

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 1	Femin., 400m Estilos				Juvenis
14-12-2018					Resultados
RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Juv A	4:51.85	SANTOS Ana Claudia	SFUAP	Setubal	21-11-2004
RN25 Juv B	4:56.53	CUNHA Mariana Pacheco	CFP	Porto	05-05-2018

Tac-JUVAFem Juv A: 5:37.41 / Tac-JUVBFem Juv B: 5:47.14

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	5:08.69		590	
	50m: 34.85 34.85	150m: 1:53.12	40.49	250m: 3:16.35	43.30	350m: 4:34.82	34.36	
	100m: 1:12.63 37.78	200m: 2:33.05	39.93	300m: 4:00.46	44.11	400m: 5:08.69	33.87	
2.	REIS Erica Cristina	05	200201	Sporting	5:11.65		573	
	50m: 34.08 34.08	150m: 1:52.85	40.37	250m: 3:16.46	43.24	350m: 4:36.81	35.99	
	100m: 1:12.48 38.40	200m: 2:33.22	40.37	300m: 4:00.82	44.36	400m: 5:11.65	34.84	
3.	ESTEVEENS Laura Fabiana	05	129315	Natacao de Olhao	5:12.89		566	
	50m: 32.60 32.60	150m: 1:53.11	42.52	250m: 3:17.87	43.76	350m: 4:38.26	36.08	
	100m: 1:10.59 37.99	200m: 2:34.11	41.00	300m: 4:02.18	44.31	400m: 5:12.89	34.63	
4.	PIRES Marta Joao	05	147235	Alges	5:14.30		559	
	50m: 34.22 34.22	150m: 1:55.16	42.73	250m: 3:21.72	44.96	350m: 4:40.96	34.03	
	100m: 1:12.43 38.21	200m: 2:36.76	41.60	300m: 4:06.93	45.21	400m: 5:14.30	33.34	
5.	SIMOES Ana Beatriz	05	153354	Sporting	5:18.66		536	
	50m: 33.40 33.40	150m: 1:53.54	40.86	250m: 3:21.48	47.95	350m: 4:44.60	35.01	
	100m: 1:12.68 39.28	200m: 2:33.53	39.99	300m: 4:09.59	48.11	400m: 5:18.66	34.06	
6.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	5:23.05		514	
	50m: 36.14 36.14	150m: 1:59.24	41.20	250m: 3:25.37	45.12	350m: 4:47.70	36.26	
	100m: 1:18.04 41.90	200m: 2:40.25	41.01	300m: 4:11.44	46.07	400m: 5:23.05	35.35	
7.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	5:25.16		505	
	50m: 32.36 32.36	150m: 1:51.84	42.14	250m: 3:20.98	47.26	350m: 4:48.94	37.37	
	100m: 1:09.70 37.34	200m: 2:33.72	41.88	300m: 4:11.57	50.59	400m: 5:25.16	36.22	
8.	GAMA Joana Fernandes	05	153361	Sporting	5:27.67		493	
	50m: 34.33 34.33	150m: 1:59.19	45.17	250m: 3:28.42	45.25	350m: 4:51.89	37.54	
	100m: 1:14.02 39.69	200m: 2:43.17	43.98	300m: 4:14.35	45.93	400m: 5:27.67	35.78	
9.	FERREIRA Joana Rosa	05	130757	Naval de Peniche	5:30.73		479	
	50m: 35.68 35.68	150m: 2:02.65	43.13	250m: 3:30.23	44.37	350m: 4:54.84	37.95	
	100m: 1:19.52 43.84	200m: 2:45.86	43.21	300m: 4:16.89	46.66	400m: 5:30.73	35.89	
10.	MARQUES Maria Ines	05	130822	Alcobaca	5:31.41		476	
	50m: 35.50 35.50	150m: 1:59.41	42.46	250m: 3:27.43	45.95	350m: 4:54.28	39.11	
	100m: 1:16.95 41.45	200m: 2:41.48	42.07	300m: 4:15.17	47.74	400m: 5:31.41	37.13	
11.	NUNES Margarida Domingues	05	201398	Avancado EUL	5:31.57		476	
	50m: 36.18 36.18	150m: 2:02.27	44.07	250m: 3:28.87	43.62	350m: 4:54.14	39.69	
	100m: 1:18.20 42.02	200m: 2:45.25	42.98	300m: 4:14.45	45.58	400m: 5:31.57	37.43	
12.	FERREIRA Joana Rocha	05	201560	Benfica	5:34.06		465	
	50m: 36.07 36.07	150m: 1:58.80	43.12	250m: 3:28.09	47.65	350m: 4:55.92	38.82	
	100m: 1:15.68 39.61	200m: 2:40.44	41.64	300m: 4:17.10	49.01	400m: 5:34.06	38.14	
13.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	5:35.24		460	
	50m: 35.94 35.94	150m: 1:59.01	42.83	250m: 3:31.57	49.95	350m: 4:58.94	37.90	
	100m: 1:16.18 40.24	200m: 2:41.62	42.61	300m: 4:21.04	49.47	400m: 5:35.24	36.30	
14.	SILVA Mariana Andreia	05	141810	Sporting	5:35.37		460	
	50m: 35.54 35.54	150m: 2:03.34	43.69	250m: 3:32.61	47.31	350m: 4:58.24	36.66	
	100m: 1:19.65 44.11	200m: 2:45.30	41.96	300m: 4:21.58	48.97	400m: 5:35.37	37.13	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 1, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FONSECA GOMES Carolina	05	202528	Olivais e Moscavide	5:39.23		444	
	50m: 35.02 35.02		150m: 2:02.57	45.48	250m: 3:34.49	47.95	350m: 5:02.59	39.21
	100m: 1:17.09 42.07		200m: 2:46.54	43.97	300m: 4:23.38	48.89	400m: 5:39.23	36.64
16.	LOPES Rosa Branca	05	129274	Pimpoes/Cimai	5:43.22		429	
	50m: 35.37 35.37		150m: 2:02.44	44.74	250m: 3:35.96	50.00	350m: 5:05.82	40.90
	100m: 1:17.70 42.33		200m: 2:45.96	43.52	300m: 4:24.92	48.96	400m: 5:43.22	37.40
17.	FILIPE Ana Sofia	05	202068	Portinado	6:02.00		365	
	50m: 35.93 35.93		150m: 2:06.82	46.80	250m: 3:45.49	51.70	350m: 5:21.40	41.98
	100m: 1:20.02 44.09		200m: 2:53.79	46.97	300m: 4:39.42	53.93	400m: 6:02.00	40.60

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	4:59.93		643	
	50m: 31.18 31.18		150m: 1:46.27	39.64	250m: 3:10.16	45.03	350m: 4:27.56	32.73
	100m: 1:06.63 35.45		200m: 2:25.13	38.86	300m: 3:54.83	44.67	400m: 4:59.93	32.37
2.	PEREIRA Maria Gomes	04	129510	Alges	5:00.82		637	
	50m: 32.54 32.54		150m: 1:51.00	41.27	250m: 3:12.51	42.40	350m: 4:28.36	33.63
	100m: 1:09.73 37.19		200m: 2:30.11	39.11	300m: 3:54.73	42.22	400m: 5:00.82	32.46
3.	RODRIGUES Lidiana Correia	04	130399	Belenenses	5:06.82		601	
	50m: 33.54 33.54		150m: 1:52.64	40.22	250m: 3:15.02	42.84	350m: 4:33.47	35.49
	100m: 1:12.42 38.88		200m: 2:32.18	39.54	300m: 3:57.98	42.96	400m: 5:06.82	33.35
4.	SANTOS Leonor Esteves	04	130603	Avançado EUL	5:07.96		594	
	50m: 35.33 35.33		150m: 1:55.79	41.28	250m: 3:18.10	41.99	350m: 4:34.81	34.98
	100m: 1:14.51 39.18		200m: 2:36.11	40.32	300m: 3:59.83	41.73	400m: 5:07.96	33.15
5.	INACIO Marta Macedo	04	132536	Sporting	5:12.70		567	
	50m: 32.73 32.73		150m: 1:51.23	39.83	250m: 3:15.22	44.40	350m: 4:37.48	36.16
	100m: 1:11.40 38.67		200m: 2:30.82	39.59	300m: 4:01.32	46.10	400m: 5:12.70	35.22
6.	MARQUES Maria Alexandra	04	128375	Albicastrense	5:13.16		565	
	50m: 33.92 33.92		150m: 1:51.37	40.71	250m: 3:16.67	45.33	350m: 4:37.99	35.71
	100m: 1:10.66 36.74		200m: 2:31.34	39.97	300m: 4:02.28	45.61	400m: 5:13.16	35.17
7.	COSTA Carolina Fale	04	129801	Colegio Monte Maior	5:17.75		541	
	50m: 33.15 33.15		150m: 1:50.04	40.47	250m: 3:16.92	48.00	350m: 4:41.78	36.94
	100m: 1:09.57 36.42		200m: 2:28.92	38.88	300m: 4:04.84	47.92	400m: 5:17.75	35.97
8.	COSTA Catarina Nunes	04	131376	Gesloures	5:17.84		540	
	50m: 35.64 35.64		150m: 1:57.85	43.02	250m: 3:22.99	43.66	350m: 4:42.96	35.40
	100m: 1:14.83 39.19		200m: 2:39.33	41.48	300m: 4:07.56	44.57	400m: 5:17.84	34.88
9.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	5:20.69		526	
	50m: 34.57 34.57		150m: 1:55.84	43.53	250m: 3:23.11	44.56	350m: 4:45.14	37.00
	100m: 1:12.31 37.74		200m: 2:38.55	42.71	300m: 4:08.14	45.03	400m: 5:20.69	35.55
10.	MORGADO Alice Jesus	04	131016	Gesloures	5:20.97		525	
	50m: 33.84 33.84		150m: 1:52.86	40.77	250m: 3:19.77	46.25	350m: 4:44.27	37.38
	100m: 1:12.09 38.25		200m: 2:33.52	40.66	300m: 4:06.89	47.12	400m: 5:20.97	36.70
11.	MORGANHO Leonor Alves	04	126315	Alges	5:23.17		514	
	50m: 35.33 35.33		150m: 1:58.50	44.24	250m: 3:25.56	44.47	350m: 4:47.58	36.46
	100m: 1:14.26 38.93		200m: 2:41.09	42.59	300m: 4:11.12	45.56	400m: 5:23.17	35.59
12.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	5:24.06		510	
	50m: 32.99 32.99		150m: 1:53.64	41.68	250m: 3:21.18	46.51	350m: 4:46.94	38.21
	100m: 1:11.96 38.97		200m: 2:34.67	41.03	300m: 4:08.73	47.55	400m: 5:24.06	37.12
13.	FERREIRA Maria Leonor	04	130410	Desportivo Nacional	5:24.53		507	
	50m: 35.58 35.58		150m: 1:58.69	42.56	250m: 3:24.79	45.10	350m: 4:48.47	37.67
	100m: 1:16.13 40.55		200m: 2:39.69	41.00	300m: 4:10.80	46.01	400m: 5:24.53	36.06

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

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

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FERREIRA Margarida Filipe	04	132347	Cova da Piedade	5:26.36		499	
	50m: 36.30 36.30		150m: 2:03.00	44.04	250m: 3:28.50	42.69	350m: 4:49.69	37.32
	100m: 1:18.96 42.66		200m: 2:45.81	42.81	300m: 4:12.37	43.87	400m: 5:26.36	36.67
15.	DOMINGOS Marta Pereira	04	132529	Uniao Piedense	5:26.51		498	
	50m: 34.97 34.97		150m: 2:01.02	43.87	250m: 3:26.91	42.92	350m: 4:49.03	38.18
	100m: 1:17.15 42.18		200m: 2:43.99	42.97	300m: 4:10.85	43.94	400m: 5:26.51	37.48
16.	HENRIQUES Carolina Porem	04	129802	Sporting	5:26.93		496	
	50m: 34.30 34.30		150m: 1:57.00	43.56	250m: 3:25.81	44.43	350m: 4:50.52	37.78
	100m: 1:13.44 39.14		200m: 2:41.38	44.38	300m: 4:12.74	46.93	400m: 5:26.93	36.41
17.	FIDALGO Maria Jardim	04	131429	Colegio Vasco da Gama	5:28.32		490	
	50m: 34.37 34.37		150m: 1:56.68	43.14	250m: 3:26.68	48.04	350m: 4:52.96	37.65
	100m: 1:13.54 39.17		200m: 2:38.64	41.96	300m: 4:15.31	48.63	400m: 5:28.32	35.36
18.	SOUSA Joana Francisca	04	130520	Sao Roque	5:29.09		487	
	50m: 34.05 34.05		150m: 1:54.79	41.81	250m: 3:23.48	47.96	350m: 4:51.13	39.12
	100m: 1:12.98 38.93		200m: 2:35.52	40.73	300m: 4:12.01	48.53	400m: 5:29.09	37.96
	GERALDES Madalena Graca	04	131511	Sporting	5:29.09		487	
	50m: 34.05 34.05		150m: 1:59.50	44.04	250m: 3:26.84	44.87	350m: 4:51.95	38.41
	100m: 1:15.46 41.41		200m: 2:41.97	42.47	300m: 4:13.54	46.70	400m: 5:29.09	37.14
20.	COELHO Joana Marinho	04	131514	Sporting	5:30.09		482	
	50m: 35.01 35.01		150m: 1:57.90	42.40	250m: 3:26.67	47.24	350m: 4:52.58	37.64
	100m: 1:15.50 40.49		200m: 2:39.43	41.53	300m: 4:14.94	48.27	400m: 5:30.09	37.51
21.	SIMOES Rita Mendes	04	128073	Bairro dos Anjos/ Leiria	5:30.51		480	
	50m: 33.35 33.35		150m: 1:56.25	42.88	250m: 3:27.15	48.45	350m: 4:53.98	37.73
	100m: 1:13.37 40.02		200m: 2:38.70	42.45	300m: 4:16.25	49.10	400m: 5:30.51	36.53
22.	JOAQUIM Ines Marques	04	130368	Benfica	5:31.26		477	
	50m: 33.94 33.94		150m: 1:55.79	43.09	250m: 3:28.23	48.88	350m: 4:54.82	37.03
	100m: 1:12.70 38.76		200m: 2:39.35	43.56	300m: 4:17.79	49.56	400m: 5:31.26	36.44
23.	MENDES Mariana Pereira	04	129298	Louletano / Loule Concelho	5:34.51		463	
	50m: 35.72 35.72		150m: 2:01.02	44.52	250m: 3:31.06	45.22	350m: 4:56.76	38.87
	100m: 1:16.50 40.78		200m: 2:45.84	44.82	300m: 4:17.89	46.83	400m: 5:34.51	37.75
24.	SILVA Alexandra Cordeiro	04	128723	Alcobaca	5:34.67		463	
	50m: 35.91 35.91		150m: 2:01.81	43.19	250m: 3:31.24	47.91	350m: 4:57.24	38.68
	100m: 1:18.62 42.71		200m: 2:43.33	41.52	300m: 4:18.56	47.32	400m: 5:34.67	37.43
25.	REIS Maria Joao	04	129248	Nautico Marinha Grande	5:36.32		456	
	50m: 35.97 35.97		150m: 2:00.71	42.16	250m: 3:32.03	48.77	350m: 5:00.05	37.35
	100m: 1:18.55 42.58		200m: 2:43.26	42.55	300m: 4:22.70	50.67	400m: 5:36.32	36.27
26.	NARRA Vera Figueiredo	04	131121	Amadora	5:36.90		454	
	50m: 34.50 34.50		150m: 1:57.77	42.29	250m: 3:29.25	48.76	350m: 4:59.27	39.82
	100m: 1:15.48 40.98		200m: 2:40.49	42.72	300m: 4:19.45	50.20	400m: 5:36.90	37.63
27.	SILVA Maria Ines	04	132952	Alcobaca	5:38.87		446	
	50m: 34.94 34.94		150m: 2:00.01	44.57	250m: 3:35.08	51.14	350m: 5:02.05	36.12
	100m: 1:15.44 40.50		200m: 2:43.94	43.93	300m: 4:25.93	50.85	400m: 5:38.87	36.82
DSQ	MENDES Ana Sebastiao	04	129455	Portinado				
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 275 metros</i>							
EXH	JONES Angelina Bermejo	04	203392	Portinado	5:27.46		494	
	50m: 34.65 34.65		150m: 1:58.68	41.39	250m: 3:27.89	48.35	350m: 4:53.33	37.33
	100m: 1:17.29 42.64		200m: 2:39.54	40.86	300m: 4:16.00	48.11	400m: 5:27.46	34.13

Torneio Zonal de Juvenis (Zona Sul)
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Prova 2	Masc., 400m Estilos				Juvenis
14-12-2018					Resultados
RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Juv A	4:25.04	VITAL Joao Alexandre	ADRCIMM	Tomar	13-12-2013
RN25 Juv B	4:35.02	CARVALHO Diogo Filipe	CGA	Braga	21-03-2003

Tac-JUVAMasc Juv A: 5:13.10 / Tac-JUVBMasc Juv B: 5:18.95

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SILVA Gustavo Carvalho	04	128796	Academia Acores	4:43.17		575	
	50m: 29.73 29.73		150m: 1:40.16 36.46	250m: 2:55.83 40.45	350m: 4:10.90 33.56			
	100m: 1:03.70 33.97		200m: 2:15.38 35.22	300m: 3:37.34 41.51	400m: 4:43.17 32.27			
2.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	4:46.05		558	
	50m: 28.66 28.66		150m: 1:37.17 35.41	250m: 2:55.33 41.92	350m: 4:12.61 32.99			
	100m: 1:01.76 33.10		200m: 2:13.41 36.24	300m: 3:39.62 44.29	400m: 4:46.05 33.44			
3.	COSTA Joao Peres	04	130322	Naval Praia da Vitoria	4:46.85		553	
	50m: 30.27 30.27		150m: 1:41.58 37.45	250m: 2:59.77 41.33	350m: 4:15.79 33.28			
	100m: 1:04.13 33.86		200m: 2:18.44 36.86	300m: 3:42.51 42.74	400m: 4:46.85 31.06			
4.	ALVES Paulo Rodrigues	04	124154	Desportivo Nacional	4:47.32		550	
	50m: 29.47 29.47		150m: 1:43.01 38.19	250m: 2:59.18 39.55	350m: 4:14.14 34.61			
	100m: 1:04.82 35.35		200m: 2:19.63 36.62	300m: 3:39.53 40.35	400m: 4:47.32 33.18			
5.	REBELO Joao Lourenco	04	132558	Alges	4:47.59		549	
	50m: 30.41 30.41		150m: 1:45.86 40.08	250m: 3:03.35 38.53	350m: 4:15.43 32.93			
	100m: 1:05.78 35.37		200m: 2:24.82 38.96	300m: 3:42.50 39.15	400m: 4:47.59 32.16			
6.	ALMEIDA Bernardo Victorino	04	153357	Sporting	4:53.37		517	
	50m: 29.68 29.68		150m: 1:43.42 39.07	250m: 3:03.31 42.64	350m: 4:20.71 33.77			
	100m: 1:04.35 34.67		200m: 2:20.67 37.25	300m: 3:46.94 43.63	400m: 4:53.37 32.66			
7.	NASCIMENTO Angelo Miranda	04	153160	Natacao de Olhao	4:56.56		500	
	50m: 30.05 30.05		150m: 1:45.60 40.82	250m: 3:07.70 41.65	350m: 4:24.49 34.73			
	100m: 1:04.78 34.73		200m: 2:26.05 40.45	300m: 3:49.76 42.06	400m: 4:56.56 32.07			
8.	CARVALHO Antonio Lombardi	04	129886	Belenenses	4:57.04		498	
	50m: 32.43 32.43		150m: 1:49.19 38.75	250m: 3:08.82 41.58	350m: 4:24.97 33.32			
	100m: 1:10.44 38.01		200m: 2:27.24 38.05	300m: 3:51.65 42.83	400m: 4:57.04 32.07			
9.	CARVALHO Martim Henriques	04	148627	Rio Maior	4:58.52		490	
	50m: 31.99 31.99		150m: 1:43.68 37.06	250m: 3:06.34 46.57	350m: 4:25.05 33.19			
	100m: 1:06.62 34.63		200m: 2:19.77 36.09	300m: 3:51.86 45.52	400m: 4:58.52 33.47			
10.	PINTO Afonso Cipriano	04	153352	Sporting	5:00.31		482	
	50m: 31.34 31.34		150m: 1:47.14 38.41	250m: 3:08.07 42.07	350m: 4:26.49 34.55			
	100m: 1:08.73 37.39		200m: 2:26.00 38.86	300m: 3:51.94 43.87	400m: 5:00.31 33.82			
11.	SANTOS Joao Afonso	04	153371	Sporting	5:01.09		478	
	50m: 31.59 31.59		150m: 1:47.66 39.22	250m: 3:09.16 42.63	350m: 4:28.60 34.72			
	100m: 1:08.44 36.85		200m: 2:26.53 38.87	300m: 3:53.88 44.72	400m: 5:01.09 32.49			
12.	SIMOES Miguel Costa	04	132350	Cova da Piedade	5:03.84		465	
	50m: 32.49 32.49		150m: 1:50.63 39.55	250m: 3:13.06 44.49	350m: 4:31.82 34.92			
	100m: 1:11.08 38.59		200m: 2:28.57 37.94	300m: 3:56.90 43.84	400m: 5:03.84 32.02			
13.	OLIVEIRA Pedro Nuno	04	202589	Torres Novas	5:04.01		464	
	50m: 32.78 32.78		150m: 1:49.52 38.89	250m: 3:11.51 42.63	350m: 4:30.39 35.89			
	100m: 1:10.63 37.85		200m: 2:28.88 39.36	300m: 3:54.50 42.99	400m: 5:04.01 33.62			
14.	LOPES Francisco Oliveira	04	120038	Bombeiros Ponta Delgada	5:04.31		463	
	50m: 33.69 33.69		150m: 1:52.14 39.02	250m: 3:11.67 41.30	350m: 4:29.36 36.21			
	100m: 1:13.12 39.43		200m: 2:30.37 38.23	300m: 3:53.15 41.48	400m: 5:04.31 34.95			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 2, Masc., 400m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	5:05.08		459	
	50m: 32.63 32.63		150m: 1:49.51	39.36	250m: 3:11.87	43.84	350m: 4:31.85	34.75
	100m: 1:10.15 37.52		200m: 2:28.03	38.52	300m: 3:57.10	45.23	400m: 5:05.08	33.23
16.	AGUIAR Vasco Ormonde	04	126947	Academia Acores	5:06.53		453	
	50m: 31.29 31.29		150m: 1:46.79	38.75	250m: 3:08.58	43.26	350m: 4:30.76	37.20
	100m: 1:08.04 36.75		200m: 2:25.32	38.53	300m: 3:53.56	44.98	400m: 5:06.53	35.77
17.	MIL-HOMENS Nuno Fontes	04	153364	Sporting	5:08.07		446	
	50m: 31.77 31.77		150m: 1:48.20	39.02	250m: 3:12.21	46.01	350m: 4:33.71	34.99
	100m: 1:09.18 37.41		200m: 2:26.20	38.00	300m: 3:58.72	46.51	400m: 5:08.07	34.36
18.	PACHECO Francisco Silva	04	125117	Nucleo Sportinguista Terceira	5:08.26		445	
	50m: 32.02 32.02		150m: 1:50.72	41.80	250m: 3:14.75	43.23	350m: 4:34.02	34.85
	100m: 1:08.92 36.90		200m: 2:31.52	40.80	300m: 3:59.17	44.42	400m: 5:08.26	34.24
19.	MATOS Gil Amaral	04	127630	Academia Acores	5:08.35		445	
	50m: 31.15 31.15		150m: 1:47.80	40.96	250m: 3:10.79	43.14	350m: 4:33.42	38.00
	100m: 1:06.84 35.69		200m: 2:27.65	39.85	300m: 3:55.42	44.63	400m: 5:08.35	34.93
20.	OLIVEIRA Vasco Peixoto	04	132490	Alcobaca	5:09.58		440	
	50m: 31.91 31.91		150m: 1:50.59	41.02	250m: 3:13.20	42.11	350m: 4:33.41	36.85
	100m: 1:09.57 37.66		200m: 2:31.09	40.50	300m: 3:56.56	43.36	400m: 5:09.58	36.17
21.	NOGUEIRA Tiago Morgado	04	202389	Colegio Monte Maior	5:09.60		440	
	50m: 33.54 33.54		150m: 1:50.28	39.71	250m: 3:13.66	44.23	350m: 4:34.42	36.56
	100m: 1:10.57 37.03		200m: 2:29.43	39.15	300m: 3:57.86	44.20	400m: 5:09.60	35.18
22.	TSYKAL Daniel	04	128727	Alcobaca	5:11.26		433	
	50m: 33.32 33.32		150m: 1:54.35	40.67	250m: 3:15.88	43.40	350m: 4:37.05	36.65
	100m: 1:13.68 40.36		200m: 2:32.48	38.13	300m: 4:00.40	44.52	400m: 5:11.26	34.21
23.	RODRIGUES Rodrigo Reis	04	124155	Sao Roque	5:14.32		420	
	50m: 34.05 34.05		150m: 1:51.90	39.97	250m: 3:16.94	44.40	350m: 4:38.77	35.66
	100m: 1:11.93 37.88		200m: 2:32.54	40.64	300m: 4:03.11	46.17	400m: 5:14.32	35.55
24.	MORAIS Alexandre Duarte	04	132645	Palmela	5:22.59		389	
	50m: 31.97 31.97		150m: 1:53.64	43.69	250m: 3:22.30	48.35	350m: 4:47.05	36.15
	100m: 1:09.95 37.98		200m: 2:33.95	40.31	300m: 4:10.90	48.60	400m: 5:22.59	35.54
DSQ	SILVA Nuno Marques	04	127406	Bairro dos Anjos/ Leiria				
	<i>SW 6.5 - O (a) atleta chegou à parede totalmente submerso</i>							
DSQ	ANICETO Joao Gabriel	04	129790	Bairro dos Anjos/ Leiria				
	<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>							

Juvenis A

1.	CARNEIRO Joao Soares	03	205269	Benfica	4:31.75		650	
	50m: 27.68 27.68		150m: 1:35.76	36.48	250m: 2:49.81	38.22	350m: 4:00.32	32.32
	100m: 59.28 31.60		200m: 2:11.59	35.83	300m: 3:28.00	38.19	400m: 4:31.75	31.43
2.	LOPES Luis Afonso	03	127315	Viver Santarem	4:42.39		579	
	50m: 30.70 30.70		150m: 1:42.54	37.47	250m: 2:58.11	39.48	350m: 4:12.01	33.30
	100m: 1:05.07 34.37		200m: 2:18.63	36.09	300m: 3:38.71	40.60	400m: 4:42.39	30.38
3.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	4:42.74		577	
	50m: 29.74 29.74		150m: 1:39.69	36.21	250m: 2:56.40	40.86	350m: 4:11.18	33.04
	100m: 1:03.48 33.74		200m: 2:15.54	35.85	300m: 3:38.14	41.74	400m: 4:42.74	31.56
4.	DIAS Rodrigo Reis	03	129003	Belenenses	4:44.12		569	
	50m: 30.83 30.83		150m: 1:41.95	35.47	250m: 2:58.08	41.06	350m: 4:12.30	32.49
	100m: 1:06.48 35.65		200m: 2:17.02	35.07	300m: 3:39.81	41.73	400m: 4:44.12	31.82

Torneio Zonal de Juvenis (Zona Sul)
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Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	PEREIRA Ricardo Samuel	03	131801	Benfica	4:46.97		552	
	50m: 30.94 30.94		150m: 1:44.00 37.01	250m: 3:00.70 39.51	350m: 4:14.06 4.14.06		34.28	
	100m: 1:06.99 36.05		200m: 2:21.19 37.19	300m: 3:39.78 39.08	400m: 4:46.97 4.46.97		32.91	
6.	CORREIA Pedro Henriques	03	125257	Benfica	4:55.64		505	
	50m: 31.42 31.42		150m: 1:45.16 38.75	250m: 3:04.01 42.85	350m: 4:22.10 4.22.10		34.44	
	100m: 1:06.41 34.99		200m: 2:21.16 36.00	300m: 3:47.66 43.65	400m: 4:55.64 4.55.64		33.54	
7.	CRISTINO Guilherme Matias	03	132528	Uniao Piedense	4:55.93		503	
	50m: 31.83 31.83		150m: 1:47.55 39.37	250m: 3:05.33 40.06	350m: 4:21.89 4.21.89		35.03	
	100m: 1:08.18 36.35		200m: 2:25.27 37.72	300m: 3:46.86 41.53	400m: 4:55.93 4.55.93		34.04	
8.	NOVIKOV Ricardo	03	129524	Alges	4:57.06		498	
	50m: 31.93 31.93		150m: 1:47.57 39.14	250m: 3:10.44 43.33	350m: 4:26.21 4.26.21		31.92	
	100m: 1:08.43 36.50		200m: 2:27.11 39.54	300m: 3:54.29 43.85	400m: 4:57.06 4.57.06		30.85	
9.	COLACO Joao Maria	03	131515	Sporting	4:58.01		493	
	50m: 31.06 31.06		150m: 1:47.15 39.55	250m: 3:09.37 43.03	350m: 4:27.04 4.27.04		34.41	
	100m: 1:07.60 36.54		200m: 2:26.34 39.19	300m: 3:52.63 43.26	400m: 4:58.01 4.58.01		30.97	
10.	FELICIO Tomas Miguel	03	127309	Rio Maior	5:01.83		474	
	50m: 31.28 31.28		150m: 1:48.22 40.92	250m: 3:09.30 42.20	350m: 4:27.23 4.27.23		35.63	
	100m: 1:07.30 36.02		200m: 2:27.10 38.88	300m: 3:51.60 42.30	400m: 5:01.83 5.01.83		34.60	
11.	BOAVIDA Pedro Miguel	03	126750	Natacao de Olhao	5:01.87		474	
	50m: 30.86 30.86		150m: 1:46.76 39.79	250m: 3:09.91 43.69	350m: 4:29.09 4.29.09		34.57	
	100m: 1:06.97 36.11		200m: 2:26.22 39.46	300m: 3:54.52 44.61	400m: 5:01.87 5.01.87		32.78	
12.	LEITAO Tomas Almeida	03	129525	Alges	5:02.44		472	
	50m: 32.53 32.53		150m: 1:50.87 40.94	250m: 3:09.95 39.77	350m: 4:28.01 4.28.01		35.86	
	100m: 1:09.93 37.40		200m: 2:30.18 39.31	300m: 3:52.15 42.20	400m: 5:02.44 5.02.44		34.43	
13.	JUNIOR Luis Cabral	03	129805	Belenenses	5:03.79		465	
	50m: 31.96 31.96		150m: 1:49.38 41.01	250m: 3:10.45 40.28	350m: 4:28.35 4.28.35		36.01	
	100m: 1:08.37 36.41		200m: 2:30.17 40.79	300m: 3:52.34 41.89	400m: 5:03.79 5.03.79		35.44	
14.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	5:05.06		460	
	50m: 31.73 31.73		150m: 1:47.71 39.21	250m: 3:11.47 45.11	350m: 4:32.07 4.32.07		34.36	
	100m: 1:08.50 36.77		200m: 2:26.36 38.65	300m: 3:57.71 46.24	400m: 5:05.06 5.05.06		32.99	
15.	DURAES Diogo Miguel	03	123448	Natacao do Montijo	5:07.38		449	
	50m: 33.05 33.05		150m: 1:50.29 39.64	250m: 3:12.13 43.59	350m: 4:33.25 4.33.25		36.30	
	100m: 1:10.65 37.60		200m: 2:28.54 38.25	300m: 3:56.95 44.82	400m: 5:07.38 5.07.38		34.13	
DSQ	JORGE Tiago Miguel	03	130458	Rio Maior				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros</i>							
DSQ	CRISTINA Joao Martins	03	126822	Louletano / Loule Concelho				
	<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 250 metros</i>							
EXH	VASS Erik Norbert	03	202665	Rio Maior	5:04.92		460	
	50m: 31.97 31.97		150m: 1:47.85 39.80	250m: 3:10.09 44.15	350m: 4:30.63 4.30.63		35.38	
	100m: 1:08.05 36.08		200m: 2:25.94 38.09	300m: 3:55.25 45.16	400m: 5:04.92 5.04.92		34.29	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 3
14-12-2018

Femin., 100m Costas

Juvenis
Resultados

RN25 Absoluto	1:00.64	LEITE Ana Sofia	GCVR	Porto	12-12-2015
RN25 Juv A	1:01.43	FERNANDES Ines Camacho	SCP	Mealhada	17-12-2011
RN25 Juv B	1:02.96	FERNANDES Ines Camacho	SCP	Alapraia	12-02-2011

Tac-JUVAFem Juv A: 1:13.80 / Tac-JUVBFem Juv B: 1:15.93

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SALGADO Soraia Maria	05	132513	Fisica Torres Vedras	1:07.49		542	
	50m: 32.82 32.82		100m: 1:07.49 34.67					
2.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	1:09.27		501	
	50m: 33.17 33.17		100m: 1:09.27 36.10					
	LAGOA Carlota Macedo	05	132179	Bairro dos Anjos/ Leiria	1:09.27		501	
	50m: 33.91 33.91		100m: 1:09.27 35.36					
4.	GOMES Fabiana Cruz	05	129295	Louletano / Loule Concelho	1:10.11		483	
	50m: 33.13 33.13		100m: 1:10.11 36.98					
5.	GONCALVES Rita Abibe	05	144730	Gesloures	1:11.78		450	
	50m: 35.00 35.00		100m: 1:11.78 36.78					
6.	MACHADO Beatriz Alexandra	05	137849	Beja	1:12.01		446	
	50m: 34.34 34.34		100m: 1:12.01 37.67					
7.	SEBASTIAO Sofia Antunes	05	147121	Amadora	1:12.08		444	
	50m: 35.02 35.02		100m: 1:12.08 37.06					
8.	LOURO Ariana Espirito	05	128140	Gualdim Pais	1:12.18		443	
	50m: 35.30 35.30		100m: 1:12.18 36.88					
9.	CARVALHO Marta Sofia	05	133331	Colegio Monte Maior	1:12.46		438	
	50m: 34.60 34.60		100m: 1:12.46 37.86					
10.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	1:12.55		436	
	50m: 34.85 34.85		100m: 1:12.55 37.70					
11.	CANINHAS Maria Pinto	05	201666	Natacao do Fundao	1:12.56		436	
	50m: 35.76 35.76		100m: 1:12.56 36.80					
12.	MARQUES Luisa Morais	05	137863	Fisica Torres Vedras	1:12.90		430	
	50m: 35.02 35.02		100m: 1:12.90 37.88					
13.	VENTURA Barbara Cunha	05	132458	Benfica	1:13.00		428	
	50m: 35.44 35.44		100m: 1:13.00 37.56					
14.	SERAFIM Vera Di Martino	05	153368	Sporting	1:13.04		427	
	50m: 35.50 35.50		100m: 1:13.04 37.54					
15.	ROSA Sara Henriques	05	129112	Nucleo Sportinguista Terceira	1:13.09		426	
	50m: 35.15 35.15		100m: 1:13.09 37.94					
16.	CAETANO Ines Martins	05	200262	CCDSerta	1:13.33		422	
	50m: 35.56 35.56		100m: 1:13.33 37.77					
17.	GOMES Rita Ferreira	05	132565	Alges	1:13.90		412	
	50m: 35.32 35.32		100m: 1:13.90 38.58					
18.	BRAGA Ana Belo	05	132505	AONDA-Azeitao	1:15.55		386	
	50m: 36.81 36.81		100m: 1:15.55 38.74					
19.	TRIBUNA Francisca Otao	05	132463	Benfica	1:15.82		382	
	50m: 37.08 37.08		100m: 1:15.82 38.74					

Torneio Zonal de Juvenis (Zona Sul)
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Prova 3, Femin., 100m Costas, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	DIAS Iara Filipa 50m: 37.58 37.58	05	130387	Naval de Peniche 38.29	1:15.87		381	
21.	MONTEIRO Simone Filipe 50m: 38.10 38.10	05	203878	Geslours 38.09	1:16.19		376	
22.	FILIPE Ana Sofia 50m: 37.40 37.40	05	202068	Portinado 39.66	1:17.06		364	
DNS	MARTINS Rafaela Diogo	05	132214	Naval Setubalense				
DNS	RICARDO Maria Correia	05	129496	Naval Setubalense				

Juvenis A

1.	AMADO Maria Lopes 50m: 31.10 31.10	04	131517	Bairro dos Anjos/ Leiria 33.96	1:05.06		605	
2.	NARCISO Susana Chanoca 50m: 33.43 33.43	04	129388	CPCD-Povoa St Iria 34.49	1:07.92		531	
3.	DELFINO Mariana Morais 50m: 33.61 33.61	04	132603	Sporting 34.61	1:08.22		524	
4.	RODRIGUES Sofia Vilardell 50m: 33.92 33.92	04	132308	Geslours 34.71	1:08.63		515	
5.	ANTUNES Joana Maia 50m: 33.84 33.84	04	131699	Benfica 34.99	1:08.83		511	
6.	ALVES Ines Sofia 50m: 33.65 33.65	04	129192	Portinado 35.22	1:08.87		510	
7.	SILVA Constanca Alexandra 50m: 33.80 33.80	04	128805	Pimpoes/Cimai 35.68	1:09.48		496	
8.	COUTINHO Maria Martim 50m: 34.25 34.25	04	127404	Bairro dos Anjos/ Leiria 36.33	1:10.58		473	
9.	INACIO Ana Sofia 50m: 34.67 34.67	04	202686	Sporting 36.26	1:10.93		466	
10.	COSTA Carolina Fale 50m: 35.18 35.18	04	129801	Colegio Monte Maior 35.77	1:10.95		466	
11.	BRANCOURT Yonina 50m: 34.23 34.23	04	202082	Geslours 36.84	1:11.07		464	
12.	VENTURA Sara Sofia 50m: 34.18 34.18	04	124530	Elvense 37.63	1:11.81		450	
13.	GONCALVES Maria Margarida 50m: 34.32 34.32	04	130411	Naval do Funchal 37.51	1:11.83		449	
14.	ABREU Sofia Viola 50m: 34.81 34.81	04	129910	Naval de Peniche 37.04	1:11.85		449	
15.	FERREIRA Maria Leonor 50m: 35.12 35.12	04	130410	Desportivo Nacional 36.79	1:11.91		448	
16.	SOUSA Ana Correia 50m: 34.88 34.88	04	130376	Pimpoes/Cimai 37.82	1:12.70		433	
17.	PIRES Matilde Silva 50m: 34.60 34.60	04	130560	CF Estremoz 38.26	1:12.86		430	
18.	PEREIRA Anais Cloe 50m: 36.30 36.30	04	147048	Sporting 36.65	1:12.95		429	

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Prova 3, Femin., 100m Costas, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
19.	SALGUEIRO Joana Lopes 50m: 35.69 35.69	04	129908	Natacao de Olhao 100m: 1:13.13 37.44	1:13.13		426	
20.	CASTRO Sara Alexandra 50m: 34.81 34.81	04	126049	Natacao do Montijo 100m: 1:13.16 38.35	1:13.16		425	
21.	CAMACHO Maria Martins 50m: 36.15 36.15	04	130618	Uniao Piedense 100m: 1:13.88 37.73	1:13.88		413	
22.	LOPES Raquel Raposo 50m: 37.06 37.06	04	153469	Cova da Piedade 100m: 1:15.90 38.84	1:15.90		381	
DSQ	JESUS Leonor Santos <i>SW 4.4 - Falsa partida</i>	04	126749	Natacao de Olhao				
EXH	JONES Angelina Bermejo 50m: 35.54 35.54	04	203392	Portinado 100m: 1:13.57 38.03	1:13.57		418	

Prova 4
14-12-2018

Masc., 100m Costas

Juvenis
Resultados

RN25 Absoluto	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Juv A	56.45	SOUSA Diogo Gomes	CNCVG	Porto	04-12-2010
RN25 Juv B	57.38	LOPES Gabriel Jose	CDL	Coimbra	13-05-2012

Tac-JUVAMasc Juv A: 1:07.23 / Tac-JUVBMasc Juv B: 1:08.48

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Gustavo Carvalho 50m: 28.83 28.83	04	128796	Academia Acores 100m: 59.12 30.29	59.12		565	
2.	BARAONA Andre Azevedo 50m: 29.76 29.76	04	123965	Natacao do Montijo 100m: 1:01.36 31.60	1:01.36		506	
3.	FARIA Ricardo Morais 50m: 29.85 29.85	04	127370	Bairro dos Anjos/ Leiria 100m: 1:02.62 32.77	1:02.62		476	
4.	GOMES Guilherme Sousa 50m: 30.57 30.57	04	153562	Aquatico Silves 100m: 1:02.86 32.29	1:02.86		470	
5.	BARRY Rafael Francisco 50m: 29.70 29.70	04	128316	Naval do Funchal 100m: 1:02.94 33.24	1:02.94		468	
6.	CAMACHO Afonso Caires 50m: 30.56 30.56	04	128471	Naval do Funchal 100m: 1:03.29 32.73	1:03.29		461	
7.	SIMOES Miguel Costa 50m: 31.19 31.19	04	132350	Cova da Piedade 100m: 1:03.42 32.23	1:03.42		458	
8.	FRASQUILHO Afonso Figueiredo 50m: 30.64 30.64	04	153353	Sporting 100m: 1:03.65 33.01	1:03.65		453	
9.	CLARA Vitor Belo 50m: 31.59 31.59	04	127243	Bairro dos Anjos/ Leiria 100m: 1:04.35 32.76	1:04.35		438	
10.	SILVA Daniel Alexandre 50m: 31.40 31.40	04	204626	Natacao de Olhao 100m: 1:04.95 33.55	1:04.95		426	
11.	CARVALHO Martim Henriques 50m: 32.18 32.18	04	148627	Rio Maior 100m: 1:05.45 33.27	1:05.45		417	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 4, Masc., 100m Costas, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	LOPES Tiago Fanha 50m: 31.38 31.38	04	129520	Natacao do Montijo 100m: 1:05.45 34.07	1:05.45		417	
13.	VIEIRA Francisco Ribeiro 50m: 31.78 31.78	04	130443	Fisica Torres Vedras 100m: 1:05.66 33.88	1:05.66		413	
14.	CHOCAS Afonso Alves 50m: 31.45 31.45	04	126756	Electrico Clube 100m: 1:05.92 34.47	1:05.92		408	
15.	SANTOS Guilherme Machado 50m: 31.30 31.30	04	200202	Uniao Piedense 100m: 1:05.97 34.67	1:05.97		407	
16.	PENELAS Joao Pedro 50m: 32.57 32.57	04	150754	Geslours 100m: 1:06.24 33.67	1:06.24		402	
17.	CASTANHEIRA Guilherme Silva 50m: 32.24 32.24	04	131232	Bairro dos Anjos/ Leiria 100m: 1:06.50 34.26	1:06.50		397	
18.	CARDOSO Lucas Pipiraite 50m: 32.01 32.01	04	126381	Naval da Nazare 100m: 1:06.64 34.63	1:06.64		395	
19.	FARIAS Alexandre Moreira 50m: 32.36 32.36	04	132174	Louletano / Loule Concelho 100m: 1:07.35 34.99	1:07.35		382	
20.	SANTOS Vasco Malia 50m: 33.97 33.97	04	153124	Natacao de Lagos 100m: 1:08.93 34.96	1:08.93		357	
21.	NOGUEIRA Tiago Morgado 50m: 33.45 33.45	04	202389	Colegio Monte Maior 100m: 1:09.00 35.55	1:09.00		355	
DNS	MAIA Felipe Menegassi	04	207683	Alges				

Juvenis A

1.	SILVA Ricardo Lopes 50m: 28.13 28.13	03	126680	Nautico Marinha Grande 100m: 58.00 29.87	58.00		599	
2.	GOMES Tomas Nogueira 50m: 28.58 28.58	03	126626	Uniao Piedense 100m: 58.28 29.70	58.28		590	
3.	FERNANDES Rui Afonso 50m: 28.63 28.63	03	125395	Desportivo Nacional 100m: 59.07 30.44	59.07		567	
4.	PEREIRA Antonio Sousa 50m: 29.91 29.91	03	201690	Bombeiros Estoris 100m: 1:01.39 31.48	1:01.39		505	
5.	GOMES Goncalo Camara 50m: 29.91 29.91	03	124453	Naval do Funchal 100m: 1:01.69 31.78	1:01.69		498	
6.	IACHIMOVSKI Nicolae 50m: 30.19 30.19	03	130036	Belenenses 100m: 1:02.65 32.46	1:02.65		475	
7.	SANTOS Miguel Alexandre 50m: 30.47 30.47	03	200603	Natacao de Sao Bras 100m: 1:02.76 32.29	1:02.76		473	
8.	CRISTOVAO Goncalo Magalhaes 50m: 30.95 30.95	03	123609	Viver Santarem 100m: 1:02.91 31.96	1:02.91		469	
9.	COUTINHO Guilherme Pereira 50m: 30.60 30.60	03	130516	Viver Santarem 100m: 1:03.46 32.86	1:03.46		457	
10.	DIAS Tiago Miguel 50m: 30.83 30.83	03	207929	Natacao de Lisboa 100m: 1:03.60 32.77	1:03.60		454	
11.	FREIRE Bernardo Araujo 50m: 30.57 30.57	03	129532	Alges 100m: 1:03.72 33.15	1:03.72		451	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 4, Masc., 100m Costas, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FERREIRA Paulo Sergio 50m: 31.08 31.08	03	126448	Naval da Nazare 100m: 1:03.93 32.85	1:03.93		447	
13.	TOME Diogo Bernardo 50m: 31.04 31.04	03	124077	Salvaterra de Magos 100m: 1:04.16 33.12	1:04.16		442	
14.	CAMARA Simao Vieira 50m: 30.82 30.82	03	123670	Sao Roque 100m: 1:04.28 33.46	1:04.28		440	
15.	FERREIRA Ricardo Martins 50m: 31.00 31.00	03	127307	AONDA-Azeitao 100m: 1:04.33 33.33	1:04.33		439	
16.	RAPOSO Goncalo Nuno 50m: 31.74 31.74	03	126880	AONDA-Azeitao 100m: 1:04.36 32.62	1:04.36		438	
17.	OLIVEIRA Jose Miguel 50m: 31.24 31.24	03	129493	Naval Setubalense 100m: 1:04.45 33.21	1:04.45		436	
18.	CARRASCO Joao Pedro 50m: 30.88 30.88	03	126780	Portinado 100m: 1:04.57 33.69	1:04.57		434	
19.	SOUSA Pedro Afonso 50m: 31.20 31.20	03	122715	Desportivo Nacional 100m: 1:04.77 33.57	1:04.77		430	
20.	KOROL Andre 50m: 30.98 30.98	03	127050	Aminata 100m: 1:05.03 34.05	1:05.03		425	
21.	CORREIA Pedro Henriques 50m: 32.08 32.08	03	125257	Benfica 100m: 1:05.46 33.38	1:05.46		416	
22.	CAROCO Dinis Viola 50m: 31.79 31.79	03	131696	Sporting 100m: 1:05.49 33.70	1:05.49		416	
23.	VALENTE Goncalo Filipe 50m: 31.56 31.56	03	131380	Gesloures 100m: 1:05.73 34.17	1:05.73		411	
24.	COSTA Alexandre Afonso 50m: 32.34 32.34	03	126827	Louletano / Loule Concelho 100m: 1:07.75 35.41	1:07.75		376	
25.	SILVA Pedro Fale 50m: 33.83 33.83	03	130324	Atletico Montemor 100m: 1:07.88 34.05	1:07.88		373	
26.	FELICIO Tomas Miguel 50m: 33.90 33.90	03	127309	Rio Maior 100m: 1:09.81 35.91	1:09.81		343	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 5 Femin., 4 x 200m Livres Juvenis
14-12-2018 Resultados

RN25 Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Alg�s	24-11-2018
RN25 Juv A	8:51.54	Futebol Clube do Porto	FCP	Estarreja	12-12-2014
RN25 Juv	8:51.54	Futebol Clube do Porto	FCP	Estarreja	12-12-2014
RN25 Juv B	8:52.76	Sport Alges e Dafundo	SAD	Alg�s	04-06-2011

Tac-JUVAFem Juv A: 9:48.59 / Tac-JUVBFem Juv B: 9:59.29

Pontos: FINA 2018

Lugar NFed Clube Tempo Final TReac Pts FINA Pts

Juvenis B

1. Sporting-JUV B		Sporting	9:15.25	542		
SILVA Filipa Raposo	05	32.09	1:09.14	1:49.12	2:26.86	2:26.86
GAMA Joana Fernandes	05	32.50	1:07.74	1:44.06	2:20.03	2:20.03
REIS Erica Cristina	05	30.53	1:05.27	1:40.64	2:15.60	2:15.60
SIMOES Ana Beatriz	05	29.72	1:03.51	1:38.76	2:12.76	2:12.76
2. Alges-JUV B		Alges	9:25.73	512		
FERNANDES Maria Teresa	05	33.66	1:10.75	1:48.66	2:24.86	2:24.86
PIRES Marta Joao	05	30.66	1:04.33	1:37.85	2:11.30	2:11.30
ALEXANDRINO Madalena Carrapico	05	32.70	1:09.74	1:48.10	2:26.70	2:26.70
BERNAT Maria Del Rio	05	32.31	1:08.33	1:45.51	2:22.87	2:22.87
3. Benfica-JUV B		Benfica	9:28.42	505		
FERREIRA Joana Rocha	05	32.10	1:07.83	1:44.44	2:20.67	2:20.67
VENTURA Barbara Cunha	05	33.24	1:10.07	1:48.99	2:26.91	2:26.91
ANDRE Isadora Maia	05	31.14	1:05.20	1:40.43	2:15.42	2:15.42
TRIBUNA Francisca Otao	05	33.13	1:09.76	1:47.86	2:25.42	2:25.42
4. CPCD-Povoa St Iria-JUV B		CPCD-Povoa St Iria	9:39.86	476		
FRANCA Nicole Patriarca	05	32.30	1:09.40	1:47.34	2:24.51	2:24.51
PINTO Maria Ines	05	33.93	1:12.13	1:51.91	2:31.30	2:31.30
SANTOS Catarina Maria	05	34.76	1:12.82	1:51.28	2:28.73	2:28.73
DELGADO Soraia Alexandra	05	31.79	1:06.32	1:41.21	2:15.32	2:15.32
5. Gesloures-JUV B		Gesloures	9:43.96	466		
SANTOS Mariana Marques	05	33.46	1:10.24	1:48.19	2:25.36	2:25.36
MONTEIRO Simone Filipe	05	33.50	1:09.91	1:47.89	2:25.92	2:25.92
GONCALVES Rita Abibe	05	33.91	1:11.41	1:49.91	2:27.59	2:27.59
MELO Sara Carreira	05	31.07	1:07.68	1:46.41	2:25.09	2:25.09

Juvenis A

1. Bairro dos Anjos/ Leiria-JUV A <i>Rec Nacional</i>		Bairro dos Anjos/ Leiria	8:48.75	628		
AMADO Maria Lopes	04	29.34	1:01.56	1:35.43	2:09.89	2:09.89
VIANA Margarida Violante	04	30.95	1:04.74	1:39.03	2:12.49	2:12.49
SIMOES Rita Mendes	04	30.85	1:05.01	1:39.90	2:14.84	2:14.84
ALVES Maria Francisca	04	29.60	1:02.55	1:36.77	2:11.53	2:11.53
2. Sporting-JUV A		Sporting	8:55.91	603		
INACIO Marta Macedo	04	31.12	1:04.47	1:39.04	2:13.21	2:13.21
DELFINO Mariana Morais	04	30.58	1:04.93	1:40.49	2:16.15	2:16.15
GERALDES Madalena Graca	04	31.98	1:06.99	1:43.91	2:20.60	2:20.60
MOURA Maria Ferreira	04	28.39	59.78	1:32.71	2:05.95	2:05.95
3. Alges-JUV A		Alges	9:11.41	553		
BORCIC Aleksandra Bozanic	04	31.35	1:06.20	1:42.28	2:18.86	2:18.86
PEREIRA Maria Gomes	04	29.80	1:02.86	1:36.73	2:10.33	2:10.33
MELO Beatriz Costa	04	31.56	1:07.27	1:44.45	2:20.64	2:20.64
MORGANHO Leonor Alves	04	32.45	1:08.30	1:45.29	2:21.58	2:21.58

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 5, Femin., 4 x 200m Livres, Juvenis A

Lugar	NFed	Clube	Tempo Final		TReac	Pts FINA	Pts
4. Gesloures-JUV A		Gesloures	9:18.91			531	
BRANCOURT Yonina	04	32.46	1:07.99	1:45.84	2:24.96	2:24.96	
MORGADO Alice Jesus	04	31.50	1:06.34	1:41.70	2:16.76	2:16.76	
COSTA Catarina Nunes	04	32.77	1:08.39	1:43.60	2:18.18	2:18.18	
RODRIGUES Sofia Vilardell	04	32.30	1:07.94	1:43.87	2:19.01	2:19.01	
5. Benfica-JUV A		Benfica	9:24.02			517	
ANTUNES Joana Maia	04	31.69	1:06.52	1:42.46	2:19.38	2:19.38	
JOAQUIM Ines Marques	04	32.49	1:09.22	1:46.04	2:21.82	2:21.82	
MAGALHAES Andreia Velho	04	31.68	1:06.90	1:44.03	2:21.45	2:21.45	
GUTERRES Mariana Fragoso	04	32.23	1:07.89	1:44.27	2:21.37	2:21.37	
6. Colegio Vasco da Gama-JUV A		Colegio Vasco da Gama	9:26.23			511	
BARAO Matilde Carvalho	04	32.58	1:08.62	1:46.63	2:24.76	2:24.76	
BARAO Margarida Carvalho	04	31.88	1:07.10	1:43.79	2:19.82	2:19.82	
MARQUES Catarina Alexandra	04	32.43	1:09.39	1:46.93	2:24.91	2:24.91	
FIDALGO Maria Jardim	04	31.64	1:06.36	1:41.59	2:16.74	2:16.74	
7. Louletano / Loule Concelho-JUV A		Louletano / Loule Concelho	9:32.42			495	
BOROZAN Gabriela	04	31.88	1:06.37	1:42.26	2:17.80	2:17.80	
MENDES Mariana Pereira	04	32.97	1:09.83	1:47.09	2:24.34	2:24.34	
FERNANDES Maria Beatriz	04	32.98	1:09.55	1:46.43	2:23.61	2:23.61	
MARTINS Mariana Ponte	04	32.95	1:10.39	1:49.39	2:26.67	2:26.67	
EXH Portinado-JUV A		Portinado	9:38.17			480	
MENDES Ana Sebastiao	04	32.63	1:09.05	1:46.44	2:22.84	2:22.84	
JONES Angelina Bermejo	04	31.43	1:07.24	1:44.80	2:20.23	2:20.23	
ALVES Ines Sofia	04	31.71	1:07.87	1:45.57	2:23.30	2:23.30	
COJOCARU Beatriz	04	33.36	1:11.71	1:51.75	2:31.80	2:31.80	

Prova 6
14-12-2018

Masc., 4 x 200m Livres

Juvenis
Resultados

RN25 Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	20-12-2009
RN25 Juv A	7:49.50	Associa�o Naval Amorense	ANAM	Alges	06-07-2012
RN25 Juv	7:15.07	Clube Natacao da Amadora	CNA	S. Ant�nio Cavaleiros	20-12-2009
RN25 Juv B	8:07.64	Grupo Desp. Natacao V. N. FamalicGDNVNF		Estarreja	12-12-2014

Tac-JUVAMasc Juv A: 9:02.21 / Tac-JUVBMasc Juv B: 9:22.60

Pontos: FINA 2018

Lugar	NFed	Clube	Tempo Final		TReac	Pts FINA	Pts
Juvenis B							
1. Bairro dos Anjos/ Leiria-JUV B <i>Rec Nacional</i>		Bairro dos Anjos/ Leiria	8:06.73			593	
SILVA Nuno Marques	04	27.97	58.40	1:29.84	2:01.28	2:01.28	
CLARA Vitor Belo	04	27.45	58.69	1:30.05	2:01.20	2:01.20	
FARIA Ricardo Morais	04	27.22	58.39	1:30.74	2:02.96	2:02.96	
REIS Rodrigo Miguel	04	27.15	58.15	1:29.87	2:01.29	2:01.29	
2. Sporting-JUV B		Sporting	8:21.04			544	
SANTOS Joao Afonso	04	28.58	1:00.18	1:32.57	2:04.53	2:04.53	
FRASQUILHO Afonso Figueiredo	04	28.08	59.03	1:31.93	2:03.81	2:03.81	
MIL-HOMENS Nuno Fontes	04	29.30	1:03.10	1:37.72	2:11.50	2:11.50	
ALMEIDA Bernardo Victorino	04	26.54	57.59	1:29.56	2:01.20	2:01.20	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 6, Masc., 4 x 200m Livres, Juvenis B

Lugar	NFed	Clube	Tempo Final		TReac	Pts FINA	Pts
3.		Naval do Funchal	8:31.74			510	
	04	FERNANDES Diogo Henrique	30.43	1:04.35	1:38.27	2:10.40	2:10.40
	04	FERREIRA Leonardo Filipe	29.49	1:02.82	1:37.80	2:11.73	2:11.73
	04	CAMACHO Afonso Caires	27.58	59.28	1:33.35	2:06.55	2:06.55
	04	BARRY Rafael Francisco	27.58	58.69	1:30.73	2:03.06	2:03.06
4.		Academia Acores	8:38.36			491	
	04	PINTO Joao Pedro	30.18	1:04.43	1:40.90	2:16.71	2:16.71
	04	MATOS Gil Amaral	30.24	1:04.77	1:39.67	2:13.72	2:13.72
	04	AGUIAR Vasco Ormonde	28.70	1:00.62	1:33.89	2:06.60	2:06.60
	04	SILVA Gustavo Carvalho	27.09	57.21	1:29.25	2:01.33	2:01.33
5.		Alges	8:40.98			483	
	04	UVA Francisco Sousa	30.22	1:03.86	1:38.48	2:12.22	2:12.22
	04	VIEIRA Tomas Sa	28.47	1:00.99	1:35.18	2:09.25	2:09.25
	04	CIRURGIAO Pedro Forjaz	30.22	1:04.74	1:40.58	2:15.95	2:15.95
	04	REBELO Joao Lourenco	27.90	59.09	1:31.21	2:03.56	2:03.56
6.		Colegio Monte Maior	8:51.94			454	
	04	NOGUEIRA Tiago Morgado	30.16	1:03.64	1:38.04	2:11.34	2:11.34
	04	JUSTINO Duarte Brito	30.83	1:05.20	1:40.91	2:15.29	2:15.29
	04	TROMBINHAS Tiago Miguel	29.44	1:02.09	1:35.36	2:07.78	2:07.78
	04	MARTINS Duarte Norte	30.52	1:05.89	1:42.58	2:17.53	2:17.53
7.		Uniao Piedense	8:59.47			435	
	04	SANTOS Guilherme Machado	30.76	1:03.16	1:37.12	2:11.34	2:11.34
	04	CARRAPITO Goncalo Filipe	30.34	1:03.98	1:38.69	2:12.59	2:12.59
	04	ARAUJO Miguel Alexandre	34.00	1:11.80	1:51.11	2:27.81	2:27.81
	04	LOPES Rafael Caceres	28.94	1:00.84	1:34.25	2:07.73	2:07.73
8.		Natacao de Olhao	9:04.53			423	
	04	NASCIMENTO Angelo Miranda	29.41	1:01.58	1:34.90	2:08.14	2:08.14
	04	SILVA Diogo Xavier	32.69	1:08.73	1:46.31	2:22.73	2:22.73
	04	JESUS Bruno Daniel	32.19	1:08.64	1:45.11	2:20.75	2:20.75
	04	SILVA Daniel Alexandre	30.34	1:05.18	1:39.78	2:12.91	2:12.91
9.		Geslours	9:10.19			410	
	04	FERNANDES Rodrigo Neves	31.38	1:05.60	1:41.75	2:17.72	2:17.72
	04	PENELAS Joao Pedro	30.83	1:04.61	1:39.14	2:13.13	2:13.13
	04	JORGE Afonso Goncalves	33.12	1:09.14	1:46.67	2:24.32	2:24.32
	04	SANTOS Francisco Amaro	30.91	1:05.24	1:40.97	2:15.02	2:15.02
DSQ		Aquatico Silves	SW 10.11 - Rendição antecipada do(a) 3 nadador(a)				
	04	VICENTE Tiago Miguel	31.48	1:07.19	1:43.85	2:20.56	2:20.56
	04	SILVA Guilherme Antonio	29.53	1:04.28	1:40.83	2:18.16	2:18.16
	04	AFONSO Martim Rodrigues					
	04	GOMES Guilherme Sousa					

Juvenis A

1.		Viver Santarem	8:03.97			603	
		Rec Distrital ANDS					
	03	CRISTOVAO Goncalo Magalhaes	28.60	59.63	1:31.57	2:02.27	2:02.27
	03	ALVES Rui Chagas	27.53	57.79	1:29.28	2:01.11	2:01.11
	03	COUTINHO Guilherme Pereira	27.78	59.21	1:31.05	2:02.35	2:02.35
	03	LOPES Luis Afonso	26.89	57.05	1:28.18	1:58.24	1:58.24
2.		Benfica	8:19.70			548	
	03	ZAYIKA Daniel Shumeika	29.04	1:01.29	1:35.09	2:09.09	2:09.09
	03	PEREIRA Ricardo Samuel	27.17	59.03	1:32.08	2:04.27	2:04.27
	03	FIDALGO Joao Matos	28.65	1:01.61	1:35.56	2:08.99	2:08.99
	03	CARNEIRO Joao Soares	26.38	56.06	1:26.96	1:57.35	1:57.35

Torneio Zonal de Juvenis (Zona Sul)
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Prova 6, Masc., 4 x 200m Livres, Juvenis A

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
3. Bombeiros Ponta Delgada-JUV A		Bombeiros Ponta Delgada	8:26.81		525	
GOMES Nuno Antonio	03	28.68	1:00.33	1:33.35	2:06.33	2:06.33
BORGES Rafael Braga	03	27.93	1:00.09	1:32.84	2:05.10	2:05.10
FARIA Hugo Miguel	03	27.65	59.81	1:33.62	2:07.89	2:07.89
SANTOS Joao Pedro	03	27.00	58.13	1:32.35	2:07.49	2:07.49
4. Belenenses-JUV A		Belenenses	8:27.09		524	
DIAS Rodrigo Reis	03	28.56	59.99	1:31.68	2:02.42	2:02.42
IACHIMOVSKI Nicolae	03	28.32	1:00.56	1:34.10	2:07.78	2:07.78
GOMES Pedro Pires	03	28.48	1:01.58	1:36.69	2:12.14	2:12.14
JUNIOR Luis Cabral	03	27.60	59.23	1:32.29	2:04.75	2:04.75
5. Alges-JUV A		Alges	8:33.06		506	
LEITAO Tomas Almeida	03	29.18	1:00.85	1:34.76	2:07.44	2:07.44
FERNANDO Vasco Salvador	03	29.33	1:02.59	1:37.42	2:10.08	2:10.08
FREIRE Bernardo Araujo	03	28.17	1:01.90	1:37.97	2:13.11	2:13.11
NOVIKOV Ricardo	03	27.93	58.95	1:31.11	2:02.43	2:02.43
6. Naval do Funchal-JUV A		Naval do Funchal	8:34.23		503	
MATOS Rodrigo Vieira	03	29.20	1:02.77	1:37.86	2:10.26	2:10.26
GOMES Goncalo Camara	03	27.33	58.07	1:29.94	2:01.08	2:01.08
BAPTISTA Tiago Ornelas	03	29.00	1:01.90	1:35.56	2:08.24	2:08.24
AGUIAR Pedro Ferreira	03	29.96	1:03.25	1:38.40	2:14.65	2:14.65
7. Gesloures-JUV A		Gesloures	8:39.29		488	
ASCENSO Daniel Alexandre	03	30.37	1:03.78	1:38.77	2:11.99	2:11.99
VALE David Manuel	03	29.09	1:01.66	1:35.33	2:08.20	2:08.20
VALENTE Goncalo Filipe	03	29.20	1:02.78	1:36.43	2:11.15	2:11.15
PARENTE Salvador Ataide	03	28.54	1:01.10	1:35.12	2:07.95	2:07.95
8. Colegio Vasco da Gama-JUV A		Colegio Vasco da Gama	8:50.51		458	
MATOS Joao Luis	03	29.82	1:02.70	1:36.59	2:09.74	2:09.74
MANZ Guilherme Carmo	03	29.97	1:04.76	1:40.83	2:14.81	2:14.81
VALENTE Henrique Pinheiro	03	28.27	1:00.38	1:34.64	2:08.78	2:08.78
MATOS Pedro Miguel	03	30.85	1:06.44	1:42.42	2:17.18	2:17.18
DNS Uniao Piedense-JUV A		Uniao Piedense				

Prova 7 Femin., 800m Livres Juvenis
15-12-2018 Resultados

RN25 Absoluto	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017
RN25 Juv A	8:46.74	SANTOS Ana Claudia	SFUAP	Cantanhede	19-12-2004
RN25 Juv B	9:00.27	SILVA Alexandra Maria	FCP	Antibes (FRA)	20-12-1980

Tac-JUVAFem Juv A: 10:09.47 / Tac-JUVBFem Juv B: 10:27.05

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	147235	Alges	9:28.60		599	
	50m: 32.72	32.72	250m: 2:57.07	35.94	450m: 5:20.70	35.53	650m: 7:44.94	35.50
	100m: 1:08.69	35.97	300m: 3:33.18	36.11	500m: 5:56.94	36.24	700m: 8:20.72	35.78
	150m: 1:44.76	36.07	350m: 4:09.37	36.19	550m: 6:33.01	36.07	750m: 8:55.54	34.82
	200m: 2:21.13	36.37	400m: 4:45.17	35.80	600m: 7:09.44	36.43	800m: 9:28.60	33.06
2.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	9:28.92		598	
	50m: 32.75	32.75	250m: 2:56.88	36.29	450m: 5:20.70	35.82	650m: 7:44.44	35.94
	100m: 1:08.34	35.59	300m: 3:32.72	35.84	500m: 5:57.00	36.30	700m: 8:19.60	35.16
	150m: 1:44.40	36.06	350m: 4:08.55	35.83	550m: 6:32.40	35.40	750m: 8:53.77	34.17
	200m: 2:20.59	36.19	400m: 4:44.88	36.33	600m: 7:08.50	36.10	800m: 9:28.92	35.15

Torneio Zonal de Juvenis (Zona Sul)
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Prova 7, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	SIMOES Ana Beatriz	05	153354	Sporting	9:35.49		577	
	50m: 32.91 32.91		250m: 2:58.59	36.43	450m: 5:25.05	36.58	650m: 7:50.42	36.09
	100m: 1:08.76 35.85		300m: 3:35.15	36.56	500m: 6:01.33	36.28	700m: 8:26.66	36.24
	150m: 1:45.36 36.60		350m: 4:11.75	36.60	550m: 6:37.97	36.64	750m: 9:02.10	35.44
	200m: 2:22.16 36.80		400m: 4:48.47	36.72	600m: 7:14.33	36.36	800m: 9:35.49	33.39
4.	ALVES Joana Silva	05	200038	Benedita	9:41.96		558	
	50m: 32.90 32.90		250m: 2:59.24	36.69	450m: 5:26.58	36.84	650m: 7:54.52	36.91
	100m: 1:09.21 36.31		300m: 3:36.06	36.82	500m: 6:03.64	37.06	700m: 8:31.15	36.63
	150m: 1:45.77 36.56		350m: 4:12.82	36.76	550m: 6:40.72	37.08	750m: 9:07.70	36.55
	200m: 2:22.55 36.78		400m: 4:49.74	36.92	600m: 7:17.61	36.89	800m: 9:41.96	34.26
5.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	9:44.41		551	
	50m: 32.31 32.31		250m: 2:57.53	36.61	450m: 5:24.59	36.75	650m: 7:53.75	37.64
	100m: 1:07.64 35.33		300m: 3:34.40	36.87	500m: 6:01.46	36.87	700m: 8:31.32	37.57
	150m: 1:44.02 36.38		350m: 4:11.11	36.71	550m: 6:38.56	37.10	750m: 9:08.75	37.43
	200m: 2:20.92 36.90		400m: 4:47.84	36.73	600m: 7:16.11	37.55	800m: 9:44.41	35.66
6.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	9:45.84		547	
	50m: 33.11 33.11		250m: 2:59.12	36.63	450m: 5:27.31	36.72	650m: 7:55.54	37.31
	100m: 1:09.15 36.04		300m: 3:36.24	37.12	500m: 6:04.21	36.90	700m: 8:33.11	37.57
	150m: 1:45.63 36.48		350m: 4:13.58	37.34	550m: 6:41.24	37.03	750m: 9:10.09	36.98
	200m: 2:22.49 36.86		400m: 4:50.59	37.01	600m: 7:18.23	36.99	800m: 9:45.84	35.75
7.	SEBASTIAO Sofia Antunes	05	147121	Amadora	9:48.96		539	
	50m: 32.32 32.32		250m: 2:57.95	36.84	450m: 5:27.64	37.50	650m: 7:58.13	37.36
	100m: 1:08.04 35.72		300m: 3:35.08	37.13	500m: 6:05.39	37.75	700m: 8:35.58	37.45
	150m: 1:44.36 36.32		350m: 4:12.24	37.16	550m: 6:43.15	37.76	750m: 9:13.16	37.58
	200m: 2:21.11 36.75		400m: 4:50.14	37.90	600m: 7:20.77	37.62	800m: 9:48.96	35.80
8.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	9:52.80		528	
	50m: 33.37 33.37		250m: 3:02.39	37.35	450m: 5:34.23	38.21	650m: 8:04.11	37.16
	100m: 1:09.97 36.60		300m: 3:40.39	38.00	500m: 6:11.80	37.57	700m: 8:41.40	37.29
	150m: 1:47.18 37.21		350m: 4:18.22	37.83	550m: 6:49.49	37.69	750m: 9:17.93	36.53
	200m: 2:25.04 37.86		400m: 4:56.02	37.80	600m: 7:26.95	37.46	800m: 9:52.80	34.87
9.	PIRES Laura Joao	05	148663	Natacao do Fundao	9:53.21		527	
	50m: 34.43 34.43		250m: 3:01.84	37.30	450m: 5:31.05	37.57	650m: 8:02.06	37.83
	100m: 1:10.72 36.29		300m: 3:38.82	36.98	500m: 6:08.40	37.35	700m: 8:40.22	38.16
	150m: 1:47.84 37.12		350m: 4:15.97	37.15	550m: 6:46.25	37.85	750m: 9:17.85	37.63
	200m: 2:24.54 36.70		400m: 4:53.48	37.51	600m: 7:24.23	37.98	800m: 9:53.21	35.36
10.	CANINHAS Maria Pinto	05	201666	Natacao do Fundao	9:57.30		516	
	50m: 34.47 34.47		250m: 3:06.40	37.83	450m: 5:36.28	37.46	650m: 8:07.38	37.81
	100m: 1:12.00 37.53		300m: 3:44.16	37.76	500m: 6:14.10	37.82	700m: 8:44.81	37.43
	150m: 1:50.43 38.43		350m: 4:21.42	37.26	550m: 6:51.91	37.81	750m: 9:22.49	37.68
	200m: 2:28.57 38.14		400m: 4:58.82	37.40	600m: 7:29.57	37.66	800m: 9:57.30	34.81
11.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	9:59.45		511	
	50m: 32.58 32.58		250m: 2:58.34	36.70	450m: 5:28.41	38.00	650m: 8:04.14	39.23
	100m: 1:08.32 35.74		300m: 3:35.75	37.41	500m: 6:05.58	37.17	700m: 8:43.37	39.23
	150m: 1:44.85 36.53		350m: 4:12.87	37.12	550m: 6:44.55	38.97	750m: 9:21.73	38.36
	200m: 2:21.64 36.79		400m: 4:50.41	37.54	600m: 7:24.91	40.36	800m: 9:59.45	37.72
12.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	10:03.76		500	
	50m: 34.50 34.50		250m: 3:07.13	38.20	450m: 5:40.66	38.28	650m: 8:14.05	38.20
	100m: 1:12.43 37.93		300m: 3:45.26	38.13	500m: 6:18.85	38.19	700m: 8:51.98	37.93
	150m: 1:50.59 38.16		350m: 4:23.73	38.47	550m: 6:56.96	38.11	750m: 9:29.01	37.03
	200m: 2:28.93 38.34		400m: 5:02.38	38.65	600m: 7:35.85	38.89	800m: 10:03.76	34.75
13.	SILVA Mariana Andreia	05	141810	Sporting	10:08.93		487	
	50m: 33.70 33.70		250m: 3:07.33	39.00	450m: 5:41.68	39.18	650m: 8:15.05	38.22
	100m: 1:10.44 36.74		300m: 3:45.87	38.54	500m: 6:20.47	38.79	700m: 8:53.62	38.57
	150m: 1:49.29 38.85		350m: 4:24.53	38.66	550m: 6:58.60	38.13	750m: 9:32.17	38.55
	200m: 2:28.33 39.04		400m: 5:02.50	37.97	600m: 7:36.83	38.23	800m: 10:08.93	36.76

Torneio Zonal de Juvenis (Zona Sul)
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Prova 7, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	FERREIRA Joana Rocha	05	201560	Benfica	10:09.34		486	
	50m: 35.16 35.16		250m: 3:09.10 38.64	450m: 5:44.36 38.87	650m: 8:17.24 37.62			
	100m: 1:12.98 37.82		300m: 3:47.71 38.61	500m: 6:22.89 38.53	700m: 8:55.49 38.25			
	150m: 1:51.44 38.46		350m: 4:26.57 38.86	550m: 7:01.19 38.30	750m: 9:33.38 37.89			
	200m: 2:30.46 39.02		400m: 5:05.49 38.92	600m: 7:39.62 38.43	800m: 10:09.34 35.96			
15.	ARAUJO Maria Clara	05	133482	Naval do Funchal	10:14.15		475	
	50m: 33.76 33.76		250m: 3:06.71 39.03	450m: 5:42.30 39.47	650m: 8:18.99 39.59			
	100m: 1:11.21 37.45		300m: 3:45.84 39.13	500m: 6:21.41 39.11	700m: 8:58.40 39.41			
	150m: 1:49.18 37.97		350m: 4:24.63 38.79	550m: 7:00.62 39.21	750m: 9:37.08 38.68			
	200m: 2:27.68 38.50		400m: 5:02.83 38.20	600m: 7:39.40 38.78	800m: 10:14.15 37.07			
16.	FRANCA Nicole Patriarca	05	153435	CPCD-Povoa St Iria	10:22.59		456	
	50m: 33.86 33.86		250m: 3:10.58 39.85	450m: 5:48.53 39.20	650m: 8:28.32 38.87			
	100m: 1:12.00 38.14		300m: 3:50.21 39.63	500m: 6:28.39 39.86	700m: 9:08.76 40.44			
	150m: 1:51.64 39.64		350m: 4:29.84 39.63	550m: 7:08.62 40.23	750m: 9:46.43 37.67			
	200m: 2:30.73 39.09		400m: 5:09.33 39.49	600m: 7:49.45 40.83	800m: 10:22.59 36.16			
17.	SALGADO Soraia Maria	05	132513	Fisica Torres Vedras	10:27.84		445	
	50m: 33.36 33.36		250m: 3:10.62 39.97	450m: 5:50.54 40.56	650m: 8:28.92 39.67			
	100m: 1:11.96 38.60		300m: 3:51.04 40.42	500m: 6:30.09 39.55	700m: 9:08.74 39.82			
	150m: 1:51.43 39.47		350m: 4:29.93 38.89	550m: 7:09.19 39.10	750m: 9:49.08 40.34			
	200m: 2:30.65 39.22		400m: 5:09.98 40.05	600m: 7:49.25 40.06	800m: 10:27.84 38.76			
18.	SANTOS Mariana Marques	05	150757	Gesloures	10:29.17		442	
	50m: 34.87 34.87		250m: 3:10.42 39.14	450m: 5:48.57 39.96	650m: 8:28.45 39.88			
	100m: 1:12.90 38.03		300m: 3:49.44 39.02	500m: 6:28.69 40.12	700m: 9:09.03 40.58			
	150m: 1:51.80 38.90		350m: 4:29.02 39.58	550m: 7:08.52 39.83	750m: 9:49.69 40.66			
	200m: 2:31.28 39.48		400m: 5:08.61 39.59	600m: 7:48.57 40.05	800m: 10:29.17 39.48			

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	9:19.26		629	
	50m: 30.00 30.00		250m: 2:48.48 35.59	450m: 5:13.27 35.79	650m: 7:35.66 35.09			
	100m: 1:02.79 32.79		300m: 3:24.67 36.19	500m: 5:49.29 36.02	700m: 8:10.75 35.09			
	150m: 1:37.41 34.62		350m: 4:00.98 36.31	550m: 6:25.29 36.00	750m: 8:45.94 35.19			
	200m: 2:12.89 35.48		400m: 4:37.48 36.50	600m: 7:00.57 35.28	800m: 9:19.26 33.32			
2.	SANTOS Leonor Esteves	04	130603	Avancado EUL	9:19.66		628	
	50m: 32.63 32.63		250m: 2:54.65 35.67	450m: 5:16.80 35.53	650m: 7:38.03 35.43			
	100m: 1:07.88 35.25		300m: 3:30.15 35.50	500m: 5:51.99 35.19	700m: 8:13.11 35.08			
	150m: 1:43.49 35.61		350m: 4:05.66 35.51	550m: 6:27.58 35.59	750m: 8:47.35 34.24			
	200m: 2:18.98 35.49		400m: 4:41.27 35.61	600m: 7:02.60 35.02	800m: 9:19.66 32.31			
3.	VIANA Margarida Violante	04	132662	Bairro dos Anjos/ Leiria	9:28.55		599	
	50m: 32.60 32.60		250m: 2:56.70 36.22	450m: 5:20.02 35.71	650m: 7:43.57 36.04			
	100m: 1:08.14 35.54		300m: 3:32.26 35.56	500m: 5:55.61 35.59	700m: 8:19.27 35.70			
	150m: 1:44.14 36.00		350m: 4:08.37 36.11	550m: 6:31.66 36.05	750m: 8:54.55 35.28			
	200m: 2:20.48 36.34		400m: 4:44.31 35.94	600m: 7:07.53 35.87	800m: 9:28.55 34.00			
4.	INACIO Marta Macedo	04	132536	Sporting	9:34.63		580	
	50m: 32.37 32.37		250m: 2:55.84 36.21	450m: 5:21.19 36.22	650m: 7:46.60 36.41			
	100m: 1:07.42 35.05		300m: 3:31.98 36.14	500m: 5:57.60 36.41	700m: 8:22.93 36.33			
	150m: 1:43.39 35.97		350m: 4:08.52 36.54	550m: 6:34.05 36.45	750m: 8:59.67 36.74			
	200m: 2:19.63 36.24		400m: 4:44.97 36.45	600m: 7:10.19 36.14	800m: 9:34.63 34.96			
5.	FREIXIEIRO Beatriz Maria	04	201459	Rio Maior	9:36.58		574	
	50m: 32.16 32.16		250m: 2:57.35 36.41	450m: 5:23.59 36.67	650m: 7:49.91 36.73			
	100m: 1:07.44 35.28		300m: 3:33.91 36.56	500m: 6:00.03 36.44	700m: 8:26.29 36.38			
	150m: 1:44.09 36.65		350m: 4:10.49 36.58	550m: 6:36.64 36.61	750m: 9:02.43 36.14			
	200m: 2:20.94 36.85		400m: 4:46.92 36.43	600m: 7:13.18 36.54	800m: 9:36.58 34.15			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 7, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	9:37.06		573	
	50m: 32.47 32.47		250m: 2:55.70	36.38	450m: 5:21.85	36.38	650m: 7:48.52	36.55
	100m: 1:07.46 34.99		300m: 3:32.44	36.74	500m: 5:58.62	36.77	700m: 8:25.32	36.80
	150m: 1:43.02 35.56		350m: 4:08.94	36.50	550m: 6:35.34	36.72	750m: 9:02.09	36.77
	200m: 2:19.32 36.30		400m: 4:45.47	36.53	600m: 7:11.97	36.63	800m: 9:37.06	34.97
7.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	9:45.10		549	
	50m: 32.37 32.37		250m: 2:56.69	36.52	450m: 5:24.44	37.09	650m: 7:53.81	37.29
	100m: 1:08.16 35.79		300m: 3:33.40	36.71	500m: 6:01.67	37.23	700m: 8:31.27	37.46
	150m: 1:44.04 35.88		350m: 4:10.30	36.90	550m: 6:39.15	37.48	750m: 9:08.44	37.17
	200m: 2:20.17 36.13		400m: 4:47.35	37.05	600m: 7:16.52	37.37	800m: 9:45.10	36.66
8.	ALVES Maria Francisca	04	132906	Bairro dos Anjos/ Leiria	9:45.34		549	
	50m: 32.35 32.35		250m: 2:57.24	36.87	450m: 5:26.07	36.91	650m: 7:55.36	37.33
	100m: 1:07.64 35.29		300m: 3:34.43	37.19	500m: 6:03.24	37.17	700m: 8:32.82	37.46
	150m: 1:44.01 36.37		350m: 4:11.76	37.33	550m: 6:40.38	37.14	750m: 9:10.33	37.51
	200m: 2:20.37 36.36		400m: 4:49.16	37.40	600m: 7:18.03	37.65	800m: 9:45.34	35.01
9.	COSTA Catarina Nunes	04	131376	Gesloures	9:53.98		525	
	50m: 35.07 35.07		250m: 3:06.11	38.12	450m: 5:36.91	37.69	650m: 8:05.37	36.86
	100m: 1:12.07 37.00		300m: 3:43.93	37.82	500m: 6:14.26	37.35	700m: 8:41.96	36.59
	150m: 1:49.87 37.80		350m: 4:21.53	37.60	550m: 6:51.29	37.03	750m: 9:18.16	36.20
	200m: 2:27.99 38.12		400m: 4:59.22	37.69	600m: 7:28.51	37.22	800m: 9:53.98	35.82
10.	JESUS Leonor Santos	04	126749	Natacao de Olhao	9:54.85		523	
	50m: 33.03 33.03		250m: 2:58.51	36.50	450m: 5:30.84	37.85	650m: 8:03.08	37.35
	100m: 1:09.03 36.00		300m: 3:36.12	37.61	500m: 6:09.58	38.74	700m: 8:41.81	38.73
	150m: 1:45.47 36.44		350m: 4:14.69	38.57	550m: 6:47.49	37.91	750m: 9:19.24	37.43
	200m: 2:22.01 36.54		400m: 4:52.99	38.30	600m: 7:25.73	38.24	800m: 9:54.85	35.61
11.	LOPES Raquel Raposo	04	153469	Cova da Piedade	9:55.41		521	
	50m: 34.17 34.17		250m: 3:05.02	37.85	450m: 5:35.81	37.32	650m: 8:05.52	37.58
	100m: 1:11.07 36.90		300m: 3:42.88	37.86	500m: 6:13.09	37.28	700m: 8:43.06	37.54
	150m: 1:49.16 38.09		350m: 4:20.96	38.08	550m: 6:50.60	37.51	750m: 9:20.14	37.08
	200m: 2:27.17 38.01		400m: 4:58.49	37.53	600m: 7:27.94	37.34	800m: 9:55.41	35.27
12.	PEDRO Daniela Alexandra	04	130864	Sporting	9:56.19		519	
	50m: 33.90 33.90		250m: 3:05.13	37.57	450m: 5:36.48	38.02	650m: 8:08.18	37.33
	100m: 1:11.41 37.51		300m: 3:42.97	37.84	500m: 6:15.19	38.71	700m: 8:44.80	36.62
	150m: 1:49.27 37.86		350m: 4:20.91	37.94	550m: 6:52.88	37.69	750m: 9:22.46	37.66
	200m: 2:27.56 38.29		400m: 4:58.46	37.55	600m: 7:30.85	37.97	800m: 9:56.19	33.73
13.	PEREIRA Anais Cloe	04	147048	Sporting	10:02.74		502	
	50m: 34.12 34.12		250m: 3:05.23	37.94	450m: 5:37.73	38.60	650m: 8:10.71	37.74
	100m: 1:11.40 37.28		300m: 3:43.19	37.96	500m: 6:16.14	38.41	700m: 8:48.75	38.04
	150m: 1:49.52 38.12		350m: 4:21.39	38.20	550m: 6:54.59	38.45	750m: 9:26.88	38.13
	200m: 2:27.29 37.77		400m: 4:59.13	37.74	600m: 7:32.97	38.38	800m: 10:02.74	35.86
14.	NARRA Vera Figueiredo	04	131121	Amadora	10:03.30		501	
	50m: 33.30 33.30		250m: 3:04.39	38.00	450m: 5:36.56	38.58	650m: 8:09.40	38.58
	100m: 1:10.30 37.00		300m: 3:41.99	37.60	500m: 6:14.61	38.05	700m: 8:47.78	38.38
	150m: 1:48.15 37.85		350m: 4:20.32	38.33	550m: 6:52.99	38.38	750m: 9:26.10	38.32
	200m: 2:26.39 38.24		400m: 4:57.98	37.66	600m: 7:30.82	37.83	800m: 10:03.30	37.20
15.	MIRA Leonor Maria	04	130557	BUZIOS-Coruche	10:03.83		500	
	50m: 33.27 33.27		250m: 3:05.82	37.82	450m: 5:38.41	38.23	650m: 8:11.69	38.26
	100m: 1:10.74 37.47		300m: 3:43.77	37.95	500m: 6:16.59	38.18	700m: 8:49.79	38.10
	150m: 1:49.14 38.40		350m: 4:22.35	38.58	550m: 6:54.89	38.30	750m: 9:27.78	37.99
	200m: 2:28.00 38.86		400m: 5:00.18	37.83	600m: 7:33.43	38.54	800m: 10:03.83	36.05
16.	GERALDES Madalena Graca	04	131511	Sporting	10:06.37		493	
	50m: 33.79 33.79		250m: 3:05.25	37.98	450m: 5:38.05	37.95	650m: 8:11.83	38.49
	100m: 1:11.00 37.21		300m: 3:43.19	37.94	500m: 6:16.28	38.23	700m: 8:50.58	38.75
	150m: 1:49.39 38.39		350m: 4:21.68	38.49	550m: 6:55.02	38.74	750m: 9:29.02	38.44
	200m: 2:27.27 37.88		400m: 5:00.10	38.42	600m: 7:33.34	38.32	800m: 10:06.37	37.35

Torneio Zonal de Juvenis (Zona Sul)
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Prova 7, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	REIS Maria Joao	04	129248	Nautico Marinha Grande	10:09.31		486	
	50m: 34.44 34.44	250m: 3:07.53	38.20	450m: 5:41.61	38.64	650m: 8:16.30	38.38	
	100m: 1:12.11 37.67	300m: 3:45.61	38.08	500m: 6:20.77	39.16	700m: 8:54.61	38.31	
	150m: 1:50.74 38.63	350m: 4:23.93	38.32	550m: 6:59.84	39.07	750m: 9:32.97	38.36	
	200m: 2:29.33 38.59	400m: 5:02.97	39.04	600m: 7:37.92	38.08	800m: 10:09.31	36.34	
18.	GUTERRES Mariana Fragoso	04	200475	Benfica	10:13.31		477	
	50m: 33.89 33.89	250m: 3:04.30	37.80	450m: 5:38.62	38.70	650m: 8:16.39	39.58	
	100m: 1:11.01 37.12	300m: 3:42.89	38.59	500m: 6:17.54	38.92	700m: 8:55.44	39.05	
	150m: 1:48.57 37.56	350m: 4:21.17	38.28	550m: 6:57.43	39.89	750m: 9:34.78	39.34	
	200m: 2:26.50 37.93	400m: 4:59.92	38.75	600m: 7:36.81	39.38	800m: 10:13.31	38.53	
19.	MENDES Ana Sebastiao	04	129455	Portinado	10:18.70		465	
	50m: 37.26 37.26	250m: 3:09.11	38.59	450m: 5:44.96	38.83	650m: 8:22.01	38.81	
	100m: 1:14.17 36.91	300m: 3:47.79	38.68	500m: 6:24.40	39.44	700m: 9:01.68	39.67	
	150m: 1:51.82 37.65	350m: 4:26.95	39.16	550m: 7:03.75	39.35	750m: 9:40.59	38.91	
	200m: 2:30.52 38.70	400m: 5:06.13	39.18	600m: 7:43.20	39.45	800m: 10:18.70	38.11	
20.	SOUSA Joana Francisca	04	130520	Sao Roque	10:20.70		460	
	50m: 33.76 33.76	250m: 3:07.68	38.81	450m: 5:44.57	39.22	650m: 8:23.86	40.17	
	100m: 1:11.74 37.98	300m: 3:46.69	39.01	500m: 6:23.97	39.40	700m: 9:03.66	39.80	
	150m: 1:50.25 38.51	350m: 4:25.71	39.02	550m: 7:03.69	39.72	750m: 9:43.16	39.50	
	200m: 2:28.87 38.62	400m: 5:05.35	39.64	600m: 7:43.69	40.00	800m: 10:20.70	37.54	

Prova 8
15-12-2018

Masc., 400m Livres

Juvenis
Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Juv A	3:59.31	SANTOS Joao Carlos	ANAM	Algés	08-07-2012
RN25 Juv B	4:03.22	GIL Joao Pedro	ANAM	Algés	08-07-2012

Tac-JUVAMasc Juv A: 4:33.44 / Tac-JUVBMasc Juv B: 4:38.55

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	4:11.39		601	
	50m: 28.18 28.18	150m: 1:30.83	31.71	250m: 2:35.31	32.28	350m: 3:39.86	32.15	
	100m: 59.12 30.94	200m: 2:03.03	32.20	300m: 3:07.71	32.40	400m: 4:11.39	31.53	
2.	ALMEIDA Bernardo Victorino	04	153357	Sporting	4:16.38		567	
	50m: 28.08 28.08	150m: 1:31.74	32.44	250m: 2:37.82	32.90	350m: 3:44.39	33.40	
	100m: 59.30 31.22	200m: 2:04.92	33.18	300m: 3:10.99	33.17	400m: 4:16.38	31.99	
3.	SILVA Nuno Marques	04	127406	Bairro dos Anjos/ Leiria	4:17.84		557	
	50m: 28.84 28.84	150m: 1:33.67	32.75	250m: 2:39.68	32.72	350m: 3:46.25	33.46	
	100m: 1:00.92 32.08	200m: 2:06.96	33.29	300m: 3:12.79	33.11	400m: 4:17.84	31.59	
4.	CLARA Vitor Belo	04	127243	Bairro dos Anjos/ Leiria	4:20.30		542	
	50m: 28.95 28.95	150m: 1:33.85	32.99	250m: 2:40.66	33.39	350m: 3:47.66	33.25	
	100m: 1:00.86 31.91	200m: 2:07.27	33.42	300m: 3:14.41	33.75	400m: 4:20.30	32.64	
5.	CARVALHO Antonio Lombardi	04	129886	Belenenses	4:21.37		535	
	50m: 30.06 30.06	150m: 1:37.54	33.94	250m: 2:44.04	33.22	350m: 3:49.98	33.06	
	100m: 1:03.60 33.54	200m: 2:10.82	33.28	300m: 3:16.92	32.88	400m: 4:21.37	31.39	
6.	REIS Rodrigo Miguel	04	129842	Bairro dos Anjos/ Leiria	4:21.63		533	
	50m: 29.14 29.14	150m: 1:34.75	33.41	250m: 2:42.51	34.01	350m: 3:50.03	32.89	
	100m: 1:01.34 32.20	200m: 2:08.50	33.75	300m: 3:17.14	34.63	400m: 4:21.63	31.60	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	RODEIA Jose Miguel	04	128116	Natacao de Faro	4:22.27		530	
	50m: 29.73 29.73		150m: 1:36.33 33.66	250m: 2:43.19 33.40	350m: 3:50.04 33.26			
	100m: 1:02.67 32.94		200m: 2:09.79 33.46	300m: 3:16.78 33.59	400m: 4:22.27 32.23			
8.	SANTOS Joao Afonso	04	153371	Sporting	4:27.98		496	
	50m: 30.36 30.36		150m: 1:37.34 33.99	250m: 2:46.16 34.51	350m: 3:55.27 34.07			
	100m: 1:03.35 32.99		200m: 2:11.65 34.31	300m: 3:21.20 35.04	400m: 4:27.98 32.71			
9.	NASCIMENTO Angelo Miranda	04	153160	Natacao de Olhao	4:28.78		492	
	50m: 29.70 29.70		150m: 1:35.45 33.56	250m: 2:43.93 34.69	350m: 3:54.26 35.56			
	100m: 1:01.89 32.19		200m: 2:09.24 33.79	300m: 3:18.70 34.77	400m: 4:28.78 34.52			
10.	CHOCAS Afonso Alves	04	126756	Electrico Clube	4:28.79		492	
	50m: 30.14 30.14		150m: 1:37.06 33.63	250m: 2:45.68 34.18	350m: 3:54.94 34.83			
	100m: 1:03.43 33.29		200m: 2:11.50 34.44	300m: 3:20.11 34.43	400m: 4:28.79 33.85			
11.	CAMACHO Afonso Caires	04	128471	Naval do Funchal	4:28.89		491	
	50m: 28.78 28.78		150m: 1:35.55 34.06	250m: 2:45.09 35.07	350m: 3:54.65 34.99			
	100m: 1:01.49 32.71		200m: 2:10.02 34.47	300m: 3:19.66 34.57	400m: 4:28.89 34.24			
12.	PACHECO Francisco Silva	04	125117	Nucleo Sportinguista Terceira	4:29.31		489	
	50m: 30.64 30.64		150m: 1:38.00 33.81	250m: 2:46.63 34.51	350m: 3:55.80 34.44			
	100m: 1:04.19 33.55		200m: 2:12.12 34.12	300m: 3:21.36 34.73	400m: 4:29.31 33.51			
13.	CASTANHEIRA Guilherme Silva	04	131232	Bairro dos Anjos/ Leiria	4:29.78		486	
	50m: 29.39 29.39		150m: 1:36.44 34.21	250m: 2:46.10 34.97	350m: 3:57.11 35.67			
	100m: 1:02.23 32.84		200m: 2:11.13 34.69	300m: 3:21.44 35.34	400m: 4:29.78 32.67			
14.	PAZ Antonio Manuel	04	119312	Bombeiros Ponta Delgada	4:32.92		470	
	50m: 29.81 29.81		150m: 1:37.73 34.27	250m: 2:46.99 34.71	350m: 3:58.04 35.84			
	100m: 1:03.46 33.65		200m: 2:12.28 34.55	300m: 3:22.20 35.21	400m: 4:32.92 34.88			
15.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	4:33.44		467	
	50m: 30.72 30.72		150m: 1:39.30 34.65	250m: 2:48.95 34.95	350m: 3:58.92 35.14			
	100m: 1:04.65 33.93		200m: 2:14.00 34.70	300m: 3:23.78 34.83	400m: 4:33.44 34.52			
16.	MIL-HOMENS Nuno Fontes	04	153364	Sporting	4:37.53		447	
	50m: 30.70 30.70		150m: 1:40.85 35.68	250m: 2:51.55 35.02	350m: 4:02.54 35.61			
	100m: 1:05.17 34.47		200m: 2:16.53 35.68	300m: 3:26.93 35.38	400m: 4:37.53 34.99			
17.	GAGO Tiago Charrua	04	200567	Rio Maior	4:38.00		445	
	50m: 30.34 30.34		150m: 1:38.89 34.56	250m: 2:49.79 35.39	350m: 4:02.87 37.08			
	100m: 1:04.33 33.99		200m: 2:14.40 35.51	300m: 3:25.79 36.00	400m: 4:38.00 35.13			
18.	SANTOS Francisco Amaro	04	201404	Gesloures	4:44.48		415	
	50m: 31.12 31.12		150m: 1:41.28 35.71	250m: 2:54.85 36.90	350m: 4:08.34 36.62			
	100m: 1:05.57 34.45		200m: 2:17.95 36.67	300m: 3:31.72 36.87	400m: 4:44.48 36.14			
DSQ	MATOS Gil Amaral <i>SW 4.4 - Falsa partida</i>	04	127630	Academia Acores				

Juvenis A

1.	VAKULYUK Paulo	03	123668	Torres Novas	4:03.17		664	
	50m: 27.93 27.93		150m: 1:28.61 30.67	250m: 2:30.55 31.08	350m: 3:32.83 31.17			
	100m: 57.94 30.01		200m: 1:59.47 30.86	300m: 3:01.66 31.11	400m: 4:03.17 30.34			
2.	LOPES Luis Afonso	03	127315	Viver Santarem	4:11.83		598	
	50m: 29.32 29.32		150m: 1:33.15 32.11	250m: 2:36.36 30.60	350m: 3:41.01 32.61			
	100m: 1:01.04 31.72		200m: 2:05.76 32.61	300m: 3:08.40 32.04	400m: 4:11.83 30.82			
3.	DIAS Rodrigo Reis	03	129003	Belenenses	4:14.03		583	
	50m: 29.52 29.52		150m: 1:35.18 32.77	250m: 2:40.19 31.90	350m: 3:43.43 30.84			
	100m: 1:02.41 32.89		200m: 2:08.29 33.11	300m: 3:12.59 32.40	400m: 4:14.03 30.60			

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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	MARTYN David	03	128481	Benedita	4:17.10		562	
	50m: 29.44 29.44		150m: 1:35.60 33.16	250m: 2:41.54 32.65	350m: 3:46.36 32.15			
	100m: 1:02.44 33.00		200m: 2:08.89 33.29	300m: 3:14.21 32.67	400m: 4:17.10 30.74			
5.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	4:17.71		558	
	50m: 29.00 29.00		150m: 1:33.73 32.93	250m: 2:39.34 32.43	350m: 3:45.59 33.07			
	100m: 1:00.80 31.80		200m: 2:06.91 33.18	300m: 3:12.52 33.18	400m: 4:17.71 32.12			
6.	DUARTE Pedro Esteves	03	132531	Cova da Piedade	4:20.08		543	
	50m: 29.69 29.69		150m: 1:35.09 33.19	250m: 2:41.99 33.59	350m: 3:48.50 33.01			
	100m: 1:01.90 32.21		200m: 2:08.40 33.31	300m: 3:15.49 33.50	400m: 4:20.08 31.58			
7.	JORGE Tiago Miguel	03	130458	Rio Maior	4:21.88		532	
	50m: 29.44 29.44		150m: 1:34.69 33.06	250m: 2:42.62 34.01	350m: 3:49.97 33.43			
	100m: 1:01.63 32.19		200m: 2:08.61 33.92	300m: 3:16.54 33.92	400m: 4:21.88 31.91			
8.	SILVA Joao Jose	03	132180	Bairro dos Anjos/ Leiria	4:21.91		532	
	50m: 29.05 29.05		150m: 1:34.72 33.44	250m: 2:42.01 34.38	350m: 3:49.28 33.51			
	100m: 1:01.28 32.23		200m: 2:07.63 32.91	300m: 3:15.77 33.76	400m: 4:21.91 32.63			
9.	CRISTINO Guilherme Matias	03	132528	Uniao Piedense	4:22.91		526	
	50m: 29.48 29.48		150m: 1:34.87 33.21	250m: 2:41.85 33.37	350m: 3:49.44 33.46			
	100m: 1:01.66 32.18		200m: 2:08.48 33.61	300m: 3:15.98 34.13	400m: 4:22.91 33.47			
10.	COSTA Afonso Filipe	03	126380	Naval da Nazare	4:23.23		524	
	50m: 29.79 29.79		150m: 1:37.22 34.03	250m: 2:44.16 32.77	350m: 3:50.53 33.46			
	100m: 1:03.19 33.40		200m: 2:11.39 34.17	300m: 3:17.07 32.91	400m: 4:23.23 32.70			
11.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	4:23.55		522	
	50m: 29.85 29.85		150m: 1:35.75 33.29	250m: 2:42.91 33.53	350m: 3:50.54 33.93			
	100m: 1:02.46 32.61		200m: 2:09.38 33.63	300m: 3:16.61 33.70	400m: 4:23.55 33.01			
12.	COUTINHO Guilherme Pereira	03	130516	Viver Santarem	4:23.75		521	
	50m: 30.08 30.08		150m: 1:36.55 33.56	250m: 2:43.88 33.48	350m: 3:51.37 33.81			
	100m: 1:02.99 32.91		200m: 2:10.40 33.85	300m: 3:17.56 33.68	400m: 4:23.75 32.38			
13.	NOVIKOV Ricardo	03	129524	Alges	4:24.13		518	
	50m: 29.63 29.63		150m: 1:35.84 33.34	250m: 2:44.00 34.12	350m: 3:51.86 33.79			
	100m: 1:02.50 32.87		200m: 2:09.88 34.04	300m: 3:18.07 34.07	400m: 4:24.13 32.27			
14.	LOPES Pedro Henrique	03	129896	Sao Roque	4:24.42		517	
	50m: 29.62 29.62		150m: 1:36.62 33.81	250m: 2:44.06 33.48	350m: 3:51.56 33.58			
	100m: 1:02.81 33.19		200m: 2:10.58 33.96	300m: 3:17.98 33.92	400m: 4:24.42 32.86			
15.	SOUSA Guilherme Mendes	03	130923	Nautico Marinha Grande	4:24.53		516	
	50m: 27.91 27.91		150m: 1:33.14 33.62	250m: 2:42.17 34.07	350m: 3:50.76 34.69			
	100m: 59.52 31.61		200m: 2:08.10 34.96	300m: 3:16.07 33.90	400m: 4:24.53 33.77			
16.	GOMES Nuno Antonio	03	131884	Bombeiros Ponta Delgada	4:25.67		509	
	50m: 29.60 29.60		150m: 1:35.88 33.37	250m: 2:43.55 33.72	350m: 3:52.72 34.91			
	100m: 1:02.51 32.91		200m: 2:09.83 33.95	300m: 3:17.81 34.26	400m: 4:25.67 32.95			
17.	CANADAS Joao Vasco	03	200650	Rio Maior	4:26.25		506	
	50m: 30.09 30.09		150m: 1:36.56 33.73	250m: 2:44.96 33.92	350m: 3:52.86 33.98			
	100m: 1:02.83 32.74		200m: 2:11.04 34.48	300m: 3:18.88 33.92	400m: 4:26.25 33.39			
18.	VALENTE Henrique Pinheiro	03	130237	Colegio Vasco da Gama	4:26.78		503	
	50m: 30.14 30.14		150m: 1:37.69 34.16	250m: 2:46.64 34.15	350m: 3:54.06 33.66			
	100m: 1:03.53 33.39		200m: 2:12.49 34.80	300m: 3:20.40 33.76	400m: 4:26.78 32.72			
19.	MATOS Joao Luis	03	130239	Colegio Vasco da Gama	4:33.46		467	
	50m: 30.12 30.12		150m: 1:37.80 34.46	250m: 2:47.68 35.01	350m: 3:58.89 35.60			
	100m: 1:03.34 33.22		200m: 2:12.67 34.87	300m: 3:23.29 35.61	400m: 4:33.46 34.57			
20.	BOAVIDA Pedro Miguel	03	126750	Natacao de Olhao	4:34.23		463	
	50m: 30.82 30.82		150m: 1:40.80 35.31	250m: 2:51.31 35.03	350m: 4:00.62 34.27			
	100m: 1:05.49 34.67		200m: 2:16.28 35.48	300m: 3:26.35 35.04	400m: 4:34.23 33.61			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
21.	FIDALGO Joao Matos	03	128885	Benfica	4:35.95		455	
	50m: 30.36 30.36		150m: 1:40.58 35.57	250m: 2:51.74 35.10	350m: 4:02.52 4:02.52		35.10	
	100m: 1:05.01 34.65		200m: 2:16.64 36.06	300m: 3:27.42 35.68	400m: 4:35.95 33.43			
22.	TOME Diogo Bernardo	03	124077	Salvaterra de Magos	4:36.51		452	
	50m: 30.45 30.45		150m: 1:39.91 35.25	250m: 2:50.62 35.20	350m: 4:01.48 4:01.48		35.51	
	100m: 1:04.66 34.21		200m: 2:15.42 35.51	300m: 3:25.97 35.35	400m: 4:36.51 35.03			
EXH	VASS Erik Norbert	03	202665	Rio Maior	4:39.38		438	
	50m: 30.98 30.98		150m: 1:40.21 35.25	250m: 2:51.73 35.97	350m: 4:04.48 4:04.48		36.34	
	100m: 1:04.96 33.98		200m: 2:15.76 35.55	300m: 3:28.14 36.41	400m: 4:39.38 34.90			

Prova 9
15-12-2018

Femin., 200m Bruços

Juvenis
Resultados

RN25 Absoluto	2:23.46	PEREIRA Raquel Gomes	SAD	Porto	09-12-2017
RN25 Juv A	2:32.36	GOMES Diana Duarte	ABVE	Alcobaça	07-02-2004
RN25 Juv B	2:34.51	GOMES Diana Duarte	ABVE	Reboleira	28-06-2003

Tac-JUVAFem Juv A: 2:59.14 / Tac-JUVBFem Juv B: 3:02.55

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	ESTEVEENS Laura Fabiana	05	129315	Natacao de Olhao	2:41.17		582	
	50m: 37.29 37.29		100m: 1:18.21 40.92	150m: 1:59.46 41.25	200m: 2:41.17 41.71			
2.	REIS Beatriz Grave	05	201149	Rio Maior	2:46.92		523	
	50m: 39.03 39.03		100m: 1:22.28 43.25	150m: 2:05.37 43.09	200m: 2:46.92 41.55			
3.	NUNES Margarida Domingues	05	201398	Avancado EUL	2:48.11		512	
	50m: 38.16 38.16		100m: 1:21.29 43.13	150m: 2:04.83 43.54	200m: 2:48.11 43.28			
4.	FERREIRA Joana Rosa	05	130757	Naval de Peniche	2:50.64		490	
	50m: 38.80 38.80		100m: 1:22.33 43.53	150m: 2:06.98 44.65	200m: 2:50.64 43.66			
5.	GAMA Joana Fernandes	05	153361	Sporting	2:52.01		478	
	50m: 39.40 39.40		100m: 1:23.73 44.33	150m: 2:08.03 44.30	200m: 2:52.01 43.98			
6.	SILVA Ana Carolina	05	124090	Naval Praia da Vitoria	2:52.74		472	
	50m: 38.23 38.23		100m: 1:21.54 43.31	150m: 2:06.37 44.83	200m: 2:52.74 46.37			
7.	LOURO Ariana Espirito	05	128140	Gualdim Pais	2:55.72		449	
	50m: 40.13 40.13		100m: 1:24.59 44.46	150m: 2:10.54 45.95	200m: 2:55.72 45.18			
8.	ENGELEN Zoe	05	133012	Louletano / Loule Concelho	2:56.62		442	
	50m: 39.78 39.78		100m: 1:24.65 44.87	150m: 2:10.49 45.84	200m: 2:56.62 46.13			
9.	MARQUES Maria Ines	05	130822	Alcobaca	2:58.95		425	
	50m: 41.58 41.58		100m: 1:26.82 45.24	150m: 2:13.05 46.23	200m: 2:58.95 45.90			
10.	MELO Sara Carreira	05	153366	Geslours	3:00.40		415	
	50m: 40.43 40.43		100m: 1:26.17 45.74	150m: 2:12.78 46.61	200m: 3:00.40 47.62			
11.	PIRES Maria Raquel	05	200383	Louletano / Loule Concelho	3:00.84		412	
	50m: 39.72 39.72		100m: 1:24.94 45.22	150m: 2:13.26 48.32	200m: 3:00.84 47.58			
12.	FERNANDES Maria Teresa	05	132557	Alges	3:02.44		401	
	50m: 41.89 41.89		100m: 1:28.71 46.82	150m: 2:15.99 47.28	200m: 3:02.44 46.45			
13.	LOPES Rosa Branca	05	129274	Pimpoes/Cimai	3:02.66		399	
	50m: 41.66 41.66		100m: 1:27.89 46.23	150m: 2:15.41 47.52	200m: 3:02.66 47.25			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 9, Femin., 200m Bruços, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	RICARDO Maria Correia	05	129496	Naval Setubalense				

Juvenis A

1.	FERREIRA Margarida Filipe	04	132347	Cova da Piedade	2:41.27		581	
	50m: 36.79 36.79		100m: 1:17.57	40.78	150m: 2:00.08	42.51	200m: 2:41.27	41.19
2.	RODRIGUES Lidiana Correia	04	130399	Belenenses	2:42.83		564	
	50m: 37.24 37.24		100m: 1:18.98	41.74	150m: 2:00.90	41.92	200m: 2:42.83	41.93
3.	PEREIRA Maria Gomes	04	129510	Alges	2:42.85		564	
	50m: 37.48 37.48		100m: 1:18.97	41.49	150m: 2:00.92	41.95	200m: 2:42.85	41.93
4.	SANTOS Leonor Esteves	04	130603	Avancado EUL	2:45.03		542	
	50m: 38.45 38.45		100m: 1:20.38	41.93	150m: 2:02.89	42.51	200m: 2:45.03	42.14
5.	DOMINGOS Marta Pereira	04	132529	Uniao Piedense	2:45.46		537	
	50m: 37.04 37.04		100m: 1:19.22	42.18	150m: 2:02.03	42.81	200m: 2:45.46	43.43
6.	MENDES Mariana Pereira	04	129298	Louletano / Loule Concelho	2:48.34		510	
	50m: 38.85 38.85		100m: 1:21.92	43.07	150m: 2:05.30	43.38	200m: 2:48.34	43.04
7.	FRANCO Barbara Garrido	04	128261	Elvense	2:50.16		494	
	50m: 38.52 38.52		100m: 1:21.61	43.09	150m: 2:06.02	44.41	200m: 2:50.16	44.14
8.	BORCIC Aleksandra Bozanic	04	133318	Alges	2:52.68		473	
	50m: 38.18 38.18		100m: 1:21.58	43.40	150m: 2:06.55	44.97	200m: 2:52.68	46.13
9.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	2:52.86		471	
	50m: 38.06 38.06		100m: 1:21.81	43.75	150m: 2:07.06	45.25	200m: 2:52.86	45.80
10.	SILVA Alexandra Cordeiro	04	128723	Alcobaca	2:53.63		465	
	50m: 39.34 39.34		100m: 1:22.92	43.58	150m: 2:08.02	45.10	200m: 2:53.63	45.61
11.	HENRIQUES Carolina Porem	04	129802	Sporting	2:54.37		459	
	50m: 39.37 39.37		100m: 1:24.07	44.70	150m: 2:09.12	45.05	200m: 2:54.37	45.25
12.	SOUSA Ana Correia	04	130376	Pimpoes/Cimai	2:55.46		451	
	50m: 39.80 39.80		100m: 1:24.65	44.85	150m: 2:10.44	45.79	200m: 2:55.46	45.02
13.	MORGANHO Leonor Alves	04	126315	Alges	2:56.00		446	
	50m: 40.52 40.52		100m: 1:24.95	44.43	150m: 2:10.67	45.72	200m: 2:56.00	45.33
14.	SILVA Ines Louro	04	127682	Albicastrense	2:57.83		433	
	50m: 40.14 40.14		100m: 1:25.90	45.76	150m: 2:11.80	45.90	200m: 2:57.83	46.03
15.	FIDALGO Maria Jardim	04	131429	Colegio Vasco da Gama	3:04.05		390	
	50m: 38.18 38.18		100m: 1:28.27	50.09	150m: 2:16.01	47.74	200m: 3:04.05	48.04
DSQ	MORAIS Margarida Mateus	04	127223	Torres Novas				
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina</i>							

Torneio Zonal de Juvenis (Zona Sul)
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Prova 10	Masc., 200m Costas				Juvenis
15-12-2018					Resultados
RN25 Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
RN25 Juv A	2:01.43	SOUSA Diogo Gomes	CNCVG	Alg�s	04-06-2011
RN25 Juv B	2:04.99	VITAL Joao Alexandre	ADRCIMM	Alapraia	09-03-2013

Tac-JUVAMasc Juv A: 2:25.28 / Tac-JUVBMasc Juv B: 2:27.99

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SILVA Gustavo Carvalho	04	128796	Academia Acores	2:09.26		545	
	50m: 30.47 30.47				32.95	200m: 2:09.26	33.08	
2.	BARAONA Andre Azevedo	04	123965	Natacao do Montijo	2:12.46		507	
	50m: 30.92 30.92				33.81	200m: 2:12.46	34.27	
3.	COSTA Joao Peres	04	130322	Naval Praia da Vitoria	2:13.42		496	
	50m: 31.61 31.61				34.30	200m: 2:13.42	33.76	
4.	ALVES Paulo Rodrigues	04	124154	Desportivo Nacional	2:14.49		484	
	50m: 31.61 31.61				34.01	200m: 2:14.49	33.62	
5.	FARIA Ricardo Morais	04	127370	Bairro dos Anjos/ Leiria	2:14.72		482	
	50m: 31.97 31.97				34.28	200m: 2:14.72	34.53	
6.	FRASQUILHO Afonso Figueiredo	04	153353	Sporting	2:17.29		455	
	50m: 31.73 31.73				36.58	200m: 2:17.29	34.69	
7.	GOMES Guilherme Sousa	04	153562	Aquatico Silves	2:17.79		450	
	50m: 32.03 32.03				35.63	200m: 2:17.79	35.29	
8.	CARVALHO Martim Henriques	04	148627	Rio Maior	2:18.12		447	
	50m: 32.79 32.79				35.55	200m: 2:18.12	35.45	
9.	SIMOES Miguel Costa	04	132350	Cova da Piedade	2:18.23		446	
	50m: 32.09 32.09				36.21	200m: 2:18.23	34.16	
10.	LOPES Tiago Fanha	04	129520	Natacao do Montijo	2:19.89		430	
	50m: 32.10 32.10				36.49	200m: 2:19.89	35.62	
11.	SANTOS Guilherme Machado	04	200202	Uniao Piedense	2:20.21		427	
	50m: 31.85 31.85				36.96	200m: 2:20.21	37.03	
12.	VIEIRA Francisco Ribeiro	04	130443	Fisica Torres Vedras	2:21.89		412	
	50m: 32.66 32.66				37.95	200m: 2:21.89	34.98	
13.	SILVA Daniel Alexandre	04	204626	Natacao de Olhao	2:24.80		388	
	50m: 33.05 33.05				38.47	200m: 2:24.80	35.24	
14.	NOGUEIRA Tiago Morgado	04	202389	Colegio Monte Maior	2:24.87		387	
	50m: 34.18 34.18				37.23	200m: 2:24.87	35.99	
15.	CARDOSO Lucas Pipiraite	04	126381	Naval da Nazare	2:25.41		383	
	50m: 33.73 33.73				38.30	200m: 2:25.41	36.20	
16.	SANTOS Vasco Malia	04	153124	Natacao de Lagos	2:25.84		379	
	50m: 33.85 33.85				37.68	200m: 2:25.84	36.60	
17.	CAMACHO Afonso Caires	04	128471	Naval do Funchal	2:26.30		376	
	50m: 32.72 32.72				38.48	200m: 2:26.30	37.70	
18.	CORREIA Francisco Alves	04	131389	Litoral Alentejano	2:26.78		372	
	50m: 35.10 35.10				37.25	200m: 2:26.78	36.92	
DNS	MAIA Felipe Menegassi	04	207683	Alges				

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Prova 10, Masc., 200m Costas

Juvenis A

1.	SILVA Ricardo Lopes	03	126680	Nautico Marinha Grande	2:06.04	588
	50m: 29.92 29.92	100m: 1:02.54	32.62	150m: 1:34.86	32.32	200m: 2:06.04 31.18
2.	FERNANDES Rui Afonso	03	125395	Desportivo Nacional	2:06.54	581
	50m: 29.85 29.85	100m: 1:02.00	32.15	150m: 1:34.27	32.27	200m: 2:06.54 32.27
3.	GOMES Tomas Nogueira	03	126626	Uniao Piedense	2:08.23	558
	50m: 30.39 30.39	100m: 1:03.01	32.62	150m: 1:35.61	32.60	200m: 2:08.23 32.62
4.	PEREIRA Antonio Sousa	03	201690	Bombeiros Estoris	2:11.43	519
	50m: 30.28 30.28	100m: 1:03.29	33.01	150m: 1:37.41	34.12	200m: 2:11.43 34.02
5.	CRISTOVAO Goncalo Magalhaes	03	123609	Viver Santarem	2:14.27	486
	50m: 31.70 31.70	100m: 1:05.66	33.96	150m: 1:40.58	34.92	200m: 2:14.27 33.69
6.	DIAS Tiago Miguel	03	207929	Natacao de Lisboa	2:15.37	475
	50m: 31.81 31.81	100m: 1:05.86	34.05	150m: 1:40.79	34.93	200m: 2:15.37 34.58
7.	GOMES Goncalo Camara	03	124453	Naval do Funchal	2:15.53	473
	50m: 31.75 31.75	100m: 1:06.02	34.27	150m: 1:40.86	34.84	200m: 2:15.53 34.67
8.	IACHIMOVSKI Nicolae	03	130036	Belenenses	2:16.88	459
	50m: 32.03 32.03	100m: 1:06.64	34.61	150m: 1:41.65	35.01	200m: 2:16.88 35.23
9.	CORREIA Pedro Henriques	03	125257	Benfica	2:17.80	450
	50m: 32.30 32.30	100m: 1:06.67	34.37	150m: 1:42.17	35.50	200m: 2:17.80 35.63
10.	CAROCO Dinis Viola	03	131696	Sporting	2:19.19	437
	50m: 32.31 32.31	100m: 1:07.22	34.91	150m: 1:43.37	36.15	200m: 2:19.19 35.82
11.	TOME Diogo Bernardo	03	124077	Salvaterra de Magos	2:19.86	430
	50m: 32.41 32.41	100m: 1:07.63	35.22	150m: 1:44.10	36.47	200m: 2:19.86 35.76
12.	FERREIRA Ricardo Martins	03	127307	AONDA-Azeitao	2:19.96	429
	50m: 32.32 32.32	100m: 1:07.53	35.21	150m: 1:43.63	36.10	200m: 2:19.96 36.33
13.	OLIVEIRA Jose Miguel	03	129493	Naval Setubalense	2:20.39	425
	50m: 32.58 32.58	100m: 1:07.95	35.37	150m: 1:44.06	36.11	200m: 2:20.39 36.33
14.	VALENTE Goncalo Filipe	03	131380	Gesloures	2:20.64	423
	50m: 33.02 33.02	100m: 1:08.33	35.31	150m: 1:44.28	35.95	200m: 2:20.64 36.36
15.	FREIRE Bernardo Araujo	03	129532	Alges	2:21.39	416
	50m: 32.37 32.37	100m: 1:09.23	36.86	150m: 1:45.93	36.70	200m: 2:21.39 35.46
16.	RAPOSO Goncalo Nuno	03	126880	AONDA-Azeitao	2:22.04	411
	50m: 32.83 32.83	100m: 1:08.54	35.71	150m: 1:46.15	37.61	200m: 2:22.04 35.89
17.	CARRASCO Joao Pedro	03	126780	Portinado	2:22.31	408
	50m: 31.15 31.15	100m: 1:06.39	35.24	150m: 1:44.70	38.31	200m: 2:22.31 37.61
18.	COLACO Joao Maria	03	131515	Sporting	2:24.00	394
	50m: 33.22 33.22	100m: 1:09.55	36.33	150m: 1:46.46	36.91	200m: 2:24.00 37.54
19.	FELICIO Tomas Miguel	03	127309	Rio Maior	2:24.32	392
	50m: 34.21 34.21	100m: 1:10.81	36.60	150m: 1:47.99	37.18	200m: 2:24.32 36.33
20.	SILVA Pedro Fale	03	130324	Atletico Montemor	2:27.59	366
	50m: 34.80 34.80	100m: 1:12.23	37.43	150m: 1:50.43	38.20	200m: 2:27.59 37.16
DSQ	SANTOS Miguel Alexandre	03	200603	Natacao de Sao Bras		
	<i>SW 6.5 - O (a) atleta chegou à parede totalmente submerso</i>					
DSQ	FERREIRA Paulo Sergio	03	126448	Naval da Nazare		
	<i>SW 6.5 - O (a) atleta chegou à parede totalmente submerso</i>					

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Prova 11	Femin., 200m Estilos				Juvenis
15-12-2018					Resultados
RN25 Absoluto	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Juv A	2:18.48	PINA Ana Sofia	CACRCCD	Mealhada	20-05-2017
RN25 Juv B	2:19.79	CUNHA Mariana Pacheco	CFP	Felgueiras	14-04-2018

Tac-JUVAFem Juv A: 2:39.11 / Tac-JUVBFem Juv B: 2:43.70

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	LAGOA Carlota Macedo	05	132179	Bairro dos Anjos/ Leiria	2:28.58		551	
	50m: 33.12 33.12		100m: 1:11.20 38.08	150m: 1:54.28	43.08	200m: 2:28.58	34.30	
2.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	2:28.60		551	
	50m: 33.20 33.20		100m: 1:12.62 39.42	150m: 1:55.78	43.16	200m: 2:28.60	32.82	
3.	REIS Erica Cristina	05	200201	Sporting	2:30.10		535	
	50m: 33.68 33.68		100m: 1:13.20 39.52	150m: 1:56.77	43.57	200m: 2:30.10	33.33	
4.	ANDRE Isadora Maia	05	132800	Benfica	2:31.60		519	
	50m: 32.98 32.98		100m: 1:12.28 39.30	150m: 1:56.38	44.10	200m: 2:31.60	35.22	
5.	ROSA Sara Henriques	05	129112	Nucleo Sportinguista Terceira	2:37.10		466	
	50m: 33.76 33.76		100m: 1:12.48 38.72	150m: 2:00.66	48.18	200m: 2:37.10	36.44	
6.	FONSECA GOMES Carolina	05	202528	Olivais e Moscavide	2:37.71		461	
	50m: 33.93 33.93		100m: 1:15.34 41.41	150m: 2:02.14	46.80	200m: 2:37.71	35.57	
7.	SALGADO Soraia Maria	05	132513	Fisica Torres Vedras	2:37.79		460	
	50m: 33.39 33.39		100m: 1:13.86 40.47	150m: 2:02.32	48.46	200m: 2:37.79	35.47	
8.	SERAFIM Vera Di Martino	05	153368	Sporting	2:37.82		460	
	50m: 33.44 33.44		100m: 1:14.34 40.90	150m: 2:00.94	46.60	200m: 2:37.82	36.88	
9.	NUNES Margarida Domingues	05	201398	Avancado EUL	2:38.24		456	
	50m: 35.07 35.07		100m: 1:18.79 43.72	150m: 2:01.34	42.55	200m: 2:38.24	36.90	
10.	FERREIRA Joana Rocha	05	201560	Benfica	2:39.22		448	
	50m: 35.42 35.42		100m: 1:16.30 40.88	150m: 2:03.15	46.85	200m: 2:39.22	36.07	
11.	VIEIRA Carmo Dias	05	201319	Avancado EUL	2:40.58		437	
	50m: 34.41 34.41		100m: 1:18.00 43.59	150m: 2:05.48	47.48	200m: 2:40.58	35.10	
12.	FILIPPE Ana Sofia	05	202068	Portinado	2:40.66		436	
	50m: 34.86 34.86		100m: 1:16.05 41.19	150m: 2:04.88	48.83	200m: 2:40.66	35.78	
13.	MARQUES Maria Ines	05	130822	Alcobaca	2:41.22		431	
	50m: 35.66 35.66		100m: 1:19.14 43.48	150m: 2:03.50	44.36	200m: 2:41.22	37.72	
14.	MARQUES Luisa Morais	05	137863	Fisica Torres Vedras	2:41.96		425	
	50m: 35.29 35.29		100m: 1:16.98 41.69	150m: 2:04.81	47.83	200m: 2:41.96	37.15	
15.	DIAS Iara Filipa	05	130387	Naval de Peniche	2:42.17		424	
	50m: 36.85 36.85		100m: 1:16.13 39.28	150m: 2:04.94	48.81	200m: 2:42.17	37.23	
16.	LOPES Rosa Branca	05	129274	Pimpoes/Cimai	2:42.43		422	
	50m: 34.35 34.35		100m: 1:16.74 42.39	150m: 2:04.74	48.00	200m: 2:42.43	37.69	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 11, Femin., 200m Estilos

Juvenis A

1.	AMADO Maria Lopes	04	131517	Bairro dos Anjos/ Leiria	2:23.95	606
	50m: 30.44 30.44		100m: 1:06.89 36.45	150m: 1:50.68 43.79	200m: 2:23.95 33.27	
2.	PEREIRA Maria Gomes	04	129510	Alges	2:25.60	586
	50m: 31.37 31.37		100m: 1:10.72 39.35	150m: 1:52.74 42.02	200m: 2:25.60 32.86	
3.	MARQUES Maria Alexandra	04	128375	Albicastrense	2:28.03	557
	50m: 32.35 32.35		100m: 1:10.72 38.37	150m: 1:54.16 43.44	200m: 2:28.03 33.87	
4.	RODRIGUES Lidiana Correia	04	130399	Belenenses	2:29.81	538
	50m: 32.98 32.98		100m: 1:12.80 39.82	150m: 1:55.62 42.82	200m: 2:29.81 34.19	
5.	COSTA Carolina Fale	04	129801	Colegio Monte Maior	2:31.90	516
	50m: 31.96 31.96		100m: 1:10.47 38.51	150m: 1:56.76 46.29	200m: 2:31.90 35.14	
6.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	2:33.43	501
	50m: 32.53 32.53		100m: 1:11.50 38.97	150m: 1:57.33 45.83	200m: 2:33.43 36.10	
7.	FERREIRA Margarida Filipe	04	132347	Cova da Piedade	2:34.28	492
	50m: 33.89 33.89		100m: 1:17.74 43.85	150m: 1:58.97 41.23	200m: 2:34.28 35.31	
8.	ALVES Ines Sofia	04	129192	Portinado	2:34.83	487
	50m: 33.94 33.94		100m: 1:13.57 39.63	150m: 1:59.32 45.75	200m: 2:34.83 35.51	
9.	SILVA Constanca Alexandra	04	128805	Pimpoes/Cimai	2:37.04	467
	50m: 33.73 33.73		100m: 1:11.76 38.03	150m: 2:01.63 49.87	200m: 2:37.04 35.41	
10.	COELHO Joana Marinho	04	131514	Sporting	2:37.11	466
	50m: 34.40 34.40		100m: 1:14.69 40.29	150m: 2:01.05 46.36	200m: 2:37.11 36.06	
11.	FERREIRA Maria Leonor	04	130410	Desportivo Nacional	2:37.46	463
	50m: 34.65 34.65		100m: 1:14.90 40.25	150m: 2:01.30 46.40	200m: 2:37.46 36.16	
12.	SILVA Alexandra Cordeiro	04	128723	Alcobaca	2:38.14	457
	50m: 34.78 34.78		100m: 1:15.91 41.13	150m: 2:01.69 45.78	200m: 2:38.14 36.45	
13.	BOROZAN Gabriela	04	131882	Louletano / Loule Concelho	2:38.20	457
	50m: 33.37 33.37		100m: 1:15.62 42.25	150m: 2:01.38 45.76	200m: 2:38.20 36.82	
14.	DOMINGOS Marta Pereira	04	132529	Uniao Piedense	2:42.25	423
	50m: 35.98 35.98		100m: 1:20.58 44.60	150m: 2:04.50 43.92	200m: 2:42.25 37.75	
15.	BORCIC Aleksandra Bozanic	04	133318	Alges	2:44.30	408
	50m: 36.29 36.29		100m: 1:17.93 41.64	150m: 2:05.75 47.82	200m: 2:44.30 38.55	
DSQ	MORGANHO Leonor Alves	04	126315	Alges		
	<i>SW 6.4 - O (a) atleta interrompe o movimento contínuo dos braços , antes da viragem aos 75 metros</i>					

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 12
15-12-2018

Masc., 200m Livres

Juvenis
Resultados

RN25 Absoluto	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Juv A	1:51.06	VENANCIO Tiago Andre	CNS	Braga	22-03-2003
RN25 Juv B	1:55.53	CARVALHO Diogo Filipe	CGA	Ilhavo	01-03-2003

Tac-JUVAMasc Juv A: 2:08.36 / Tac-JUVBMasc Juv B: 2:10.76

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	1:57.82		599	
	50m: 27.60 27.60		100m: 57.27 29.67	150m: 1:27.67	30.40	200m: 1:57.82	30.15	
2.	ALMEIDA Bernardo Victorino	04	153357	Sporting	2:00.09		566	
	50m: 27.84 27.84		100m: 58.12 30.28	150m: 1:29.45	31.33	200m: 2:00.09	30.64	
3.	CLARA Vitor Belo	04	127243	Bairro dos Anjos/ Leiria	2:00.52		560	
	50m: 28.37 28.37		100m: 58.81 30.44	150m: 1:29.81	31.00	200m: 2:00.52	30.71	
4.	RODEIA Jose Miguel	04	128116	Natacao de Faro	2:02.68		531	
	50m: 27.97 27.97		100m: 58.22 30.25	150m: 1:29.78	31.56	200m: 2:02.68	32.90	
5.	REIS Rodrigo Miguel	04	129842	Bairro dos Anjos/ Leiria	2:03.87		516	
	50m: 27.84 27.84		100m: 59.27 31.43	150m: 1:31.81	32.54	200m: 2:03.87	32.06	
6.	SANTOS Joao Afonso	04	153371	Sporting	2:05.35		498	
	50m: 28.41 28.41		100m: 1:00.20 31.79	150m: 1:33.04	32.84	200m: 2:05.35	32.31	
7.	PAZ Antonio Manuel	04	119312	Bombeiros Ponta Delgada	2:06.11		489	
	50m: 28.90 28.90		100m: 1:00.93 32.03	150m: 1:33.69	32.76	200m: 2:06.11	32.42	
8.	CASTANHEIRA Guilherme Silva	04	131232	Bairro dos Anjos/ Leiria	2:07.00		479	
	50m: 28.55 28.55		100m: 1:00.59 32.04	150m: 1:34.19	33.60	200m: 2:07.00	32.81	
9.	VIEIRA Francisco Ribeiro	04	130443	Fisica Torres Vedras	2:07.67		471	
	50m: 29.09 29.09		100m: 1:01.82 32.73	150m: 1:35.35	33.53	200m: 2:07.67	32.32	
10.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	2:08.07		467	
	50m: 29.93 29.93		100m: 1:02.47 32.54	150m: 1:35.42	32.95	200m: 2:08.07	32.65	
11.	LOPES Rafael Caceres	04	201395	Uniao Piedense	2:08.28		464	
	50m: 29.83 29.83		100m: 1:02.19 32.36	150m: 1:35.26	33.07	200m: 2:08.28	33.02	
12.	GAGO Tiago Charrua	04	200567	Rio Maior	2:11.16		434	
	50m: 29.64 29.64		100m: 1:02.78 33.14	150m: 1:36.58	33.80	200m: 2:11.16	34.58	
DNS	SANTOS Francisco Amaro	04	201404	Gesloures				

Juvenis A

1.	VAKULYUK Paulo	03	123668	Torres Novas	1:54.36		656	
	Rec Distrital ANDS							
	50m: 26.49 26.49		100m: 55.00 28.51	150m: 1:24.63	29.63	200m: 1:54.36	29.73	
2.	MARTYN David	03	128481	Benedita	1:57.88		599	
	50m: 27.72 27.72		100m: 57.53 29.81	150m: 1:28.10	30.57	200m: 1:57.88	29.78	
3.	SILVA Ricardo Lopes	03	126680	Nautico Marinha Grande	1:58.05		596	
	50m: 27.45 27.45		100m: 57.34 29.89	150m: 1:27.97	30.63	200m: 1:58.05	30.08	
4.	COSTA Afonso Filipe	03	126380	Naval da Nazare	1:59.56		574	
	50m: 27.84 27.84		100m: 58.48 30.64	150m: 1:29.15	30.67	200m: 1:59.56	30.41	
5.	CRISTOVAO Goncalo Magalhaes	03	123609	Viver Santarem	1:59.57		573	
	50m: 27.89 27.89		100m: 58.48 30.59	150m: 1:29.32	30.84	200m: 1:59.57	30.25	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 12, Masc., 200m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	GOMES Tomas Nogueira 50m: 28.04 28.04	03	126626	Uniao Piedense 100m: 58.72 30.68 150m: 1:30.29	1:59.73 31.57 200m: 1:59.73		571 29.44	
7.	GOMES Goncalo Camara 50m: 27.85 27.85	03	124453	Naval do Funchal 100m: 58.75 30.90 150m: 1:30.10	2:00.34 31.35 200m: 2:00.34		563 30.24	
8.	SILVA Joao Jose 50m: 27.89 27.89	03	132180	Bairro dos Anjos/ Leiria 100m: 58.45 30.56 150m: 1:29.61	2:01.11 31.16 200m: 2:01.11		552 31.50	
9.	PEREIRA Antonio Sousa 50m: 27.97 27.97	03	201690	Bombeiros Estoris 100m: 1:00.15 32.18 150m: 1:31.37	2:01.34 31.22 200m: 2:01.34		549 29.97	
10.	ALVES Rui Chagas 50m: 28.09 28.09	03	124499	Viver Santarem 100m: 58.79 30.70 150m: 1:30.59	2:01.83 31.80 200m: 2:01.83		542 31.24	
11.	NOVIKOV Ricardo 50m: 28.57 28.57	03	129524	Alges 100m: 59.86 31.29 150m: 1:31.89	2:03.21 32.03 200m: 2:03.21		524 31.32	
12.	COUTINHO Guilherme Pereira 50m: 28.47 28.47	03	130516	Viver Santarem 100m: 59.46 30.99 150m: 1:31.60	2:03.23 32.14 200m: 2:03.23		524 31.63	
13.	FERREIRA Ricardo Martins 50m: 28.30 28.30	03	127307	AONDA-Azeitao 100m: 59.60 31.30 150m: 1:31.83	2:03.81 32.23 200m: 2:03.81		517 31.98	
14.	FERREIRA Paulo Sergio 50m: 29.52 29.52	03	126448	Naval da Nazare 100m: 1:01.11 31.59 150m: 1:33.88	2:04.74 32.77 200m: 2:04.74		505 30.86	
15.	DUARTE Pedro Esteves 50m: 28.65 28.65	03	132531	Cova da Piedade 100m: 1:00.02 31.37 150m: 1:33.03	2:05.46 33.01 200m: 2:05.46		496 32.43	
16.	SOUSA Guilherme Mendes 50m: 28.49 28.49	03	130923	Nautico Marinha Grande 100m: 1:00.38 31.89 150m: 1:32.96	2:05.64 32.58 200m: 2:05.64		494 32.68	
17.	SANTOS Joao Pedro 50m: 28.69 28.69	03	128166	Bombeiros Ponta Delgada 100m: 59.70 31.01 150m: 1:32.53	2:06.04 32.83 200m: 2:06.04		490 33.51	
18.	CANADAS Joao Vasco 50m: 29.19 29.19	03	200650	Rio Maior 100m: 1:01.12 31.93 150m: 1:34.36	2:06.54 33.24 200m: 2:06.54		484 32.18	
19.	TOME Afonso Esteves 50m: 29.26 29.26	03	128467	Colegio Monte Maior 100m: 1:01.83 32.57 150m: 1:34.76	2:07.07 32.93 200m: 2:07.07		478 32.31	
20.	FREIRE Rui Miguel 50m: 29.07 29.07	03	130943	Nucleo Ansiao 100m: 1:01.87 32.80 150m: 1:35.57	2:07.95 33.70 200m: 2:07.95		468 32.38	
21.	KOROL Andre 50m: 28.81 28.81	03	127050	Aminata 100m: 1:00.83 32.02 150m: 1:34.77	2:08.45 33.94 200m: 2:08.45		462 33.68	
22.	PARENTE Salvador Ataide 50m: 29.23 29.23	03	131383	Gesloures 100m: 1:01.84 32.61 150m: 1:35.59	2:08.47 33.75 200m: 2:08.47		462 32.88	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 13
15-12-2018

Femin., 100m Livres

Juvenis
Resultados

RN25 Absoluto	55.43	CONCEICAO Patricia Vilas	CNA	S. Ant�nio Cavaleiros	20-12-2009
RN25 Juv A	57.52	PEREIRA Raquel Gomes	SAD	Alg�s	10-05-2015
RN25 Juv B	58.73	FERNANDES Carolina Miranda	POR	Vila Real St. Antonio	04-11-2018

Tac-JUVAFem Juv A: 1:05.10 / Tac-JUVBFem Juv B: 1:06.98

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	NICOLAU Margarida Claudino <i>Rec Distrital ANDES</i>	05	200214	Torres Novas	1:00.11		584	
	50m: 29.29 29.29			100m: 1:00.11 30.82				
2.	PIRES Marta Joao	05	147235	Alges	1:01.34		549	
	50m: 29.69 29.69			100m: 1:01.34 31.65				
3.	SIMOES Ana Beatriz	05	153354	Sporting	1:01.56		543	
	50m: 30.22 30.22			100m: 1:01.56 31.34				
4.	REIS Beatriz Grave	05	201149	Rio Maior	1:01.79		537	
	50m: 30.08 30.08			100m: 1:01.79 31.71				
5.	ESTEVEENS Laura Fabiana	05	129315	Natacao de Olhao	1:02.37		522	
	50m: 30.51 30.51			100m: 1:02.37 31.86				
6.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	1:02.50		519	
	50m: 30.57 30.57			100m: 1:02.50 31.93				
7.	REIS Erica Cristina	05	200201	Sporting	1:02.57		517	
	50m: 30.56 30.56			100m: 1:02.57 32.01				
8.	ANDRE Isadora Maia	05	132800	Benfica	1:03.01		507	
	50m: 30.31 30.31			100m: 1:03.01 32.70				
9.	SEBASTIAO Sofia Antunes	05	147121	Amadora	1:03.15		503	
	50m: 30.32 30.32			100m: 1:03.15 32.83				
10.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	1:03.85		487	
	50m: 31.04 31.04			100m: 1:03.85 32.81				
11.	SILVA Ana Carolina	05	124090	Naval Praia da Vitoria	1:03.86		487	
	50m: 30.30 30.30			100m: 1:03.86 33.56				
12.	ROSA Sara Henriques	05	129112	Nucleo Sportinguista Terceira	1:04.13		481	
	50m: 30.95 30.95			100m: 1:04.13 33.18				
13.	GOMES Fabiana Cruz	05	129295	Louletano / Loule Concelho	1:04.23		478	
	50m: 31.32 31.32			100m: 1:04.23 32.91				
14.	FONSECA GOMES Carolina	05	202528	Olivais e Moscavide	1:04.29		477	
	50m: 31.31 31.31			100m: 1:04.29 32.98				
15.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	1:04.41		474	
	50m: 31.35 31.35			100m: 1:04.41 33.06				
16.	SALGADO Soraia Maria	05	132513	Fisica Torres Vedras	1:04.47		473	
	50m: 31.13 31.13			100m: 1:04.47 33.34				
17.	FERREIRA Joana Rocha	05	201560	Benfica	1:04.57		471	
	50m: 31.49 31.49			100m: 1:04.57 33.08				
18.	FILIFE Ana Sofia	05	202068	Portinado	1:04.84		465	
	50m: 31.32 31.32			100m: 1:04.84 33.52				
19.	PIRES Laura Joao	05	148663	Natacao do Fundao	1:04.90		464	
	50m: 31.47 31.47			100m: 1:04.90 33.43				

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 13, Femin., 100m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	GONCALVES Rita Abibe 50m: 31.54 31.54	05	144730	Gesloures 33.53	1:05.07		460	
21.	NUNES Margarida Domingues 50m: 31.04 31.04	05	201398	Avancado EUL 34.34	1:05.38		454	
22.	CARRAO Iris Pereira 50m: 31.11 31.11	05	201392	Laranjeiro 34.30	1:05.41		453	
23.	MARQUES Luisa Morais 50m: 31.08 31.08	05	137863	Fisica Torres Vedras 34.61	1:05.69		447	
24.	NEVES Daniela Lourenco 50m: 31.03 31.03	05	132684	CCDSerta 34.67	1:05.70		447	
25.	CANINHAS Maria Pinto 50m: 31.63 31.63	05	201666	Natacao do Fundao 34.11	1:05.74		446	
26.	PALMA Ines Pinto 50m: 31.79 31.79	05	201892	Aljustrelense 34.02	1:05.81		445	
27.	ALVES Joana Silva 50m: 32.16 32.16	05	200038	Benedita 33.81	1:05.97		441	
28.	MOURA Luciana Rodrigues 50m: 32.23 32.23	05	129624	AONDA-Azeitao 33.77	1:06.00		441	
29.	SERAFIM Vera Di Martino 50m: 32.12 32.12	05	153368	Sporting 33.97	1:06.09		439	
30.	FERREIRA Joana Rosa 50m: 31.93 31.93	05	130757	Naval de Peniche 34.17	1:06.10		439	
31.	MELO Sara Carreira 50m: 31.68 31.68	05	153366	Gesloures 34.53	1:06.21		437	
32.	SILVA Filipa Raposo 50m: 31.99 31.99	05	153359	Sporting 34.52	1:06.51		431	
33.	COLACO Catarina Neves 50m: 32.28 32.28	05	200599	Natacao de Faro 34.29	1:06.57		430	
34.	CONCEICAO Sara Nunes 50m: 31.53 31.53	05	201393	Uniao Piedense 35.29	1:06.82		425	
35.	TRIBUNA Francisca Otao 50m: 32.34 32.34	05	132463	Benfica 34.56	1:06.90		423	
36.	MONTEIRO Simone Filipe 50m: 32.61 32.61	05	203878	Gesloures 34.84	1:07.45		413	
	ENGELEN Zoe 50m: 32.30 32.30	05	133012	Louletano / Loule Concelho 35.15	1:07.45		413	
38.	FERREIRA Mariana Reis 50m: 32.67 32.67	05	200724	AONDA-Azeitao 34.99	1:07.66		409	
39.	ALEXANDRINO Madalena Carrap 50m: 32.34 32.34	05	132560	Alges 35.53	1:07.87		405	
40.	DIAS Iara Filipa 50m: 32.97 32.97	05	130387	Naval de Peniche 35.10	1:08.07		402	
DSQ	NASCIMENTO Sofia Alexandre <i>SW 4.4 - Falsa partida</i>	05	133484	Naval do Funchal				
DNS	RICARDO Maria Correia	05	129496	Naval Setubalense				

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 13, Femin., 100m Livres

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	58.31	639
	50m: 28.02 28.02		100m: 58.31 30.29			
2.	PEREIRA Maria Gomes	04	129510	Alges	59.82	592
	50m: 29.06 29.06		100m: 59.82 30.76			
3.	AMADO Maria Lopes	04	131517	Bairro dos Anjos/ Leiria	1:00.03	586
	50m: 28.57 28.57		100m: 1:00.03 31.46			
4.	DELFINO Mariana Morais	04	132603	Sporting	1:00.18	582
	50m: 29.57 29.57		100m: 1:00.18 30.61			
5.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	1:00.34	577
	50m: 29.20 29.20		100m: 1:00.34 31.14			
6.	INACIO Marta Macedo	04	132536	Sporting	1:01.53	544
	50m: 29.52 29.52		100m: 1:01.53 32.01			
7.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	1:01.83	536
	50m: 30.37 30.37		100m: 1:01.83 31.46			
8.	NARCISO Susana Chanoca	04	129388	CPCD-Povoa St Iria	1:02.41	521
	50m: 30.57 30.57		100m: 1:02.41 31.84			
9.	ALVES Maria Francisca	04	132906	Bairro dos Anjos/ Leiria	1:02.48	520
	50m: 30.57 30.57		100m: 1:02.48 31.91			
10.	FREIXIEIRO Beatriz Maria	04	201459	Rio Maior	1:02.55	518
	50m: 30.89 30.89		100m: 1:02.55 31.66			
11.	VIANA Margarida Violante	04	132662	Bairro dos Anjos/ Leiria	1:02.77	513
	50m: 30.82 30.82		100m: 1:02.77 31.95			
12.	FERREIRA Margarida Filipe	04	132347	Cova da Piedade	1:02.82	511
	50m: 30.39 30.39		100m: 1:02.82 32.43			
13.	BOROZAN Gabriela	04	131882	Louletano / Loule Concelho	1:03.19	502
	50m: 30.64 30.64		100m: 1:03.19 32.55			
14.	RODRIGUES Sofia Vilardell	04	132308	Gesloures	1:03.54	494
	50m: 30.86 30.86		100m: 1:03.54 32.68			
15.	ANTUNES Joana Maia	04	131699	Benfica	1:03.81	488
	50m: 30.75 30.75		100m: 1:03.81 33.06			
16.	BENTO Beatriz Staiger	04	125204	Viver Santarem	1:03.84	487
	50m: 31.08 31.08		100m: 1:03.84 32.76			
17.	BRANCOURT Yonina	04	202082	Gesloures	1:04.16	480
	50m: 31.24 31.24		100m: 1:04.16 32.92			
18.	SILVA Constanca Alexandra	04	128805	Pimpoes/Cimai	1:04.29	477
	50m: 31.20 31.20		100m: 1:04.29 33.09			
19.	COUTINHO Maria Martim	04	127404	Bairro dos Anjos/ Leiria	1:04.46	473
	50m: 30.71 30.71		100m: 1:04.46 33.75			
20.	NARRA Vera Figueiredo	04	131121	Amadora	1:04.58	471
	50m: 31.37 31.37		100m: 1:04.58 33.21			
21.	ABREU Sofia Viola	04	129910	Naval de Peniche	1:04.59	470
	50m: 30.68 30.68		100m: 1:04.59 33.91			
22.	COELHO Joana Marinho	04	131514	Sporting	1:04.73	467
	50m: 31.21 31.21		100m: 1:04.73 33.52			
23.	PEREIRA Anais Cloe	04	147048	Sporting	1:04.75	467
	50m: 31.72 31.72		100m: 1:04.75 33.03			

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 13, Femin., 100m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	JOAQUIM Ines Marques 50m: 31.14 31.14	04	130368	Benfica 100m: 1:04.80 33.66	1:04.80		466	
25.	SOUSA Teresa Ubach 50m: 31.15 31.15	04	125524	Nucleo Sportinguista Terceira 100m: 1:04.82 33.67	1:04.82		465	
26.	MAGALHAES Andreia Velho 50m: 30.97 30.97	04	131092	Benfica 100m: 1:04.88 33.91	1:04.88		464	
27.	GERALDES Madalena Graca 50m: 31.22 31.22	04	131511	Sporting 100m: 1:05.09 33.87	1:05.09		460	
28.	LAGOA Laura Macedo 50m: 31.63 31.63	04	130137	Bairro dos Anjos/ Leiria 100m: 1:05.35 33.72	1:05.35		454	
29.	CAMACHO Maria Martins 50m: 31.35 31.35	04	130618	Uniao Piedense 100m: 1:05.48 34.13	1:05.48		451	
30.	MELO Beatriz Costa 50m: 32.14 32.14	04	132555	Alges 100m: 1:06.84 34.70	1:06.84		424	
EXH	JONES Angelina Bermejo 50m: 30.18 30.18	04	203392	Portinado 100m: 1:02.90 32.72	1:02.90		509	

Prova 14
15-12-2018

Masc., 100m Bruços

Juvenis
Resultados

RN25 Absoluto	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Juv A	1:03.39	SANTOS Andre Goncalo	LSC	S. António Cavaleiros	21-12-2012
RN25 Juv B	1:04.22	SANTOS Andre Goncalo	LSC	Braga	04-03-2012

Tac-JUVAMasc Juv A: 1:14.16 / Tac-JUVBMasc Juv B: 1:15.54

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Joao Lourenco 50m: 32.57 32.57	04	132558	Alges 100m: 1:08.77 36.20	1:08.77		528	
2.	BARRY Rafael Francisco 50m: 32.47 32.47	04	128316	Naval do Funchal 100m: 1:09.70 37.23	1:09.70		507	
3.	ALVES Paulo Rodrigues 50m: 33.15 33.15	04	124154	Desportivo Nacional 100m: 1:10.27 37.12	1:10.27		495	
4.	CARVALHO Antonio Lombardi 50m: 33.31 33.31	04	129886	Belenenses 100m: 1:10.57 37.26	1:10.57		489	
5.	FERNANDES Martim Pestana 50m: 33.85 33.85	04	130526	Naval do Funchal 100m: 1:10.75 36.90	1:10.75		485	
6.	SILVA Nuno Marques 50m: 33.66 33.66	04	127406	Bairro dos Anjos/ Leiria 100m: 1:10.85 37.19	1:10.85		483	
7.	VIEIRA Tomas Sa 50m: 32.95 32.95	04	131504	Alges 100m: 1:11.45 38.50	1:11.45		471	
8.	CHOCAS Afonso Alves 50m: 33.50 33.50	04	126756	Electrico Clube 100m: 1:11.55 38.05	1:11.55		469	
9.	OLIVEIRA Vasco Peixoto 50m: 33.84 33.84	04	132490	Alcobaca 100m: 1:11.80 37.96	1:11.80		464	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 14, Masc., 100m Bruços, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	LOPES Francisco Oliveira 50m: 34.52 34.52	04	120038	Bombeiros Ponta Delgada 100m: 1:11.91 37.39	1:11.91		462	
11.	PINTO Joao Pedro 50m: 33.87 33.87	04	148597	Academia Acores 100m: 1:12.70 38.83	1:12.70		447	
12.	FARIAS Alexandre Moreira 50m: 34.92 34.92	04	132174	Louletano / Loule Concelho 100m: 1:14.07 39.15	1:14.07		423	
13.	ANICETO Joao Gabriel 50m: 34.41 34.41	04	129790	Bairro dos Anjos/ Leiria 100m: 1:14.59 40.18	1:14.59		414	
14.	OLIVEIRA Pedro Nuno 50m: 35.48 35.48	04	202589	Torres Novas 100m: 1:14.79 39.31	1:14.79		411	
15.	GONCALVES Duarte Cadima 50m: 34.98 34.98	04	153295	Natacao do Montijo 100m: 1:15.73 40.75	1:15.73		395	
16.	MATIAS Francisco Miguel 50m: 34.76 34.76	04	200271	CCDSerta 100m: 1:15.79 41.03	1:15.79		395	
17.	SANTOS Vasco Malia 50m: 36.40 36.40	04	153124	Natacao de Lagos 100m: 1:16.73 40.33	1:16.73		380	
18.	MONTEIRO Diogo Miguel 50m: 36.10 36.10	04	147200	Despertarecorde 100m: 1:17.51 41.41	1:17.51		369	

Juvenis A

1.	PEREIRA Ricardo Samuel 50m: 30.84 30.84	03	131801	Benfica 100m: 1:04.37 33.53	1:04.37		644	
2.	LOPES Luis Afonso 50m: 31.54 31.54	03	127315	Viver Santarem 100m: 1:06.76 35.22	1:06.76		577	
3.	JUNIOR Luis Cabral 50m: 31.64 31.64	03	129805	Belenenses 100m: 1:07.08 35.44	1:07.08		569	
4.	MATOS Rodrigo Vieira 50m: 32.73 32.73	03	131195	Naval do Funchal 100m: 1:08.81 36.08	1:08.81		527	
5.	LEITAO Tomas Almeida 50m: 32.45 32.45	03	129525	Alges 100m: 1:09.30 36.85	1:09.30		516	
6.	CARRASCO Joao Pedro 50m: 32.07 32.07	03	126780	Portinado 100m: 1:09.59 37.52	1:09.59		510	
7.	ENGELN Dario 50m: 33.23 33.23	03	126816	Louletano / Loule Concelho 100m: 1:10.53 37.30	1:10.53		490	
8.	OSSENBRUGGEN David Van 50m: 33.40 33.40	03	126428	Uniao Piedense 100m: 1:10.63 37.23	1:10.63		488	
9.	CRISTINO Guilherme Matias 50m: 33.78 33.78	03	132528	Uniao Piedense 100m: 1:11.16 37.38	1:11.16		477	
10.	SILVA Francisco Pinto 50m: 33.71 33.71	03	124094	Naval Praia da Vitoria 100m: 1:11.25 37.54	1:11.25		475	
11.	FREIRE Rui Miguel 50m: 33.55 33.55	03	130943	Nucleo Ansiao 100m: 1:11.37 37.82	1:11.37		473	
12.	COLACO Joao Maria 50m: 33.61 33.61	03	131515	Sporting 100m: 1:11.38 37.77	1:11.38		472	
13.	CRISTINA Joao Martins 50m: 34.20 34.20	03	126822	Louletano / Loule Concelho 100m: 1:11.74 37.54	1:11.74		465	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 14, Masc., 100m Bru os, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	MATOS Joao Luis 50m: 34.26 34.26	03	130239	Colegio Vasco da Gama 100m: 1:12.46 38.20	1:12.46		452	
15.	MATIAS Rafael Candeias 50m: 33.46 33.46	03	131499	Natacao de Lagos 100m: 1:12.51 39.05	1:12.51		451	
16.	PARENTE Salvador Ataide 50m: 35.12 35.12	03	131383	Gesloures 100m: 1:13.97 38.85	1:13.97		424	
17.	LOPES Pedro Henrique 50m: 35.43 35.43	03	129896	Sao Roque 100m: 1:14.94 39.51	1:14.94		408	
18.	MATOS Pedro Miguel 50m: 36.99 36.99	03	130244	Colegio Vasco da Gama 100m: 1:19.19 42.20	1:19.19		346	
DSQ	CARNEIRO Joao Soares SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a bra�ada submarina	03	205269	Benfica				

Prova 15
15-12-2018

Femin., 200m Mariposa

Juvenis
Resultados

RN25 Absoluto	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Juv A	2:17.51	FELGUEIRAS Raquel Maria	SCB	Alg�s	05-03-1995
RN25 Juv B	2:18.29	CUNHA Mariana Pacheco	CFP	Felgueiras	15-04-2018

Tac-JUVAFem Juv A: 2:42.48 / Tac-JUVBFem Juv B: 2:49.48

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RINO Maria Pedro 50m: 32.96 32.96	05	148594	Nucleo Sportinguista Terceira 100m: 1:10.04 37.08 150m: 1:49.92 39.88	2:29.96	200m: 2:29.96	507	40.04
2.	LAGOA Carlota Macedo 50m: 33.55 33.55	05	132179	Bairro dos Anjos/ Leiria 100m: 1:11.45 37.90 150m: 1:51.15 39.70	2:32.71	200m: 2:32.71	480	41.56
3.	GAMA Joana Fernandes 50m: 34.56 34.56	05	153361	Sporting 100m: 1:13.69 39.13 150m: 1:53.80 40.11	2:35.58	200m: 2:35.58	454	41.78
4.	LOURO Ariana Espirito 50m: 34.68 34.68	05	128140	Gualdim Pais 100m: 1:14.74 40.06 150m: 1:56.97 42.23	2:37.36	200m: 2:37.36	439	40.39
5.	VIEIRA Carmo Dias 50m: 34.29 34.29	05	201319	Avancado EUL 100m: 1:14.77 40.48 150m: 1:56.92 42.15	2:38.74	200m: 2:38.74	427	41.82
6.	FRANCA Nicole Patriarca 50m: 34.67 34.67	05	153435	CPCD-Povoa St Iria 100m: 1:15.92 41.25 150m: 1:59.45 43.53	2:40.32	200m: 2:40.32	415	40.87
7.	ALVES Joana Silva 50m: 36.55 36.55	05	200038	Benedita 100m: 1:18.94 42.39 150m: 2:03.04 44.10	2:45.58	200m: 2:45.58	376	42.54
8.	MOURA Luciana Rodrigues 50m: 35.60 35.60	05	129624	AONDA-Azeitao 100m: 1:16.38 40.78 150m: 2:01.13 44.75	2:46.66	200m: 2:46.66	369	45.53
9.	LOPES Rosa Branca 50m: 36.92 36.92	05	129274	Pimpoes/Cimai 100m: 1:20.15 43.23 150m: 2:06.54 46.39	2:51.91	200m: 2:51.91	336	45.37

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 15, Femin., 200m Mariposa

Juvenis A

1.	MARQUES Maria Alexandra	04	128375	Albicastrense	2:21.84	599
	50m: 32.20 32.20		100m: 1:07.64 35.44	150m: 1:44.67 37.03	200m: 2:21.84 37.17	
2.	MORGADO Alice Jesus	04	131016	Gesloures	2:29.54	511
	50m: 33.68 33.68		100m: 1:11.74 38.06	150m: 1:50.21 38.47	200m: 2:29.54 39.33	
3.	HENRIQUES Carolina Porem	04	129802	Sporting	2:32.05	486
	50m: 33.49 33.49		100m: 1:11.63 38.14	150m: 1:51.82 40.19	200m: 2:32.05 40.23	
4.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	2:34.21	466
	50m: 33.34 33.34		100m: 1:12.28 38.94	150m: 1:52.77 40.49	200m: 2:34.21 41.44	
5.	FIDALGO Maria Jardim	04	131429	Colegio Vasco da Gama	2:34.76	461
	50m: 34.35 34.35		100m: 1:13.32 38.97	150m: 1:54.09 40.77	200m: 2:34.76 40.67	
6.	SILVA Maria Ines	04	132952	Alcobaca	2:38.26	431
	50m: 34.62 34.62		100m: 1:14.62 40.00	150m: 1:56.10 41.48	200m: 2:38.26 42.16	
7.	ALVES Ines Sofia	04	129192	Portinado	2:38.76	427
	50m: 33.95 33.95		100m: 1:13.92 39.97	150m: 1:55.65 41.73	200m: 2:38.76 43.11	
8.	MORGANHO Leonor Alves	04	126315	Alges	2:38.93	426
	50m: 35.26 35.26		100m: 1:14.98 39.72	150m: 1:56.89 41.91	200m: 2:38.93 42.04	
9.	SOUSA Joana Francisca	04	130520	Sao Roque	2:39.00	425
	50m: 35.73 35.73		100m: 1:16.31 40.58	150m: 1:57.97 41.66	200m: 2:39.00 41.03	
10.	INACIO Ana Sofia	04	202686	Sporting	2:39.56	421
	50m: 34.41 34.41		100m: 1:14.13 39.72	150m: 1:56.58 42.45	200m: 2:39.56 42.98	
11.	SIMOES Rita Mendes	04	128073	Bairro dos Anjos/ Leiria	2:40.39	414
	50m: 33.96 33.96		100m: 1:14.03 40.07	150m: 1:56.79 42.76	200m: 2:40.39 43.60	
12.	JOAQUIM Ines Marques	04	130368	Benfica	2:40.74	412
	50m: 34.79 34.79		100m: 1:14.27 39.48	150m: 1:56.05 41.78	200m: 2:40.74 44.69	
13.	MENDES Ana Sebastiao	04	129455	Portinado	2:41.21	408
	50m: 33.95 33.95		100m: 1:15.67 41.72	150m: 1:59.80 44.13	200m: 2:41.21 41.41	
14.	GUTERRES Mariana Fragoso	04	200475	Benfica	2:48.14	359
	50m: 35.18 35.18		100m: 1:16.35 41.17	150m: 2:01.91 45.56	200m: 2:48.14 46.23	

Prova 16
15-12-2018

Masc., 100m Mariposa

Juvenis
Resultados

RN25 Absoluto	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Juv A	55.60	SOUSA Diogo Gomes	CNCVG	Porto	05-12-2010
RN25 Juv B	57.32	CARVALHO Diogo Filipe	CGA	Estarreja	10-06-2003

Tac-JUVAMasc Juv A: 1:05.09 / Tac-JUVBMasc Juv B: 1:06.27

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	COSTA Joao Peres	04	130322	Naval Praia da Vitoria	1:00.45		503	
	50m: 28.20 28.20		100m: 1:00.45 32.25					
2.	REIS Rodrigo Miguel	04	129842	Bairro dos Anjos/ Leiria	1:00.58		499	
	50m: 27.99 27.99		100m: 1:00.58 32.59					
3.	BARRY Rafael Francisco	04	128316	Naval do Funchal	1:01.13		486	
	50m: 28.13 28.13		100m: 1:01.13 33.00					

Torneio Zonal de Juvenis (Zona Sul)
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Prova 16, Masc., 100m Mariposa, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	VIEIRA Tomas Sa 50m: 29.56 29.56	04	131504	Alges 32.85	1:02.41		457	
5.	NASCIMENTO Angelo Miranda 50m: 29.69 29.69	04	153160	Natacao de Olhao 32.75	1:02.44		456	
6.	PAZ Antonio Manuel 50m: 29.51 29.51	04	119312	Bombeiros Ponta Delgada 33.05	1:02.56		453	
7.	RODEIA Jose Miguel 50m: 29.27 29.27	04	128116	Natacao de Faro 33.67	1:02.94		445	
8.	AGUIAR Vasco Ormonde 50m: 28.89 28.89	04	126947	Academia Acores 34.15	1:03.04		443	
9.	BARAONA Andre Azevedo 50m: 29.67 29.67	04	123965	Natacao do Montijo 33.99	1:03.66		430	
10.	FARIA Ricardo Morais 50m: 29.80 29.80	04	127370	Bairro dos Anjos/ Leiria 33.99	1:03.79		428	
11.	CORREIA Francisco Alves 50m: 30.13 30.13	04	131389	Litoral Alentejano 34.20	1:04.33		417	
12.	PINTO Afonso Cipriano 50m: 30.31 30.31	04	153352	Sporting 34.63	1:04.94		405	
13.	MATOS Gil Amaral 50m: 30.24 30.24	04	127630	Academia Acores 35.17	1:05.41		397	
14.	PACHECO Francisco Silva 50m: 30.99 30.99	04	125117	Nucleo Sportinguista Terceira 34.63	1:05.62		393	
15.	FRASQUILHO Afonso Figueiredo 50m: 30.11 30.11	04	153353	Sporting 35.63	1:05.74		391	
16.	PINTO Joao Pedro 50m: 30.65 30.65	04	148597	Academia Acores 35.19	1:05.84		389	
17.	VIEIRA Francisco Ribeiro 50m: 30.37 30.37	04	130443	Fisica Torres Vedras 35.50	1:05.87		388	
18.	MIL-HOMENS Nuno Fontes 50m: 30.75 30.75	04	153364	Sporting 35.28	1:06.03		386	
DNS	MAIA Felipe Menegassi	04	207683	Alges				

Juvenis A

1.	VAKULYUK Paulo 50m: 27.24 27.24	03	123668	Torres Novas 30.15	57.39		588	
2.	CARNEIRO Joao Soares 50m: 27.52 27.52	03	205269	Benfica 29.96	57.48		585	
3.	FERNANDES Rui Afonso 50m: 27.86 27.86	03	125395	Desportivo Nacional 31.34	59.20		535	
4.	SILVA Joao Jose 50m: 27.97 27.97	03	132180	Bairro dos Anjos/ Leiria 31.73	59.70		522	
	MARTYN David 50m: 28.68 28.68	03	128481	Benedita 31.02	59.70		522	
6.	DIAS Rodrigo Reis 50m: 27.48 27.48	03	129003	Belenenses 32.32	59.80		519	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 16, Masc., 100m Mariposa, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SOUSA Pedro Afonso 50m: 28.12 28.12	03	122715	Desportivo Nacional 100m: 59.85 31.73	59.85		518	
8.	RELVAS David Ferreira 50m: 28.50 28.50	03	125604	Nautico Marinha Grande 100m: 1:00.35 31.85	1:00.35		505	
9.	JUNIOR Luis Cabral 50m: 28.17 28.17	03	129805	Belenenses 100m: 1:01.13 32.96	1:01.13		486	
10.	VALENTE Henrique Pinheiro 50m: 29.04 29.04	03	130237	Colegio Vasco da Gama 100m: 1:01.48 32.44	1:01.48		478	
11.	BOAVIDA Pedro Miguel 50m: 29.02 29.02	03	126750	Natacao de Olhao 100m: 1:01.78 32.76	1:01.78		471	
12.	ALVES Rui Chagas 50m: 29.39 29.39	03	124499	Viver Santarem 100m: 1:02.29 32.90	1:02.29		459	
13.	MATOS Rodrigo Vieira 50m: 29.54 29.54	03	131195	Naval do Funchal 100m: 1:02.57 33.03	1:02.57		453	
14.	JORGE Tiago Miguel 50m: 29.32 29.32	03	130458	Rio Maior 100m: 1:02.62 33.30	1:02.62		452	
15.	SANTOS Joao Pedro 50m: 28.99 28.99	03	128166	Bombeiros Ponta Delgada 100m: 1:02.71 33.72	1:02.71		450	
16.	MENDES Guilherme Marques 50m: 30.09 30.09	03	125790	Torres Novas 100m: 1:03.64 33.55	1:03.64		431	
17.	FIDALGO Joao Matos 50m: 29.64 29.64	03	128885	Benfica 100m: 1:03.84 34.20	1:03.84		427	
18.	LOPES Rodrigo Beja 50m: 29.46 29.46	03	132651	AONDA-Azeitao 100m: 1:04.07 34.61	1:04.07		422	
19.	PEREIRA Henrique Saraiva 50m: 28.48 28.48	03	130831	Portinado 100m: 1:04.08 35.60	1:04.08		422	
20.	ALMEIDA Goncalo Vieira 50m: 30.62 30.62	03	129986	Uniao Piedense 100m: 1:04.30 33.68	1:04.30		418	
21.	BORGES Rafael Braga 50m: 30.00 30.00	03	127434	Bombeiros Ponta Delgada 100m: 1:04.32 34.32	1:04.32		417	
22.	VALE David Manuel 50m: 30.59 30.59	03	148339	Gesloures 100m: 1:04.77 34.18	1:04.77		409	
23.	CORREIA Pedro Henriques 50m: 30.51 30.51	03	125257	Benfica 100m: 1:04.96 34.45	1:04.96		405	
24.	CASCALHEIRA Joao Miguel 50m: 30.66 30.66	03	201621	Naval Setubalense 100m: 1:05.40 34.74	1:05.40		397	
25.	CARREIRA Ruben Filipe 50m: 30.98 30.98	03	148355	Rio Maior 100m: 1:06.73 35.75	1:06.73		374	
26.	RODRIGUES Joao Pedro 50m: 31.29 31.29	03	200156	CPCD-Povoa St Iria 100m: 1:07.29 36.00	1:07.29		364	
EXH	VASS Erik Norbert 50m: 31.75 31.75	03	202665	Rio Maior 100m: 1:08.66 36.91	1:08.66		343	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 17
15-12-2018

Femin., 4 x 100m Estilos

Juvenis
Resultados

RN25 Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. Ant�nio Cavaleiros	19-12-2009
RN25 Juv A	4:31.86	Clube Desportivo Nacional	CDN	Funchal	12-07-2015
RN25 Juv	4:31.86	Clube Desportivo Nacional	CDN	Funchal	12-07-2015
RN25 Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006

Tac-JUVAFem Juv A: 5:09.33 / Tac-JUVBFem Juv B: 5:15.95

Pontos: FINA 2018

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B						
1.		Sporting	4:49.23		472	
		SERAFIM Vera Di Martino	05 35.83 1:13.52	GAMA Joana Fernandes	05 34.48 1:12.60	
		REIS Erica Cristina	05 37.73 1:19.47	SIMONES Ana Beatriz	05 30.36 1:03.64	
2.		CPCD-Povoa St Iria-JUV B	4:53.83		450	
		DELGADO Soraia Alexandra	05 34.24 1:10.95	FRANCA Nicole Patriarca	05 32.89 1:11.82	
		SANTOS Catarina Maria	05 38.48 1:21.83	PINTO Maria Ines	05 32.26 1:09.23	
3.		Benfica-JUV B	4:54.56		446	
		VENTURA Barbara Cunha	05 36.72 1:14.33	ANDRE Isadora Maia	05 32.49 1:08.42	
		FERREIRA Joana Rocha	05 38.76 1:23.86	TRIBUNA Francisca Otao	05 32.12 1:07.95	
4.		Alges-JUV B	4:57.45		433	
		GOMES Rita Ferreira	05 36.18 1:14.87	PIRES Marta Joao	05 33.21 1:11.21	
		FERNANDES Maria Teresa	05 40.13 1:25.14	BERNAT Maria Del Rio	05 31.59 1:06.23	
5.		Naval do Funchal-JUV B	4:59.90		423	
		JARDIM Teresa Vieira	05 35.71 1:14.43	AVEIRO Leonor Sofia	05 34.07 1:14.90	
		ARAUJO Maria Clara	05 39.83 1:26.81	NASCIMENTO Sofia Alexandre	05 29.94 1:03.76	
6.		Gesloures-JUV B	5:09.65		384	
		MONTEIRO Simone Filipe	05 38.08 1:17.14	GONCALVES Rita Abibe	05 35.22 1:19.08	
		MELO Sara Carreira	05 39.35 1:24.44	SANTOS Mariana Marques	05 32.35 1:08.99	
DNS		Portinado-JUV B	Portinado			
Juvenis A						
1.		Sporting-JUV A	4:31.07		573	
		<i>Rec Nacional</i>				
		DELFINO Mariana Morais	04 33.15 1:07.89	MOURA Maria Ferreira	04 28.68 1:02.74	
		GERALDES Madalena Graca	04 36.53 1:19.55	INACIO Marta Macedo	04 28.99 1:00.89	
2.		Bairro dos Anjos/ Leiria-JUV A	4:39.22		524	
		AMADO Maria Lopes	04 31.67 1:05.37	SIMONES Rita Mendes	04 31.66 1:10.30	
		ALVES Maria Francisca	04 37.76 1:21.35	VIANA Margarida Violante	04 30.26 1:02.20	
3.		Gesloures-JUV A	4:42.66		505	
		BRANCOURT Yonina	04 34.53 1:12.90	MORGADO Alice Jesus	04 31.67 1:07.60	
		COSTA Catarina Nunes	04 37.69 1:19.22	RODRIGUES Sofia Vilardell	04 30.04 1:02.94	
4.		Alges-JUV A	4:49.67		469	
		BORCIC Aleksandra Bozanic	04 35.90 1:14.38	MORGANHO Leonor Alves	04 33.78 1:12.47	
		PEREIRA Maria Gomes	04 35.47 1:15.57	MELO Beatriz Costa	04 31.59 1:07.25	
5.		Colegio Vasco da Gama-JUV A	4:56.35		438	
		MARQUES Catarina Alexandra	04 36.36 1:16.27	FIDALGO Maria Jardim	04 32.44 1:09.82	
		BARAO Matilde Carvalho	04 39.62 1:25.83	BARAO Margarida Carvalho	04 31.11 1:04.43	
6.		Louletano / Loule Concelho-JUV A	4:56.47		438	
		MARTINS Mariana Ponte	04 38.64 1:18.72	BOROZAN Gabriela	04 33.09 1:13.37	
		MENDES Mariana Pereira	04 37.35 1:19.27	FERNANDES Maria Beatriz	04 31.03 1:05.11	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 17, Femin., 4 x 100m Estilos, Juvenis A

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
7. Benfica-JUV A		Benfica	5:03.04		410		
ANTUNES Joana Maia	04	33.61	1:09.66	GUTERRES Mariana Fragoso	04	35.56	1:18.05
JOAQUIM Ines Marques	04	42.35	1:29.25	MAGALHAES Andreia Velho	04	31.14	1:06.08
EXH Portinado-JUV A		Portinado	4:59.75		424		
ALVES Ines Sofia	04	34.64	1:11.81	MENDES Ana Sebastiao	04	32.88	1:14.50
JONES Angelina Bermejo	04	39.46	1:25.17	COJOCARU Beatriz	04	32.31	1:08.27

Prova 18 Masc., 4 x 100m Livres Juvenis
15-12-2018 Resultados

RN25 Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
RN25 Juv A	3:34.94	Clube Naval do Funchal		Funchal	11-07-2014
RN25 Juv	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
RN25 Juv B	3:42.92	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Estarreja	13-12-2014

Tac-JUVAMasc Juv A: 4:08.68 / Tac-JUVBMasc Juv B: 4:18.37

Pontos: FINA 2018

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
Juvenis B							
1. Bairro dos Anjos/ Leiria-JUV B		Bairro dos Anjos/ Leiria	3:42.94		555		
SILVA Nuno Marques	04	27.58	57.42	FARIA Ricardo Moraes	04	26.43	55.71
CLARA Vitor Belo	04	26.47	55.54	REIS Rodrigo Miguel	04	25.57	54.27
2. Sporting-JUV B		Sporting	3:49.48		509		
SANTOS Joao Afonso	04	27.52	57.43	LUIS Tomas Santos	04	28.69	1:00.44
FRASQUILHO Afonso Figueiredo	04	27.21	57.34	ALMEIDA Bernardo Victorino	04	25.39	54.27
3. Academia Acores-JUV B		Academia Acores	3:52.34		491		
PINTO Joao Pedro	04	29.30	1:00.90	AGUIAR Vasco Ormonde	04	27.08	56.43
MATOS Gil Amaral	04	28.96	1:00.69	SILVA Gustavo Carvalho	04	25.79	54.32
4. Naval do Funchal-JUV B		Naval do Funchal	3:52.51		489		
CAMACHO Afonso Caires	04	27.08	57.59	FERNANDES Diogo Henrique	04	28.17	59.29
FERREIRA Leonardo Filipe	04	28.49	59.81	BARRY Rafael Francisco	04	26.37	55.82
5. Alges-JUV B		Alges	3:57.60		459		
REBELO Joao Lourenco	04	27.32	56.30	UVA Francisco Sousa	04	28.93	1:00.90
VIEIRA Tomas Sa	04	27.74	57.90	CIRURGIAO Pedro Forjaz	04	29.70	1:02.50
6. Gesloures-JUV B		Gesloures	4:04.61		420		
PENELAS Joao Pedro	04	28.33	59.39	JORGE Afonso Goncalves	04	29.79	1:02.09
FERNANDES Rodrigo Neves	04	29.41	1:01.87	SANTOS Francisco Amaro	04	29.28	1:01.26
7. Aquatico Silves-JUV B		Aquatico Silves	4:06.23		412		
SILVA Guilherme Antonio	04	29.55	1:01.80	VICENTE Tiago Miguel	04	30.33	1:03.51
AFONSO Martim Rodrigues	04	30.18	1:02.66	GOMES Guilherme Sousa	04	27.65	58.26
8. Natacao de Olhao-JUV B		Natacao de Olhao	4:06.43		411		
NASCIMENTO Angelo Miranda	04	28.68	58.58	JESUS Bruno Daniel	04	30.97	1:04.44
SILVA Diogo Xavier	04	31.78	1:05.00	SILVA Daniel Alexandre	04	27.97	58.41
9. Colegio Monte Maior-JUV B		Colegio Monte Maior	4:06.98		408		
NOGUEIRA Tiago Morgado	04	29.76	1:01.68	TROMBINHAS Tiago Miguel	04	28.67	59.39
JUSTINO Duarte Brito	04	30.30	1:02.72	MARTINS Duarte Norte	04	29.87	1:03.19
10. Uniao Piedense-JUV B		Uniao Piedense	4:08.91		399		
SANTOS Guilherme Machado	04	28.35	59.45	ARAUJO Miguel Alexandre	04	32.50	1:08.81
CARRAPITO Goncalo Filipe	04	29.36	1:01.00	LOPES Rafael Caceres	04	28.39	59.65

Torneio Zonal de Juvenis (Zona Sul)
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Prova 18, Masc., 4 x 100m Livres, Juvenis B

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
DNS Palmela-JUV B		Palmela					
Juvenis A							
1. Viver Santarem-JUV A <i>Rec Distrital ANDES</i>		Viver Santarem	3:42.18		561		
ALVES Rui Chagas	03	27.35	55.97	LOPES Luis Afonso	03	26.23	54.85
COUTINHO Guilherme Pereira	03	27.02	56.28	CRISTOVAO Goncalo Magalhaes	03	26.78	55.08
2. Benfica-JUV A		Benfica	3:46.45		530		
PEREIRA Ricardo Samuel	03	27.05	56.42	FIDALGO Joao Matos	03	28.12	58.93
ZAYIKA Daniel Shumeika	03	27.48	57.65	CARNEIRO Joao Soares	03	25.45	53.45
3. Belenenses-JUV A		Belenenses	3:49.66		508		
JUNIOR Luis Cabral	03	27.38	57.23	DIAS Rodrigo Reis	03	25.77	54.53
IACHIMOVSKI Nicolae	03	27.28	58.36	GOMES Pedro Pires	03	28.02	59.54
4. Alges-JUV A		Alges	3:50.37		503		
NOVIKOV Ricardo	03	26.94	56.17	FREIRE Bernardo Araujo	03	27.59	58.23
LEITAO Tomas Almeida	03	26.89	56.77	FERNANDO Vasco Salvador	03	28.15	59.20
5. Bombeiros Ponta Delgada-JUV A		Bombeiros Ponta Delgada	3:51.05		499		
GOMES Nuno Antonio	03	28.20	58.69	FARIA Hugo Miguel	03	27.67	58.06
BORGES Rafael Braga	03	27.37	57.29	SANTOS Joao Pedro	03	26.53	57.01
6. Naval do Funchal-JUV A		Naval do Funchal	3:54.26		479		
BAPTISTA Tiago Ornelas	03	28.98	59.80	MATOS Rodrigo Vieira	03	27.57	57.83
AGUIAR Pedro Ferreira	03	29.66	1:01.46	GOMES Goncalo Camara	03	26.42	55.17
Uniao Piedense-JUV A		Uniao Piedense	3:54.26		479		
CRISTINO Guilherme Matias	03	28.29	59.69	OSSENBRUGGEN David Van	03	29.16	1:01.65
ALMEIDA Goncalo Vieira	03	28.51	58.85	GOMES Tomas Nogueira	03	25.39	54.07
8. Gesloures-JUV A		Gesloures	3:57.34		460		
VALENTE Goncalo Filipe	03	28.48	1:00.15	ASCENSO Daniel Alexandre	03	28.78	1:00.31
VALE David Manuel	03	28.08	58.83	PARENTE Salvador Ataide	03	27.84	58.05
9. Colegio Vasco da Gama-JUV A		Colegio Vasco da Gama	3:59.43		448		
MATOS Joao Luis	03	29.23	59.65	VALENTE Henrique Pinheiro	03	28.36	58.87
MANZ Guilherme Carmo	03	27.98	59.30	MATOS Pedro Miguel	03	29.22	1:01.61
EXH Rio Maior-JUV A		Rio Maior	4:01.22		438		
VASS Erik Norbert	03	30.83	1:03.53	CARREIRA Ruben Filipe	03	29.59	1:01.65
CANADAS Joao Vasco	03	28.55	58.65	JORGE Tiago Miguel	03	27.65	57.39

Torneio Zonal de Juvenis (Zona Sul)
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Prova 19
16-12-2018

Masc., 1500m Livres

Juvenis
Resultados

RN25 Absoluto	15:00.35	SANTO Filipe Miguel	SLB	Alg�s	24-11-2018
RN25 Juv A	15:36.31	COSTA Rui Filipe	VSC	Braga	04-03-2007
RN25 Juv B	16:09.71	MONTEIRO Luis Miguel	FCP	Felgueiras	01-03-1998

Tac-JUVAMasc Juv A: 18:23.49 / Tac-JUVBMasc Juv B: 18:44.12

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	ALMEIDA Bernardo Victorino	04	153357	Sporting	16:58.21		577	
	50m: 30.12 30.12	450m: 5:02.67 33.92	850m: 9:36.60 34.38	1250m: 14:10.53 34.06				
	100m: 1:02.92 32.80	500m: 5:37.05 34.38	900m: 10:10.90 34.30	1300m: 14:44.73 34.20				
	150m: 1:36.94 34.02	550m: 6:11.00 33.95	950m: 10:45.57 34.67	1350m: 15:18.04 33.31				
	200m: 2:11.15 34.21	600m: 6:45.10 34.10	1000m: 11:20.47 34.90	1400m: 15:52.12 34.08				
	250m: 2:45.41 34.26	650m: 7:18.80 33.70	1050m: 11:54.86 34.39	1450m: 16:25.92 33.80				
	300m: 3:19.79 34.38	700m: 7:53.11 34.31	1100m: 12:28.46 33.60	1500m: 16:58.21 32.29				
	350m: 3:54.27 34.48	750m: 8:27.56 34.45	1150m: 13:02.65 34.19					
	400m: 4:28.75 34.48	800m: 9:02.22 34.66	1200m: 13:36.47 33.82					
2.	CLARA Vitor Belo	04	127243	Bairro dos Anjos/ Leiria	17:03.46		568	
	50m: 29.83 29.83	450m: 5:00.33 34.29	850m: 9:36.86 34.95	1250m: 14:12.73 34.41				
	100m: 1:02.44 32.61	500m: 5:34.76 34.43	900m: 10:11.05 34.19	1300m: 14:47.47 34.74				
	150m: 1:36.02 33.58	550m: 6:09.31 34.55	950m: 10:46.03 34.98	1350m: 15:22.24 34.77				
	200m: 2:09.75 33.73	600m: 6:43.62 34.31	1000m: 11:20.89 34.86	1400m: 15:56.32 34.08				
	250m: 2:43.46 33.71	650m: 7:18.12 34.50	1050m: 11:55.45 34.56	1450m: 16:30.35 34.03				
	300m: 3:17.55 34.09	700m: 7:52.68 34.56	1100m: 12:29.83 34.38	1500m: 17:03.46 33.11				
	350m: 3:51.72 34.17	750m: 8:27.63 34.95	1150m: 13:04.21 34.38					
	400m: 4:26.04 34.32	800m: 9:01.91 34.28	1200m: 13:38.32 34.11					
3.	SILVA Nuno Marques	04	127406	Bairro dos Anjos/ Leiria	17:05.37		565	
	50m: 29.82 29.82	450m: 5:04.00 34.54	850m: 9:42.28 34.63	1250m: 14:16.58 34.07				
	100m: 1:03.35 33.53	500m: 5:39.10 35.10	900m: 10:16.59 34.31	1300m: 14:51.27 34.69				
	150m: 1:37.42 34.07	550m: 6:13.85 34.75	950m: 10:50.65 34.06	1350m: 15:25.63 34.36				
	200m: 2:11.88 34.46	600m: 6:48.64 34.79	1000m: 11:24.73 34.08	1400m: 15:59.92 34.29				
	250m: 2:46.00 34.12	650m: 7:23.46 34.82	1050m: 11:59.09 34.36	1450m: 16:33.95 34.03				
	300m: 3:20.06 34.06	700m: 7:58.42 34.96	1100m: 12:33.50 34.41	1500m: 17:05.37 31.42				
	350m: 3:54.65 34.59	750m: 8:33.12 34.70	1150m: 13:07.70 34.20					
	400m: 4:29.46 34.81	800m: 9:07.65 34.53	1200m: 13:42.51 34.81					
4.	FRASQUILHO Afonso Figueiredo	04	153353	Sporting	17:16.74		547	
	50m: 29.69 29.69	450m: 5:02.79 34.80	850m: 9:42.26 35.17	1250m: 14:22.67 35.44				
	100m: 1:02.48 32.79	500m: 5:37.41 34.62	900m: 10:16.83 34.57	1300m: 14:58.39 35.72				
	150m: 1:36.25 33.77	550m: 6:12.35 34.94	950m: 10:51.67 34.84	1350m: 15:32.98 34.59				
	200m: 2:10.31 34.06	600m: 6:47.33 34.98	1000m: 11:26.63 34.96	1400m: 16:08.58 35.60				
	250m: 2:44.35 34.04	650m: 7:22.38 35.05	1050m: 12:01.78 35.15	1450m: 16:42.97 34.39				
	300m: 3:18.60 34.25	700m: 7:57.39 35.01	1100m: 12:36.74 34.96	1500m: 17:16.74 33.77				
	350m: 3:53.36 34.76	750m: 8:32.34 34.95	1150m: 13:12.00 35.26					
	400m: 4:27.99 34.63	800m: 9:07.09 34.75	1200m: 13:47.23 35.23					
5.	SANTOS Joao Afonso	04	153371	Sporting	17:41.18		510	
	50m: 32.13 32.13	450m: 5:17.61 35.95	850m: 10:04.19 35.74	1250m: 14:47.80 35.45				
	100m: 1:07.09 34.96	500m: 5:53.27 35.66	900m: 10:39.84 35.65	1300m: 15:22.90 35.10				
	150m: 1:42.80 35.71	550m: 6:29.17 35.90	950m: 11:15.47 35.63	1350m: 15:58.26 35.36				
	200m: 2:18.60 35.80	600m: 7:05.03 35.86	1000m: 11:50.86 35.39	1400m: 16:33.52 35.26				
	250m: 2:54.57 35.97	650m: 7:41.18 36.15	1050m: 12:26.25 35.39	1450m: 17:08.55 35.03				
	300m: 3:30.22 35.65	700m: 8:17.09 35.91	1100m: 13:01.29 35.04	1500m: 17:41.18 32.63				
	350m: 4:05.82 35.60	750m: 8:52.72 35.63	1150m: 13:36.84 35.55					
	400m: 4:41.66 35.84	800m: 9:28.45 35.73	1200m: 14:12.35 35.51					

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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	BARAONA Andre Azevedo	04	123965	Natacao do Montijo	17:43.12		507	
	50m: 31.02 31.02	450m: 5:08.69	35.41	850m: 9:58.39	36.10	1250m: 14:47.83	36.07	
	100m: 1:04.60 33.58	500m: 5:45.24	36.55	900m: 10:34.46	36.07	1300m: 15:23.47	35.64	
	150m: 1:39.00 34.40	550m: 6:21.17	35.93	950m: 11:10.82	36.36	1350m: 15:59.17	35.70	
	200m: 2:12.88 33.88	600m: 6:56.98	35.81	1000m: 11:46.81	35.99	1400m: 16:34.75	35.58	
	250m: 2:47.68 34.80	650m: 7:33.58	36.60	1050m: 12:23.23	36.42	1450m: 17:09.69	34.94	
	300m: 3:23.03 35.35	700m: 8:09.71	36.13	1100m: 12:59.57	36.34	1500m: 17:43.12	33.43	
	350m: 3:58.28 35.25	750m: 8:45.65	35.94	1150m: 13:35.61	36.04			
	400m: 4:33.28 35.00	800m: 9:22.29	36.64	1200m: 14:11.76	36.15			
7.	CAMACHO Afonso Caires	04	128471	Naval do Funchal	17:46.64		502	
	50m: 30.57 30.57	450m: 5:15.89	35.32	850m: 10:02.27	36.23	1250m: 14:49.51	36.24	
	100m: 1:05.85 35.28	500m: 5:51.62	35.73	900m: 10:37.38	35.11	1300m: 15:25.61	36.10	
	150m: 1:41.24 35.39	550m: 6:27.58	35.96	950m: 11:13.81	36.43	1350m: 16:01.15	35.54	
	200m: 2:17.19 35.95	600m: 7:03.26	35.68	1000m: 11:49.48	35.67	1400m: 16:37.75	36.60	
	250m: 2:52.97 35.78	650m: 7:39.01	35.75	1050m: 12:25.21	35.73	1450m: 17:13.07	35.32	
	300m: 3:28.98 36.01	700m: 8:14.69	35.68	1100m: 13:01.24	36.03	1500m: 17:46.64	33.57	
	350m: 4:04.93 35.95	750m: 8:50.56	35.87	1150m: 13:37.42	36.18			
	400m: 4:40.57 35.64	800m: 9:26.04	35.48	1200m: 14:13.27	35.85			
8.	CARVALHO Martim Henriques	04	148627	Rio Maior	17:47.47		501	
	50m: 32.12 32.12	450m: 5:15.93	35.90	850m: 10:04.02	36.23	1250m: 14:49.51	35.68	
	100m: 1:06.84 34.72	500m: 5:51.69	35.76	900m: 10:39.32	35.30	1300m: 15:25.47	35.96	
	150m: 1:42.02 35.18	550m: 6:27.86	36.17	950m: 11:15.22	35.90	1350m: 16:01.49	36.02	
	200m: 2:17.59 35.57	600m: 7:04.24	36.38	1000m: 11:50.98	35.76	1400m: 16:37.82	36.33	
	250m: 2:52.94 35.35	650m: 7:40.16	35.92	1050m: 12:26.53	35.55	1450m: 17:13.96	36.14	
	300m: 3:28.70 35.76	700m: 8:16.02	35.86	1100m: 13:02.44	35.91	1500m: 17:47.47	33.51	
	350m: 4:04.46 35.76	750m: 8:52.23	36.21	1150m: 13:38.18	35.74			
	400m: 4:40.03 35.57	800m: 9:27.79	35.56	1200m: 14:13.83	35.65			
9.	UVA Francisco Sousa	04	201477	Alges	17:51.91		495	
	50m: 31.77 31.77	450m: 5:17.59	35.83	850m: 10:05.08	36.19	1250m: 14:53.80	36.06	
	100m: 1:06.73 34.96	500m: 5:53.42	35.83	900m: 10:41.09	36.01	1300m: 15:30.20	36.40	
	150m: 1:42.38 35.65	550m: 6:29.76	36.34	950m: 11:16.89	35.80	1350m: 16:06.67	36.47	
	200m: 2:18.28 35.90	600m: 7:05.72	35.96	1000m: 11:53.06	36.17	1400m: 16:43.12	36.45	
	250m: 2:54.64 36.36	650m: 7:41.69	35.97	1050m: 12:28.90	35.84	1450m: 17:18.53	35.41	
	300m: 3:29.73 35.09	700m: 8:17.23	35.54	1100m: 13:05.48	36.58	1500m: 17:51.91	33.38	
	350m: 4:05.52 35.79	750m: 8:53.13	35.90	1150m: 13:41.68	36.20			
	400m: 4:41.76 36.24	800m: 9:28.89	35.76	1200m: 14:17.74	36.06			
10.	PACHECO Francisco Silva	04	125117	Nucleo Sportinguista Terceira	17:54.11		492	
	50m: 32.02 32.02	450m: 5:19.62	36.43	850m: 10:11.57	36.30	1250m: 14:59.26	36.09	
	100m: 1:07.45 35.43	500m: 5:55.99	36.37	900m: 10:47.42	35.85	1300m: 15:35.29	36.03	
	150m: 1:43.14 35.69	550m: 6:32.56	36.57	950m: 11:23.24	35.82	1350m: 16:10.81	35.52	
	200m: 2:18.68 35.54	600m: 7:09.44	36.88	1000m: 11:59.56	36.32	1400m: 16:45.68	34.87	
	250m: 2:54.71 36.03	650m: 7:46.07	36.63	1050m: 12:35.53	35.97	1450m: 17:20.33	34.65	
	300m: 3:30.82 36.11	700m: 8:22.50	36.43	1100m: 13:11.78	36.25	1500m: 17:54.11	33.78	
	350m: 4:06.60 35.78	750m: 8:59.02	36.52	1150m: 13:47.11	35.33			
	400m: 4:43.19 36.59	800m: 9:35.27	36.25	1200m: 14:23.17	36.06			
11.	MATOS Gil Amaral	04	127630	Academia Acores	17:55.44		490	
	50m: 31.95 31.95	450m: 5:22.12	36.52	850m: 10:11.54	35.75	1250m: 14:59.62	35.91	
	100m: 1:07.40 35.45	500m: 5:58.80	36.68	900m: 10:47.74	36.20	1300m: 15:35.32	35.70	
	150m: 1:43.49 36.09	550m: 6:35.03	36.23	950m: 11:24.08	36.34	1350m: 16:10.87	35.55	
	200m: 2:19.90 36.41	600m: 7:11.22	36.19	1000m: 11:59.78	35.70	1400m: 16:46.69	35.82	
	250m: 2:56.02 36.12	650m: 7:47.23	36.01	1050m: 12:35.82	36.04	1450m: 17:22.70	36.01	
	300m: 3:32.32 36.30	700m: 8:23.14	35.91	1100m: 13:11.98	36.16	1500m: 17:55.44	32.74	
	350m: 4:09.24 36.92	750m: 8:59.53	36.39	1150m: 13:47.87	35.89			
	400m: 4:45.60 36.36	800m: 9:35.79	36.26	1200m: 14:23.71	35.84			

Torneio Zonal de Juvenis (Zona Sul)
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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	NASCIMENTO Angelo Miranda	04	153160	Natacao de Olhao	18:02.14		481	
	50m: 30.80	30.80	450m: 5:17.80	36.77	850m: 10:09.70	36.45	1250m: 15:01.73	36.94
	100m: 1:04.01	33.21	500m: 5:54.36	36.56	900m: 10:46.36	36.66	1300m: 15:38.29	36.56
	150m: 1:38.77	34.76	550m: 6:30.86	36.50	950m: 11:22.93	36.57	1350m: 16:14.86	36.57
	200m: 2:14.43	35.66	600m: 7:07.27	36.41	1000m: 11:59.49	36.56	1400m: 16:51.19	36.33
	250m: 2:50.94	36.51	650m: 7:44.05	36.78	1050m: 12:35.85	36.36	1450m: 17:27.21	36.02
	300m: 3:27.65	36.71	700m: 8:20.63	36.58	1100m: 13:12.23	36.38	1500m: 18:02.14	34.93
	350m: 4:04.27	36.62	750m: 8:56.99	36.36	1150m: 13:48.33	36.10		
	400m: 4:41.03	36.76	800m: 9:33.25	36.26	1200m: 14:24.79	36.46		
13.	OLIVEIRA Pedro Nuno	04	202589	Torres Novas	18:05.42		476	
	50m: 32.05	32.05	450m: 5:26.34	37.41	850m: 10:21.02	36.73	1250m: 15:12.35	35.84
	100m: 1:08.24	36.19	500m: 6:03.39	37.05	900m: 10:58.16	37.14	1300m: 15:47.83	35.48
	150m: 1:44.66	36.42	550m: 6:40.61	37.22	950m: 11:34.75	36.59	1350m: 16:22.93	35.10
	200m: 2:21.72	37.06	600m: 7:17.11	36.50	1000m: 12:11.67	36.92	1400m: 16:58.86	35.93
	250m: 2:58.61	36.89	650m: 7:53.67	36.56	1050m: 12:47.50	35.83	1450m: 17:33.06	34.20
	300m: 3:35.22	36.61	700m: 8:30.64	36.97	1100m: 13:24.00	36.50	1500m: 18:05.42	32.36
	350m: 4:11.93	36.71	750m: 9:07.21	36.57	1150m: 14:00.27	36.27		
	400m: 4:48.93	37.00	800m: 9:44.29	37.08	1200m: 14:36.51	36.24		
14.	LOPES Tiago Fanha	04	129520	Natacao do Montijo	18:05.78		476	
	50m: 31.92	31.92	450m: 5:20.16	36.63	850m: 10:12.51	37.17	1250m: 15:05.61	36.64
	100m: 1:07.13	35.21	500m: 5:56.23	36.07	900m: 10:49.64	37.13	1300m: 15:42.27	36.66
	150m: 1:43.17	36.04	550m: 6:32.58	36.35	950m: 11:26.15	36.51	1350m: 16:18.86	36.59
	200m: 2:18.91	35.74	600m: 7:09.58	37.00	1000m: 12:02.78	36.63	1400m: 16:54.96	36.10
	250m: 2:55.16	36.25	650m: 7:46.09	36.51	1050m: 12:39.35	36.57	1450m: 17:30.88	35.92
	300m: 3:31.48	36.32	700m: 8:22.42	36.33	1100m: 13:16.42	37.07	1500m: 18:05.78	34.90
	350m: 4:06.78	35.30	750m: 8:58.92	36.50	1150m: 13:52.93	36.51		
	400m: 4:43.53	36.75	800m: 9:35.34	36.42	1200m: 14:28.97	36.04		
15.	TSYKAL Daniel	04	128727	Alcobaca	18:14.79		464	
	50m: 31.44	31.44	450m: 5:24.17	37.43	850m: 10:19.32	37.08	1250m: 15:13.66	37.08
	100m: 1:06.39	34.95	500m: 6:01.03	36.86	900m: 10:56.23	36.91	1300m: 15:50.41	36.75
	150m: 1:42.94	36.55	550m: 6:37.77	36.74	950m: 11:32.86	36.63	1350m: 16:27.09	36.68
	200m: 2:19.14	36.20	600m: 7:14.85	37.08	1000m: 12:10.22	37.36	1400m: 17:03.73	36.64
	250m: 2:55.75	36.61	650m: 7:51.47	36.62	1050m: 12:46.77	36.55	1450m: 17:39.82	36.09
	300m: 3:32.54	36.79	700m: 8:28.68	37.21	1100m: 13:23.24	36.47	1500m: 18:14.79	34.97
	350m: 4:09.87	37.33	750m: 9:05.55	36.87	1150m: 14:00.10	36.86		
	400m: 4:46.74	36.87	800m: 9:42.24	36.69	1200m: 14:36.58	36.48		
16.	GAGO Tiago Charrua	04	200567	Rio Maior	18:16.82		462	
	50m: 31.65	31.65	450m: 5:19.87	36.28	850m: 10:16.25	36.90	1250m: 15:14.85	37.97
	100m: 1:06.53	34.88	500m: 5:56.81	36.94	900m: 10:53.01	36.76	1300m: 15:53.39	38.54
	150m: 1:42.07	35.54	550m: 6:34.02	37.21	950m: 11:30.89	37.88	1350m: 16:29.19	35.80
	200m: 2:17.64	35.57	600m: 7:10.56	36.54	1000m: 12:08.68	37.79	1400m: 17:06.44	37.25
	250m: 2:54.01	36.37	650m: 7:47.79	37.23	1050m: 12:45.13	36.45	1450m: 17:42.65	36.21
	300m: 3:29.64	35.63	700m: 8:25.51	37.72	1100m: 13:22.68	37.55	1500m: 18:16.82	34.17
	350m: 4:06.65	37.01	750m: 9:01.69	36.18	1150m: 13:59.94	37.26		
	400m: 4:43.59	36.94	800m: 9:39.35	37.66	1200m: 14:36.88	36.94		
17.	LUIS Tomas Santos	04	153367	Sporting	18:21.17		456	
	50m: 32.29	32.29	450m: 5:25.74	37.12	850m: 10:21.61	36.74	1250m: 15:18.22	37.17
	100m: 1:07.79	35.50	500m: 6:02.63	36.89	900m: 10:58.70	37.09	1300m: 15:55.48	37.26
	150m: 1:44.33	36.54	550m: 6:39.56	36.93	950m: 11:35.75	37.05	1350m: 16:33.17	37.69
	200m: 2:20.85	36.52	600m: 7:16.65	37.09	1000m: 12:12.78	37.03	1400m: 17:10.15	36.98
	250m: 2:57.54	36.69	650m: 7:54.28	37.63	1050m: 12:49.88	37.10	1450m: 17:46.08	35.93
	300m: 3:34.54	37.00	700m: 8:31.16	36.88	1100m: 13:27.14	37.26	1500m: 18:21.17	35.09
	350m: 4:11.40	36.86	750m: 9:07.95	36.79	1150m: 14:03.90	36.76		
	400m: 4:48.62	37.22	800m: 9:44.87	36.92	1200m: 14:41.05	37.15		

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	MARTINS Miguel Alexandre	04	130558	BUZIOS-Coruche	18:21.86		455	
	50m: 33.11 33.11		450m: 5:26.62	37.03	850m: 10:24.89	37.15	1250m: 15:20.51	36.88
	100m: 1:08.62 35.51		500m: 6:03.63	37.01	900m: 11:01.69	36.80	1300m: 15:57.58	37.07
	150m: 1:45.08 36.46		550m: 6:41.21	37.58	950m: 11:38.77	37.08	1350m: 16:34.19	36.61
	200m: 2:21.56 36.48		600m: 7:18.66	37.45	1000m: 12:15.93	37.16	1400m: 17:10.78	36.59
	250m: 2:58.39 36.83		650m: 7:55.65	36.99	1050m: 12:53.09	37.16	1450m: 17:47.16	36.38
	300m: 3:35.59 37.20		700m: 8:33.02	37.37	1100m: 13:30.20	37.11	1500m: 18:21.86	34.70
	350m: 4:12.73 37.14		750m: 9:10.16	37.14	1150m: 14:06.83	36.63		
	400m: 4:49.59 36.86		800m: 9:47.74	37.58	1200m: 14:43.63	36.80		
19.	FERNANDES Diogo Henrique	04	133152	Naval do Funchal	18:27.48		449	
	50m: 32.04 32.04		450m: 5:23.64	36.91	850m: 10:21.88	37.70	1250m: 15:23.27	37.18
	100m: 1:07.30 35.26		500m: 6:01.03	37.39	900m: 10:59.30	37.42	1300m: 16:01.00	37.73
	150m: 1:43.53 36.23		550m: 6:38.53	37.50	950m: 11:37.46	38.16	1350m: 16:38.31	37.31
	200m: 2:19.49 35.96		600m: 7:16.10	37.57	1000m: 12:15.57	38.11	1400m: 17:15.67	37.36
	250m: 2:56.23 36.74		650m: 7:52.95	36.85	1050m: 12:52.92	37.35	1450m: 17:53.18	37.51
	300m: 3:32.97 36.74		700m: 8:29.72	36.77	1100m: 13:30.38	37.46	1500m: 18:27.48	34.30
	350m: 4:09.52 36.55		750m: 9:07.00	37.28	1150m: 14:08.10	37.72		
	400m: 4:46.73 37.21		800m: 9:44.18	37.18	1200m: 14:46.09	37.99		
20.	RODRIGUES Rodrigo Reis	04	124155	Sao Roque	18:27.97		448	
	50m: 32.80 32.80		450m: 5:26.83	36.36	850m: 10:23.26	36.96	1250m: 15:22.32	37.62
	100m: 1:09.04 36.24		500m: 6:03.37	36.54	900m: 11:00.56	37.30	1300m: 15:59.85	37.53
	150m: 1:46.04 37.00		550m: 6:40.42	37.05	950m: 11:37.90	37.34	1350m: 16:37.40	37.55
	200m: 2:23.10 37.06		600m: 7:17.69	37.27	1000m: 12:15.20	37.30	1400m: 17:14.75	37.35
	250m: 2:59.95 36.85		650m: 7:54.69	37.00	1050m: 12:52.61	37.41	1450m: 17:51.80	37.05
	300m: 3:36.80 36.85		700m: 8:31.85	37.16	1100m: 13:30.11	37.50	1500m: 18:27.97	36.17
	350m: 4:13.80 37.00		750m: 9:09.12	37.27	1150m: 14:07.26	37.15		
	400m: 4:50.47 36.67		800m: 9:46.30	37.18	1200m: 14:44.70	37.44		
21.	FOCK Yann Chetelat	04	129699	Avancado EUL	18:30.04		445	
	50m: 32.08 32.08		450m: 5:26.59	37.69	850m: 10:27.38	37.72	1250m: 15:26.63	37.10
	100m: 1:08.08 36.00		500m: 6:03.75	37.16	900m: 11:04.63	37.25	1300m: 16:04.33	37.70
	150m: 1:44.79 36.71		550m: 6:41.46	37.71	950m: 11:41.88	37.25	1350m: 16:41.07	36.74
	200m: 2:21.51 36.72		600m: 7:18.33	36.87	1000m: 12:19.42	37.54	1400m: 17:18.51	37.44
	250m: 2:58.16 36.65		650m: 7:56.32	37.99	1050m: 12:56.95	37.53	1450m: 17:55.22	36.71
	300m: 3:35.04 36.88		700m: 8:34.08	37.76	1100m: 13:34.80	37.85	1500m: 18:30.04	34.82
	350m: 4:11.99 36.95		750m: 9:12.18	38.10	1150m: 14:12.47	37.67		
	400m: 4:48.90 36.91		800m: 9:49.66	37.48	1200m: 14:49.53	37.06		
22.	ANJO Miguel Filipe	04	201394	Cova da Piedade	18:32.07		443	
	50m: 33.42 33.42		450m: 5:31.81	37.20	850m: 10:32.19	37.80	1250m: 15:32.48	36.96
	100m: 1:09.48 36.06		500m: 6:09.72	37.91	900m: 11:10.02	37.83	1300m: 16:09.30	36.82
	150m: 1:46.88 37.40		550m: 6:47.48	37.76	950m: 11:47.46	37.44	1350m: 16:45.87	36.57
	200m: 2:24.09 37.21		600m: 7:24.79	37.31	1000m: 12:25.21	37.75	1400m: 17:22.40	36.53
	250m: 3:01.59 37.50		650m: 8:02.06	37.27	1050m: 13:02.66	37.45	1450m: 17:57.72	35.32
	300m: 3:38.81 37.22		700m: 8:39.55	37.49	1100m: 13:40.37	37.71	1500m: 18:32.07	34.35
	350m: 4:16.71 37.90		750m: 9:17.27	37.72	1150m: 14:17.86	37.49		
	400m: 4:54.61 37.90		800m: 9:54.39	37.12	1200m: 14:55.52	37.66		
23.	JUSTINO Duarte Brito	04	130802	Colegio Monte Maior	18:45.24		428	
	50m: 33.41 33.41		450m: 5:30.40	37.88	850m: 10:33.09	37.59	1250m: 15:37.58	37.96
	100m: 1:08.76 35.35		500m: 6:07.99	37.59	900m: 11:11.31	38.22	1300m: 16:15.59	38.01
	150m: 1:44.99 36.23		550m: 6:45.88	37.89	950m: 11:49.34	38.03	1350m: 16:53.50	37.91
	200m: 2:22.71 37.72		600m: 7:24.07	38.19	1000m: 12:28.39	39.05	1400m: 17:31.33	37.83
	250m: 2:59.77 37.06		650m: 8:01.92	37.85	1050m: 13:06.14	37.75	1450m: 18:08.76	37.43
	300m: 3:37.21 37.44		700m: 8:40.20	38.28	1100m: 13:43.90	37.76	1500m: 18:45.24	36.48
	350m: 4:14.47 37.26		750m: 9:17.78	37.58	1150m: 14:21.90	38.00		
	400m: 4:52.52 38.05		800m: 9:55.50	37.72	1200m: 14:59.62	37.72		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	FRANCISCO Ruben Filipe	04	131728	Portinado	19:08.97		402	
	50m: 33.02	33.02	450m: 5:33.18	38.30	850m: 10:44.34	38.51	1250m: 15:58.30	39.45
	100m: 1:08.46	35.44	500m: 6:12.44	39.26	900m: 11:23.43	39.09	1300m: 16:37.59	39.29
	150m: 1:45.04	36.58	550m: 6:51.13	38.69	950m: 12:02.30	38.87	1350m: 17:17.06	39.47
	200m: 2:22.63	37.59	600m: 7:30.75	39.62	1000m: 12:41.66	39.36	1400m: 17:56.27	39.21
	250m: 3:00.39	37.76	650m: 8:09.71	38.96	1050m: 13:21.28	39.62	1450m: 18:33.73	37.46
	300m: 3:38.56	38.17	700m: 8:48.68	38.97	1100m: 14:00.66	39.38	1500m: 19:08.97	35.24
	350m: 4:16.60	38.04	750m: 9:27.83	39.15	1150m: 14:39.47	38.81		
	400m: 4:54.88	38.28	800m: 10:05.83	38.00	1200m: 15:18.85	39.38		
25.	TELES Artur Corte	04	127508	Sao Roque	19:16.08		394	
	50m: 32.57	32.57	450m: 5:34.77	38.90	850m: 10:46.00	40.41	1250m: 16:03.45	39.42
	100m: 1:09.37	36.80	500m: 6:13.96	39.19	900m: 11:25.68	39.68	1300m: 16:43.15	39.70
	150m: 1:46.95	37.58	550m: 6:52.65	38.69	950m: 12:05.06	39.38	1350m: 17:22.01	38.86
	200m: 2:24.03	37.08	600m: 7:31.55	38.90	1000m: 12:44.51	39.45	1400m: 18:00.60	38.59
	250m: 3:01.66	37.63	650m: 8:10.89	39.34	1050m: 13:24.84	40.33	1450m: 18:38.62	38.02
	300m: 3:39.32	37.66	700m: 8:49.75	38.86	1100m: 14:05.09	40.25	1500m: 19:16.08	37.46
	350m: 4:17.18	37.86	750m: 9:28.58	38.83	1150m: 14:44.55	39.46		
	400m: 4:55.87	38.69	800m: 10:05.59	37.01	1200m: 15:24.03	39.48		

Juvenis A

1.	FERNANDES Rui Afonso	03	125395	Desportivo Nacional	16:53.68		585	
	50m: 29.96	29.96	450m: 4:57.88	33.86	850m: 9:31.86	34.35	1250m: 14:06.41	34.59
	100m: 1:03.12	33.16	500m: 5:31.94	34.06	900m: 10:06.16	34.30	1300m: 14:40.63	34.22
	150m: 1:36.18	33.06	550m: 6:06.27	34.33	950m: 10:40.57	34.41	1350m: 15:15.02	34.39
	200m: 2:09.67	33.49	600m: 6:40.44	34.17	1000m: 11:14.91	34.34	1400m: 15:48.85	33.83
	250m: 2:43.19	33.52	650m: 7:14.64	34.20	1050m: 11:49.08	34.17	1450m: 16:22.15	33.30
	300m: 3:16.57	33.38	700m: 7:48.96	34.32	1100m: 12:23.10	34.02	1500m: 16:53.68	31.53
	350m: 3:50.24	33.67	750m: 8:23.20	34.24	1150m: 12:57.64	34.54		
	400m: 4:24.02	33.78	800m: 8:57.51	34.31	1200m: 13:31.82	34.18		
2.	DUARTE Pedro Esteves	03	132531	Cova da Piedade	17:05.63		565	
	50m: 30.63	30.63	450m: 5:04.01	34.11	850m: 9:39.85	34.82	1250m: 14:16.13	34.47
	100m: 1:04.37	33.74	500m: 5:38.24	34.23	900m: 10:14.37	34.52	1300m: 14:50.59	34.46
	150m: 1:38.82	34.45	550m: 6:12.46	34.22	950m: 10:49.01	34.64	1350m: 15:25.23	34.64
	200m: 2:13.33	34.51	600m: 6:46.85	34.39	1000m: 11:23.39	34.38	1400m: 15:59.49	34.26
	250m: 2:47.52	34.19	650m: 7:21.26	34.41	1050m: 11:58.28	34.89	1450m: 16:33.48	33.99
	300m: 3:21.85	34.33	700m: 7:55.81	34.55	1100m: 12:32.71	34.43	1500m: 17:05.63	32.15
	350m: 3:56.02	34.17	750m: 8:30.56	34.75	1150m: 13:07.20	34.49		
	400m: 4:29.90	33.88	800m: 9:05.03	34.47	1200m: 13:41.66	34.46		
3.	JORGE Tiago Miguel	03	130458	Rio Maior	17:10.42		557	
	50m: 30.61	30.61	450m: 5:04.30	34.41	850m: 9:41.48	34.49	1250m: 14:20.06	34.41
	100m: 1:04.21	33.60	500m: 5:38.97	34.67	900m: 10:16.36	34.88	1300m: 14:55.14	35.08
	150m: 1:38.17	33.96	550m: 6:13.69	34.72	950m: 10:51.25	34.89	1350m: 15:30.02	34.88
	200m: 2:11.82	33.65	600m: 6:48.30	34.61	1000m: 11:26.19	34.94	1400m: 16:04.42	34.40
	250m: 2:46.38	34.56	650m: 7:22.67	34.37	1050m: 12:01.37	35.18	1450m: 16:38.45	34.03
	300m: 3:20.60	34.22	700m: 7:57.49	34.82	1100m: 12:35.72	34.35	1500m: 17:10.42	31.97
	350m: 3:55.02	34.42	750m: 8:32.24	34.75	1150m: 13:10.97	35.25		
	400m: 4:29.89	34.87	800m: 9:06.99	34.75	1200m: 13:45.65	34.68		
4.	CRISTINO Guilherme Matias	03	132528	Uniao Piedense	17:11.48		555	
	50m: 30.58	30.58	450m: 5:05.01	34.54	850m: 9:41.24	34.89	1250m: 14:20.63	34.55
	100m: 1:04.01	33.43	500m: 5:39.57	34.56	900m: 10:16.21	34.97	1300m: 14:55.21	34.58
	150m: 1:37.89	33.88	550m: 6:14.19	34.62	950m: 10:50.96	34.75	1350m: 15:30.12	34.91
	200m: 2:12.38	34.49	600m: 6:48.47	34.28	1000m: 11:26.32	35.36	1400m: 16:04.87	34.75
	250m: 2:46.66	34.28	650m: 7:22.81	34.34	1050m: 12:00.98	34.66	1450m: 16:39.00	34.13
	300m: 3:21.66	35.00	700m: 7:57.22	34.41	1100m: 12:35.47	34.49	1500m: 17:11.48	32.48
	350m: 3:55.94	34.28	750m: 8:31.75	34.53	1150m: 13:10.86	35.39		
	400m: 4:30.47	34.53	800m: 9:06.35	34.60	1200m: 13:46.08	35.22		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	17:36.77		516	
	50m: 30.81 30.81		450m: 5:10.16 35.19	850m: 9:52.70 35.03	1250m: 14:40.00 36.26			
	100m: 1:04.86 34.05		500m: 5:45.54 35.38	900m: 10:27.90 35.20	1300m: 15:16.06 36.06			
	150m: 1:39.57 34.71		550m: 6:21.05 35.51	950m: 11:03.54 35.64	1350m: 15:51.85 35.79			
	200m: 2:14.51 34.94		600m: 6:56.20 35.15	1000m: 11:39.66 36.12	1400m: 16:27.67 35.82			
	250m: 2:49.34 34.83		650m: 7:31.56 35.36	1050m: 12:15.84 36.18	1450m: 17:03.30 35.63			
	300m: 3:24.69 35.35		700m: 8:06.97 35.41	1100m: 12:52.13 36.29	1500m: 17:36.77 33.47			
	350m: 4:00.03 35.34		750m: 8:42.21 35.24	1150m: 13:27.78 35.65				
	400m: 4:34.97 34.94		800m: 9:17.67 35.46	1200m: 14:03.74 35.96				
6.	COLACO Joao Maria	03	131515	Sporting	17:36.94		516	
	50m: 31.79 31.79		450m: 5:11.59 35.19	850m: 9:59.18 36.00	1250m: 14:44.90 35.14			
	100m: 1:05.70 33.91		500m: 5:48.14 36.55	900m: 10:35.28 36.10	1300m: 15:19.05 34.15			
	150m: 1:40.48 34.78		550m: 6:23.40 35.26	950m: 11:11.34 36.06	1350m: 15:53.91 34.86			
	200m: 2:14.78 34.30		600m: 6:59.57 36.17	1000m: 11:46.92 35.58	1400m: 16:28.66 34.75			
	250m: 2:49.85 35.07		650m: 7:35.76 36.19	1050m: 12:21.87 34.95	1450m: 17:03.42 34.76			
	300m: 3:25.34 35.49		700m: 8:11.70 35.94	1100m: 12:57.59 35.72	1500m: 17:36.94 33.52			
	350m: 4:00.11 34.77		750m: 8:47.26 35.56	1150m: 13:33.72 36.13				
	400m: 4:36.40 36.29		800m: 9:23.18 35.92	1200m: 14:09.76 36.04				
7.	VIEIRA Alexandre Coelho	03	131516	Sporting	17:39.43		512	
	50m: 29.93 29.93		450m: 5:12.22 35.45	850m: 9:57.51 35.60	1250m: 14:42.68 35.95			
	100m: 1:03.62 33.69		500m: 5:47.59 35.37	900m: 10:33.54 36.03	1300m: 15:18.91 36.23			
	150m: 1:38.77 35.15		550m: 6:23.37 35.78	950m: 11:09.26 35.72	1350m: 15:54.34 35.43			
	200m: 2:14.54 35.77		600m: 6:59.28 35.91	1000m: 11:44.81 35.55	1400m: 16:29.72 35.38			
	250m: 2:50.20 35.66		650m: 7:34.87 35.59	1050m: 12:20.58 35.77	1450m: 17:05.78 36.06			
	300m: 3:25.48 35.28		700m: 8:10.53 35.66	1100m: 12:55.66 35.08	1500m: 17:39.43 33.65			
	350m: 4:01.08 35.60		750m: 8:46.07 35.54	1150m: 13:31.34 35.68				
	400m: 4:36.77 35.69		800m: 9:21.91 35.84	1200m: 14:06.73 35.39				
8.	COSTA Afonso Filipe	03	126380	Naval da Nazare	17:42.94		507	
	50m: 31.25 31.25		450m: 5:12.40 35.12	850m: 10:00.34 35.78	1250m: 14:47.69 35.58			
	100m: 1:05.50 34.25		500m: 5:47.61 35.21	900m: 10:36.25 35.91	1300m: 15:23.74 36.05			
	150m: 1:40.54 35.04		550m: 6:24.01 36.40	950m: 11:12.12 35.87	1350m: 15:59.30 35.56			
	200m: 2:15.98 35.44		600m: 7:00.55 36.54	1000m: 11:48.60 36.48	1400m: 16:35.18 35.88			
	250m: 2:50.91 34.93		650m: 7:36.71 36.16	1050m: 12:24.89 36.29	1450m: 17:10.18 35.00			
	300m: 3:26.50 35.59		700m: 8:12.45 35.74	1100m: 13:00.31 35.42	1500m: 17:42.94 32.76			
	350m: 4:02.22 35.72		750m: 8:48.75 36.30	1150m: 13:36.31 36.00				
	400m: 4:37.28 35.06		800m: 9:24.56 35.81	1200m: 14:12.11 35.80				
9.	GOMES Nuno Antonio	03	131884	Bombeiros Ponta Delgada	17:43.17		507	
	50m: 31.21 31.21		450m: 5:10.15 35.52	850m: 9:55.83 35.62	1250m: 14:43.64 36.06			
	100m: 1:05.09 33.88		500m: 5:45.56 35.41	900m: 10:31.63 35.80	1300m: 15:20.04 36.40			
	150m: 1:39.37 34.28		550m: 6:21.38 35.82	950m: 11:07.59 35.96	1350m: 15:56.26 36.22			
	200m: 2:14.23 34.86		600m: 6:56.82 35.44	1000m: 11:43.61 36.02	1400m: 16:32.65 36.39			
	250m: 2:49.13 34.90		650m: 7:32.88 36.06	1050m: 12:19.68 36.07	1450m: 17:08.70 36.05			
	300m: 3:24.32 35.19		700m: 8:08.66 35.78	1100m: 12:55.62 35.94	1500m: 17:43.17 34.47			
	350m: 3:59.51 35.19		750m: 8:44.13 35.47	1150m: 13:31.32 35.70				
	400m: 4:34.63 35.12		800m: 9:20.21 36.08	1200m: 14:07.58 36.26				
10.	MATRENO Diogo Miguel	03	127652	Torres Novas	18:10.92		469	
	50m: 32.91 32.91		450m: 5:26.46 37.01	850m: 10:18.27 36.49	1250m: 15:12.49 36.61			
	100m: 1:08.25 35.34		500m: 6:02.98 36.52	900m: 10:54.87 36.60	1300m: 15:48.75 36.26			
	150m: 1:44.76 36.51		550m: 6:39.31 36.33	950m: 11:31.40 36.53	1350m: 16:25.51 36.76			
	200m: 2:21.19 36.43		600m: 7:16.07 36.76	1000m: 12:08.20 36.80	1400m: 17:00.80 35.29			
	250m: 2:58.09 36.90		650m: 7:52.79 36.72	1050m: 12:44.93 36.73	1450m: 17:36.12 35.32			
	300m: 3:35.50 37.41		700m: 8:29.03 36.24	1100m: 13:21.95 37.02	1500m: 18:10.92 34.80			
	350m: 4:12.58 37.08		750m: 9:05.44 36.41	1150m: 13:58.83 36.88				
	400m: 4:49.45 36.87		800m: 9:41.78 36.34	1200m: 14:35.88 37.05				

Torneio Zonal de Juvenis (Zona Sul)
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Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	FIDALGO Joao Matos	03	128885	Benfica	18:12.82		467	
	50m: 31.78 31.78		450m: 5:26.61 37.28	850m: 10:20.88 36.87	1250m: 15:14.24 35.82			
	100m: 1:07.76 35.98		500m: 6:03.37 36.76	900m: 10:58.05 37.17	1300m: 15:49.95 35.71			
	150m: 1:44.44 36.68		550m: 6:40.12 36.75	950m: 11:34.61 36.56	1350m: 16:25.95 36.00			
	200m: 2:21.18 36.74		600m: 7:16.72 36.60	1000m: 12:11.96 37.35	1400m: 17:02.12 36.17			
	250m: 2:57.77 36.59		650m: 7:53.33 36.61	1050m: 12:48.41 36.45	1450m: 17:38.48 36.36			
	300m: 3:35.04 37.27		700m: 8:30.27 36.94	1100m: 13:25.00 36.59	1500m: 18:12.82 34.34			
	350m: 4:12.56 37.52		750m: 9:07.32 37.05	1150m: 14:01.99 36.99				
	400m: 4:49.33 36.77		800m: 9:44.01 36.69	1200m: 14:38.42 36.43				
12.	ASCENSO Daniel Alexandre	03	131377	Gesloures	18:19.76		458	
	50m: 32.62 32.62		450m: 5:27.04 36.45	850m: 10:22.58 36.85	1250m: 15:16.82 37.25			
	100m: 1:09.62 37.00		500m: 6:04.10 37.06	900m: 10:59.43 36.85	1300m: 15:54.17 37.35			
	150m: 1:46.48 36.86		550m: 6:41.34 37.24	950m: 11:36.01 36.58	1350m: 16:31.03 36.86			
	200m: 2:22.81 36.33		600m: 7:18.31 36.97	1000m: 12:13.06 37.05	1400m: 17:08.11 37.08			
	250m: 2:59.32 36.51		650m: 7:55.10 36.79	1050m: 12:49.64 36.58	1450m: 17:44.49 36.38			
	300m: 3:36.65 37.33		700m: 8:32.17 37.07	1100m: 13:26.39 36.75	1500m: 18:19.76 35.27			
	350m: 4:13.70 37.05		750m: 9:09.08 36.91	1150m: 14:03.21 36.82				
	400m: 4:50.59 36.89		800m: 9:45.73 36.65	1200m: 14:39.57 36.36				
13.	DURAES Diogo Miguel	03	123448	Natacao do Montijo	18:36.76		437	
	50m: 32.75 32.75		450m: 5:22.43 36.95	850m: 10:23.64 38.04	1250m: 15:28.67 37.77			
	100m: 1:07.82 35.07		500m: 5:59.40 36.97	900m: 11:01.23 37.59	1300m: 16:06.75 38.08			
	150m: 1:43.40 35.58		550m: 6:36.71 37.31	950m: 11:39.28 38.05	1350m: 16:44.55 37.80			
	200m: 2:19.43 36.03		600m: 7:13.93 37.22	1000m: 12:17.72 38.44	1400m: 17:22.68 38.13			
	250m: 2:55.61 36.18		650m: 7:51.44 37.51	1050m: 12:56.27 38.55	1450m: 18:00.18 37.50			
	300m: 3:32.15 36.54		700m: 8:29.82 38.38	1100m: 13:34.50 38.23	1500m: 18:36.76 36.58			
	350m: 4:08.93 36.78		750m: 9:07.86 38.04	1150m: 14:12.71 38.21				
	400m: 4:45.48 36.55		800m: 9:45.60 37.74	1200m: 14:50.90 38.19				
EXH	VASS Erik Norbert	03	202665	Rio Maior	17:48.24		500	
	50m: 31.51 31.51		450m: 5:15.35 36.36	850m: 10:03.12 35.71	1250m: 14:50.94 36.12			
	100m: 1:05.59 34.08		500m: 5:51.45 36.10	900m: 10:39.42 36.30	1300m: 15:26.73 35.79			
	150m: 1:40.47 34.88		550m: 6:27.28 35.83	950m: 11:15.31 35.89	1350m: 16:02.81 36.08			
	200m: 2:15.57 35.10		600m: 7:03.19 35.91	1000m: 11:51.22 35.91	1400m: 16:39.08 36.27			
	250m: 2:51.13 35.56		650m: 7:39.24 36.05	1050m: 12:27.32 36.10	1450m: 17:14.53 35.45			
	300m: 3:26.66 35.53		700m: 8:15.21 35.97	1100m: 13:03.41 36.09	1500m: 17:48.24 33.71			
	350m: 4:02.80 36.14		750m: 8:51.39 36.18	1150m: 13:38.96 35.55				
	400m: 4:38.99 36.19		800m: 9:27.41 36.02	1200m: 14:14.82 35.86				

Prova 20 Femin., 400m Livres Juvenis Resultados

RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004

Tac-JUVA Fem Juv A: 4:57.35 / Tac-JUVB Fem Juv B: 5:05.93

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	PIRES Marta Joao	05	147235	Alges	4:33.46		630	
	50m: 32.41 32.41		150m: 1:42.71 35.27	250m: 2:52.39 34.32	350m: 4:00.76 33.62			
	100m: 1:07.44 35.03		200m: 2:18.07 35.36	300m: 3:27.14 34.75	400m: 4:33.46 32.70			
2.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	4:37.72		602	
	50m: 31.95 31.95		150m: 1:42.21 35.47	250m: 2:52.40 35.04	350m: 4:02.76 35.12			
	100m: 1:06.74 34.79		200m: 2:17.36 35.15	300m: 3:27.64 35.24	400m: 4:37.72 34.96			

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Prova 20, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	ESTEVEENS Laura Fabiana	05	129315	Natacao de Olhao	4:38.66		596	
	50m: 32.14 32.14		150m: 1:42.35	35.35	250m: 2:52.98	35.09	350m: 4:04.46	35.61
	100m: 1:07.00 34.86		200m: 2:17.89	35.54	300m: 3:28.85	35.87	400m: 4:38.66	34.20
4.	SIMOES Ana Beatriz	05	153354	Sporting	4:41.93		575	
	50m: 32.00 32.00		150m: 1:42.50	35.62	250m: 2:54.03	35.75	350m: 4:06.73	36.10
	100m: 1:06.88 34.88		200m: 2:18.28	35.78	300m: 3:30.63	36.60	400m: 4:41.93	35.20
5.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	4:42.17		574	
	50m: 32.43 32.43		150m: 1:43.60	35.96	250m: 2:56.11	36.26	350m: 4:07.95	35.76
	100m: 1:07.64 35.21		200m: 2:19.85	36.25	300m: 3:32.19	36.08	400m: 4:42.17	34.22
6.	ALVES Joana Silva	05	200038	Benedita	4:43.50		566	
	50m: 32.67 32.67		150m: 1:44.40	36.13	250m: 2:57.77	36.59	350m: 4:09.75	35.72
	100m: 1:08.27 35.60		200m: 2:21.18	36.78	300m: 3:34.03	36.26	400m: 4:43.50	33.75
7.	ANDRE Isadora Maia	05	132800	Benfica	4:45.46		554	
	50m: 32.22 32.22		150m: 1:43.36	36.16	250m: 2:57.00	36.53	350m: 4:10.39	36.45
	100m: 1:07.20 34.98		200m: 2:20.47	37.11	300m: 3:33.94	36.94	400m: 4:45.46	35.07
8.	PIRES Laura Joao	05	148663	Natacao do Fundao	4:45.96		551	
	50m: 33.60 33.60		150m: 1:45.65	36.35	250m: 2:58.75	36.63	350m: 4:11.86	36.64
	100m: 1:09.30 35.70		200m: 2:22.12	36.47	300m: 3:35.22	36.47	400m: 4:45.96	34.10
9.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	4:47.45		543	
	50m: 32.34 32.34		150m: 1:43.20	35.79	250m: 2:56.18	36.62	350m: 4:10.67	37.25
	100m: 1:07.41 35.07		200m: 2:19.56	36.36	300m: 3:33.42	37.24	400m: 4:47.45	36.78
10.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	4:48.88		535	
	50m: 33.67 33.67		150m: 1:47.58	37.52	250m: 3:02.40	37.39	350m: 4:15.35	36.13
	100m: 1:10.06 36.39		200m: 2:25.01	37.43	300m: 3:39.22	36.82	400m: 4:48.88	33.53
11.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	4:49.16		533	
	50m: 32.03 32.03		150m: 1:43.71	36.30	250m: 2:57.60	37.11	350m: 4:13.18	37.62
	100m: 1:07.41 35.38		200m: 2:20.49	36.78	300m: 3:35.56	37.96	400m: 4:49.16	35.98
12.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	4:52.54		515	
	50m: 32.22 32.22		150m: 1:44.22	36.63	250m: 2:59.52	37.59	350m: 4:15.71	38.33
	100m: 1:07.59 35.37		200m: 2:21.93	37.71	300m: 3:37.38	37.86	400m: 4:52.54	36.83
13.	GAMA Joana Fernandes	05	153361	Sporting	4:55.81		498	
	50m: 34.23 34.23		150m: 1:48.18	37.38	250m: 3:04.13	38.02	350m: 4:19.54	37.79
	100m: 1:10.80 36.57		200m: 2:26.11	37.93	300m: 3:41.75	37.62	400m: 4:55.81	36.27
14.	TRIBUNA Francisca Otao	05	132463	Benfica	4:59.13		481	
	50m: 34.09 34.09		150m: 1:50.17	38.54	250m: 3:06.78	38.45	350m: 4:22.96	38.21
	100m: 1:11.63 37.54		200m: 2:28.33	38.16	300m: 3:44.75	37.97	400m: 4:59.13	36.17
15.	MOURA Luciana Rodrigues	05	129624	AONDA-Azeitao	4:59.23		481	
	50m: 33.78 33.78		150m: 1:48.03	37.62	250m: 3:04.63	38.50	350m: 4:22.03	38.66
	100m: 1:10.41 36.63		200m: 2:26.13	38.10	300m: 3:43.37	38.74	400m: 4:59.23	37.20
16.	FRANCA Nicole Patriarca	05	153435	CPCD-Povoa St Iria	4:59.38		480	
	50m: 33.70 33.70		150m: 1:49.38	38.71	250m: 3:06.94	38.30	350m: 4:23.55	38.45
	100m: 1:10.67 36.97		200m: 2:28.64	39.26	300m: 3:45.10	38.16	400m: 4:59.38	35.83
17.	VIEIRA Carmo Dias	05	201319	Avancado EUL	4:59.48		480	
	50m: 33.58 33.58		150m: 1:48.95	38.39	250m: 3:06.67	38.99	350m: 4:23.95	38.52
	100m: 1:10.56 36.98		200m: 2:27.68	38.73	300m: 3:45.43	38.76	400m: 4:59.48	35.53
18.	ARAUJO Maria Clara	05	133482	Naval do Funchal	4:59.89		478	
	50m: 33.90 33.90		150m: 1:50.71	38.55	250m: 3:06.54	37.04	350m: 4:23.61	38.54
	100m: 1:12.16 38.26		200m: 2:29.50	38.79	300m: 3:45.07	38.53	400m: 4:59.89	36.28
19.	SILVA Mariana Andreia	05	141810	Sporting	5:01.79		469	
	50m: 32.92 32.92		150m: 1:49.17	38.92	250m: 3:06.54	38.69	350m: 4:24.32	38.61
	100m: 1:10.25 37.33		200m: 2:27.85	38.68	300m: 3:45.71	39.17	400m: 5:01.79	37.47

Torneio Zonal de Juvenis (Zona Sul)
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Prova 20, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	NASCIMENTO Sofia Alexandre	05	133484	Naval do Funchal	5:02.47		466	
	50m: 33.90 33.90		150m: 1:50.57	38.23	250m: 3:07.04	38.46	350m: 4:25.40	38.69
	100m: 1:12.34 38.44		200m: 2:28.58	38.01	300m: 3:46.71	39.67	400m: 5:02.47	37.07
21.	ALEXANDRINO Madalena Carrap05	05	132560	Alges	5:02.51		465	
	50m: 34.49 34.49		150m: 1:50.51	38.35	250m: 3:07.44	38.59	350m: 4:24.89	38.29
	100m: 1:12.16 37.67		200m: 2:28.85	38.34	300m: 3:46.60	39.16	400m: 5:02.51	37.62
22.	FERNANDES Maria Teresa	05	132557	Alges	5:02.66		465	
	50m: 34.87 34.87		150m: 1:51.35	38.56	250m: 3:07.91	38.45	350m: 4:25.54	38.22
	100m: 1:12.79 37.92		200m: 2:29.46	38.11	300m: 3:47.32	39.41	400m: 5:02.66	37.12
23.	BERNAT Maria Del Rio	05	200403	Alges	5:03.08		463	
	50m: 33.85 33.85		150m: 1:49.94	38.47	250m: 3:07.32	38.86	350m: 4:25.62	39.23
	100m: 1:11.47 37.62		200m: 2:28.46	38.52	300m: 3:46.39	39.07	400m: 5:03.08	37.46
24.	SANTOS Mariana Marques	05	150757	Geslours	5:03.71		460	
	50m: 34.49 34.49		150m: 1:50.69	38.48	250m: 3:07.95	38.51	350m: 4:26.05	39.30
	100m: 1:12.21 37.72		200m: 2:29.44	38.75	300m: 3:46.75	38.80	400m: 5:03.71	37.66
25.	MARQUES Maria Ines	05	130822	Alcobaca	5:04.70		455	
	50m: 34.68 34.68		150m: 1:50.29	38.11	250m: 3:07.74	38.98	350m: 4:26.23	39.20
	100m: 1:12.18 37.50		200m: 2:28.76	38.47	300m: 3:47.03	39.29	400m: 5:04.70	38.47
26.	VENTURA Barbara Cunha	05	132458	Benfica	5:05.18		453	
	50m: 34.44 34.44		150m: 1:50.16	38.76	250m: 3:08.69	39.71	350m: 4:27.71	40.30
	100m: 1:11.40 36.96		200m: 2:28.98	38.82	300m: 3:47.41	38.72	400m: 5:05.18	37.47
27.	CARRAO Iris Pereira	05	201392	Laranjeiro	5:08.13		440	
	50m: 33.06 33.06		150m: 1:47.30	38.00	250m: 3:06.30	39.55	350m: 4:27.53	40.92
	100m: 1:09.30 36.24		200m: 2:26.75	39.45	300m: 3:46.61	40.31	400m: 5:08.13	40.60

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	4:28.52		666	
	50m: 30.90 30.90		150m: 1:38.07	33.90	250m: 2:45.72	33.70	350m: 3:54.95	34.86
	100m: 1:04.17 33.27		200m: 2:12.02	33.95	300m: 3:20.09	34.37	400m: 4:28.52	33.57
2.	SANTOS Leonor Esteves	04	130603	Avancado EUL	4:32.29		638	
	50m: 32.31 32.31		150m: 1:41.16	34.65	250m: 2:50.06	34.36	350m: 3:59.22	34.54
	100m: 1:06.51 34.20		200m: 2:15.70	34.54	300m: 3:24.68	34.62	400m: 4:32.29	33.07
3.	RODRIGUES Lidiana Correia	04	130399	Belenenses	4:36.13		612	
	50m: 31.65 31.65		150m: 1:40.60	34.88	250m: 2:51.45	35.57	350m: 4:02.13	35.19
	100m: 1:05.72 34.07		200m: 2:15.88	35.28	300m: 3:26.94	35.49	400m: 4:36.13	34.00
4.	VIANA Margarida Violante	04	132662	Bairro dos Anjos/ Leiria	4:37.07		606	
	50m: 31.66 31.66		150m: 1:41.25	35.40	250m: 2:52.22	35.44	350m: 4:02.74	35.24
	100m: 1:05.85 34.19		200m: 2:16.78	35.53	300m: 3:27.50	35.28	400m: 4:37.07	34.33
5.	INACIO Marta Macedo	04	132536	Sporting	4:38.39		597	
	50m: 31.87 31.87		150m: 1:42.01	35.39	250m: 2:52.55	35.58	350m: 4:03.88	35.73
	100m: 1:06.62 34.75		200m: 2:16.97	34.96	300m: 3:28.15	35.60	400m: 4:38.39	34.51
6.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	4:38.54		596	
	50m: 31.50 31.50		150m: 1:41.03	35.31	250m: 2:52.38	35.74	350m: 4:04.11	35.80
	100m: 1:05.72 34.22		200m: 2:16.64	35.61	300m: 3:28.31	35.93	400m: 4:38.54	34.43
7.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	4:40.84		582	
	50m: 32.15 32.15		150m: 1:43.42	35.75	250m: 2:54.89	35.59	350m: 4:06.13	35.59
	100m: 1:07.67 35.52		200m: 2:19.30	35.88	300m: 3:30.54	35.65	400m: 4:40.84	34.71
8.	FREIXIEIRO Beatriz Maria	04	201459	Rio Maior	4:43.31		567	
	50m: 32.51 32.51		150m: 1:43.30	35.78	250m: 2:55.89	36.41	350m: 4:08.76	36.36
	100m: 1:07.52 35.01		200m: 2:19.48	36.18	300m: 3:32.40	36.51	400m: 4:43.31	34.55

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Prova 20, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	ALVES Maria Francisca	04	132906	Bairro dos Anjos/ Leiria	4:44.45		560	
	50m: 32.24 32.24		150m: 1:43.26	35.86	250m: 2:55.52	36.49	350m: 4:08.45	36.55
	100m: 1:07.40 35.16		200m: 2:19.03	35.77	300m: 3:31.90	36.38	400m: 4:44.45	36.00
10.	NARRA Vera Figueiredo	04	131121	Amadora	4:46.74		547	
	50m: 32.69 32.84		150m: 1:45.05	36.47	250m: 2:58.14	36.59	350m: 4:10.49	36.44
	100m: 1:08.58 35.74		200m: 2:21.55	36.50	300m: 3:34.05	35.91	400m: 4:46.74	36.25
11.	COSTA Catarina Nunes	04	131376	Gesloures	4:48.02		539	
	50m: 33.87 33.87		150m: 1:46.48	37.12	250m: 2:59.76	36.26	350m: 4:12.98	36.24
	100m: 1:09.36 35.49		200m: 2:23.50	37.02	300m: 3:36.74	36.98	400m: 4:48.02	35.04
12.	PEDRO Daniela Alexandra	04	130864	Sporting	4:48.30		538	
	50m: 32.39 32.39		150m: 1:44.65	36.53	250m: 2:58.49	36.95	350m: 4:12.92	37.42
	100m: 1:08.12 35.73		200m: 2:21.54	36.89	300m: 3:35.50	37.01	400m: 4:48.30	35.38
13.	JESUS Leonor Santos	04	126749	Natacao de Olhao	4:49.65		530	
	50m: 32.64 32.64		150m: 1:43.55	35.99	250m: 2:58.03	36.98	350m: 4:13.15	37.09
	100m: 1:07.56 34.92		200m: 2:21.05	37.50	300m: 3:36.06	38.03	400m: 4:49.65	36.50
14.	MIRA Leonor Maria	04	130557	BUZIOS-Coruche	4:51.97		518	
	50m: 32.69 32.69		150m: 1:47.15	37.79	250m: 3:02.34	37.46	350m: 4:16.78	37.52
	100m: 1:09.36 36.67		200m: 2:24.88	37.73	300m: 3:39.26	36.92	400m: 4:51.97	35.19
15.	CAMACHO Maria Martins	04	130618	Uniao Piedense	4:52.07		517	
	50m: 32.69 32.69		150m: 1:45.61	37.03	250m: 2:59.71	36.86	350m: 4:15.37	37.59
	100m: 1:08.58 35.89		200m: 2:22.85	37.24	300m: 3:37.78	38.07	400m: 4:52.07	36.70
16.	SIMOES Rita Mendes	04	128073	Bairro dos Anjos/ Leiria	4:52.29		516	
	50m: 32.75 32.75		150m: 1:44.43	36.41	250m: 2:59.02	37.70	350m: 4:15.04	37.92
	100m: 1:08.02 35.27		200m: 2:21.32	36.89	300m: 3:37.12	38.10	400m: 4:52.29	37.25
17.	HENRIQUES Carolina Porem	04	129802	Sporting	4:53.65		509	
	50m: 33.41 33.41		150m: 1:46.06	36.46	250m: 2:59.66	37.07	350m: 4:12.00	35.64
	100m: 1:09.60 36.19		200m: 2:22.59	36.53	300m: 3:36.36	36.70	400m: 4:53.65	41.65
18.	LOPES Raquel Raposo	04	153469	Cova da Piedade	4:54.78		503	
	50m: 33.43 33.43		150m: 1:47.05	37.27	250m: 3:02.21	37.64	350m: 4:17.79	37.46
	100m: 1:09.78 36.35		200m: 2:24.57	37.52	300m: 3:40.33	38.12	400m: 4:54.78	36.99
19.	BARAO Margarida Carvalho	04	130241	Colegio Vasco da Gama	4:54.94		502	
	50m: 33.02 33.02		150m: 1:46.54	37.30	250m: 3:01.63	37.57	350m: 4:18.61	38.14
	100m: 1:09.24 36.22		200m: 2:24.06	37.52	300m: 3:40.47	38.84	400m: 4:54.94	36.33
20.	COUTINHO Maria Martim	04	127404	Bairro dos Anjos/ Leiria	4:55.14		501	
	50m: 32.90 32.90		150m: 1:47.33	37.53	250m: 3:02.87	37.72	350m: 4:18.40	37.37
	100m: 1:09.80 36.90		200m: 2:25.15	37.82	300m: 3:41.03	38.16	400m: 4:55.14	36.74
21.	COELHO Joana Marinho	04	131514	Sporting	4:55.54		499	
	50m: 33.02 33.02		150m: 1:47.03	37.40	250m: 3:02.71	37.96	350m: 4:18.82	38.18
	100m: 1:09.63 36.61		200m: 2:24.75	37.72	300m: 3:40.64	37.93	400m: 4:55.54	36.72
22.	MENDES Ana Sebastiao	04	129455	Portinado	4:56.43		495	
	50m: 33.00 33.00		150m: 1:47.49	37.58	250m: 3:02.99	37.66	350m: 4:19.02	38.10
	100m: 1:09.91 36.91		200m: 2:25.33	37.84	300m: 3:40.92	37.93	400m: 4:56.43	37.41
23.	GERALDES Madalena Graca	04	131511	Sporting	4:56.55		494	
	50m: 32.99 32.99		150m: 1:47.34	37.85	250m: 3:03.60	37.94	350m: 4:20.14	38.34
	100m: 1:09.49 36.50		200m: 2:25.66	38.32	300m: 3:41.80	38.20	400m: 4:56.55	36.41
24.	DELFINO Mariana Morais	04	132603	Sporting	4:57.24		491	
	50m: 33.06 33.06		150m: 1:46.98	37.86	250m: 3:03.25	38.12	350m: 4:20.06	38.44
	100m: 1:09.12 36.06		200m: 2:25.13	38.15	300m: 3:41.62	38.37	400m: 4:57.24	37.18
25.	REIS Maria Joao	04	129248	Nautico Marinha Grande	4:57.59		489	
	50m: 33.20 33.20		150m: 1:47.71	38.08	250m: 3:04.35	38.54	350m: 4:20.75	37.94
	100m: 1:09.63 36.43		200m: 2:25.81	38.10	300m: 3:42.81	38.46	400m: 4:57.59	36.84

Torneio Zonal de Juvenis (Zona Sul)
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Prova 20, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
26.	JOAQUIM Ines Marques	04	130368	Benfica	4:57.61		489	
	50m: 33.29 33.29		150m: 1:46.98 37.39	250m: 3:03.57 38.30	350m: 4:20.67 38.40			
	100m: 1:09.59 36.30		200m: 2:25.27 38.29	300m: 3:42.27 38.70	400m: 4:57.61 36.94			
27.	BOROZAN Gabriela	04	131882	Louletano / Loule Concelho	5:01.40		471	
	50m: 33.42 33.42		150m: 1:47.80 37.80	250m: 3:04.50 38.34	350m: 4:22.75 39.51			
	100m: 1:10.00 36.58		200m: 2:26.16 38.36	300m: 3:43.24 38.74	400m: 5:01.40 38.65			
28.	GUTERRES Mariana Fragoso	04	200475	Benfica	5:02.14		467	
	50m: 33.29 33.29		150m: 1:47.79 37.70	250m: 3:05.02 39.00	350m: 4:23.48 38.54			
	100m: 1:10.09 36.80		200m: 2:26.02 38.23	300m: 3:44.94 39.92	400m: 5:02.14 38.66			
EXH	JONES Angelina Bermejo	04	203392	Portinado	4:53.08		512	
	50m: 31.93 31.93		150m: 1:45.07 37.22	250m: 3:00.44 37.63	350m: 4:18.11 38.54			
	100m: 1:07.85 35.92		200m: 2:22.81 37.74	300m: 3:39.57 39.13	400m: 4:53.08 34.97			

Prova 21
16-12-2018

Masc., 200m Bra os

Juvenis
Resultados

RN25 Absoluto	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Juv A	2:18.22	SANTOS Andre Goncalo	LSC	Felgueiras	08-03-2013
RN25 Juv B	2:20.22	SANTOS Andre Goncalo	LSC	Braga	03-03-2012

Tac-JUVAMasc Juv A: 2:41.26 / Tac-JUVBMasc Juv B: 2:44.27

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	REBELO Joao Lourenco	04	132558	Alges	2:29.12		526	
	50m: 34.30 34.30		100m: 1:12.46 38.16	150m: 1:51.43 38.97	200m: 2:29.12 37.69			
2.	ALVES Paulo Rodrigues	04	124154	Desportivo Nacional	2:31.74		500	
	50m: 34.53 34.53		100m: 1:13.54 39.01	150m: 1:52.38 38.84	200m: 2:31.74 39.36			
3.	FERNANDES Martim Pestana	04	130526	Naval do Funchal	2:31.94		498	
	50m: 33.80 33.80		100m: 1:12.45 38.65	150m: 1:52.18 39.73	200m: 2:31.94 39.76			
4.	CARVALHO Antonio Lombardi	04	129886	Belenenses	2:32.50		492	
	50m: 34.57 34.57		100m: 1:14.40 39.83	150m: 1:54.03 39.63	200m: 2:32.50 38.47			
5.	SILVA Nuno Marques	04	127406	Bairro dos Anjos/ Leiria	2:34.15		476	
	50m: 35.45 35.45		100m: 1:14.69 39.24	150m: 1:54.61 39.92	200m: 2:34.15 39.54			
6.	LOPES Francisco Oliveira	04	120038	Bombeiros Ponta Delgada	2:36.83		452	
	50m: 35.87 35.87		100m: 1:16.18 40.31	150m: 1:56.92 40.74	200m: 2:36.83 39.91			
7.	VIEIRA Tomas Sa	04	131504	Alges	2:37.74		445	
	50m: 34.77 34.77		100m: 1:14.95 40.18	150m: 1:55.67 40.72	200m: 2:37.74 42.07			
8.	OLIVEIRA Vasco Peixoto	04	132490	Alcobaca	2:37.90		443	
	50m: 34.75 34.75		100m: 1:14.49 39.74	150m: 1:55.77 41.28	200m: 2:37.90 42.13			
9.	FARIAS Alexandre Moreira	04	132174	Louletano / Loule Concelho	2:40.54		422	
	50m: 35.92 35.92		100m: 1:16.82 40.90	150m: 1:58.99 42.17	200m: 2:40.54 41.55			
10.	CHOCAS Afonso Alves	04	126756	Electrico Clube	2:40.66		421	
	50m: 35.38 35.38		100m: 1:15.85 40.47	150m: 1:57.98 42.13	200m: 2:40.66 42.68			
11.	ANICETO Joao Gabriel	04	129790	Bairro dos Anjos/ Leiria	2:42.34		408	
	50m: 35.51 35.51		100m: 1:17.34 41.83	150m: 2:00.06 42.72	200m: 2:42.34 42.28			

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Prova 21, Masc., 200m Bru os, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	GONCALVES Duarte Cadima	04	153295	Natacao do Montijo	2:44.12		395	
	50m: 36.06 36.06		100m: 1:17.45	41.39	150m: 2:00.75	43.30	200m: 2:44.12	43.37
DSQ	SANTOS Vasco Malia	04	153124	Natacao de Lagos				
	<i>SW 7.6 - O (a) atleta n�o tocou com as m�os na parede separadas e simult�neamente na viragem aos 100 metros</i>							

Juvenis A

1.	CARNEIRO Joao Soares	03	205269	Benfica	2:19.27		646	
	50m: 31.92 31.92		100m: 1:06.96	35.04	150m: 1:43.35	36.39	200m: 2:19.27	35.92
2.	PEREIRA Ricardo Samuel	03	131801	Benfica	2:19.47		643	
	50m: 31.87 31.87		100m: 1:07.75	35.88	150m: 1:44.32	36.57	200m: 2:19.47	35.15
3.	CARRASCO Joao Pedro	03	126780	Portinado	2:30.75		509	
	50m: 32.90 32.90		100m: 1:10.74	37.84	150m: 1:49.96	39.22	200m: 2:30.75	40.79
4.	LOPES Luis Afonso	03	127315	Viver Santarem	2:31.24		505	
	50m: 33.37 33.37		100m: 1:11.38	38.01	150m: 1:52.08	40.70	200m: 2:31.24	39.16
5.	JUNIOR Luis Cabral	03	129805	Belenenses	2:31.93		498	
	50m: 34.14 34.14		100m: 1:13.07	38.93	150m: 1:52.97	39.90	200m: 2:31.93	38.96
6.	CRISTINA Joao Martins	03	126822	Louletano / Loule Concelho	2:32.86		489	
	50m: 34.74 34.74		100m: 1:13.74	39.00	150m: 1:53.44	39.70	200m: 2:32.86	39.42
7.	MATOS Rodrigo Vieira	03	131195	Naval do Funchal	2:32.87		489	
	50m: 33.98 33.98		100m: 1:12.84	38.86	150m: 1:53.99	41.15	200m: 2:32.87	38.88
8.	ENGELEN Dario	03	126816	Louletano / Loule Concelho	2:32.96		488	
	50m: 34.44 34.44		100m: 1:13.23	38.79	150m: 1:52.99	39.76	200m: 2:32.96	39.97
9.	LEITAO Tomas Almeida	03	129525	Alges	2:33.48		483	
	50m: 34.38 34.38		100m: 1:13.29	38.91	150m: 1:53.35	40.06	200m: 2:33.48	40.13
10.	OSSENBRUGGEN David Van	03	126428	Uniao Piedense	2:34.63		472	
	50m: 34.81 34.81		100m: 1:14.00	39.19	150m: 1:54.09	40.09	200m: 2:34.63	40.54
11.	CRISTINO Guilherme Matias	03	132528	Uniao Piedense	2:35.14		467	
	50m: 34.92 34.92		100m: 1:14.30	39.38	150m: 1:54.71	40.41	200m: 2:35.14	40.43
12.	SILVA Francisco Pinto	03	124094	Naval Praia da Vitoria	2:40.16		425	
	50m: 35.02 35.02		100m: 1:15.92	40.90	150m: 1:57.80	41.88	200m: 2:40.16	42.36
13.	PARENTE Salvador Ataide	03	131383	Gesloures	2:40.61		421	
	50m: 36.52 36.52		100m: 1:18.55	42.03	150m: 2:00.09	41.54	200m: 2:40.61	40.52
14.	MATOS Joao Luis	03	130239	Colegio Vasco da Gama	2:40.64		421	
	50m: 35.64 35.64		100m: 1:16.67	41.03	150m: 1:58.95	42.28	200m: 2:40.64	41.69
15.	FELICIO Tomas Miguel	03	127309	Rio Maior	2:42.26		408	
	50m: 35.71 35.71		100m: 1:16.50	40.79	150m: 1:59.03	42.53	200m: 2:42.26	43.23
16.	FREIRE Rui Miguel	03	130943	Nucleo Ansiao	2:42.88		404	
	50m: 36.06 36.06		100m: 1:16.91	40.85	150m: 1:59.74	42.83	200m: 2:42.88	43.14
17.	LOPES Pedro Henrique	03	129896	Sao Roque	2:48.03		368	
	50m: 37.30 37.30		100m: 1:19.97	42.67	150m: 2:03.95	43.98	200m: 2:48.03	44.08
DNS	MATOS Pedro Miguel	03	130244	Colegio Vasco da Gama				

Torneio Zonal de Juvenis (Zona Sul)
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Prova 22 16-12-2018	Femin., 200m Costas				Juvenis Resultados
RN25 Absoluto	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Juv A	2:14.11	REBELO Camila Rodrigues	ALN	Condeixa	12-05-2018
RN25 Juv B	2:17.86	MARTINHEIRA Catia Raquel	LDC	Sines	21-12-2008

Tac-JUVAFem Juv A: 2:38.58 / Tac-JUVBFem Juv B: 2:43.15

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	LAGOA Carlota Macedo	05	132179	Bairro dos Anjos/ Leiria	2:27.53		527	
	50m: 33.85 33.85				38.32	200m: 2:27.53	37.76	
2.	REIS Erica Cristina	05	200201	Sporting	2:27.72		525	
	50m: 35.11 35.11				38.28	200m: 2:27.72	36.37	
3.	SEBASTIAO Sofia Antunes	05	147121	Amadora	2:30.66		495	
	50m: 35.61 35.61				38.76	200m: 2:30.66	37.53	
4.	CANINHAS Maria Pinto	05	201666	Natacao do Fundao	2:31.45		487	
	50m: 35.95 35.95				39.18	200m: 2:31.45	38.25	
5.	SALGADO Soraia Maria	05	132513	Fisica Torres Vedras	2:32.56		477	
	50m: 34.11 34.11				39.81	200m: 2:32.56	39.51	
6.	MACHADO Beatriz Alexandra	05	137849	Beja	2:33.00		473	
	50m: 35.81 35.81				40.21	200m: 2:33.00	38.77	
7.	GONCALVES Rita Abibe	05	144730	Gesloures	2:34.79		457	
	50m: 37.22 37.22				40.05	200m: 2:34.79	37.30	
8.	SERAFIM Vera Di Martino	05	153368	Sporting	2:36.19		444	
	50m: 36.83 36.83				40.10	200m: 2:36.19	40.00	
9.	GOMES Rita Ferreira	05	132565	Alges	2:36.39		443	
	50m: 36.31 36.31				41.02	200m: 2:36.39	38.05	
10.	ROSA Sara Henriques	05	129112	Nucleo Sportinguista Terceira	2:36.61		441	
	50m: 36.00 36.00				40.76	200m: 2:36.61	40.90	
11.	LOURO Ariana Espirito	05	128140	Gualdim Pais	2:36.63		441	
	50m: 36.14 36.14				41.19	200m: 2:36.63	40.32	
12.	DIAS Iara Filipa	05	130387	Naval de Peniche	2:38.17		428	
	50m: 37.51 37.51				40.90	200m: 2:38.17	39.01	
13.	VENTURA Barbara Cunha	05	132458	Benfica	2:38.39		426	
	50m: 37.55 37.55				41.42	200m: 2:38.39	38.87	
14.	LOPES Rosa Branca	05	129274	Pimpoes/Cimai	2:39.95		414	
	50m: 37.56 37.56				41.50	200m: 2:39.95	40.19	
15.	CARVALHO Marta Sofia	05	133331	Colegio Monte Maior	2:40.27		411	
	50m: 36.81 36.81				41.89	200m: 2:40.27	40.98	
16.	TRIBUNA Francisca Otao	05	132463	Benfica	2:42.40		395	
	50m: 37.61 37.61				41.94	200m: 2:42.40	41.37	
DNS	MARTINS Rafaela Diogo	05	132214	Naval Setubalense				
DNS	RICARDO Maria Correia	05	129496	Naval Setubalense				

Torneio Zonal de Juvenis (Zona Sul)
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Prova 22, Femin., 200m Costas

Juvenis A

1.	AMADO Maria Lopes	04	131517	Bairro dos Anjos/ Leiria	2:20.28	614
	50m: 32.33 32.33		100m: 1:07.31 34.98	150m: 1:43.57 36.26	200m: 2:20.28 36.71	
2.	COSTA Carolina Fale	04	129801	Colegio Monte Maior	2:25.51	550
	50m: 34.81 34.81		100m: 1:11.76 36.95	150m: 1:49.15 37.39	200m: 2:25.51 36.36	
3.	NARCISO Susana Chanoca	04	129388	CPCD-Povoa St Iria	2:26.03	544
	50m: 34.44 34.44		100m: 1:10.80 36.36	150m: 1:48.52 37.72	200m: 2:26.03 37.51	
4.	ALVES Ines Sofia	04	129192	Portinado	2:27.41	529
	50m: 34.82 34.82		100m: 1:12.48 37.66	150m: 1:50.27 37.79	200m: 2:27.41 37.14	
5.	RODRIGUES Sofia Vilardell	04	132308	Gesloures	2:28.74	515
	50m: 35.90 35.90		100m: 1:14.27 38.37	150m: 1:52.70 38.43	200m: 2:28.74 36.04	
6.	SILVA Constanca Alexandra	04	128805	Pimpoes/Cimai	2:29.19	510
	50m: 34.75 34.75		100m: 1:13.07 38.32	150m: 1:51.74 38.67	200m: 2:29.19 37.45	
7.	FERREIRA Maria Leonor	04	130410	Desportivo Nacional	2:29.65	505
	50m: 35.03 35.03		100m: 1:12.76 37.73	150m: 1:51.60 38.84	200m: 2:29.65 38.05	
8.	INACIO Ana Sofia	04	202686	Sporting	2:31.50	487
	50m: 35.50 35.50		100m: 1:13.95 38.45	150m: 1:53.44 39.49	200m: 2:31.50 38.06	
9.	ANTUNES Joana Maia	04	131699	Benfica	2:31.84	484
	50m: 34.58 34.58		100m: 1:12.62 38.04	150m: 1:52.16 39.54	200m: 2:31.84 39.68	
10.	JESUS Leonor Santos	04	126749	Natacao de Olhao	2:32.43	478
	50m: 35.04 35.04		100m: 1:13.40 38.36	150m: 1:53.22 39.82	200m: 2:32.43 39.21	
11.	COUTINHO Maria Martim	04	127404	Bairro dos Anjos/ Leiria	2:32.44	478
	50m: 35.61 35.61		100m: 1:14.06 38.45	150m: 1:54.69 40.63	200m: 2:32.44 37.75	
12.	ABREU Sofia Viola	04	129910	Naval de Peniche	2:33.17	471
	50m: 35.80 35.80		100m: 1:14.48 38.68	150m: 1:54.23 39.75	200m: 2:33.17 38.94	
13.	SILVA Alexandra Cordeiro	04	128723	Alcobaca	2:33.39	469
	50m: 35.32 35.32		100m: 1:13.79 38.47	150m: 1:53.76 39.97	200m: 2:33.39 39.63	
14.	GONCALVES Maria Margarida	04	130411	Naval do Funchal	2:33.40	469
	50m: 35.77 35.77		100m: 1:15.13 39.36	150m: 1:54.97 39.84	200m: 2:33.40 38.43	
15.	SOUSA Joana Francisca	04	130520	Sao Roque	2:33.64	467
	50m: 36.10 36.10		100m: 1:14.81 38.71	150m: 1:54.40 39.59	200m: 2:33.64 39.24	
16.	SOUSA Ana Correia	04	130376	Pimpoes/Cimai	2:33.87	465
	50m: 36.43 36.43		100m: 1:15.64 39.21	150m: 1:55.21 39.57	200m: 2:33.87 38.66	
17.	BRANCOURT Yonina	04	202082	Gesloures	2:34.64	458
	50m: 35.65 35.65		100m: 1:14.24 38.59	150m: 1:54.50 40.26	200m: 2:34.64 40.14	
18.	VENTURA Sara Sofia	04	124530	Elvense	2:34.84	456
	50m: 34.86 34.86		100m: 1:13.96 39.10	150m: 1:54.89 40.93	200m: 2:34.84 39.95	
19.	PEREIRA Anais Cloe	04	147048	Sporting	2:36.47	442
	50m: 36.90 36.90		100m: 1:16.27 39.37	150m: 1:56.77 40.50	200m: 2:36.47 39.70	
20.	LOPES Raquel Raposo	04	153469	Cova da Piedade	2:38.75	423
	50m: 37.17 37.17		100m: 1:17.27 40.10	150m: 1:58.48 41.21	200m: 2:38.75 40.27	
21.	REIS Maria Joao	04	129248	Nautico Marinha Grande	2:39.03	421
	50m: 37.26 37.26		100m: 1:17.37 40.11	150m: 1:58.59 41.22	200m: 2:39.03 40.44	
22.	PIRES Matilde Silva	04	130560	CF Estremoz	2:41.84	399
	50m: 37.89 37.89		100m: 1:18.71 40.82	150m: 2:00.33 41.62	200m: 2:41.84 41.51	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 22, Femin., 200m Costas, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	CAMACHO Maria Martins	04	130618	Uniao Piedense				
<i>SW 6.4 - O (a) atleta não efectua a viragem dos 75 metros após terminar o movimento contínuo de braços</i>								

Prova 23
16-12-2018

Masc., 200m Estilos

Juvenis
Resultados

RN25 Absoluto	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Juv A	2:05.34	CARVALHO Diogo Filipe	CGA	Aveiro	15-05-2004
RN25 Juv B	2:08.27	CARVALHO Diogo Filipe	CGA	Fafe	10-05-2003

Tac-JUVAMasc Juv A: 2:28.06 / Tac-JUVBMasc Juv B: 2:30.83

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SIMOES Bernardo Jorge	04	130250	Colegio Vasco da Gama	2:12.96		560	
	50m: 28.79 28.79			100m: 1:02.66 33.87	150m: 1:43.10	40.44	200m: 2:12.96	29.86
2.	SILVA Gustavo Carvalho	04	128796	Academia Acores	2:13.35		555	
	50m: 28.12 28.12			100m: 1:00.36 32.24	150m: 1:41.71	41.35	200m: 2:13.35	31.64
3.	COSTA Joao Peres	04	130322	Naval Praia da Vitoria	2:14.10		546	
	50m: 28.66 28.66			100m: 1:03.48 34.82	150m: 1:42.75	39.27	200m: 2:14.10	31.35
4.	ALVES Paulo Rodrigues	04	124154	Desportivo Nacional	2:16.59		517	
	50m: 29.36 29.36			100m: 1:04.99 35.63	150m: 1:44.21	39.22	200m: 2:16.59	32.38
5.	REBELO Joao Lourenco	04	132558	Alges	2:17.23		509	
	50m: 29.93 29.93			100m: 1:08.11 38.18	150m: 1:46.11	38.00	200m: 2:17.23	31.12
6.	BARRY Rafael Francisco	04	128316	Naval do Funchal	2:19.64		483	
	50m: 29.52 29.52			100m: 1:05.64 36.12	150m: 1:46.74	41.10	200m: 2:19.64	32.90
7.	OLIVEIRA Pedro Nuno	04	202589	Torres Novas	2:22.41		456	
	50m: 30.34 30.34			100m: 1:08.01 37.67	150m: 1:49.86	41.85	200m: 2:22.41	32.55
8.	VIEIRA Tomas Sa	04	131504	Alges	2:22.62		454	
	50m: 30.29 30.29			100m: 1:08.68 38.39	150m: 1:49.74	41.06	200m: 2:22.62	32.88
9.	SIMOES Miguel Costa	04	132350	Cova da Piedade	2:22.97		450	
	50m: 31.64 31.64			100m: 1:08.55 36.91	150m: 1:51.25	42.70	200m: 2:22.97	31.72
10.	CORREIA Francisco Alves	04	131389	Litoral Alentejano	2:23.23		448	
	50m: 30.02 30.02			100m: 1:06.87 36.85	150m: 1:49.32	42.45	200m: 2:23.23	33.91
11.	TROMBINHAS Tiago Miguel	04	201495	Colegio Monte Maior	2:24.19		439	
	50m: 32.62 32.62			100m: 1:10.07 37.45	150m: 1:52.63	42.56	200m: 2:24.19	31.56
12.	AGUIAR Vasco Ormonde	04	126947	Academia Acores	2:24.49		436	
	50m: 29.09 29.09			100m: 1:06.11 37.02	150m: 1:49.66	43.55	200m: 2:24.49	34.83
13.	SANTOS Guilherme Machado	04	200202	Uniao Piedense	2:24.70		434	
	50m: 31.26 31.26			100m: 1:07.27 36.01	150m: 1:50.60	43.33	200m: 2:24.70	34.10
14.	PINTO Joao Pedro	04	148597	Academia Acores	2:25.34		429	
	50m: 30.59 30.59			100m: 1:09.77 39.18	150m: 1:51.96	42.19	200m: 2:25.34	33.38
15.	LOPES Tiago Fanha	04	129520	Natacao do Montijo	2:25.63		426	
	50m: 30.91 30.91			100m: 1:07.54 36.63	150m: 1:50.93	43.39	200m: 2:25.63	34.70
16.	NOGUEIRA Tiago Morgado	04	202389	Colegio Monte Maior	2:25.65		426	
	50m: 32.22 32.22			100m: 1:09.14 36.92	150m: 1:52.14	43.00	200m: 2:25.65	33.51

Torneio Zonal de Juvenis (Zona Sul)
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Prova 23, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	FOCK Yann Chetelat	04	129699	Avancado EUL	2:25.70		425	
	50m: 31.44 31.44		100m: 1:09.83	38.39 150m: 1:52.67	42.84	200m: 2:25.70	33.03	
18.	CASTANHEIRA Guilherme Silva	04	131232	Bairro dos Anjos/ Leiria	2:26.03		423	
	50m: 30.80 30.80		100m: 1:08.06	37.26 150m: 1:52.95	44.89	200m: 2:26.03	33.08	
19.	PINTO Afonso Cipriano	04	153352	Sporting	2:26.26		421	
	50m: 30.67 30.67		100m: 1:08.45	37.78 150m: 1:52.62	44.17	200m: 2:26.26	33.64	
20.	OLIVEIRA Vasco Peixoto	04	132490	Alcobaca	2:26.58		418	
	50m: 31.70 31.70		100m: 1:11.33	39.63 150m: 1:52.54	41.21	200m: 2:26.58	34.04	
21.	LOPES Rafael Caceres	04	201395	Uniao Piedense	2:27.03		414	
	50m: 32.16 32.16		100m: 1:09.11	36.95 150m: 1:54.92	45.81	200m: 2:27.03	32.11	
22.	MADRUGO Joao Tomas	04	130847	Pimpoes/Cimai	2:27.38		411	
	50m: 29.96 29.96		100m: 1:07.65	37.69 150m: 1:52.64	44.99	200m: 2:27.38	34.74	
23.	CARRAPITO Goncalo Filipe	04	129666	Uniao Piedense	2:27.45		411	
	50m: 32.89 32.89		100m: 1:10.00	37.11 150m: 1:52.94	42.94	200m: 2:27.45	34.51	
24.	LOPES Francisco Oliveira	04	120038	Bombeiros Ponta Delgada	2:27.78		408	
	50m: 34.08 34.08		100m: 1:11.90	37.82 150m: 1:53.21	41.31	200m: 2:27.78	34.57	
25.	SILVA Daniel Alexandre	04	204626	Natacao de Olhao	2:28.27		404	
	50m: 32.29 32.29		100m: 1:09.63	37.34 150m: 1:55.15	45.52	200m: 2:28.27	33.12	
26.	FARIAS Alexandre Moreira	04	132174	Louletano / Loule Concelho	2:28.64		401	
	50m: 31.61 31.61		100m: 1:11.51	39.90 150m: 1:54.72	43.21	200m: 2:28.64	33.92	
27.	LUIS Tomas Santos	04	153367	Sporting	2:29.35		395	
	50m: 31.94 31.94		100m: 1:09.93	37.99 150m: 1:55.68	45.75	200m: 2:29.35	33.67	
28.	MIL-HOMENS Nuno Fontes	04	153364	Sporting	2:29.36		395	
	50m: 31.63 31.63		100m: 1:09.30	37.67 150m: 1:55.40	46.10	200m: 2:29.36	33.96	
29.	RODRIGUES Rodrigo Reis	04	124155	Sao Roque	2:29.50		394	
	50m: 33.42 33.42		100m: 1:13.35	39.93 150m: 1:55.84	42.49	200m: 2:29.50	33.66	
30.	SILVA Hugo Tomas	04	200491	AONDA-Azeiteao	2:29.85		391	
	50m: 31.76 31.76		100m: 1:10.27	38.51 150m: 1:54.58	44.31	200m: 2:29.85	35.27	
31.	FERREIRA Leonardo Filipe	04	203400	Naval do Funchal	2:31.17		381	
	50m: 30.71 30.71		100m: 1:10.18	39.47 150m: 1:54.96	44.78	200m: 2:31.17	36.21	
DSQ	SANTOS Vasco Malia	04	153124	Natacao de Lagos				
	<i>SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 25 metros</i>							
DNS	MAIA Felipe Menegassi	04	207683	Alges				

Juvenis A

1.	VAKULYUK Paulo	03	123668	Torres Novas	2:08.71		617	
	<i>Rec Distrital ANDS</i>							
	50m: 27.43 27.43		100m: 59.39	31.96 150m: 1:39.29	39.90	200m: 2:08.71	29.42	
2.	GOMES Tomas Nogueira	03	126626	Uniao Piedense	2:11.50		579	
	50m: 29.36 29.36		100m: 1:01.94	32.58 150m: 1:41.57	39.63	200m: 2:11.50	29.93	
3.	SILVA Ricardo Lopes	03	126680	Nautico Marinha Grande	2:12.17		570	
	50m: 27.82 27.82		100m: 59.83	32.01 150m: 1:41.01	41.18	200m: 2:12.17	31.16	
4.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	2:13.43		554	
	50m: 28.84 28.84		100m: 1:02.67	33.83 150m: 1:42.11	39.44	200m: 2:13.43	31.32	
5.	PEREIRA Ricardo Samuel	03	131801	Benfica	2:14.13		546	
	50m: 29.60 29.60		100m: 1:05.79	36.19 150m: 1:42.02	36.23	200m: 2:14.13	32.11	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 23, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	DIAS Rodrigo Reis	03	129003	Belenenses	2:15.68		527	
	50m: 28.67 28.67		100m: 1:03.36 34.69	150m: 1:44.42	41.06	200m: 2:15.68	31.26	
7.	FERREIRA Ricardo Martins	03	127307	AONDA-Azeitao	2:19.45		485	
	50m: 31.12 31.12		100m: 1:07.00 35.88	150m: 1:47.84	40.84	200m: 2:19.45	31.61	
8.	CARRASCO Joao Pedro	03	126780	Portinado	2:19.53		485	
	50m: 30.10 30.10		100m: 1:06.11 36.01	150m: 1:46.40	40.29	200m: 2:19.53	33.13	
9.	NOVIKOV Ricardo	03	129524	Alges	2:19.72		483	
	50m: 30.63 30.63		100m: 1:07.45 36.82	150m: 1:48.83	41.38	200m: 2:19.72	30.89	
10.	CRISTINA Joao Martins	03	126822	Louletano / Loule Concelho	2:20.82		471	
	50m: 30.77 30.77		100m: 1:08.01 37.24	150m: 1:48.72	40.71	200m: 2:20.82	32.10	
11.	CORREIA Pedro Henriques	03	125257	Benfica	2:21.11		468	
	50m: 30.34 30.34		100m: 1:06.40 36.06	150m: 1:49.13	42.73	200m: 2:21.11	31.98	
12.	LEITAO Tomas Almeida	03	129525	Alges	2:21.20		468	
	50m: 30.79 30.79		100m: 1:07.78 36.99	150m: 1:47.39	39.61	200m: 2:21.20	33.81	
13.	BOAVIDA Pedro Miguel	03	126750	Natacao de Olhao	2:21.99		460	
	50m: 29.40 29.40		100m: 1:06.58 37.18	150m: 1:50.04	43.46	200m: 2:21.99	31.95	
14.	GOMES Goncalo Camara	03	124453	Naval do Funchal	2:22.34		456	
	50m: 29.41 29.41		100m: 1:04.97 35.56	150m: 1:49.64	44.67	200m: 2:22.34	32.70	
15.	ALVES Rui Chagas	03	124499	Viver Santarem	2:23.24		448	
	50m: 30.47 30.47		100m: 1:09.13 38.66	150m: 1:51.14	42.01	200m: 2:23.24	32.10	
	SANTOS Joao Pedro	03	128166	Bombeiros Ponta Delgada	2:23.24		448	
	50m: 29.86 29.86		100m: 1:05.61 35.75	150m: 1:49.64	44.03	200m: 2:23.24	33.60	
17.	FERREIRA Paulo Sergio	03	126448	Naval da Nazare	2:23.37		447	
	50m: 30.72 30.72		100m: 1:06.22 35.50	150m: 1:51.33	45.11	200m: 2:23.37	32.04	
18.	OSSENBRUGGEN David Van	03	126428	Uniao Piedense	2:23.52		445	
	50m: 31.91 31.91		100m: 1:10.20 38.29	150m: 1:49.39	39.19	200m: 2:23.52	34.13	
19.	CASCALHEIRA Joao Miguel	03	201621	Naval Setubalense	2:23.60		444	
	50m: 29.99 29.99		100m: 1:07.35 37.36	150m: 1:50.24	42.89	200m: 2:23.60	33.36	
20.	MATOS Joao Luis	03	130239	Colegio Vasco da Gama	2:23.82		442	
	50m: 32.38 32.38		100m: 1:09.46 37.08	150m: 1:50.37	40.91	200m: 2:23.82	33.45	
21.	SILVA Francisco Pinto	03	124094	Naval Praia da Vitoria	2:24.29		438	
	50m: 30.55 30.55		100m: 1:09.30 38.75	150m: 1:50.24	40.94	200m: 2:24.29	34.05	
22.	CAMARA Simao Vieira	03	123670	Sao Roque	2:24.53		436	
	50m: 30.86 30.86		100m: 1:07.41 36.55	150m: 1:50.72	43.31	200m: 2:24.53	33.81	
23.	FELICIO Tomas Miguel	03	127309	Rio Maior	2:24.64		435	
	50m: 31.16 31.16		100m: 1:09.67 38.51	150m: 1:51.02	41.35	200m: 2:24.64	33.62	
24.	VALE David Manuel	03	148339	Gesloures	2:24.79		434	
	50m: 30.40 30.40		100m: 1:08.48 38.08	150m: 1:52.31	43.83	200m: 2:24.79	32.48	
25.	DURAES Diogo Miguel	03	123448	Natacao do Montijo	2:24.98		432	
	50m: 32.62 32.62		100m: 1:10.31 37.69	150m: 1:51.19	40.88	200m: 2:24.98	33.79	
26.	FREIRE Rui Miguel	03	130943	Nucleo Ansiao	2:25.32		429	
	50m: 30.77 30.77		100m: 1:10.73 39.96	150m: 1:52.32	41.59	200m: 2:25.32	33.00	
27.	TOME Diogo Bernardo	03	124077	Salvaterra de Magos	2:26.43		419	
	50m: 31.32 31.32		100m: 1:06.84 35.52	150m: 1:52.05	45.21	200m: 2:26.43	34.38	
28.	LOPES Rodrigo Beja	03	132651	AONDA-Azeitao	2:27.69		409	
	50m: 30.85 30.85		100m: 1:09.15 38.30	150m: 1:54.64	45.49	200m: 2:27.69	33.05	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 23, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
29.	FIDALGO Joao Matos	03	128885	Benfica	2:28.33		403	
	50m: 30.33 30.33			100m: 1:10.02 39.69	150m: 1:54.84 44.82	200m: 2:28.33	33.49	
30.	KOROL Andre	03	127050	Aminata	2:37.05		340	
	50m: 30.02 30.02			100m: 1:08.23 38.21	150m: 1:58.34 50.11	200m: 2:37.05	38.71	
DSQ	MATOS Rodrigo Vieira	03	131195	Naval do Funchal	<i>SW 6.5 - O (a) atleta chegou à parede totalmente submerso na viragem aos 100 metros</i>			

Prova 24
16-12-2018

Femin., 200m Livres

Juvenis
Resultados

RN25 Absoluto	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Juv A	2:04.01	FRAZAO Alexandra Couto	SANC	Coimbra	25-06-2017
RN25 Juv B	2:04.38	REBELO Camila Rodrigues	SANC	Coimbra	25-06-2017

Tac-JUVAFem Juv A: 2:21.16 / Tac-JUVBFem Juv B: 2:25.23

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	PIRES Marta Joao	05	147235	Alges	2:10.45		606	
	50m: 30.68 30.68			100m: 1:04.27 33.59	150m: 1:37.84 33.57	200m: 2:10.45	32.61	
2.	DELGADO Soraia Alexandra	05	153438	CPCD-Povoa St Iria	2:11.25		595	
	50m: 30.79 30.79			100m: 1:04.18 33.39	150m: 1:37.81 33.63	200m: 2:11.25	33.44	
3.	SIMOES Ana Beatriz	05	153354	Sporting	2:11.91		586	
	50m: 30.92 30.92			100m: 1:04.76 33.84	150m: 1:38.66 33.90	200m: 2:11.91	33.25	
4.	NICOLAU Margarida Claudino	05	200214	Torres Novas	2:12.58		577	
	50m: 30.75 30.75			100m: 1:05.03 34.28	150m: 1:39.47 34.44	200m: 2:12.58	33.11	
5.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	2:13.78		562	
	50m: 31.49 31.49			100m: 1:05.51 34.02	150m: 1:40.05 34.54	200m: 2:13.78	33.73	
6.	NOBRE Beatriz Gaspar	05	153134	Gualdim Pais	2:14.39		554	
	50m: 31.18 31.18			100m: 1:05.28 34.10	150m: 1:39.73 34.45	200m: 2:14.39	34.66	
7.	SEBASTIAO Sofia Antunes	05	147121	Amadora	2:15.57		540	
	50m: 31.58 31.58			100m: 1:06.38 34.80	150m: 1:41.99 35.61	200m: 2:15.57	33.58	
8.	COSTA Mafalda Santos	05	132453	Colegio Monte Maior	2:16.33		531	
	50m: 32.25 32.25			100m: 1:06.78 34.53	150m: 1:41.55 34.77	200m: 2:16.33	34.78	
9.	ANDRE Isadora Maia	05	132800	Benfica	2:16.35		531	
	50m: 31.20 31.20			100m: 1:05.23 34.03	150m: 1:40.79 35.56	200m: 2:16.35	35.56	
10.	ALVES Joana Silva	05	200038	Benedita	2:16.82		525	
	50m: 31.71 31.71			100m: 1:06.52 34.81	150m: 1:42.55 36.03	200m: 2:16.82	34.27	
11.	CARLOTA Catarina Isabel	05	132493	BUZIOS-Coruche	2:16.90		524	
	50m: 32.28 32.28			100m: 1:07.44 35.16	150m: 1:42.84 35.40	200m: 2:16.90	34.06	
12.	FERREIRA Joana Rocha	05	201560	Benfica	2:18.80		503	
	50m: 31.51 31.51			100m: 1:05.60 34.09	150m: 1:42.33 36.73	200m: 2:18.80	36.47	
13.	PIRES Laura Joao	05	148663	Natacao do Fundao	2:19.92		491	
	50m: 32.89 32.89			100m: 1:08.10 35.21	150m: 1:45.04 36.94	200m: 2:19.92	34.88	
14.	FONSECA GOMES Carolina	05	202528	Olivais e Moscavide	2:20.75		482	
	50m: 32.40 32.40			100m: 1:07.83 35.43	150m: 1:44.74 36.91	200m: 2:20.75	36.01	

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Prova 24, Femin., 200m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FERREIRA Joana Rosa	05	130757	Naval de Peniche	2:21.09		479	
	50m: 32.32 32.32		100m: 1:07.98	35.66 150m: 1:45.12	37.14	200m: 2:21.09	35.97	
16.	CANINHAS Maria Pinto	05	201666	Natacao do Fundao	2:21.48		475	
	50m: 32.82 32.82		100m: 1:08.95	36.13 150m: 1:46.25	37.30	200m: 2:21.48	35.23	
17.	CARRAO Iris Pereira	05	201392	Laranjeiro	2:21.53		475	
	50m: 32.37 32.37		100m: 1:07.90	35.53 150m: 1:44.64	36.74	200m: 2:21.53	36.89	
18.	VIEIRA Carmo Dias	05	201319	Avancado EUL	2:21.78		472	
	50m: 32.77 32.77		100m: 1:09.09	36.32 150m: 1:46.46	37.37	200m: 2:21.78	35.32	
19.	NASCIMENTO Sofia Alexandre	05	133484	Naval do Funchal	2:22.19		468	
	50m: 32.03 32.03		100m: 1:08.35	36.32 150m: 1:45.81	37.46	200m: 2:22.19	36.38	
20.	ROSA Sara Henriques	05	129112	Nucleo Sportinguista Terceira	2:22.20		468	
	50m: 33.04 33.04		100m: 1:08.80	35.76 150m: 1:46.19	37.39	200m: 2:22.20	36.01	
21.	FILIFE Ana Sofia	05	202068	Portinado	2:22.81		462	
	50m: 32.68 32.68		100m: 1:08.47	35.79 150m: 1:46.26	37.79	200m: 2:22.81	36.55	
22.	NEVES Daniela Lourenco	05	132684	CCDSerta	2:23.85		452	
	50m: 33.04 33.04		100m: 1:10.04	37.00 150m: 1:47.91	37.87	200m: 2:23.85	35.94	
23.	TRIBUNA Francisca Otao	05	132463	Benfica	2:23.93		451	
	50m: 32.56 32.56		100m: 1:09.06	36.50 150m: 1:46.95	37.89	200m: 2:23.93	36.98	
24.	SILVA Filipa Raposo	05	153359	Sporting	2:24.29		448	
	50m: 32.74 32.74		100m: 1:11.26	38.52 150m: 1:48.92	37.66	200m: 2:24.29	35.37	
25.	FERREIRA Mariana Reis	05	200724	AONDA-Azeitao	2:24.59		445	
	50m: 33.63 33.63		100m: 1:10.07	36.44 150m: 1:48.35	38.28	200m: 2:24.59	36.24	
26.	ALEXANDRINO Madalena Carrap05	05	132560	Alges	2:24.88		442	
	50m: 33.40 33.40		100m: 1:10.44	37.04 150m: 1:48.24	37.80	200m: 2:24.88	36.64	
27.	PALMA Ines Pinto	05	201892	Aljustrelense	2:25.99		432	
	50m: 33.08 33.08		100m: 1:09.74	36.66 150m: 1:48.44	38.70	200m: 2:25.99	37.55	

Juvenis A

1.	MOURA Maria Ferreira	04	131382	Sporting	2:03.93		707	
	<i>Rec Nacional</i>							
	50m: 29.10 29.10		100m: 59.92	30.82 150m: 1:31.85	31.93	200m: 2:03.93	32.08	
2.	AMADO Maria Lopes	04	131517	Bairro dos Anjos/ Leiria	2:08.32		637	
	50m: 29.19 29.19		100m: 1:00.96	31.77 150m: 1:34.27	33.31	200m: 2:08.32	34.05	
3.	MARQUES Maria Alexandra	04	128375	Albicastrense	2:09.59		618	
	50m: 30.06 30.06		100m: 1:02.21	32.15 150m: 1:35.84	33.63	200m: 2:09.59	33.75	
4.	SANTOS Leonor Esteves	04	130603	Avancado EUL	2:11.24		595	
	50m: 31.57 31.57		100m: 1:05.21	33.64 150m: 1:38.93	33.72	200m: 2:11.24	32.31	
5.	MONTEIRO Ines Maria	04	126588	Naval Praia da Vitoria	2:11.68		589	
	50m: 30.84 30.84		100m: 1:04.23	33.39 150m: 1:38.07	33.84	200m: 2:11.68	33.61	
6.	INACIO Marta Macedo	04	132536	Sporting	2:11.85		587	
	50m: 30.55 30.55		100m: 1:03.75	33.20 150m: 1:38.11	34.36	200m: 2:11.85	33.74	
7.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	2:12.54		578	
	50m: 30.43 30.43		100m: 1:04.07	33.64 150m: 1:38.55	34.48	200m: 2:12.54	33.99	
8.	VIANA Margarida Violante	04	132662	Bairro dos Anjos/ Leiria	2:12.96		572	
	50m: 31.40 31.40		100m: 1:05.43	34.03 150m: 1:39.64	34.21	200m: 2:12.96	33.32	

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Prova 24, Femin., 200m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	FREIXIEIRO Beatriz Maria 50m: 31.32 31.32	04	201459	Rio Maior 100m: 1:05.10 33.78 150m: 1:39.84	2:13.23 34.74 200m: 2:13.23		569 33.39	
10.	ALVES Maria Francisca 50m: 31.38 31.38	04	132906	Bairro dos Anjos/ Leiria 100m: 1:05.34 33.96 150m: 1:39.45	2:13.29 34.11 200m: 2:13.29		568 33.84	
11.	NARCISO Susana Chanoca 50m: 31.38 31.38	04	129388	CPCD-Povoa St Iria 100m: 1:06.02 34.64 150m: 1:41.67	2:15.42 35.65 200m: 2:15.42		542 33.75	
12.	DELFINO Mariana Morais 50m: 32.26 32.26	04	132603	Sporting 100m: 1:06.92 34.66 150m: 1:42.33	2:15.48 35.41 200m: 2:15.48		541 33.15	
13.	NARRA Vera Figueiredo 50m: 31.02 31.02	04	131121	Amadora 100m: 1:05.05 34.03 150m: 1:40.64	2:15.75 35.59 200m: 2:15.75		538 35.11	
14.	SIMOES Rita Mendes 50m: 31.96 31.96	04	128073	Bairro dos Anjos/ Leiria 100m: 1:06.95 34.99 150m: 1:42.75	2:18.20 35.80 200m: 2:18.20		510 35.45	
15.	BENTO Beatriz Staiger 50m: 31.65 31.65	04	125204	Viver Santarem 100m: 1:06.36 34.71 150m: 1:43.15	2:18.40 36.79 200m: 2:18.40		507 35.25	
16.	PEREIRA Anais Cloe 50m: 32.19 32.19	04	147048	Sporting 100m: 1:06.59 34.40 150m: 1:42.34	2:18.47 35.75 200m: 2:18.47		507 36.13	
17.	SILVA Constanca Alexandra 50m: 32.31 32.31	04	128805	Pimpoes/Cimai 100m: 1:07.43 35.12 150m: 1:43.47	2:18.61 36.04 200m: 2:18.61		505 35.14	
18.	BARAO Margarida Carvalho 50m: 32.30 32.30	04	130241	Colegio Vasco da Gama 100m: 1:07.69 35.39 150m: 1:43.55	2:19.14 35.86 200m: 2:19.14		499 35.59	
19.	ABREU Sofia Viola 50m: 31.70 31.70	04	129910	Naval de Peniche 100m: 1:07.28 35.58 150m: 1:43.84	2:19.31 36.56 200m: 2:19.31		498 35.47	
20.	COELHO Joana Marinho 50m: 31.82 31.82	04	131514	Sporting 100m: 1:07.26 35.44 150m: 1:43.48	2:19.44 36.22 200m: 2:19.44		496 35.96	
21.	LAGOA Laura Macedo 50m: 32.57 32.57	04	130137	Bairro dos Anjos/ Leiria 100m: 1:07.57 35.00 150m: 1:43.96	2:20.14 36.39 200m: 2:20.14		489 36.18	
22.	BOROZAN Gabriela 50m: 32.03 32.03	04	131882	Louletano / Loule Concelho 100m: 1:06.50 34.47 150m: 1:43.39	2:20.32 36.89 200m: 2:20.32		487 36.93	
23.	COUTINHO Maria Martim 50m: 32.07 32.07	04	127404	Bairro dos Anjos/ Leiria 100m: 1:07.99 35.92 150m: 1:45.19	2:20.63 37.20 200m: 2:20.63		484 35.44	
24.	MELO Beatriz Costa 50m: 32.23 32.23	04	132555	Alges 100m: 1:07.92 35.69 150m: 1:44.71	2:20.77 36.79 200m: 2:20.77		482 36.06	
25.	JESUS Leonor Santos 50m: 32.74 32.74	04	126749	Natacao de Olhao 100m: 1:08.40 35.66 150m: 1:45.02	2:20.96 36.62 200m: 2:20.96		480 35.94	
26.	FERREIRA Maria Leonor 50m: 32.53 32.53	04	130410	Desportivo Nacional 100m: 1:08.38 35.85 150m: 1:45.81	2:22.99 37.43 200m: 2:22.99		460 37.18	
	CAMACHO Maria Martins 50m: 32.20 32.20	04	130618	Uniao Piedense 100m: 1:08.69 36.49 150m: 1:45.92	2:22.99 37.23 200m: 2:22.99		460 37.07	
EXH	JONES Angelina Bermejo 50m: 31.22 31.22	04	203392	Portinado 100m: 1:06.17 34.95 150m: 1:42.90	2:17.91 36.73 200m: 2:17.91		513 35.01	

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Prova 25	Masc., 100m Livres				Juvenis
16-12-2018					Resultados
RN25 Absoluto	47.61	NASCIMENTO Miguel Duarte		Hangzhou (CHN)	11-12-2018
RN25 Juv A	50.82	VENANCIO Tiago Andre	CNS	Braga	23-03-2003
RN25 Juv B	52.59	SOUSA Diogo Gomes	CNCVG	Ponte de Sôr	13-12-2009

Tac-JUVAMasc Juv A: 58.97 / Tac-JUVBMasc Juv B: 1:00.07

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	SILVA Gustavo Carvalho	04	128796	Academia Acores	54.64		556	
	50m: 25.99 25.99		100m: 54.64 28.65					
2.	COSTA Joao Peres	04	130322	Naval Praia da Vitoria	55.03		544	
	50m: 26.42 26.42		100m: 55.03 28.61					
3.	REIS Rodrigo Miguel	04	129842	Bairro dos Anjos/ Leiria	55.25		538	
	50m: 26.44 26.44		100m: 55.25 28.81					
4.	REBELO Joao Lourenco	04	132558	Alges	56.18		511	
	50m: 27.09 27.09		100m: 56.18 29.09					
5.	FARIA Ricardo Morais	04	127370	Bairro dos Anjos/ Leiria	56.54		502	
	50m: 27.12 27.12		100m: 56.54 29.42					
6.	RODEIA Jose Miguel	04	128116	Natacao de Faro	56.57		501	
	50m: 27.40 27.40		100m: 56.57 29.17					
7.	ALMEIDA Bernardo Victorino	04	153357	Sporting	56.63		499	
	50m: 27.37 27.37		100m: 56.63 29.26					
8.	CLARA Vitor Belo	04	127243	Bairro dos Anjos/ Leiria	56.64		499	
	50m: 27.37 27.37		100m: 56.64 29.27					
9.	BARRY Rafael Francisco	04	128316	Naval do Funchal	57.14		486	
	50m: 27.25 27.25		100m: 57.14 29.89					
10.	OLIVEIRA Pedro Nuno	04	202589	Torres Novas	57.19		485	
	50m: 27.71 27.71		100m: 57.19 29.48					
11.	FRASQUILHO Afonso Figueiredo	04	153353	Sporting	57.33		481	
	50m: 27.59 27.59		100m: 57.33 29.74					
12.	AGUIAR Vasco Ormonde	04	126947	Academia Acores	57.44		478	
	50m: 27.13 27.13		100m: 57.44 30.31					
13.	CHOCAS Afonso Alves	04	126756	Electrico Clube	57.49		477	
	50m: 27.87 27.87		100m: 57.49 29.62					
14.	SANTOS Joao Afonso	04	153371	Sporting	57.63		474	
	50m: 27.41 27.41		100m: 57.63 30.22					
15.	CARVALHO Antonio Lombardi	04	129886	Belenenses	57.70		472	
	50m: 27.66 27.66		100m: 57.70 30.04					
16.	CASTANHEIRA Guilherme Silva	04	131232	Bairro dos Anjos/ Leiria	57.73		471	
	50m: 27.87 27.87		100m: 57.73 29.86					
17.	VIEIRA Tomas Sa	04	131504	Alges	57.89		467	
	50m: 27.87 27.87		100m: 57.89 30.02					
18.	PAZ Antonio Manuel	04	119312	Bombeiros Ponta Delgada	58.38		456	
	50m: 28.02 28.02		100m: 58.38 30.36					
19.	GOMES Guilherme Sousa	04	153562	Aquatico Silves	58.47		454	
	50m: 27.82 27.82		100m: 58.47 30.65					

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 25, Masc., 100m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	PENELAS Joao Pedro 50m: 28.08 28.08	04	150754	Gesloures 100m: 58.57 30.49	58.57		451	
21.	FARIAS Alexandre Moreira 50m: 28.36 28.36	04	132174	Louletano / Loule Concelho 100m: 58.64 30.28	58.64		450	
22.	TROMBINHAS Tiago Miguel 50m: 29.04 29.04	04	201495	Colegio Monte Maior 100m: 58.95 29.91	58.95		443	
23.	CAMACHO Afonso Caires 50m: 27.87 27.87	04	128471	Naval do Funchal 100m: 59.24 31.37	59.24		436	
24.	VIEIRA Francisco Ribeiro 50m: 28.35 28.35	04	130443	Fisica Torres Vedras 100m: 59.28 30.93	59.28		435	
25.	LOPES Rafael Caceres 50m: 28.62 28.62	04	201395	Uniao Piedense 100m: 59.33 30.71	59.33		434	
26.	ANGELINO Joao Silva 50m: 28.21 28.21	04	132832	Palmela 100m: 59.40 31.19	59.40		433	
27.	CORREIA Francisco Alves 50m: 28.88 28.88	04	131389	Litoral Alentejano 100m: 59.46 30.58	59.46		431	
28.	FERNANDES Rodrigo Cardoso 50m: 28.25 28.25	04	200556	Cartaxo 100m: 59.79 31.54	59.79		424	
29.	FERREIRA Leonardo Filipe 50m: 29.23 29.23	04	203400	Naval do Funchal 100m: 1:00.12 30.89	1:00.12		417	
	MIRA Tomas Martins 50m: 28.59 28.59	04	132215	Naval Setubalense 100m: 1:00.12 31.53	1:00.12		417	
31.	FERNANDES Diogo Henrique 50m: 29.12 29.12	04	133152	Naval do Funchal 100m: 1:00.53 31.41	1:00.53		409	
32.	GAGO Tiago Charrua 50m: 29.58 29.58	04	200567	Rio Maior 100m: 1:00.96 31.38	1:00.96		400	
33.	MONTEIRO Diogo Miguel 50m: 29.98 29.98	04	147200	Despertarecorde 100m: 1:03.33 33.35	1:03.33		357	
DNS	SANTOS Francisco Amaro	04	201404	Gesloures				
DNS	MAIA Felipe Menegassi	04	207683	Alges				

Juvenis A

1.	VAKULYUK Paulo 50m: 25.60 25.60	03	123668	Torres Novas 100m: 52.73 27.13	52.73		619	
2.	SILVA Ricardo Lopes 50m: 26.11 26.11	03	126680	Nautico Marinha Grande 100m: 53.79 27.68	53.79		583	
3.	MARTYN David 50m: 26.26 26.26	03	128481	Benedita 100m: 54.33 28.07	54.33		565	
4.	GOMES Tomas Nogueira 50m: 25.77 25.77	03	126626	Uniao Piedense 100m: 54.35 28.58	54.35		565	
5.	LOPES Luis Afonso 50m: 25.93 25.93	03	127315	Viver Santarem 100m: 54.50 28.57	54.50		560	
6.	COSTA Afonso Filipe 50m: 26.41 26.41	03	126380	Naval da Nazare 100m: 54.60 28.19	54.60		557	
7.	GOMES Goncalo Camara 50m: 26.84 26.84	03	124453	Naval do Funchal 100m: 55.25 28.41	55.25		538	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 25, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	CRISTOVAO Goncalo Magalhaes	03	123609	Viver Santarem	55.49		531	
	50m: 27.26 27.26		100m: 55.49 28.23					
9.	SILVA Joao Jose	03	132180	Bairro dos Anjos/ Leiria	55.75		523	
	50m: 26.75 26.75		100m: 55.75 29.00					
10.	ALVES Rui Chagas	03	124499	Viver Santarem	55.95		518	
	50m: 27.40 27.40		100m: 55.95 28.55					
11.	PEREIRA Antonio Sousa	03	201690	Bombeiros Estoris	56.09		514	
	50m: 27.11 27.11		100m: 56.09 28.98					
12.	NOVIKOV Ricardo	03	129524	Alges	56.59		500	
	50m: 27.24 27.24		100m: 56.59 29.35					
13.	PEREIRA Ricardo Samuel	03	131801	Benfica	56.73		497	
	50m: 27.23 27.23		100m: 56.73 29.50					
14.	COLACO Joao Maria	03	131515	Sporting	56.90		492	
	50m: 27.22 27.22		100m: 56.90 29.68					
15.	COUTINHO Guilherme Pereira	03	130516	Viver Santarem	57.18		485	
	50m: 27.56 27.56		100m: 57.18 29.62					
16.	FERREIRA Paulo Sergio	03	126448	Naval da Nazare	57.21		484	
	50m: 27.88 27.88		100m: 57.21 29.33					
17.	SANTOS Joao Pedro	03	128166	Bombeiros Ponta Delgada	57.30		482	
	50m: 27.37 27.37		100m: 57.30 29.93					
18.	KOROL Andre	03	127050	Aminata	57.46		478	
	50m: 27.07 27.07		100m: 57.46 30.39					
19.	SOUSA Guilherme Mendes	03	130923	Nautico Marinha Grande	57.53		476	
	50m: 27.64 27.64		100m: 57.53 29.89					
20.	LEITAO Tomas Almeida	03	129525	Alges	57.56		475	
	50m: 27.81 27.81		100m: 57.56 29.75					
21.	ANDRADE Mario Luis	03	126408	Portalegre	57.60		474	
	50m: 27.94 27.94		100m: 57.60 29.66					
22.	FERREIRA Ricardo Martins	03	127307	AONDA-Azeitao	57.64		473	
	50m: 27.76 27.76		100m: 57.64 29.88					
23.	MENDES Guilherme Marques	03	125790	Torres Novas	57.74		471	
	50m: 28.08 28.08		100m: 57.74 29.66					
24.	FREIRE Rui Miguel	03	130943	Nucleo Ansiao	57.84		469	
	50m: 27.88 27.88		100m: 57.84 29.96					
25.	CORDEIRO Jose Oliveira	03	127129	Salvaterra de Magos	58.09		463	
	50m: 28.57 28.57		100m: 58.09 29.52					
26.	CRISTINA Joao Martins	03	126822	Louletano / Loule Concelho	58.10		462	
	50m: 28.12 28.12		100m: 58.10 29.98					
27.	PARENTE Salvador Ataide	03	131383	Gesloures	58.11		462	
	50m: 28.24 28.24		100m: 58.11 29.87					
28.	CASCALHEIRA Joao Miguel	03	201621	Naval Setubalense	58.22		459	
	50m: 27.94 27.94		100m: 58.22 30.28					
29.	TOME Afonso Esteves	03	128467	Colegio Monte Maior	58.25		459	
	50m: 28.15 28.15		100m: 58.25 30.10					
30.	ZAYIKA Daniel Shumeika	03	128884	Benfica	58.33		457	
	50m: 27.75 27.75		100m: 58.33 30.58					

Torneio Zonal de Juvenis (Zona Sul)
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Prova 25, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
31.	GOMES Nuno Antonio	03	131884	Bombeiros Ponta Delgada	58.40		455	
	50m: 28.00 28.00		100m: 58.40 30.40					
	JUNIOR Luis Cabral	03	129805	Belenenses	58.40		455	
	50m: 27.08 27.08		100m: 58.40 31.32					
33.	DUARTE Pedro Esteves	03	132531	Cova da Piedade	58.46		454	
	50m: 28.13 28.13		100m: 58.46 30.33					
34.	SILVA Francisco Pinto	03	124094	Naval Praia da Vitoria	58.55		452	
	50m: 28.32 28.32		100m: 58.55 30.23					
35.	PEREIRA Henrique Saraiva	03	130831	Portinado	58.56		451	
	50m: 26.90 26.90		100m: 58.56 31.66					
36.	SILVA Duarte Filipe	03	127287	BUZIOS-Coruche	58.65		449	
	50m: 28.40 28.40		100m: 58.65 30.25					
37.	CANADAS Joao Vasco	03	200650	Rio Maior	58.75		447	
	50m: 28.46 28.46		100m: 58.75 30.29					
38.	FREIRE Bernardo Araujo	03	129532	Alges	58.92		443	
	50m: 28.23 28.23		100m: 58.92 30.69					
39.	VALENTE Henrique Pinheiro	03	130237	Colegio Vasco da Gama	59.25		436	
	50m: 28.56 28.56		100m: 59.25 30.69					
40.	RODRIGUES Joao Pedro	03	200156	CPCD-Povoa St Iria	59.33		434	
	50m: 28.68 28.68		100m: 59.33 30.65					
41.	SOUSA Pedro Afonso	03	122715	Desportivo Nacional	59.48		431	
	50m: 28.59 28.59		100m: 59.48 30.89					

Prova 26
16-12-2018

Femin., 100m Bruços

Juvenis
Resultados

RN25 Absoluto	1:07.17	GOMES Diana Duarte	CNA	S. Ant�nio Cavaleiros	19-12-2009
RN25 Juv A	1:09.59	GOMES Diana Duarte	ABVE	Tomar	13-03-2004
RN25 Juv B	1:11.76	GOMES Diana Duarte	ABVE	Reboleira	28-06-2003

Tac-JUVAFem Juv A: 1:22.99 / Tac-JUVBFem Juv B: 1:24.57

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	ESTEVENS Laura Fabiana	05	129315	Natacao de Olhao	1:16.77		535	
	50m: 36.34 36.34		100m: 1:16.77 40.43					
2.	REIS Beatriz Grave	05	201149	Rio Maior	1:18.33		504	
	50m: 37.22 37.22		100m: 1:18.33 41.11					
	REIS Erica Cristina	05	200201	Sporting	1:18.33		504	
	50m: 37.31 37.31		100m: 1:18.33 41.02					
4.	NUNES Margarida Domingues	05	201398	Avancado EUL	1:18.36		504	
	50m: 36.83 36.83		100m: 1:18.36 41.53					
5.	GOMES Fabiana Cruz	05	129295	Louletano / Loule Concelho	1:18.45		502	
	50m: 37.61 37.61		100m: 1:18.45 40.84					
6.	SILVA Ana Carolina	05	124090	Naval Praia da Vitoria	1:20.02		473	
	50m: 36.81 36.81		100m: 1:20.02 43.21					

Torneio Zonal de Juvenis (Zona Sul)
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Prova 26, Femin., 100m Bruços, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	FERREIRA Joana Rosa 50m: 38.25 38.25	05	130757	Naval de Peniche 42.39	1:20.64		462	
8.	GAMA Joana Fernandes 50m: 39.12 39.12	05	153361	Sporting 41.75	1:20.87		458	
9.	LOURO Ariana Espirito 50m: 39.00 39.00	05	128140	Gualdim Pais 42.43	1:21.43		449	
10.	SANTOS Catarina Maria 50m: 39.61 39.61	05	201337	CPCD-Povoa St Iria 43.73	1:23.34		418	
11.	MARQUES Maria Ines 50m: 39.46 39.46	05	130822	Alcobaca 43.93	1:23.39		418	
	PIRES Laura Joao 50m: 39.85 39.85	05	148663	Natacao do Fundao 43.54	1:23.39		418	
13.	ENGELN Zoe 50m: 39.09 39.09	05	133012	Louletano / Loule Concelho 44.32	1:23.41		417	
14.	MELO Sara Carreira 50m: 39.61 39.61	05	153366	Gesloures 44.48	1:24.09		407	
15.	PIRES Maria Raquel 50m: 39.91 39.91	05	200383	Louletano / Loule Concelho 44.58	1:24.49		402	
16.	FERNANDES Maria Teresa 50m: 40.72 40.72	05	132557	Alges 44.20	1:24.92		395	
DNS	RICARDO Maria Correia	05	129496	Naval Setubalense				

Juvenis A

1.	FERREIRA Margarida Filipe 50m: 34.77 34.77	04	132347	Cova da Piedade 38.80	1:13.57		608	
2.	PEREIRA Maria Gomes 50m: 35.14 35.14	04	129510	Alges 38.62	1:13.76		604	
3.	RODRIGUES Lidiana Correia 50m: 36.10 36.10	04	130399	Belenenses 39.59	1:15.69		559	
4.	MORAIS Margarida Mateus <i>Rec Distrital ANDS</i> 50m: 36.50 36.50	04	127223	Torres Novas 39.27	1:15.77		557	
5.	DOMINGOS Marta Pereira 50m: 36.01 36.01	04	132529	Uniao Piedense 40.67	1:16.68		537	
6.	MENDES Mariana Pereira 50m: 36.80 36.80	04	129298	Louletano / Loule Concelho 41.02	1:17.82		514	
7.	VIANA Carolina Pereira 50m: 36.46 36.46	04	129199	Aquatico Silves 42.05	1:18.51		501	
8.	GERALDES Madalena Graca 50m: 37.22 37.22	04	131511	Sporting 43.05	1:20.27		468	
9.	FRANCO Barbara Garrido 50m: 37.94 37.94	04	128261	Elvense 42.34	1:20.28		468	
10.	SILVA Ines Louro 50m: 37.85 37.85	04	127682	Albicastrense 42.87	1:20.72		461	
11.	BORCIC Aleksandra Bozanic 50m: 38.25 38.25	04	133318	Alges 42.64	1:20.89		458	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 26, Femin., 100m Bruços, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	RODRIGUES Sofia Vilardell 50m: 38.91 38.91	04	132308	Geslours 100m: 1:21.08 42.17	1:21.08		454	
13.	SILVA Alexandra Cordeiro 50m: 38.77 38.77	04	128723	Alcobaca 100m: 1:22.28 43.51	1:22.28		435	
14.	SOUSA Ana Correia 50m: 39.19 39.19	04	130376	Pimpoes/Cimai 100m: 1:22.94 43.75	1:22.94		425	
15.	ALVES Maria Francisca 50m: 39.53 39.53	04	132906	Bairro dos Anjos/ Leiria 100m: 1:23.87 44.34	1:23.87		411	
DSQ	BOROZAN Gabriela <i>SW 10.2 - O (a) atleta não completou o percurso</i>	04	131882	Louletano / Loule Concelho				
DNS	FIDALGO Maria Jardim	04	131429	Colegio Vasco da Gama				

Prova 27
16-12-2018

Masc., 200m Mariposa

Juvenis
Resultados

RN25 Absoluto	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Juv A	2:03.38	SILVA Diogo Parrilha da	CNAL	Alcobaca	13-06-2009
RN25 Juv B	2:07.06	OLIVEIRA Pedro Diogo	CNRM	Entroncamento	24-05-2003

Tac-JUVAMasc Juv A: 2:26.36 / Tac-JUVBMasc Juv B: 2:29.02

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Bernardo Jorge 50m: 29.90 29.90	04	130250	Colegio Vasco da Gama 100m: 1:04.35 34.45 150m: 1:39.05	2:11.87		557	
2.	NASCIMENTO Angelo Miranda 50m: 30.60 30.60	04	153160	Natacao de Olhao 100m: 1:05.22 34.62 150m: 1:41.32	2:18.20		484	
3.	RODEIA Jose Miguel 50m: 31.68 31.68	04	128116	Natacao de Faro 100m: 1:07.29 35.61 150m: 1:43.78	2:20.46		461	
4.	PAZ Antonio Manuel 50m: 30.43 30.43	04	119312	Bombeiros Ponta Delgada 100m: 1:06.37 35.94 150m: 1:43.54	2:20.83		458	
5.	AGUIAR Vasco Ormonde 50m: 31.42 31.42	04	126947	Academia Acores 100m: 1:08.02 36.60 150m: 1:45.04	2:21.59		450	
6.	CARVALHO Martim Henriques 50m: 31.76 31.76	04	148627	Rio Maior 100m: 1:07.39 35.63 150m: 1:43.99	2:21.62		450	
7.	PINTO Afonso Cipriano 50m: 32.42 32.42	04	153352	Sporting 100m: 1:09.17 36.75 150m: 1:47.21	2:24.54		423	
8.	MATOS Gil Amaral 50m: 32.93 32.93	04	127630	Academia Acores 100m: 1:10.14 37.21 150m: 1:48.01	2:25.19		418	
9.	MIL-HOMENS Nuno Fontes 50m: 32.31 32.31	04	153364	Sporting 100m: 1:09.28 36.97 150m: 1:47.37	2:25.22		417	
10.	PACHECO Francisco Silva 50m: 32.40 32.40	04	125117	Nucleo Sportinguista Terceira 100m: 1:10.04 37.64 150m: 1:47.98	2:25.44		415	
11.	LOPES Rafael Caceres 50m: 33.57 33.57	04	201395	Uniao Piedense 100m: 1:11.07 37.50 150m: 1:48.89	2:27.24		400	
12.	PINTO Joao Pedro 50m: 32.93 32.93	04	148597	Academia Acores 100m: 1:12.25 39.32 150m: 1:53.06	2:35.46		340	

Torneio Zonal de Juvenis (Zona Sul)
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Prova 27, Masc., 200m Mariposa, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	BARAONA Andre Azevedo	04	123965	Natacao do Montijo				
	<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>							

Juvenis A

1.	CARNEIRO Joao Soares	03	205269	Benfica	2:05.97		640	
	50m: 28.81 28.81	100m: 1:00.88	32.07	150m: 1:33.64	32.76	200m: 2:05.97	32.33	
2.	FERNANDES Rui Afonso	03	125395	Desportivo Nacional	2:10.96		569	
	50m: 29.40 29.40	100m: 1:03.22	33.82	150m: 1:37.09	33.87	200m: 2:10.96	33.87	
3.	MARTYN David	03	128481	Benedita	2:12.37		551	
	50m: 29.96 29.96	100m: 1:04.32	34.36	150m: 1:39.17	34.85	200m: 2:12.37	33.20	
4.	DIAS Rodrigo Reis	03	129003	Belenenses	2:12.80		546	
	50m: 30.39 30.39	100m: 1:05.49	35.10	150m: 1:39.81	34.32	200m: 2:12.80	32.99	
5.	RELVAS David Ferreira	03	125604	Nautico Marinha Grande	2:14.04		531	
	50m: 29.69 29.69	100m: 1:03.89	34.20	150m: 1:38.76	34.87	200m: 2:14.04	35.28	
6.	SOUSA Pedro Afonso	03	122715	Desportivo Nacional	2:14.91		521	
	50m: 30.30 30.30	100m: 1:04.23	33.93	150m: 1:38.92	34.69	200m: 2:14.91	35.99	
7.	JORGE Tiago Miguel	03	130458	Rio Maior	2:16.25		505	
	50m: 30.74 30.74	100m: 1:04.97	34.23	150m: 1:40.00	35.03	200m: 2:16.25	36.25	
8.	BOAVIDA Pedro Miguel	03	126750	Natacao de Olhao	2:17.22		495	
	50m: 30.20 30.20	100m: 1:04.80	34.60	150m: 1:40.47	35.67	200m: 2:17.22	36.75	
9.	SILVA Joao Jose	03	132180	Bairro dos Anjos/ Leiria	2:18.73		479	
	50m: 30.79 30.79	100m: 1:05.62	34.83	150m: 1:41.30	35.68	200m: 2:18.73	37.43	
10.	VALENTE Henrique Pinheiro	03	130237	Colegio Vasco da Gama	2:20.39		462	
	50m: 31.12 31.12	100m: 1:07.11	35.99	150m: 1:43.91	36.80	200m: 2:20.39	36.48	
11.	ALMEIDA Goncalo Vieira	03	129986	Uniao Piedense	2:20.60		460	
	50m: 31.91 31.91	100m: 1:08.48	36.57	150m: 1:44.32	35.84	200m: 2:20.60	36.28	
12.	FIDALGO Joao Matos	03	128885	Benfica	2:20.76		458	
	50m: 30.91 30.91	100m: 1:07.84	36.93	150m: 1:45.21	37.37	200m: 2:20.76	35.55	
13.	BORGES Rafael Braga	03	127434	Bombeiros Ponta Delgada	2:21.88		447	
	50m: 31.14 31.14	100m: 1:07.63	36.49	150m: 1:44.96	37.33	200m: 2:21.88	36.92	
14.	SANTOS Joao Pedro	03	128166	Bombeiros Ponta Delgada	2:22.06		446	
	50m: 31.05 31.05	100m: 1:06.47	35.42	150m: 1:43.55	37.08	200m: 2:22.06	38.51	
15.	CASCALHEIRA Joao Miguel	03	201621	Naval Setubalense	2:25.55		414	
	50m: 31.56 31.56	100m: 1:08.58	37.02	150m: 1:47.38	38.80	200m: 2:25.55	38.17	
EXH	VASS Erik Norbert	03	202665	Rio Maior	2:32.40		361	
	50m: 33.36 33.36	100m: 1:11.17	37.81	150m: 1:51.28	40.11	200m: 2:32.40	41.12	

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 28
16-12-2018

Femin., 100m Mariposa

Juvenis
Resultados

RN25 Absoluto	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Juv A	1:02.31	CUNHA Mariana Pacheco	CFP	Felgueiras	17-11-2018
RN25 Juv B	1:02.36	CUNHA Mariana Pacheco	CFP	Felgueiras	14-04-2018

Tac-JUVAFem Juv A: 1:11.34 / Tac-JUVBFem Juv B: 1:12.70

Pontos: FINA 2018

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B								
1.	ANDRE Isadora Maia	05	132800	Benfica	1:07.27		534	
	50m: 31.72 31.72		100m: 1:07.27 35.55					
2.	BENTO Maria Madalena	05	127217	BUZIOS-Coruche	1:07.87		520	
	50m: 31.88 31.88		100m: 1:07.87 35.99					
3.	RINO Maria Pedro	05	148594	Nucleo Sportinguista Terceira	1:09.73		480	
	50m: 32.44 32.44		100m: 1:09.73 37.29					
4.	LAGOA Carlota Macedo	05	132179	Bairro dos Anjos/ Leiria	1:10.17		471	
	50m: 32.35 32.35		100m: 1:10.17 37.82					
5.	FONSECA GOMES Carolina	05	202528	Olivais e Moscovide	1:11.83		439	
	50m: 33.58 33.58		100m: 1:11.83 38.25					
6.	FRANCA Nicole Patriarca	05	153435	CPCD-Povoa St Iria	1:12.17		433	
	50m: 33.95 33.95		100m: 1:12.17 38.22					
7.	VIEIRA Carmo Dias	05	201319	Avançado EUL	1:12.85		421	
	50m: 34.22 34.22		100m: 1:12.85 38.63					

Juvenis A

1.	MARQUES Maria Alexandra	04	128375	Albicastrense	1:06.57		552	
	50m: 31.64 31.64		100m: 1:06.57 34.93					
2.	MORGADO Alice Jesus	04	131016	Gesloures	1:07.49		529	
	50m: 31.96 31.96		100m: 1:07.49 35.53					
3.	COSTA Carolina Fale	04	129801	Colegio Monte Maior	1:07.57		527	
	50m: 32.31 32.31		100m: 1:07.57 35.26					
4.	SILVA Margarida Borges	04	123105	Bombeiros Ponta Delgada	1:08.19		513	
	50m: 31.38 31.38		100m: 1:08.19 36.81					
5.	ALVES Ines Sofia	04	129192	Portinado	1:08.81		499	
	50m: 32.31 32.31		100m: 1:08.81 36.50					
6.	FIDALGO Maria Jardim	04	131429	Colegio Vasco da Gama	1:09.04		494	
	50m: 32.51 32.51		100m: 1:09.04 36.53					
7.	HENRIQUES Carolina Porem	04	129802	Sporting	1:09.56		483	
	50m: 32.49 32.49		100m: 1:09.56 37.07					
8.	COSTA Catarina Nunes	04	131376	Gesloures	1:09.83		478	
	50m: 33.11 33.11		100m: 1:09.83 36.72					
9.	MOITEIRO Bruna Silva	04	130921	Nautico Marinha Grande	1:09.98		475	
	50m: 32.61 32.61		100m: 1:09.98 37.37					
10.	MENDES Ana Sebastiao	04	129455	Portinado	1:10.52		464	
	50m: 32.46 32.46		100m: 1:10.52 38.06					
11.	ABREU Sofia Viola	04	129910	Naval de Peniche	1:11.22		450	
	50m: 32.72 32.72		100m: 1:11.22 38.50					

Torneio Zonal de Juvenis (Zona Sul)
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Prova 28, Femin., 100m Mariposa, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	SOUSA Joana Francisca 50m: 33.32 33.32	04	130520	Sao Roque 37.98	1:11.30		449	
13.	SILVA Maria Ines 50m: 33.28 33.28	04	132952	Alcobaca 38.15	1:11.43		446	
14.	JOAQUIM Ines Marques 50m: 33.74 33.74	04	130368	Benfica 38.14	1:11.88		438	
15.	MORGANHO Leonor Alves 50m: 33.72 33.72	04	126315	Alges 38.42	1:12.14		433	
16.	SIMOES Rita Mendes 50m: 33.24 33.24	04	128073	Bairro dos Anjos/ Leiria 39.55	1:12.79		422	
17.	GUTERRES Mariana Fragoso 50m: 33.92 33.92	04	200475	Benfica 39.23	1:13.15		416	
18.	INACIO Ana Sofia 50m: 34.59 34.59	04	202686	Sporting 39.97	1:14.56		392	

Prova 29
16-12-2018

Masc., 4 x 100m Estilos

Juvenis
Resultados

RN25 Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Juv A	4:00.34	Sporting Clube de Portugal	SCP	Albufeira	17-12-2017
RN25 Juv	3:59.81				30-12-1899
RN25 Juv B	4:04.46	Grupo Desp. Natacao V. N. FamalicGDNVNF		Estarreja	14-12-2014

Tac-JUVAMasc Juv A: 4:40.28 / Tac-JUVBMasc Juv B: 4:51.49

Pontos: FINA 2018

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B						
1.		Academia Acores	4:14.28		480	
	04 28.81	SILVA Gustavo Carvalho	59.11	04	30.23	1:04.99
	04 33.02	PINTO Joao Pedro	1:13.23	04	26.76	56.95
2.		Naval do Funchal	4:17.34		463	
	04 31.53	CAMACHO Afonso Caires	1:05.63	04	28.37	1:02.24
	04 32.57	FERNANDES Martim Pestana	1:10.32	04	27.61	59.15
3.		Alges	4:21.46		441	
	04 32.77	UVA Francisco Sousa	1:07.74	04	28.97	1:02.44
	04 32.48	REBELO Joao Lourenco	1:08.87	04	29.51	1:02.41
4.		Natacao de Olhao	4:31.14		396	
	04 31.40	SILVA Daniel Alexandre	1:04.69	04	29.32	1:02.65
	04 37.27	JESUS Bruno Daniel	1:18.66	04	31.30	1:05.14
5.		Colegio Monte Maior	4:34.27		382	
	04 33.05	JUSTINO Duarte Brito	1:07.46	04	31.98	1:07.85
	04 36.54	TROMBINHAS Tiago Miguel	1:17.10	04	29.45	1:01.86
6.		Gesloures	4:34.44		382	
	04 31.91	PENELAS Joao Pedro	1:05.66	04	32.51	1:12.29
	04 35.63	JORGE Afonso Goncalves	1:15.53	04	28.86	1:00.96
7.		Aquatico Silves	4:35.59		377	
	04 30.36	GOMES Guilherme Sousa	1:02.51	04	30.53	1:06.31
	04 38.91	AFONSO Martim Rodrigues	1:23.05	04	30.03	1:03.72

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 29, Masc., 4 x 100m Estilos, Juvenis B

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
8.		Uniao Piedense	4:39.55		361	
		SANTOS Guilherme Machado	04 31.19 1:05.27	04	30.43	1:06.59
		CARRAPITO Goncalo Filipe	04 35.83 1:18.48	04	32.25	1:09.21
DSQ		Bairro dos Anjos/ Leiria-JUV B				
		<i>SW 10.13 - Equipa de estafetas com ordem de atletas alterada sem autorizaçao</i>				
		FARIA Ricardo Morais, SILVA Nuno Marques, CLARA Vitor Belo, REIS Rodrigo Miguel				
DSQ		Sporting-JUV B				
		<i>SW 10.11 - Rendicão antecipada do(a) 2 nadador(a)</i>				
		FRASQUILHO Afonso Figueiredo	04 30.44 1:03.48	04		
		ALMEIDA Bernardo Victorino	04			
DNS		Palmela-JUV B				

Juvenis A

1.		Benfica	4:03.06		550	
		CORREIA Pedro Henriques	03 31.48 1:05.10	03	26.35	56.46
		PEREIRA Ricardo Samuel	03 30.02 1:03.82	03	27.00	57.68
2.		Belenenses	4:06.31		528	
		IACHIMOVSKI Nicolae	03 29.74 1:01.82	03	26.72	58.38
		JUNIOR Luis Cabral	03 31.14 1:06.95	03	27.15	59.16
3.		Viver Santarem	4:10.24		504	
		<i>Rec Distrital ANDS</i>				
		COUTINHO Guilherme Pereira	03 31.24 1:03.74	03	29.10	1:02.40
		LOPES Luis Afonso	03 31.60 1:08.92	03	26.44	55.18
4.		Uniao Piedense	4:12.35		491	
		GOMES Tomas Nogueira	03 29.07 59.47	03	30.23	1:04.29
		OSSENBRUGGEN David Van	03 32.64 1:10.05	03	27.48	58.54
5.		Naval do Funchal	4:17.48		462	
		GOMES Goncalo Camara	03 30.31 1:02.62	03	29.92	1:04.29
		MATOS Rodrigo Vieira	03 32.40 1:09.19	03	28.79	1:01.38
6.		Alges	4:18.32		458	
		FREIRE Bernardo Araujo	03 29.82 1:03.00	03	30.63	1:07.55
		LEITAO Tomas Almeida	03 31.35 1:08.37	03	28.51	59.40
7.		Gesloures	4:22.74		435	
		VALENTE Goncalo Filipe	03 30.64 1:04.90	03	30.32	1:04.45
		PARENTE Salvador Ataide	03 33.93 1:13.15	03	28.78	1:00.24
8.		Colegio Vasco da Gama	4:23.15		433	
		MATOS Pedro Miguel	03 33.54 1:09.79	03	29.29	1:02.41
		MATOS Joao Luis	03 33.67 1:12.21	03	27.41	58.74
9.		Bombeiros Ponta Delgada	4:25.03		424	
		SANTOS Joao Pedro	03 32.25 1:07.30	03	29.69	1:04.81
		FARIA Hugo Miguel	03 34.27 1:15.02	03	27.38	57.90
10.		Rio Maior	4:27.42		413	
		CARREIRA Ruben Filipe	03 33.91 1:09.70	03	29.41	1:03.03
		FELICIO Tomas Miguel	03 35.10 1:15.58	03	28.50	59.11

Torneio Zonal de Juvenis (Zona Sul)
Tomar, 14-- 16-12-2018

Prova 30
16-12-2018

Femin., 4 x 100m Livres

Juvenis
Resultados

RN25 Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Juv A	4:05.16	Futebol Clube do Porto	FCP	Estarreja	14-12-2014
RN25 Juv	4:05.16	Futebol Clube do Porto	FCP	Estarreja	14-12-2014
RN25 Juv B	4:08.36	Sporting Clube de Portugal	SCP	Guimar�es	10-03-2002

Tac-JUVAFem Juv A: 4:31.62 / Tac-JUVBFem Juv B: 4:36.71

Pontos: FINA 2018

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts
Juvenis B						
1.		Sporting	4:15.36			529
		SIMOES Ana Beatriz	05 30.28 1:01.72		31.50	1:05.24
		REIS Erica Cristina	05 30.44 1:02.70		31.56	1:05.70
		GAMA Joana Fernandes		05		
		SERAFIM Vera Di Martino		05		
2.		Benfica	4:24.09			478
		FERREIRA Joana Rocha	05 31.02 1:04.19		32.63	1:08.22
		TRIBUNA Francisca Otao	05 32.31 1:07.64		31.02	1:04.04
		VENTURA Barbara Cunha		05		
		ANDRE Isadora Maia		05		
3.		Gesloures	4:25.31			471
		MELO Sara Carreira	05 31.12 1:05.41		31.90	1:08.50
		MONTEIRO Simone Filipe	05 32.75 1:06.96		30.09	1:04.44
		SANTOS Mariana Marques		05		
		GONCALVES Rita Abibe		05		
4.		Alges	4:25.70			469
		ALEXANDRINO Madalena Carrapico	05 32.67 1:08.54		32.83	1:07.95
		PIRES Marta Joao	05 29.71 1:02.02		32.36	1:07.19
		FERNANDES Maria Teresa		05		
		BERNAT Maria Del Rio		05		
5.		Naval do Funchal	4:27.57			459
		ARAUJO Maria Clara	05 32.18 1:06.83		33.55	1:09.36
		JARDIM Teresa Vieira	05 32.23 1:07.84		30.30	1:03.54
		AVEIRO Leonor Sofia		05		
		NASCIMENTO Sofia Alexandre		05		
6.		CPCD-Povoa St Iria	4:29.01			452
		DELGADO Soraia Alexandra	05 30.63 1:03.03		33.54	1:09.15
		PINTO Maria Ines	05 33.15 1:09.83		32.38	1:07.00
		SANTOS Catarina Maria		05		
		FRANCA Nicole Patriarca		05		

Juvenis A

1.		Sporting	4:02.57			617
		<i>Rec Nacional</i>				
		INACIO Marta Macedo	04 29.35 1:01.15		28.40	59.86
		COELHO Joana Marinho	04 30.60 1:03.84		27.57	57.72
		DELFINO Mariana Morais		04		
		MOURA Maria Ferreira		04		
2.		Bairro dos Anjos/ Leiria	4:06.25			589
		AMADO Maria Lopes	04 28.87 59.94		29.79	1:02.32
		VIANA Margarida Violante	04 30.24 1:02.02		29.36	1:01.97
		SIMOES Rita Mendes		04		
		ALVES Maria Francisca		04		
3.		Gesloures	4:15.95			525
		BRANCOURT Yonina	04 30.64 1:03.65		30.44	1:03.22
		COSTA Catarina Nunes	04 32.09 1:06.06		30.27	1:03.02
		MORGADO Alice Jesus		04		
		RODRIGUES Sofia Vilardell		04		
4.		Benfica	4:17.82			514
		JOAQUIM Ines Marques	04 31.17 1:04.26		31.54	1:06.54
		ANTUNES Joana Maia	04 30.07 1:03.21		30.47	1:03.81
		GUTERRES Mariana Fragoso		04		
		MAGALHAES Andreia Velho		04		
5.		Alges	4:18.12			512
		BORCIC Aleksandra Bozanic	04 31.29 1:05.54		31.95	1:06.32
		PEREIRA Maria Gomes	04 28.56 1:00.03		31.96	1:06.23
		MELO Beatriz Costa		04		
		MORGANHO Leonor Alves		04		
6.		Louletano / Loule Concelho	4:21.93			490
		MARTINS Mariana Ponte	04 32.52 1:06.89		30.80	1:04.71
		BOROZAN Gabriela	04 30.57 1:04.05		31.26	1:06.28
		FERNANDES Maria Beatriz		04		
		MENDES Mariana Pereira		04		

Torneio Zonal de Juvenis (Zona Sul)
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Prova 30, Femin., 4 x 100m Livres, Juvenis A

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	
7. Colegio Vasco da Gama-JUV A		Colegio Vasco da Gama	4:22.98		484		
BARAO Margarida Carvalho	04	31.70	1:07.02	MARQUES Catarina Alexandra	04	31.80	1:06.29
FIDALGO Maria Jardim	04	30.56	1:03.11	BARAO Matilde Carvalho	04	31.40	1:06.56
EXH Portinado-JUV A		Portinado	4:20.72		497		
ALVES Ines Sofia	04	30.49	1:03.45	MENDES Ana Sebastiao	04	31.75	1:06.52
JONES Angelina Bermejo	04	29.72	1:02.54	COJOCARU Beatriz	04	32.48	1:08.21