES	+0,34	30.14	1:06.19
Mafalda Coelho PEIXOTO	+0,41 40.42	1:24.95 Ana Ines FERNANDES	+0,39	29.71	1:01.61
<b>15. Gafanha da Encarnacao-ABS</b>		<b>Gafanha da Encarnacao</b>	<b>4:50.26</b>	<b>+0,75</b>	<b>500</b>
Joana Barbas RAMOS	+0,75 36.10	1:14.50 Sara Calisto PIMENTEL	+0,53	31.60	1:08.97
Ines Santos CUNHA	+0,59 37.31	1:22.02 Vanessa Sofia OLIVEIRA	+0,51	31.22	1:04.77

**Prova 41  
02/04/2023 - 18:30**
**Masc., 4 x 100m Estilos**
**Open  
Resultados**

Rec Nac Absoluto	3:43.87	Sporting Clube de Portugal	SCP	Oeiras	30/07/2022
Rec Nac Sen	3:43.87	Sporting Clube de Portugal	SCP	Oeiras	30/07/2022
Rec Nac Jun	3:55.74	Sporting Clube de Braga	SCB	Oeiras	29/07/2018
Rec Nac Juv A	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nac Juv	4:03.65	Sporting Clube de Portugal	SCP	Oeiras	29/07/2018
Rec Nac Juv B	4:08.58	Sporting Clube de Portugal	SCP	Oeiras	23/07/2017
Rec Nac Inf A	4:18.17	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Loulé	29/06/2014
Rec Nac Inf	4:18.17	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	Loulé	20/07/2014
Rec Nac Inf B	4:41.06	Grupo Desp. Natacao V. N. Famalicao	GDNVNF	S. Joao da Madeira	14/07/2013

TAC\_estafeta Abs 50m: 4:07.94 - 25m: 4:02.98 / TAC\_Jun\_estafeta Jun 50m: 4:16.62 - 25m: 4:11.49

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
<b>1. Vitoria Guimaraes-ABS</b>		<b>Vitoria Guimaraes</b>	<b>3:42.49</b>	<b>+0,61</b>	<b>802</b>
<i>Recorde Nacional</i>					
Joao Nogueira COSTA	+0,61 25.99	54.49 Tomas Teixeira LOPES	+0,35	25.61	55.80
Alexandre Ferreira AMORIM	+0,23 28.17	1:02.56 Andrii GOVOROV	+0,03	23.05	49.64
<b>2. Naval do Funchal-ABS</b>		<b>Naval do Funchal</b>	<b>3:50.49</b>	<b>+0,56</b>	<b>722</b>
Pedro Miguel PITA	+0,56 29.25	1:01.40 Gabriel Perseguin DIAS	+0,51	25.01	53.92
Nicollas Cataldo SOUZA	+0,04 29.42	1:04.27 Joao Esteves PADRELA	+0,18	23.82	50.90
<b>3. Belenenses-ABS</b>		<b>Belenenses</b>	<b>3:51.60</b>	<b>+0,59</b>	<b>711</b>
Joao Diogo FERNANDES	+0,59 29.35	59.57 Rodrigo Reis DIAS	+0,04	25.96	56.42
Francisco Costa NUNES	+0,32 29.36	1:05.28 Bruno Miguel RAMOS	+0,19	23.78	50.33
<b>4. Braga-ABS</b>		<b>Braga</b>	<b>3:53.83</b>	<b>+0,57</b>	<b>691</b>
Joao Anibal REMELHE	+0,57 29.39	1:01.04 Jose Paulo LOPES	+0,30	25.77	55.39
Rafael Gomes SIMOES	+0,47 29.53	1:04.42 Daniel Batista TAVARES	+0,33	24.59	52.98
<b>5. Benfica-ABS</b>		<b>Benfica</b>	<b>3:54.74</b>	<b>+0,72</b>	<b>683</b>
<i>Recorde Nacional</i>					
Tomas Maia JANUARIO	+0,72 28.24	58.82 Gabriel Carvalho FERRAO	+0,43	26.36	57.34
Pedro Goncalves BONNIZ	+0,51 30.42	1:05.15 Andre Henriques MARQUES	+0,36	24.76	53.43

## Prova 41, Masc., 4 x 100m Estilos, Open

Lugar		Cod		Clube	Tempo Final	TReac	Pts FINA	
6.	Porto-ABS			Porto	<b>3:58.03</b>	+0,56	655	
	Porfirio Braga NUNES	+0,56	28.25	59.26	Kevins Alexandre APSENIECE	+0,25	25.62	55.77
	Leonardo SCHILLING	+0,13	31.91	1:09.72	Francisco Rodriguez AMARAL	+0,34	25.47	53.28
7.	Sporting-ABS			Sporting	<b>3:58.19</b>	+0,70	654	
	Daniel Nogueira CATALAO	+0,70	28.90	59.92	Miguel Mera HERRERO	+0,34	27.01	59.32
	Renato Barros FRISCHKNECHT	+0,17	29.68	1:06.78	Bernardo Victorino ALMEIDA	+0,41	24.87	52.17
8.	Famalicao-ABS			Famalicao	<b>4:00.41</b>	+0,57	636	
	Francisco Araujo SILVA	+0,57	28.92	59.27	Rodrigo Ferreira PEREIRA	+0,45	26.15	57.18
	Tomas Mendes COSTA	+0,07	31.28	1:08.20	Afonso Carvalho SILVA	+0,36	26.45	55.76
9.	Nautico Academico-ABS			Nautico Academico	<b>4:00.65</b>	+0,74	634	
	Dinis Miranda DIOGO	+0,74	29.86	1:02.52	Ricardo Jorge DOMINGUES	+0,26	26.47	58.18
	Vasco Pereira BASTOS	+0,14	31.19	1:07.95	Rodrigo Miguel REIS	+0,10	24.04	52.00
10.	Natacao da Maia-ABS			Natacao da Maia	<b>4:00.92</b>	+0,61	632	
	Goncalo Carlos AZEVEDO	+0,61	28.75	59.48	Joao Guilherme ARAUJO	+0,16	26.53	58.04
	Francisco Manuel ZENZA	+0,45	30.25	1:06.25	Tomas Ferreira OLIVEIRA	+0,32	26.72	57.15
11.	Academica de Coimbra-ABS			Academica de Coimbra	<b>4:09.62</b>	+0,66	568	
	Miguel Salomao TRISTAO	+0,66	29.80	1:01.90	Miguel Freitas OVIEDO	+0,19	26.62	58.58
	Rodrigo Costa CRUZ	+0,51	33.46	1:12.88	Samuel Baptista FIGUEIRA	+0,11	26.08	56.26
12.	Uniao de Coimbra-ABS			Uniao Coimbra	<b>4:09.72</b>	+0,62	567	
	Francisco Couto FRAZAO	+0,62	31.47	1:05.61	Gustavo Pires MARQUES	+0,06	26.57	59.08
	Joaquim Agra MERUJE	+0,16	31.42	1:09.42	Rui Mamede SANTOS	+0,21	26.12	55.61
13.	Viana Natacao-ABS			Viana Natacao	<b>4:10.38</b>	+0,64	563	
	Miguel Alves FERNANDES	+0,64	30.63	1:02.91	Joao Pedro ROCHA	+0,21	26.64	58.62
	Eduardo Sousa SARAGOCA	+0,25	33.63	1:13.58	Antonio Miguel VITORINO	+0,12	25.80	55.27
14.	Torres Novas-ABS			Torres Novas	<b>4:17.30</b>	+0,68	519	
	Diogo Miguel MATRENO	+0,68	31.11	1:04.73	Tiago Miguel TRINCAO	+0,15	28.66	1:04.54
	Joao Antonio PIRES	+0,29	32.53	1:12.09	Afonso Formigo PINHO	+0,36	26.88	55.94
15.	Nautico de Leiria-ABS			Nautico de Leiria	<b>4:21.51</b>	+0,56	494	
	Micael Dmitrievich DENISOV	+0,56	31.42	1:06.72	Nuno Goncalo SANTOS	+0,47	28.10	1:01.04
	Bruno Pinto DOMINGUES	+0,37	32.39	1:10.04	Manuel Maria FROIS	+0,11	29.09	1:03.71
DSQ	Uniao Piedense-ABS			Uniao Piedense		+0,69		
	<i>10.15 - Rendição antecipada do(a) 2 nadador(a) - SW 10.11</i>							
	Andre Correia ALVES	+0,69	29.99	1:03.08	Manuel Costa SIMOES			
	Miguel Filipe ANJO	-0,16			Miguel Costa SIMOES			

**9 - TIME TRIALS**
**02/04/2023**

 Prova 142 Absoluto  
 02/04/2023 Resultados

Masc., 4 x 100m Livres

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
1. Portugal 1		Portugal	<b>3:40.20</b>	+0,59	624
<i>Minimos JO 2024 primeiro percurso</i>					
Miguel Duarte NASCIMENTO	+0,59	21.91	55.70	Gustavo Carvalhais RIBEIRO	+0,96 28.00 55.57
Diogo Ramos LEBRE	+0,43	23.56	50.17	Tiago Cunha COSTA	+0,55 28.60 58.76

 Prova 143 Absoluto  
 02/04/2023 Resultados

Femin., 4 x 100m Livres

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
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 Prova 144 Absoluto  
 02/04/2023 Resultados

Masc., 4 x 100m Estilos

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
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 Prova 145 Absoluto  
 02/04/2023 Resultados

Masc., 4 x 100m Estilos

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
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 Prova 146 Absoluto  
 02/04/2023 Resultados

Masc., 4 x 200m Livres

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
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 Prova 147 Absoluto  
 02/04/2023 Resultados

Femin., 4 x 200m Livres

Pontos: FINA 2023

Lugar	Cod	Clube	Tempo Final	TReac	Pts FINA
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