



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

1 - 1ª SESSÃO

23-11-2019 - 9:00

Prova 1	Masc., 1500m Livres				Absoluto
23-11-2019 - 9:00					Resultados
Recorde Distrital ANDS Absoluto	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Sen	15:49.26	Pedro Diogo Oliveira	CNRM	Torres Novas	06-05-2007
Recorde Distrital ANDS Jun	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Juv A	15:50.63	Gustavo Manuel Santa	CNLA	Sines	21-12-2008
Recorde Distrital ANDS Juv B	16:27.54	Pedro Diogo Oliveira	CNRM	Rio Maior	11-07-2003

Juv: 21:00.00; Jun/Sen: 20:00.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Luis Afonso Lopes	03	Viver Santarem	<b>16:21.80</b>		644	
	50m: 28.42 28.42	400m: 4:18.54	1:06.38	800m: 8:43.80	1:05.60	1200m: 13:08.73	1:06.57
	100m: 1:00.10 31.68	500m: 5:25.51	1:06.97	900m: 9:50.36	1:06.56	1300m: 14:15.29	1:06.56
	200m: 2:05.76 1:05.66	600m: 6:32.07	1:06.56	1000m: 10:55.82	1:05.46	1400m: 15:18.70	1:03.41
	300m: 3:12.16 1:06.40	700m: 7:38.20	1:06.13	1100m: 12:02.16	1:06.34	1500m: 16:21.80	1:03.10
2.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>16:41.00</b>		608	
	50m: 29.86 29.86	400m: 4:21.28	1:07.35	800m: 8:51.78	1:07.20	1200m: 13:21.75	1:07.75
	100m: 1:01.72 31.86	500m: 5:29.08	1:07.80	900m: 9:59.53	1:07.75	1300m: 14:29.40	1:07.65
	200m: 2:07.75 1:06.03	600m: 6:36.50	1:07.42	1000m: 11:06.28	1:06.75	1400m: 15:36.65	1:07.25
	300m: 3:13.93 1:06.18	700m: 7:44.58	1:08.08	1100m: 12:14.00	1:07.72	1500m: 16:41.00	1:04.35
3.	Joao Vasco Canadas	03	Rio Maior	<b>17:00.65</b>		573	
	50m: 30.11 30.11	400m: 4:23.75	1:07.25	800m: 8:56.00	1:08.60	1200m: 13:33.57	1:09.57
	100m: 1:02.82 32.71	500m: 5:31.18	1:07.43	900m: 10:04.93	1:08.93	1300m: 14:43.18	1:09.61
	200m: 2:09.36 1:06.54	600m: 6:39.07	1:07.89	1000m: 11:14.36	1:09.43	1400m: 15:52.75	1:09.57
	300m: 3:16.50 1:07.14	700m: 7:47.40	1:08.33	1100m: 12:24.00	1:09.64	1500m: 17:00.65	1:07.90
4.	Erik Norbert Vass	03	Rio Maior	<b>17:05.11</b>		566	
	50m: 30.61 30.61	400m: 4:23.88	1:07.53	800m: 9:00.12	1:09.21	1200m: 13:37.91	1:10.10
	100m: 1:03.61 33.00	500m: 5:32.48	1:08.60	900m: 10:09.25	1:09.13	1300m: 14:47.64	1:09.73
	200m: 2:09.14 1:05.53	600m: 6:41.13	1:08.65	1000m: 11:18.56	1:09.31	1400m: 15:57.48	1:09.84
	300m: 3:16.35 1:07.21	700m: 7:50.91	1:09.78	1100m: 12:27.81	1:09.25	1500m: 17:05.11	1:07.63
5.	Tiago Miguel Jorge	03	Rio Maior	<b>17:27.54</b>		530	
	50m: 30.70 30.70	400m: 4:29.83	1:08.57	800m: 9:10.20	1:10.84	1200m: 13:54.14	1:11.34
	100m: 1:04.08 33.38	500m: 5:39.20	1:09.37	900m: 10:20.86	1:10.66	1300m: 15:06.00	1:11.86
	200m: 2:12.14 1:08.06	600m: 6:49.61	1:10.41	1000m: 11:31.54	1:10.68	1400m: 16:17.45	1:11.45
	300m: 3:21.26 1:09.12	700m: 7:59.36	1:09.75	1100m: 12:42.80	1:11.26	1500m: 17:27.54	1:10.09
6.	Diogo Miguel Matreno	03	Torres Novas	<b>17:40.42</b>		511	
	50m: 30.51 30.51	500m: 5:47.51	1:11.94	900m: 10:29.57	1:10.51	1300m: 15:17.74	1:12.54
	200m: 2:14.20 1:43.69	600m: 6:58.26	1:10.75	1000m: 11:41.11	1:11.54	1400m: 16:29.13	1:11.39
	300m: 3:24.74 1:10.54	700m: 8:08.95	1:10.69	1100m: 12:52.83	1:11.72	1500m: 17:40.42	1:11.29
	400m: 4:35.57 1:10.83	800m: 9:19.06	1:10.11	1200m: 14:05.20	1:12.37		
7.	Diogo Bernardo Tome	03	Nautico Salvaterra Magos	<b>17:52.05</b>		495	
	50m: 31.28 31.28	400m: 4:38.80	1:11.17	800m: 9:25.28	1:11.90	1200m: 14:15.13	1:12.47
	100m: 1:05.73 34.45	500m: 5:50.16	1:11.36	900m: 10:37.63	1:12.35	1300m: 15:27.56	1:12.43
	200m: 2:16.41 1:10.68	600m: 7:01.66	1:11.50	1000m: 11:50.13	1:12.50	1400m: 16:40.28	1:12.72
	300m: 3:27.63 1:11.22	700m: 8:13.38	1:11.72	1100m: 13:02.66	1:12.53	1500m: 17:52.05	1:11.77
8.	Tiago Charrua Gago	04	Rio Maior	<b>18:05.63</b>		476	
	50m: 30.45 30.45	400m: 4:37.83	1:11.88	800m: 9:32.92	1:14.69	1200m: 14:30.10	1:14.02
	100m: 1:04.51 34.06	500m: 5:51.60	1:13.77	900m: 10:47.36	1:14.44	1300m: 15:43.23	1:13.13
	200m: 2:15.11 1:10.60	600m: 7:04.41	1:12.81	1000m: 12:01.36	1:14.00	1400m: 16:56.04	1:12.81
	300m: 3:25.95 1:10.84	700m: 8:18.23	1:13.82	1100m: 13:16.08	1:14.72	1500m: 18:05.63	1:09.59
9.	Jose Miguel Monteiro	04	Gualdim Pais	<b>18:31.20</b>		444	
	50m: 31.54 31.54	400m: 4:49.36	1:15.53	800m: 9:49.26	1:15.93	1200m: 14:49.70	1:13.96
	100m: 1:06.42 34.88	500m: 6:03.70	1:14.34	900m: 11:04.58	1:15.32	1300m: 16:04.67	1:14.97
	200m: 2:19.17 1:12.75	600m: 7:18.30	1:14.60	1000m: 12:19.77	1:15.19	1400m: 17:18.95	1:14.28
	300m: 3:33.83 1:14.66	700m: 8:33.33	1:15.03	1100m: 13:35.74	1:15.97	1500m: 18:31.20	1:12.25



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 1, Masc., 1500m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
10.	Miguel Alexandre Martins	04	BUZIOS-Coruche	<b>18:33.94</b>		441	
	50m: 32.48 32.48	400m: 4:51.91	1:15.18	800m: 9:52.02	1:15.51	1200m: 14:51.16	1:14.57
	100m: 1:08.51 36.03	500m: 6:05.66	1:13.75	900m: 11:07.44	1:15.42	1300m: 16:07.56	1:16.40
	200m: 2:21.98 1:13.47	600m: 7:21.16	1:15.50	1000m: 12:22.66	1:15.22	1400m: 17:22.19	1:14.63
	300m: 3:36.73 1:14.75	700m: 8:36.51	1:15.35	1100m: 13:36.59	1:13.93	1500m: 18:33.94	1:11.75
11.	Diogo Daniel Simoes	99	Rio Maior	<b>19:17.16</b>		393	
	50m: 32.48 32.48	400m: 4:53.32	1:16.46	800m: 10:03.26	1:18.34	1200m: 15:19.92	1:19.10
	100m: 1:07.82 35.34	500m: 6:10.20	1:16.88	900m: 11:22.02	1:18.76	1300m: 16:39.36	1:19.44
	200m: 2:21.42 1:13.60	600m: 7:26.73	1:16.53	1000m: 12:41.67	1:19.65	1400m: 17:59.26	1:19.90
	300m: 3:36.86 1:15.44	700m: 8:44.92	1:18.19	1100m: 14:00.82	1:19.15	1500m: 19:17.16	1:17.90
12.	Ricardo Matias Santos	05	Atletismo Ferreira do Zezere	<b>19:20.94</b>		389	
	50m: 34.05 34.05	400m: 4:56.44	1:16.47	800m: 10:08.79	1:18.95	1200m: 15:26.47	1:19.31
	100m: 1:09.91 35.86	500m: 6:13.51	1:17.07	900m: 11:28.37	1:19.58	1300m: 16:45.19	1:18.72
	200m: 2:24.69 1:14.78	600m: 7:31.41	1:17.90	1000m: 12:47.91	1:19.54	1400m: 18:03.94	1:18.75
	300m: 3:39.97 1:15.28	700m: 8:49.84	1:18.43	1100m: 14:07.16	1:19.25	1500m: 19:20.94	1:17.00
13.	Joao Nuno Nobre	04	Cartaxo	<b>20:36.14</b>		322	
	50m: 32.17 32.17	400m: 5:21.39	1:24.03	800m: 10:55.48	1:22.71	1200m: 16:29.04	1:23.56
	100m: 1:08.83 36.66	500m: 6:45.39	1:24.00	900m: 12:19.48	1:24.00	1300m: 17:53.02	1:23.98
	200m: 2:33.02 1:24.19	600m: 8:09.30	1:23.91	1000m: 13:43.56	1:24.08	1400m: 19:17.23	1:24.21
	300m: 3:57.36 1:24.34	700m: 9:32.77	1:23.47	1100m: 15:05.48	1:21.92	1500m: 20:36.14	1:18.91
14.	Jose Diogo Nunes <i>FTL</i>	02	Cartaxo	<b>21:12.26</b>		296	
	50m: 38.98 38.98	500m: 7:03.84	2:49.93	900m: 12:43.41	1:25.10	1300m: 18:25.16	1:25.14
	100m: 1:20.98 42.00	600m: 8:29.38	1:25.54	1000m: 14:10.56	1:27.15	1400m: 19:08.76	43.60
	200m: 2:47.48 1:26.50	700m: 9:53.81	1:24.43	1100m: 15:35.34	1:24.78	1500m: 21:12.26	2:03.50
	300m: 4:13.91 1:26.43	800m: 11:18.31	1:24.50	1200m: 17:00.02	1:24.68		
15.	Vasco Duarte Nunes <i>FTL</i>	05	Cartaxo	<b>21:40.13</b>		277	
	50m: 37.45 37.45	400m: 5:38.67	1:27.47	800m: 11:29.45	1:27.63	1200m: 17:21.04	1:28.12
	100m: 1:19.02 41.57	500m: 7:06.76	1:28.09	900m: 12:57.20	1:27.75	1300m: 18:49.00	1:27.96
	200m: 2:44.70 1:25.68	600m: 8:34.13	1:27.37	1000m: 14:25.13	1:27.93	1400m: 20:16.04	1:27.04
	300m: 4:11.20 1:26.50	700m: 10:01.82	1:27.69	1100m: 15:52.92	1:27.79	1500m: 21:40.13	1:24.09
DNS	Rodrigo Sousa Azevedo	03	Cartaxo				

Prova 1 Masc., 1500m Livres Infantil A  
23-11-2019 - 9:00 Resultados

Recorde Distrital ANDS Absoluto	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf A	17:24.44	Gustavo Manuel Santa	CNLA	Sines	01-04-2007

: 23:40.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Eduardo Binyas	06	Rio Maior	<b>18:08.41</b>		473	
	50m: 31.87 31.87	400m: 4:45.06	1:13.72	800m: 9:40.59	1:13.75	1200m: 14:34.31	1:12.68
	100m: 1:06.26 34.39	500m: 5:58.84	1:13.78	900m: 10:54.91	1:14.32	1300m: 15:47.73	1:13.42
	200m: 2:17.81 1:11.55	600m: 7:12.76	1:13.92	1000m: 12:08.87	1:13.96	1400m: 17:00.06	1:12.33
	300m: 3:31.34 1:13.53	700m: 8:26.84	1:14.08	1100m: 13:21.63	1:12.76	1500m: 18:08.41	1:08.35
2.	Daniel Silva Bispo	06	Nautico Abrantes	<b>20:03.96</b>		349	
	50m: 35.12 35.12	400m: 5:17.28	1:22.07	800m: 10:41.88	1:21.57	1200m: 16:07.39	1:21.21
	100m: 1:13.46 38.34	500m: 6:38.62	1:21.34	900m: 12:03.81	1:21.93	1300m: 17:27.62	1:20.23
	200m: 2:33.18 1:19.72	600m: 7:58.52	1:19.90	1000m: 13:25.25	1:21.44	1400m: 18:47.75	1:20.13
	300m: 3:55.21 1:22.03	700m: 9:20.31	1:21.79	1100m: 14:46.18	1:20.93	1500m: 20:03.96	1:16.21
3.	Vitor Sokolovskyy	06	Nautico Abrantes	<b>21:07.18</b>		299	
	50m: 35.11 35.11	400m: 5:28.30	1:24.37	800m: 11:12.99	1:26.21	1200m: 16:57.90	1:27.79
	100m: 1:15.08 39.97	500m: 6:54.18	1:25.88	900m: 12:39.30	1:26.31	1300m: 18:23.21	1:25.31
	200m: 2:38.37 1:23.29	600m: 8:20.78	1:26.60	1000m: 14:04.62	1:25.32	1400m: 19:47.49	1:24.28
	300m: 4:03.93 1:25.56	700m: 9:46.78	1:26.00	1100m: 15:30.11	1:25.49	1500m: 21:07.18	1:19.69



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 1, Masc., 1500m Livres

Prova 1 Masc., 1500m Livres Infantil B  
23-11-2019 - 9:00 Resultados

Recorde Distrital ANDS Absoluto	15:05.57	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf B	17:52.60	Paulo Bruno Janeiro	CNLA	Sines	01-04-2007

: 24:58.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Daniel Santos Carapeto	07	Nautico Abrantes	<b>23:29.41</b>		217
	50m: 40.09 40.09	400m: 6:08.53 1:34.65	800m: 12:28.63 1:35.43	1200m: 18:49.84 1:35.89		
	100m: 1:24.70 44.61	500m: 7:43.73 1:35.20	900m: 14:04.38 1:35.75	1300m: 20:27.16 1:37.32		
	200m: 2:59.09 1:34.39	600m: 9:18.03 1:34.30	1000m: 15:38.59 1:34.21	1400m: 22:00.59 1:33.43		
	300m: 4:33.88 1:34.79	700m: 10:53.20 1:35.17	1100m: 17:13.95 1:35.36	1500m: 23:29.41 1:28.82		

Prova 2 Femin., 800m Livres Absoluto  
23-11-2019 - 10:00 Resultados

Recorde Distrital ANDS Absoluto	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Sen	9:11.24	Julia Matos Lopes	VS	Coruche	02-03-2013
Recorde Distrital ANDS Jun	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Juv A	9:10.38	Mafalda Sofia Rosa	CNRM	Albufeira	16-12-2017
Recorde Distrital ANDS Juv B	9:21.21	Ana Rita Boavista	CNLA	Guimarães	09-03-2002

Juv: 11:32.50; Jun/Sen: 11:12.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mafalda Sofia Rosa	03	Rio Maior	<b>8:57.62</b>		708
	50m: 31.47 31.47	300m: 3:20.55 1:07.79	600m: 6:43.19 1:07.47			
	100m: 1:04.94 33.47	400m: 4:28.16 1:07.61	700m: 7:50.79 1:07.60			
	200m: 2:12.76 1:07.82	500m: 5:35.72 1:07.56	800m: 8:57.62 1:06.83			
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>9:42.89</b>		556
	50m: 32.86 32.86	300m: 3:36.73 1:14.41	600m: 7:18.76 1:14.06			
	100m: 1:08.76 35.90	400m: 4:50.42 1:13.69	700m: 8:32.02 1:13.26			
	200m: 2:22.32 1:13.56	500m: 6:04.70 1:14.28	800m: 9:42.89 1:10.87			
3.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>10:04.16</b>		499
	50m: 33.29 33.29	300m: 3:39.86 1:15.06	600m: 7:29.64 1:17.38			
	100m: 1:09.86 36.57	400m: 4:55.67 1:15.81	700m: 8:46.57 1:16.93			
	200m: 2:24.80 1:14.94	500m: 6:12.26 1:16.59	800m: 10:04.16 1:17.59			
4.	Ines Goncalves Fernandes	06	Nautico Abrantes	<b>10:43.47</b>		413
	50m: 34.79 34.79	300m: 3:54.40 1:20.96	600m: 8:00.65 1:21.71			
	100m: 1:13.34 38.55	400m: 5:17.19 1:22.79	700m: 9:23.94 1:23.29			
	200m: 2:33.44 1:20.10	500m: 6:38.94 1:21.75	800m: 10:43.47 1:19.53			
5.	Joana Silva Januario	06	Nautico Abrantes	<b>11:24.78</b>		342
	50m: 38.21 38.21	300m: 4:14.53 1:27.25	600m: 8:36.78 1:27.71			
	100m: 1:20.28 42.07	400m: 5:42.64 1:28.11	700m: 10:02.64 1:25.86			
	200m: 2:47.28 1:27.00	500m: 7:09.07 1:26.43	800m: 11:24.78 1:22.14			
6.	Margarida Viegas Medroa	06	Nautico Abrantes	<b>11:49.89</b>		307
	<i>FTL</i>					
	50m: 37.57 37.57	300m: 4:18.42 1:29.83	600m: 8:50.57 1:31.43			
	100m: 1:20.64 43.07	400m: 5:48.49 1:30.07	700m: 10:21.74 1:31.17			
	200m: 2:48.59 1:27.95	500m: 7:19.14 1:30.65	800m: 11:49.89 1:28.15			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 2, Femin., 800m Livres

Prova 2 Femin., 800m Livres Infantil A  
23-11-2019 - 10:00 Resultados

Recorde Distrital ANDS Absoluto	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Inf A	9:30.62	Mafalda Sofia Rosa	CNRM	Tomar	19-03-2016

: 13:17.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	<b>11:28.43</b>		337
	50m: 38.72 38.72	300m: 4:15.25 1:27.91	600m: 8:38.81 1:27.72			
	100m: 1:20.68 41.96	400m: 5:42.88 1:27.63	700m: 10:05.51 1:26.70			
	200m: 2:47.34 1:26.66	500m: 7:11.09 1:28.21	800m: 11:28.43 1:22.92			
2.	Beatriz Sofia Conceicao	07	Nautico Abrantes	<b>11:40.19</b>		320
	50m: 39.16 39.16	300m: 4:24.70 1:30.66	600m: 8:51.41 1:29.52			
	100m: 1:23.54 44.38	400m: 5:55.36 1:30.66	700m: 10:19.51 1:28.10			
	200m: 2:54.04 1:30.50	500m: 7:21.89 1:26.53	800m: 11:40.19 1:20.68			

Prova 2 Femin., 800m Livres Infantil B  
23-11-2019 - 10:00 Resultados

Recorde Distrital ANDS Absoluto	8:53.34	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Inf B	9:49.16	Mafalda Sofia Rosa	CNRM	Coruche	14-03-2015

: 14:00.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catarina Maria Lopes	08	BUZIOS-Coruche	<b>12:21.60</b>		270
	50m: 39.29 39.29	300m: 4:33.02 1:36.16	600m: 9:20.07 1:36.53			
	100m: 1:24.51 45.22	400m: 6:09.02 1:36.00	700m: 10:54.95 1:34.88			
	200m: 2:56.86 1:32.35	500m: 7:43.54 1:34.52	800m: 12:21.60 1:26.65			
2.	Rafaela Ferreira Mendes	08	Amigos Unidos	<b>12:24.04</b>		267
	50m: 40.95 40.95	300m: 4:36.64 1:35.56	600m: 9:22.17 1:35.78			
	100m: 1:27.08 46.13	400m: 6:12.02 1:35.38	700m: 10:57.64 1:35.47			
	200m: 3:01.08 1:34.00	500m: 7:46.39 1:34.37	800m: 12:24.04 1:26.40			

Prova 3 Masc., 50m Costas Absoluto  
23-11-2019 - 10:35 Resultados

Recorde Distrital ANDS Absoluto	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13-12-2013
Recorde Distrital ANDS Sen	24.97	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	13-12-2013
Recorde Distrital ANDS Jun	26.29	Afonso Guilherme Rosa	CNTN	Funchal	10-12-2016
Recorde Distrital ANDS Juv A	27.00	Paulo Vakulyuk	CNTN	Torres Novas	12-01-2019
Recorde Distrital ANDS Juv B	28.68	Paulo Vakulyuk	CNTN	Leiria	03-12-2017

Juv: 36.00; Jun/Sen: 33.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paulo Vakulyuk	03	Torres Novas	<b>27.70</b>		516
2.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>28.39</b>		479
3.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>29.19</b>		441
4.	Pedro Maria Santana	03	Torres Novas	<b>29.46</b>		429
5.	Jose Pinto Cabral	05	Viver Santarem	<b>29.66</b>		420
6.	Henrique Antonio Martins	03	Natacao do Tejo	<b>29.90</b>		410
7.	Bernardo Jorge Simoes	02	Torres Novas	<b>30.07</b>		403
8.	Diogo Miguel Matreno	03	Torres Novas	<b>30.09</b>		402
9.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>30.41</b>		390
10.	Simao Dinis Rosa	05	Torres Novas	<b>30.44</b>		388
11.	Ruben Filipe Carreira	03	Rio Maior	<b>31.02</b>		367



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 3, Masc., 50m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Jose Henriques Luz	99	Torres Novas	<b>31.14</b>		363
13.	Jose Carlos Burecas	00	BUZIOS-Coruche	<b>31.36</b>		355
14.	Pedro Nuno Oliveira	04	Torres Novas	<b>31.38</b>		355
15.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>31.42</b>		353
16.	Joao Ricardo Bernardes	02	Rio Maior	<b>33.09</b>		302
17.	Joao Pedro Goncalves	01	Torres Novas	<b>33.41</b>		294
18.	Ricardo Filipe Gaboleiro	05	Rio Maior	<b>33.42</b>		293
19.	Joao Marques Ferreira	04	Viver Santarem	<b>33.81</b>		283
20.	Danut Boian	04	Gualdim Pais	<b>34.00</b>		279
21.	Joao Afonso Pacau	02	Gualdim Pais	<b>34.19</b>		274
	<i>FTL</i>					
22.	Miguel Filipe Nunes	04	Cartaxo	<b>34.37</b>		270
23.	Tiago Charrua Gago	04	Rio Maior	<b>34.48</b>		267
24.	Andre Sousa Oliveira	04	Juventude Ouriense	<b>36.41</b>		227
	<i>FTL</i>					

Prova 4

Femin., 50m Costas

Absoluto

23-11-2019 - 10:40

Resultados

Recorde Distrital ANDS Absoluto	30.06	Mariana Veloso Vit�ria	CNAB	Tomar	30-06-2013
Recorde Distrital ANDS Sen	30.86	Maria Madalena Silva	CNAB	Tomar	14-11-2015
Recorde Distrital ANDS Jun	30.06	Mariana Veloso Vit�ria	CNAB	Tomar	30-06-2013
Recorde Distrital ANDS Juv A	31.18	Lea Alexandra Mendes	SFGP	Tomar	18-11-2017
Recorde Distrital ANDS Juv B	31.04	Mariana Veloso Vit�ria	CNAB	Coruche	15-04-2012

Juv: 41.50; Jun/Sen: 40.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Asseiceira Ramos	03	Torres Novas	<b>31.07</b>		563
2.	Lea Alexandra Mendes	03	Gualdim Pais	<b>31.28</b>		552
3.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>31.75</b>		528
4.	Beatriz Gaspar Nobre	05	Gualdim Pais	<b>32.18</b>		507
5.	Ana Beatriz Rodrigues	02	Rio Maior	<b>32.35</b>		499
6.	Ana Campos Silva	03	Rio Maior	<b>32.91</b>		474
7.	Maria Madalena Bento	05	BUZIOS-Coruche	<b>33.31</b>		457
8.	Beatriz Grave Reis	05	Rio Maior	<b>33.61</b>		445
9.	Ines Ferreira Duarte	01	Natacao do Tejo	<b>33.73</b>		440
10.	Maria Beatriz Dias	99	Viver Santarem	<b>33.89</b>		434
11.	Joana Fernandes Vicente	04	Torres Novas	<b>34.03</b>		429
12.	Marta Sousa Oliveira	01	Torres Novas	<b>34.53</b>		410
13.	Constanca Grincho Sousa	06	Viver Santarem	<b>34.73</b>		403
14.	Beatriz Staiger Bento	04	Viver Santarem	<b>34.79</b>		401
15.	Mafalda Magalhaes Costa	03	Gualdim Pais	<b>34.89</b>		398
16.	Beatriz Maria Freixieiro	04	Rio Maior	<b>35.17</b>		388
17.	Barbara Maia Freitas	06	CLAC-Entroncamento	<b>35.18</b>		388
18.	Erna Sabanovic	04	CLAC-Entroncamento	<b>35.51</b>		377
19.	Maria Ines Paveia	03	Viver Santarem	<b>36.26</b>		354
20.	Carolina Manuela Guia	05	Viver Santarem	<b>36.39</b>		351
21.	Ines Goncalves Fernandes	06	Nautico Abrantes	<b>36.55</b>		346
22.	Ines Marques Garcia	03	Nautico Abrantes	<b>36.77</b>		340
23.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	<b>36.79</b>		339
24.	Filipa Taborda Santos	03	Cartaxo	<b>36.86</b>		337
25.	Ines Marques Pedro	01	Viver Santarem	<b>37.82</b>		312
26.	Eleonor Dias Alves	06	Nautico Abrantes	<b>38.39</b>		298



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 4, Femin., 50m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
27.	Joana Silva Januario	06	Nautico Abrantes	<b>39.64</b>		271
28.	Margarida Viegas Medroa	06	Nautico Abrantes	<b>40.49</b>		254
29.	Diana Filipa Amado FTL	04	Cartaxo	<b>40.59</b>		252
30.	Leonor Rodrigues Silva FTL	03	Cartaxo	<b>41.00</b>		245
31.	Sara Alexandra Ribeiro FTL	06	Juventude Ouriense	<b>45.26</b>		182
DNS	Matilde Isabel Macharreu	04	BUZIOS-Coruche			

Prova 5

Masc., 200m Bruços

Absoluto

23-11-2019 - 10:45

Resultados

Recorde Distrital ANDS Absoluto	2:21.08	Francisco Costa Nunes	CCDSM	Felgueiras	22-12-2018
Recorde Distrital ANDS Sen	2:24.92	Andre Filipe Mendes	CNAB	Ponte da Barca	07-12-2014
Recorde Distrital ANDS Jun	2:21.08	Francisco Costa Nunes Nunes	CCDSM	Felgueiras	22-12-2018
Recorde Distrital ANDS Juv A	2:26.42	Francisco Costa Nunes	CCDSM	Albufeira	17-12-2017
Recorde Distrital ANDS Juv B	2:32.94	Luis Afonso Lopes	VS	Coruche	25-02-2018

Juv: 3:14.50; Jun/Sen: 3:02.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Goncalo Gualberto Barbara	00	Rio Maior	<b>2:28.02</b>		534
	50m: 33.82 33.82	100m: 1:11.36 37.54	200m: 2:28.02 1:16.66			
2.	Pedro Maria Santana	03	Torres Novas	<b>2:29.76</b>		516
	50m: 35.32 35.32	100m: 1:14.39 39.07	200m: 2:29.76 1:15.37			
3.	Tiago Filipe Campos	99	Rio Maior	<b>2:31.55</b>		498
	50m: 33.37 33.37	100m: 1:12.27 38.90	200m: 2:31.55 1:19.28			
4.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>2:32.84</b>		485
	50m: 34.20 34.20	200m: 2:32.84 1:58.64				
5.	Tomas Miguel Felicio	03	Rio Maior	<b>2:33.87</b>		476
	50m: 34.44 34.44	100m: 1:12.55 38.11	200m: 2:33.87 1:21.32			
6.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	<b>2:35.96</b>		457
	50m: 35.89 35.89	100m: 1:15.71 39.82	200m: 2:35.96 1:20.25			
7.	Guilherme Filipe Gaboleiro	05	Rio Maior	<b>2:46.81</b>		373
	50m: 37.28 37.28	100m: 1:19.81 42.53	200m: 2:46.81 1:27.00			
8.	Andre Jesus Gaspar	04	Gualdim Pais	<b>2:47.62</b>		368
	50m: 37.75 37.75	100m: 1:21.07 43.32	200m: 2:47.62 1:26.55			
9.	Miguel Goncalves Frade	00	Torres Novas	<b>2:48.85</b>		360
	50m: 37.22 37.22	100m: 1:18.60 41.38	200m: 2:48.85 1:30.25			
10.	Tiago Joao Vital	02	Natacao do Tejo	<b>2:50.25</b>		351
	50m: 38.04 38.04	100m: 1:21.31 43.27	200m: 2:50.25 1:28.94			
11.	Joao Miguel Conrado	05	BUZIOS-Coruche	<b>2:52.10</b>		340
	50m: 38.23 38.23	100m: 1:21.29 43.06	200m: 2:52.10 1:30.81			
12.	Pedro Marques Carregado	02	BUZIOS-Coruche	<b>2:53.91</b>		329
	50m: 37.97 37.97	100m: 1:21.90 43.93	200m: 2:53.91 1:32.01			
13.	Joao Antonio Pires	05	Torres Novas	<b>2:53.99</b>		329
	50m: 39.07 39.07	100m: 1:22.81 43.74	200m: 2:53.99 1:31.18			
14.	Diogo Rafael Antunes	04	CLAC-Entroncamento	<b>3:07.97</b>		261
	50m: 41.41 41.41	100m: 1:29.84 48.43	200m: 3:07.97 1:38.13			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 5, Masc., 200m Bruços

Prova 5 Masc., 200m Bruços Infantil A  
23-11-2019 - 10:45 Resultados

Recorde Distrital ANDS Absoluto 2:21.08 Francisco Costa Nunes CCDSM Felgueiras 22-12-2018  
Recorde Distrital ANDS Inf A 2:32.70 Francisco Costa Nunes CCDSM Tomar 20-03-2016

: 3:45.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Bernardo Miguel Evaristo	06	Gualdim Pais	<b>2:55.39</b>		321
	50m: 37.67 37.67	100m: 1:21.51 43.84	200m: 2:55.39 1:33.88			
2.	Andre Coelho Pita	06	Nautico Abrantes	<b>3:26.65</b>		196
	50m: 45.00 45.00	100m: 1:40.40 55.40	200m: 3:26.65 1:46.25			
3.	Jose Maria Temudo	06	Rio Maior	<b>3:27.45</b>		194
	50m: 45.42 45.42	100m: 1:38.80 53.38	200m: 3:27.45 1:48.65			

Prova 5 Masc., 200m Bruços Infantil B  
23-11-2019 - 10:45 Resultados

Recorde Distrital ANDS Absoluto 2:21.08 Francisco Costa Nunes CCDSM Felgueiras 22-12-2018  
Recorde Distrital ANDS Inf B 2:44.17 Miguel Carrico Cruz SCALAB Santo Ant<sup>o</sup> Cavaleiros 17-03-2012

: 4:08.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alexandre Morari	07	Rio Maior	<b>3:11.45</b>		247
	50m: 44.51 44.51	100m: 1:34.26 49.75	200m: 3:11.45 1:37.19			
2.	Martim Marques Gomes	07	Rio Maior	<b>3:20.45</b>		215
	50m: 46.76 46.76	100m: 1:37.91 51.15	200m: 3:20.45 1:42.54			
3.	Antonio Maria Santos	07	Rio Maior	<b>3:30.04</b>		187
	50m: 48.86 48.86	100m: 1:42.51 53.65	200m: 3:30.04 1:47.53			
4.	Simao Rocha Silva	07	Gualdim Pais	<b>3:36.59</b>		170
	50m: 47.87 47.87	100m: 1:43.59 55.72	200m: 3:36.59 1:53.00			
5.	Henrique Dias Silva FTL	07	Natacao do Tejo	<b>4:13.50</b>		106
	50m: 56.75 56.75	100m: 2:03.68 1:06.93	200m: 4:13.50 2:09.82			
6.	Afonso Dias Silva FTL	07	Natacao do Tejo	<b>4:14.94</b>		104
	50m: 57.54 57.54	100m: 2:03.58 1:06.04	200m: 4:14.94 2:11.36			
DNS	Tomas Alexandre Santos	07	BUZIOS-Coruche			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 6	Femin., 200m Braos					Absoluto
23-11-2019 - 11:00						Resultados
Recorde Distrital ANDS Absoluto	2:34.64	Maria Madalena Silva	CNAB	Porto	19-12-2014	
Recorde Distrital ANDS Sen	2:38.10	Maria Madalena Silva	CNAB	Caldas da Rainha	28-11-2015	
Recorde Distrital ANDS Jun	2:34.64	Maria Madalena Silva	CNAB	Porto	19-12-2014	
Recorde Distrital ANDS Juv A	2:45.14	Catia Iordan Agostinho	CNRM	Coruche	11-03-2017	
Recorde Distrital ANDS Juv B	2:43.30	Beatriz Grave Reis	CNRM	Tomar	24-11-2018	

Juv: 3:36.00; Jun/Sen: 3:20.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rute Isabel Leonardo	98	Nautico Abrantes	<b>2:46.37</b>		529
	50m: 38.33 38.33	100m: 1:21.05 42.72	200m: 2:46.37 1:25.32			
2.	Catia Iordan Agostinho	02	Rio Maior	<b>2:47.04</b>		522
	50m: 38.02 38.02	100m: 1:21.36 43.34	200m: 2:47.04 1:25.68			
3.	Margarida Mateus Morais	04	Torres Novas	<b>2:54.89</b>		455
	50m: 41.60 41.60	100m: 1:28.10 46.50	200m: 2:54.89 1:26.79			
4.	Ariana Espirito Louro	05	Gualdim Pais	<b>2:56.21</b>		445
	50m: 39.78 39.78	100m: 1:25.06 45.28	200m: 2:56.21 1:31.15			
5.	Marta Chambel Dias	02	CLAC-Entroncamento	<b>2:57.29</b>		437
	50m: 40.98 40.98	100m: 1:26.88 45.90	200m: 2:57.29 1:30.41			
6.	Carolina Lopes Vieira	02	Gualdim Pais	<b>3:01.65</b>		406
	50m: 41.06 41.06	100m: 1:27.06 46.00	200m: 3:01.65 1:34.59			
7.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	<b>3:02.51</b>		400
	50m: 39.48 39.48	100m: 1:25.36 45.88	200m: 3:02.51 1:37.15			
8.	Ana Rita Morais	02	Torres Novas	<b>3:04.63</b>		387
	50m: 42.80 42.80	100m: 1:30.41 47.61	200m: 3:04.63 1:34.22			
9.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>3:04.73</b>		386
	50m: 42.44 42.44	100m: 1:29.14 46.70	200m: 3:04.73 1:35.59			
10.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>3:16.22</b>		322
	50m: 41.22 41.22	100m: 1:30.65 49.43	200m: 3:16.22 1:45.57			
11.	Joana Patricia Antunes	06	CLAC-Entroncamento	<b>3:16.57</b>		320
	50m: 42.29 42.29	100m: 1:32.02 49.73	200m: 3:16.57 1:44.55			
12.	Matilde Nabeiro Monraia	06	CLAC-Entroncamento	<b>3:32.50</b>		253
	50m: 46.88 46.88	100m: 1:41.16 54.28	200m: 3:32.50 1:51.34			
13.	Maria Beatriz Teixeira	06	Viver Santarem	<b>3:42.84</b>		220
	<i>FTL</i>					
	50m: 49.38 49.38	100m: 1:44.80 55.42	200m: 3:42.84 1:58.04			
14.	Rita Lopes Freire	03	Juventude Ouriense	<b>3:57.32</b>		182
	<i>FTL</i>					
	50m: 52.51 52.51	100m: 1:52.02 59.51	200m: 3:57.32 2:05.30			
15.	Sara Alexandra Ribeiro	06	Juventude Ouriense	<b>4:03.90</b>		167
	<i>FTL</i>					
	50m: 54.04 54.04	100m: 1:55.70 1:01.66	200m: 4:03.90 2:08.20			





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 6, Femin., 200m Braos

Prova 6 Femin., 200m Braos Infantil A  
23-11-2019 - 11:00 Resultados

Recorde Distrital ANDS Absoluto 2:34.64 Maria Madalena Silva CNAB Porto 19-12-2014  
Recorde Distrital ANDS Inf A 2:45.10 Joana Filipa Vilhena CNLA Santar m 06-02-2005

: 3:53.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Laura Calheiros Frazao	07	Rio Maior	<b>3:25.68</b>		280
	50m: 44.11 44.11	100m: 1:37.43 53.32	200m: 3:25.68 1:48.25			
2.	Beatriz Roseiro Dias	07	Nautico Abrantes	<b>3:40.26</b>		228
	50m: 48.70 48.70	100m: 1:45.88 57.18	200m: 3:40.26 1:54.38			
3.	Madalena Nunes Domingos	07	Viver Santarem	<b>3:42.07</b>		222
	50m: 50.95 50.95	100m: 1:47.10 56.15	200m: 3:42.07 1:54.97			
4.	Teresa Boal Duarte	07	Cartaxo	<b>3:43.37</b>		218
	50m: 47.65 47.65	100m: 1:44.83 57.18	200m: 3:43.37 1:58.54			
5.	Sara Dulce Carrao	07	Amigos Unidos	<b>3:51.70</b>		195
	50m: 51.53 51.53	100m: 1:51.38 59.85	200m: 3:51.70 2:00.32			
DNS	Marta Filipa Nunes	07	Cartaxo			

Prova 6 Femin., 200m Braos Infantil B  
23-11-2019 - 11:00 Resultados

Recorde Distrital ANDS Absoluto 2:34.64 Maria Madalena Silva CNAB Porto 19-12-2014  
Recorde Distrital ANDS Inf B 2:56.46 Joana Filipa Vilhena CNLA Our m 22-02-2004

: 4:12.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Iris Simoes Martins	08	Natacao do Tejo	<b>3:36.16</b>		241
	50m: 46.47 46.47	100m: 1:40.94 54.47	200m: 3:36.16 1:55.22			
2.	Maria Ines Ferreira	08	Viver Santarem	<b>3:37.67</b>		236
	50m: 49.77 49.77	100m: 1:45.48 55.71	200m: 3:37.67 1:52.19			
3.	Sofia Lopes Castanheiro	08	Gualdim Pais	<b>3:41.30</b>		224
	50m: 53.34 53.34	100m: 1:48.84 55.50	200m: 3:41.30 1:52.46			
4.	Carlota Pereira Sousa	08	Viver Santarem	<b>3:44.44</b>		215
	50m: 52.11 52.11	100m: 1:48.97 56.86	200m: 3:44.44 1:55.47			
5.	Maria Madalena Monteiro	08	Gualdim Pais	<b>3:44.67</b>		214
	50m: 50.80 50.80	100m: 1:49.13 58.33	200m: 3:44.67 1:55.54			
6.	Raquel Silva Lopes	08	Natacao do Tejo	<b>4:11.75</b>		152
	50m: 56.75 56.75	100m: 2:01.04 1:04.29	200m: 4:11.75 2:10.71			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 7	Masc., 100m Estilos				Absoluto
23-11-2019 - 11:20					Resultados
Recorde Distrital ANDS Absoluto	58.41	Paulo Vakulyuk	CNTN	Albufeira	09-11-2019
Recorde Distrital ANDS Sen	58.62	Andre Filipe Mendes	CNAB	Tomar	01-03-2015
Recorde Distrital ANDS Jun	58.41	Paulo Vakulyuk	CNTN	Albufeira	09-11-2019
Recorde Distrital ANDS Juv A	1:02.19	Luis Afonso Lopes	VS	Torres Novas	13-04-2019
Recorde Distrital ANDS Juv B	1:02.26	Paulo Bruno Janeiro	CNLA	Caldas da Rainha	02-05-2009

Juv: 1:14.00; Jun/Sen: 1:12.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>1:00.05</b>		586
	50m: 28.06 28.06	100m: 1:00.05	31.99			
2.	Luis Afonso Lopes	03	Viver Santarem	<b>1:00.82</b>		564
	50m: 29.02 29.02	100m: 1:00.82	31.80			
3.	Jose Henriques Luz	99	Torres Novas	<b>1:03.51</b>		495
	50m: 30.00 30.00	100m: 1:03.51	33.51			
4.	Martim Henriques Carvalho	04	Rio Maior	<b>1:04.02</b>		483
	50m: 29.26 29.26	100m: 1:04.02	34.76			
5.	Jose Pinto Cabral	05	Viver Santarem	<b>1:04.75</b>		467
	50m: 29.64 29.64	100m: 1:04.75	35.11			
6.	Tomas Miguel Felicio	03	Rio Maior	<b>1:05.02</b>		461
	50m: 30.97 30.97	100m: 1:05.02	34.05			
7.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>1:05.62</b>		449
	50m: 30.07 30.07	100m: 1:05.62	35.55			
8.	Rui Chagas Alves	03	Viver Santarem	<b>1:05.84</b>		444
	50m: 31.34 31.34	100m: 1:05.84	34.50			
9.	Bernardo Jorge Simoes	02	Torres Novas	<b>1:05.91</b>		443
	50m: 31.34 31.34	100m: 1:05.91	34.57			
10.	Simao Dinis Rosa	05	Torres Novas	<b>1:06.02</b>		441
	50m: 29.92 29.92	100m: 1:06.02	36.10			
11.	Tiago Miguel Jorge	03	Rio Maior	<b>1:06.88</b>		424
	50m: 31.04 31.04	100m: 1:06.88	35.84			
12.	Joao Pedro Goncalves	01	Torres Novas	<b>1:07.29</b>		416
	50m: 33.06 33.06	100m: 1:07.29	34.23			
13.	Henrique Antonio Martins	03	Natacao do Tejo	<b>1:07.51</b>		412
	50m: 31.48 31.48	100m: 1:07.51	36.03			
14.	Diogo Bernardo Tome	03	Nautico Salvaterra Magos	<b>1:07.73</b>		408
	50m: 31.34 31.34	100m: 1:07.73	36.39			
15.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>1:08.55</b>		394
	50m: 33.13 33.13	100m: 1:08.55	35.42			
16.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>1:08.71</b>		391
	50m: 30.75 30.75	100m: 1:08.71	37.96			
17.	Artur Paulo Aleksyeyev	05	Viver Santarem	<b>1:08.75</b>		390
	50m: 32.15 32.15	100m: 1:08.75	36.60			
18.	Ruben Filipe Carreira	03	Rio Maior	<b>1:09.53</b>		377
	50m: 31.38 31.38	100m: 1:09.53	38.15			
19.	Joao Afonso Pacau	02	Gualdim Pais	<b>1:10.12</b>		368
	50m: 32.47 32.47	100m: 1:10.12	37.65			
20.	Tiago Joao Vital	02	Natacao do Tejo	<b>1:10.84</b>		357
	50m: 34.34 34.34	100m: 1:10.84	36.50			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 7, Masc., 100m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Guilherme Filipe Gaboleiro 50m: 32.70 32.70	05	Rio Maior	<b>1:10.86</b> 100m: 1:10.86 38.16		356
22.	Miguel Filipe Nunes 50m: 32.48 32.48	04	Cartaxo	<b>1:10.92</b> 100m: 1:10.92 38.44		355
23.	Marcio Lima Silva 50m: 33.65 33.65	01	Natacao do Tejo	<b>1:11.00</b> 100m: 1:11.00 37.35		354
24.	Joao Ricardo Bernardes 50m: 32.54 32.54	02	Rio Maior	<b>1:11.10</b> 100m: 1:11.10 38.56		353
25.	Joao Marques Ferreira 50m: 32.53 32.53	04	Viver Santarem	<b>1:11.63</b> 100m: 1:11.63 39.10		345
26.	Joao Antonio Pires 50m: 33.32 33.32	05	Torres Novas	<b>1:11.80</b> 100m: 1:11.80 38.48		342
27.	Danut Boian 50m: 34.27 34.27	04	Gualdim Pais	<b>1:12.20</b> 100m: 1:12.20 37.93		337
28.	Ricardo Filipe Gaboleiro 50m: 33.22 33.22	05	Rio Maior	<b>1:12.42</b> 100m: 1:12.42 39.20		334
29.	Jose Diogo Nunes <i>FTL</i> 50m: 36.48 36.48	02	Cartaxo	<b>1:13.39</b> 100m: 1:13.39 36.91		321
30.	Joao Afonso Goncalves <i>FTL</i> 50m: 35.36 35.36	00	CLAC-Entroncamento	<b>1:14.03</b> 100m: 1:14.03 38.67		312
31.	David Antonio Carvalho <i>FTL</i> 50m: 36.06 36.06	99	Natacao do Tejo	<b>1:16.50</b> 100m: 1:16.50 40.44		283
32.	Joao Nuno Nobre <i>FTL</i> 50m: 36.60 36.60	04	Cartaxo	<b>1:17.70</b> 100m: 1:17.70 41.10		270
33.	Andre Sousa Oliveira <i>FTL</i> 50m: 35.95 35.95	04	Juventude Ouriense	<b>1:17.80</b> 100m: 1:17.80 41.85		269
34.	Afonso Martinho Roque <i>FTL</i> 50m: 36.29 36.29	05	Torres Novas	<b>1:20.61</b> 100m: 1:20.61 44.32		242
35.	Vasco Duarte Nunes <i>FTL</i> 50m: 37.92 37.92	05	Cartaxo	<b>1:21.45</b> 100m: 1:21.45 43.53		234
36.	Goncalo Maria Mendonca <i>FTL</i> 50m: 39.00 39.00	04	Viver Santarem	<b>1:22.33</b> 100m: 1:22.33 43.33		227
DSQ	Antonio Pedro Martins <i>SW 6.5 - O (a) atleta não chegou na posição dorsal, na viragem dos 50m</i>	05	Atletismo Ferreira do Zezere			
DNS	Rodrigo Sousa Azevedo	03	Cartaxo			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 8	Femin., 100m Estilos				Absoluto
23-11-2019 - 11:35					Resultados
Recorde Distrital ANDS Absoluto	1:06.14	Maria Madalena Silva	CNAB	Porto	21-12-2014
Recorde Distrital ANDS Sen	1:07.27	Maria Madalena Silva	CNAB	Porto	13-12-2015
Recorde Distrital ANDS Jun	1:06.14	Maria Madalena Silva	CNAB	Porto	21-12-2014
Recorde Distrital ANDS Juv A	1:09.96	Ines Asseiceira Ramos	CNTN	Coruche	24-02-2018
Recorde Distrital ANDS Juv B	1:09.68	Margarida Claudino Nicolau	CNTN	Coruche	15-03-2019

Juv: 1:25.00; Jun/Sen: 1:21.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>1:08.62</b>		558
	50m: 32.25 32.25	100m: 1:08.62	36.37			
2.	Beatriz Goncalves Casal	03	Torres Novas	<b>1:08.78</b>		554
	50m: 32.76 32.76	100m: 1:08.78	36.02			
3.	Margarida Claudino Nicolau	05	Torres Novas	<b>1:09.95</b>		527
	<i>RECORDE DISTRITAL, JUV-A</i>					
	50m: 32.39 32.39	100m: 1:09.95	37.56			
4.	Ines Asseiceira Ramos	03	Torres Novas	<b>1:10.16</b>		522
	50m: 32.82 32.82	100m: 1:10.16	37.34			
5.	Lea Alexandra Mendes	03	Gualdim Pais	<b>1:11.64</b>		490
	50m: 32.19 32.19	100m: 1:11.64	39.45			
6.	Maria Madalena Bento	05	BUZIOS-Coruche	<b>1:12.31</b>		477
	50m: 32.96 32.96	100m: 1:12.31	39.35			
7.	Ariana Espirito Louro	05	Gualdim Pais	<b>1:12.36</b>		476
	50m: 34.65 34.65	100m: 1:12.36	37.71			
8.	Catia Iordan Agostinho	02	Rio Maior	<b>1:12.46</b>		474
	50m: 33.99 33.99	100m: 1:12.46	38.47			
9.	Ana Beatriz Rodrigues	02	Rio Maior	<b>1:12.95</b>		464
	50m: 32.42 32.42	100m: 1:12.95	40.53			
10.	Ana Campos Silva	03	Rio Maior	<b>1:13.31</b>		458
	50m: 33.56 33.56	100m: 1:13.31	39.75			
11.	Maria Beatriz Dias	99	Viver Santarem	<b>1:14.09</b>		443
	50m: 33.69 33.69	100m: 1:14.09	40.40			
12.	Beatriz Staiger Bento	04	Viver Santarem	<b>1:14.69</b>		433
	50m: 34.00 34.00	100m: 1:14.69	40.69			
13.	Ines Ferreira Duarte	01	Natacao do Tejo	<b>1:15.06</b>		426
	50m: 33.69 33.69	100m: 1:15.06	41.37			
14.	Rita Sousa Oliveira	01	Torres Novas	<b>1:15.29</b>		422
	50m: 34.54 34.54	100m: 1:15.29	40.75			
15.	Mafalda Magalhaes Costa	03	Gualdim Pais	<b>1:15.46</b>		419
	50m: 34.10 34.10	100m: 1:15.46	41.36			
16.	Beatriz Maria Freixieiro	04	Rio Maior	<b>1:16.22</b>		407
	50m: 35.62 35.62	100m: 1:16.22	40.60			
17.	Beatriz Catarino Moura	02	Nautico Abrantes	<b>1:16.86</b>		397
	50m: 35.74 35.74	100m: 1:16.86	41.12			
18.	Constanca Grincho Sousa	06	Viver Santarem	<b>1:17.02</b>		394
	50m: 35.83 35.83	100m: 1:17.02	41.19			
19.	Maria Ines Paveia	03	Viver Santarem	<b>1:17.48</b>		387
	50m: 37.26 37.26	100m: 1:17.48	40.22			
20.	Joana Fernandes Vicente	04	Torres Novas	<b>1:19.04</b>		365
	50m: 34.76 34.76	100m: 1:19.04	44.28			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 8, Femin., 100m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Carolina Manuela Guia 50m: 36.38 36.38 100m: 1:20.38 44.00	05	Viver Santarem	<b>1:20.38</b>		347
22.	Margarida Miguel Mendes 50m: 36.66 36.66 100m: 1:22.53 45.87	06	Viver Santarem	<b>1:22.53</b>		321
23.	Ines Marques Pedro <i>FTL</i> 50m: 36.64 36.64 100m: 1:25.22 48.58	01	Viver Santarem	<b>1:25.22</b>		291
24.	Filipa Taborda Santos <i>FTL</i> 50m: 37.68 37.68 100m: 1:25.60 47.92	03	Cartaxo	<b>1:25.60</b>		287
25.	Maria Beatriz Teixeira <i>FTL</i> 50m: 42.20 42.20 100m: 1:28.32 46.12	06	Viver Santarem	<b>1:28.32</b>		261
26.	Diana Filipa Amado <i>FTL</i> 50m: 42.22 42.22 100m: 1:30.12 47.90	04	Cartaxo	<b>1:30.12</b>		246
27.	Leonor Rodrigues Silva <i>FTL</i> 50m: 41.63 41.63 100m: 1:33.24 51.61	03	Cartaxo	<b>1:33.24</b>		222
DSQ	Carolina Alexandra Ferreira <i>SW 7.5 - O (a) atleta efectuou movimento vertical de pernas durante o percurso</i>	04	Atletismo Ferreira do Zezere			
DNS	Marta Filipa Bucha	06	Viver Santarem			

Prova 9

Masc., 4 x 50m Estilos

Absoluto

23-11-2019 - 11:55

Resultados

Recorde Distrital ANDS Jun	1:52.51	Clube de Natacao de Torres Novas	CNTN	Coruche	27-02-2016
Recorde Distrital ANDS Juv A	1:55.57	Viver Santarem-Soc Cult Desporto TV Ssmo Ge	Coruche	EM SA	16-03-2019
Recorde Distrital ANDS Juv	1:55.57	Viver Santarem-Soc Cult Desporto TV Ssmo Ge	Coruche	EM SA	16-03-2019
Recorde Distrital ANDS Juv	2:00.67	CNTN	Santarém		24-10-2010
Recorde Distrital ANDS Juv B	2:01.56	CNTN	Almeirim		27-06-2010
Recorde Distrital ANDS Abs	1:50.40	CNTN	Obidos		15-12-2007
Recorde Distrital ANDS Abs	1:50.40	CNTN	Óbidos		15-12-2007

Juv: 2:26.00; Jun/Sen: 2:26.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Torres Novas 1 Simao Dinis Rosa 05 Miguel Goncalves Frade 00	Torres Novas 30.62 Paulo Vakulyuk 32.68 Bernardo Jorge Simoes	<b>1:53.62</b>	03 02	504
2. Rio Maior 1 Ruben Filipe Carreira 03 Tomas Miguel Felicio 03	Rio Maior 31.40 Tiago Miguel Jorge 33.37 Diogo Daniel Simoes	<b>2:00.49</b>	03 99	422
3. Natacao do Tejo 1 Henrique Antonio Martins 03 Tiago Joao Vital 02	Natacao do Tejo 30.11 David Antonio Carvalho 36.00 Marcio Lima Silva	<b>2:05.18</b>	99 01	377
4. Gualdim Pais 1 Joao Afonso Pacau 02 Andre Jesus Gaspar 04	Gualdim Pais 34.13 Jose Miguel Monteiro 34.94 Paulo Jorge Marques	<b>2:07.07</b>	04 86	360
5. Viver Santarem 1 Joao Marques Ferreira 04 Jose Pinto Cabral 05	Viver Santarem 34.06 Goncalo Maria Mendonca 34.06 Artur Paulo Aleksyeyev	<b>2:12.79</b>	04 05	315



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 9, Masc., 4 x 50m Estilos, Absoluto

Lugar	Clube	Tempo Final	TReac	Pts
DNS	CLAC-Entroncamento 1			
	CLAC-Entroncamento			

Prova 10  
23-11-2019 - 11:55  
Femin., 4 x 50m Estilos  
Absoluto Resultados

Recorde Distrital ANDS Sen	2:17.69	SCALABISPORT	SCALAB	Tomar	19-11-2011
Recorde Distrital ANDS Jun	2:08.94	CNAB	CNAB	Torres Novas	31-01-2015
Recorde Distrital ANDS Juv A	2:16.29	Clube de Natacao de Torres Novas CNTN	CNTN	Tomar	14-11-2015
Recorde Distrital ANDS Juv	2:10.82	Clube de Natacao de Torres Novas CNTN		Coruche	24-02-2018
Recorde Distrital ANDS Juv B	2:16.03	CNTN	CNTN	Tomar	01-03-2015
Recorde Distrital ANDS Abs	2:08.94	CNAB	CNAB	Torres Novas	31-01-2015

Juv: 2:38.10; Jun/Sen: 2:38.10

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Torres Novas 1 <i>RECORDE DISTRITAL, JUN, ABS</i>	Torres Novas	<b>2:06.20</b>		533
Ines Asseiceira Ramos	03	31.84	Joana Fernandes Vicente	04
Margarida Mateus Morais	04	34.58	Beatriz Goncalves Casal	03
2. Gualdim Pais 1	Gualdim Pais	<b>2:09.45</b>		494
Lea Alexandra Mendes	03	31.54	Ariana Espirito Louro	05
Carolina Lopes Vieira	02	38.32	Mafalda Magalhaes Costa	03
3. Nautico Abrantes 1	Nautico Abrantes	<b>2:16.66</b>		420
Maria Beatriz Diogo	99	36.33	Beatriz Catarino Moura	02
Rute Isabel Leonardo	98	35.25	Ines Marques Garcia	03
4. CLAC-Entroncamento 1	CLAC-Entroncamento	<b>2:18.83</b>		401
Erna Sabanovic	04	35.83	Barbara Maia Freitas	06
Marta Chambel Dias	02	37.20	Joana Patricia Antunes	06
5. Viver Santarem 2	Viver Santarem	<b>2:33.03</b>		299
Ines Marques Pedro	01	37.67	Margarida Miguel Mendes	06
Maria Beatriz Teixeira	06	49.33	Carolina Manuela Guia	05
DNS Rio Maior 1	Rio Maior			

Prova 11  
23-11-2019 - 12:00  
Masc., 4 x 200m Livres  
Absoluto Resultados

Recorde Distrital ANDS Jun	7:58.93	CNTN	CNTN	Funchal (ROU)	11-12-2016
Recorde Distrital ANDS Juv A	8:03.97	Soc Cult Desp Turismo Gestao Urb	:V Sitarém, ETomar		14-12-2018
Recorde Distrital ANDS Juv A	8:14.22	Soc Cult Desp Turismo Gestao Urb	:V Sitarém, ETomar		24-11-2018
Recorde Distrital ANDS Juv	8:03.97	Soc Cult Desp Turismo Gestao Urb	:V Sitarém, ETomar		14-12-2018
Recorde Distrital ANDS Juv	8:14.22	Soc Cult Desp Turismo Gestao Urb	:V Sitarém, ETomar		24-11-2018
Recorde Distrital ANDS Juv B	8:31.94	CNTN	CNTN	Torres Novas	05-12-2009
Recorde Distrital ANDS Abs	7:49.97	CNTN	CNTN	Santo Antº Cavaleiros	17-12-2006
Recorde Distrital ANDS Abs	7:49.97	CNLA	CNLA	Santo Antº Cavaleiros	17-12-2006

Juv: 10:10.00; Jun/Sen: 10:10.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts	
1. Viver Santarem 3	Viver Santarem	<b>8:06.56</b>		584	
Goncalo Magalhaes Cristovao	03	29.06	1:00.91	2:02.76	2:02.76
Guilherme Pereira Coutinho	03		58.83	2:02.00	2:02.00
Rui Chagas Alves	03		59.87	2:04.50	2:04.50
Luis Afonso Lopes	03		56.83	1:57.30	1:57.30
2. Rio Maior 1	Rio Maior	<b>8:13.03</b>		561	
Tiago Charrua Gago	04	29.67	1:02.67	2:11.39	2:11.39
Goncalo Gualberto Barbara	00		59.82	2:03.39	2:03.39
Martim Henriques Carvalho	04		59.75	2:01.93	2:01.93
Tiago Filipe Campos	99			1:56.32	1:56.32



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 11, Masc., 4 x 200m Livres, Absoluto

Lugar	Clube	Tempo Final	TReac	Pts
3.	Torres Novas 1	<b>8:30.16</b>		<b>507</b>
	Diogo Miguel Matreno	03 28.89 1:00.80	2:05.73	2:05.73
	Joao Pedro Goncalves	01 1:02.94	2:10.03	2:10.03
	Pedro Maria Santana	03 1:02.26	2:09.91	2:09.91
	Jose Henriques Luz	99 59.56	2:04.49	2:04.49
4.	BUZIOS-Coruche 1	<b>8:46.24</b>		<b>461</b>
	Jose Carlos Burecas	00 30.37 1:03.28	2:14.46	2:14.46
	Miguel Alexandre Martins	04 1:06.91	2:17.72	2:17.72
	Pedro Pereira Lopes	99 1:00.50	2:08.09	2:08.09
	Duarte Filipe Silva	03 59.88	2:05.97	2:05.97

Prova 11 Masc., 4 x 200m Livres Infantil  
23-11-2019 - 12:00 Resultados

Recorde Distrital ANDS Inf A	8:48.83	CNTN	CNTN	Pinhal Novo	08-03-2009
Recorde Distrital ANDS Inf	8:48.83	CNTN	CNTN	Pinhal Novo	08-03-2009
Recorde Distrital ANDS Inf B	9:34.74	Soc Cult Desp Turismo Gestao Urb	:V Sitarem, E	Tomar	18-03-2016
Recorde Distrital ANDS Abs	7:49.97	CNTN	CNTN	Santo Ant <sup>o</sup> Cavaleiros	17-12-2006
Recorde Distrital ANDS Abs	7:49.97	CNLA	CNLA	Santo Ant <sup>o</sup> Cavaleiros	17-12-2006

Inf B: 12:20.00; Inf A: 11:50.00; Inf: 12:04.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1.	Nautico Abrantes 2	<b>10:17.91</b>		<b>285</b>
	Daniel Silva Bispo	06 32.41 1:10.16	2:24.56	2:24.56
	Vitor Sokolovskyy	06 1:11.53	2:29.03	2:29.03
	Andre Coelho Pita	06 1:16.57	2:41.07	2:41.07
	Daniel Santos Carapeto	07 1:18.03	2:43.25	2:43.25

Prova 11 Masc., 4 x 200m Livres Infantil B  
23-11-2019 - 12:00 Resultados

Recorde Distrital ANDS Inf	8:48.83	CNTN	CNTN	Pinhal Novo	08-03-2009
Recorde Distrital ANDS Inf B	9:34.74	Soc Cult Desp Turismo Gestao Urb	:V Sitarem, E	Tomar	18-03-2016
Recorde Distrital ANDS Abs	7:49.97	CNTN	CNTN	Santo Ant <sup>o</sup> Cavaleiros	17-12-2006
Recorde Distrital ANDS Abs	7:49.97	CNLA	CNLA	Santo Ant <sup>o</sup> Cavaleiros	17-12-2006

Inf B: 12:20.00; Inf: 12:04.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1.	Rio Maior 2	<b>10:18.73</b>		<b>284</b>
	Antonio Maria Santos	07 36.64 1:17.60	2:44.76	2:44.76
	Martim Marques Gomes	07 1:16.72	2:35.90	2:35.90
	Eugenio Melnyk	07 1:18.23	2:39.40	2:39.40
	Alexandre Morari	07 1:06.48	2:18.67	2:18.67



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 12 Femin., 4 x 200m Livres  
23-11-2019 - 12:15 Absoluto Resultados

Recorde Distrital ANDS Sen	9:36.84	SCALABISPORT	SCALAB	Tomar	19-11-2011
Recorde Distrital ANDS Jun	9:11.68	Clube Natacao de Rio Maior	CNRM	Coruche	16-03-2019
Recorde Distrital ANDS Jun	9:16.22	Clube Nautico de Abrantes	CNAB	Coruche	15-03-2015
Recorde Distrital ANDS Juv A	9:42.57	CNTN	CNTN	Setúbal	04-12-2015
Recorde Distrital ANDS Juv	9:11.29	Clube Natacao de Rio Maior	CNRM	Tomar	11-11-2016
Recorde Distrital ANDS Juv B	9:46.07	CNTN	CNTN	Leiria	12-12-2014
Recorde Distrital ANDS Abs	9:07.83	Clube Natacao de Rio Maior	CNRM	Tomar	24-11-2018
Recorde Distrital ANDS Abs	8:58.84	CNRM	CNRM	S Antonio dos Cavaleiros	09-12-2018

Juv: 10:52.00; Jun/Sen: 10:52.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Rio Maior 1	Rio Maior	<b>9:02.75</b>		<b>580</b>
Catia Iordan Agostinho	02 32.33 1:07.04	2:17.87	2:17.87	
Ana Campos Silva	03 1:07.10	2:20.60	2:20.60	
Beatriz Maria Freixeiro	04 1:05.15	2:16.25	2:16.25	
Mafalda Sofia Rosa	03 1:02.72	2:08.03	2:08.03	
2. BUZIOS-Coruche 1	BUZIOS-Coruche	<b>9:30.02</b>		<b>501</b>
Maria Madalena Bento	05 31.54 1:05.89	2:16.00	2:16.00	
Matilde Paulos Branco	05 1:11.36	2:32.00	2:32.00	
Leonor Maria Mira	04 1:09.26	2:22.82	2:22.82	
Catarina Isabel Carlota	05 1:07.88	2:19.20	2:19.20	
3. Viver Santarem 4	Viver Santarem	<b>9:51.73</b>		<b>448</b>
Beatriz Staiger Bento	04 33.95 1:11.36	2:27.29	2:27.29	
Constanca Grincho Sousa	06 1:13.60	2:31.63	2:31.63	
Maria Beatriz Dias	99 1:08.50	2:25.78	2:25.78	
Maria Ines Paveia	03 1:09.75	2:27.03	2:27.03	
4. Nautico Abrantes 3	Nautico Abrantes	<b>10:27.20</b>		<b>376</b>
Joana Silva Janeiro	06 36.23 1:16.32	2:37.66	2:37.66	
Eleonor Dias Alves	06 1:16.26			
Margarida Viegas Medroa	06 1:11.46	2:27.03	2:27.03	
Ines Goncalves Fernandes	06			

Prova 12 Femin., 4 x 200m Livres  
23-11-2019 - 12:15 Infantil Resultados

Recorde Distrital ANDS Inf A	9:52.20	CNLA	CNLA	Ponte de Sor	19-03-2005
Recorde Distrital ANDS Inf	9:40.34	CNRM	CNRM	Coruche	15-03-2015
Recorde Distrital ANDS Abs	9:07.83	Clube Natacao de Rio Maior	CNRM	Tomar	24-11-2018
Recorde Distrital ANDS Abs	8:58.84	CNRM	CNRM	S Antonio dos Cavaleiros	09-12-2018

Inf B: 12:30.00; Inf A: 12:14.00; Inf: 12:20.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
DSQ Rio Maior 2	Rio Maior			
<i>SW 10.2 - O (a) 4º atleta nao completou o percurso</i>				
Laura Calheiros Frazao, Teresa Isabel Reis, Alice Batista Agostinho, Eduarda Carvalho Costa				





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

2 - 2ª SESSÃO

23-11-2019 - 15:15

Prova 13	Masc., 400m Livres					Absoluto
23-11-2019 - 15:25						Resultados
Recorde Distrital ANDS Absoluto	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009	
Recorde Distrital ANDS Sen	3:57.24	Tiago Filipe Campos	CNRM	Porto	09-12-2017	
Recorde Distrital ANDS Jun	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009	
Recorde Distrital ANDS Juv A	3:59.33	Gustavo Manuel Santa	CNLA	Entroncamento	16-05-2009	
Recorde Distrital ANDS Juv B	4:09.90	Pedro Diogo Oliveira	CNRM	Rio Maior	12-07-2003	

Juv: 5:23.00; Jun/Sen: 5:06.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>4:02.74</b>		668
	50m: 27.00 27.00	200m: 1:58.29 1:01.50	400m: 4:02.74 1:01.54			
	100m: 56.79 29.79	300m: 3:01.20 1:02.91				
2.	Joao Vasco Canadas	03	Rio Maior	<b>4:14.94</b>		577
	50m: 29.19 29.19	200m: 2:05.98 1:04.85	400m: 4:14.94 1:04.13			
	100m: 1:01.13 31.94	300m: 3:10.81 1:04.83				
3.	Tomas Miguel Felicio	03	Rio Maior	<b>4:17.73</b>		558
	50m: 29.20 29.20	200m: 2:07.02 1:05.82	400m: 4:17.73 1:04.97			
	100m: 1:01.20 32.00	300m: 3:12.76 1:05.74				
4.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>4:19.33</b>		548
	50m: 30.00 30.00	200m: 2:08.72 1:05.97	400m: 4:19.33 1:04.72			
	100m: 1:02.75 32.75	300m: 3:14.61 1:05.89				
5.	Diogo Miguel Matreno	03	Torres Novas	<b>4:19.98</b>		544
	50m: 29.70 29.70	200m: 2:08.95 1:06.44	400m: 4:19.98 1:04.91			
	100m: 1:02.51 32.81	300m: 3:15.07 1:06.12				
6.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>4:21.51</b>		534
	50m: 29.41 29.41	200m: 2:07.69 1:05.85	400m: 4:21.51 1:07.00			
	100m: 1:01.84 32.43	300m: 3:14.51 1:06.82				
7.	Erik Norbert Vass	03	Rio Maior	<b>4:22.42</b>		529
	50m: 30.39 30.39	200m: 2:09.78 1:06.97	400m: 4:22.42 1:05.83			
	100m: 1:02.81 32.42	300m: 3:16.59 1:06.81				
8.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	<b>4:26.89</b>		502
	50m: 31.23 31.23	200m: 2:11.39 1:07.56	400m: 4:26.89 1:07.69			
	100m: 1:03.83 32.60	300m: 3:19.20 1:07.81				
9.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>4:29.30</b>		489
	50m: 30.07 30.07	200m: 2:10.21 1:06.93	400m: 4:29.30 1:10.68			
	100m: 1:03.28 33.21	300m: 3:18.62 1:08.41				
10.	Tiago Charrua Gago	04	Rio Maior	<b>4:34.15</b>		464
	50m: 29.84 29.84	200m: 2:12.50 1:09.79	400m: 4:34.15 1:11.40			
	100m: 1:02.71 32.87	300m: 3:22.75 1:10.25				
11.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>4:35.13</b>		459
	50m: 29.80 29.80	200m: 2:14.04 1:10.87	400m: 4:35.13 1:10.06			
	100m: 1:03.17 33.37	300m: 3:25.07 1:11.03				
12.	Jose Miguel Monteiro	04	Gualdim Pais	<b>4:37.23</b>		448
	50m: 30.63 30.63	200m: 2:14.34 1:10.11	400m: 4:37.23 1:10.85			
	100m: 1:04.23 33.60	300m: 3:26.38 1:12.04				
13.	Joao Pedro Goncalves	01	Torres Novas	<b>4:38.28</b>		443
	50m: 30.81 30.81	200m: 2:14.53 1:10.32	400m: 4:38.28 1:11.35			
	100m: 1:04.21 33.40	300m: 3:26.93 1:12.40				
14.	Joao Antonio Pires	05	Torres Novas	<b>4:46.82</b>		405
	50m: 32.48 32.48	200m: 2:22.44 1:13.38	400m: 4:46.82 1:11.73			
	100m: 1:09.06 36.58	300m: 3:35.09 1:12.65				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 13, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Miguel Alexandre Martins	04	BUZIOS-Coruche	<b>4:48.25</b>		399
	50m: 32.47 32.47	200m: 2:22.00 1:14.22	400m: 4:48.25 1:11.53			
	100m: 1:07.78 35.31	300m: 3:36.72 1:14.72				
16.	Joao Miguel Conrado	05	BUZIOS-Coruche	<b>4:53.38</b>		378
	50m: 32.76 32.76	200m: 2:33.07 1:24.77	400m: 4:53.38 1:14.93			
	100m: 1:08.30 35.54	300m: 3:38.45 1:05.38				
17.	Jose Diogo Nunes	02	Cartaxo	<b>5:04.83</b>		337
	50m: 34.08 34.08	200m: 2:30.72 1:18.75	400m: 5:04.83 1:15.86			
	100m: 1:11.97 37.89	300m: 3:48.97 1:18.25				
18.	Joao Teodoro Lopes <i>FTL</i>	98	20Km de Almeirim	<b>5:07.16</b>		329
	50m: 34.31 34.31	200m: 2:28.63 1:16.97	400m: 5:07.16 1:19.47			
	100m: 1:11.66 37.35	300m: 3:47.69 1:19.06				
19.	Goncalo Maria Mendonca	04	Viver Santarem	<b>5:12.50</b>		313
	50m: 34.91 34.91	200m: 2:32.28 1:19.07	400m: 5:12.50 1:19.78			
	100m: 1:13.21 38.30	300m: 3:52.72 1:20.44				
20.	Vasco Duarte Nunes	05	Cartaxo	<b>5:15.72</b>		303
	50m: 34.00 34.00	200m: 2:33.58 1:21.11	400m: 5:15.72 1:19.50			
	100m: 1:12.47 38.47	300m: 3:56.22 1:22.64				
DNS	Rodrigo Sousa Azevedo	03	Cartaxo			

Prova 13

Masc., 400m Livres

Infantil A  
Resultados

23-11-2019 - 15:25

Recorde Distrital ANDS Absoluto	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf A	4:22.64	Pedro Diogo Oliveira	CNRM	Benavente	26-05-2002

: 6:07.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Sousa Azevedo	06	Cartaxo	<b>4:59.52</b>		355
	50m: 34.67 34.67	200m: 2:30.24 1:17.47	400m: 4:59.52 1:14.17			
	100m: 1:12.77 38.10	300m: 3:45.35 1:15.11				
2.	Rafael Rodrigues Gomes	06	CLAC-Entroncamento	<b>5:02.76</b>		344
	50m: 35.70 35.70	200m: 2:33.57 1:18.87	400m: 5:02.76 1:13.22			
	100m: 1:14.70 39.00	300m: 3:49.54 1:15.97				
3.	Daniel Silva Bispo	06	Nautico Abrantes	<b>5:02.78</b>		344
	50m: 34.72 34.72	200m: 2:31.18 1:18.80	400m: 5:02.78 1:13.40			
	100m: 1:12.38 37.66	300m: 3:49.38 1:18.20				
4.	Bernardo Miguel Evaristo	06	Gualdim Pais	<b>5:04.62</b>		338
	50m: 35.07 35.07	200m: 2:30.66 1:17.57	400m: 5:04.62 1:15.47			
	100m: 1:13.09 38.02	300m: 3:49.15 1:18.49				
5.	Vitor Sokolovskyy	06	Nautico Abrantes	<b>5:11.67</b>		315
	50m: 34.39 34.39	200m: 2:33.67 1:20.71	400m: 5:11.67 1:16.50			
	100m: 1:12.96 38.57	300m: 3:55.17 1:21.50				
6.	Afonso Formigo Pinho	06	Torres Novas	<b>5:12.10</b>		314
	50m: 34.74 34.74	200m: 2:32.81 1:19.96	400m: 5:12.10 1:18.65			
	100m: 1:12.85 38.11	300m: 3:53.45 1:20.64				
7.	Tiago Miguel Trincao	06	Torres Novas	<b>5:12.46</b>		313
	50m: 34.86 34.86	200m: 2:33.53 1:20.39	400m: 5:12.46 1:18.93			
	100m: 1:13.14 38.28	300m: 3:53.53 1:20.00				
8.	Jose Maria Temudo	06	Rio Maior	<b>5:37.51</b>		248
	50m: 39.06 39.06	200m: 2:46.38 1:25.25	400m: 5:37.51 1:24.07			
	100m: 1:21.13 42.07	300m: 4:13.44 1:27.06				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 13, Masc., 400m Livres, Infantil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Andre Coelho Pita	06	Nautico Abrantes	<b>5:41.44</b>		240
	50m: 36.34 36.34	200m: 2:47.13 1:28.73	400m: 5:41.44 1:26.04			
	100m: 1:18.40 42.06	300m: 4:15.40 1:28.27				

Prova 13 Masc., 400m Livres Infantil B Resultados

Recorde Distrital ANDS Absoluto	3:51.74	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf B	4:33.73	Paulo Bruno Janeiro	CNLA	Santar�m	20-05-2007

: 6:30.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alexandre Morari	07	Rio Maior	<b>4:52.03</b>		383
	50m: 35.13 35.13	200m: 2:26.38 1:14.86	400m: 4:52.03 1:10.78			
	100m: 1:11.52 36.39	300m: 3:41.25 1:14.87				
2.	Eugenio Melnyk	07	Rio Maior	<b>5:23.18</b>		283
	50m: 36.96 36.96	200m: 2:41.03 1:22.72	400m: 5:23.18 1:20.62			
	100m: 1:18.31 41.35	300m: 4:02.56 1:21.53				
3.	Martim Marques Gomes	07	Rio Maior	<b>5:29.42</b>		267
	50m: 39.54 39.54	200m: 2:44.32 1:24.03	400m: 5:29.42 1:21.94			
	100m: 1:20.29 40.75	300m: 4:07.48 1:23.16				
4.	Daniel Santos Carapeto	07	Nautico Abrantes	<b>5:53.82</b>		215
	50m: 39.75 39.75	200m: 2:54.03 1:30.63	400m: 5:53.82 1:28.79			
	100m: 1:23.40 43.65	300m: 4:25.03 1:31.00				
5.	Antonio Maria Santos	07	Rio Maior	<b>5:55.06</b>		213
	50m: 41.16 41.16	200m: 2:57.56 1:31.54	400m: 5:55.06 1:26.90			
	100m: 1:26.02 44.86	300m: 4:28.16 1:30.60				
6.	Simao Rocha Silva	07	Gualdim Pais	<b>5:57.52</b>		209
	50m: 39.31 39.31	200m: 2:57.28 1:33.28	400m: 5:57.52 1:29.58			
	100m: 1:24.00 44.69	300m: 4:27.94 1:30.66				
DNS	Tomas Alexandre Santos	07	BUZIOS-Coruche			

Prova 14 Femin., 400m Livres Absoluto Resultados

Recorde Distrital ANDS Absoluto	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Sen	4:26.97	Julia Matos Lopes	VS	Porto	08-12-2012
Recorde Distrital ANDS Jun	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Juv A	4:26.26	Mafalda Sofia Rosa	CNRM	Tomar	19-11-2017
Recorde Distrital ANDS Juv B	4:33.98	Ana Rita Boavista	CNLA	Guimar�es	10-03-2002

Juv: 5:40.80; Jun/Sen: 5:31.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Mafalda Sofia Rosa	03	Rio Maior	<b>4:23.97</b>		695
	<i>RECORDE DISTRITAL, JUN, ABS</i>					
	50m: 31.00 31.00	200m: 2:10.76 1:06.94	400m: 4:23.97 1:06.43			
	100m: 1:03.82 32.82	300m: 3:17.54 1:06.78				
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>4:40.25</b>		581
	50m: 32.43 32.43	200m: 2:18.21 1:10.93	400m: 4:40.25 1:10.72			
	100m: 1:07.28 34.85	300m: 3:29.53 1:11.32				
3.	Ines Asseiceira Ramos	03	Torres Novas	<b>4:40.50</b>		579
	50m: 32.44 32.44	200m: 2:21.06 1:12.31	400m: 4:40.50 1:08.00			
	100m: 1:08.75 36.31	300m: 3:32.50 1:11.44				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 14, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>4:41.06</b>		576
	50m: 31.74 31.74	200m: 2:18.31 1:12.35	400m: 4:41.06 1:10.10			
	100m: 1:05.96 34.22	300m: 3:30.96 1:12.65				
5.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>4:44.25</b>		557
	50m: 32.66 32.66	200m: 2:20.91 1:12.53	400m: 4:44.25 1:10.93			
	100m: 1:08.38 35.72	300m: 3:33.32 1:12.41				
6.	Beatriz Maria Freixieiro	04	Rio Maior	<b>4:44.66</b>		554
	50m: 32.20 32.20	200m: 2:20.66 1:12.71	400m: 4:44.66 1:11.03			
	100m: 1:07.95 35.75	300m: 3:33.63 1:12.97				
7.	Beatriz Staiger Bento	04	Viver Santarem	<b>5:00.13</b>		473
	50m: 34.32 34.32	200m: 2:26.10 1:15.18	400m: 5:00.13 1:16.87			
	100m: 1:10.92 36.60	300m: 3:43.26 1:17.16				
8.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	<b>5:04.50</b>		453
	50m: 33.25 33.25	200m: 2:27.25 1:16.93	400m: 5:04.50 1:18.50			
	100m: 1:10.32 37.07	300m: 3:46.00 1:18.75				
9.	Margarida Mateus Morais	04	Torres Novas	<b>5:06.41</b>		444
	50m: 34.62 34.62	200m: 2:30.19 1:18.03	400m: 5:06.41 1:18.19			
	100m: 1:12.16 37.54	300m: 3:48.22 1:18.03				
10.	Maria Ines Paveia	03	Viver Santarem	<b>5:08.37</b>		436
	50m: 33.70 33.70	200m: 2:30.52 1:19.00	400m: 5:08.37 1:17.99			
	100m: 1:11.52 37.82	300m: 3:50.38 1:19.86				
11.	Carolina Lopes Vieira	02	Gualdim Pais	<b>5:08.62</b>		435
	50m: 33.85 33.85	200m: 2:29.13 1:18.03	400m: 5:08.62 1:20.27			
	100m: 1:11.10 37.25	300m: 3:48.35 1:19.22				
12.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	<b>5:09.43</b>		432
	50m: 33.94 33.94	200m: 2:29.84 1:18.49	400m: 5:09.43 1:19.54			
	100m: 1:11.35 37.41	300m: 3:49.89 1:20.05				
13.	Ines Goncalves Fernandes	06	Nautico Abrantes	<b>5:14.38</b>		411
	50m: 34.45 34.45	200m: 2:34.06 1:20.65	400m: 5:14.38 1:19.32			
	100m: 1:13.41 38.96	300m: 3:55.06 1:21.00				
14.	Maria Beatriz Teixeira	06	Viver Santarem	<b>5:20.60</b>		388
	50m: 37.06 37.06	200m: 2:37.87 1:21.27	400m: 5:20.60 1:19.93			
	100m: 1:16.60 39.54	300m: 4:00.67 1:22.80				
15.	Joana Silva Januario	06	Nautico Abrantes	<b>5:29.53</b>		357
	50m: 37.04 37.04	200m: 2:42.54 1:24.10	400m: 5:29.53 1:23.63			
	100m: 1:18.44 41.40	300m: 4:05.90 1:23.36				
16.	Margarida Viegas Medroa	06	Nautico Abrantes	<b>5:35.39</b>		339
	50m: 37.49 37.49	200m: 2:43.64 1:25.07	400m: 5:35.39 1:24.93			
	100m: 1:18.57 41.08	300m: 4:10.46 1:26.82				
17.	Filipa Taborda Santos	03	Cartaxo	<b>5:48.60</b>		302
	<i>FTL</i>					
	50m: 37.25 37.25	200m: 2:47.31 1:27.89	400m: 5:48.60 1:30.11			
	100m: 1:19.42 42.17	300m: 4:18.49 1:31.18				
18.	Diana Filipa Amado	04	Cartaxo	<b>5:49.06</b>		300
	<i>FTL</i>					
	50m: 37.39 37.39	200m: 2:48.17 1:28.66	400m: 5:49.06 1:30.30			
	100m: 1:19.51 42.12	300m: 4:18.76 1:30.59				
DSQ	Beatriz Gaspar Nobre	05	Gualdim Pais			
	<i>SW 10.2 - O (a) atleta não completou o percurso</i>					
DNS	Leonor Rodrigues Silva	03	Cartaxo			
DNS	Marta Filipa Bucha	06	Viver Santarem			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 14, Femin., 400m Livres

Prova 14 Femin., 400m Livres Infantil A  
23-11-2019 - 16:00 Resultados

Recorde Distrital ANDS Absoluto	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Inf A	4:39.54	Mafalda Sofia Rosa	CNRM	Tomar	20-03-2016

: 6:34.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Beatriz Sofia Conceicao	07	Nautico Abrantes	<b>5:31.83</b>		350
	50m: 38.11 38.11	200m: 2:46.53 1:26.28	400m: 5:31.83 1:20.33			
	100m: 1:20.25 42.14	300m: 4:11.50 1:24.97				
2.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	<b>5:31.88</b>		350
	50m: 37.63 37.63	200m: 2:46.54 1:26.34	400m: 5:31.88 1:20.97			
	100m: 1:20.20 42.57	300m: 4:10.91 1:24.37				
3.	Beatriz Maria Simoes	07	Torres Novas	<b>5:47.73</b>		304
	50m: 40.16 40.16	200m: 2:53.95 1:29.79	400m: 5:47.73 1:24.19			
	100m: 1:24.16 44.00	300m: 4:23.54 1:29.59				
4.	Laura Calheiros Frazao	07	Rio Maior	<b>5:51.81</b>		293
	50m: 38.97 38.97	200m: 2:53.95 1:30.46	400m: 5:51.81 1:27.21			
	100m: 1:23.49 44.52	300m: 4:24.60 1:30.65				
5.	Beatriz Roseiro Dias	07	Nautico Abrantes	<b>6:19.39</b>		234
	50m: 40.61 40.61	200m: 3:05.03 1:37.53	400m: 6:19.39 1:35.86			
	100m: 1:27.50 46.89	300m: 4:43.53 1:38.50				
DNS	Marta Filipa Nunes	07	Cartaxo			

Prova 14 Femin., 400m Livres Infantil B  
23-11-2019 - 16:00 Resultados

Recorde Distrital ANDS Absoluto	4:25.09	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2019
Recorde Distrital ANDS Inf B	4:50.13	Mafalda Sofia Rosa	CNRM	Coruche	15-03-2015

: 6:50.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafaela Ferreira Mendes	08	Amigos Unidos	<b>5:50.39</b>		297
	50m: 37.29 37.29	200m: 2:52.00 1:31.49	400m: 5:50.39 1:27.29			
	100m: 1:20.51 43.22	300m: 4:23.10 1:31.10				
2.	Catarina Maria Lopes	08	BUZIOS-Coruche	<b>6:01.72</b>		270
	50m: 39.70 39.70	200m: 2:57.85 1:32.47	400m: 6:01.72 1:30.12			
	100m: 1:25.38 45.68	300m: 4:31.60 1:33.75				
3.	Alice Batista Agostinho	08	Rio Maior	<b>6:06.84</b>		259
	50m: 40.31 40.31	200m: 3:00.28 1:35.15	400m: 6:06.84 1:31.93			
	100m: 1:25.13 44.82	300m: 4:34.91 1:34.63				
4.	Maria Ines Cochicho	08	Torres Novas	<b>6:07.67</b>		257
	50m: 41.20 41.20	200m: 3:00.29 1:33.34	400m: 6:07.67 1:32.97			
	100m: 1:26.95 45.75	300m: 4:34.70 1:34.41				
5.	Barbara Alexandra Rego	08	BUZIOS-Coruche	<b>6:12.35</b>		247
	50m: 40.12 40.12	200m: 3:02.06 1:35.50	400m: 6:12.35 1:34.19			
	100m: 1:26.56 46.44	300m: 4:38.16 1:36.10				
6.	Maria Madalena Monteiro	08	Gualdim Pais	<b>6:15.03</b>		242
	50m: 40.53 40.53	200m: 3:04.25 1:36.28	400m: 6:15.03 1:34.56			
	100m: 1:27.97 47.44	300m: 4:40.47 1:36.22				
7.	Sofia Lopes Castanheiro	08	Gualdim Pais	<b>6:37.52</b>		203
	50m: 45.28 45.28	200m: 3:20.11 1:43.37	400m: 6:37.52 1:34.04			
	100m: 1:36.74 51.46	300m: 5:03.48 1:43.37				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 15	Masc., 100m Mariposa					Absoluto
23-11-2019 - 16:35						Resultados
Recorde Distrital ANDS Absoluto	54.74	Carlos Lopes Pedrosa	CNRM	Porto	09-12-2017	
Recorde Distrital ANDS Sen	54.74	Carlos Lopes Pedrosa	CNRM	Porto	09-12-2017	
Recorde Distrital ANDS Jun	55.88	Pedro Diogo Oliveira	CNRM	Tomar	26-02-2005	
Recorde Distrital ANDS Juv A	56.43	Pedro Diogo Oliveira	CNRM	Abrantes	31-01-2004	
Recorde Distrital ANDS Juv B	57.72	Pedro Diogo Oliveira	CNRM	Rio Maior	12-07-2003	

Juv: 1:26.00; Jun/Sen: 1:24.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>57.50</b>		584
	50m: 27.07 27.07	100m:	57.50 30.43			
2.	Simao Dinis Rosa	05	Torres Novas	<b>59.57</b>		525
	50m: 28.13 28.13	100m:	59.57 31.44			
3.	Luis Afonso Lopes	03	Viver Santarem	<b>59.79</b>		520
	50m: 28.19 28.19	100m:	59.79 31.60			
4.	Martim Henriques Carvalho	04	Rio Maior	<b>1:00.65</b>		498
	50m: 28.61 28.61	100m:	1:00.65 32.04			
5.	Tiago Miguel Jorge	03	Rio Maior	<b>1:02.00</b>		466
	50m: 28.81 28.81	100m:	1:02.00 33.19			
6.	Pedro Pereira Lopes	99	BUZIOS-Coruche	<b>1:02.13</b>		463
	50m: 29.31 29.31	100m:	1:02.13 32.82			
7.	Rui Chagas Alves	03	Viver Santarem	<b>1:02.51</b>		455
	50m: 29.45 29.45	100m:	1:02.51 33.06			
8.	Ruben Filipe Carreira	03	Rio Maior	<b>1:03.25</b>		439
	50m: 29.75 29.75	100m:	1:03.25 33.50			
9.	Jose Pinto Cabral	05	Viver Santarem	<b>1:03.77</b>		428
	50m: 29.56 29.56	100m:	1:03.77 34.21			
10.	Guilherme Filipe Gaboleiro	05	Rio Maior	<b>1:05.20</b>		401
	50m: 30.13 30.13	100m:	1:05.20 35.07			
11.	Joao Pedro Rosa	90	CLAC-Entroncamento	<b>1:05.84</b>		389
	50m: 30.22 30.22	100m:	1:05.84 35.62			
12.	Artur Paulo Aleksyeyev	05	Viver Santarem	<b>1:06.45</b>		378
	50m: 31.20 31.20	100m:	1:06.45 35.25			
13.	Miguel Filipe Nunes	04	Cartaxo	<b>1:06.88</b>		371
	50m: 30.64 30.64	100m:	1:06.88 36.24			
14.	Joao Afonso Pacau	02	Gualdim Pais	<b>1:09.30</b>		333
	50m: 31.88 31.88	100m:	1:09.30 37.42			
15.	Diogo Daniel Simoes	99	Rio Maior	<b>1:09.43</b>		332
	50m: 32.28 32.28	100m:	1:09.43 37.15			
16.	Rui Osvaldo Rocha	04	Juventude Ouriense	<b>1:13.07</b>		284
	50m: 32.29 32.29	100m:	1:13.07 40.78			
17.	David Antonio Carvalho	99	Natacao do Tejo	<b>1:14.26</b>		271
	50m: 33.50 33.50	100m:	1:14.26 40.76			
18.	Francisco Polonio Alexandre	04	CLAC-Entroncamento	<b>1:15.36</b>		259
	50m: 35.22 35.22	100m:	1:15.36 40.14			
19.	Andre Sousa Oliveira	04	Juventude Ouriense	<b>1:17.53</b>		238
	50m: 35.48 35.48	100m:	1:17.53 42.05			
20.	Afonso Martinho Roque	05	Torres Novas	<b>1:21.73</b>		203
	50m: 35.13 35.13	100m:	1:21.73 46.60			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 15, Masc., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Goncalo Maria Mendonca 50m: 39.15 39.15	04	Viver Santarem	<b>1:25.30</b>		179
22.	Diogo Rafael Antunes FTL 50m: 40.14 40.14	04	CLAC-Entroncamento	<b>1:26.54</b>		171
23.	Joao Pedro Pires FTL 50m: 40.27 40.27	04	Natacao do Tejo	<b>1:27.84</b>		163
DSQ	Joao Nuno Nobre SW 10.2 - O (a) atleta não completou o percurso	04	Cartaxo			
DSQ	Joao Marques Ferreira SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, Após a viragem dos 50m	04	Viver Santarem			
DNS	Jose Henriques Luz	99	Torres Novas			
DNS	Bernardo Jorge Simoes	02	Torres Novas			
DNS	Paulo Vakulyuk	03	Torres Novas			

Prova 15 Masc., 100m Mariposa Infantil A  
23-11-2019 - 16:35 Resultados

Recorde Distrital ANDS Absoluto	54.74	Carlos Lopes Pedrosa	CNRM	Porto	09-12-2017
Recorde Distrital ANDS Inf A	1:01.82	Pedro Diogo Oliveira	CNRM	Samora Correia	12-05-2002
: 1:42.50					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Rodrigues Gomes 50m: 35.71 35.71	06	CLAC-Entroncamento	<b>1:16.50</b>		248

Prova 16 Femin., 100m Mariposa Absoluto  
23-11-2019 - 16:45 Resultados

Recorde Distrital ANDS Absoluto	1:05.17	Carolina Silvério Carpinteiro	CNTEJO	Albufeira	09-11-2019
Recorde Distrital ANDS Sen	1:05.17	Carolina Silvério Carpinteiro	CNTEJO	Albufeira	09-11-2019
Recorde Distrital ANDS Jun	1:05.21	Carolina Silverio Carpinteiro	CNTEJO	Coruche	14-04-2019
Recorde Distrital ANDS Juv A	1:05.91	Maria Madalena Bento	BUZIOS	Lagos	26-10-2019
Recorde Distrital ANDS Juv B	1:06.68	Maria Madalena Bento	BUZIOS	Coruche	14-04-2019

Juv: 1:40.00; Jun/Sen: 1:32.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carolina Silverio Carpinteiro 50m: 31.50 31.50	02	Natacao do Tejo	<b>1:05.78</b>		572
2.	Maria Madalena Bento 50m: 31.16 31.16	05	BUZIOS-Coruche	<b>1:06.28</b>		559
3.	Margarida Claudino Nicolau 50m: 31.57 31.57	05	Torres Novas	<b>1:08.73</b>		501
4.	Beatriz Goncalves Casal 50m: 32.65 32.65	03	Torres Novas	<b>1:09.36</b>		488
5.	Ariana Espirito Louro 50m: 32.56 32.56	05	Gualdim Pais	<b>1:10.38</b>		467
6.	Rute Isabel Leonardo 50m: 33.22 33.22	98	Nautico Abrantes	<b>1:11.63</b>		443



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 16, Femin., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Ana Campos Silva 50m: 33.85 33.85	03	Rio Maior	<b>1:12.74</b>		423
8.	Margarida Miguel Mendes 50m: 36.46 36.46	06	Viver Santarem	<b>1:15.39</b>		380
9.	Carolina Manuela Guia 50m: 36.08 36.08	05	Viver Santarem	<b>1:16.72</b>		360
10.	Beatriz Catarino Moura 50m: 35.22 35.22	02	Nautico Abrantes	<b>1:18.10</b>		341
11.	Joana Margarida Sousa 50m: 36.02 36.02	04	20Km de Almeirim	<b>1:18.60</b>		335
12.	Mafalda Magalhaes Costa 50m: 36.92 36.92	03	Gualdim Pais	<b>1:19.29</b>		326
13.	Marta Chambel Dias 50m: 37.25 37.25	02	CLAC-Entroncamento	<b>1:19.53</b>		323
14.	Barbara Maia Freitas 50m: 36.66 36.66	06	CLAC-Entroncamento	<b>1:19.76</b>		320
15.	Eleonor Dias Alves 50m: 37.06 37.06	06	Nautico Abrantes	<b>1:23.50</b>		279
16.	Joana Silva Antunes 50m: 43.89 43.89	05	CLAC-Entroncamento	<b>1:38.64</b>		169
17.	Sara Alexandra Ribeiro <i>FTL</i> 50m: 48.16 48.16	06	Juventude Ouriense	<b>1:49.26</b>	1:01.10	124
18.	Carolina Alexandra Ferreira <i>FTL</i> 50m: 49.34 49.34	04	Atletismo Ferreira do Zezere	<b>1:52.06</b>	1:02.72	115
DNS	Matilde Isabel Macharreu	04	BUZIOS-Coruche			
DNS	Marta Filipa Bucha	06	Viver Santarem			

Prova 16  
23-11-2019 - 16:45

Femin., 100m Mariposa

Infantil A  
Resultados

Recorde Distrital ANDS Absoluto	1:05.17	Carolina Silvério Carpinteiro	CNTEJO	Albufeira	09-11-2019
Recorde Distrital ANDS Inf A	1:08.95	Mariana Veloso Vitoria	CNAB	Entroncamento	04-06-2011

: 1:50.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Madalena Nunes Domingos 50m: 40.28 40.28	07	Viver Santarem	<b>1:27.36</b>		244





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 16, Femin., 100m Mariposa

Prova 16 Femin., 100m Mariposa Infantil B  
23-11-2019 - 16:45 Resultados

Recorde Distrital ANDS Absoluto	1:05.17	Carolina Silvério Carpinteiro	CNTEJO	Albufeira	09-11-2019
Recorde Distrital ANDS Inf B	1:11.62	Mariana Veloso Vitoria	CNAB	Coruche	08-05-2010

: 1:53.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Iris Simoes Martins <i>FTL</i>	08	Natacao do Tejo	<b>1:54.67</b>		108
	50m: 46.87 46.87	100m: 1:54.67	1:07.80			

Prova 17 Masc., 100m Costas Absoluto  
23-11-2019 - 17:00 Resultados

Recorde Distrital ANDS Absoluto	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14-12-2013
Recorde Distrital ANDS Sen	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14-12-2013
Recorde Distrital ANDS Jun	57.01	Afonso Guilherme Rosa	CNTN	Funchal	11-04-2017
Recorde Distrital ANDS Juv A	58.30	Pedro Diogo Oliveira	CNRM	Estoril	14-02-2004
Recorde Distrital ANDS Juv B	58.65	Pedro Diogo Oliveira	CNRM	Tomar	10-05-2003

Juv: 1:19.50; Jun/Sen: 1:14.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>1:00.74</b>		521
	50m: 29.27 29.27	100m: 1:00.74	31.47			
2.	Jose Pinto Cabral	05	Viver Santarem	<b>1:03.41</b>		458
	50m: 31.19 31.19	100m: 1:03.41	32.22			
3.	Diogo Miguel Matreno	03	Torres Novas	<b>1:03.88</b>		448
	50m: 31.20 31.20	100m: 1:03.88	32.68			
4.	Pedro Maria Santana	03	Torres Novas	<b>1:04.07</b>		444
	50m: 31.36 31.36	100m: 1:04.07	32.71			
5.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>1:04.62</b>		432
	50m: 31.59 31.59	100m: 1:04.62	33.03			
6.	Henrique Antonio Martins	03	Natacao do Tejo	<b>1:04.71</b>		431
	50m: 30.88 30.88	100m: 1:04.71	33.83			
7.	Jose Carlos Burecas	00	BUZIOS-Coruche	<b>1:05.78</b>		410
	50m: 32.14 32.14	100m: 1:05.78	33.64			
8.	Diogo Bernardo Tome	03	Nautico Salvaterra Magos	<b>1:05.91</b>		407
	50m: 31.80 31.80	100m: 1:05.91	34.11			
9.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>1:06.80</b>		391
	50m: 32.81 32.81	100m: 1:06.80	33.99			
10.	Miguel Martins Barroqueiro	91	CLAC-Entroncamento	<b>1:07.13</b>		386
	50m: 31.86 31.86	100m: 1:07.13	35.27			
11.	Ruben Filipe Carreira	03	Rio Maior	<b>1:07.93</b>		372
	50m: 33.03 33.03	100m: 1:07.93	34.90			
12.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>1:08.16</b>		368
	50m: 32.32 32.32	100m: 1:08.16	35.84			
13.	Ricardo Matias Santos	05	Atletismo Ferreira do Zezere	<b>1:09.30</b>		350
	50m: 33.83 33.83	100m: 1:09.30	35.47			
14.	Joao Pedro Rosa	90	CLAC-Entroncamento	<b>1:10.09</b>		339
	50m: 33.66 33.66	100m: 1:10.09	36.43			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 17, Masc., 100m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Jose Nuno Sousa 50m: 34.91 34.91	99	CLAC-Entroncamento	<b>1:11.43</b>		320
100m:	1:11.43 36.52					
16.	Francisco Polonio Alexandre 50m: 34.37 34.37	04	CLAC-Entroncamento	<b>1:11.75</b>		316
100m:	1:11.75 37.38					
17.	Ricardo Filipe Gaboleiro 50m: 34.52 34.52	05	Rio Maior	<b>1:11.83</b>		315
100m:	1:11.83 37.31					
18.	Joao Ricardo Bernardes 50m: 35.00 35.00	02	Rio Maior	<b>1:12.43</b>		307
100m:	1:12.43 37.43					
19.	Artur Paulo Aleksyeyev 50m: 35.22 35.22	05	Viver Santarem	<b>1:13.34</b>		296
100m:	1:13.34 38.12					
20.	Tiago Charrua Gago 50m: 36.34 36.34	04	Rio Maior	<b>1:14.14</b>		286
100m:	1:14.14 37.80					
21.	Danut Boian 50m: 35.81 35.81	04	Gualdim Pais	<b>1:14.96</b>		277
100m:	1:14.96 39.15					
22.	Andre Sousa Oliveira 50m: 38.36 38.36	04	Juventude Ouriense	<b>1:18.70</b>		239
100m:	1:18.70 40.34					
23.	Vasco Duarte Nunes <i>FTL</i>	05	Cartaxo	<b>1:21.33</b>		217
50m:	39.22 39.22					
100m:	1:21.33 42.11					
24.	Afonso Martinho Roque <i>FTL</i>	05	Torres Novas	<b>1:27.78</b>		172
50m:	42.00 42.00					
100m:	1:27.78 45.78					
25.	Antonio Pedro Martins <i>FTL</i>	05	Atletismo Ferreira do Zezere	<b>1:29.39</b>		163
50m:	42.99 42.99					
100m:	1:29.39 46.40					

Prova 17

Masc., 100m Costas

Infantil A  
Resultados

23-11-2019 - 17:00

Recorde Distrital ANDS Absoluto	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14-12-2013
Recorde Distrital ANDS Inf A	1:02.20	Pedro Diogo Oliveira	CNRM	Samora Correia	12-05-2002

: 1:31.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diogo Miguel Luis 50m: 43.55 43.55	06	Rio Maior	<b>1:29.08</b>		165
100m:	1:29.08 45.53					



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 17, Masc., 100m Costas

Prova 17 Masc., 100m Costas Infantil B  
23-11-2019 - 17:00 Resultados

Recorde Distrital ANDS Absoluto	52.63	Pedro Diogo Oliveira	INDANDS	Herning (DEN)	14-12-2013
Recorde Distrital ANDS Inf B	1:06.59	João Paulo Paias	CNLA	Samora Correia	14-05-2005

: 1:40.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Eugenio Melnyk	07	Rio Maior	<b>1:24.72</b>		192
	50m: 41.00 41.00	100m: 1:24.72	43.72			
2.	Joao Pedro Teixeira	07	Viver Santarem	<b>1:29.48</b>		163
	50m: 43.80 43.80	100m: 1:29.48	45.68			
3.	Henrique Dias Silva	07	Natacao do Tejo	<b>1:39.77</b>		117
	50m: 51.22 51.22	100m: 1:39.77	48.55			
4.	Afonso Dias Silva	07	Natacao do Tejo	<b>1:49.32</b>		89
	<i>FTL</i>					
	50m: 53.64 53.64	100m: 1:49.32	55.68			
DNS	Martim Conceicao Montez	07	Rio Maior			

Prova 18 Femin., 100m Costas Absoluto  
23-11-2019 - 17:10 Resultados

Recorde Distrital ANDS Absoluto	1:05.39	Mariana Veloso Vitória	CNAB	Tomar	24-11-2012
Recorde Distrital ANDS Sen	1:06.03	Maria Madalena Silva	CNAB	Tomar	15-11-2015
Recorde Distrital ANDS Jun	1:05.39	Mariana Veloso Vitoria	CNAB	Tomar	24-11-2012
Recorde Distrital ANDS Juv A	1:08.22	Lea Alexandra Mendes	SFGP	Albufeira	15-12-2017
Recorde Distrital ANDS Juv B	1:06.64	Mariana Veloso Vitoria	CNAB	Abrantes	14-04-2012

Juv: 1:27.50; Jun/Sen: 1:23.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Asseiceira Ramos	03	Torres Novas	<b>1:08.26</b>		523
	50m: 33.11 33.11	100m: 1:08.26	35.15			
2.	Lea Alexandra Mendes	03	Gualdim Pais	<b>1:08.69</b>		514
	50m: 33.09 33.09	100m: 1:08.69	35.60			
3.	Ana Beatriz Rodrigues	02	Rio Maior	<b>1:10.05</b>		484
	50m: 33.97 33.97	100m: 1:10.05	36.08			
4.	Beatriz Gaspar Nobre	05	Gualdim Pais	<b>1:11.72</b>		451
	50m: 33.91 33.91	100m: 1:11.72	37.81			
5.	Ana Campos Silva	03	Rio Maior	<b>1:12.60</b>		435
	50m: 35.36 35.36	100m: 1:12.60	37.24			
6.	Maria Madalena Bento	05	BUZIOS-Coruche	<b>1:12.88</b>		430
	50m: 35.23 35.23	100m: 1:12.88	37.65			
7.	Ines Ferreira Duarte	01	Natacao do Tejo	<b>1:13.25</b>		424
	50m: 34.78 34.78	100m: 1:13.25	38.47			
8.	Maria Beatriz Dias	99	Viver Santarem	<b>1:14.09</b>		409
	50m: 35.67 35.67	100m: 1:14.09	38.42			
9.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	<b>1:15.37</b>		389
	50m: 36.30 36.30	100m: 1:15.37	39.07			
10.	Constanca Grincho Sousa	06	Viver Santarem	<b>1:16.00</b>		379
	50m: 36.62 36.62	100m: 1:16.00	39.38			
11.	Beatriz Staiger Bento	04	Viver Santarem	<b>1:16.90</b>		366
	50m: 37.33 37.33	100m: 1:16.90	39.57			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 18, Femin., 100m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
12.	Erna Sabanovic 50m: 36.69 36.69	04	CLAC-Entroncamento	<b>1:17.05</b>		364
100m:	1:17.05 40.36					
13.	Joana Fernandes Vicente 50m: 37.64 37.64	04	Torres Novas	<b>1:17.70</b>		355
100m:	1:17.70 40.06					
14.	Barbara Maia Freitas 50m: 38.64 38.64	06	CLAC-Entroncamento	<b>1:18.67</b>		342
100m:	1:18.67 40.03					
15.	Ines Marques Garcia 50m: 38.04 38.04	03	Nautico Abrantes	<b>1:18.76</b>		341
100m:	1:18.76 40.72					
16.	Ines Filipa Cotovio 50m: 39.10 39.10	05	Nautico Salvaterra Magos	<b>1:19.70</b>		329
100m:	1:19.70 40.60					
17.	Maria Ines Paveia 50m: 38.41 38.41	03	Viver Santarem	<b>1:20.06</b>		324
100m:	1:20.06 41.65					
18.	Joana Margarida Sousa 50m: 38.91 38.91	04	20Km de Almeirim	<b>1:20.18</b>		323
100m:	1:20.18 41.27					
19.	Ines Goncalves Fernandes 50m: 39.20 39.20	06	Nautico Abrantes	<b>1:20.54</b>		318
100m:	1:20.54 41.34					
20.	Carolina Guerra Pisco 50m: 38.17 38.17	02	20Km de Almeirim	<b>1:20.70</b>		317
100m:	1:20.70 42.53					
21.	Ines Marques Pedro <i>FTL</i> 50m: 40.42 40.42	01	Viver Santarem	<b>1:25.38</b>		267
100m:	1:25.38 44.96					
22.	Margarida Viegas Medroa 50m: 42.42 42.42	06	Nautico Abrantes	<b>1:25.98</b>		262
100m:	1:25.98 43.56					
23.	Matilde Nabeiro Monraia 50m: 40.88 40.88	06	CLAC-Entroncamento	<b>1:26.72</b>		255
100m:	1:26.72 45.84					
24.	Joana Silva Januario <i>FTL</i> 50m: 43.04 43.04	06	Nautico Abrantes	<b>1:27.86</b>		245
100m:	1:27.86 44.82					
25.	Eleonor Dias Alves <i>FTL</i> 50m: 41.95 41.95	06	Nautico Abrantes	<b>1:28.09</b>		243
100m:	1:28.09 46.14					
26.	Sara Alexandra Ribeiro <i>FTL</i> 50m: 47.17 47.17	06	Juventude Ouriense	<b>1:39.06</b>		171
100m:	1:39.06 51.89					
DSQ	Diana Filipa Amado <i>SW 6.4 - O (a) atleta interrompe o movimento contínuo dos braços , antes da viragem aos ... metros</i>	04	Cartaxo			
DNS	Matilde Isabel Macharreu	04	BUZIOS-Coruche			
DNS	Matilde Antunes Pombo	06	Nautico Abrantes			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 18, Femin., 100m Costas

Prova 18 Femin., 100m Costas Infantil A  
23-11-2019 - 17:10 Resultados

Recorde Distrital ANDS Absoluto	1:05.39	Mariana Veloso Vitória	CNAB	Tomar	24-11-2012
Recorde Distrital ANDS Inf A	1:10.28	Mariana Veloso Vitoria	CNAB	Almeirim	26-06-2011

: 1:38.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Fabiana Sofia Pereira	07	Juventude Ouriense	<b>1:37.81</b>		178
	50m: 48.08 48.08	100m: 1:37.81	49.73			
2.	Teresa Boal Duarte	07	Cartaxo	<b>1:39.35</b>		169
	<i>FTL</i>					
	50m: 47.42 47.42	100m: 1:39.35	51.93			
DNS	Laura Sousa Oliveira	07	Juventude Ouriense			
DNS	Diana Maria Reis	07	Juventude Ouriense			

Prova 18 Femin., 100m Costas Infantil B  
23-11-2019 - 17:10 Resultados

Recorde Distrital ANDS Absoluto	1:05.39	Mariana Veloso Vitória	CNAB	Tomar	24-11-2012
Recorde Distrital ANDS Inf B	1:14.07	Inês Ferreira Duarte	CNAB	Torres Novas	11-05-2013

: 1:45.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Teresa Isabel Reis	08	Rio Maior	<b>1:41.47</b>		159
	50m: 49.15 49.15	100m: 1:41.47	52.32			
2.	Sofia Pinto Lopes	08	Gualdim Pais	<b>1:44.53</b>		145
	50m: 47.28 47.28	100m: 1:44.53	57.25			
3.	Raquel Silva Lopes	08	Natacao do Tejo	<b>2:04.06</b>		87
	<i>FTL</i>					
	50m: 58.41 58.41	100m: 2:04.06	1:05.65			

Prova 19 Masc., 200m Estilos Absoluto  
23-11-2019 - 17:25 Resultados

Recorde Distrital ANDS Absoluto	2:08.23	Filipe Ferreira Alves	CNRM	Obidos	15-12-2007
Recorde Distrital ANDS Sen	2:08.23	Filipe Ferreira Alves	CNRM	Obidos	15-12-2007
Recorde Distrital ANDS Jun	2:08.45	Ivo Andre Lopes	SCALAB	Santarem	13-05-2012
Recorde Distrital ANDS Juv A	2:08.71	Paulo Vakulyuk	CNTN	Tomar	16-12-2018
Recorde Distrital ANDS Juv B	2:13.93	Pedro Diogo Oliveira	CNRM	Rio Maior	12-07-2003

Juv: 2:45.50; Jun/Sen: 2:36.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paulo Vakulyuk	03	Torres Novas	<b>2:15.91</b>		524
	50m: 27.38 27.38	100m: 1:01.50	34.12	200m: 2:15.91	1:14.41	
2.	Goncalo Gualberto Barbara	00	Rio Maior	<b>2:16.72</b>		515
	50m: 30.62 30.62	100m: 1:07.40	36.78	200m: 2:16.72	1:09.32	
3.	Tomas Miguel Felicio	03	Rio Maior	<b>2:16.75</b>		515
	50m: 30.22 30.22	100m: 1:07.11	36.89	200m: 2:16.75	1:09.64	
4.	Jose Henriques Luz	99	Torres Novas	<b>2:17.09</b>		511
	50m: 29.42 29.42	100m: 1:05.07	35.65	200m: 2:17.09	1:12.02	
5.	Martim Henriques Carvalho	04	Rio Maior	<b>2:18.17</b>		499
	50m: 28.80 28.80	100m: 1:03.64	34.84	200m: 2:18.17	1:14.53	



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 19, Masc., 200m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Pedro Maria Santana	03	Torres Novas	<b>2:20.29</b>		477
	50m: 30.86 30.86	100m: 1:06.82 35.96	200m: 2:20.29 1:13.47			
7.	Simao Dinis Rosa	05	Torres Novas	<b>2:23.18</b>		448
	50m: 29.65 29.65	100m: 1:06.50 36.85	200m: 2:23.18 1:16.68			
8.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	<b>2:23.80</b>		443
	50m: 30.55 30.55	100m: 1:09.26 38.71	200m: 2:23.80 1:14.54			
9.	Bernardo Jorge Simoes	02	Torres Novas	<b>2:24.47</b>		436
	50m: 28.76 28.76	100m: 1:08.38 39.62	200m: 2:24.47 1:16.09			
10.	Erik Norbert Vass	03	Rio Maior	<b>2:26.03</b>		423
	50m: 31.96 31.96	100m: 1:09.14 37.18	200m: 2:26.03 1:16.89			
11.	Andre Jesus Gaspar	04	Gualdim Pais	<b>2:26.26</b>		421
	50m: 31.33 31.33	100m: 1:10.58 39.25	200m: 2:26.26 1:15.68			
12.	Joao Pedro Goncalves	01	Torres Novas	<b>2:30.77</b>		384
	50m: 32.38 32.38	100m: 1:12.63 40.25	200m: 2:30.77 1:18.14			
13.	Miguel Filipe Nunes	04	Cartaxo	<b>2:33.06</b>		367
	50m: 32.09 32.09	100m: 1:12.24 40.15	200m: 2:33.06 1:20.82			
14.	Jose Miguel Monteiro	04	Gualdim Pais	<b>2:33.44</b>		364
	50m: 32.32 32.32	100m: 1:13.08 40.76	200m: 2:33.44 1:20.36			
15.	Joao Antonio Pires	05	Torres Novas	<b>2:34.49</b>		357
	50m: 33.87 33.87	100m: 1:14.31 40.44	200m: 2:34.49 1:20.18			
16.	Henrique Antonio Martins <i>FTL</i>	03	Natacao do Tejo	<b>2:39.35</b>		325
	50m: 33.86 33.86	100m: 1:15.08 41.22	200m: 2:39.35 1:24.27			
17.	Joao Marques Ferreira	04	Viver Santarem	<b>2:39.73</b>		323
	50m: 32.67 32.67	100m: 1:13.36 40.69	200m: 2:39.73 1:26.37			

Prova 19

Masc., 200m Estilos

Infantil A

23-11-2019 - 17:25

Resultados

Recorde Distrital ANDS Absoluto	2:08.23	Filipe Ferreira Alves	CNRM	Obidos	15-12-2007
Recorde Distrital ANDS Inf A	2:19.63	Paulo Vakulyuk	CNTN	Sines	09-04-2017

: 3:20.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Miguel Trincao	06	Torres Novas	<b>2:41.25</b>		314
	50m: 34.97 34.97	100m: 1:18.47 43.50	200m: 2:41.25 1:22.78			
2.	Afonso Formigo Pinho	06	Torres Novas	<b>2:49.69</b>		269
	50m: 38.06 38.06	100m: 1:21.24 43.18	200m: 2:49.69 1:28.45			
3.	Diogo Miguel Luis <i>FTL</i>	06	Rio Maior	<b>3:31.96</b>		138
	50m: 47.18 47.18	100m: 1:43.28 56.10	200m: 3:31.96 1:48.68			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 19, Masc., 200m Estilos

Prova 19 Masc., 200m Estilos Infantil B  
23-11-2019 - 17:25 Resultados

Recorde Distrital ANDS Absoluto	2:08.23	Filipe Ferreira Alves	CNRM	Obidos	15-12-2007
Recorde Distrital ANDS Inf B	2:30.29	João Paulo Paias	CNLA	Abrantes	21-05-2005

: 3:30.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Bernardo Pereira Simoes	07	Torres Novas	<b>3:12.87</b>		183
	50m: 45.35 45.35	100m: 1:34.92 49.57	200m: 3:12.87 1:37.95			
2.	Joao Pedro Teixeira	07	Viver Santarem	<b>3:20.50</b>		163
	50m: 45.50 45.50	100m: 1:33.87 48.37	200m: 3:20.50 1:46.63			
3.	Rodrigo Vieira Vicente <i>FTL</i>	07	Torres Novas	<b>3:30.62</b>		141
	50m: 48.31 48.31	100m: 1:43.09 54.78	200m: 3:30.62 1:47.53			
4.	Simao Pedro Oliveira <i>FTL</i>	07	Torres Novas	<b>3:44.86</b>		115
	50m: 53.14 53.14	100m: 1:51.64 58.50	200m: 3:44.86 1:53.22			
DNS	Martim Conceicao Montez	07	Rio Maior			

Prova 20 Femin., 200m Estilos Absoluto  
23-11-2019 - 17:40 Resultados

Recorde Distrital ANDS Absoluto	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21-12-2013
Recorde Distrital ANDS Sen	2:23.05	Maria Madalena Silva	CNAB	Porto	12-12-2015
Recorde Distrital ANDS Jun	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21-12-2013
Recorde Distrital ANDS Juv A	2:27.45	Catia Iordan Agostinho	SANDS	Abrantes	04-03-2017
Recorde Distrital ANDS Juv B	2:26.86	Mariana Veloso Vitoria	SANDS	Abrantes	14-04-2012

Juv: 3:12.50; Jun/Sen: 3:07.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catia Iordan Agostinho	02	Rio Maior	<b>2:26.79</b>		572
	50m: 32.06 32.06	100m: 1:09.76 37.70	200m: 2:26.79 1:17.03			
2.	Beatriz Goncalves Casal	03	Torres Novas	<b>2:29.38</b>		542
	50m: 32.88 32.88	100m: 1:12.13 39.25	200m: 2:29.38 1:17.25			
3.	Margarida Claudino Nicolau	05	Torres Novas	<b>2:31.30</b>		522
	50m: 32.88 32.88	100m: 1:12.66 39.78	200m: 2:31.30 1:18.64			
4.	Mafalda Sofia Rosa	03	Rio Maior	<b>2:31.62</b>		519
	50m: 34.00 34.00	100m: 1:13.19 39.19	200m: 2:31.62 1:18.43			
5.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>2:36.51</b>		472
	50m: 34.16 34.16	100m: 1:15.00 40.84	200m: 2:36.51 1:21.51			
6.	Maria Beatriz Dias	99	Viver Santarem	<b>2:42.22</b>		423
	50m: 35.59 35.59	100m: 1:15.62 40.03	200m: 2:42.22 1:26.60			
7.	Ariana Espirito Louro	05	Gualdim Pais	<b>2:42.62</b>		420
	50m: 33.56 33.56	100m: 1:15.60 42.04	200m: 2:42.62 1:27.02			
8.	Constanca Grincho Sousa	06	Viver Santarem	<b>2:45.69</b>		397
	50m: 35.69 35.69	100m: 1:17.91 42.22	200m: 2:45.69 1:27.78			
9.	Ines Marques Garcia	03	Nautico Abrantes	<b>2:46.58</b>		391
	50m: 37.30 37.30	100m: 1:18.48 41.18	200m: 2:46.58 1:28.10			
10.	Carolina Manuela Guia	05	Viver Santarem	<b>2:53.38</b>		347
	50m: 35.89 35.89	100m: 1:21.04 45.15	200m: 2:53.38 1:32.34			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 20, Femin., 200m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
11.	Joana Patricia Antunes	06	CLAC-Entroncamento	<b>2:55.03</b>		337
	50m: 37.87 37.87	100m: 1:25.17 47.30	200m: 2:55.03 1:29.86			
12.	Margarida Miguel Mendes	06	Viver Santarem	<b>2:58.55</b>		317
	50m: 36.73 36.73	100m: 1:21.91 45.18	200m: 2:58.55 1:36.64			
DNS	Filipa Taborda Santos	03	Cartaxo			

Prova 20 Femin., 200m Estilos Infantil A  
23-11-2019 - 17:40 Resultados

Recorde Distrital ANDS Absoluto	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21-12-2013
Recorde Distrital ANDS Inf A	2:31.59	Joana Filipa Vilhena	CNLA	Entroncamento	19-06-2005

: 3:25.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Beatriz Maria Simoes	07	Torres Novas	<b>3:13.50</b>		249
	50m: 42.05 42.05	100m: 1:34.08 52.03	200m: 3:13.50 1:39.42			
2.	Angela Ruessink FTL	07	Nautico Salvaterra Magos	<b>3:29.41</b>		197
	50m: 46.63 46.63	100m: 1:40.44 53.81	200m: 3:29.41 1:48.97			
3.	Sara Dulce Carrao FTL	07	Amigos Unidos	<b>3:35.13</b>		181
	50m: 53.91 53.91	100m: 1:46.73 52.82	200m: 3:35.13 1:48.40			
4.	Fabiana Sofia Pereira FTL	07	Juventude Ouriense	<b>3:55.90</b>		137
	50m: 54.87 54.87	100m: 1:49.13 54.26	200m: 3:55.90 2:06.77			
DNS	Eduarda Carvalho Costa	07	Rio Maior			

Prova 20 Femin., 200m Estilos Infantil B  
23-11-2019 - 17:40 Resultados

Recorde Distrital ANDS Absoluto	2:22.74	Maria Madalena Silva	CNAB	Felgueiras	21-12-2013
Recorde Distrital ANDS Inf B	2:39.45	Mariana Veloso Vitoria	CNAB	Coruche	09-05-2010

: 3:37.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alice Batista Agostinho	08	Rio Maior	<b>3:19.23</b>		228
	50m: 41.39 41.39	100m: 1:32.39 51.00	200m: 3:19.23 1:46.84			
2.	Maria Ines Cochicho	08	Torres Novas	<b>3:20.45</b>		224
	50m: 46.20 46.20	100m: 1:38.48 52.28	200m: 3:20.45 1:41.97			
3.	Carlota Pereira Sousa	08	Viver Santarem	<b>3:21.09</b>		222
	50m: 45.64 45.64	100m: 1:36.96 51.32	200m: 3:21.09 1:44.13			
4.	Mafalda Sa Lopes FTL	08	Torres Novas	<b>3:39.09</b>		172
	50m: 52.34 52.34	100m: 1:48.55 56.21	200m: 3:39.09 1:50.54			
5.	Camila Marques Luis FTL	08	Torres Novas	<b>3:47.79</b>		153
	50m: 53.36 53.36	100m: 1:53.32 59.96	200m: 3:47.79 1:54.47			
6.	Margarida Sousa Luis FTL	08	Torres Novas	<b>3:48.26</b>		152
	50m: 55.29 55.29	100m: 1:54.92 59.63	200m: 3:48.26 1:53.34			





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 20, Femin., 200m Estilos, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Mariana Ferreira Moita <i>FTL</i>	08	Torres Novas	<b>4:08.67</b>		117
	50m: 1:00.82 1:00.82	100m: 2:04.92 1:04.10	200m: 4:08.67 2:03.75			
DNS	Maria Sofia Carapau	08	Torres Novas			

Prova 21

Masc., 50m Bruços

Absoluto  
Resultados

23-11-2019 - 18:00

Recorde Distrital ANDS Absoluto	30.03	Francisco Costa Nunes	CCDSM	Felgueiras	23-12-2018
Recorde Distrital ANDS Sen	30.36	Bernardo Jose Dionisio	SFGP	Tomar	17-11-2017
Recorde Distrital ANDS Jun	30.03	Francisco Costa Nunes	CCDSM	Felgueiras	23-12-2018
Recorde Distrital ANDS Juv A	30.82	Francisco Costa Nunes	CCDSM	Tomar	18-11-2017
Recorde Distrital ANDS Juv B	31.74	Fabio Miguel Samouco	CNTN	Tomar	01-05-2010

Juv: 39.50; Jun/Sen: 37.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Luis Afonso Lopes	03	Viver Santarem	<b>30.59</b>		562
2.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>31.05</b>		537
3.	Artur Rafael Saramago	97	BUZIOS-Coruche	<b>32.56</b>		466
4.	Goncalo Gualberto Barbara	00	Rio Maior	<b>33.06</b>		445
5.	Miguel Goncalves Frade	00	Torres Novas	<b>33.14</b>		442
6.	Pedro Nuno Oliveira	04	Torres Novas	<b>34.71</b>		384
7.	Pedro Marques Carregado	02	BUZIOS-Coruche	<b>35.38</b>		363
8.	Andre Jesus Gaspar	04	Gualdim Pais	<b>35.83</b>		349
9.	Ricardo Filipe Gaboleiro	05	Rio Maior	<b>35.86</b>		349
10.	Danut Boian	04	Gualdim Pais	<b>35.87</b>		348
11.	Joao Afonso Goncalves	00	CLAC-Entroncamento	<b>35.99</b>		345
12.	Guilherme Filipe Gaboleiro	05	Rio Maior	<b>36.18</b>		339
13.	Joao Miguel Conrado	05	BUZIOS-Coruche	<b>36.33</b>		335
14.	Diogo Daniel Simoes	99	Rio Maior	<b>36.54</b>		329
15.	Marcio Lima Silva	01	Natacao do Tejo	<b>36.91</b>		320
16.	Joao Ricardo Bernardes	02	Rio Maior	<b>36.97</b>		318
17.	Tiago Joao Vital	02	Natacao do Tejo	<b>37.13</b>		314
18.	Jose Diogo Nunes	02	Cartaxo	<b>37.34</b>		309
19.	Joao Nuno Nobre	04	Cartaxo	<b>37.36</b>		308
20.	Rui Osvaldo Rocha	04	Juventude Ouriense	<b>37.84</b>		297
21.	Diogo Rafael Antunes	04	CLAC-Entroncamento	<b>38.95</b>		272
22.	Joao Pedro Pires <i>FTL</i>	04	Natacao do Tejo	<b>46.26</b>		162



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 22 Femin., 50m Bruços Absoluto  
23-11-2019 - 18:05 Resultados

Recorde Distrital ANDS Absoluto	32.72	Maria Madalena Silva	CNAB	Porto	13-12-2015
Recorde Distrital ANDS Sen	32.72	Maria Madalena Silva	CNAB	Porto	13-12-2015
Recorde Distrital ANDS Jun	32.83	Maria Madalena Silva	CNAB	Porto	21-12-2014
Recorde Distrital ANDS Juv A	34.95	Margarida Mateus Morais	CNTN	S Antonio dos Cavaleiros	09-12-2018
Recorde Distrital ANDS Juv B	35.64	Mafalda Gilberto Marques	CNTEJO	Tomar	01-03-2015

Juv: 44.50; Jun/Sen: 42.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Margarida Mateus Morais	04	Torres Novas	<b>34.90</b>		548
2.	Rute Isabel Leonardo	98	Nautico Abrantes	<b>34.94</b>		546
3.	Beatriz Grave Reis	05	Rio Maior	<b>35.98</b>		500
4.	Marta Chambel Dias	02	CLAC-Entroncamento	<b>37.32</b>		448
5.	Carolina Lopes Vieira	02	Gualdim Pais	<b>38.28</b>		415
6.	Ines Ferreira Duarte	01	Natacao do Tejo	<b>38.46</b>		409
7.	Beatriz Catarino Moura	02	Nautico Abrantes	<b>39.38</b>		381
8.	Beatriz Maria Freixeiro	04	Rio Maior	<b>39.72</b>		371
9.	Joana Patricia Antunes	06	CLAC-Entroncamento	<b>39.88</b>		367
10.	Mafalda Magalhaes Costa	03	Gualdim Pais	<b>40.84</b>		341
11.	Carolina Guerra Pisco	02	20Km de Almeirim	<b>41.47</b>		326
12.	Joana Fernandes Vicente	04	Torres Novas	<b>41.50</b>		325
13.	Maria Beatriz Teixeira	06	Viver Santarem	<b>47.11</b>		222
	<i>FTL</i>					
14.	Leonor Rodrigues Silva	03	Cartaxo	<b>48.80</b>		200
	<i>FTL</i>					
15.	Rita Lopes Freire	03	Juventude Ouriense	<b>49.64</b>		190
	<i>FTL</i>					

Prova 23 Masc., 4 x 100m Estilos Absoluto  
23-11-2019 - 18:20 Resultados

Recorde Distrital ANDS Sen	3:57.94	CNTN	CNTN	Sines	21-12-2008
Recorde Distrital ANDS Jun	3:57.31	CNTN	CNTN	Abrantes	27-11-2016
Recorde Distrital ANDS Juv A	4:10.24	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, E	Tomar	16-12-2018
Recorde Distrital ANDS Juv A	4:13.92	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, E	Tomar	24-11-2018
Recorde Distrital ANDS Juv	4:10.24	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, E	Tomar	16-12-2018
Recorde Distrital ANDS Juv	4:13.92	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, E	Tomar	24-11-2018
Recorde Distrital ANDS Juv B	4:25.50	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, E	Albufeira	17-12-2017
Recorde Distrital ANDS Abs	3:57.51	CNTN	CNTN	Abrantes	27-11-2016

Juv: 4:50.00; Jun/Sen: 4:50.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1.	Viver Santarem 5	<b>4:09.23</b>		510
	Guilherme Pereira Coutinho	03 29.98 1:01.13	Rui Chagas Alves	03 1:03.02
	Luis Afonso Lopes	03 1:09.65	Goncalo Magalhaes Cristovao	03 55.43
2.	Torres Novas 1	<b>4:11.65</b>		495
	Diogo Miguel Matreno	03 31.44 1:05.08	Simao Dinis Rosa	05 59.68
	Pedro Maria Santana	03 1:11.64	Jose Henriques Luz	99 55.25
3.	BUZIOS-Coruche 1	<b>4:16.81</b>		466
	Jose Carlos Burecas	00 31.81 1:05.70	Pedro Pereira Lopes	99 1:02.60
	Artur Rafael Saramago	97 1:12.54	Duarte Filipe Silva	03 55.97
4.	Rio Maior 1	<b>4:20.40</b>		447
	Ricardo Filipe Gaboleiro	05 34.54 1:12.10	Guilherme Filipe Gaboleiro	05 1:05.47
	Goncalo Gualberto Barbara	00 1:10.47	Tiago Filipe Campos	99 52.36



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Prova 23, Masc., 4 x 100m Estilos, Absoluto

Lugar			Clube		Tempo Final	TReac	Pts
5.	CLAC-Entroncamento 1		CLAC-Entroncamento		<b>4:20.41</b>		447
	Miguel Martins Barroqueiro	91	32.00	1:07.25	Joao Pedro Rosa	90	1:05.97
	Luis Filipe Viana	89		1:07.28	Joao Afonso Goncalves	00	59.91
6.	Natacao do Tejo 1		Natacao do Tejo		<b>4:43.70</b>		345
	Henrique Antonio Martins	03	31.23	1:07.29	David Antonio Carvalho	99	1:16.57
	Tiago Joao Vital	02		1:20.22	Marcio Lima Silva	01	59.62
7.	Gualdim Pais 1		Gualdim Pais		<b>4:46.95</b>		334
	Andre Jesus Gaspar	04	34.22	1:11.35	Jose Miguel Monteiro	04	1:15.14
	Danut Boian	04		1:21.97	Joao Afonso Pacau	02	58.49

Prova 23 Masc., 4 x 100m Estilos Infantil Resultados  
23-11-2019 - 18:20

Recorde Distrital ANDS Inf A	4:38.45	VS	VS	Sines	09-04-2017
Recorde Distrital ANDS Inf	4:38.60	AVQA	AVQA	Silves	29-03-2015
Recorde Distrital ANDS Inf B	5:03.85	SCALABISPORT	SCALAB	Santo Ant <sup>o</sup> Cavaleiros	18-03-2012
Recorde Distrital ANDS Abs	3:57.51	CNTN	CNTN	Abrantes	27-11-2016

Inf B: 6:59.00; Inf A: 6:40.00; Inf: 6:48.00

Pontos: FINA 2019

Lugar			Clube		Tempo Final	TReac	Pts
1.	Nautico Abrantes 4		Nautico Abrantes		<b>5:16.19</b>		249
	Vitor Sokolovskyy	06	36.15	1:15.34	Andre Coelho Pita	06	1:19.76
	Daniel Silva Bispo	06		1:24.63	Daniel Santos Carapeto	07	1:16.46
2.	Torres Novas 2		Torres Novas		<b>5:33.75</b>		212
	Afonso Formigo Pinho	06	38.78	1:19.25	Bernardo Pereira Simoes	07	1:32.57
	Rodrigo Vieira Vicente	07		1:40.93	Tiago Miguel Trincao	06	1:01.00

Prova 23 Masc., 4 x 100m Estilos Infantil B Resultados  
23-11-2019 - 18:20

Recorde Distrital ANDS Inf	4:38.60	AVQA	AVQA	Silves	29-03-2015
Recorde Distrital ANDS Inf B	5:03.85	SCALABISPORT	SCALAB	Santo Ant <sup>o</sup> Cavaleiros	18-03-2012
Recorde Distrital ANDS Abs	3:57.51	CNTN	CNTN	Abrantes	27-11-2016

Inf B: 6:59.00; Inf: 6:48.00

Pontos: FINA 2019

Lugar			Clube		Tempo Final	TReac	Pts
1.	Rio Maior 2		Rio Maior		<b>5:29.44</b>		220
	Antonio Maria Santos	07	44.22	1:29.05	Alexandre Morari	07	1:15.33
	Martim Marques Gomes	07		1:34.71	Eugenio Melnyk	07	1:10.35



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 24 Femin., 4 x 100m Estilos Absoluto  
23-11-2019 - 18:30 Resultados

Recorde Distrital ANDS Sen	5:01.26	SCALABISPORT	SCALAB	Tomar	20-11-2011
Recorde Distrital ANDS Jun	4:43.58	Clube Natacao de Rio Maior	CNRM	Coruche	17-03-2019
Recorde Distrital ANDS Jun	4:43.86	CNAB	CNAB	Tomar	29-11-2014
Recorde Distrital ANDS Juv A	4:54.62	CNTN	CNTN	Caldas da Rainha	28-11-2015
Recorde Distrital ANDS Juv	4:50.81	Clube de Natacao de Torres Novas	CNTN	Tomar	18-11-2017
Recorde Distrital ANDS Juv B	4:59.16	CNTN	CNTN	Leiria	13-12-2014
Recorde Distrital ANDS Abs	4:35.67	CNTN	CNTN	S Antonio dos Cavaleiros	08-12-2018

Juv: 5:45.50; Jun/Sen: 5:45.50

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Rio Maior 1	Rio Maior	<b>4:44.87</b>		494
Ana Beatriz Rodrigues	02 34.27	1:10.67	Ana Campos Silva	03 1:13.68
Catia Iordan Agostinho	02	1:19.71	Mafalda Sofia Rosa	03 1:00.81
2. Gualdim Pais 1	Gualdim Pais	<b>4:48.14</b>		477
Beatriz Gaspar Nobre	05 34.84	1:12.25	Lea Alexandra Mendes	03 1:10.23
Ariana Espirito Louro	05	1:22.60	Mafalda Magalhaes Costa	03 1:03.06
3. BUZIOS-Coruche 1	BUZIOS-Coruche	<b>4:54.03</b>		449
Matilde Paulos Branco	05 36.27	1:16.92	Maria Madalena Bento	05 1:08.18
Catarina Isabel Carlota	05	1:25.25	Leonor Maria Mira	04 1:03.68
4. Nautico Abrantes 5	Nautico Abrantes	<b>5:01.95</b>		414
Ines Marques Garcia	03 40.02	1:21.82	Beatriz Catarino Moura	02 1:18.32
Rute Isabel Leonardo	98	1:16.28	Ines Goncalves Fernandes	06 1:05.53
5. CLAC-Entroncamento 1	CLAC-Entroncamento	<b>5:10.93</b>		379
Erna Sabanovic	04 37.52	1:17.76	Barbara Maia Freitas	06 1:22.25
Marta Chambel Dias	02	1:20.67	Joana Silva Antunes	05 1:10.25
6. Viver Santarem 6	Viver Santarem	<b>5:12.81</b>		373
Maria Beatriz Dias	99 35.93	1:15.39	Beatriz Staiger Bento	04 1:20.33
Constanca Grincho Sousa	06	1:30.64	Maria Ines Paveia	03 1:06.45

Prova 24 Femin., 4 x 100m Estilos Infantil  
23-11-2019 - 18:30 Resultados

Recorde Distrital ANDS Inf A	5:00.37	CNLA	CNLA	Ponte de Sor	19-03-2005
Recorde Distrital ANDS Inf	5:00.37	CNLA	CNLA	Ponte de Sôr	19-03-2005
Recorde Distrital ANDS Inf B	5:26.00	CNTN	CNTN	Tomar	30-06-2013
Recorde Distrital ANDS Abs	4:35.67	CNTN	CNTN	S Antonio dos Cavaleiros	08-12-2018

Inf B: 7:07.00; Inf A: 6:52.00; Inf: 7:02.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Torres Novas 1	Torres Novas	<b>6:42.16</b>		175
Margarida Sousa Luis	08 50.14	1:42.94	Camila Marques Luis	08 1:52.17
Mafalda Sa Lopes	08	1:54.95	Beatriz Maria Simoes	07 1:12.10
DNS Rio Maior 2	Rio Maior			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 47 Misto, 4 x 100m Estilos TENTATIVA REC NACIONAL-JUNIOR MISTO  
23-11-2019 Resultados

Rec Nac 25m Absoluto X	4:11.86	Clube Nautico Academico	CNAC	Coimbra	20-10-2018
Rec Nac 25m 18 + X	4:11.86	Clube Nautico Academico	CNAC	Coimbra	20-10-2018
Rec Nac 25m Jun	4:27.83	Associacao Estamos Juntos	AEJ	Gafanha da Encarnação	04-05-2019
Rec Nac 25m 15 - 16 X	4:20.93	Sport Alges e Dafundo	SAD	Algés	29-06-2019
Rec Nac 25m 14 - 16 X	4:12.98	Sporting Clube de Portugal	SCP	Algés	29-06-2019

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Torres Novas 1 <i>RECORDE NACIONAL</i>	Torres Novas	<b>4:09.32</b>		612
Ines Asseiceira Ramos	03 31.95	1:06.51	03	54.40
Margarida Mateus Morais	04	1:16.13	02	52.28

3 - 3ª SESSÃO

24-11-2019 - 9:00

Prova 25 Femin., 1500m Livres Absoluto  
24-11-2019 - 9:00 Resultados

Recorde Distrital ANDS Absoluto	17:03.84	Mafalda Sofia Rosa	CNRM	Coruche	17-03-2019
Recorde Distrital ANDS Sen	17:55.02	Julia Matos Lopes	SCALAB	Entroncamento	26-02-2012
Recorde Distrital ANDS Jun	17:03.84	Mafalda Sofia Rosa	CNRM	Coruche	17-03-2019
Recorde Distrital ANDS Juv A	17:22.70	Mafalda Sofia Rosa	CNRM	Tomar	18-11-2017
Recorde Distrital ANDS Juv B	17:57.44	Mafalda Sofia Rosa	CNRM	Santarem	15-01-2017

Juv: 24:25.00; Jun/Sen: 23:10.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	
1.	Mafalda Sofia Rosa <i>RECORDE DISTRITAL, JUN, ABS</i>	03	Rio Maior	<b>17:01.19</b>		730	
	50m: 31.47 31.47	400m: 4:29.87	1:08.15	800m: 9:03.62	1:08.53	1200m: 13:37.79	1:08.20
	100m: 1:04.94 33.47	500m: 5:38.12	1:08.25	900m: 10:12.30	1:08.68	1300m: 14:46.37	1:08.58
	200m: 2:13.34 1:08.40	600m: 6:46.34	1:08.22	1000m: 11:20.87	1:08.57	1400m: 15:53.94	1:07.57
	300m: 3:21.72 1:08.38	700m: 7:55.09	1:08.75	1100m: 12:29.59	1:08.72	1500m: 17:01.19	1:07.25
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>18:40.87</b>		552	
	50m: 33.99 33.99	400m: 4:56.31	1:14.82	800m: 9:59.10	1:15.90	1200m: 15:01.45	1:15.20
	100m: 1:11.35 37.36	500m: 6:11.60	1:15.29	900m: 11:15.10	1:16.00	1300m: 16:15.85	1:14.40
	200m: 2:26.35 1:15.00	600m: 7:27.17	1:15.57	1000m: 12:30.87	1:15.77	1400m: 17:29.60	1:13.75
	300m: 3:41.49 1:15.14	700m: 8:43.20	1:16.03	1100m: 13:46.25	1:15.38	1500m: 18:40.87	1:11.27
3.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>19:12.29</b>		508	
	50m: 34.29 34.29	400m: 5:04.32	1:17.46	800m: 10:16.48	1:18.16	1200m: 15:31.51	1:19.03
	100m: 1:12.29 38.00	500m: 6:23.02	1:18.70	900m: 11:35.39	1:18.91	1300m: 16:49.42	1:17.91
	200m: 2:29.42 1:17.13	600m: 7:40.54	1:17.52	1000m: 12:54.23	1:18.84	1400m: 18:07.10	1:17.68
	300m: 3:46.86 1:17.44	700m: 8:58.32	1:17.78	1100m: 14:12.48	1:18.25	1500m: 19:12.29	1:05.19



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 25, Femin., 1500m Livres

Prova 25 Femin., 1500m Livres Infantil A  
24-11-2019 - 9:00 Resultados

Recorde Distrital ANDS Absoluto	17:03.84	Mafalda Sofia Rosa	CNRM	Coruche	17-03-2019
Recorde Distrital ANDS Inf A	18:45.41	Mafalda Sofia Rosa	CNRM	Tomar	14-11-2015

: 24:50.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marta Filipa Nunes	07	Cartaxo	<b>21:54.40</b>		342
	50m: 36.94 36.94	400m: 5:34.97 1:27.28	800m: 11:29.22 1:28.85	1200m: 17:27.94 1:29.47		
	100m: 1:17.44 40.50	500m: 7:02.40 1:27.43	900m: 12:58.94 1:29.72	1300m: 18:58.05 1:30.11		
	200m: 2:41.79 1:24.35	600m: 8:31.08 1:28.68	1000m: 14:28.58 1:29.64	1400m: 20:28.25 1:30.20		
	300m: 4:07.69 1:25.90	700m: 10:00.37 1:29.29	1100m: 15:58.47 1:29.89	1500m: 21:54.40 1:26.15		

Prova 26 Masc., 800m Livres Absoluto  
24-11-2019 - 9:20 Resultados

Recorde Distrital ANDS Absoluto	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Sen	8:14.47	Tiago Filipe Campos	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Jun	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Juv A	8:09.51	Gustavo Manuel Santa	CNLA	Torres Novas	26-04-2009
Recorde Distrital ANDS Juv B	8:39.75	Pedro Diogo Oliveira	CNRM	Tomar	11-05-2003

Juv: 10:58.00; Jun/Sen: 10:34.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>8:31.81</b>		650
	50m: 27.84 27.84	300m: 3:04.64 1:03.33	600m: 6:20.34 1:06.70			
	100m: 58.34 30.50	400m: 4:08.31 1:03.67	700m: 7:27.09 1:06.75			
	200m: 2:01.31 1:02.97	500m: 5:13.64 1:05.33	800m: 8:31.81 1:04.72			
2.	Goncalo Gualberto Barbara	00	Rio Maior	<b>8:46.06</b>		598
	50m: 29.59 29.59	300m: 3:13.28 1:06.25	600m: 6:33.59 1:06.88			
	100m: 1:01.42 31.83	400m: 4:19.89 1:06.61	700m: 7:40.21 1:06.62			
	200m: 2:07.03 1:05.61	500m: 5:26.71 1:06.82	800m: 8:46.06 1:05.85			
3.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>8:52.45</b>		577
	50m: 30.10 30.10	300m: 3:16.16 1:07.65	600m: 6:40.39 1:07.85			
	100m: 1:01.86 31.76	400m: 4:24.51 1:08.35	700m: 7:47.80 1:07.41			
	200m: 2:08.51 1:06.65	500m: 5:32.54 1:08.03	800m: 8:52.45 1:04.65			
4.	Alexandre Conceicao Montez	02	Rio Maior	<b>8:54.41</b>		571
	50m: 29.91 29.91	300m: 3:15.63 1:07.57	600m: 6:39.45 1:07.89			
	100m: 1:01.91 32.00	400m: 4:23.66 1:08.03	700m: 7:47.56 1:08.11			
	200m: 2:08.06 1:06.15	500m: 5:31.56 1:07.90	800m: 8:54.41 1:06.85			
5.	Joao Pedro Chagas	01	Rio Maior	<b>9:29.55</b>		471
	50m: 32.22 32.22	300m: 3:27.97 1:11.06	600m: 7:04.44 1:13.10			
	100m: 1:06.91 34.69	400m: 4:39.09 1:11.12	700m: 8:18.05 1:13.61			
	200m: 2:16.91 1:10.00	500m: 5:51.34 1:12.25	800m: 9:29.55 1:11.50			
6.	Jose Miguel Monteiro	04	Gualdim Pais	<b>10:10.83</b>		382
	50m: 30.30 30.30	300m: 3:27.00 1:12.81	600m: 7:32.97 1:22.60			
	100m: 1:04.00 33.70	400m: 4:38.94 1:11.94	700m: 8:53.05 1:20.08			
	200m: 2:14.19 1:10.19	500m: 6:10.37 1:31.43	800m: 10:10.83 1:17.78			
7.	Rodrigo Rosa Rodrigues	03	Rio Maior	<b>10:13.47</b>		377
	50m: 33.05 33.05	300m: 3:39.97 1:15.97	600m: 7:35.05 1:19.33			
	100m: 1:09.40 36.35	400m: 4:57.40 1:17.43	700m: 8:54.22 1:19.17			
	200m: 2:24.00 1:14.60	500m: 6:15.72 1:18.32	800m: 10:13.47 1:19.25			
8.	Tomas Antonio Victal	03	20Km de Almeirim	<b>10:24.86</b>		357
	50m: 34.80 34.80	300m: 3:53.76 1:20.12	600m: 7:50.23 1:19.21			
	100m: 1:14.29 39.49	400m: 5:12.20 1:18.44	700m: 9:09.86 1:19.63			
	200m: 2:33.64 1:19.35	500m: 6:31.02 1:18.82	800m: 10:24.86 1:15.00			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 26, Masc., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
9.	Joao Teodoro Lopes <i>FTL</i>	98	20Km de Almeirim	<b>10:40.07</b>		332
	50m: 36.36 36.36	300m: 3:59.36 1:22.13	600m: 8:02.51 1:20.06			
	100m: 1:16.04 39.68	400m: 5:21.30 1:21.94	700m: 9:21.76 1:19.25			
	200m: 2:37.23 1:21.19	500m: 6:42.45 1:21.15	800m: 10:40.07 1:18.31			
10.	Goncalo Maria Mendonca	04	Viver Santarem	<b>10:44.37</b>		325
	50m: 35.67 35.67	300m: 3:55.35 1:21.00	600m: 8:02.10 1:22.07			
	100m: 1:14.81 39.14	400m: 5:17.60 1:22.25	700m: 9:24.95 1:22.85			
	200m: 2:34.35 1:19.54	500m: 6:40.03 1:22.43	800m: 10:44.37 1:19.42			
DNS	Rodrigo Cardoso Fernandes	04	Cartaxo			

Prova 26 Masc., 800m Livres Infantil A Resultados

Recorde Distrital ANDS Absoluto	8:00.80	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf A	9:13.57	Gustavo Manuel Santa	CNLA	Sines	01-04-2007

: 12:20.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Sousa Azevedo	06	Cartaxo	<b>10:41.03</b>		330
	50m: 36.05 36.05	300m: 3:54.78 1:19.75	600m: 7:57.78 1:21.89			
	100m: 1:14.57 38.52	400m: 5:13.71 1:18.93	700m: 9:21.89 1:24.11			
	200m: 2:35.03 1:20.46	500m: 6:35.89 1:22.18	800m: 10:41.03 1:19.14			
2.	Lucas Mihai Lupsa	06	Cartaxo	<b>12:16.43</b>		218
	50m: 38.36 38.36	300m: 4:27.20 1:33.27	600m: 9:12.64 1:34.60			
	100m: 1:22.13 43.77	400m: 6:02.95 1:35.75	700m: 10:45.98 1:33.34			
	200m: 2:53.93 1:31.80	500m: 7:38.04 1:35.09	800m: 12:16.43 1:30.45			

Prova 27 Femin., 50m Mariposa Absoluto Resultados

Recorde Distrital ANDS Absoluto	29.14	Sarah Dias	CLAC	Saint-Yrieix-Sur-Charente (FR)	19-12-2015
Recorde Distrital ANDS Sen	29.30	Carolina Silvério Carpinteiro	CNTEJO	Albufeira	10-11-2019
Recorde Distrital ANDS Jun	29.14	Sarah Dias	CLAC	Saint-Yrieix-Sur-Charente (FR)	19-12-2015
Recorde Distrital ANDS Juv A	30.64	Sarah Dias	CLAC	Tomar	24-11-2013
Recorde Distrital ANDS Juv B	30.13	Marta Filipa Vinagre	CNTN	Torres Novas	26-04-2009

Juv: 40.50; Jun/Sen: 37.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>29.60</b>		558
2.	Maria Madalena Bento <i>RECORDE DISTRITAL, JUV-A</i>	05	BUZIOS-Coruche	<b>29.67</b>		554
3.	Margarida Claudino Nicolau	05	Torres Novas	<b>29.90</b>		542
4.	Ariana Espirito Louro	05	Gualdim Pais	<b>30.76</b>		497
5.	Lea Alexandra Mendes	03	Gualdim Pais	<b>31.31</b>		472
6.	Rute Isabel Leonardo	98	Nautico Abrantes	<b>31.35</b>		470
7.	Ana Campos Silva	03	Rio Maior	<b>31.44</b>		466
8.	Beatriz Grave Reis	05	Rio Maior	<b>31.60</b>		459
9.	Vanessa Braga Salvador	91	Uniao Samorense	<b>31.62</b>		458
10.	Beatriz Goncalves Casal	03	Torres Novas	<b>31.73</b>		453
11.	Mafalda Magalhaes Costa	03	Gualdim Pais	<b>32.02</b>		441
12.	Carolina Manuela Guia	05	Viver Santarem	<b>32.50</b>		422
13.	Beatriz Catarino Moura	02	Nautico Abrantes	<b>32.60</b>		418
14.	Joana Fernandes Vicente	04	Torres Novas	<b>32.97</b>		404



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 27, Femin., 50m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Rita Sousa Oliveira	01	Torres Novas	<b>32.99</b>		403
16.	Ines Ferreira Duarte	01	Natacao do Tejo	<b>33.04</b>		401
17.	Beatriz Staiger Bento	04	Viver Santarem	<b>33.33</b>		391
18.	Marta Sousa Oliveira	01	Torres Novas	<b>33.47</b>		386
19.	Margarida Miguel Mendes	06	Viver Santarem	<b>33.80</b>		375
20.	Carolina Lopes Vieira	02	Gualdim Pais	<b>33.90</b>		371
21.	Margarida Mateus Morais	04	Torres Novas	<b>34.10</b>		365
22.	Carolina Guerra Pisco	02	20Km de Almeirim	<b>35.06</b>		336
23.	Barbara Maia Freitas	06	CLAC-Entroncamento	<b>35.20</b>		332
24.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	<b>36.22</b>		304
25.	Eleonor Dias Alves	06	Nautico Abrantes	<b>36.44</b>		299
26.	Joana Patricia Antunes	06	CLAC-Entroncamento	<b>37.64</b>		271
27.	Ines Marques Pedro	01	Viver Santarem	<b>38.58</b>		252
	<i>FTL</i>					
28.	Joana Silva Antunes	05	CLAC-Entroncamento	<b>43.65</b>		174
	<i>FTL</i>					
29.	Sara Alexandra Ribeiro	06	Juventude Ouriense	<b>45.04</b>		158
	<i>FTL</i>					
30.	Rita Lopes Freire	03	Juventude Ouriense	<b>46.35</b>		145
	<i>FTL</i>					
DNS	Marta Filipa Bucha	06	Viver Santarem			

Prova 28

Masc., 50m Mariposa

Absoluto

24-11-2019 - 10:00

Resultados

Recorde Distrital ANDS Absoluto	24.99	Carlos Lopes Pedrosa	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Sen	24.99	Carlos Lopes Pedrosa	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Jun	25.28	Paulo Vakulyuk	CNTN	Albufeira	10-11-2019
Recorde Distrital ANDS Juv A	25.50	Paulo Vakulyuk	CNTN	Torres Novas	13-04-2019
Recorde Distrital ANDS Juv B	26.82	Pedro Diogo Oliveira	CNRM	Rio Maior	13-07-2003

Juv: 34.50; Jun/Sen: 32.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Bernardo Jorge Simoes	02	Torres Novas	<b>27.05</b>		519
2.	Simao Dinis Rosa	05	Torres Novas	<b>27.13</b>		515
3.	Artur Rafael Saramago	97	BUZIOS-Coruche	<b>27.55</b>		492
4.	Pedro Nuno Oliveira	04	Torres Novas	<b>27.60</b>		489
5.	Joao Antonio Simoes	01	CLAC-Entroncamento	<b>28.39</b>		449
6.	Jose Henriques Luz	99	Torres Novas	<b>28.45</b>		446
7.	Rui Chagas Alves	03	Viver Santarem	<b>28.51</b>		444
	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>28.51</b>		444
9.	Pedro Maria Santana	03	Torres Novas	<b>28.57</b>		441
10.	Ruben Filipe Carreira	03	Rio Maior	<b>28.70</b>		435
11.	Jose Carlos Burecas	00	BUZIOS-Coruche	<b>28.78</b>		431
12.	Martim Henriques Carvalho	04	Rio Maior	<b>28.99</b>		422
13.	Joao Pedro Rosa	90	CLAC-Entroncamento	<b>29.16</b>		414
14.	Tiago Miguel Jorge	03	Rio Maior	<b>29.38</b>		405
15.	Pedro Pereira Lopes	99	BUZIOS-Coruche	<b>29.47</b>		402
16.	Guilherme Filipe Gaboleiro	05	Rio Maior	<b>29.50</b>		400
17.	Joao Afonso Pacau	02	Gualdim Pais	<b>29.64</b>		395
18.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>29.67</b>		393
19.	Artur Paulo Aleksyeyev	05	Viver Santarem	<b>29.81</b>		388
20.	Joao Pedro Goncalves	01	Torres Novas	<b>29.91</b>		384





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 28, Masc., 50m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Andre Jesus Gaspar	04	Gualdim Pais	<b>30.13</b>		376
22.	Marcio Lima Silva	01	Natacao do Tejo	<b>30.14</b>		375
23.	Joao Vasco Canadas	03	Rio Maior	<b>30.60</b>		359
24.	Diogo Daniel Simoes	99	Rio Maior	<b>30.62</b>		358
25.	Ricardo Filipe Gaboleiro	05	Rio Maior	<b>30.67</b>		356
26.	Miguel Filipe Nunes	04	Cartaxo	<b>31.04</b>		344
27.	Hugo Leonel Lopes	86	BUZIOS-Coruche	<b>31.10</b>		342
28.	Joao Marques Ferreira	04	Viver Santarem	<b>31.25</b>		337
29.	Rui Osvaldo Rocha	04	Juventude Ouriense	<b>31.60</b>		326
30.	Joao Nuno Nobre	04	Cartaxo	<b>32.06</b>		312
31.	Joao Antonio Pires	05	Torres Novas	<b>32.09</b>		311
32.	David Antonio Carvalho	99	Natacao do Tejo	<b>32.16</b>		309
33.	Danut Boian	04	Gualdim Pais	<b>32.82</b>		291
34.	Manuel Luis Oliveira	03	Natacao do Tejo	<b>34.06</b>		260
	<i>FTL</i>					
35.	Jose Diogo Nunes	02	Cartaxo	<b>36.73</b>		207
	<i>FTL</i>					
36.	Vasco Duarte Nunes	05	Cartaxo	<b>36.75</b>		207
	<i>FTL</i>					
37.	Ruben Daniel Linhares	97	Rio Maior	<b>36.87</b>		205
	<i>FTL</i>					
38.	Joao Pedro Pires	04	Natacao do Tejo	<b>39.12</b>		171
	<i>FTL</i>					
DNS	Rodrigo Sousa Azevedo	03	Cartaxo			

Prova 29

Femin., 200m Costas

Absoluto

24-11-2019 - 10:05

Resultados

Recorde Distrital ANDS Absoluto	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29-06-2013
Recorde Distrital ANDS Sen	2:23.56	Maria Madalena Silva	CNAB	Tomar	14-11-2015
Recorde Distrital ANDS Jun	2:20.73	Mariana Veloso Vitoria	CNAB	Tomar	29-06-2013
Recorde Distrital ANDS Juv A	2:25.91	Ines Asseiceira Ramos	CNTN	Guarda	01-12-2017
Recorde Distrital ANDS Juv B	2:25.27	Mariana Veloso Vitoria	CNAB	Coruche	04-03-2012

Juv: 3:07.30; Jun/Sen: 3:03.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Asseiceira Ramos	03	Torres Novas	<b>2:28.99</b>		512
	50m: 33.87 33.87	100m: 1:11.17 37.30	200m: 2:28.99 1:17.82			
2.	Catia Iordan Agostinho	02	Rio Maior	<b>2:31.96</b>		483
	50m: 36.07 36.07	100m: 1:15.34 39.27	200m: 2:31.96 1:16.62			
3.	Ana Campos Silva	03	Rio Maior	<b>2:33.62</b>		467
	50m: 35.31 35.31	100m: 1:14.27 38.96	200m: 2:33.62 1:19.35			
4.	Lea Alexandra Mendes	03	Gualdim Pais	<b>2:36.66</b>		440
	50m: 35.88 35.88	100m: 1:15.56 39.68	200m: 2:36.66 1:21.10			
5.	Beatriz Maria Freixeiro	04	Rio Maior	<b>2:38.92</b>		422
	50m: 37.10 37.10	100m: 1:17.85 40.75	200m: 2:38.92 1:21.07			
6.	Beatriz Gaspar Nobre	05	Gualdim Pais	<b>2:39.48</b>		417
	50m: 36.45 36.45	100m: 1:17.51 41.06	200m: 2:39.48 1:21.97			
7.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	<b>2:41.82</b>		400
	50m: 38.51 38.51	100m: 1:18.95 40.44	200m: 2:41.82 1:22.87			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 29, Femin., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
8.	Constanca Grincho Sousa	06	Viver Santarem	<b>2:43.50</b>		387
	50m: 37.72 37.72	100m: 1:19.30 41.58	200m: 2:43.50 1:24.20			
9.	Ines Marques Garcia	03	Nautico Abrantes	<b>2:44.12</b>		383
	50m: 38.67 38.67	100m: 1:20.80 42.13	200m: 2:44.12 1:23.32			
10.	Erna Sabanovic	04	CLAC-Entroncamento	<b>2:46.54</b>		366
	50m: 37.86 37.86	100m: 1:19.51 41.65	200m: 2:46.54 1:27.03			
11.	Maria Ines Paveia	03	Viver Santarem	<b>2:48.35</b>		355
	50m: 38.34 38.34	100m: 1:21.11 42.77	200m: 2:48.35 1:27.24			
12.	Ines Goncalves Fernandes	06	Nautico Abrantes	<b>2:48.59</b>		353
	50m: 39.97 39.97	100m: 1:23.19 43.22	200m: 2:48.59 1:25.40			
13.	Joana Margarida Sousa	04	20Km de Almeirim	<b>2:49.28</b>		349
	50m: 39.81 39.81	100m: 1:22.81 43.00	200m: 2:49.28 1:26.47			
14.	Barbara Maia Freitas	06	CLAC-Entroncamento	<b>2:56.81</b>		306
	50m: 40.49 40.49	100m: 1:26.07 45.58	200m: 2:56.81 1:30.74			
15.	Filipa Taborda Santos	03	Cartaxo	<b>3:02.13</b>		280
	50m: 40.68 40.68	100m: 1:25.34 44.66	200m: 3:02.13 1:36.79			
16.	Eleonor Dias Alves	06	Nautico Abrantes	<b>3:04.06</b>		271
	50m: 42.42 42.42	100m: 1:28.84 46.42	200m: 3:04.06 1:35.22			
17.	Diana Filipa Amado <i>FTL</i>	04	Cartaxo	<b>3:04.58</b>		269
	50m: 42.00 42.00	100m: 1:28.12 46.12	200m: 3:04.58 1:36.46			
18.	Matilde Nabeiro Monraia <i>FTL</i>	06	CLAC-Entroncamento	<b>3:07.87</b>		255
	50m: 42.91 42.91	100m: 1:30.38 47.47	200m: 3:07.87 1:37.49			
19.	Carolina Alexandra Ferreira <i>FTL</i>	04	Atletismo Ferreira do Zezere	<b>3:49.20</b>		140
	50m: 51.72 51.72	100m: 1:51.08 59.36	200m: 3:49.20 1:58.12			
DNS	Matilde Isabel Macharreu	04	BUZIOS-Coruche			

Prova 29  
24-11-2019 - 10:05

Femin., 200m Costas

Infantil A  
Resultados

Recorde Distrital ANDS Absoluto	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29-06-2013
Recorde Distrital ANDS Inf A	2:29.81	Mariana Veloso Vitoria	CNAB	Sines	13-03-2011
: 3:26.00					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Diana Goncalves Oliveira	07	20Km de Almeirim	<b>2:52.82</b>		328
	50m: 39.48 39.48	100m: 1:24.45 44.97	200m: 2:52.82 1:28.37			
2.	Madalena Maria Midoes	07	20Km de Almeirim	<b>2:54.99</b>		316
	50m: 41.08 41.08	100m: 1:26.12 45.04	200m: 2:54.99 1:28.87			
3.	Beatriz Sofia Conceicao	07	Nautico Abrantes	<b>2:55.11</b>		315
	50m: 41.18 41.18	100m: 1:27.97 46.79	200m: 2:55.11 1:27.14			
4.	Beatriz Alexandra Botas	07	20Km de Almeirim	<b>3:02.64</b>		278
	50m: 41.78 41.78	100m: 1:29.07 47.29	200m: 3:02.64 1:33.57			
5.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	<b>3:10.16</b>		246
	50m: 45.09 45.09	100m: 1:32.94 47.85	200m: 3:10.16 1:37.22			
6.	Laura Calheiros Frazao	07	Rio Maior	<b>3:11.58</b>		241
	50m: 44.99 44.99	100m: 1:33.87 48.88	200m: 3:11.58 1:37.71			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 29, Femin., 200m Costas, Infantil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Beatriz Roseiro Dias	07	Nautico Abrantes	<b>3:16.80</b>		222
	50m: 45.60 45.60	100m: 1:35.20 49.60	200m: 3:16.80 1:41.60			
8.	Teresa Boal Duarte	07	Cartaxo	<b>3:29.52</b>		184
	<i>FTL</i>					
	50m: 48.22 48.22	100m: 1:42.12 53.90	200m: 3:29.52 1:47.40			
9.	Sofia Maria Paulo	07	BUZIOS-Coruche	<b>3:43.76</b>		151
	<i>FTL</i>					
	50m: 53.66 53.66	100m: 1:52.08 58.42	200m: 3:43.76 1:51.68			
DNS	Laura Sousa Oliveira	07	Juventude Ouriense			

Prova 29 Femin., 200m Costas Infantil B  
24-11-2019 - 10:05 Resultados

Recorde Distrital ANDS Absoluto	2:20.73	Mariana Veloso Vit�ria	CNAB	Tomar	29-06-2013
Recorde Distrital ANDS Inf B	2:39.44	Raquel Mendes Poço	CNTN	Alcobaça	16-03-1999

: 3:45.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafaela Ferreira Mendes	08	Amigos Unidos	<b>2:59.95</b>		290
	50m: 41.16 41.16	100m: 1:27.04 45.88	200m: 2:59.95 1:32.91			
2.	Alice Batista Agostinho	08	Rio Maior	<b>3:13.25</b>		234
	50m: 44.50 44.50	100m: 1:34.11 49.61	200m: 3:13.25 1:39.14			
3.	Maria Madalena Monteiro	08	Gualdim Pais	<b>3:17.87</b>		218
	50m: 47.41 47.41	100m: 1:38.16 50.75	200m: 3:17.87 1:39.71			
4.	Sofia Lopes Castanheiro	08	Gualdim Pais	<b>3:20.11</b>		211
	50m: 47.21 47.21	100m: 1:38.81 51.60	200m: 3:20.11 1:41.30			
5.	Carlota Pereira Sousa	08	Viver Santarem	<b>3:24.42</b>		198
	50m: 47.95 47.95	100m: 1:40.14 52.19	200m: 3:24.42 1:44.28			
6.	Maria Ines Ferreira	08	Viver Santarem	<b>3:25.00</b>		196
	50m: 50.10 50.10	100m: 1:44.29 54.19	200m: 3:25.00 1:40.71			
7.	Barbara Alexandra Rego	08	BUZIOS-Coruche	<b>3:27.96</b>		188
	50m: 49.15 49.15	100m: 1:42.66 53.51	200m: 3:27.96 1:45.30			
8.	Sofia Rita Arsenio	08	BUZIOS-Coruche	<b>3:54.53</b>		131
	<i>FTL</i>					
	50m: 54.84 54.84	100m: 1:55.88 1:01.04	200m: 3:54.53 1:58.65			
DNS	Vyeronika Barabanchuk	08	BUZIOS-Coruche			
DNS	Luana Fernandes Martins	08	BUZIOS-Coruche			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 30	Masc., 200m Costas				Absoluto
24-11-2019 - 10:30					Resultados
Recorde Distrital ANDS Absoluto	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22-11-2012
Recorde Distrital ANDS Sen	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22-11-2012
Recorde Distrital ANDS Jun	2:01.95	Pedro Diogo Oliveira	CNRM	Trieste (ITA)	08-12-2005
Recorde Distrital ANDS Juv A	2:04.29	Pedro Diogo Oliveira	CNRM	Abrantes	01-02-2004
Recorde Distrital ANDS Juv B	2:07.15	Pedro Diogo Oliveira	CNRM	Tomar	11-05-2003

Juv: 3:00.00; Jun/Sen: 2:44.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paulo Vakulyuk	03	Torres Novas	<b>2:13.28</b>		497
	50m: 32.31 32.31	100m: 1:07.53 35.22	200m: 2:13.28 1:05.75			
2.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>2:13.77</b>		492
	50m: 32.16 32.16	100m: 1:06.91 34.75	200m: 2:13.77 1:06.86			
3.	Luis Afonso Lopes	03	Viver Santarem	<b>2:16.77</b>		460
	50m: 31.91 31.91	100m: 1:07.80 35.89	200m: 2:16.77 1:08.97			
4.	Diogo Miguel Matreno	03	Torres Novas	<b>2:17.98</b>		448
	50m: 31.98 31.98	100m: 1:07.29 35.31	200m: 2:17.98 1:10.69			
5.	Tomas Miguel Felicio	03	Rio Maior	<b>2:18.30</b>		445
	50m: 32.88 32.88	100m: 1:07.88 35.00	200m: 2:18.30 1:10.42			
6.	Diogo Bernardo Tome	03	Nautico Salvaterra Magos	<b>2:19.89</b>		430
	50m: 33.08 33.08	100m: 1:08.70 35.62	200m: 2:19.89 1:11.19			
7.	Pedro Maria Santana	03	Torres Novas	<b>2:20.37</b>		426
	50m: 33.06 33.06	100m: 1:09.35 36.29	200m: 2:20.37 1:11.02			
8.	Jose Pinto Cabral	05	Viver Santarem	<b>2:20.57</b>		424
	50m: 32.71 32.71	100m: 1:08.75 36.04	200m: 2:20.57 1:11.82			
9.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>2:21.30</b>		417
	50m: 33.05 33.05	100m: 1:09.05 36.00	200m: 2:21.30 1:12.25			
10.	Goncalo Gualberto Barbara	00	Rio Maior	<b>2:21.80</b>		413
	50m: 34.04 34.04	100m: 1:09.79 35.75	200m: 2:21.80 1:12.01			
11.	Henrique Antonio Martins	03	Natacao do Tejo	<b>2:22.16</b>		410
	50m: 32.37 32.37	100m: 1:08.19 35.82	200m: 2:22.16 1:13.97			
12.	Miguel Martins Barroqueiro	91	CLAC-Entroncamento	<b>2:26.95</b>		371
	50m: 33.33 33.33	100m: 1:10.79 37.46	200m: 2:26.95 1:16.16			
13.	Ricardo Matias Santos	05	Atletismo Ferreira do Zezere	<b>2:27.36</b>		368
	50m: 35.23 35.23	100m: 1:12.32 37.09	200m: 2:27.36 1:15.04			
14.	Ricardo Filipe Gaboleiro	05	Rio Maior	<b>2:29.53</b>		352
	50m: 35.39 35.39	100m: 1:13.21 37.82	200m: 2:29.53 1:16.32			
15.	Tiago Charrua Gago	04	Rio Maior	<b>2:34.04</b>		322
	50m: 36.07 36.07	100m: 1:15.74 39.67	200m: 2:34.04 1:18.30			
16.	Joao Pedro Goncalves	01	Torres Novas	<b>2:34.88</b>		317
	50m: 36.77 36.77	100m: 1:15.24 38.47	200m: 2:34.88 1:19.64			
17.	Joao Pedro Rosa	90	CLAC-Entroncamento	<b>2:37.47</b>		301
	50m: 35.53 35.53	100m: 1:14.72 39.19	200m: 2:37.47 1:22.75			
18.	Jose Nuno Sousa	99	CLAC-Entroncamento	<b>2:41.45</b>		280
	50m: 36.89 36.89	100m: 1:28.26 51.37	200m: 2:41.45 1:13.19			
19.	Francisco Polonio Alexandre	04	CLAC-Entroncamento	<b>2:41.92</b>		277
	50m: 35.77 35.77	100m: 1:16.48 40.71	200m: 2:41.92 1:25.44			
20.	Antonio Pedro Martins	05	Atletismo Ferreira do Zezere	<b>3:07.95</b>		177
	FTL					
	50m: 46.12 46.12	100m: 1:33.84 47.72	200m: 3:07.95 1:34.11			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 30, Masc., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
21.	Miguel Diogo Pereira FTL	05	Nautico Abrantes	<b>3:14.56</b>		160
	50m: 46.00 46.00	100m: 1:36.89 50.89	200m: 3:14.56 1:37.67			

Prova 30 Masc., 200m Costas Infantil B  
24-11-2019 - 10:30 Resultados

Recorde Distrital ANDS Absoluto	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22-11-2012
Recorde Distrital ANDS Inf B	2:22.57	João Paulo Paias	CNLA	Tomar	09-04-2005

: 3:35.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alexandre Morari	07	Rio Maior	<b>2:38.17</b>		297
	50m: 37.57 37.57	100m: 1:17.70 40.13	200m: 2:38.17 1:20.47			
2.	Joao Miguel Pinto	07	20Km de Almeirim	<b>2:47.72</b>		249
	50m: 39.47 39.47	100m: 1:22.59 43.12	200m: 2:47.72 1:25.13			
3.	Martim Marques Gomes	07	Rio Maior	<b>2:54.09</b>		223
	50m: 42.69 42.69	100m: 1:26.48 43.79	200m: 2:54.09 1:27.61			
4.	Daniel Santos Carapeto	07	Nautico Abrantes	<b>3:03.44</b>		190
	50m: 44.94 44.94	100m: 1:31.73 46.79	200m: 3:03.44 1:31.71			
5.	Antonio Maria Santos	07	Rio Maior	<b>3:05.40</b>		184
	50m: 42.25 42.25	100m: 1:32.75 50.50	200m: 3:05.40 1:32.65			
6.	Guilherme Duarte Aurelio	07	20Km de Almeirim	<b>3:16.42</b>		155
	50m: 45.32 45.32	100m: 1:36.32 51.00	200m: 3:16.42 1:40.10			
7.	Simao Rocha Silva	07	Gualdim Pais	<b>3:18.54</b>		150
	50m: 46.64 46.64	100m: 1:37.44 50.80	200m: 3:18.54 1:41.10			

DSQ Joao Pedro Teixeira 07 Viver Santarem  
*SW 6.4 - O (a) atleta não efectua a viragem dos 150 metros após terminar o movimento contínuo de braços*

DNS Tomas Alexandre Santos 07 BUZIOS-Coruche

Prova 30 Masc., 200m Costas Infantil A  
24-11-2019 - 10:30 Resultados

Recorde Distrital ANDS Absoluto	1:53.06	Pedro Diogo Oliveira	INDANDS	Chartres (FRA)	22-11-2012
Recorde Distrital ANDS Inf A	2:16.13	Pedro Diogo Oliveira	CNRM	Tavira	04-05-2002

: 3:17.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Eduardo Binyas	06	Rio Maior	<b>2:31.61</b>		338
	50m: 35.86 35.86	100m: 1:14.58 38.72	200m: 2:31.61 1:17.03			
2.	Bernardo Miguel Evaristo	06	Gualdim Pais	<b>2:36.25</b>		308
	50m: 36.18 36.18	100m: 1:15.78 39.60	200m: 2:36.25 1:20.47			
3.	Vitor Sokolovskyy	06	Nautico Abrantes	<b>2:39.14</b>		292
	50m: 36.23 36.23	100m: 1:16.58 40.35	200m: 2:39.14 1:22.56			
4.	Daniel Silva Bispo	06	Nautico Abrantes	<b>2:46.18</b>		256
	50m: 39.12 39.12	100m: 1:22.57 43.45	200m: 2:46.18 1:23.61			
5.	Goncalo Filipe Ferreira	06	20Km de Almeirim	<b>2:47.28</b>		251
	50m: 40.25 40.25	100m: 1:24.00 43.75	200m: 2:47.28 1:23.28			
6.	Andre Coelho Pita	06	Nautico Abrantes	<b>2:57.26</b>		211
	50m: 41.10 41.10	100m: 1:26.48 45.38	200m: 2:57.26 1:30.78			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 30, Masc., 200m Costas, Infantil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Lorenzo Muniz Silva	06	BUZIOS-Coruche	<b>3:08.73</b>		175
	50m: 45.76 45.76	100m: 1:33.89 48.13	200m: 3:08.73 1:34.84			
8.	Diogo Miguel Luis	06	Rio Maior	<b>3:22.02</b>		142
	<i>FTL</i>					
	50m: 47.69 47.69	100m: 1:39.55 51.86	200m: 3:22.02 1:42.47			

Prova 31

Femin., 100m Livres

Absoluto  
Resultados

24-11-2019 - 10:50

Recorde Distrital ANDS Absoluto	58.34	Julia Matos Lopes	VS	Tomar	30-06-2013
Recorde Distrital ANDS Sen	58.34	Julia Matos Lopes	VS	Tomar	30-06-2013
Recorde Distrital ANDS Jun	58.34	Carolina Marques Neves	CNTN	Porto	08-12-2017
Recorde Distrital ANDS Juv A	59.57	Carolina Marques Neves	CNTN	Torres Novas	08-05-2016
Recorde Distrital ANDS Juv B	1:00.11	Margarida Claudino Nicolau	CNTN	Tomar	15-12-2018

Juv: 1:14.25; Jun/Sen: 1:12.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Beatriz Goncalves Casal	03	Torres Novas	<b>59.94</b>		589
	50m: 28.84 28.84	100m: 59.94 31.10				
2.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>1:00.77</b>		565
	50m: 29.70 29.70	100m: 1:00.77 31.07				
3.	Margarida Claudino Nicolau	05	Torres Novas	<b>1:00.96</b>		560
	50m: 29.18 29.18	100m: 1:00.96 31.78				
4.	Maria Madalena Bento	05	BUZIOS-Coruche	<b>1:02.07</b>		530
	50m: 29.88 29.88	100m: 1:02.07 32.19				
5.	Rute Isabel Leonardo	98	Nautico Abrantes	<b>1:02.36</b>		523
	50m: 30.34 30.34	100m: 1:02.36 32.02				
6.	Mafalda Magalhaes Costa	03	Gualdim Pais	<b>1:02.67</b>		515
	50m: 29.96 29.96	100m: 1:02.67 32.71				
7.	Beatriz Maria Freixeiro	04	Rio Maior	<b>1:02.69</b>		515
	50m: 30.44 30.44	100m: 1:02.69 32.25				
8.	Ines Asseiceira Ramos	03	Torres Novas	<b>1:03.39</b>		498
	50m: 30.36 30.36	100m: 1:03.39 33.03				
9.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>1:03.64</b>		492
	50m: 31.26 31.26	100m: 1:03.64 32.38				
10.	Ariana Espirito Louro	05	Gualdim Pais	<b>1:03.69</b>		491
	50m: 30.79 30.79	100m: 1:03.69 32.90				
11.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>1:04.00</b>		484
	50m: 31.25 31.25	100m: 1:04.00 32.75				
12.	Margarida Mateus Morais	04	Torres Novas	<b>1:05.07</b>		460
	50m: 31.07 31.07	100m: 1:05.07 34.00				
13.	Catia Iordan Agostinho	02	Rio Maior	<b>1:05.22</b>		457
	50m: 31.40 31.40	100m: 1:05.22 33.82				
14.	Beatriz Staiger Bento	04	Viver Santarem	<b>1:06.13</b>		438
	50m: 31.70 31.70	100m: 1:06.13 34.43				
15.	Maria Ines Paveia	03	Viver Santarem	<b>1:06.22</b>		436
	50m: 31.82 31.82	100m: 1:06.22 34.40				
16.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	<b>1:06.55</b>		430
	50m: 31.55 31.55	100m: 1:06.55 35.00				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 31, Femin., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Ana Rita Morais 50m: 31.95 31.95	02	Torres Novas	<b>1:06.67</b>		428
100m:			34.72			
18.	Joana Margarida Sousa 50m: 31.88 31.88	04	20Km de Almeirim	<b>1:06.95</b>		422
100m:			35.07			
19.	Rita Sousa Oliveira 50m: 32.28 32.28	01	Torres Novas	<b>1:07.06</b>		420
100m:			34.78			
20.	Beatriz Catarino Moura 50m: 32.53 32.53	02	Nautico Abrantes	<b>1:08.31</b>		398
100m:			35.78			
21.	Maria Beatriz Teixeira 50m: 33.42 33.42	06	Viver Santarem	<b>1:08.98</b>		386
100m:			35.56			
22.	Matilde Paulos Branco 50m: 32.42 32.42	05	BUZIOS-Coruche	<b>1:09.45</b>		378
100m:			37.03			
23.	Constanca Grincho Sousa 50m: 33.08 33.08	06	Viver Santarem	<b>1:09.54</b>		377
100m:			36.46			
24.	Carolina Lopes Vieira 50m: 32.41 32.41	02	Gualdim Pais	<b>1:09.60</b>		376
100m:			37.19			
25.	Erna Sabanovic 50m: 33.27 33.27	04	CLAC-Entroncamento	<b>1:09.99</b>		370
100m:			36.72			
26.	Carolina Guerra Pisco 50m: 32.38 32.38	02	20Km de Almeirim	<b>1:10.35</b>		364
100m:			37.97			
27.	Ines Marques Garcia 50m: 34.38 34.38	03	Nautico Abrantes	<b>1:10.41</b>		363
100m:			36.03			
28.	Carolina Manuela Guia 50m: 34.67 34.67	05	Viver Santarem	<b>1:11.06</b>		353
100m:			36.39			
29.	Margarida Viegas Medroa 50m: 35.69 35.69	06	Nautico Abrantes	<b>1:11.83</b>		342
100m:			36.14			
30.	Joana Silva Januario 50m: 35.56 35.56	06	Nautico Abrantes	<b>1:11.95</b>		340
100m:			36.39			
31.	Margarida Miguel Mendes 50m: 34.76 34.76	06	Viver Santarem	<b>1:12.76</b>		329
100m:			38.00			
32.	Filipa Taborda Santos <i>FTL</i>	03	Cartaxo	<b>1:12.89</b>		327
50m:	35.29 35.29					
100m:			37.60			
33.	Diana Filipa Amado <i>FTL</i>	04	Cartaxo	<b>1:14.58</b>		305
50m:	35.05 35.05					
100m:			39.53			
34.	Ines Marques Pedro <i>FTL</i>	01	Viver Santarem	<b>1:15.37</b>		296
50m:	35.55 35.55					
100m:			39.82			
35.	Sara Alexandra Ribeiro <i>FTL</i>	06	Juventude Ouriense	<b>1:27.82</b>		187
50m:	42.26 42.26					
100m:			45.56			
36.	Rita Lopes Freire <i>FTL</i>	03	Juventude Ouriense	<b>1:29.60</b>		176
50m:	42.38 42.38					
100m:			47.22			
DNS	Matilde Isabel Macharreu	04	BUZIOS-Coruche			
DNS	Matilde Antunes Pombo	06	Nautico Abrantes			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 31, Femin., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
DNS	Marta Filipa Bucha	06	Viver Santarem			

Prova 31

Femin., 100m Livres

Infantil A

24-11-2019 - 10:50

Resultados

Recorde Distrital ANDS Absoluto	58.34	Julia Matos Lopes	VS	Tomar	30-06-2013
Recorde Distrital ANDS Inf A	1:02.99	Carina Alexandra Alves	CNRM	Sines	08-04-2017

: 1:26.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Madalena Maria Midoes	07	20Km de Almeirim	<b>1:10.72</b>		358
	50m: 34.53 34.53	100m: 1:10.72	36.19			
2.	Diana Goncalves Oliveira	07	20Km de Almeirim	<b>1:13.59</b>		318
	50m: 35.98 35.98	100m: 1:13.59	37.61			
3.	Beatriz Alexandra Botas	07	20Km de Almeirim	<b>1:15.16</b>		298
	50m: 35.64 35.64	100m: 1:15.16	39.52			
4.	Madalena Nunes Domingos	07	Viver Santarem	<b>1:20.38</b>		244
	50m: 38.48 38.48	100m: 1:20.38	41.90			
5.	Angela Ruessink	07	Nautico Salvaterra Magos	<b>1:24.00</b>		214
	50m: 38.61 38.61	100m: 1:24.00	45.39			
6.	Sara Dulce Carrao	07	Amigos Unidos	<b>1:29.26</b>		178
	<i>FTL</i>					
	50m: 42.39 42.39	100m: 1:29.26	46.87			
7.	Diana Maria Reis	07	Juventude Ouriense	<b>1:29.89</b>		174
	<i>FTL</i>					
	50m: 41.60 41.60	100m: 1:29.89	48.29			
8.	Sofia Maria Paulo	07	BUZIOS-Coruche	<b>1:32.10</b>		162
	<i>FTL</i>					
	50m: 45.63 45.63	100m: 1:32.10	46.47			
9.	Fabiana Sofia Pereira	07	Juventude Ouriense	<b>1:37.35</b>		137
	<i>FTL</i>					
	50m: 46.17 46.17	100m: 1:37.35	51.18			
DNS	Laura Sousa Oliveira	07	Juventude Ouriense			
DNS	Eduarda Carvalho Costa	07	Rio Maior			

Prova 31

Femin., 100m Livres

Infantil B

24-11-2019 - 10:50

Resultados

Recorde Distrital ANDS Absoluto	58.34	Julia Matos Lopes	VS	Tomar	30-06-2013
Recorde Distrital ANDS Inf B	1:05.17	Marta Sousa Oliveira	CNTN	Abrantes	13-04-2013

: 1:32.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catarina Maria Lopes	08	BUZIOS-Coruche	<b>1:19.72</b>		250
	50m: 38.48 38.48	100m: 1:19.72	41.24			
2.	Barbara Alexandra Rego	08	BUZIOS-Coruche	<b>1:23.19</b>		220
	50m: 39.16 39.16	100m: 1:23.19	44.03			
3.	Iris Simoes Martins	08	Natacao do Tejo	<b>1:24.63</b>		209
	50m: 41.38 41.38	100m: 1:24.63	43.25			
4.	Teresa Isabel Reis	08	Rio Maior	<b>1:30.71</b>		169
	50m: 42.14 42.14	100m: 1:30.71	48.57			





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 31, Femin., 100m Livres, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Sofia Pinto Lopes FTL	08	Gualdim Pais	<b>1:35.34</b>		146
	50m: 43.63 43.63	100m: 1:35.34	51.71			
DNS	Vyeronika Barabanchuk	08	BUZIOS-Coruche			
DNS	Luana Fernandes Martins	08	BUZIOS-Coruche			

Prova 32

Masc., 100m Livres

Absoluto  
Resultados

24-11-2019 - 11:10

Recorde Distrital ANDS Absoluto	51.09	Carlos Lopes Pedrosa	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Sen	51.09	Carlos Lopes Pedrosa	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Jun	51.49	Frederico Sucena Riachos	NSCG	Porto	11-12-2015
Recorde Distrital ANDS Juv A	52.32	Paulo Vakulyuk	CNTN	Torres Novas	12-01-2019
Recorde Distrital ANDS Juv A	52.62	Frederico Sucena Riachos	NSCG	Tomar	15-12-2013
Recorde Distrital ANDS Juv B	53.89	Frederico Sucena Riachos	NSCG	Tomar	30-06-2013

Juv: 1:10.00; Jun/Sen: 1:02.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>52.16</b>		639
	50m: 25.36 25.36	100m: 52.16	26.80			
2.	Simao Dinis Rosa	05	Torres Novas	<b>55.19</b>		539
	50m: 26.59 26.59	100m: 55.19	28.60			
3.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>55.40</b>		533
	50m: 27.00 27.00	100m: 55.40	28.40			
4.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>55.61</b>		527
	50m: 26.81 26.81	100m: 55.61	28.80			
5.	Rui Chagas Alves	03	Viver Santarem	<b>55.88</b>		520
	50m: 26.98 26.98	100m: 55.88	28.90			
6.	Pedro Pereira Lopes	99	BUZIOS-Coruche	<b>55.91</b>		519
	50m: 26.98 26.98	100m: 55.91	28.93			
7.	Artur Rafael Saramago	97	BUZIOS-Coruche	<b>56.38</b>		506
	50m: 26.48 26.48	100m: 56.38	29.90			
8.	Jose Pinto Cabral	05	Viver Santarem	<b>56.87</b>		493
	50m: 27.56 27.56	100m: 56.87	29.31			
9.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>57.05</b>		488
	50m: 27.41 27.41	100m: 57.05	29.64			
10.	Jose Henriques Luz	99	Torres Novas	<b>57.15</b>		486
	50m: 28.24 28.24	100m: 57.15	28.91			
11.	Jose Carlos Burecas	00	BUZIOS-Coruche	<b>57.86</b>		468
	50m: 27.76 27.76	100m: 57.86	30.10			
12.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>58.24</b>		459
	50m: 28.31 28.31	100m: 58.24	29.93			
13.	Artur Paulo Aleksyeyev	05	Viver Santarem	<b>58.50</b>		453
	50m: 28.62 28.62	100m: 58.50	29.88			
14.	Joao Antonio Simoes	01	CLAC-Entroncamento	<b>58.60</b>		451
	50m: 28.57 28.57	100m: 58.60	30.03			
15.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	<b>58.68</b>		449
	50m: 28.22 28.22	100m: 58.68	30.46			
16.	Diogo Miguel Matreno	03	Torres Novas	<b>58.79</b>		446
	50m: 28.38 28.38	100m: 58.79	30.41			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 32, Masc., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Tiago Miguel Jorge	03	Rio Maior	<b>58.95</b>		443
	50m: 28.38 28.38	100m: 58.95 30.57				
18.	Alexandre Conceicao Montez	02	Rio Maior	<b>59.07</b>		440
	50m: 28.41 28.41	100m: 59.07 30.66				
19.	Miguel Filipe Nunes	04	Cartaxo	<b>59.17</b>		438
	50m: 28.65 28.65	100m: 59.17 30.52				
20.	Joao Pedro Chagas	01	Rio Maior	<b>59.23</b>		436
	50m: 28.48 28.48	100m: 59.23 30.75				
21.	Erik Norbert Vass	03	Rio Maior	<b>59.60</b>		428
	50m: 29.17 29.17	100m: 59.60 30.43				
22.	Marcio Lima Silva	01	Natacao do Tejo	<b>59.62</b>		428
	50m: 29.79 29.79	100m: 59.62 29.83				
23.	Joao Antonio Pires	05	Torres Novas	<b>1:00.06</b>		418
	50m: 29.28 29.28	100m: 1:00.06 30.78				
24.	Jose Diogo Nunes	02	Cartaxo	<b>1:00.27</b>		414
	50m: 28.66 28.66	100m: 1:00.27 31.61				
25.	Ruben Filipe Carreira	03	Rio Maior	<b>1:00.29</b>		414
	50m: 29.13 29.13	100m: 1:00.29 31.16				
26.	Joao Afonso Goncalves	00	CLAC-Entroncamento	<b>1:00.66</b>		406
	50m: 28.85 28.85	100m: 1:00.66 31.81				
27.	Andre Jesus Gaspar	04	Gualdim Pais	<b>1:00.87</b>		402
	50m: 29.66 29.66	100m: 1:00.87 31.21				
28.	Diogo Daniel Simoes	99	Rio Maior	<b>1:00.88</b>		402
	50m: 29.28 29.28	100m: 1:00.88 31.60				
29.	Tiago Charrua Gago	04	Rio Maior	<b>1:01.07</b>		398
	50m: 26.64 26.64	100m: 1:01.07 34.43				
30.	Paulo Vakulyuk	03	Torres Novas	<b>1:01.13</b>		397
	50m: 28.63 28.63	100m: 1:01.13 32.50				
31.	Joao Marques Ferreira	04	Viver Santarem	<b>1:01.18</b>		396
	50m: 30.19 30.19	100m: 1:01.18 30.99				
32.	Miguel Alexandre Martins	04	BUZIOS-Coruche	<b>1:01.29</b>		394
	50m: 29.51 29.51	100m: 1:01.29 31.78				
33.	Jose Miguel Monteiro	04	Gualdim Pais	<b>1:01.31</b>		393
	50m: 29.37 29.37	100m: 1:01.31 31.94				
34.	Henrique Antonio Martins	03	Natacao do Tejo	<b>1:01.73</b>		385
	50m: 29.86 29.86	100m: 1:01.73 31.87				
35.	Rodrigo Rosa Rodrigues	03	Rio Maior	<b>1:01.75</b>		385
	50m: 29.23 29.23	100m: 1:01.75 32.52				
36.	Pedro Marques Carregado	02	BUZIOS-Coruche	<b>1:01.84</b>		383
	50m: 29.44 29.44	100m: 1:01.84 32.40				
37.	Jose Nuno Sousa FTL	99	CLAC-Entroncamento	<b>1:02.26</b>		376
	50m: 29.51 29.51	100m: 1:02.26 32.75				
38.	Joao Miguel Conrado	05	BUZIOS-Coruche	<b>1:02.86</b>		365
	50m: 30.16 30.16	100m: 1:02.86 32.70				
39.	Bernardo Jorge Simoes FTL	02	Torres Novas	<b>1:03.02</b>		362
	50m: 28.94 28.94	100m: 1:03.02 34.08				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 32, Masc., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
40.	Guilherme Filipe Gaboleiro 50m: 29.81 29.81	05	Rio Maior	<b>1:03.62</b>		352
41.	Ivo Rafael Serra 50m: 31.69 31.69	04	CLAC-Entroncamento	<b>1:04.97</b>		330
42.	Danut Boian 50m: 30.88 30.88	04	Gualdim Pais	<b>1:05.00</b>		330
43.	Tomas Antonio Victal <i>FTL</i> 50m: 30.66 30.66	03	20Km de Almeirim	<b>1:05.06</b>		329
44.	Joao Teodoro Lopes <i>FTL</i> 50m: 30.80 30.80	98	20Km de Almeirim	<b>1:05.35</b>		325
45.	Rui Osvaldo Rocha 50m: 31.08 31.08	04	Juventude Ouriense	<b>1:05.72</b>		319
46.	Francisco Polonio Alexandre 50m: 31.31 31.31	04	CLAC-Entroncamento	<b>1:06.28</b>		311
47.	Joao Nuno Nobre 50m: 31.52 31.52	04	Cartaxo	<b>1:06.99</b>		301
48.	Manuel Luis Oliveira <i>FTL</i> 50m: 31.13 31.13	03	Natacao do Tejo	<b>1:07.26</b>		298
49.	Vasco Duarte Nunes 50m: 32.71 32.71	05	Cartaxo	<b>1:07.89</b>		290
50.	Ruben Daniel Linhares <i>FTL</i> 50m: 33.13 33.13	97	Rio Maior	<b>1:08.92</b>		277
51.	Afonso Martinho Roque <i>FTL</i> 50m: 32.56 32.56	05	Torres Novas	<b>1:10.13</b>		263
52.	Goncalo Maria Mendonca <i>FTL</i> 50m: 34.13 34.13	04	Viver Santarem	<b>1:11.93</b>		243
53.	Joao Pedro Pires <i>FTL</i> 50m: 36.07 36.07	04	Natacao do Tejo	<b>1:14.09</b>		223
54.	Miguel Diogo Pereira <i>FTL</i> 50m: 40.56 40.56	05	Nautico Abrantes	<b>1:20.76</b>		172
DNS	Rodrigo Sousa Azevedo	03	Cartaxo			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 32, Masc., 100m Livres

Prova 32 Masc., 100m Livres Infantil A  
24-11-2019 - 11:10 Resultados

Recorde Distrital ANDS Absoluto 51.09 Carlos Lopes Pedrosa CNRM Porto 08-12-2017  
Recorde Distrital ANDS Inf A 56.70 Bernardo Jorge Simoes CNTN Tomar 20-03-2016

: 1:19.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Rodrigues Gomes	06	CLAC-Entroncamento	<b>1:04.85</b>		332
	50m: 31.13 31.13	100m: 1:04.85 33.72				
2.	Rafael Sousa Azevedo	06	Cartaxo	<b>1:05.72</b>		319
	50m: 31.96 31.96	100m: 1:05.72 33.76				
3.	Duarte Bento Cravo	06	Viver Santarem	<b>1:05.95</b>		316
	50m: 31.35 31.35	100m: 1:05.95 34.60				
4.	Goncalo Filipe Ferreira	06	20Km de Almeirim	<b>1:09.60</b>		269
	50m: 34.04 34.04	100m: 1:09.60 35.56				
5.	Jose Maria Temudo	06	Rio Maior	<b>1:11.80</b>		245
	50m: 34.00 34.00	100m: 1:11.80 37.80				
6.	Lucas Mihai Lupsa	06	Cartaxo	<b>1:13.81</b>		225
	50m: 34.07 34.07	100m: 1:13.81 39.74				
7.	Lorenzo Muniz Silva	06	BUZIOS-Coruche	<b>1:15.07</b>		214
	50m: 35.75 35.75	100m: 1:15.07 39.32				

Prova 32 Masc., 100m Livres Infantil B  
24-11-2019 - 11:10 Resultados

Recorde Distrital ANDS Absoluto 51.09 Carlos Lopes Pedrosa CNRM Porto 08-12-2017  
Recorde Distrital ANDS Inf B 58.15 Joao Diogo Lopes VS Coruche 16-03-2014

: 1:25.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Eugenio Melnyk	07	Rio Maior	<b>1:11.63</b>		246
	50m: 33.88 33.88	100m: 1:11.63 37.75				
2.	Joao Miguel Pinto	07	20Km de Almeirim	<b>1:11.75</b>		245
	50m: 34.39 34.39	100m: 1:11.75 37.36				
3.	Guilherme Duarte Aurelio	07	20Km de Almeirim	<b>1:18.68</b>		186
	50m: 36.15 36.15	100m: 1:18.68 42.53				
4.	Henrique Dias Silva FTL	07	Natacao do Tejo	<b>1:27.71</b>		134
	50m: 43.31 43.31	100m: 1:27.71 44.40				
5.	Afonso Dias Silva FTL	07	Natacao do Tejo	<b>1:34.81</b>		106
	50m: 45.07 45.07	100m: 1:34.81 49.74				
6.	Martim Fernando Rodrigues FTL	07	BUZIOS-Coruche	<b>2:08.46</b>		42
	50m: 1:00.24 1:00.24	100m: 2:08.46 1:08.22				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 33 Masc., 4 x 100m Livres Absoluto  
24-11-2019 - 11:40 Resultados

Recorde Distrital ANDS Sen	3:33.27	CNTN	CNTN	Silves	21-12-2007
Recorde Distrital ANDS Jun	3:41.93	CNTN		Sines	25-04-2016
Recorde Distrital ANDS Juv A	3:42.18	Soc Cult Desp Turismo Gestao Urb	:\V Sitarém, E	Tomar	15-12-2018
Recorde Distrital ANDS Juv A	3:45.20	Soc Cult Desp Turismo Gestao Urb	:\V Sitarém, E	Tomar	25-11-2018
Recorde Distrital ANDS Juv	3:42.18	Soc Cult Desp Turismo Gestao Urb	:\V Sitarém, E	Tomar	15-12-2018
Recorde Distrital ANDS Juv	3:45.20	Soc Cult Desp Turismo Gestao Urb	:\V Sitarém, E	Tomar	25-11-2018
Recorde Distrital ANDS Juv B	3:50.09	Soc Cult Desp Turismo Gestao Urb	:\V Sitarém, E	Coruche	25-02-2018

Juv: 4:40.50; Jun/Sen: 4:40.50

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Viver Santarem 7	Viver Santarem	<b>3:42.19</b>		558
Rui Chagas Alves	03 27.51	56.02	Luis Afonso Lopes	03 53.78
Guilherme Pereira Coutinho	03	56.39	Goncalo Magalhaes Cristovao	03 56.00
2. Torres Novas 1	Torres Novas	<b>3:47.32</b>		521
Simao Dinis Rosa	05 27.78	57.47	Jose Henriques Luz	99 55.22
Diogo Miguel Matreno	03	57.06	Joao Pedro Goncalves	01 57.57
3. BUZIOS-Coruche 1	BUZIOS-Coruche	<b>3:48.55</b>		513
Duarte Filipe Silva	03 27.48	56.52	Pedro Pereira Lopes	99 57.25
Jose Carlos Burecas	00	59.18	Artur Rafael Saramago	97 55.60
4. Rio Maior 1	Rio Maior	<b>3:49.42</b>		507
Joao Pedro Chagas	01 28.39	58.64	Tiago Filipe Campos	99 52.84
Tiago Charrua Gago	04	1:00.72	Tiago Miguel Jorge	03 57.22
5. CLAC-Entroncamento 1	CLAC-Entroncamento	<b>3:55.24</b>		471
Miguel Martins Barroqueiro	91 27.81	59.10	Joao Afonso Goncalves	00 1:00.33
Joao Pedro Rosa	90	57.67	Luis Filipe Viana	89 58.14
6. Gualdim Pais 1	Gualdim Pais	<b>4:04.97</b>		417
Andre Jesus Gaspar	04 28.93	59.50	Jose Miguel Monteiro	04 1:02.18
Danut Boian	04	1:05.50	Joao Afonso Pacau	02 57.79

Prova 33 Masc., 4 x 100m Livres Infantil  
24-11-2019 - 11:40 Resultados

Recorde Distrital ANDS Inf A	4:01.44	CNTN	CNTN	Pinhal Novo	08-03-2009
Recorde Distrital ANDS Inf	4:01.44	CNTN	CNTN	Pinhal Novo	08-03-2009
Recorde Distrital ANDS Inf B	4:24.07	Soc Cult Desp Turismo Gestao Urb	:\V Sitarém, E	Tomar	19-03-2016

Inf B: 5:50.00; Inf A: 5:38.00; Inf: 5:43.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1. Nautico Abrantes 6	Nautico Abrantes	<b>4:33.60</b>		299
Vitor Sokolovskyy	06 31.19	1:06.60	Andre Coelho Pita	06 1:10.40
Daniel Silva Bispo	06	1:03.91	Daniel Santos Carapeto	07 1:12.69



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 33, Masc., 4 x 100m Livres

Prova 33	Masc., 4 x 100m Livres				Infantil B
24-11-2019 - 11:40					Resultados
Recorde Distrital ANDS Inf	4:01.44	CNTN	CNTN	Pinhal Novo	08-03-2009
Recorde Distrital ANDS Inf B	4:24.07	Soc Cult Desp Turismo Gestao Urb	V Sitarem, E	Tomar	19-03-2016
Inf B: 5:50.00; Inf: 5:43.00					

Pontos: FINA 2019

Lugar			Clube	Tempo Final	TReac	Pts	
1.	Rio Maior 2		Rio Maior	<b>4:42.47</b>		272	
	Antonio Maria Santos	07	35.86	1:14.56	Martim Marques Gomes	07	1:12.68
	Eugenio Melnyk	07		1:12.04	Alexandre Morari	07	1:03.19

Prova 34	Femin., 4 x 100m Livres				Absoluto
24-11-2019 - 11:45					Resultados

Recorde Distrital ANDS Sen	4:24.37	SCALABISPORT	SCALAB	Tomar	20-11-2011
Recorde Distrital ANDS Jun	4:15.63	Clube Nautico de Abrantes	CNAB	Coruche	15-03-2015
Recorde Distrital ANDS Juv A	4:18.41	Clube de Natacao de Torres Novas	CNTN	Tomar	15-11-2015
Recorde Distrital ANDS Juv	4:15.57	Clube Natacao de Rio Maior	CNRM	Tomar	19-11-2017
Recorde Distrital ANDS Juv B	4:25.37	CNTN	CNTN	Leiria	14-12-2014
Recorde Distrital ANDS Abs	4:06.65	CNTN	CNTN	S Antonio dos Cavaleiros	08-12-2018

Juv: 5:10.00; Jun/Sen: 5:10.00

Pontos: FINA 2019

Lugar			Clube	Tempo Final	TReac	Pts	
1.	Rio Maior 1		Rio Maior	<b>4:11.86</b>		551	
	Beatriz Maria Freixieiro	04	30.11	1:02.18	Ana Campos Silva	03	1:04.18
	Catia Iordan Agostinho	02		1:04.04	Mafalda Sofia Rosa	03	1:01.46
2.	Gualdim Pais 1		Gualdim Pais	<b>4:15.22</b>		529	
	Beatriz Gaspar Nobre	05	31.43	1:05.44	Ariana Espirito Louro	05	1:02.53
	Lea Alexandra Mendes	03		1:03.93	Mafalda Magalhaes Costa	03	1:03.32
3.	BUZIOS-Coruche 1		BUZIOS-Coruche	<b>4:18.94</b>		507	
	Leonor Maria Mira	04	30.47	1:03.51	Catarina Isabel Carlota	05	1:03.25
	Matilde Paulos Branco	05		1:09.93	Maria Madalena Bento	05	1:02.25
4.	Viver Santarem 8		Viver Santarem	<b>4:32.30</b>		436	
	Beatriz Staiger Bento	04	32.11	1:06.04	Maria Ines Paveia	03	1:06.81
	Carolina Manuela Guia	05		1:10.07	Constanca Grincho Sousa	06	1:09.38
5.	Nautico Abrantes 7		Nautico Abrantes	<b>4:37.48</b>		412	
	Margarida Viegas Medroa	06	33.84	1:09.66	Joana Silva Januario	06	1:10.47
	Eleonor Dias Alves	06		1:13.28	Ines Goncalves Fernandes	06	1:04.07
6.	CLAC-Entroncamento 1		CLAC-Entroncamento	<b>4:53.75</b>		347	
	Joana Patricia Antunes	06	32.28	1:08.78	Erna Sabanovic	04	1:11.47
	Matilde Nabeiro Monraia	06		1:21.22	Barbara Maia Freitas	06	1:12.28



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 34, Femin., 4 x 100m Livres

Prova 34	Femin., 4 x 100m Livres					Infantil
24-11-2019 - 11:45						Resultados
Recorde Distrital ANDS Inf A	4:33.44	CNTN	CNTN	Campo Maior	30-03-2014	
Recorde Distrital ANDS Inf	4:32.74	CNRM	CNRM	Coruche	15-03-2015	
Recorde Distrital ANDS Inf B	4:38.72	CNRM	CNRM	Tomar	30-11-2014	
Recorde Distrital ANDS Abs	4:06.65	CNTN	CNTN	S Antonio dos Cavaleiros	08-12-2018	
Inf B: 6:08.00; Inf A: 6:02.00; Inf: 6:00.00						
Pontos: FINA 2019						

Lugar	Clube	Tempo Final	TReac	Pts
DNS	Rio Maior 2			
	Rio Maior			

Prova 48	Misto, 4 x 100m Livres					TENTATIVA REC NACIONAL-JUNIOR MISTO
24-11-2019						Resultados
Rec Nac 25m Absoluto X	3:46.91	Clube dos Galitos / Bresimar	CGA	Gafanha da Encarnação	05-05-2019	
Rec Nac 25m 18 + X	3:46.91	Clube dos Galitos / Bresimar	AAC	Gafanha da Encarnação	05-05-2019	
Rec Nac 25m Jun	4:01.05	Associação Academica de Coimbra	AAC	Coimbra	21-10-2018	
Rec Nac 25m 15 - 16 X	4:01.76	Clube Uniao 1919	CUC	Coimbra	21-10-2018	
Rec Nac 25m 14 - 16 X	3:57.46	Clube de Natacao de Torres Novas	CNTN	Coimbra	16-06-2019	
Pontos: FINA 2019						

Lugar	Clube	Tempo Final	TReac	Pts	
1.	Torres Novas 1	<b>3:42.91</b>		663	
	<i>RECORDE NACIONAL</i>				
	Beatriz Goncalves Casal	03 28.39	59.75	Paulo Vakulyuk	03 50.71
	Ines Asseiceira Ramos	03	1:00.43	Bernardo Jorge Simoes	02 52.02

4 - 4ª SESSÃO

24-11-2019 - 15:15

Prova 35	Masc., 400m Estilos					Absoluto
24-11-2019 - 15:15						Resultados
Recorde Distrital ANDS Absoluto	4:25.81	Tiago Filipe Campos	CNRM	Porto	08-12-2017	
Recorde Distrital ANDS Sen	4:25.81	Tiago Filipe Campos	CNRM	Porto	08-12-2017	
Recorde Distrital ANDS Jun	4:35.64	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009	
Recorde Distrital ANDS Juv A	4:33.58	Paulo Vakulyuk	CNTN	S Antonio dos Cavaleiros	09-12-2018	
Recorde Distrital ANDS Juv B	4:44.55	Paulo Vakulyuk	CNTN	Torres Novas	06-05-2018	
Juv: 6:07.00; Jun/Sen: 5:56.00						
Pontos: FINA 2019						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>4:31.13</b>		655
	50m: 27.98 27.98	200m: 2:11.63 1:11.35	400m: 4:31.13 1:01.15			
	100m: 1:00.28 32.30	300m: 3:29.98 1:18.35				
2.	Goncalo Gualberto Barbara	00	Rio Maior	<b>4:43.38</b>		573
	50m: 30.98 30.98	200m: 2:21.03 1:14.17	400m: 4:43.38 1:03.75			
	100m: 1:06.86 35.88	300m: 3:39.63 1:18.60				
3.	Tomas Miguel Felicio	03	Rio Maior	<b>4:44.30</b>		568
	50m: 30.79 30.79	200m: 2:19.26 1:13.47	400m: 4:44.30 1:05.25			
	100m: 1:05.79 35.00	300m: 3:39.05 1:19.79				
4.	Pedro Maria Santana	03	Torres Novas	<b>4:54.64</b>		510
	50m: 32.78 32.78	200m: 2:26.19 1:16.07	400m: 4:54.64 1:07.33			
	100m: 1:10.12 37.34	300m: 3:47.31 1:21.12				
5.	Erik Norbert Vass	03	Rio Maior	<b>5:04.36</b>		463
	50m: 32.73 32.73	200m: 2:26.86 1:17.97	400m: 5:04.36 1:07.97			
	100m: 1:08.89 36.16	300m: 3:56.39 1:29.53				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 35, Masc., 400m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>5:08.42</b>		445
	50m: 31.81 31.81	200m: 2:25.59	1:16.42	400m: 5:08.42	1:06.11	
	100m: 1:09.17 37.36	300m: 4:02.31	1:36.72			
7.	Joao Pedro Goncalves	01	Torres Novas	<b>5:17.88</b>		406
	50m: 33.86 33.86	200m: 2:37.30	1:24.24	400m: 5:17.88	1:10.79	
	100m: 1:13.06 39.20	300m: 4:07.09	1:29.79			
8.	Joao Antonio Pires	05	Torres Novas	<b>5:29.30</b>		365
	50m: 36.31 36.31	200m: 2:43.34	1:23.93	400m: 5:29.30	1:11.77	
	100m: 1:19.41 43.10	300m: 4:17.53	1:34.19			
DSQ	Tiago Miguel Jorge	03	Rio Maior			
	<i>SW 6.3 - O (a) atleta chegou à parede totalmente submerso, na viragem dos 200m</i>					
DSQ	Luis Afonso Lopes	03	Viver Santarem			
	<i>SW 7.4 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, após a partida</i>					

Prova 35 Masc., 400m Estilos Infantil A  
24-11-2019 - 15:15 Resultados

Recorde Distrital ANDS Absoluto	4:25.81	Tiago Filipe Campos	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Inf A	4:55.60	Paulo Vakulyuk	CNTN	Sines	07-04-2017

: 7:00.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Eduardo Binyas	06	Rio Maior	<b>5:11.79</b>		430
	50m: 32.47 32.47	200m: 2:30.50	1:21.00	400m: 5:11.79	1:06.85	
	100m: 1:09.50 37.03	300m: 4:04.94	1:34.44			
2.	Vitor Sokolovskyy	06	Nautico Abrantes	<b>5:54.86</b>		292
	50m: 37.78 37.78	200m: 2:51.89	1:29.32	400m: 5:54.86	1:18.22	
	100m: 1:22.57 44.79	300m: 4:36.64	1:44.75			
3.	Daniel Silva Bispo	06	Nautico Abrantes	<b>5:57.02</b>		287
	50m: 39.42 39.42	200m: 3:02.23	1:35.72	400m: 5:57.02	1:14.60	
	100m: 1:26.51 47.09	300m: 4:42.42	1:40.19			
4.	Andre Coelho Pita	06	Nautico Abrantes	<b>6:04.35</b>		270
	50m: 38.10 38.10	200m: 2:57.06	1:32.19	400m: 6:04.35	1:19.25	
	100m: 1:24.87 46.77	300m: 4:45.10	1:48.04			

Prova 35 Masc., 400m Estilos Infantil B  
24-11-2019 - 15:15 Resultados

Recorde Distrital ANDS Absoluto	4:25.81	Tiago Filipe Campos	CNRM	Porto	08-12-2017
Recorde Distrital ANDS Inf B	5:18.20	João José Calado	CNAB	Campo Maior	28-03-2014

: 7:28.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Joao Miguel Pinto	07	20Km de Almeirim	<b>6:03.13</b>		272
	50m: 40.67 40.67	200m: 2:59.04	1:30.59	400m: 6:03.13	1:20.06	
	100m: 1:28.45 47.78	300m: 4:43.07	1:44.03			
2.	Daniel Santos Carapeto	07	Nautico Abrantes	<b>6:27.70</b>		224
	50m: 42.95 42.95	200m: 3:14.84	1:39.05	400m: 6:27.70	1:25.74	
	100m: 1:35.79 52.84	300m: 5:01.96	1:47.12			





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 36	Femin., 400m Estilos					Absoluto
24-11-2019 - 15:30						Resultados
Recorde Distrital ANDS Absoluto	5:05.86	C�tia Iordan Agostinho	CNRM	S Antonio dos Cavaleiros	09-12-2018	
Recorde Distrital ANDS Sen	5:06.58	Julia Matos Lopes	SCALAB	Torres Novas	28-10-2012	
Recorde Distrital ANDS Jun	5:05.86	Catia Iordan Agostinho	CNRM	S Antonio dos Cavaleiros,	09-12-2018	
Recorde Distrital ANDS Jun	5:05.86	C�tia Iordan Agostinho	CNRM	S Antonio dos Cavaleiros	09-12-2018	
Recorde Distrital ANDS Juv A	5:12.61	C�tia Iordan Agostinho	CNRN	Guarda	02-12-2016	
Recorde Distrital ANDS Juv B	5:16.20	Catia Iordan Agostinho	CNRM	Abrantes	22-11-2015	

Juv: 6:40.00; Jun/Sen: 6:20.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catia Iordan Agostinho	02	Rio Maior	<b>5:12.48</b>		569
	50m: 33.56 33.56	200m: 2:30.38 1:18.00	400m: 5:12.48 1:11.32			
	100m: 1:12.38 38.82	300m: 4:01.16 1:30.78				
2.	Ines Asseiceira Ramos	03	Torres Novas	<b>5:18.75</b>		536
	50m: 34.93 34.93	200m: 2:35.78 1:19.78	400m: 5:18.75 1:10.22			
	100m: 1:16.00 41.07	300m: 4:08.53 1:32.75				
3.	Ariana Espirito Louro	05	Gualdim Pais	<b>5:21.88</b>		520
	50m: 34.63 34.63	200m: 2:36.59 1:22.28	400m: 5:21.88 1:13.75			
	100m: 1:14.31 39.68	300m: 4:08.13 1:31.54				
4.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>5:22.26</b>		518
	50m: 34.39 34.39	200m: 2:37.57 1:24.28	400m: 5:22.26 1:09.26			
	100m: 1:13.29 38.90	300m: 4:13.00 1:35.43				

Prova 36	Femin., 400m Estilos					Infantil A
24-11-2019 - 15:30						Resultados
Recorde Distrital ANDS Absoluto	5:05.86	C�tia Iordan Agostinho	CNRM	S Antonio dos Cavaleiros	09-12-2018	
Recorde Distrital ANDS Inf A	5:21.39	Mariana Veloso Vitoria	CNAB	Coruche	25-02-2011	

: 7:06.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Madalena Maria Midoes	07	20Km de Almeirim	<b>6:11.77</b>		337
	50m: 40.92 40.92	200m: 2:59.27 1:30.78	400m: 6:11.77 1:21.52			
	100m: 1:28.49 47.57	300m: 4:50.25 1:50.98				
2.	Beatriz Roseiro D�as	07	Nautico Abrantes	<b>7:08.39</b>		220
	<i>FTL</i>					
	50m: 48.73 48.73	200m: 3:34.54 1:45.34	400m: 7:08.39 1:37.72			
	100m: 1:49.20 1:00.47	300m: 5:30.67 1:56.13				
DSQ	Beatriz Sofia Conceicao	07	Nautico Abrantes			
	<i>SW 7.6 - O (a) atleta n�o tocou com as m�os na parede separadas e simult�aneamente na viragem aos 250 metros</i>					



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 36, Femin., 400m Estilos

Prova 36 Femin., 400m Estilos Infantil B  
24-11-2019 - 15:30 Resultados

Recorde Distrital ANDS Absoluto	5:05.86	Cátia Iordan Agostinho	CNRM	S Antonio dos Cavaleiros	09-12-2018
Recorde Distrital ANDS Inf B	5:41.97	Beatriz Grave Reis	CNRM	Sines	07-04-2017

: 7:40.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alice Batista Agostinho	08	Rio Maior	<b>6:57.44</b>		238
	50m: 43.80 43.80	200m: 3:22.79 1:46.73	400m: 6:57.44 1:32.22			
	100m: 1:36.06 52.26	300m: 5:25.22 2:02.43				

Prova 37 Masc., 100m Bruços Absoluto  
24-11-2019 - 15:35 Resultados

Recorde Distrital ANDS Absoluto	1:04.19	Francisco Costa Nunes	CCDSM	Felgueiras	21-12-2018
Recorde Distrital ANDS Sen	1:05.49	Luis Filipe Viana	CLAC	Sines	23-02-2019
Recorde Distrital ANDS Jun	1:04.19	Francisco Costa Nunes	CCDSM	Felgueiras	21-12-2018
Recorde Distrital ANDS Juv A	1:05.79	Francisco Costa Nunes	SANDS	Abrantes	27-01-2018
Recorde Distrital ANDS Juv B	1:07.41	Francisco Costa Nunes	SANDS	Abrantes	04-03-2017

Juv: 1:28.50; Jun/Sen: 1:23.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>1:07.65</b>		555
	50m: 31.97 31.97	100m: 1:07.65 35.68				
2.	Goncalo Gualberto Barbara	00	Rio Maior	<b>1:09.61</b>		509
	50m: 33.30 33.30	100m: 1:09.61 36.31				
3.	Artur Rafael Saramago	97	BUZIOS-Coruche	<b>1:10.76</b>		485
	50m: 32.93 32.93	100m: 1:10.76 37.83				
4.	Pedro Maria Santana	03	Torres Novas	<b>1:11.08</b>		478
	50m: 33.97 33.97	100m: 1:11.08 37.11				
5.	Carlos Daniel Nunes	05	Nautico Salvaterra Magos	<b>1:12.37</b>		453
	50m: 34.40 34.40	100m: 1:12.37 37.97				
6.	Miguel Goncalves Frade	00	Torres Novas	<b>1:13.03</b>		441
	50m: 33.98 33.98	100m: 1:13.03 39.05				
7.	Jose Pinto Cabral	05	Viver Santarem	<b>1:14.98</b>		407
	50m: 34.87 34.87	100m: 1:14.98 40.11				
8.	Andre Jesus Gaspar	04	Gualdim Pais	<b>1:15.66</b>		397
	50m: 35.76 35.76	100m: 1:15.66 39.90				
9.	Paulo Vakulyuk	03	Torres Novas	<b>1:15.86</b>		393
	50m: 35.04 35.04	100m: 1:15.86 40.82				
10.	Pedro Marques Carregado	02	BUZIOS-Coruche	<b>1:17.03</b>		376
	50m: 36.18 36.18	100m: 1:17.03 40.85				
11.	Joao Miguel Conrado	05	BUZIOS-Coruche	<b>1:17.31</b>		372
	50m: 36.28 36.28	100m: 1:17.31 41.03				
12.	Danut Boian	04	Gualdim Pais	<b>1:19.07</b>		347
	50m: 36.64 36.64	100m: 1:19.07 42.43				
13.	Henrique Antonio Martins	03	Natacao do Tejo	<b>1:19.64</b>		340
	50m: 37.00 37.00	100m: 1:19.64 42.64				
14.	Joao Afonso Goncalves	00	CLAC-Entroncamento	<b>1:19.80</b>		338
	50m: 37.70 37.70	100m: 1:19.80 42.10				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 37, Masc., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
15.	Hugo Leonel Lopes	86	BUZIOS-Coruche	<b>1:20.76</b>		326
	50m: 36.62 36.62	100m: 1:20.76	44.14			
16.	Guilherme Filipe Gaboleiro	05	Rio Maior	<b>1:20.91</b>		324
	50m: 38.06 38.06	100m: 1:20.91	42.85			
17.	Rui Osvaldo Rocha	04	Juventude Ouriense	<b>1:25.10</b>		279
	50m: 39.42 39.42	100m: 1:25.10	45.68			
18.	Ricardo Filipe Gaboleiro	05	Rio Maior	<b>1:25.16</b>		278
	50m: 39.72 39.72	100m: 1:25.16	45.44			
19.	Diogo Rafael Antunes	04	CLAC-Entroncamento	<b>1:25.28</b>		277
	50m: 40.67 40.67	100m: 1:25.28	44.61			
20.	Afonso Martinho Roque	05	Torres Novas	<b>1:32.15</b>		219
	<i>FTL</i>					
	50m: 42.44 42.44	100m: 1:32.15	49.71			
21.	Joao Pedro Pires	04	Natacao do Tejo	<b>1:41.92</b>		162
	<i>FTL</i>					
	50m: 47.67 47.67	100m: 1:41.92	54.25			
DSQ	Miguel Filipe Nunes	04	Cartaxo			
	<i>SW 7.6 - O (a) atleta tocou com uma mão na parede na viragem aos 50 metros</i>					

Prova 37 Masc., 100m Bruços Infantil A  
24-11-2019 - 15:35 Resultados

Recorde Distrital ANDS Absoluto	1:04.19	Francisco Costa Nunes	CCDSM	Felgueiras	21-12-2018
Recorde Distrital ANDS Inf A	1:08.46	Francisco Costa Nunes	CCDSM	Tomar	19-03-2016

: 1:45.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Duarte Bento Cravo	06	Viver Santarem	<b>1:22.49</b>		306
	50m: 38.56 38.56	100m: 1:22.49	43.93			
2.	Goncalo Filipe Ferreira	06	20Km de Almeirim	<b>1:31.45</b>		224
	50m: 42.42 42.42	100m: 1:31.45	49.03			
3.	Lucas Mihai Lupsa	06	Cartaxo	<b>1:36.58</b>		190
	50m: 44.18 44.18	100m: 1:36.58	52.40			

Prova 37 Masc., 100m Bruços Infantil B  
24-11-2019 - 15:35 Resultados

Recorde Distrital ANDS Absoluto	1:04.19	Francisco Costa Nunes	CCDSM	Felgueiras	21-12-2018
Recorde Distrital ANDS Inf B	1:13.64	Joao Diogo Lopes	VS	Campo Maior	29-03-2014

: 1:55.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Guilherme Duarte Aurelio	07	20Km de Almeirim	<b>1:40.78</b>		168
	50m: 47.31 47.31	100m: 1:40.78	53.47			
2.	Martim Conceicao Montez	07	Rio Maior	<b>1:52.04</b>		122
	50m: 50.97 50.97	100m: 1:52.04	1:01.07			
3.	Henrique Dias Silva	07	Natacao do Tejo	<b>1:57.04</b>		107
	<i>FTL</i>					
	50m: 56.23 56.23	100m: 1:57.04	1:00.81			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 37, Masc., 100m Bruços, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
4.	Afonso Dias Silva FTL	07	Natacao do Tejo	<b>2:03.15</b>		92
	50m: 58.05 58.05	100m: 2:03.15 1:05.10				

Prova 38  
24-11-2019 - 15:45

Femin., 100m Bruços

Absoluto Resultados

Recorde Distrital ANDS Absoluto	1:12.09	Maria Madalena Silva	CNAB	Porto	12-12-2015
Recorde Distrital ANDS Sen	1:12.09	Maria Madalena Silva	CNAB	Porto	12-12-2015
Recorde Distrital ANDS Jun	1:12.62	Maria Madalena Silva	CNAB	Porto	20-12-2014
Recorde Distrital ANDS Juv A	1:15.77	Margarida Mateus Morais	CNTN	Tomar	16-12-2018
Recorde Distrital ANDS Juv B	1:16.54	Beatriz Grave Reis	CNRM	Coruche	15-03-2019

Juv: 1:42.00; Jun/Sen: 1:35.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>1:14.34</b>		590
	50m: 35.63 35.63	100m: 1:14.34 38.71				
2.	Rute Isabel Leonardo	98	Nautico Abrantes	<b>1:14.56</b>		585
	50m: 35.39 35.39	100m: 1:14.56 39.17				
3.	Margarida Mateus Morais	04	Torres Novas	<b>1:17.88</b>		513
	50m: 37.26 37.26	100m: 1:17.88 40.62				
4.	Beatriz Goncalves Casal	03	Torres Novas	<b>1:19.24</b>		487
	50m: 37.56 37.56	100m: 1:19.24 41.68				
5.	Marta Chambel Dias	02	CLAC-Entroncamento	<b>1:21.86</b>		442
	50m: 38.39 38.39	100m: 1:21.86 43.47				
6.	Ines Ferreira Duarte	01	Natacao do Tejo	<b>1:24.10</b>		407
	50m: 39.54 39.54	100m: 1:24.10 44.56				
7.	Carolina Lopes Vieira	02	Gualdim Pais	<b>1:24.24</b>		405
	50m: 39.98 39.98	100m: 1:24.24 44.26				
8.	Ana Rita Morais	02	Torres Novas	<b>1:24.53</b>		401
	50m: 40.21 40.21	100m: 1:24.53 44.32				
9.	Beatriz Catarino Moura	02	Nautico Abrantes	<b>1:24.87</b>		396
	50m: 40.06 40.06	100m: 1:24.87 44.81				
10.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	<b>1:25.10</b>		393
	50m: 39.56 39.56	100m: 1:25.10 45.54				
11.	Lea Alexandra Mendes	03	Gualdim Pais	<b>1:25.17</b>		392
	50m: 41.48 41.48	100m: 1:25.17 43.69				
12.	Constanca Grincho Sousa	06	Viver Santarem	<b>1:26.97</b>		368
	50m: 40.94 40.94	100m: 1:26.97 46.03				
13.	Joana Patricia Antunes	06	CLAC-Entroncamento	<b>1:28.04</b>		355
	50m: 41.04 41.04	100m: 1:28.04 47.00				
14.	Carolina Guerra Pisco	02	20Km de Almeirim	<b>1:31.58</b>		315
	50m: 42.55 42.55	100m: 1:31.58 49.03				
15.	Joana Fernandes Vicente	04	Torres Novas	<b>1:33.68</b>		294
	50m: 43.76 43.76	100m: 1:33.68 49.92				
16.	Matilde Nabeiro Monraia	06	CLAC-Entroncamento	<b>1:39.76</b>		244
	50m: 46.20 46.20	100m: 1:39.76 53.56				



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 38, Femin., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
17.	Rita Lopes Freire <i>FTL</i>	03	Juventude Ouriense	<b>1:54.58</b>		161
	50m: 51.92 51.92	100m: 1:54.58	1:02.66			
DSQ	Sara Alexandra Ribeiro <i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina, após a viragem dos 50m</i>	06	Juventude Ouriense			
DNS	Matilde Antunes Pombo	06	Nautico Abrantes			

Prova 38 Femin., 100m Bruços Infantil A  
24-11-2019 - 15:45 Resultados

Recorde Distrital ANDS Absoluto	1:12.09	Maria Madalena Silva	CNAB	Porto	12-12-2015
Recorde Distrital ANDS Inf A	1:16.72	Joana Filipa Vilhena	CNLA	Tomar	27-02-2005

: 1:52.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Laura Calheiros Frazao	07	Rio Maior	<b>1:34.20</b>		290
	50m: 43.48 43.48	100m: 1:34.20	50.72			
2.	Diana Goncalves Oliveira	07	20Km de Almeirim	<b>1:39.16</b>		248
	50m: 45.76 45.76	100m: 1:39.16	53.40			
3.	Angela Ruessink	07	Nautico Salvaterra Magos	<b>1:41.68</b>		230
	50m: 48.32 48.32	100m: 1:41.68	53.36			
4.	Teresa Boal Duarte	07	Cartaxo	<b>1:46.13</b>		202
	50m: 49.30 49.30	100m: 1:46.13	56.83			
5.	Diana Maria Reis	07	Juventude Ouriense	<b>1:46.62</b>		200
	50m: 50.16 50.16	100m: 1:46.62	56.46			
6.	Sara Dulce Carrao	07	Amigos Unidos	<b>1:47.06</b>		197
	50m: 49.44 49.44	100m: 1:47.06	57.62			
7.	Sofia Maria Paulo <i>FTL</i>	07	BUZIOS-Coruche	<b>2:07.47</b>		117
	50m: 59.97 59.97	100m: 2:07.47	1:07.50			
DNS	Eduarda Carvalho Costa	07	Rio Maior			

Prova 38 Femin., 100m Bruços Infantil B  
24-11-2019 - 15:45 Resultados

Recorde Distrital ANDS Absoluto	1:12.09	Maria Madalena Silva	CNAB	Porto	12-12-2015
Recorde Distrital ANDS Inf B	1:24.51	Catarina Ramos Moura	SCALAB	Coruche	19-04-2009

: 1:57.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Iris Simoes Martins	08	Natacao do Tejo	<b>1:39.32</b>		247
	50m: 45.67 45.67	100m: 1:39.32	53.65			
2.	Maria Ines Ferreira	08	Viver Santarem	<b>1:42.22</b>		227
	50m: 48.97 48.97	100m: 1:42.22	53.25			
3.	Maria Ines Esteves	08	CLAC-Entroncamento	<b>1:48.26</b>		191
	50m: 50.42 50.42	100m: 1:48.26	57.84			
4.	Sofia Pinto Lopes <i>FTL</i>	08	Gualdim Pais	<b>2:06.12</b>		120
	50m: 1:00.38 1:00.38	100m: 2:06.12	1:05.74			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 38, Femin., 100m Bruços, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
5.	Teresa Isabel Reis <i>FTL</i>	08	Rio Maior	<b>2:09.76</b>		110
	50m: 1:01.26 1:01.26	100m: 2:09.76 1:08.50				
6.	Sofia Rita Arsenio <i>FTL</i>	08	BUZIOS-Coruche	<b>2:11.02</b>		107
	50m: 1:02.73 1:02.73	100m: 2:11.02 1:08.29				

Prova 39

Masc., 200m Livres

Absoluto  
Resultados

24-11-2019 - 16:15

Recorde Distrital ANDS Absoluto	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Sen	1:51.08	Pedro Diogo Oliveira	CNRM	Sines	21-11-2008
Recorde Distrital ANDS Jun	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Juv A	1:54.36	Paulo Vakulyuk	CNTN	Tomar	15-12-2018
Recorde Distrital ANDS Juv B	1:57.53	Pedro Diogo Oliveira	CNRM	Tomar	08-03-2003

Juv: 2:35.71; Jun/Sen: 2:18.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Luis Afonso Lopes	03	Viver Santarem	<b>1:58.15</b>		594
	50m: 27.19 27.19	100m: 57.58 30.39	200m: 1:58.15 1:00.57			
2.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>1:59.70</b>		572
	50m: 27.74 27.74	100m: 58.17 30.43	200m: 1:59.70 1:01.53			
3.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>2:01.86</b>		542
	50m: 28.36 28.36	100m: 59.13 30.77	200m: 2:01.86 1:02.73			
4.	Tomas Miguel Felicio	03	Rio Maior	<b>2:03.92</b>		515
	50m: 28.73 28.73	100m: 1:00.39 31.66	200m: 2:03.92 1:03.53			
5.	Simao Dinis Rosa	05	Torres Novas	<b>2:04.70</b>		506
	50m: 27.89 27.89	100m: 59.96 32.07	200m: 2:04.70 1:04.74			
6.	Duarte Filipe Silva	03	BUZIOS-Coruche	<b>2:04.81</b>		504
	50m: 28.90 28.90	100m: 1:00.78 31.88	200m: 2:04.81 1:04.03			
7.	Alexandre Conceicao Montez	02	Rio Maior	<b>2:04.89</b>		503
	50m: 28.82 28.82	100m: 1:00.19 31.37	200m: 2:04.89 1:04.70			
8.	Rui Chagas Alves	03	Viver Santarem	<b>2:07.07</b>		478
	50m: 29.72 29.72	100m: 1:02.47 32.75	200m: 2:07.07 1:04.60			
9.	Diogo Miguel Matreno	03	Torres Novas	<b>2:07.45</b>		473
	50m: 30.02 30.02	100m: 1:03.02 33.00	200m: 2:07.45 1:04.43			
10.	Tiago Charrua Gago	04	Rio Maior	<b>2:07.72</b>		470
	50m: 29.62 29.62	100m: 1:02.55 32.93	200m: 2:07.72 1:05.17			
11.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>2:08.38</b>		463
	50m: 29.05 29.05	100m: 1:01.75 32.70	200m: 2:08.38 1:06.63			
12.	Joao Pedro Rosa	90	CLAC-Entroncamento	<b>2:08.45</b>		462
	50m: 29.28 29.28	100m: 1:01.91 32.63	200m: 2:08.45 1:06.54			
13.	Joao Antonio Simoes	01	CLAC-Entroncamento	<b>2:08.50</b>		462
	50m: 29.53 29.53	100m: 1:01.93 32.40	200m: 2:08.50 1:06.57			
14.	Diogo Bernardo Tome	03	Nautico Salvaterra Magos	<b>2:08.70</b>		460
	50m: 29.13 29.13	100m: 1:01.76 32.63	200m: 2:08.70 1:06.94			
15.	Joao Pedro Chagas	01	Rio Maior	<b>2:08.81</b>		459
	50m: 29.98 29.98	100m: 1:03.48 33.50	200m: 2:08.81 1:05.33			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 39, Masc., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
16.	Carlos Daniel Nunes 50m: 29.93 29.93	05	Nautico Salvaterra Magos	<b>2:09.50</b> 100m: 1:02.93 33.00 200m: 2:09.50 1:06.57		451
17.	Artur Paulo Aleksyeyev 50m: 30.77 30.77	05	Viver Santarem	<b>2:11.96</b> 100m: 1:04.88 34.11 200m: 2:11.96 1:07.08		427
18.	Jose Miguel Monteiro 50m: 30.84 30.84	04	Gualdim Pais	<b>2:12.69</b> 100m: 1:04.47 33.63 200m: 2:12.69 1:08.22		420
19.	Henrique Antonio Martins 50m: 30.49 30.49	03	Natacao do Tejo	<b>2:13.85</b> 100m: 1:04.86 34.37 200m: 2:13.85 1:08.99		409
20.	Joao Marques Ferreira 50m: 30.74 30.74	04	Viver Santarem	<b>2:14.89</b> 100m: 1:04.28 33.54 200m: 2:14.89 1:10.61		399
21.	Rodrigo Rosa Rodrigues 50m: 31.28 31.28	03	Rio Maior	<b>2:15.17</b> 100m: 1:04.67 33.39 200m: 2:15.17 1:10.50		397
22.	Miguel Alexandre Martins 50m: 31.00 31.00	04	BUZIOS-Coruche	<b>2:15.25</b> 100m: 1:05.71 34.71 200m: 2:15.25 1:09.54		396
23.	Andre Jesus Gaspar 50m: 31.10 31.10	04	Gualdim Pais	<b>2:15.57</b> 100m: 1:05.26 34.16 200m: 2:15.57 1:10.31		393
	Joao Antonio Pires 50m: 31.16 31.16	05	Torres Novas	<b>2:15.57</b> 100m: 1:05.86 34.70 200m: 2:15.57 1:09.71		393
25.	Jose Diogo Nunes 50m: 31.23 31.23	02	Cartaxo	<b>2:17.51</b> 100m: 1:05.94 34.71 200m: 2:17.51 1:11.57		377
26.	Ricardo Matias Santos 50m: 31.91 31.91	05	Atletismo Ferreira do Zezere	<b>2:18.19</b> 100m: 1:06.02 34.11 200m: 2:18.19 1:12.17		371
27.	Joao Miguel Conrado 50m: 31.75 31.75	05	BUZIOS-Coruche	<b>2:19.11</b> 100m: 1:06.36 34.61 200m: 2:19.11 1:12.75		364
28.	Jose Nuno Sousa <i>FTL</i> 50m: 31.56 31.56	99	CLAC-Entroncamento	<b>2:19.56</b> 100m: 1:07.22 35.66 200m: 2:19.56 1:12.34		360
29.	Ivo Rafael Serra 50m: 33.37 33.37	04	CLAC-Entroncamento	<b>2:21.15</b> 100m: 1:09.30 35.93 200m: 2:21.15 1:11.85		348
30.	Joao Teodoro Lopes <i>FTL</i> 50m: 31.71 31.71	98	20Km de Almeirim	<b>2:22.28</b> 100m: 1:07.49 35.78 200m: 2:22.28 1:14.79		340
31.	Tomas Antonio Victal <i>FTL</i> 50m: 32.94 32.94	03	20Km de Almeirim	<b>2:25.79</b> 100m: 1:09.94 37.00 200m: 2:25.79 1:15.85		316
32.	Francisco Polonio Alexandre 50m: 33.42 33.42	04	CLAC-Entroncamento	<b>2:26.16</b> 100m: 1:10.82 37.40 200m: 2:26.16 1:15.34		314
33.	Joao Nuno Nobre 50m: 32.95 32.95	04	Cartaxo	<b>2:26.95</b> 100m: 1:10.45 37.50 200m: 2:26.95 1:16.50		309
34.	Vasco Duarte Nunes 50m: 34.37 34.37	05	Cartaxo	<b>2:27.22</b> 100m: 1:11.91 37.54 200m: 2:27.22 1:15.31		307
35.	Ruben Daniel Linhares <i>FTL</i> 50m: 34.23 34.23	97	Rio Maior	<b>2:28.02</b> 100m: 1:11.29 37.06 200m: 2:28.02 1:16.73		302
36.	Goncalo Maria Mendonca 50m: 34.51 34.51	04	Viver Santarem	<b>2:30.92</b> 100m: 1:13.26 38.75 200m: 2:30.92 1:17.66		285



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 39, Masc., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
37.	Miguel Diogo Pereira <i>FTL</i>	05	Nautico Abrantes	<b>2:54.89</b>		183
	50m: 40.10 40.10	100m: 1:25.92 45.82	200m: 2:54.89 1:28.97			
DSQ	Diogo Daniel Simoes <i>SW 4.4 - Falsa partida</i>	99	Rio Maior			
DNS	Rodrigo Sousa Azevedo	03	Cartaxo			

Prova 39 Masc., 200m Livres Infantil A  
24-11-2019 - 16:15 Resultados

Recorde Distrital ANDS Absoluto	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf A	2:03.75	Jose Henriques Luz	NSCG	Tomar	30-06-2013
: 2:54.00					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafael Rodrigues Gomes	06	CLAC-Entroncamento	<b>2:21.77</b>		344
	50m: 33.59 33.59	100m: 1:10.66 37.07	200m: 2:21.77 1:11.11			
2.	Duarte Bento Cravo	06	Viver Santarem	<b>2:21.95</b>		343
	50m: 32.73 32.73	100m: 1:09.00 36.27	200m: 2:21.95 1:12.95			
3.	Rafael Sousa Azevedo	06	Cartaxo	<b>2:22.82</b>		336
	50m: 33.54 33.54	100m: 1:09.68 36.14	200m: 2:22.82 1:13.14			
4.	Bernardo Miguel Evaristo	06	Gualdim Pais	<b>2:25.78</b>		316
	50m: 32.78 32.78	100m: 1:10.03 37.25	200m: 2:25.78 1:15.75			
5.	Goncalo Filipe Ferreira	06	20Km de Almeirim	<b>2:27.36</b>		306
	50m: 35.51 35.51	100m: 1:13.73 38.22	200m: 2:27.36 1:13.63			
6.	Jose Maria Temudo	06	Rio Maior	<b>2:39.63</b>		241
	50m: 36.38 36.38	100m: 1:17.06 40.68	200m: 2:39.63 1:22.57			
7.	Lucas Mihai Lupsa	06	Cartaxo	<b>2:50.03</b>		199
	50m: 36.31 36.31	100m: 1:19.50 43.19	200m: 2:50.03 1:30.53			
8.	Diogo Miguel Luis <i>FTL</i>	06	Rio Maior	<b>3:02.91</b>		160
	50m: 41.31 41.31	100m: 1:30.38 49.07	200m: 3:02.91 1:32.53			

Prova 39 Masc., 200m Livres Infantil B  
24-11-2019 - 16:15 Resultados

Recorde Distrital ANDS Absoluto	1:50.67	Gustavo Manuel Santa	CNLA	Leiria	06-12-2009
Recorde Distrital ANDS Inf B	2:09.72	João Diogo Lopes	VS	Coruche	16-03-2014
: 3:05.00					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Alexandre Morari	07	Rio Maior	<b>2:16.66</b>		384
	50m: 31.03 31.03	100m: 1:05.84 34.81	200m: 2:16.66 1:10.82			
2.	Joao Miguel Pinto	07	20Km de Almeirim	<b>2:35.18</b>		262
	50m: 35.46 35.46	100m: 1:16.21 40.75	200m: 2:35.18 1:18.97			
3.	Martim Marques Gomes	07	Rio Maior	<b>2:35.25</b>		262
	50m: 36.97 36.97	100m: 1:16.00 39.03	200m: 2:35.25 1:19.25			
4.	Eugenio Melnyk	07	Rio Maior	<b>2:40.17</b>		238
	50m: 37.65 37.65	100m: 1:20.15 42.50	200m: 2:40.17 1:20.02			
5.	Antonio Maria Santos	07	Rio Maior	<b>2:48.20</b>		206
	50m: 40.74 40.74	100m: 1:23.03 42.29	200m: 2:48.20 1:25.17			





Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 39, Masc., 200m Livres, Infantil B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
6.	Joao Pedro Teixeira	07	Viver Santarem	<b>3:03.42</b>		159
	50m: 41.45 41.45	100m: 1:27.36 45.91	200m: 3:03.42 1:36.06			
7.	Guilherme Duarte Aurelio <i>FTL</i>	07	20Km de Almeirim	<b>3:05.30</b>		154
	50m: 41.67 41.67	100m: 1:29.35 47.68	200m: 3:05.30 1:35.95			
8.	Martim Conceicao Montez <i>FTL</i>	07	Rio Maior	<b>3:31.97</b>		103
	50m: 48.00 48.00	100m: 1:42.57 54.57	200m: 3:31.97 1:49.40			
DSQ	Simao Rocha Silva <i>SW 4.4 - Falsa partida</i>	07	Gualdim Pais			
DNS	Tomas Alexandre Santos	07	BUZIOS-Coruche			

Prova 40

Femin., 200m Livres

Absoluto  
Resultados

24-11-2019 - 16:45

Recorde Distrital ANDS Absoluto	2:04.85	Carolina Marques Neves	CNTN	Porto	10-12-2017
Recorde Distrital ANDS Sen	2:05.74	Julia Matos Lopes	VS	Tomar	30-06-2013
Recorde Distrital ANDS Jun	2:04.85	Caroliona Marques Neves	CNTN	Porto	10-12-2017
Recorde Distrital ANDS Juv A	2:09.96	Carolina Marques Neves	CNTN	Sines	25-04-2016
Recorde Distrital ANDS Juv B	2:12.10	Ana Rita Boavista	CNLA	Ourém	07-07-2002

Juv: 2:42.50; Jun/Sen: 2:40.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Ines Asseiceira Ramos	03	Torres Novas	<b>2:13.81</b>		562
	50m: 31.74 31.74	100m: 1:05.59 33.85	200m: 2:13.81 1:08.22			
2.	Beatriz Maria Freixeiro	04	Rio Maior	<b>2:14.63</b>		551
	50m: 32.34 32.34	100m: 1:06.98 34.64	200m: 2:14.63 1:07.65			
3.	Margarida Claudino Nicolau	05	Torres Novas	<b>2:17.15</b>		522
	50m: 33.94 33.94	100m: 1:10.65 36.71	200m: 2:17.15 1:06.50			
4.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>2:17.19</b>		521
	50m: 31.94 31.94	100m: 1:07.41 35.47	200m: 2:17.19 1:09.78			
5.	Ana Campos Silva	03	Rio Maior	<b>2:19.67</b>		494
	50m: 33.13 33.13	100m: 1:08.80 35.67	200m: 2:19.67 1:10.87			
6.	Maria Madalena Bento	05	BUZIOS-Coruche	<b>2:19.68</b>		494
	50m: 31.64 31.64	100m: 1:07.39 35.75	200m: 2:19.68 1:12.29			
7.	Beatriz Staiger Bento	04	Viver Santarem	<b>2:23.63</b>		454
	50m: 33.06 33.06	100m: 1:09.13 36.07	200m: 2:23.63 1:14.50			
8.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	<b>2:24.81</b>		443
	50m: 33.59 33.59	100m: 1:10.16 36.57	200m: 2:24.81 1:14.65			
9.	Ines Goncalves Fernandes	06	Nautico Abrantes	<b>2:25.15</b>		440
	50m: 34.37 34.37	100m: 1:11.37 37.00	200m: 2:25.15 1:13.78			
10.	Maria Ines Paveia	03	Viver Santarem	<b>2:26.21</b>		430
	50m: 33.03 33.03	100m: 1:10.34 37.31	200m: 2:26.21 1:15.87			
11.	Ines Marques Garcia	03	Nautico Abrantes	<b>2:27.51</b>		419
	50m: 34.16 34.16	100m: 1:11.60 37.44	200m: 2:27.51 1:15.91			
12.	Joana Margarida Sousa	04	20Km de Almeirim	<b>2:28.59</b>		410
	50m: 33.13 33.13	100m: 1:11.02 37.89	200m: 2:28.59 1:17.57			
13.	Beatriz Gaspar Nobre	05	Gualdim Pais	<b>2:29.33</b>		404
	50m: 34.47 34.47	100m: 1:13.00 38.53	200m: 2:29.33 1:16.33			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 40, Femin., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
14.	Rita Bernardo Tome	06	Nautico Salvaterra Magos	<b>2:30.38</b>		395
	50m: 33.19 33.19	100m: 1:10.94 37.75	200m: 2:30.38	1:19.44		
15.	Maria Beatriz Teixeira	06	Viver Santarem	<b>2:30.39</b>		395
	50m: 35.31 35.31	100m: 1:13.74 38.43	200m: 2:30.39	1:16.65		
16.	Matilde Paulos Branco	05	BUZIOS-Coruche	<b>2:33.10</b>		375
	50m: 34.04 34.04	100m: 1:13.39 39.35	200m: 2:33.10	1:19.71		
17.	Margarida Viegas Medroa	06	Nautico Abrantes	<b>2:38.06</b>		341
	50m: 36.17 36.17	100m: 1:17.10 40.93	200m: 2:38.06	1:20.96		
18.	Barbara Maia Freitas	06	CLAC-Entroncamento	<b>2:38.20</b>		340
	50m: 36.30 36.30	100m: 1:17.54 41.24	200m: 2:38.20	1:20.66		
19.	Joana Silva Januario	06	Nautico Abrantes	<b>2:38.29</b>		339
	50m: 36.39 36.39	100m: 1:16.92 40.53	200m: 2:38.29	1:21.37		
20.	Carolina Manuela Guia	05	Viver Santarem	<b>2:39.08</b>		334
	50m: 38.05 38.05	100m: 1:18.47 40.42	200m: 2:39.08	1:20.61		
21.	Margarida Miguel Mendes	06	Viver Santarem	<b>2:40.45</b>		326
	50m: 36.31 36.31	100m: 1:17.52 41.21	200m: 2:40.45	1:22.93		
22.	Erna Sabanovic <i>FTL</i>	04	CLAC-Entroncamento	<b>2:40.57</b>		325
	50m: 33.09 33.09	100m: 1:11.71 38.62	200m: 2:40.57	1:28.86		
23.	Diana Filipa Amado <i>FTL</i>	04	Cartaxo	<b>2:47.12</b>		288
	50m: 36.30 36.30	100m: 1:18.44 42.14	200m: 2:47.12	1:28.68		
24.	Filipa Taborda Santos <i>FTL</i>	03	Cartaxo	<b>2:52.11</b>		264
	50m: 37.87 37.87	100m: 1:20.93 43.06	200m: 2:52.11	1:31.18		
DNS	Matilde Isabel Macharreu	04	BUZIOS-Coruche			
DNS	Marta Filipa Bucha	06	Viver Santarem			

Prova 40 Femin., 200m Livres Infantil A  
24-11-2019 - 16:45 Resultados

Recorde Distrital ANDS Absoluto	2:04.85	Carolina Marques Neves	CNTN	Porto	10-12-2017
Recorde Distrital ANDS Inf A	2:15.24	Mafalda Sofia Rosa	CNRM	Tomar	20-03-2016

: 3:10.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Marta Filipa Nunes	07	Cartaxo	<b>2:29.35</b>		404
	50m: 34.67 34.67	100m: 1:13.74 39.07	200m: 2:29.35	1:15.61		
2.	Madalena Maria Midoes	07	20Km de Almeirim	<b>2:29.65</b>		401
	50m: 35.00 35.00	100m: 1:13.75 38.75	200m: 2:29.65	1:15.90		
3.	Beatriz Alexandra Botas	07	20Km de Almeirim	<b>2:38.18</b>		340
	50m: 36.03 36.03	100m: 1:17.43 41.40	200m: 2:38.18	1:20.75		
4.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	<b>2:40.89</b>		323
	50m: 37.36 37.36	100m: 1:19.10 41.74	200m: 2:40.89	1:21.79		
5.	Diana Goncalves Oliveira	07	20Km de Almeirim	<b>2:41.14</b>		321
	50m: 37.17 37.17	100m: 1:18.20 41.03	200m: 2:41.14	1:22.94		
6.	Sofia Maria Paulo <i>FTL</i>	07	BUZIOS-Coruche	<b>3:10.60</b>		194
	50m: 45.95 45.95	100m: 1:36.54 50.59	200m: 3:10.60	1:34.06		



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
Tomar, 23 e 24 NOV 2019

Prova 40, Femin., 200m Livres, Infantil A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
7.	Diana Maria Reis <i>FTL</i>	07	Juventude Ouriense	<b>3:21.30</b>		165
	50m: 43.69 43.69	100m: 1:36.41 52.72	200m: 3:21.30 1:44.89			
8.	Fabiana Sofia Pereira <i>FTL</i>	07	Juventude Ouriense	<b>3:35.91</b>		133
	50m: 50.19 50.19	100m: 1:46.13 55.94	200m: 3:35.91 1:49.78			
DNS	Laura Sousa Oliveira	07	Juventude Ouriense			
DNS	Eduarda Carvalho Costa	07	Rio Maior			

Prova 40 Femin., 200m Livres Infantil B  
24-11-2019 - 16:45 Resultados

Recorde Distrital ANDS Absoluto	2:04.85	Carolina Marques Neves	CNTN	Porto	10-12-2017
Recorde Distrital ANDS Inf B	2:21.98	Mafalda Sofia Rosa	CNRM	Silves	27-03-2015
: 3:20.00					

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Catarina Maria Lopes	08	BUZIOS-Coruche	<b>2:48.80</b>		279
	50m: 38.00 38.00	100m: 1:21.67 43.67	200m: 2:48.80 1:27.13			
2.	Carlota Pereira Sousa	08	Viver Santarem	<b>2:58.75</b>		235
	50m: 41.21 41.21	100m: 1:27.61 46.40	200m: 2:58.75 1:31.14			
3.	Maria Madalena Monteiro	08	Gualdim Pais	<b>3:00.43</b>		229
	50m: 41.03 41.03	100m: 1:29.03 48.00	200m: 3:00.43 1:31.40			
4.	Maria Ines Ferreira	08	Viver Santarem	<b>3:00.89</b>		227
	50m: 43.45 43.45	100m: 1:32.29 48.84	200m: 3:00.89 1:28.60			
5.	Barbara Alexandra Rego	08	BUZIOS-Coruche	<b>3:05.14</b>		212
	50m: 41.53 41.53	100m: 1:30.43 48.90	200m: 3:05.14 1:34.71			
6.	Teresa Isabel Reis	08	Rio Maior	<b>3:09.58</b>		197
	50m: 44.92 44.92	100m: 1:34.30 49.38	200m: 3:09.58 1:35.28			
7.	Sofia Lopes Castanheiro	08	Gualdim Pais	<b>3:10.95</b>		193
	50m: 44.91 44.91	100m: 1:35.79 50.88	200m: 3:10.95 1:35.16			
8.	Maria Ines Esteves <i>FTL</i>	08	CLAC-Entroncamento	<b>3:28.86</b>		147
	50m: 46.42 46.42	100m: 1:40.26 53.84	200m: 3:28.86 1:48.60			
9.	Sofia Rita Arsenio <i>FTL</i>	08	BUZIOS-Coruche	<b>3:35.08</b>		135
	50m: 48.03 48.03	100m: 1:46.50 58.47	200m: 3:35.08 1:48.58			
DNS	Vyeronika Barabanchuk	08	BUZIOS-Coruche			



Campeonato Distrital de Absolutos (JUV, JUN, SEN) e JA Cat. INF  
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Prova 41	Masc., 50m Livres				Absoluto
24-11-2019 - 17:05					Resultados
Recorde Distrital ANDS Absoluto	23.21	Frederico Sucena Riachos		Porto	12-12-2015
Recorde Distrital ANDS Sen	23.95	Andre Jorge Vieira	CNTN	Sines	21-12-2008
Recorde Distrital ANDS Jun	23.21	Frederico Sucena Riachos	NSCG	Porto	12-12-2015
Recorde Distrital ANDS Juv A	24.11	Paulo Vakulyuk	SANDS	Abrantes	26-01-2019
Recorde Distrital ANDS Juv B	25.01	Frederico Sucena Riachos	NSCG	Ponte de Sor	02-02-2013

Juv: 29.50; Jun/Sen: 29.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Paulo Vakulyuk	03	Torres Novas	<b>24.69</b>		552
2.	Jose Carlos Burecas	00	BUZIOS-Coruche	<b>25.45</b>		504
3.	Artur Rafael Saramago	97	BUZIOS-Coruche	<b>25.65</b>		492
4.	Rui Chagas Alves	03	Viver Santarem	<b>25.83</b>		482
5.	Goncalo Magalhaes Cristovao	03	Viver Santarem	<b>25.98</b>		474
6.	Pedro Nuno Oliveira	04	Torres Novas	<b>26.04</b>		470
7.	Rodrigo Cardoso Fernandes	04	Cartaxo	<b>26.53</b>		445
8.	Luis Filipe Viana	89	CLAC-Entroncamento	<b>26.60</b>		441
9.	Joao Afonso Pacau	02	Gualdim Pais	<b>26.66</b>		438
10.	Marcio Lima Silva	01	Natacao do Tejo	<b>26.68</b>		437
11.	Joao Antonio Simoes	01	CLAC-Entroncamento	<b>26.77</b>		433
12.	Joao Pedro Rosa	90	CLAC-Entroncamento	<b>26.83</b>		430
13.	Jose Diogo Nunes	02	Cartaxo	<b>27.13</b>		416
14.	Pedro Marques Carregado	02	BUZIOS-Coruche	<b>27.20</b>		413
15.	Joao Afonso Goncalves	00	CLAC-Entroncamento	<b>27.24</b>		411
16.	Diogo Daniel Simoes	99	Rio Maior	<b>27.32</b>		407
17.	Ruben Filipe Carreira	03	Rio Maior	<b>27.43</b>		402
18.	Jose Nuno Sousa	99	CLAC-Entroncamento	<b>27.53</b>		398
19.	Rodrigo Rosa Rodrigues	03	Rio Maior	<b>27.72</b>		390
20.	Guilherme Pereira Coutinho	03	Viver Santarem	<b>27.93</b>		381
21.	Joao Marques Ferreira	04	Viver Santarem	<b>28.51</b>		358
22.	Francisco Polonio Alexandre	04	CLAC-Entroncamento	<b>28.72</b>		351
23.	David Antonio Carvalho	99	Natacao do Tejo	<b>28.88</b>		345
24.	Joao Teodoro Lopes	98	20Km de Almeirim	<b>28.95</b>		342
25.	Danut Boian	04	Gualdim Pais	<b>29.06</b>		338
26.	Ivo Rafael Serra	04	CLAC-Entroncamento	<b>29.32</b>		329
27.	Tomas Antonio Victal <i>FTL</i>	03	20Km de Almeirim	<b>29.46</b>		325
28.	Joao Nuno Nobre <i>FTL</i>	04	Cartaxo	<b>29.62</b>		320
29.	Andre Sousa Oliveira <i>FTL</i>	04	Juventude Ouriense	<b>30.47</b>		293
30.	Vasco Duarte Nunes <i>FTL</i>	05	Cartaxo	<b>30.88</b>		282
31.	Ruben Daniel Linhares <i>FTL</i>	97	Rio Maior	<b>31.72</b>		260
32.	Joao Pedro Pires <i>FTL</i>	04	Natacao do Tejo	<b>32.05</b>		252
DNS	Rodrigo Sousa Azevedo	03	Cartaxo			



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Prova 42	Femin., 50m Livres				Absoluto
24-11-2019 - 17:15					Resultados
Recorde Distrital ANDS Absoluto	27.06	Sarah Dias	CLAC	Leiria	08-12-2013
Recorde Distrital ANDS Sen	27.16	Maria Madalena Silva	CNAB	Caldas da Rainha	29-11-2015
Recorde Distrital ANDS Jun	27.10	Sarah Dias	CLAC	Saint-Yrieix-Sur-Charente (FR)	18-12-2015
Recorde Distrital ANDS Juv A	27.06	Sarah Dias	CLAC	Leiria	08-12-2013
Recorde Distrital ANDS Juv B	27.39	Sarah Dias	CLAC	Tomar	29-06-2013

Juv: 34.00; Jun/Sen: 33.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Beatriz Goncalves Casal	03	Torres Novas	<b>27.94</b>		552
2.	Mafalda Magalhaes Costa	03	Gualdim Pais	<b>28.31</b>		531
3.	Rute Isabel Leonardo	98	Nautico Abrantes	<b>28.80</b>		504
4.	Margarida Claudino Nicolau	05	Torres Novas	<b>28.83</b>		503
5.	Beatriz Maria Freixieiro	04	Rio Maior	<b>29.17</b>		485
6.	Leonor Maria Mira	04	BUZIOS-Coruche	<b>29.26</b>		481
7.	Ana Campos Silva	03	Rio Maior	<b>29.41</b>		473
8.	Beatriz Grave Reis	05	Rio Maior	<b>29.46</b>		471
9.	Margarida Mateus Morais	04	Torres Novas	<b>29.64</b>		462
10.	Beatriz Catarino Moura	02	Nautico Abrantes	<b>29.75</b>		457
11.	Ines Goncalves Fernandes	06	Nautico Abrantes	<b>30.33</b>		432
12.	Joana Margarida Sousa	04	20Km de Almeirim	<b>30.45</b>		427
13.	Maria Ines Paveia	03	Viver Santarem	<b>30.61</b>		420
14.	Beatriz Staiger Bento	04	Viver Santarem	<b>30.64</b>		419
15.	Ana Rita Morais	02	Torres Novas	<b>30.85</b>		410
16.	Joana Fernandes Vicente	04	Torres Novas	<b>31.24</b>		395
17.	Carolina Guerra Pisco	02	20Km de Almeirim	<b>31.37</b>		390
18.	Filipa Taborda Santos	03	Cartaxo	<b>32.15</b>		362
19.	Erna Sabanovic	04	CLAC-Entroncamento	<b>32.20</b>		361
20.	Matilde Paulos Branco	05	BUZIOS-Coruche	<b>32.72</b>		344
21.	Barbara Maia Freitas	06	CLAC-Entroncamento	<b>32.73</b>		343
	Maria Beatriz Teixeira	06	Viver Santarem	<b>32.73</b>		343
23.	Ines Marques Pedro	01	Viver Santarem	<b>32.78</b>		342
24.	Joana Silva Januario	06	Nautico Abrantes	<b>32.90</b>		338
25.	Margarida Viegas Medroa	06	Nautico Abrantes	<b>33.04</b>		334
26.	Diana Filipa Amado	04	Cartaxo	<b>34.22</b>		300
	<i>FTL</i>					
27.	Sara Alexandra Ribeiro	06	Juventude Ouriense	<b>37.91</b>		221
	<i>FTL</i>					
28.	Rita Lopes Freire	03	Juventude Ouriense	<b>38.84</b>		205
	<i>FTL</i>					
DNS	Matilde Antunes Pombo	06	Nautico Abrantes			



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Prova 43	Masc., 200m Mariposa					Absoluto
24-11-2019 - 17:20						Resultados
Recorde Distrital ANDS Absoluto	1:56.66	Pedro Diogo Oliveira	CNRM	Sines	20-12-2008	
Recorde Distrital ANDS Sen	1:56.66	Pedro Diogo Oliveira	CNRM	Sines	20-12-2008	
Recorde Distrital ANDS Jun	2:01.40	Pedro Diogo Oliveira	CNRM	Cantanhede	17-12-2004	
Recorde Distrital ANDS Juv A	2:04.48	Pedro Diogo Oliveira	CNRM	Abrantes	01-02-2004	
Recorde Distrital ANDS Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003	

Juv: 3:12.50; Jun/Sen: 2:58.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Tiago Filipe Campos	99	Rio Maior	<b>2:05.16</b>		646
	50m: 27.72 27.72	100m: 58.97 31.25	200m: 2:05.16 1:06.19			
2.	Martim Henriques Carvalho	04	Rio Maior	<b>2:11.12</b>		562
	50m: 29.62 29.62	100m: 1:02.58 32.96	200m: 2:11.12 1:08.54			
3.	Tiago Miguel Jorge	03	Rio Maior	<b>2:17.00</b>		493
	50m: 30.18 30.18	100m: 1:04.65 34.47	200m: 2:17.00 1:12.35			
4.	Jose Pinto Cabral	05	Viver Santarem	<b>2:19.51</b>		467
	50m: 31.12 31.12	100m: 1:05.94 34.82	200m: 2:19.51 1:13.57			
5.	Simao Dinis Rosa	05	Torres Novas	<b>2:22.42</b>		438
	50m: 31.29 31.29	100m: 1:07.74 36.45	200m: 2:22.42 1:14.68			
6.	Guilherme Filipe Gaboleiro	05	Rio Maior	<b>2:26.37</b>		404
	50m: 32.50 32.50	100m: 1:10.05 37.55	200m: 2:26.37 1:16.32			
7.	Erik Norbert Vass	03	Rio Maior	<b>2:27.03</b>		398
	50m: 33.03 33.03	100m: 1:10.65 37.62	200m: 2:27.03 1:16.38			
8.	Ruben Filipe Carreira	03	Rio Maior	<b>2:28.75</b>		385
	50m: 32.82 32.82	100m: 1:10.06 37.24	200m: 2:28.75 1:18.69			
9.	Ricardo Filipe Gaboleiro	05	Rio Maior	<b>2:32.60</b>		356
	50m: 33.26 33.26	100m: 1:13.54 40.28	200m: 2:32.60 1:19.06			
10.	Miguel Filipe Nunes	04	Cartaxo	<b>2:34.24</b>		345
	50m: 32.27 32.27	100m: 1:10.10 37.83	200m: 2:34.24 1:24.14			
11.	Pedro Pereira Lopes	99	BUZIOS-Coruche	<b>2:34.89</b>		341
	50m: 31.36 31.36	100m: 1:08.23 36.87	200m: 2:34.89 1:26.66			
12.	Artur Paulo Aleksyeyev	05	Viver Santarem	<b>2:44.50</b>		284
	50m: 35.05 35.05	100m: 1:16.90 41.85	200m: 2:44.50 1:27.60			
13.	Jose Miguel Monteiro	04	Gualdim Pais	<b>2:49.97</b>		258
	50m: 35.88 35.88	100m: 1:19.28 43.40	200m: 2:49.97 1:30.69			
14.	Andre Sousa Oliveira	04	Juventude Ouriense	<b>3:03.93</b>		203
	50m: 37.46 37.46	100m: 1:23.05 45.59	200m: 3:03.93 1:40.88			
15.	Goncalo Maria Mendonca	04	Viver Santarem	<b>3:04.51</b>		201
	50m: 39.83 39.83	100m: 1:27.14 47.31	200m: 3:04.51 1:37.37			
16.	Rui Osvaldo Rocha	04	Juventude Ouriense	<b>3:06.23</b>		196
	50m: 36.94 36.94	100m: 1:23.48 46.54	200m: 3:06.23 1:42.75			
17.	Antonio Pedro Martins	05	Atletismo Ferreira do Zezere	<b>3:37.71</b>		122
	<i>FTL</i>					
	50m: 45.06 45.06	100m: 1:41.46 56.40	200m: 3:37.71 1:56.25			



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Prova 43, Masc., 200m Mariposa

Prova 43 Masc., 200m Mariposa Infantil A  
24-11-2019 - 17:20 Resultados

Recorde Distrital ANDS Absoluto	1:56.66	Pedro Diogo Oliveira	CNRM	Sines	20-12-2008
Recorde Distrital ANDS Inf A	2:19.06	Pedro Diogo Oliveira	CNRM	Benavente	25-05-2002

: 3:38.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Eduardo Binyas	06	Rio Maior	<b>2:26.04</b>		407
	50m: 32.00 32.00	100m: 1:09.02 37.02	200m: 2:26.04 1:17.02			
2.	Lorenzo Muniz Silva	06	BUZIOS-Coruche	<b>3:27.33</b>		142
	50m: 44.90 44.90	100m: 1:38.05 53.15	200m: 3:27.33 1:49.28			

Prova 44 Femin., 200m Mariposa Absoluto  
24-11-2019 - 17:35 Resultados

Recorde Distrital ANDS Absoluto	2:22.94	Julia Matos Lopes	VS	Porto	07-12-2012
Recorde Distrital ANDS Sen	2:22.94	Julia Matos Lopes	VS	Porto	07-12-2012
Recorde Distrital ANDS Jun	2:24.28	Mariana Veloso Vitória	CNAB	Porto	09-12-2012
Recorde Distrital ANDS Juv A	2:30.04	Maria Madalena Bento	BUZIOS	Lagos	26-10-2019
Recorde Distrital ANDS Juv B	2:29.81	Márcia Filipa Carvalho	CNTN	Santarém	20-02-2010

Juv: 3:30.00; Jun/Sen: 3:12.50

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	<b>2:26.78</b>		541
	50m: 31.81 31.81	100m: 1:08.89 37.08	200m: 2:26.78 1:17.89			
2.	Maria Madalena Bento	05	BUZIOS-Coruche	<b>2:27.38</b>		534
	<i>RECORDE DISTRITAL, JUV-A</i>					
	50m: 32.20 32.20	100m: 1:09.70 37.50	200m: 2:27.38 1:17.68			
3.	Vanessa Braga Salvador	91	Uniao Samorense	<b>2:33.95</b>		468
	50m: 33.57 33.57	100m: 1:11.89 38.32	200m: 2:33.95 1:22.06			
4.	Catarina Isabel Carlota	05	BUZIOS-Coruche	<b>2:35.72</b>		453
	50m: 35.25 35.25	100m: 1:14.50 39.25	200m: 2:35.72 1:21.22			
5.	Ariana Espirito Louro	05	Gualdim Pais	<b>2:42.19</b>		401
	50m: 43.81 43.81	100m: 1:14.91 31.10	200m: 2:42.19 1:27.28			
6.	Eleonor Dias Alves	06	Nautico Abrantes	<b>3:12.72</b>		239
	50m: 40.54 40.54	100m: 1:29.72 49.18	200m: 3:12.72 1:43.00			
7.	Ines Filipa Cotovio	05	Nautico Salvaterra Magos	<b>3:13.15</b>		237
	50m: 41.78 41.78	100m: 1:30.65 48.87	200m: 3:13.15 1:42.50			
8.	Joana Patricia Antunes	06	CLAC-Entroncamento	<b>3:20.26</b>		213
	50m: 39.61 39.61	100m: 1:31.30 51.69	200m: 3:20.26 1:48.96			
9.	Carolina Alexandra Ferreira	04	Atletismo Ferreira do Zezere	<b>4:13.17</b>		105
	<i>FTL</i>					
	50m: 50.81 50.81	100m: 1:56.31 1:05.50	200m: 4:13.17 2:16.86			
DSQ	Carolina Manuela Guia	05	Viver Santarem			
	<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>					
DSQ	Margarida Miguel Mendes	06	Viver Santarem			
	<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, após a viragem dos 150m</i>					
DNS	Marta Filipa Bucha	06	Viver Santarem			



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Prova 44, Femin., 200m Mariposa

Prova 44 Femin., 200m Mariposa Infantil A  
24-11-2019 - 17:35 Resultados

Recorde Distrital ANDS Absoluto	2:22.94	Julia Matos Lopes	VS	Porto	07-12-2012
Recorde Distrital ANDS Inf A	2:33.22	M�rcia Filipa Carvalho	INDANDS	Tomar	07-02-2009

: 3:48.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Beatriz Alexandra Botas	07	20Km de Almeirim	<b>3:19.76</b>		214
	50m: 41.59 41.59	100m: 1:31.87 50.28	200m: 3:19.76 1:47.89			
2.	Madalena Nunes Domingos	07	Viver Santarem	<b>3:20.06</b>		213
	50m: 44.08 44.08	100m: 1:35.51 51.43	200m: 3:20.06 1:44.55			

Prova 44 Femin., 200m Mariposa Infantil B  
24-11-2019 - 17:35 Resultados

Recorde Distrital ANDS Absoluto	2:22.94	Julia Matos Lopes	VS	Porto	07-12-2012
Recorde Distrital ANDS Inf B	2:40.30	Clarisse Matos Lopes	SCALAB	Santarem	20-02-2010

: 4:10.00

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts
1.	Rafaela Ferreira Mendes	08	Amigos Unidos	<b>3:30.39</b>		183
	50m: 44.02 44.02	100m: 1:37.57 53.55	200m: 3:30.39 1:52.82			

Prova 45 Masc., 4 x 50m Livres Absoluto  
24-11-2019 - 17:55 Resultados

Recorde Distrital ANDS Jun	1:40.42	CNTN	CNTN	Porto	11-12-2015
Recorde Distrital ANDS Juv A	1:43.02	Viver Santarem-Soc Cult Desporto	TV Ssmo Ge:CorucheEM SA		15-03-2019
Recorde Distrital ANDS Juv A	1:43.15	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, ETomar		25-11-2018
Recorde Distrital ANDS Juv	1:43.02	Viver Santarem-Soc Cult Desporto	TV Ssmo Ge:CorucheEM SA		15-03-2019
Recorde Distrital ANDS Juv	1:43.15	Soc Cult Desp Turismo Gestao Urb	:V Sitar�m, ETomar		25-11-2018
Recorde Distrital ANDS Juv B	1:50.14	CNTN	CNTN	Torres Novas	09-01-2010
Recorde Distrital ANDS Abs	1:38.39	CNTN	CNTN	Obidos	16-12-2007
Recorde Distrital ANDS Abs	1:38.39	CNTN	CNTN	Obidos	16-12-2007

Juv: 1:58.00; Jun/Sen: 1:58.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1.	Viver Santarem 9	<b>1:41.91</b>		517
	Rui Chagas Alves 03 26.12	Luis Afonso Lopes 03		
	Guilherme Pereira Coutinho 03 25.39	Goncalo Magalhaes Cristovao 03		
2.	Torres Novas 1	<b>1:42.22</b>		512
	Paulo Vakulyuk 03 24.59	Simao Dinis Rosa 05		
	Pedro Nuno Oliveira 04 25.92	Joao Pedro Goncalves 01		
3.	BUZIOS-Coruche 1	<b>1:42.48</b>		508
	Duarte Filipe Silva 03 26.26	Jose Carlos Burecas 00		
	Pedro Pereira Lopes 99 26.04	Artur Rafael Saramago 97		
4.	Rio Maior 1	<b>1:45.69</b>		463
	Ruben Filipe Carreira 03 27.44	Tiago Filipe Campos 99		
	Diogo Daniel Simoes 99 26.97	Tiago Miguel Jorge 03		
5.	CLAC-Entroncamento 1	<b>1:46.20</b>		456
	Joao Antonio Simoes 01 27.04	Joao Afonso Goncalves 00		
	Joao Pedro Rosa 90 26.44	Luis Filipe Viana 89		
6.	Gualdim Pais 1	<b>1:52.28</b>		386
	Joao Afonso Pacau 02 26.88	Andre Jesus Gaspar 04		
	Danut Boian 04 29.40	Jose Miguel Monteiro 04		





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Prova 45, Masc., 4 x 50m Livres, Absoluto

Lugar	Clube	Tempo Final	TReac	Pts
7.	Natacao do Tejo 1	<b>1:56.48</b>		346
	Henrique Antonio Martins 03	27.64	David Antonio Carvalho 99	
	Joao Pedro Pires 04	31.93	Marcio Lima Silva 01	

Prova 46

Femin., 4 x 50m Livres

Absoluto

24-11-2019 - 17:55

Resultados

Recorde Distrital ANDS Sen	2:00.58	AVQA	AVQA	Tomar	24-11-2012
Recorde Distrital ANDS Jun	1:54.68	Clube de Natacao de Torres Novas CNTN		Coruche	11-03-2017
Recorde Distrital ANDS Juv A	1:58.92	Clube de Natacao de Torres Novas CNTN		Coruche	26-02-2016
Recorde Distrital ANDS Juv	1:58.63	Clube Natacao de Rio Maior	CNRM	Tomar	19-11-2017
Recorde Distrital ANDS Juv B	2:01.10	CNTN	CNTN	Tomar	28-11-2014
Recorde Distrital ANDS Abs	1:53.19	Clube de Natacao de Torres Novas CNTN		Torres Novas	13-04-2019

Juv: 2:14.00; Jun/Sen: 2:14.00

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts
1.	Torres Novas 1	<b>1:53.75</b>		562
	Ines Asseiceira Ramos 03	28.75	Margarida Mateus Morais 04	
	Beatriz Goncalves Casal 03	28.22	Margarida Claudino Nicolau 05	
2.	Rio Maior 1	<b>1:57.00</b>		517
	Beatriz Grave Reis 05	29.43	Mafalda Sofia Rosa 03	
	Ana Campos Silva 03	29.64	Beatriz Maria Freixieiro 04	
3.	Gualdim Pais 1	<b>1:58.30</b>		500
	Beatriz Gaspar Nobre 05	30.14	Carolina Lopes Vieira 02	
	Lea Alexandra Mendes 03	29.44	Mafalda Magalhaes Costa 03	
4.	BUZIOS-Coruche 1	<b>1:58.67</b>		495
	Maria Madalena Bento 05	28.42	Catarina Isabel Carlota 05	
	Matilde Paulos Branco 05	32.00	Leonor Maria Mira 04	
5.	Nautico Abrantes 8	<b>2:02.16</b>		454
	Beatriz Catarino Moura 02	29.70	Ines Marques Garcia 03	
	Maria Beatriz Diogo 99	31.50	Rute Isabel Leonardo 98	
6.	Viver Santarem 10	<b>2:06.35</b>		410
	Beatriz Staiger Bento 04	30.99	Carolina Manuela Guia 05	
	Margarida Miguel Mendes 06	33.86	Maria Ines Paveia 03	
7.	CLAC-Entroncamento 1	<b>2:07.93</b>		395
	Barbara Maia Freitas 06	32.52	Erna Sabanovic 04	
	Marta Chambel Dias 02	32.03	Joana Patricia Antunes 06	