

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

1 - 1ª SESSÃO

30-11-2013 - 15:00

Prova 1
30-11-2013

Femin., 400m Estilos

12 anos e mais velhos
Resultados

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Filipa Cardigo Fitas	02	20Km de Almeirim	6:15.79		335	
	50m: 39.77 150m: 2:17.46 250m: 3:59.26 350m: 5:36.11						
	100m: 1:29.20 200m: 3:04.54 300m: 4:54.91 400m: 6:15.79						
2.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	6:31.62		296	
	50m: 46.73 150m: 2:29.72 250m: 4:12.59 350m: 5:51.11						
	100m: 1:40.91 200m: 3:18.49 300m: 5:07.80 400m: 6:31.62						
3.	Catia Jordan Agostinho	02	Rio Maior	6:32.78		293	
	50m: 45.51 150m: 2:28.98 250m: 4:11.07 350m: 5:50.02						
	100m: 1:39.58 200m: 3:18.44 300m: 5:06.16 400m: 6:32.78						
4.	Beatriz Maria Duarte	02	Nautico Abrantes	6:34.59		289	
	50m: 42.33 150m: 2:23.30 250m: 4:07.87 350m: 5:51.42						
	100m: 1:32.83 200m: 3:12.03 300m: 5:04.35 400m: 6:34.59						
5.	Rita Morgado Vieira	02	Rio Maior	6:44.81		268	
	50m: 49.45 150m: 2:37.57 250m: 4:20.36 350m: 6:01.85						
	100m: 1:46.71 200m: 3:26.07 300m: 5:15.63 400m: 6:44.81						
6.	Carolina Lopes Vieira	02	Gualdim Pais	6:46.55		264	
	50m: 43.55 150m: 2:29.61 250m: 4:15.08 350m: 6:00.76						
	100m: 1:37.59 200m: 3:18.40 300m: 5:12.65 400m: 6:46.55						
7.	Rita Pereira Dias	02	Natacao da Guarda	6:51.69		254	
	50m: 46.90 150m: 2:34.09 250m: 4:20.86 350m: 6:07.61						
	100m: 1:43.82 200m: 3:22.07 300m: 5:19.23 400m: 6:51.69						
8.	Ana Beatriz Rodrigues	02	Rio Maior	6:52.51		253	
	50m: 48.65 150m: 2:39.00 250m: 4:26.09 350m: 6:10.02						
	100m: 1:49.10 200m: 3:26.68 300m: 5:26.15 400m: 6:52.51						
9.	Maria Ines Gabriel	02	Viver Santarem	6:53.81		251	
	50m: 45.25 150m: 2:34.04 250m: 4:23.87 350m: 6:09.38						
	100m: 1:42.43 200m: 3:24.62 300m: 5:23.60 400m: 6:53.81						
10.	Oriana Manuela Pinto	02	Natacao da Guarda	6:53.99		250	
	50m: 50.91 150m: 2:42.61 250m: 4:25.33 350m: 6:09.60						
	100m: 1:49.83 200m: 3:32.14 300m: 5:20.14 400m: 6:53.99						
11.	Claudia Gavetano Lopes	02	Albicastrense	7:07.79		227	
	50m: 50.25 150m: 2:42.60 250m: 4:33.64 350m: 6:22.14						
	100m: 1:50.55 200m: 3:33.89 300m: 5:33.27 400m: 7:07.79						
12.	Andreia Sofia Alves	02	Torres Novas	7:11.20		221	
	50m: 48.78 150m: 2:48.49 250m: 4:36.50 350m: 6:25.22						
	100m: 1:50.57 200m: 3:43.09 300m: 5:35.85 400m: 7:11.20						
13.	Maria Beatriz Silva	02	CLAC-Entroncamento	7:13.04		219	
	50m: 47.34 150m: 2:41.64 250m: 4:34.33 350m: 6:26.25						
	100m: 1:47.23 200m: 3:34.37 300m: 5:36.22 400m: 7:13.04						
14.	Ines Ribeiro Novo	02	Torres Novas	7:17.14		212	
	50m: 53.55 150m: 2:48.57 250m: 5:41.09 350m: 6:29.54						
	100m: 1:53.84 200m: 3:42.51 300m: 5:41.53 400m: 7:17.14						
15.	Maisa Figueiredo Pereira	02	Gualdim Pais	7:33.07		191	
	50m: 50.47 150m: 2:47.65 250m: 4:45.36 350m: 6:42.90						
	100m: 1:52.25 200m: 3:40.39 300m: 5:51.15 400m: 7:33.07						
16.	Diana Sofia Vital	02	Torres Novas	7:36.75		186	
	50m: 49.93 150m: 2:47.77 250m: 4:49.39 350m: 6:45.80						
	100m: 1:47.44 200m: 3:49.24 300m: 5:50.32 400m: 7:36.75						

Torneio Distrital Fundo INF/JUV
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Prova 1, Femin., 400m Estilos, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
DSQ	Ines Cambe Cunha	02	Torres Novas				
	<i>A nadadora na viragem dos 275 metros so tocou com uma mão na parede</i>						
DSQ	Carolina Caldeira Fernandes	02	Elvense				
	<i>A nadadora efectuou batimentos de pernas alternados durante o percurso de mariposa</i>						
DNS	Carolina Guerra Pisco	02	20Km de Almeirim				
DNS	Ana Rita Morais	02	Torres Novas				
DNS	Margarida Felicidade Baptista	02	Viver Santarem				

INF-A

1.	Ines Ferreira Duarte	01	Nautico Abrantes	5:38.56		458
	50m: 35.65	150m: 2:00.53	250m: 3:29.38	350m: 4:58.63		
	100m: 1:19.04	200m: 2:41.58	300m: 4:18.05	400m: 5:38.56		
2.	Marta Sousa Oliveira	01	Torres Novas	5:49.38		417
	50m: 38.47	150m: 2:04.74	250m: 3:38.59	350m: 5:10.91		
	100m: 1:22.79	200m: 2:46.88	300m: 4:30.19	400m: 5:49.38		
3.	Rita Sousa Oliveira	01	Torres Novas	5:51.12		410
	50m: 38.38	150m: 2:07.43	250m: 3:40.59	350m: 5:11.74		
	100m: 1:24.23	200m: 2:50.47	300m: 4:30.86	400m: 5:51.12		
4.	Beatriz Ribeiro Simoes	01	Torres Novas	5:57.98		387
	50m: 37.71	150m: 2:06.84	250m: 3:43.58	350m: 5:17.85		
	100m: 1:21.26	200m: 2:51.21	300m: 4:36.40	400m: 5:57.98		
5.	Beatriz Santos Reis	01	Torres Novas	6:07.25		359
	50m: 40.19	150m: 2:11.32	250m: 3:50.30	350m: 5:28.02		
	100m: 1:26.80	200m: 2:55.10	300m: 4:46.85	400m: 6:07.25		
6.	Carolina Marques Neves	01	Torres Novas	6:18.96		326
	50m: 42.68	150m: 2:20.44	250m: 4:01.33	350m: 5:38.22		
	100m: 1:33.11	200m: 3:08.72	300m: 4:54.78	400m: 6:18.96		
7.	Constanca Isabel Jose	01	Gualdim Pais	6:21.75		319
	50m: 39.99	150m: 2:18.94	250m: 4:01.30	350m: 5:40.18		
	100m: 1:28.39	200m: 3:07.28	300m: 4:54.69	400m: 6:21.75		
8.	Carolina Polonio Alexandre	01	CLAC-Entroncamento	6:26.93		307
	50m: 46.24	150m: 2:26.85	250m: 4:04.94	350m: 5:44.62		
	100m: 1:39.74	200m: 3:12.72	300m: 4:58.47	400m: 6:26.93		
9.	Rita Daniela Lopes	01	Gualdim Pais	6:27.32		306
	50m: 42.84	150m: 2:21.33	250m: 4:04.00	350m: 5:46.26		
	100m: 1:35.06	200m: 3:07.80	300m: 5:02.14	400m: 6:27.32		
10.	Carolina Luis Amaral	01	BUZIOS-Coruche	6:30.10		299
	50m: 41.69	150m: 2:20.83	250m: 4:06.52	350m: 5:47.49		
	100m: 1:31.59	200m: 3:09.14	300m: 5:04.36	400m: 6:30.10		
11.	Ines Comprido Renga	01	Elvense	6:33.96		290
	50m: 39.47	150m: 2:19.42	250m: 4:05.16	350m: 5:49.79		
	100m: 1:29.10	200m: 3:09.50	300m: 5:02.14	400m: 6:33.96		
12.	Mafalda Gilberto Marques	01	Natacao do Tejo	6:37.63		282
	50m: 43.38	150m: 2:28.43	250m: 4:14.24	350m: 5:56.17		
	100m: 1:36.31	200m: 3:20.10	300m: 5:10.29	400m: 6:37.63		
13.	Mariana Tome Fidalgo	01	Viver Santarem	6:43.89		269
	50m: 43.67	150m: 2:26.82	250m: 4:16.75	350m: 6:01.52		
	100m: 1:37.66	200m: 3:14.94	300m: 5:17.36	400m: 6:43.89		
14.	Lucia Goncalves Dias	01	Torres Novas	6:45.26		267
	50m: 47.20	150m: 2:34.09	250m: 4:21.65	350m: 6:04.95		
	100m: 1:43.50	200m: 3:24.24	300m: 5:20.22	400m: 6:45.26		

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Prova 1, Femin., 400m Estilos, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
15.	Maria Francisca Torcato	01	20Km de Almeirim	6:45.89		266	
	50m: 43.87 150m: 2:34.01 250m: 4:19.58 350m: 6:03.38						
	100m: 1:43.29 200m: 3:22.75 300m: 5:16.85 400m: 6:45.89						
16.	Beatriz Goncalves Mendes	01	Natacao da Guarda	6:49.62		258	
	50m: 45.67 150m: 2:32.11 250m: 4:18.45 350m: 6:03.48						
	100m: 1:42.74 200m: 3:21.52 300m: 5:15.57 400m: 6:49.62						
17.	Ines Isabel Conde	01	Torres Novas	6:59.30		241	
	50m: 47.67 150m: 2:38.57 250m: 4:24.86 350m: 6:11.09						
	100m: 1:45.28 200m: 3:31.32 300m: 5:20.42 400m: 6:59.30						
DSQ	Laura Batista Agostinho	01	Rio Maior				
	<i>A nadadora efectuou batimento de pernas alternados durante o percurso de mariposa</i>						
DSQ	Leonor Chora Gaudencio	01	Torres Novas				
	<i>A nadadora nao tocou com as mãos em simultaneo na viragem 250 metros</i>						
DSQ	Ana Rita Carvalho	01	Viver Santarem				
	<i>A nadadora efectuou batimento de pernas alternadas no percurso de mariposa</i>						

JUV-B

1.	Mafalda Alexandra Cabaca	00	20Km de Almeirim	5:48.01		422	
	50m: 36.45 150m: 2:01.82 250m: 3:34.58 350m: 5:07.12						
	100m: 1:18.61 200m: 2:44.92 300m: 4:26.14 400m: 5:48.01						
2.	Patricia Palmeiro Baeta	00	Viver Santarem	5:53.20		403	
	50m: 35.22 150m: 2:05.48 250m: 3:42.72 350m: 5:15.05						
	100m: 1:20.79 200m: 2:49.69 300m: 4:36.96 400m: 5:53.20						
3.	Ines Isabel Graca	00	Gualdim Pais	5:57.80		388	
	50m: 38.71 150m: 2:14.20 250m: 3:48.51 350m: 5:20.19						
	100m: 1:31.72 200m: 2:56.69 300m: 4:40.19 400m: 5:57.80						
4.	Ana Catarina Santos	00	Uniao Samorense	5:58.29		386	
	50m: 37.18 150m: 2:06.56 250m: 3:44.32 350m: 5:19.28						
	100m: 1:20.98 200m: 2:51.46 300m: 4:38.25 400m: 5:58.29						
5.	Maria Beatriz Lopes	00	Rio Maior	5:59.57		382	
	50m: 41.18 150m: 2:14.51 250m: 3:48.09 350m: 5:20.97						
	100m: 1:29.05 200m: 2:56.72 300m: 4:39.28 400m: 5:59.57						
6.	Lara Alexandra Delgado	00	Torres Novas	6:09.18		353	
	50m: 42.17 150m: 2:16.13 250m: 3:55.34 350m: 5:29.83						
	100m: 1:30.63 200m: 3:01.37 300m: 4:48.24 400m: 6:09.18						
7.	Mariana Nunes Domingos	00	20Km de Almeirim	6:09.28		353	
	50m: 37.73 150m: 2:11.23 250m: 3:49.77 350m: 5:27.24						
	100m: 1:24.31 200m: 2:58.09 300m: 4:43.46 400m: 6:09.28						
8.	Ana Oliveira Ferreira	00	20Km de Almeirim	6:13.28		341	
	50m: 37.34 150m: 2:08.79 250m: 3:49.93 350m: 5:31.31						
	100m: 1:22.76 200m: 2:54.32 300m: 4:47.73 400m: 6:13.28						
9.	Joana Alves Anastacio	00	Electrico Clube	6:15.51		335	
	50m: 42.16 150m: 2:17.38 250m: 3:55.60 350m: 5:34.91						
	100m: 1:34.17 200m: 3:00.73 300m: 4:53.14 400m: 6:15.51						
10.	Mariana Sanganha Pita	00	Electrico Clube	6:22.57		317	
	50m: 37.47 150m: 2:14.70 250m: 4:02.08 350m: 5:42.44						
	100m: 1:24.36 200m: 3:02.73 300m: 4:59.18 400m: 6:22.57						
11.	Ines Sofia Alves	00	Natacao da Guarda	6:27.03		306	
	50m: 41.77 150m: 2:19.86 250m: 4:03.71 350m: 5:45.65						
	100m: 1:32.88 200m: 3:08.36 300m: 4:59.54 400m: 6:27.03						
12.	Soraia Margarida Carvalho	00	Albicastrense	6:36.08		286	
	50m: 45.27 150m: 2:31.82 250m: 4:14.80 350m: 5:54.83						
	100m: 1:40.27 200m: 3:21.59 300m: 5:09.68 400m: 6:36.08						

Torneio Distrital Fundo INF/JUV
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Prova 1, Femin., 400m Estilos, JUV-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
13.	Beatriz Gregorio Fradique	00	Albicastrense	6:37.18		283	
	50m: 33.84 150m: 2:26.40 250m: 4:11.82 350m: 5:54.72						
	100m: 1:36.45 200m: 3:14.37 300m: 5:10.39 400m: 6:37.18						
14.	Maria Joao Mendonca	00	CCDSerta	6:42.42		272	
	50m: 44.61 150m: 2:24.77 250m: 4:13.99 350m: 5:59.51						
	100m: 1:35.48 200m: 3:12.38 300m: 5:16.58 400m: 6:42.42						
15.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	6:52.35		253	
	50m: 45.21 150m: 2:34.74 250m: 4:23.13 350m: 6:10.17						
	100m: 1:42.73 200m: 3:25.29 300m: 5:22.33 400m: 6:52.35						
16.	Ines Trindade Neves	00	Campomaiorense	7:01.50		237	
	50m: 50.38 150m: 2:43.56 250m: 4:31.15 350m: 6:16.92						
	100m: 1:50.43 200m: 3:34.94 300m: 5:28.73 400m: 7:01.50						
17.	Neuza Figueiredo Pereira	00	Gualdim Pais	7:01.71		237	
	50m: 48.76 150m: 2:36.59 250m: 4:25.99 350m: 6:16.04						
	100m: 1:47.20 200m: 3:24.59 300m: 5:28.02 400m: 7:01.71						
18.	Ana Rita Madeira	00	Elvense	7:02.47		235	
	50m: 46.04 150m: 2:37.48 250m: 4:28.89 350m: 6:16.48						
	100m: 1:44.57 200m: 3:28.75 300m: 5:27.06 400m: 7:02.47						
19.	Barbara Sofia Claro	00	BUZIOS-Coruche	7:03.75		233	
	50m: 45.80 150m: 2:33.66 250m: 4:23.23 350m: 6:14.62						
	100m: 1:42.30 200m: 3:24.45 300m: 5:23.96 400m: 7:03.75						
20.	Joana Costa Bernardino	00	CLAC-Entroncamento	7:04.87		231	
	50m: 44.98 150m: 2:27.63 250m: 4:16.20 350m: 6:11.71						
	100m: 1:39.60 200m: 3:16.00 300m: 5:17.95 400m: 7:04.87						
21.	Patricia Charruadas Lameira	00	Elvense	7:11.24		221	
	50m: 51.41 150m: 2:41.92 250m: 4:31.11 350m: 6:20.71						
	100m: 1:50.47 200m: 3:32.72 300m: 5:31.28 400m: 7:11.24						
22.	Ines Pepe Orelhas	00	Campomaiorense	7:35.19		188	
	50m: 53.50 150m: 2:51.44 250m: 4:51.55 350m: 6:49.39						
	100m: 1:58.31 200m: 3:43.19 300m: 5:57.86 400m: 7:35.19						
23.	Mariana Lopes Mendonca	00	BUZIOS-Coruche	7:43.65		178	
	50m: 53.43 150m: 2:52.63 250m: 4:52.83 350m: 6:51.60						
	100m: 1:56.96 200m: 3:46.28 300m: 5:56.39 400m: 7:43.65						
DNS	Ines Catarina Nunes	00	Albicastrense				

JUV-A

1.	Ana Margarida Salgueiro	99	Nautico Abrantes	5:20.08		542	
	50m: 36.36 150m: 1:58.21 250m: 3:23.12 350m: 4:45.00						
	100m: 1:17.58 200m: 2:39.12 300m: 4:07.82 400m: 5:20.08						
2.	Maria Beatriz Dias	99	Viver Santarem	5:26.02		513	
	50m: 35.68 150m: 1:57.35 250m: 3:23.92 350m: 4:49.45						
	100m: 1:16.33 200m: 2:37.14 300m: 4:12.36 400m: 5:26.02						
3.	Mariana Soares Martinho	99	20Km de Almeirim	5:39.29		455	
	50m: 36.31 150m: 2:01.84 250m: 3:34.86 350m: 5:02.77						
	100m: 1:17.43 200m: 2:44.57 300m: 4:25.40 400m: 5:39.29						
4.	Sarah Dias	99	CLAC-Entroncamento	5:40.66		449	
	50m: 32.90 150m: 1:55.86 250m: 3:28.46 350m: 5:03.06						
	100m: 1:13.25 200m: 2:38.31 300m: 4:20.99 400m: 5:40.66						
5.	Maria Beatriz Diogo	99	Nautico Abrantes	5:46.68		426	
	50m: 38.72 150m: 2:07.76 250m: 3:39.45 350m: 5:07.90						
	100m: 1:24.04 200m: 2:51.08 300m: 4:27.37 400m: 5:46.68						
6.	Carolina Miguel Marques	99	Natacao do Tejo	5:56.13		393	
	50m: 37.82 150m: 2:06.48 250m: 3:40.06 350m: 5:14.86						
	100m: 1:21.83 200m: 2:49.23 300m: 4:31.59 400m: 5:56.13						

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Prova 1, Femin., 400m Estilos, JUV-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Sofia Alexandra Rodrigues	99	Electrico Clube	5:57.71		388	
	50m: 39.15	150m: 2:08.91	250m: 3:45.42	350m: 5:19.32			
	100m: 1:23.44	200m: 2:52.84	300m: 4:38.68	400m: 5:57.71			
8.	Joana Sofia Amado	99	Cartaxo	5:58.91		384	
	50m: 37.87	150m: 2:10.29	250m: 3:47.84	350m: 5:21.47			
	100m: 1:25.42	200m: 2:54.14	300m: 4:42.44	400m: 5:58.91			
9.	Daniela Neutel Morgado	99	Desportivo ABPG	6:02.46		373	
	50m: 37.34	150m: 2:07.49	250m: 3:45.79	350m: 5:21.49			
	100m: 1:21.38	200m: 2:53.32	300m: 4:39.20	400m: 6:02.46			
10.	Carolina Felicidade Batista	99	Viver Santarem	6:04.59		367	
	50m: 41.33	150m: 2:20.56	250m: 3:53.68	350m: 5:24.08			
	100m: 1:31.52	200m: 3:07.23	300m: 4:42.11	400m: 6:04.59			
11.	Patricia Silva Conceicao	99	Nautico Abrantes	6:13.10		342	
	50m: 38.47	150m: 2:08.14	250m: 3:47.18	350m: 5:27.98			
	100m: 1:24.74	200m: 2:51.36	300m: 4:43.06	400m: 6:13.10			
12.	Mariana Narciso Fidalgo	99	20Km de Almeirim	6:13.29		341	
	50m: 43.76	150m: 2:24.66	250m: 4:00.43	350m: 5:32.38			
	100m: 1:37.68	200m: 3:10.48	300m: 4:51.78	400m: 6:13.29			
13.	Daniela Sofia Antunes	99	CCDSerta	6:23.75		314	
	50m: 41.04	150m: 2:19.81	250m: 4:03.63	350m: 5:41.88			
	100m: 1:31.22	200m: 3:07.70	300m: 4:59.09	400m: 6:23.75			
14.	Margarida Natario Moreira	99	Natacao da Guarda	6:37.23		283	
	50m: 46.54	150m: 2:28.77	250m: 4:11.97	350m: 5:53.47			
	100m: 1:41.10	200m: 3:15.18	300m: 5:09.61	400m: 6:37.23			
15.	Maria Beatriz Leal	99	Rio Maior	6:41.13		275	
	50m: 44.24	150m: 2:33.89	250m: 4:15.84	350m: 5:57.67			
	100m: 1:40.69	200m: 3:21.41	300m: 5:12.25	400m: 6:41.13			
16.	Joana Almeida Carrilho	99	Campomaiorense	6:41.48		274	
	50m: 46.35	150m: 2:32.61	250m: 4:19.10	350m: 6:00.61			
	100m: 1:40.97	200m: 3:22.50	300m: 5:17.03	400m: 6:41.48			
17.	Sara Alexandra Carvalho	99	Desportivo ABPG	6:42.29		273	
	50m: 49.59	150m: 2:38.55	250m: 4:20.71	350m: 5:58.59			
	100m: 1:46.68	200m: 3:27.73	300m: 5:13.11	400m: 6:42.29			
18.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	6:43.32		271	
	50m: 41.73	150m: 2:27.05	250m: 4:12.51	350m: 5:57.33			
	100m: 1:35.84	200m: 3:17.95	300m: 5:09.67	400m: 6:43.32			
DNS	Joana Sofia Bica	99	CLAC-Entroncamento				

JUN/SEN

1.	Ana Claudia Santo	97	Cartaxo	5:57.60		388	
	50m: 39.71	150m: 2:12.06	250m: 3:46.04	350m: 5:18.94			
	100m: 1:29.37	200m: 2:54.72	300m: 4:38.01	400m: 5:57.60			
2.	Mariana Lopes Martins	98	CCDSerta	6:00.90		378	
	50m: 40.63	150m: 2:15.08	250m: 3:52.29	350m: 5:23.50			
	100m: 1:28.91	200m: 3:00.90	300m: 4:43.76	400m: 6:00.90			

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 2
30-11-2013

Masc., 1500m Livres

13 anos e mais velhos
Resultados

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Afonso Pinhal Canto	01	20Km de Almeirim	20:06.37		349	
	50m: 35.19	300m: 3:55.69	550m: 7:18.96	800m: 10:41.29	1050m: 14:04.61	1300m: 17:28.11	
	100m: 1:14.32	350m: 4:36.23	600m: 7:59.59	850m: 11:21.79	1100m: 14:45.42	1350m: 18:09.03	
	150m: 1:54.36	400m: 5:16.95	650m: 8:39.95	900m: 12:02.51	1150m: 15:25.62	1400m: 18:49.87	
	200m: 2:34.92	450m: 5:57.82	700m: 9:20.59	950m: 12:43.31	1200m: 16:06.42	1450m: 19:29.13	
	250m: 3:15.17	500m: 6:38.20	750m: 10:00.63	1000m: 13:24.07	1250m: 16:47.34	1500m: 20:06.37	
2.	Diogo Franco Martins	01	20Km de Almeirim	20:08.04		348	
	50m: 36.98	300m: 4:00.65	550m: 7:21.40	800m: 10:43.22	1050m: 14:07.00	1300m: 17:28.52	
	100m: 1:17.49	350m: 4:40.86	600m: 8:01.21	850m: 11:23.73	1100m: 14:47.42	1350m: 18:08.72	
	150m: 1:58.52	400m: 5:21.26	650m: 8:41.30	900m: 12:04.44	1150m: 15:27.77	1400m: 18:49.44	
	200m: 2:39.42	450m: 6:01.60	700m: 9:21.10	950m: 12:44.98	1200m: 16:08.22	1450m: 19:29.50	
	250m: 3:20.19	500m: 6:41.32	750m: 10:02.03	1000m: 13:26.52	1250m: 16:47.95	1500m: 20:08.04	
3.	Joao Jose Calado	01	Nautico Abrantes	20:21.48		337	
	50m: 33.58	300m: 3:54.61	550m: 7:20.20	800m: 10:48.24	1050m: 14:18.04	1300m: 17:44.87	
	100m: 1:11.98	350m: 4:36.03	600m: 8:01.96	850m: 11:30.35	1100m: 14:59.44	1350m: 18:25.31	
	150m: 1:53.07	400m: 5:16.61	650m: 8:43.15	900m: 12:12.26	1150m: 15:40.52	1400m: 19:05.99	
	200m: 2:33.00	450m: 5:57.95	700m: 9:25.15	950m: 12:53.84	1200m: 16:22.72	1450m: 19:44.41	
	250m: 3:13.87	500m: 6:39.40	750m: 10:06.17	1000m: 13:35.91	1250m: 17:04.20	1500m: 20:21.48	
4.	Afonso Maria Teodoro	01	Viver Santarem	20:23.36		335	
	50m: 37.89	300m: 4:03.79	550m: 7:28.52	800m: 10:54.00	1050m: 14:19.71	1300m: 17:45.35	
	100m: 1:18.54	350m: 4:44.46	600m: 8:10.43	850m: 11:35.62	1100m: 15:01.86	1350m: 18:25.63	
	150m: 2:00.89	400m: 5:25.03	650m: 8:50.86	900m: 12:16.93	1150m: 15:43.26	1400m: 19:06.53	
	200m: 2:42.21	450m: 6:06.84	700m: 9:32.25	950m: 12:57.75	1200m: 16:23.31	1450m: 19:46.25	
	250m: 3:23.74	500m: 6:48.86	750m: 10:13.71	1000m: 13:38.54	1250m: 17:04.87	1500m: 20:23.36	
5.	Joao Diogo Lopes	01	Viver Santarem	20:50.33		314	
	50m: 35.98	300m: 3:56.76	550m: 7:22.00	800m: 10:56.30	1050m: 14:28.80	1300m: 18:05.90	
	100m: 1:15.36	350m: 4:38.08	600m: 8:03.85	850m: 11:38.62	1100m: 15:11.91	1350m: 18:49.52	
	150m: 1:56.22	400m: 5:18.28	650m: 8:45.76	900m: 12:20.95	1150m: 15:55.34	1400m: 19:31.52	
	200m: 2:35.73	450m: 5:58.99	700m: 9:29.34	950m: 13:03.65	1200m: 16:38.29	1450m: 20:12.27	
	250m: 3:16.68	500m: 6:40.42	750m: 10:13.04	1000m: 13:46.46	1250m: 17:21.58	1500m: 20:50.33	
6.	Joao Miguel Marques	01	20Km de Almeirim	20:51.70		313	
	50m: 36.69	300m: 4:06.76	550m: 7:37.25	800m: 11:08.04	1050m: 14:39.96	1300m: 18:10.19	
	100m: 1:18.61	350m: 4:48.85	600m: 8:19.60	850m: 11:50.03	1100m: 15:22.06	1350m: 18:51.68	
	150m: 2:00.66	400m: 5:30.52	650m: 9:01.66	900m: 12:32.43	1150m: 16:04.17	1400m: 19:33.73	
	200m: 2:42.55	450m: 6:12.89	700m: 9:43.80	950m: 13:14.89	1200m: 16:46.45	1450m: 20:14.68	
	250m: 3:24.71	500m: 6:55.25	750m: 10:25.67	1000m: 13:57.30	1250m: 17:28.21	1500m: 20:51.70	
7.	Ricardo Luis Leal	01	CLAC-Entroncamento	21:04.26		304	
	50m: 37.49	300m: 4:11.78	550m: 7:47.94	800m: 11:22.22	1050m: 14:53.14	1300m: 18:24.34	
	100m: 1:19.44	350m: 4:55.58	600m: 8:30.80	850m: 12:04.31	1100m: 15:35.66	1350m: 19:05.93	
	150m: 2:02.08	400m: 5:38.30	650m: 9:14.28	900m: 12:45.93	1150m: 16:17.77	1400m: 19:47.38	
	200m: 2:44.93	450m: 6:21.38	700m: 9:57.39	950m: 13:28.24	1200m: 17:00.08	1450m: 20:28.99	
	250m: 3:28.09	500m: 7:04.64	750m: 10:39.95	1000m: 14:10.83	1250m: 17:43.22	1500m: 21:04.26	
8.	Joao Antonio Simoes	01	Torres Novas	21:19.73		293	
	50m: 37.87	300m: 4:13.55	550m: 7:51.23	800m: 11:26.32	1050m: 15:01.74	1300m: 18:35.69	
	100m: 1:20.53	350m: 4:57.40	600m: 8:33.07	850m: 12:08.50	1100m: 15:45.50	1350m: 19:18.66	
	150m: 2:03.56	400m: 5:40.62	650m: 9:17.10	900m: 12:52.76	1150m: 16:27.02	1400m: 20:00.97	
	200m: 2:45.51	450m: 6:24.71	700m: 10:00.59	950m: 13:36.22	1200m: 17:11.04	1450m: 20:42.45	
	250m: 3:29.92	500m: 7:08.24	750m: 10:43.91	1000m: 14:19.72	1250m: 17:53.63	1500m: 21:19.73	
9.	Alexandre Ferreira Ribeiro	01	Rio Maior	21:44.82		276	
	50m: 38.25	300m: 4:11.60	550m: 7:52.85	800m: 11:34.51	1050m: 15:07.73	1300m: 18:48.88	
	100m: 1:19.99	350m: 4:55.87	600m: 8:36.47	850m: 12:17.96	1100m: 15:50.29	1350m: 19:34.46	
	150m: 2:02.74	400m: 5:39.91	650m: 9:22.07	900m: 13:00.49	1150m: 16:33.96	1400m: 20:19.28	
	200m: 2:45.20	450m: 6:24.35	700m: 10:05.77	950m: 13:43.41	1200m: 17:18.84	1450m: 21:04.88	
	250m: 3:27.65	500m: 7:07.55	750m: 10:50.13	1000m: 14:25.58	1250m: 18:04.36	1500m: 21:44.82	

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 2, Masc., 1500m Livres, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
10.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	22:17.59		256	
	50m: 38.87	300m: 4:21.79	550m: 8:08.67	800m: 11:53.03	1050m: 15:35.76	1300m: 19:21.44	
	100m: 1:22.21	350m: 5:05.84	600m: 8:54.23	850m: 12:37.55	1100m: 16:21.96	1350m: 20:06.60	
	150m: 2:07.04	400m: 5:51.96	650m: 9:38.35	900m: 13:22.36	1150m: 17:06.44	1400m: 20:50.86	
	200m: 2:52.16	450m: 6:38.00	700m: 10:24.21	950m: 14:06.00	1200m: 17:52.75	1450m: 21:36.48	
	250m: 3:36.63	500m: 7:23.14	750m: 11:08.90	1000m: 14:50.64	1250m: 18:37.65	1500m: 22:17.59	
11.	Pedro Oliveira Tavares	01	Natacao da Guarda	22:45.86		241	
	50m: 39.03	300m: 4:29.22	550m: 8:20.12	800m: 12:10.21	1050m: 16:00.83	1300m: 19:50.15	
	100m: 1:24.38	350m: 5:15.98	600m: 9:06.89	850m: 12:55.49	1100m: 16:47.13	1350m: 20:34.72	
	150m: 2:10.47	400m: 6:02.45	650m: 9:51.87	900m: 13:42.47	1150m: 17:33.45	1400m: 21:20.07	
	200m: 2:55.88	450m: 6:48.11	700m: 10:37.86	950m: 14:28.59	1200m: 18:18.76	1450m: 22:05.46	
	250m: 3:41.89	500m: 7:33.70	750m: 11:24.57	1000m: 15:14.69	1250m: 19:04.20	1500m: 22:45.86	
12.	Nuno Pereira Simoes	01	Torres Novas	22:55.07		236	
	50m: 39.86	300m: 4:25.84	550m: 8:18.65	800m: 12:11.48	1050m: 16:07.34	1300m: 19:56.85	
	100m: 1:23.77	350m: 5:12.47	600m: 9:04.49	850m: 12:59.50	1100m: 16:52.43	1350m: 20:41.92	
	150m: 2:08.64	400m: 5:58.39	650m: 9:51.79	900m: 13:45.79	1150m: 17:39.82	1400m: 21:27.84	
	200m: 2:54.97	450m: 6:45.58	700m: 10:38.81	950m: 14:32.14	1200m: 18:25.62	1450m: 22:14.68	
	250m: 3:41.22	500m: 7:32.28	750m: 11:25.31	1000m: 15:19.27	1250m: 19:12.13	1500m: 22:55.07	
13.	Diogo Samouco Dias	01	Torres Novas	22:56.91		235	
	50m: 39.68	300m: 4:26.38	550m: 8:16.91	800m: 12:09.99	1050m: 16:01.22	1300m: 19:55.96	
	100m: 1:23.37	350m: 5:12.46	600m: 9:03.50	850m: 12:56.20	1100m: 16:48.09	1350m: 20:42.43	
	150m: 2:08.35	400m: 5:59.14	650m: 9:49.78	900m: 13:42.80	1150m: 17:35.45	1400m: 21:28.61	
	200m: 2:54.50	450m: 6:44.85	700m: 10:36.85	950m: 14:29.27	1200m: 18:21.79	1450m: 22:12.86	
	250m: 3:40.10	500m: 7:30.98	750m: 11:23.25	1000m: 15:15.28	1250m: 19:08.95	1500m: 22:56.91	
14.	Tomas Nunes Pires	01	Electrico Clube	24:05.14		203	
	50m: 43.27	300m: 4:43.96	550m: 8:43.82	800m: 12:42.39	1050m: 16:50.92	1300m: 20:51.67	
	100m: 1:30.62	350m: 5:32.39	600m: 9:30.70	850m: 13:31.06	1100m: 17:39.06	1350m: 21:40.82	
	150m: 2:19.15	400m: 6:20.33	650m: 10:18.29	900m: 14:21.13	1150m: 18:26.99	1400m: 22:28.11	
	200m: 3:08.46	450m: 7:08.27	700m: 11:07.29	950m: 15:11.91	1200m: 19:15.77	1450m: 23:17.61	
	250m: 3:55.81	500m: 7:55.65	750m: 11:54.76	1000m: 16:00.95	1250m: 20:04.84	1500m: 24:05.14	
15.	Daniel Oliveira Garcia	01	Campomaiorense	24:24.99		195	
	50m: 42.24	300m: 4:47.27	550m: 8:59.88	800m: 13:09.42	1050m: 17:18.87	1300m: 21:19.77	
	100m: 1:30.13	350m: 5:37.11	600m: 9:50.53	850m: 13:59.15	1100m: 18:07.70	1350m: 22:08.17	
	150m: 2:18.64	400m: 6:28.15	650m: 10:40.09	900m: 14:48.40	1150m: 18:55.38	1400m: 22:55.57	
	200m: 3:07.88	450m: 7:18.45	700m: 11:29.52	950m: 15:38.51	1200m: 19:42.77	1450m: 23:41.61	
	250m: 3:57.57	500m: 8:09.56	750m: 12:19.53	1000m: 16:28.53	1250m: 20:31.62	1500m: 24:24.99	
16.	Tomas Antunes Ribeiro	01	Torres Novas	24:26.19		194	
	50m: 44.88	300m: 4:54.70	550m: 9:03.81	800m: 13:11.17	1050m: 17:16.91	1300m: 21:21.03	
	100m: 1:34.21	350m: 5:44.88	600m: 9:52.86	850m: 14:00.43	1100m: 18:06.69	1350m: 22:09.86	
	150m: 2:24.75	400m: 6:35.56	650m: 10:42.22	900m: 14:48.86	1150m: 18:54.97	1400m: 22:57.62	
	200m: 3:14.72	450m: 7:25.81	700m: 11:31.97	950m: 15:38.41	1200m: 19:44.20	1450m: 23:45.58	
	250m: 4:04.04	500m: 8:15.29	750m: 12:22.57	1000m: 16:27.92	1250m: 20:31.54	1500m: 24:26.19	
17.	Goncalo Silveirinha Caldeira	01	Campomaiorense	24:33.24		192	
	50m: 41.34	300m: 4:47.74	550m: 9:00.76	800m: 13:10.53	1050m: 17:22.37	1300m: 21:26.67	
	100m: 1:29.71	350m: 5:37.97	600m: 9:51.07	850m: 14:00.33	1100m: 18:12.17	1350m: 22:14.71	
	150m: 2:18.80	400m: 6:28.48	650m: 10:40.78	900m: 14:50.70	1150m: 19:01.51	1400m: 23:03.52	
	200m: 3:07.86	450m: 7:18.76	700m: 11:30.45	950m: 15:40.64	1200m: 19:49.16	1450m: 23:50.04	
	250m: 3:57.67	500m: 8:10.45	750m: 12:20.55	1000m: 16:31.61	1250m: 20:37.68	1500m: 24:33.24	
18.	Joaquim Agra Meruje	01	Elvense	24:39.49		189	
	50m: 38.11	300m: 4:35.83	550m: 8:43.34	800m: 12:55.61	1050m: 17:10.19	1300m: 21:24.93	
	100m: 1:22.78	350m: 5:24.77	600m: 9:32.90	850m: 13:46.67	1100m: 18:01.30	1350m: 22:14.92	
	150m: 2:10.29	400m: 6:14.78	650m: 10:23.10	900m: 14:38.98	1150m: 18:53.74	1400m: 23:05.99	
	200m: 2:58.36	450m: 7:03.84	700m: 11:13.91	950m: 15:29.23	1200m: 19:43.73	1450m: 23:55.81	
	250m: 3:46.37	500m: 7:52.51	750m: 12:03.78	1000m: 16:21.02	1250m: 20:33.05	1500m: 24:39.49	
19.	Joao Lopes Marques	01	BUZIOS-Coruche	26:52.68		146	
	50m: 43.68	300m: 5:13.16	550m: 9:45.82	800m: 14:16.25	1050m: 18:49.87	1300m: 23:24.53	
	100m: 1:36.49	350m: 6:08.68	600m: 10:39.78	850m: 15:11.15	1100m: 19:43.89	1350m: 24:18.95	
	150m: 2:31.04	400m: 7:03.23	650m: 11:33.73	900m: 16:05.61	1150m: 20:39.35	1400m: 25:12.64	
	200m: 3:24.66	450m: 7:56.66	700m: 12:27.79	950m: 17:00.31	1200m: 21:34.82	1450m: 26:06.85	
	250m: 4:18.65	500m: 8:51.62	750m: 13:21.91	1000m: 17:54.56	1250m: 22:29.20	1500m: 26:52.68	

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 2, Masc., 1500m Livres, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
20.	Joao Maria Vasconcelos	01	BUZIOS-Coruche	28:54.16		117	
	50m: 43.76	300m: 5:25.03	550m: 10:19.60	800m: 15:10.75	1050m: 20:03.52	1300m: 25:01.01	
	100m: 1:34.64	350m: 6:24.67	600m: 11:17.65	850m: 16:08.91	1100m: 21:02.29	1350m: 26:01.53	
	150m: 2:29.91	400m: 7:24.20	650m: 12:15.34	900m: 17:07.21	1150m: 22:02.04	1400m: 27:00.74	
	200m: 3:27.19	450m: 8:20.70	700m: 13:12.99	950m: 18:06.63	1200m: 23:03.18	1450m: 27:59.19	
	250m: 4:26.29	500m: 9:20.50	750m: 14:11.61	1000m: 19:02.52	1250m: 24:01.28	1500m: 28:54.16	

INF-A

1.	Miguel Goncalves Frade	00	Torres Novas	18:51.75		423	
	50m: 33.56	300m: 3:38.84	550m: 6:46.95	800m: 9:57.38	1050m: 13:09.01	1300m: 16:20.89	
	100m: 1:10.47	350m: 4:16.47	600m: 7:25.07	850m: 10:35.54	1100m: 13:47.01	1350m: 16:59.20	
	150m: 1:47.35	400m: 4:54.28	650m: 8:03.17	900m: 11:14.08	1150m: 14:25.51	1400m: 17:37.65	
	200m: 2:24.23	450m: 5:31.52	700m: 8:41.17	950m: 11:52.16	1200m: 15:03.73	1450m: 18:15.51	
	250m: 3:01.42	500m: 6:09.27	750m: 9:19.05	1000m: 12:30.42	1250m: 15:42.51	1500m: 18:51.75	
2.	Filipe Asseiceira Ramos	00	Torres Novas	19:12.05		401	
	50m: 34.59	300m: 3:46.40	550m: 6:59.36	800m: 10:13.89	1050m: 13:28.35	1300m: 16:40.35	
	100m: 1:12.44	350m: 4:24.48	600m: 7:38.65	850m: 10:52.44	1100m: 14:06.47	1350m: 17:18.60	
	150m: 1:50.99	400m: 5:02.91	650m: 8:18.04	900m: 11:31.12	1150m: 14:44.33	1400m: 17:57.00	
	200m: 2:29.47	450m: 5:41.77	700m: 8:56.76	950m: 12:10.38	1200m: 15:23.07	1450m: 18:35.15	
	250m: 3:07.73	500m: 6:20.91	750m: 9:35.16	1000m: 12:49.33	1250m: 16:01.42	1500m: 19:12.05	
3.	Rui Jorge Lopes	00	CLAC-Entroncamento	19:28.01		385	
	50m: 32.12	300m: 3:42.84	550m: 6:58.86	800m: 10:19.58	1050m: 13:37.62	1300m: 16:56.20	
	100m: 1:08.34	350m: 4:22.18	600m: 7:38.60	850m: 10:59.15	1100m: 14:17.55	1350m: 17:36.27	
	150m: 1:45.88	400m: 5:01.52	650m: 8:18.94	900m: 11:39.30	1150m: 14:57.37	1400m: 18:14.99	
	200m: 2:23.86	450m: 5:40.34	700m: 8:59.52	950m: 12:18.75	1200m: 15:36.48	1450m: 18:52.54	
	250m: 3:03.21	500m: 6:19.61	750m: 9:39.28	1000m: 12:57.77	1250m: 16:16.19	1500m: 19:28.01	
4.	Joao Nazario Carvalho	00	Torres Novas	19:30.01		383	
	50m: 33.15	300m: 3:41.62	550m: 6:56.86	800m: 10:14.70	1050m: 13:32.49	1300m: 16:52.79	
	100m: 1:09.19	350m: 4:19.41	600m: 7:36.10	850m: 10:54.01	1100m: 14:12.63	1350m: 17:32.28	
	150m: 1:46.97	400m: 4:59.16	650m: 8:15.32	900m: 11:33.48	1150m: 14:52.90	1400m: 18:11.90	
	200m: 2:24.76	450m: 5:38.44	700m: 8:55.03	950m: 12:13.29	1200m: 15:33.07	1450m: 18:51.45	
	250m: 3:02.98	500m: 6:17.22	750m: 9:34.64	1000m: 12:53.08	1250m: 16:13.07	1500m: 19:30.01	
5.	Jose Carlos Burecas	00	BUZIOS-Coruche	19:35.58		378	
	50m: 34.67	300m: 3:47.30	550m: 7:04.83	800m: 10:25.24	1050m: 13:40.50	1300m: 17:00.04	
	100m: 1:12.17	350m: 4:26.55	600m: 7:44.51	850m: 11:04.38	1100m: 14:20.59	1350m: 17:39.46	
	150m: 1:50.62	400m: 5:05.94	650m: 8:25.16	900m: 11:43.40	1150m: 15:00.68	1400m: 18:18.96	
	200m: 2:29.44	450m: 5:45.84	700m: 9:05.40	950m: 12:22.34	1200m: 15:40.57	1450m: 18:58.72	
	250m: 3:08.32	500m: 6:24.81	750m: 9:45.53	1000m: 13:01.49	1250m: 16:20.10	1500m: 19:35.58	
6.	Luis Pedro Farinha	00	CCDSerta	19:46.73		367	
	50m: 35.23	300m: 3:51.32	550m: 7:12.02	800m: 10:31.27	1050m: 13:50.69	1300m: 17:10.45	
	100m: 1:13.69	350m: 4:31.57	600m: 7:51.54	850m: 11:10.70	1100m: 14:31.43	1350m: 17:50.35	
	150m: 1:52.63	400m: 5:11.67	650m: 8:31.01	900m: 11:50.54	1150m: 15:10.70	1400m: 18:30.35	
	200m: 2:32.22	450m: 5:52.10	700m: 9:11.35	950m: 12:31.02	1200m: 15:50.45	1450m: 19:09.58	
	250m: 3:11.62	500m: 6:32.23	750m: 9:51.15	1000m: 13:11.23	1250m: 16:31.22	1500m: 19:46.73	
7.	Miguel Serrao Santos	00	Viver Santarem	20:05.54		350	
	50m: 36.16	300m: 3:56.06	550m: 7:17.37	800m: 10:41.31	1050m: 14:00.81	1300m: 17:25.35	
	100m: 1:16.14	350m: 4:36.58	600m: 7:57.88	850m: 11:21.99	1100m: 14:41.69	1350m: 18:06.21	
	150m: 1:56.36	400m: 5:16.61	650m: 8:38.55	900m: 12:02.64	1150m: 15:22.45	1400m: 18:47.57	
	200m: 2:35.99	450m: 5:56.80	700m: 9:19.83	950m: 12:41.89	1200m: 16:03.62	1450m: 19:28.66	
	250m: 3:15.84	500m: 6:37.20	750m: 10:01.02	1000m: 13:20.94	1250m: 16:44.83	1500m: 20:05.54	
8.	Henrique Miguel Cruz	00	Torres Novas	20:38.16		323	
	50m: 36.01	300m: 3:59.83	550m: 7:26.96	800m: 10:54.07	1050m: 14:23.40	1300m: 17:52.65	
	100m: 1:15.93	350m: 4:41.24	600m: 8:08.70	850m: 11:35.42	1100m: 15:05.04	1350m: 18:34.59	
	150m: 1:56.45	400m: 5:22.63	650m: 8:50.19	900m: 12:17.16	1150m: 15:47.20	1400m: 19:16.32	
	200m: 2:36.63	450m: 6:04.25	700m: 9:31.28	950m: 12:58.74	1200m: 16:29.40	1450m: 19:57.61	
	250m: 3:18.37	500m: 6:45.49	750m: 10:13.02	1000m: 13:40.35	1250m: 17:10.56	1500m: 20:38.16	

Torneio Distrital Fundo INF/JUV
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Prova 2, Masc., 1500m Livres, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	David Antunes Santos	00	CLAC-Entroncamento	20:52.14		312	
	50m: 36.26	300m: 4:02.50	550m: 7:31.05	800m: 11:00.30	1050m: 14:33.95	1300m: 18:07.03	
	100m: 1:16.35	350m: 4:44.32	600m: 8:12.72	850m: 11:42.95	1100m: 15:17.23	1350m: 18:48.53	
	150m: 1:57.56	400m: 5:26.13	650m: 8:54.47	900m: 12:25.73	1150m: 15:59.72	1400m: 19:30.22	
	200m: 2:39.59	450m: 6:08.19	700m: 9:36.61	950m: 13:08.82	1200m: 16:42.20	1450m: 20:13.00	
	250m: 3:20.97	500m: 6:49.64	750m: 10:18.47	1000m: 13:51.20	1250m: 17:25.01	1500m: 20:52.14	
10.	Joao Afonso Goncalves	00	CLAC-Entroncamento	21:11.83		298	
	50m: 38.38	300m: 4:09.26	550m: 7:43.55	800m: 11:17.48	1050m: 14:53.17	1300m: 18:28.58	
	100m: 1:20.21	350m: 4:52.18	600m: 8:26.38	850m: 11:59.77	1100m: 15:37.54	1350m: 19:10.48	
	150m: 2:01.65	400m: 5:35.49	650m: 9:09.62	900m: 12:42.60	1150m: 16:20.23	1400m: 19:52.87	
	200m: 2:44.04	450m: 6:18.45	700m: 9:53.13	950m: 13:26.57	1200m: 17:02.77	1450m: 20:34.88	
	250m: 3:26.18	500m: 7:00.76	750m: 10:36.44	1000m: 14:10.31	1250m: 17:45.70	1500m: 21:11.83	
11.	Duarte Fontainhas Cardigo	00	20Km de Almeirim	21:28.98		286	
	50m: 38.01	300m: 4:15.47	550m: 7:51.69	800m: 11:27.88	1050m: 15:02.85	1300m: 18:39.09	
	100m: 1:20.80	350m: 4:58.92	600m: 8:34.89	850m: 12:10.54	1100m: 15:45.73	1350m: 19:21.90	
	150m: 2:04.45	400m: 5:42.24	650m: 9:18.02	900m: 12:53.89	1150m: 16:29.18	1400m: 20:05.68	
	200m: 2:48.26	450m: 6:25.33	700m: 10:01.84	950m: 13:36.36	1200m: 17:12.11	1450m: 20:48.37	
	250m: 3:31.36	500m: 7:08.60	750m: 10:44.68	1000m: 14:19.88	1250m: 17:55.53	1500m: 21:28.98	
12.	Fabio Santos Pereira	00	Campomaiorense	21:55.18		270	
	50m: 37.91	300m: 4:15.09	550m: 7:59.28	800m: 11:42.05	1050m: 15:26.35	1300m: 19:08.48	
	100m: 1:20.36	350m: 4:59.99	600m: 8:43.74	850m: 12:26.77	1100m: 16:12.03	1350m: 19:52.28	
	150m: 2:03.78	400m: 5:45.10	650m: 9:28.76	900m: 13:11.40	1150m: 16:55.58	1400m: 20:33.50	
	200m: 2:47.67	450m: 6:29.81	700m: 10:13.12	950m: 13:56.29	1200m: 17:40.82	1450m: 21:17.23	
	250m: 3:31.16	500m: 7:14.08	750m: 10:57.42	1000m: 14:41.44	1250m: 18:25.46	1500m: 21:55.18	
13.	Joao Luis Tavares	00	CCDSerta	22:33.24		247	
	50m: 39.94	300m: 4:25.16	550m: 8:10.65	800m: 11:59.65	1050m: 15:53.83	1300m: 19:39.07	
	100m: 1:24.42	350m: 5:08.55	600m: 8:55.67	850m: 12:46.81	1100m: 16:37.85	1350m: 20:23.52	
	150m: 2:09.65	400m: 5:54.74	650m: 9:43.09	900m: 13:34.02	1150m: 17:22.28	1400m: 21:08.30	
	200m: 2:54.80	450m: 6:39.77	700m: 10:28.88	950m: 14:20.15	1200m: 18:07.68	1450m: 21:52.74	
	250m: 3:39.57	500m: 7:25.87	750m: 11:14.59	1000m: 15:08.29	1250m: 18:52.80	1500m: 22:33.24	
14.	Goncalo Miguel Passareiro	00	Elvense	22:40.48		243	
	50m: 36.46	300m: 4:15.38	550m: 8:03.28	800m: 11:53.22	1050m: 15:47.55	1300m: 19:39.26	
	100m: 1:18.86	350m: 5:00.75	600m: 8:48.72	850m: 12:39.59	1100m: 16:33.65	1350m: 20:26.69	
	150m: 2:02.80	400m: 5:46.41	650m: 9:34.37	900m: 13:26.60	1150m: 17:21.01	1400m: 21:13.46	
	200m: 2:47.43	450m: 6:31.83	700m: 10:20.44	950m: 14:13.82	1200m: 18:06.85	1450m: 21:59.56	
	250m: 3:31.37	500m: 7:17.57	750m: 11:07.36	1000m: 15:00.99	1250m: 18:52.65	1500m: 22:40.48	
15.	David Jose Carpinteiro	00	Natacao do Tejo	22:43.33		242	
	50m: 39.26	300m: 4:28.72	550m: 8:18.63	800m: 12:04.77	1050m: 15:55.00	1300m: 19:44.27	
	100m: 1:24.31	350m: 5:13.42	600m: 9:04.07	850m: 12:51.03	1100m: 16:38.73	1350m: 20:30.01	
	150m: 2:10.05	400m: 5:59.91	650m: 9:49.92	900m: 13:37.90	1150m: 17:23.71	1400m: 21:16.80	
	200m: 2:56.76	450m: 6:46.57	700m: 10:35.55	950m: 14:23.52	1200m: 18:09.89	1450m: 22:03.71	
	250m: 3:42.40	500m: 7:32.54	750m: 11:21.86	1000m: 15:08.52	1250m: 18:56.74	1500m: 22:43.33	
16.	Dan Miloslavski	00	Nautico Abrantes	22:51.24		238	
	50m: 38.57	300m: 4:16.29	550m: 8:03.40	800m: 11:57.88	1050m: 15:52.48	1300m: 19:48.55	
	100m: 1:20.87	350m: 5:01.01	600m: 8:50.65	850m: 12:45.19	1100m: 16:40.26	1350m: 20:35.68	
	150m: 2:04.77	400m: 5:45.77	650m: 9:36.86	900m: 13:32.15	1150m: 17:26.75	1400m: 21:22.75	
	200m: 2:48.23	450m: 6:31.04	700m: 10:23.84	950m: 14:19.07	1200m: 18:14.42	1450m: 22:09.89	
	250m: 3:32.04	500m: 7:17.26	750m: 11:10.39	1000m: 15:06.13	1250m: 19:01.33	1500m: 22:51.24	
17.	Rodrigo Galvao Alves	00	CCDSerta	24:11.76		200	
	50m: 43.04	300m: 4:44.29	550m: 8:54.90	800m: 13:02.92	1050m: 17:00.10	1300m: 20:59.30	
	100m: 1:29.59	350m: 5:35.16	600m: 9:44.25	850m: 13:51.13	1100m: 17:47.35	1350m: 21:48.10	
	150m: 2:16.53	400m: 6:26.42	650m: 10:33.88	900m: 14:36.82	1150m: 18:36.34	1400m: 22:37.13	
	200m: 3:04.90	450m: 7:16.82	700m: 11:24.24	950m: 15:23.42	1200m: 19:23.62	1450m: 23:26.05	
	250m: 3:54.66	500m: 8:07.08	750m: 12:13.34	1000m: 16:12.20	1250m: 20:11.50	1500m: 24:11.76	
18.	Antonio Joao Pestana	00	CLAC-Entroncamento	24:20.08		197	
	50m: 43.53	300m: 4:40.97	550m: 8:45.97	800m: 12:55.61	1050m: 17:01.76	1300m: 21:11.92	
	100m: 1:30.71	350m: 5:29.04	600m: 9:34.98	850m: 13:45.58	1100m: 17:50.64	1350m: 22:01.17	
	150m: 2:18.46	400m: 6:17.81	650m: 10:25.45	900m: 14:36.86	1150m: 18:41.07	1400m: 22:50.56	
	200m: 3:06.29	450m: 7:06.06	700m: 11:14.40	950m: 15:23.94	1200m: 19:30.51	1450m: 23:39.27	
	250m: 3:53.81	500m: 7:55.14	750m: 12:05.24	1000m: 16:13.91	1250m: 20:21.43	1500m: 24:20.08	

Torneio Distrital Fundo INF/JUV
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Prova 2, Masc., 1500m Livres, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
19.	Diogo Miguel Castro	00	CLAC-Entroncamento	24:36.16		190	
	50m: 41.75 300m: 4:40.68 550m: 8:46.15 800m: 12:56.44 1050m: 17:11.33 1300m: 21:25.45						
	100m: 1:28.19 350m: 5:28.84 600m: 9:36.43 850m: 13:47.32 1100m: 18:01.84 1350m: 22:16.64						
	150m: 2:15.61 400m: 6:17.18 650m: 10:26.32 900m: 14:38.06 1150m: 18:52.08 1400m: 23:02.85						
	200m: 3:03.04 450m: 7:06.99 700m: 11:16.19 950m: 15:29.01 1200m: 19:43.16 1450m: 23:52.26						
	250m: 3:51.65 500m: 7:56.63 750m: 12:06.02 1000m: 16:19.86 1250m: 20:34.26 1500m: 24:36.16						
DNS	Afonso Arrates Rouxinol	00	BUZIOS-Coruche				
DNS	Miguel Mourato Henriques	00	Campomaiorense				

JUV-B

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	17:14.60		554	
	50m: 30.85 300m: 3:21.95 550m: 6:15.06 800m: 9:09.36 1050m: 12:04.88 1300m: 15:00.26						
	100m: 1:04.42 350m: 3:56.24 600m: 6:49.98 850m: 9:44.40 1100m: 12:39.61 1350m: 15:34.86						
	150m: 1:39.00 400m: 4:30.66 650m: 7:24.74 900m: 10:19.43 1150m: 13:14.60 1400m: 16:09.29						
	200m: 2:13.14 450m: 5:05.36 700m: 7:59.62 950m: 10:54.46 1200m: 13:49.63 1450m: 16:42.66						
	250m: 2:47.30 500m: 5:39.90 750m: 8:34.71 1000m: 11:29.79 1250m: 14:24.62 1500m: 17:14.60						
2.	Goncalo Faria Saldida	99	Gualdim Pais	17:59.12		488	
	50m: 31.23 300m: 3:28.08 550m: 6:27.51 800m: 9:28.45 1050m: 12:31.24 1300m: 15:35.62						
	100m: 1:05.39 350m: 4:04.29 600m: 7:03.17 850m: 10:04.88 1100m: 13:08.51 1350m: 16:12.58						
	150m: 1:41.76 400m: 4:40.42 650m: 7:39.59 900m: 10:41.69 1150m: 13:45.42 1400m: 16:49.28						
	200m: 2:17.04 450m: 5:16.54 700m: 8:15.78 950m: 11:19.10 1200m: 14:21.62 1450m: 17:24.59						
	250m: 2:52.32 500m: 5:51.87 750m: 8:52.00 1000m: 11:54.89 1250m: 14:58.65 1500m: 17:59.12						
3.	Tiago Filipe Campos	99	Viver Santarem	18:08.46		476	
	50m: 31.78 300m: 3:29.33 550m: 6:28.74 800m: 9:33.68 1050m: 12:37.39 1300m: 15:43.46						
	100m: 1:06.56 350m: 4:04.67 600m: 7:05.74 850m: 10:09.76 1100m: 13:15.06 1350m: 16:21.21						
	150m: 1:42.34 400m: 4:40.74 650m: 7:42.30 900m: 10:46.40 1150m: 13:52.55 1400m: 16:58.59						
	200m: 2:18.11 450m: 5:16.44 700m: 8:19.54 950m: 11:23.31 1200m: 14:30.42 1450m: 17:33.59						
	250m: 2:53.54 500m: 5:52.46 750m: 8:56.77 1000m: 12:00.60 1250m: 15:07.46 1500m: 18:08.46						
4.	Joao Silverio Duarte	99	Electrico Clube	18:18.86		463	
	50m: 33.33 300m: 3:34.06 550m: 6:38.15 800m: 9:42.83 1050m: 12:46.43 1300m: 15:53.25						
	100m: 1:08.67 350m: 4:10.37 600m: 7:14.32 850m: 10:18.84 1100m: 13:24.44 1350m: 16:31.19						
	150m: 1:45.14 400m: 4:46.95 650m: 7:51.11 900m: 10:55.91 1150m: 14:00.75 1400m: 17:07.41						
	200m: 2:20.93 450m: 5:24.35 700m: 8:28.31 950m: 11:33.10 1200m: 14:38.13 1450m: 17:44.05						
	250m: 2:57.30 500m: 6:01.29 750m: 9:05.90 1000m: 12:10.07 1250m: 15:15.10 1500m: 18:18.86						
5.	Marco Andre Miguel	99	Torres Novas	18:39.02		438	
	50m: 33.37 300m: 3:39.50 550m: 6:46.75 800m: 9:53.42 1050m: 13:03.66 1300m: 16:13.96						
	100m: 1:09.76 350m: 4:16.90 600m: 7:24.45 850m: 10:31.05 1100m: 13:41.96 1350m: 16:51.91						
	150m: 1:46.96 400m: 4:54.88 650m: 8:01.97 900m: 11:08.76 1150m: 14:20.47 1400m: 17:30.02						
	200m: 2:24.30 450m: 5:32.30 700m: 8:38.92 950m: 11:47.17 1200m: 14:58.63 1450m: 18:05.74						
	250m: 3:01.97 500m: 6:09.36 750m: 9:16.16 1000m: 12:25.51 1250m: 15:36.62 1500m: 18:39.02						
6.	Afonso Guilherme Rosa	99	Gualdim Pais	18:40.17		437	
	50m: 31.73 300m: 3:28.93 550m: 6:33.84 800m: 9:42.06 1050m: 12:54.70 1300m: 16:10.50						
	100m: 1:06.88 350m: 4:05.32 600m: 7:11.45 850m: 10:19.37 1100m: 13:33.55 1350m: 16:48.74						
	150m: 1:41.90 400m: 4:42.14 650m: 7:48.96 900m: 10:57.70 1150m: 14:12.88 1400m: 17:25.83						
	200m: 2:17.51 450m: 5:19.23 700m: 8:26.50 950m: 11:36.46 1200m: 14:52.15 1450m: 18:02.82						
	250m: 2:53.21 500m: 5:56.82 750m: 9:03.87 1000m: 12:15.43 1250m: 15:31.47 1500m: 18:40.17						
7.	Miguel Carrico Cruz	99	20Km de Almeirim	19:22.07		391	
	50m: 33.78 300m: 3:46.79 550m: 7:06.47 800m: 10:19.21 1050m: 13:35.92 1300m: 16:52.22						
	100m: 1:10.59 350m: 4:27.45 600m: 7:46.56 850m: 10:56.89 1100m: 14:16.08 1350m: 17:29.57						
	150m: 1:48.39 400m: 5:07.98 650m: 8:26.56 900m: 11:33.96 1150m: 14:56.36 1400m: 18:06.95						
	200m: 2:26.74 450m: 5:47.46 700m: 9:04.83 950m: 12:13.63 1200m: 15:36.05 1450m: 18:44.63						
	250m: 3:06.30 500m: 6:26.66 750m: 9:42.03 1000m: 12:54.66 1250m: 16:14.00 1500m: 19:22.07						
8.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	19:37.54		376	
	50m: 36.21 300m: 3:54.38 550m: 7:13.83 800m: 10:32.22 1050m: 13:47.93 1300m: 17:02.16						
	100m: 1:16.19 350m: 4:35.31 600m: 7:53.25 850m: 11:11.37 1100m: 14:26.76 1350m: 17:40.66						
	150m: 1:56.39 400m: 5:15.07 650m: 8:33.64 900m: 11:50.52 1150m: 15:05.93 1400m: 18:19.77						
	200m: 2:35.66 450m: 5:54.48 700m: 9:12.88 950m: 12:29.17 1200m: 15:44.71 1450m: 18:58.25						
	250m: 3:15.27 500m: 6:34.07 750m: 9:52.36 1000m: 13:08.15 1250m: 16:23.21 1500m: 19:37.54						

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Prova 2, Masc., 1500m Livres, JUV-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	Joao Tiago Almeida	99	20Km de Almeirim	19:46.61		367	
	50m: 33.91 300m: 3:51.09 550m: 7:06.98 800m: 10:24.92 1050m: 13:44.19 1300m: 17:07.69						
	100m: 1:13.06 350m: 4:30.04 600m: 7:46.95 850m: 11:04.86 1100m: 14:24.72 1350m: 17:48.75						
	150m: 1:51.98 400m: 5:08.91 650m: 8:26.64 900m: 11:45.11 1150m: 15:04.60 1400m: 18:28.88						
	200m: 2:31.41 450m: 5:48.14 700m: 9:05.89 950m: 12:24.57 1200m: 15:44.78 1450m: 19:09.02						
	250m: 3:11.18 500m: 6:27.76 750m: 9:45.50 1000m: 13:04.32 1250m: 16:26.29 1500m: 19:46.61						
10.	Diogo Rodrigues Leitao	99	Albicastrense	19:59.28		356	
	50m: 35.64 300m: 3:54.40 550m: 7:15.47 800m: 10:36.97 1050m: 14:00.96 1300m: 17:24.52						
	100m: 1:14.49 350m: 4:34.49 600m: 7:55.72 850m: 11:17.37 1100m: 14:41.84 1350m: 18:05.32						
	150m: 1:54.75 400m: 5:14.50 650m: 8:36.24 900m: 11:57.96 1150m: 15:22.75 1400m: 18:45.74						
	200m: 2:34.57 450m: 5:55.28 700m: 9:15.89 950m: 12:38.67 1200m: 16:02.95 1450m: 19:25.40						
	250m: 3:14.91 500m: 6:35.27 750m: 9:56.17 1000m: 13:19.73 1250m: 16:43.96 1500m: 19:59.28						
11.	Tomas Jose Agostinho	99	BUZIOS-Coruche	20:02.05		353	
	50m: 34.72 300m: 3:54.55 550m: 7:15.71 800m: 10:37.52 1050m: 14:00.93 1300m: 17:24.86						
	100m: 1:14.06 350m: 4:34.23 600m: 7:55.81 850m: 11:17.68 1100m: 14:42.27 1350m: 18:05.41						
	150m: 1:54.10 400m: 5:14.15 650m: 8:35.88 900m: 11:58.52 1150m: 15:22.53 1400m: 18:45.90						
	200m: 2:34.02 450m: 5:54.95 700m: 9:16.33 950m: 12:39.16 1200m: 16:03.57 1450m: 19:26.02						
	250m: 3:14.23 500m: 6:35.32 750m: 9:56.46 1000m: 13:19.91 1250m: 16:43.84 1500m: 20:02.05						
12.	Luis Miguel Monteiro	99	Cartaxo	20:16.63		341	
	50m: 35.92 300m: 3:54.65 550m: 7:15.68 800m: 10:39.28 1050m: 14:04.36 1300m: 17:34.37						
	100m: 1:14.83 350m: 4:34.95 600m: 7:56.38 850m: 11:20.10 1100m: 14:46.34 1350m: 18:14.90						
	150m: 1:54.71 400m: 5:15.27 650m: 8:37.29 900m: 12:00.90 1150m: 15:27.72 1400m: 18:54.91						
	200m: 2:35.07 450m: 5:55.39 700m: 9:18.16 950m: 12:42.04 1200m: 16:10.37 1450m: 19:34.95						
	250m: 3:14.60 500m: 6:35.36 750m: 9:58.64 1000m: 13:23.36 1250m: 16:52.82 1500m: 20:16.63						
13.	Jose Nuno Sousa	99	CLAC-Entroncamento	20:19.90		338	
	50m: 33.50 300m: 3:50.60 550m: 7:11.55 800m: 10:35.40 1050m: 14:09.55 1300m: 17:40.48						
	100m: 1:11.39 350m: 4:30.13 600m: 7:52.24 850m: 11:17.83 1100m: 14:52.18 1350m: 18:21.71						
	150m: 1:50.88 400m: 5:10.45 650m: 8:33.03 900m: 12:00.79 1150m: 15:35.15 1400m: 19:00.37						
	200m: 2:30.73 450m: 5:50.65 700m: 9:13.57 950m: 12:43.49 1200m: 16:17.44 1450m: 19:40.17						
	250m: 3:10.74 500m: 6:31.15 750m: 9:53.94 1000m: 13:26.39 1250m: 16:58.98 1500m: 20:19.90						
14.	Francisco Daniel Pereira	99	CCDSerta	20:21.12		337	
	50m: 36.02 300m: 4:01.00 550m: 7:29.24 800m: 10:53.95 1050m: 14:18.67 1300m: 17:44.73						
	100m: 1:15.11 350m: 4:42.66 600m: 8:10.03 850m: 11:35.62 1100m: 15:00.71 1350m: 18:24.80						
	150m: 1:56.30 400m: 5:23.94 650m: 8:50.94 900m: 12:17.15 1150m: 15:42.18 1400m: 19:05.65						
	200m: 2:37.48 450m: 6:05.51 700m: 9:32.01 950m: 12:56.85 1200m: 16:22.26 1450m: 19:43.54						
	250m: 3:19.75 500m: 6:46.90 750m: 10:14.78 1000m: 13:37.67 1250m: 17:03.17 1500m: 20:21.12						
15.	Pedro Pereira Lopes	99	BUZIOS-Coruche	20:52.45		312	
	50m: 35.29 300m: 4:02.52 550m: 7:33.13 800m: 11:04.84 1050m: 14:35.81 1300m: 18:05.08						
	100m: 1:15.53 350m: 4:44.20 600m: 8:15.14 850m: 11:46.75 1100m: 15:18.54 1350m: 18:47.46						
	150m: 1:57.23 400m: 5:26.71 650m: 8:58.18 900m: 12:29.21 1150m: 16:00.30 1400m: 19:30.19						
	200m: 2:38.38 450m: 6:08.67 700m: 9:40.96 950m: 13:12.15 1200m: 16:42.16 1450m: 20:12.26						
	250m: 3:20.20 500m: 6:50.76 750m: 10:22.92 1000m: 13:54.26 1250m: 17:24.00 1500m: 20:52.45						
16.	Joao Miguel Vale	99	Nucleo Sportinguista Golega	21:27.39		287	
	50m: 36.04 300m: 4:03.42 550m: 7:36.56 800m: 11:13.49 1050m: 14:53.34 1300m: 18:34.84						
	100m: 1:16.54 350m: 4:45.37 600m: 8:20.36 850m: 11:57.49 1100m: 15:37.49 1350m: 19:18.76						
	150m: 1:57.77 400m: 5:27.55 650m: 9:03.55 900m: 12:40.63 1150m: 16:22.49 1400m: 20:01.95						
	200m: 2:39.33 450m: 6:09.93 700m: 9:46.88 950m: 13:25.56 1200m: 17:05.89 1450m: 20:45.41						
	250m: 3:21.37 500m: 6:53.57 750m: 10:30.42 1000m: 14:09.53 1250m: 17:51.30 1500m: 21:27.39						
17.	Joao Fernando Bento	99	Uniao Samorense	21:38.09		280	
	50m: 35.28 300m: 4:05.37 550m: 7:44.12 800m: 11:22.37 1050m: 15:04.49 1300m: 18:48.50						
	100m: 1:15.56 350m: 4:49.24 600m: 8:28.06 850m: 12:06.77 1100m: 15:48.72 1350m: 19:33.24						
	150m: 1:57.45 400m: 5:32.66 650m: 9:11.94 900m: 12:51.16 1150m: 16:33.48 1400m: 20:16.57						
	200m: 2:39.79 450m: 6:16.75 700m: 9:55.40 950m: 13:35.67 1200m: 17:18.34 1450m: 20:59.26						
	250m: 3:22.41 500m: 7:00.37 750m: 10:39.31 1000m: 14:19.97 1250m: 18:03.13 1500m: 21:38.09						
18.	Carlos Afonso Pereira	99	BUZIOS-Coruche	25:44.02		166	
	50m: 41.18 300m: 4:53.03 550m: 9:14.44 800m: 13:35.65 1050m: 17:55.87 1300m: 22:17.37						
	100m: 1:29.21 350m: 5:44.61 600m: 10:05.81 850m: 14:28.36 1100m: 18:48.13 1350m: 23:10.38						
	150m: 2:18.56 400m: 6:36.13 650m: 10:57.80 900m: 15:20.54 1150m: 19:40.64 1400m: 24:01.98						
	200m: 3:08.90 450m: 7:28.88 700m: 11:51.05 950m: 16:12.74 1200m: 20:33.13 1450m: 24:54.30						
	250m: 4:00.52 500m: 8:20.98 750m: 12:44.03 1000m: 17:03.55 1250m: 21:25.95 1500m: 25:44.02						

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 2, Masc., 1500m Livres, JUV-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
19.	Alexandre Miguel Santa	99	Elvense	26:58.05		145	
	50m: 44.65	300m: 5:09.42	550m: 9:46.87	800m: 14:24.04	1050m: 18:57.79	1300m: 23:31.32	
	100m: 1:34.26	350m: 6:04.27	600m: 10:42.62	850m: 15:19.70	1100m: 19:52.53	1350m: 24:25.16	
	150m: 2:26.38	400m: 6:59.48	650m: 11:37.79	900m: 16:14.92	1150m: 20:46.58	1400m: 25:18.79	
	200m: 3:19.80	450m: 7:54.55	700m: 12:33.54	950m: 17:10.11	1200m: 21:41.33	1450m: 26:09.99	
	250m: 4:14.97	500m: 8:50.46	750m: 13:28.74	1000m: 18:04.34	1250m: 22:36.59	1500m: 26:58.05	
DSQ	Bernardo Jose Dionisio	99	Gualdim Pais				
	<i>Falsa partida</i>						
DNS	Pedro Jorge Silva	99	20Km de Almeirim				
DNS	Joao Palmeiro Carrilho	99	Campomaiorense				

JUV-A

1.	Dario Fausto Matias	98	Torres Novas	17:29.62		531	
	50m: 31.30	300m: 3:26.35	550m: 6:23.08	800m: 9:20.11	1050m: 12:16.67	1300m: 15:12.77	
	100m: 1:05.97	350m: 4:01.96	600m: 6:58.58	850m: 9:55.45	1100m: 12:52.20	1350m: 15:47.48	
	150m: 1:41.28	400m: 4:37.68	650m: 7:34.25	900m: 10:30.73	1150m: 13:27.54	1400m: 16:22.57	
	200m: 2:16.55	450m: 5:12.76	700m: 8:09.47	950m: 11:06.02	1200m: 14:02.68	1450m: 16:57.02	
	250m: 2:51.54	500m: 5:48.11	750m: 8:44.70	1000m: 11:41.40	1250m: 14:38.07	1500m: 17:29.62	
2.	Ricardo Goncalves Moura	98	Electrico Clube	17:54.80		494	
	50m: 31.32	300m: 3:24.66	550m: 6:22.83	800m: 9:24.12	1050m: 12:27.06	1300m: 15:30.70	
	100m: 1:05.61	350m: 3:59.83	600m: 6:58.80	850m: 10:00.55	1100m: 13:03.87	1350m: 16:06.97	
	150m: 1:40.07	400m: 4:35.80	650m: 7:34.73	900m: 10:37.18	1150m: 13:40.74	1400m: 16:43.58	
	200m: 2:14.65	450m: 5:11.27	700m: 8:11.14	950m: 11:13.79	1200m: 14:16.96	1450m: 17:19.60	
	250m: 2:49.61	500m: 5:47.04	750m: 8:47.58	1000m: 11:50.57	1250m: 14:54.02	1500m: 17:54.80	
3.	Joao Pedro Marquez	98	Uniao Samorense	18:20.40		461	
	50m: 31.38	300m: 3:29.96	550m: 6:33.88	800m: 9:41.14	1050m: 12:46.90	1300m: 15:55.10	
	100m: 1:06.18	350m: 4:06.39	600m: 7:11.21	850m: 10:17.86	1100m: 13:24.70	1350m: 16:32.03	
	150m: 1:41.80	400m: 4:43.03	650m: 7:48.79	900m: 10:54.87	1150m: 14:02.16	1400m: 17:09.59	
	200m: 2:17.74	450m: 5:19.87	700m: 8:26.08	950m: 11:32.11	1200m: 14:39.35	1450m: 17:46.33	
	250m: 2:54.00	500m: 5:57.00	750m: 9:03.53	1000m: 12:09.53	1250m: 15:17.15	1500m: 18:20.40	
4.	Telmo Pedrosa Rocha	98	Uniao Samorense	18:25.19		455	
	50m: 32.46	300m: 3:33.33	550m: 6:39.45	800m: 9:45.05	1050m: 12:51.58	1300m: 15:58.86	
	100m: 1:07.49	350m: 4:10.52	600m: 7:16.29	850m: 10:21.92	1100m: 13:29.16	1350m: 16:35.98	
	150m: 1:43.38	400m: 4:47.47	650m: 7:53.57	900m: 10:59.35	1150m: 14:06.57	1400m: 17:13.26	
	200m: 2:19.63	450m: 5:24.69	700m: 8:30.74	950m: 11:36.81	1200m: 14:44.13	1450m: 17:50.61	
	250m: 2:56.11	500m: 6:01.95	750m: 9:07.90	1000m: 12:14.30	1250m: 15:21.53	1500m: 18:25.19	
5.	Pedro Manuel Nunes	98	CLAC-Entroncamento	19:03.40		410	
	50m: 32.43	300m: 3:39.67	550m: 6:51.00	800m: 10:03.79	1050m: 13:19.05	1300m: 16:32.75	
	100m: 1:09.24	350m: 4:18.42	600m: 7:29.13	850m: 10:44.07	1100m: 13:59.08	1350m: 17:09.94	
	150m: 1:46.08	400m: 4:57.36	650m: 8:07.08	900m: 11:22.66	1150m: 14:36.81	1400m: 17:47.48	
	200m: 2:23.42	450m: 5:35.86	700m: 8:46.32	950m: 12:01.00	1200m: 15:16.04	1450m: 18:25.22	
	250m: 3:01.77	500m: 6:14.15	750m: 9:25.33	1000m: 12:39.45	1250m: 15:54.23	1500m: 19:03.40	
6.	Joao Paulo Lopes	98	Torres Novas	19:04.00		410	
	50m: 33.31	300m: 3:41.09	550m: 6:53.85	800m: 10:06.43	1050m: 13:21.76	1300m: 16:36.14	
	100m: 1:09.32	350m: 4:19.46	600m: 7:32.22	850m: 10:45.24	1100m: 14:00.06	1350m: 17:14.20	
	150m: 1:46.93	400m: 4:58.34	650m: 8:10.86	900m: 11:23.91	1150m: 14:38.55	1400m: 17:52.10	
	200m: 2:24.72	450m: 5:36.94	700m: 8:49.53	950m: 12:03.05	1200m: 15:17.97	1450m: 18:31.16	
	250m: 3:02.74	500m: 6:14.98	750m: 9:27.42	1000m: 12:42.43	1250m: 15:57.06	1500m: 19:04.00	
7.	Joao Ferreira Santos	98	Torres Novas	19:11.85		401	
	50m: 33.64	300m: 3:41.65	550m: 6:53.61	800m: 10:06.02	1050m: 13:20.86	1300m: 16:35.12	
	100m: 1:10.25	350m: 4:20.07	600m: 7:32.29	850m: 10:44.85	1100m: 13:59.24	1350m: 17:13.58	
	150m: 1:47.76	400m: 4:58.45	650m: 8:10.91	900m: 11:23.15	1150m: 14:38.41	1400m: 17:51.75	
	200m: 2:25.50	450m: 5:36.98	700m: 8:49.09	950m: 12:02.69	1200m: 15:16.95	1450m: 18:30.30	
	250m: 3:03.51	500m: 6:15.29	750m: 9:27.55	1000m: 12:41.66	1250m: 15:55.70	1500m: 19:11.85	
8.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	19:14.97		398	
	50m: 30.81	300m: 3:39.30	550m: 6:55.23	800m: 10:10.36	1050m: 13:26.20	1300m: 16:42.23	
	100m: 1:05.74	350m: 4:17.71	600m: 7:34.27	850m: 10:49.46	1100m: 14:05.42	1350m: 17:21.57	
	150m: 1:42.93	400m: 4:57.04	650m: 8:13.49	900m: 11:28.52	1150m: 14:44.77	1400m: 18:00.54	
	200m: 2:21.30	450m: 5:36.55	700m: 8:52.99	950m: 12:07.84	1200m: 15:24.11	1450m: 18:38.29	
	250m: 3:00.64	500m: 6:15.96	750m: 9:31.78	1000m: 12:46.79	1250m: 16:03.14	1500m: 19:14.97	

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 2, Masc., 1500m Livres, JUV-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	Sergio Alexandre Batalha	98	Uniao Samoreense	19:57.86		357	
	50m: 33.66	300m: 3:48.55	550m: 7:08.54	800m: 10:30.17	1050m: 13:53.22	1300m: 17:19.93	
	100m: 1:11.16	350m: 4:28.23	600m: 7:48.56	850m: 11:10.89	1100m: 14:34.23	1350m: 17:58.78	
	150m: 1:49.72	400m: 5:07.96	650m: 8:27.97	900m: 11:51.40	1150m: 15:15.63	1400m: 18:39.11	
	200m: 2:29.13	450m: 5:48.63	700m: 9:08.44	950m: 12:32.28	1200m: 15:57.35	1450m: 19:20.51	
	250m: 3:08.98	500m: 6:28.75	750m: 9:49.30	1000m: 13:12.78	1250m: 16:39.40	1500m: 19:57.86	
10.	Samuel Batista Agostinho	98	Rio Maior	20:20.70		337	
	50m: 35.27	300m: 3:54.13	550m: 7:16.63	800m: 10:44.80	1050m: 14:13.11	1300m: 17:41.04	
	100m: 1:13.66	350m: 4:35.19	600m: 7:57.54	850m: 11:26.26	1100m: 14:55.18	1350m: 18:22.32	
	150m: 1:52.87	400m: 5:16.22	650m: 8:39.47	900m: 12:07.42	1150m: 15:37.02	1400m: 19:02.47	
	200m: 2:32.57	450m: 5:56.26	700m: 9:20.64	950m: 12:49.99	1200m: 16:18.20	1450m: 19:43.61	
	250m: 3:13.32	500m: 6:36.03	750m: 10:02.10	1000m: 13:31.23	1250m: 16:59.77	1500m: 20:20.70	
11.	Joao Neves Coelho	98	BUZIOS-Coruche	22:35.22		246	
	50m: 37.20	300m: 4:17.26	550m: 8:05.35	800m: 11:56.92	1050m: 15:48.95	1300m: 19:38.27	
	100m: 1:19.73	350m: 5:02.21	600m: 8:52.12	850m: 12:43.45	1100m: 16:35.36	1350m: 20:23.43	
	150m: 2:03.09	400m: 5:47.71	650m: 9:38.78	900m: 13:29.30	1150m: 17:21.30	1400m: 21:08.30	
	200m: 2:47.44	450m: 6:33.37	700m: 10:24.39	950m: 14:15.78	1200m: 18:07.23	1450m: 21:53.51	
	250m: 3:32.87	500m: 7:19.22	750m: 11:10.39	1000m: 15:01.90	1250m: 18:52.99	1500m: 22:35.22	

JUN/SEN

1.	Alessandro Diogo Carvalho	96	Desportivo ABPG	17:03.44		573	
	50m: 30.68	300m: 3:19.81	550m: 6:11.29	800m: 9:02.97	1050m: 11:54.58	1300m: 14:46.86	
	100m: 1:04.10	350m: 3:53.78	600m: 6:45.82	850m: 9:37.21	1100m: 12:28.88	1350m: 15:21.24	
	150m: 1:38.08	400m: 4:27.64	650m: 7:20.22	900m: 10:11.63	1150m: 13:03.40	1400m: 15:55.71	
	200m: 2:11.84	450m: 5:01.97	700m: 7:54.58	950m: 10:46.02	1200m: 13:37.93	1450m: 16:29.83	
	250m: 2:45.62	500m: 5:36.49	750m: 8:28.98	1000m: 11:20.24	1250m: 14:12.52	1500m: 17:03.44	
2.	Joao Oliveira Tavares	96	Natacao da Guarda	19:18.74		394	
	50m: 33.85	300m: 3:45.46	550m: 6:56.46	800m: 10:11.30	1050m: 13:28.73	1300m: 16:46.70	
	100m: 1:11.35	350m: 4:23.48	600m: 7:34.79	850m: 10:50.62	1100m: 14:08.85	1350m: 17:26.00	
	150m: 1:49.99	400m: 5:01.87	650m: 8:13.49	900m: 11:30.06	1150m: 14:48.55	1400m: 18:05.19	
	200m: 2:28.73	450m: 5:40.16	700m: 8:52.57	950m: 12:09.91	1200m: 15:27.55	1450m: 18:43.37	
	250m: 3:07.15	500m: 6:18.15	750m: 9:32.01	1000m: 12:49.33	1250m: 16:06.75	1500m: 19:18.74	
3.	Antonio Pedro Esteves	97	Albicastrense	19:36.14		377	
	50m: 32.16	300m: 3:40.03	550m: 6:52.97	800m: 10:13.00	1050m: 13:35.57	1300m: 16:59.20	
	100m: 1:08.88	350m: 4:18.78	600m: 7:32.17	850m: 10:53.41	1100m: 14:16.00	1350m: 17:38.90	
	150m: 1:46.68	400m: 4:57.87	650m: 8:12.29	900m: 11:34.12	1150m: 14:57.06	1400m: 18:18.89	
	200m: 2:23.92	450m: 5:36.20	700m: 8:52.76	950m: 12:14.35	1200m: 15:37.88	1450m: 18:58.44	
	250m: 3:01.78	500m: 6:14.53	750m: 9:33.09	1000m: 12:54.74	1250m: 16:18.92	1500m: 19:36.14	
4.	Joao Paulo Nini	97	Campomaiorense	20:27.47		332	
	50m: 36.00	300m: 4:02.37	550m: 7:30.84	800m: 10:56.83	1050m: 14:20.85	1300m: 17:45.51	
	100m: 1:16.91	350m: 4:44.10	600m: 8:12.53	850m: 11:37.52	1100m: 15:01.57	1350m: 18:26.66	
	150m: 1:58.34	400m: 5:25.73	650m: 8:53.99	900m: 12:17.92	1150m: 15:42.64	1400m: 19:07.90	
	200m: 2:39.24	450m: 6:07.17	700m: 9:35.05	950m: 12:58.88	1200m: 16:23.13	1450m: 19:49.18	
	250m: 3:20.58	500m: 6:49.13	750m: 10:15.90	1000m: 13:39.79	1250m: 17:04.57	1500m: 20:27.47	
5.	Andre Marcal Farinha	97	CCDSerta	20:41.71		320	
	50m: 37.23	300m: 4:00.50	550m: 7:25.85	800m: 10:54.32	1050m: 14:24.52	1300m: 17:56.38	
	100m: 1:17.04	350m: 4:41.01	600m: 8:07.11	850m: 11:36.01	1100m: 15:07.28	1350m: 18:38.72	
	150m: 1:57.83	400m: 5:21.72	650m: 8:49.19	900m: 12:18.12	1150m: 15:49.41	1400m: 19:21.57	
	200m: 2:38.65	450m: 6:03.01	700m: 9:30.53	950m: 13:00.30	1200m: 16:31.89	1450m: 20:03.78	
	250m: 3:19.53	500m: 6:44.27	750m: 10:12.52	1000m: 13:42.11	1250m: 17:14.02	1500m: 20:41.71	
6.	Pedro Nuno Prazeres	89	Campomaiorense	21:05.13		303	
	50m: 36.91	300m: 4:01.72	550m: 7:29.87	800m: 11:01.90	1050m: 14:37.13	1300m: 18:16.31	
	100m: 1:17.25	350m: 4:43.17	600m: 8:12.02	850m: 11:42.95	1100m: 15:20.56	1350m: 19:00.90	
	150m: 1:58.46	400m: 5:25.83	650m: 8:55.46	900m: 12:25.48	1150m: 16:04.86	1400m: 19:48.36	
	200m: 2:39.77	450m: 6:07.26	700m: 9:38.03	950m: 13:09.49	1200m: 16:48.60	1450m: 20:27.93	
	250m: 3:21.05	500m: 6:49.15	750m: 10:20.09	1000m: 13:53.37	1250m: 17:32.79	1500m: 21:05.13	

Torneio Distrital Fundo INF/JUV
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Prova 2, Masc., 1500m Livres, JUN/SEN

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Diogo Miguel Lopes	96	Desportivo ABPG	22:37.16		245	
	50m: 35.49 300m: 4:10.55		550m: 8:00.69 800m: 11:51.54	1050m: 15:43.94	1300m: 19:36.32		
	100m: 1:16.22 350m: 4:56.26		600m: 8:47.23 850m: 12:37.80	1100m: 16:29.41	1350m: 20:22.06		
	150m: 1:57.95 400m: 5:42.71		650m: 9:32.79 900m: 13:25.08	1150m: 17:17.55	1400m: 21:06.31		
	200m: 2:40.95 450m: 6:29.10		700m: 10:18.47 950m: 14:10.10	1200m: 18:04.81	1450m: 21:51.50		
	250m: 3:25.74 500m: 7:14.77		750m: 11:04.85 1000m: 14:56.47	1250m: 18:50.75	1500m: 22:37.16		
8.	Elmo Manuel Muacho	96	Campomaiorense	22:54.24		236	
	50m: 41.41 300m: 4:36.87		550m: 8:31.25 800m: 12:21.94	1050m: 16:10.35	1300m: 19:57.25		
	100m: 1:28.10 350m: 5:25.40		600m: 9:17.45 850m: 13:08.32	1100m: 16:56.78	1350m: 20:42.49		
	150m: 2:14.70 400m: 6:11.68		650m: 10:04.27 900m: 13:53.70	1150m: 17:42.21	1400m: 21:27.95		
	200m: 3:02.26 450m: 6:57.93		700m: 10:50.34 950m: 14:39.08	1200m: 18:27.03	1450m: 22:12.28		
	250m: 3:49.65 500m: 7:44.52		750m: 11:36.85 1000m: 15:24.69	1250m: 19:12.06	1500m: 22:54.24		

2 - 2ª SESSÃO

01-12-2013 - 9:30

Prova 3
01-12-2013

Masc., 400m Estilos

13 anos e mais velhos
Resultados

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Joao Jose Calado	01	Nautico Abrantes	5:49.49		305	
	50m: 35.96 150m: 2:05.53		250m: 3:40.28 350m: 5:11.06				
	100m: 1:19.74 200m: 2:48.62		300m: 4:32.69 400m: 5:49.49				
2.	Joao Diogo Lopes	01	Viver Santarem	5:49.72		305	
	50m: 36.72 150m: 2:09.02		250m: 3:43.70 350m: 5:11.89				
	100m: 1:21.46 200m: 2:55.51		300m: 4:32.61 400m: 5:49.72				
3.	Afonso Maria Teodoro	01	Viver Santarem	6:02.02		275	
	50m: 37.04 150m: 2:06.96		250m: 3:48.17 350m: 5:24.40				
	100m: 1:19.38 200m: 2:53.82		300m: 4:43.45 400m: 6:02.02				
4.	Ricardo Luis Leal	01	CLAC-Entroncamento	6:06.38		265	
	50m: 40.66 150m: 2:17.46		250m: 3:55.51 350m: 5:29.11				
	100m: 1:31.87 200m: 3:02.33		300m: 4:48.87 400m: 6:06.38				
5.	Joao Miguel Marques	01	20Km de Almeirim	6:09.33		259	
	50m: 40.83 150m: 2:20.91		250m: 4:00.50 350m: 5:33.00				
	100m: 1:32.46 200m: 3:07.14		300m: 4:53.73 400m: 6:09.33				
6.	Afonso Pinhal Canto	01	20Km de Almeirim	6:10.38		257	
	50m: 39.91 150m: 2:17.23		250m: 3:56.02 350m: 5:30.77				
	100m: 1:31.47 200m: 3:01.66		300m: 4:49.83 400m: 6:10.38				
7.	Diogo Franco Martins	01	20Km de Almeirim	6:13.09		251	
	50m: 40.57 150m: 2:18.57		250m: 4:00.63 350m: 5:35.70				
	100m: 1:31.22 200m: 3:03.64		300m: 4:56.77 400m: 6:13.09				
8.	Joaquim Agra Meruje	01	Elvense	6:13.81		250	
	50m: 39.18 150m: 2:13.92		250m: 3:52.21 350m: 5:31.85				
	100m: 1:26.47 200m: 3:00.19		300m: 4:45.72 400m: 6:13.81				
9.	Alexandre Ferreira Ribeiro	01	Rio Maior	6:24.21		230	
	50m: 43.63 150m: 2:20.58		250m: 4:01.37 350m: 5:42.07				
	100m: 1:36.14 200m: 3:05.55		300m: 4:57.38 400m: 6:24.21				
10.	Pedro Oliveira Tavares	01	Natacao da Guarda	6:24.91		229	
	50m: 43.85 150m: 2:25.72		250m: 4:04.22 350m: 5:42.48				
	100m: 1:37.22 200m: 3:12.38		300m: 4:57.61 400m: 6:24.91				
11.	Goncalo Silveirinha Caldeira	01	Campomaiorense	6:26.27		226	
	50m: 44.11 150m: 2:31.96		250m: 4:11.07 350m: 5:43.98				
	100m: 1:40.88 200m: 3:23.16		300m: 4:59.37 400m: 6:26.27				

Torneio Distrital Fundo INF/JUV
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Prova 3, Masc., 400m Estilos, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
12.	Joao Antonio Simoes	01	Torres Novas	6:27.52		224	
	50m: 41.20 150m: 2:25.19 250m: 4:08.72 350m: 5:47.35						
	100m: 1:35.11 200m: 3:12.56 300m: 5:06.90 400m: 6:27.52						
13.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	6:31.32		217	
	50m: 41.23 150m: 2:25.22 250m: 4:11.56 350m: 5:50.90						
	100m: 1:33.91 200m: 3:15.99 300m: 5:08.72 400m: 6:31.32						
14.	Diogo Samouco Dias	01	Torres Novas	6:48.47		191	
	50m: 42.70 150m: 2:31.73 250m: 4:17.03 350m: 6:04.58						
	100m: 1:39.00 200m: 3:20.37 300m: 5:15.66 400m: 6:48.47						
15.	Daniel Oliveira Garcia	01	Campomaiorense	6:56.37		180	
	50m: 48.17 150m: 2:40.37 250m: 4:28.91 350m: 6:13.06						
	100m: 1:46.21 200m: 3:32.76 300m: 5:25.89 400m: 6:56.37						
16.	Tomas Antunes Ribeiro	01	Torres Novas	7:05.14		169	
	50m: 50.62 150m: 2:38.87 250m: 4:34.12 350m: 6:21.20						
	100m: 1:46.64 200m: 3:30.60 300m: 5:36.49 400m: 7:05.14						
17.	Tomas Nunes Pires	01	Electrico Clube	7:14.15		159	
	50m: 51.95 150m: 2:49.39 250m: 4:42.46 350m: 6:29.36						
	100m: 1:54.75 200m: 3:43.54 300m: 5:43.42 400m: 7:14.15						
DSQ	Joao Lopes Marques	01	BUZIOS-Coruche				
	<i>O nadador efectuou batimento de pernas alternado durante o percurso de mariposa</i>						
DSQ	Joao Maria Vasconcelos	01	BUZIOS-Coruche				
	<i>O nadador efectuou batimento de pernas alternado durante o percurso de mariposa</i>						
DSQ	Nuno Pereira Simoes	01	Torres Novas				
	<i>O nadador efectuou batimento de pernas alternado durante o percurso de mariposa</i>						

INF-A

1.	Miguel Goncalves Frade	00	Torres Novas	5:26.02		376	
	50m: 35.71 150m: 1:58.01 250m: 3:24.40 350m: 4:49.97						
	100m: 1:16.83 200m: 2:38.61 300m: 4:11.00 400m: 5:26.02						
2.	Rui Jorge Lopes	00	CLAC-Entroncamento	5:28.68		367	
	50m: 33.03 150m: 1:55.27 250m: 3:24.61 350m: 4:53.21						
	100m: 1:13.07 200m: 2:36.33 300m: 4:14.08 400m: 5:28.68						
3.	Miguel Serrao Santos	00	Viver Santarem	5:38.40		337	
	50m: 36.12 150m: 2:01.33 250m: 3:33.18 350m: 5:01.62						
	100m: 1:17.16 200m: 2:44.00 300m: 4:23.33 400m: 5:38.40						
4.	Jose Carlos Burecas	00	BUZIOS-Coruche	5:42.72		324	
	50m: 38.24 150m: 2:08.33 250m: 3:37.83 350m: 5:04.97						
	100m: 1:26.26 200m: 2:50.40 300m: 4:27.08 400m: 5:42.72						
5.	Filipe Asseiceira Ramos	00	Torres Novas	5:47.60		310	
	50m: 39.81 150m: 2:13.82 250m: 3:46.03 350m: 5:11.54						
	100m: 1:28.78 200m: 2:58.14 300m: 4:34.51 400m: 5:47.60						
6.	Henrique Miguel Cruz	00	Torres Novas	5:55.67		290	
	50m: 36.24 150m: 2:05.85 250m: 3:40.68 350m: 5:16.19						
	100m: 1:20.08 200m: 2:50.27 300m: 4:33.69 400m: 5:55.67						
7.	Joao Nazario Carvalho	00	Torres Novas	5:57.19		286	
	50m: 37.48 150m: 2:06.32 250m: 3:45.82 350m: 5:19.03						
	100m: 1:22.62 200m: 2:49.57 300m: 4:40.30 400m: 5:57.19						
8.	Luis Pedro Farinha	00	CCDSerta	6:00.39		279	
	50m: 42.47 150m: 2:21.87 250m: 3:55.90 350m: 5:24.80						
	100m: 1:36.81 200m: 3:04.30 300m: 4:45.84 400m: 6:00.39						
9.	David Antunes Santos	00	CLAC-Entroncamento	6:03.02		273	
	50m: 39.02 150m: 2:13.60 250m: 3:52.29 350m: 5:24.65						
	100m: 1:26.95 200m: 2:59.59 300m: 4:45.46 400m: 6:03.02						

Torneio Distrital Fundo INF/JUV
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Prova 3, Masc., 400m Estilos, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
10.	Fabio Santos Pereira	00	Campomaiorense	6:10.34		257	
	50m: 40.64 150m: 2:16.87 250m: 3:53.75 350m: 5:30.66						
	100m: 1:30.67 200m: 3:02.84 300m: 4:47.22 400m: 6:10.34						
11.	Dan Miloslavschi	00	Nautico Abrantes	6:18.07		241	
	50m: 39.29 150m: 2:14.07 250m: 3:55.04 350m: 5:34.69						
	100m: 1:26.30 200m: 3:00.95 300m: 4:49.88 400m: 6:18.07						
12.	Joao Afonso Goncalves	00	CLAC-Entroncamento	6:18.24		241	
	50m: 43.12 150m: 2:21.82 250m: 4:04.08 350m: 5:39.24						
	100m: 1:34.28 200m: 3:09.26 300m: 4:58.15 400m: 6:18.24						
13.	Duarte Fontainhas Cardigo	00	20Km de Almeirim	6:22.64		233	
	50m: 42.02 150m: 2:23.43 250m: 4:02.37 350m: 5:40.42						
	100m: 1:35.81 200m: 3:09.68 300m: 4:56.69 400m: 6:22.64						
14.	Miguel Mourato Henriques	00	Campomaiorense	6:22.80		232	
	50m: 43.44 150m: 2:19.61 250m: 4:02.92 350m: 5:43.33						
	100m: 1:33.23 200m: 3:04.79 300m: 5:00.51 400m: 6:22.80						
15.	David Jose Carpinteiro	00	Natacao do Tejo	6:23.63		231	
	50m: 43.06 150m: 2:22.01 250m: 4:03.55 350m: 5:41.30						
	100m: 1:37.25 200m: 3:09.05 300m: 4:57.92 400m: 6:23.63						
16.	Diogo Miguel Castro	00	CLAC-Entroncamento	6:26.51		226	
	50m: 44.26 150m: 2:28.00 250m: 4:06.76 350m: 5:43.83						
	100m: 1:37.87 200m: 3:15.12 300m: 4:58.45 400m: 6:26.51						
17.	Joao Luis Tavares	00	CCDSerta	6:28.63		222	
	50m: 46.36 150m: 2:31.40 250m: 4:11.90 350m: 5:49.29						
	100m: 1:43.94 200m: 3:18.29 300m: 5:06.06 400m: 6:28.63						
18.	Rodrigo Galvao Alves	00	CCDSerta	6:32.62		215	
	50m: 37.57 150m: 2:16.35 250m: 4:04.38 350m: 5:48.40						
	100m: 1:26.54 200m: 3:04.94 300m: 5:05.08 400m: 6:32.62						
19.	Antonio Joao Pestana	00	CLAC-Entroncamento	6:51.79		187	
	50m: 48.41 150m: 2:36.31 250m: 4:25.71 350m: 6:10.66						
	100m: 1:46.16 200m: 3:26.53 300m: 5:24.09 400m: 6:51.79						
20.	Goncalo Miguel Passareiro	00	Elvense	6:53.22		185	
	50m: 44.06 150m: 2:35.04 250m: 4:22.79 350m: 6:09.51						
	100m: 1:43.39 200m: 3:25.34 300m: 5:20.56 400m: 6:53.22						
DNS	Afonso Arrates Rouxinol	00	BUZIOS-Coruche				

JUV-B

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	4:53.00		519	
	50m: 31.05 150m: 1:44.17 250m: 3:04.34 350m: 4:21.81						
	100m: 1:06.12 200m: 2:20.52 300m: 3:48.38 400m: 4:53.00						
2.	Tiago Filipe Campos	99	Viver Santarem	5:04.02		464	
	50m: 31.42 150m: 1:46.36 250m: 3:09.77 350m: 4:31.00						
	100m: 1:07.76 200m: 2:24.99 300m: 3:55.71 400m: 5:04.02						
3.	Joao Silverio Duarte	99	Electrico Clube	5:11.17		433	
	50m: 32.25 150m: 1:47.62 250m: 3:13.23 350m: 4:36.49						
	100m: 1:09.31 200m: 2:26.92 300m: 4:00.08 400m: 5:11.17						
4.	Goncalo Faria Saldida	99	Gualdim Pais	5:16.23		413	
	50m: 33.65 150m: 1:55.94 250m: 3:21.22 350m: 4:41.77						
	100m: 1:15.76 200m: 2:34.70 300m: 4:06.87 400m: 5:16.23						
5.	Afonso Guilherme Rosa	99	Gualdim Pais	5:17.78		406	
	50m: 32.31 150m: 1:50.43 250m: 3:17.21 350m: 4:42.12						
	100m: 1:10.04 200m: 2:29.03 300m: 4:05.29 400m: 5:17.78						
6.	Marco Andre Miguel	99	Torres Novas	5:23.18		386	
	50m: 32.93 150m: 1:52.32 250m: 3:22.29 350m: 4:47.07						
	100m: 1:10.78 200m: 2:34.21 300m: 4:09.49 400m: 5:23.18						

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 3, Masc., 400m Estilos, JUV-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Miguel Carrico Cruz	99	20Km de Almeirim	5:27.71		371	
	50m: 32.93 150m: 1:53.31 250m: 3:21.71 350m: 4:49.14						
	100m: 1:10.72 200m: 2:35.98 300m: 4:08.86 400m: 5:27.71						
8.	Bernardo Jose Dionisio	99	Gualdim Pais	5:28.14		369	
	50m: 32.28 150m: 1:58.10 250m: 3:26.65 350m: 4:51.20						
	100m: 1:11.92 200m: 2:41.49 300m: 4:11.14 400m: 5:28.14						
9.	Tomas Jose Agostinho	99	BUZIOS-Coruche	5:45.58		316	
	50m: 38.16 150m: 2:08.13 250m: 3:40.23 350m: 5:09.12						
	100m: 1:24.55 200m: 2:50.75 300m: 4:30.44 400m: 5:45.58						
10.	Francisco Daniel Pereira	99	CCDSerta	5:46.61		313	
	50m: 32.85 150m: 2:02.64 250m: 3:37.08 350m: 5:09.50						
	100m: 1:14.88 200m: 2:48.59 300m: 4:29.36 400m: 5:46.61						
11.	Jose Nuno Sousa	99	CLAC-Entroncamento	5:50.59		303	
	50m: 35.06 150m: 2:02.07 250m: 3:38.41 350m: 5:10.84						
	100m: 1:18.85 200m: 2:45.68 300m: 4:31.25 400m: 5:50.59						
12.	Joao Tiago Almeida	99	20Km de Almeirim	5:52.30		298	
	50m: 34.75 150m: 2:02.60 250m: 3:37.79 350m: 5:14.29						
	100m: 1:18.80 200m: 2:46.04 300m: 4:31.02 400m: 5:52.30						
13.	Pedro Pereira Lopes	99	BUZIOS-Coruche	5:53.65		295	
	50m: 38.73 150m: 2:06.20 250m: 3:42.45 350m: 5:15.78						
	100m: 1:22.87 200m: 2:48.33 300m: 4:36.71 400m: 5:53.65						
14.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	5:56.16		289	
	50m: 39.12 150m: 2:11.03 250m: 3:43.86 350m: 5:18.56						
	100m: 1:27.80 200m: 2:53.25 300m: 4:37.62 400m: 5:56.16						
15.	Joao Fernando Bento	99	Uniao Samorense	6:09.61		258	
	50m: 41.63 150m: 2:18.78 250m: 3:55.58 350m: 5:29.97						
	100m: 1:32.00 200m: 3:04.24 300m: 4:45.91 400m: 6:09.61						
16.	Luis Miguel Monteiro	99	Cartaxo	6:16.87		244	
	50m: 38.26 150m: 2:14.37 250m: 3:57.91 350m: 5:39.22						
	100m: 1:26.66 200m: 3:01.35 300m: 4:57.51 400m: 6:16.87						
17.	Joao Miguel Vale	99	Nucleo Sportinguista Golega	6:17.10		243	
	50m: 38.48 150m: 2:16.26 250m: 3:58.83 350m: 5:36.43						
	100m: 1:28.84 200m: 3:03.30 300m: 4:54.93 400m: 6:17.10						
18.	Alexandre Miguel Santa	99	Elvense	6:59.22		177	
	50m: 48.06 150m: 2:38.36 250m: 4:23.28 350m: 6:09.57						
	100m: 1:46.28 200m: 3:28.49 300m: 5:19.03 400m: 6:59.22						
19.	Carlos Afonso Pereira	99	BUZIOS-Coruche	7:06.33		168	
	50m: 46.68 150m: 2:40.55 250m: 4:29.85 350m: 6:18.11						
	100m: 1:47.31 200m: 3:34.11 300m: 5:26.55 400m: 7:06.33						
DSQ	Diogo Rodrigues Leitao	99	Albicastrense				
	<i>O nadador no percurso de bruços na viragem dos 225 metros e nos 275 não tocou com as mãos em simultaneo</i>						
DNS	Pedro Jorge Silva	99	20Km de Almeirim				
DNS	Joao Palmeiro Carrilho	99	Campomaiorense				

JUV-A

1.	Dario Fausto Matias	98	Torres Novas	5:06.79		452	
	50m: 32.09 150m: 1:49.61 250m: 3:14.47 350m: 4:34.55						
	100m: 1:09.36 200m: 2:28.41 300m: 4:00.70 400m: 5:06.79						
2.	Ricardo Goncalves Moura	98	Electrico Clube	5:08.55		444	
	50m: 31.68 150m: 1:46.35 250m: 3:09.27 350m: 4:33.36						
	100m: 1:07.75 200m: 2:24.13 300m: 3:56.42 400m: 5:08.55						
3.	Joao Pedro Marquez	98	Uniao Samorense	5:16.29		412	
	50m: 33.03 150m: 1:51.68 250m: 3:18.59 350m: 4:42.23						
	100m: 1:11.73 200m: 2:31.20 300m: 4:06.17 400m: 5:16.29						

Torneio Distrital Fundo INF/JUV
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Prova 3, Masc., 400m Estilos, JUV-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
4.	Joao Paulo Lopes	98	Torres Novas	5:17.72		407	
	50m: 32.10 150m: 1:50.37 250m: 3:18.56 350m: 4:42.89						
	100m: 1:08.95 200m: 2:32.40 300m: 4:04.96 400m: 5:17.72						
5.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	5:24.77		381	
	50m: 31.66 150m: 1:53.67 250m: 3:21.48 350m: 4:49.16						
	100m: 1:11.85 200m: 2:33.50 300m: 4:10.30 400m: 5:24.77						
6.	Telmo Pedrosa Rocha	98	Uniao Samorense	5:29.64		364	
	50m: 33.54 150m: 1:55.92 250m: 3:27.24 350m: 4:54.71						
	100m: 1:12.50 200m: 2:38.36 300m: 4:17.77 400m: 5:29.64						
7.	Pedro Manuel Nunes	98	CLAC-Entroncamento	5:41.25		328	
	50m: 33.06 150m: 2:01.12 250m: 3:34.93 350m: 5:02.71						
	100m: 1:15.29 200m: 2:45.79 300m: 4:23.44 400m: 5:41.25						
8.	Joao Ferreira Santos	98	Torres Novas	5:44.25		320	
	50m: 35.07 150m: 2:02.45 250m: 3:36.54 350m: 5:05.68						
	100m: 1:17.05 200m: 2:47.58 300m: 4:25.79 400m: 5:44.25						
9.	Samuel Batista Agostinho	98	Rio Maior	5:48.29		309	
	50m: 35.10 150m: 2:02.72 250m: 3:33.43 350m: 5:08.01						
	100m: 1:18.74 200m: 2:44.04 300m: 4:25.51 400m: 5:48.29						
10.	Joao Neves Coelho	98	BUZIOS-Coruche	6:04.43		269	
	50m: 38.56 150m: 2:13.98 250m: 3:55.05 350m: 5:28.37						
	100m: 1:27.54 200m: 2:59.87 300m: 4:48.96 400m: 6:04.43						
11.	Sergio Alexandre Batalha	98	Uniao Samorense	6:13.01		251	
	50m: 39.45 150m: 2:19.93 250m: 4:02.82 350m: 5:35.27						
	100m: 1:29.13 200m: 3:06.79 300m: 4:56.70 400m: 6:13.01						

JUN/SEN

1.	Alessandro Diogo Carvalho	96	Desportivo ABPG	4:52.99		519	
	50m: 30.02 150m: 1:41.62 250m: 3:01.68 350m: 4:19.94						
	100m: 1:04.38 200m: 2:18.52 300m: 3:45.69 400m: 4:52.99						
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	5:11.49		432	
	50m: 32.51 150m: 1:51.92 250m: 3:15.15 350m: 4:38.03						
	100m: 1:11.35 200m: 2:32.22 300m: 3:59.81 400m: 5:11.49						
3.	Joao Oliveira Tavares	96	Natacao da Guarda	5:30.30		362	
	50m: 34.03 150m: 1:56.51 250m: 3:27.81 400m: 5:30.30						
	100m: 1:14.04 200m: 2:38.97 300m: 4:16.37						
4.	Elmo Manuel Muacho	96	Campomaiorense	5:59.04		282	
	50m: 37.43 150m: 2:08.42 250m: 3:43.84 350m: 5:17.57						
	100m: 1:23.21 200m: 2:53.45 300m: 4:34.90 400m: 5:59.04						
5.	Joao Paulo Nini	97	Campomaiorense	5:59.51		281	
	50m: 38.55 150m: 2:11.88 250m: 3:49.45 350m: 5:21.55						
	100m: 1:26.45 200m: 2:57.58 300m: 4:41.18 400m: 5:59.51						

DSQ Diogo Miguel Lopes 96 Desportivo ABPG
O nadador na viragem 75 metros nao efectuou toque simultaneo

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 4
01-12-2013

Femin., 800m Livres

12 anos e mais velhos
Resultados

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Filipa Cardigo Fitas	02	20Km de Almeirim	11:08.98		371	
	50m: 37.07	200m: 2:42.32	350m: 4:48.30	500m: 6:55.64	650m: 9:03.35	800m: 11:08.98	
	100m: 1:18.50	250m: 3:23.75	400m: 5:31.44	550m: 7:38.76	700m: 9:45.59		
	150m: 2:00.18	300m: 4:06.21	450m: 6:13.72	600m: 8:20.89	750m: 10:28.10		
2.	Catia Iordan Agostinho	02	Rio Maior	11:34.74		331	
	50m: 40.66	200m: 2:47.52	350m: 5:03.33	500m: 7:10.50	650m: 9:25.88	800m: 11:34.74	
	100m: 1:23.85	250m: 3:36.24	400m: 5:47.56	550m: 7:58.65	700m: 10:09.52		
	150m: 2:05.80	300m: 4:19.35	450m: 6:31.78	600m: 8:42.95	750m: 10:52.45		
3.	Ines Cambe Cunha	02	Torres Novas	11:47.41		314	
	50m: 39.73	200m: 2:53.37	350m: 5:07.11	500m: 7:20.66	650m: 9:35.53	800m: 11:47.41	
	100m: 1:24.25	250m: 3:37.95	400m: 5:51.78	550m: 8:05.68	700m: 10:20.10		
	150m: 2:08.89	300m: 4:22.58	450m: 6:35.62	600m: 8:50.21	750m: 11:03.94		
4.	Beatriz Maria Duarte	02	Nautico Abrantes	11:54.08		305	
	50m: 40.36	200m: 2:56.17	350m: 5:12.84	500m: 7:28.63	650m: 9:42.86	800m: 11:54.08	
	100m: 1:25.33	250m: 3:41.57	400m: 5:58.77	550m: 8:13.57	700m: 10:27.71		
	150m: 2:10.52	300m: 4:27.54	450m: 6:44.25	600m: 8:58.08	750m: 11:11.36		
5.	Maria Ines Gabriel	02	Viver Santarem	12:01.87		295	
	50m: 40.28	200m: 2:56.66	350m: 5:14.15	500m: 7:31.45	650m: 9:47.54	800m: 12:01.87	
	100m: 1:25.60	250m: 3:42.58	400m: 5:59.47	550m: 8:16.51	700m: 10:33.53		
	150m: 2:11.61	300m: 4:28.29	450m: 6:45.46	600m: 9:02.45	750m: 11:18.96		
6.	Ana Beatriz Rodrigues	02	Rio Maior	12:02.88		294	
	50m: 40.23	200m: 2:57.14	350m: 5:14.24	500m: 7:31.91	650m: 9:50.10	800m: 12:02.88	
	100m: 1:25.58	250m: 3:43.11	400m: 6:00.29	550m: 8:17.98	700m: 10:34.94		
	150m: 2:11.34	300m: 4:28.82	450m: 6:45.89	600m: 9:04.50	750m: 11:19.32		
7.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	12:03.23		294	
	50m: 38.68	200m: 2:56.91	350m: 5:17.90	500m: 7:38.51	650m: 9:55.93	800m: 12:03.23	
	100m: 1:22.59	250m: 3:43.77	400m: 6:05.05	550m: 8:25.97	700m: 10:42.22		
	150m: 2:09.69	300m: 4:31.02	450m: 6:52.23	600m: 9:12.11	750m: 11:24.26		
8.	Rita Morgado Vieira	02	Rio Maior	12:08.66		287	
	50m: 40.41	200m: 2:55.89	350m: 5:14.21	500m: 7:32.91	650m: 9:52.81	800m: 12:08.66	
	100m: 1:24.98	250m: 3:41.24	400m: 6:00.00	550m: 8:19.29	700m: 10:39.87		
	150m: 2:10.17	300m: 4:27.36	450m: 6:46.21	600m: 9:06.09	750m: 11:25.51		
9.	Rita Pereira Dias	02	Natacao da Guarda	12:36.82		256	
	50m: 38.81	200m: 2:56.49	350m: 5:22.54	500m: 7:48.33	650m: 10:16.11	800m: 12:36.82	
	100m: 1:23.18	250m: 3:44.59	400m: 6:10.15	550m: 8:37.07	700m: 11:05.31		
	150m: 2:08.89	300m: 4:33.32	450m: 6:58.22	600m: 9:26.69	750m: 11:53.08		
10.	Andreia Sofia Alves	02	Torres Novas	12:40.54		253	
	50m: 41.32	200m: 3:07.46	350m: 5:33.32	500m: 7:56.82	650m: 10:19.55	800m: 12:40.54	
	100m: 1:28.18	250m: 3:55.46	400m: 6:22.10	550m: 8:45.99	700m: 11:07.36		
	150m: 2:17.57	300m: 4:44.31	450m: 7:08.74	600m: 9:32.67	750m: 11:56.27		
11.	Oriana Manuela Pinto	02	Natacao da Guarda	12:44.31		249	
	50m: 41.47	200m: 3:02.15	350m: 5:28.81	500m: 7:55.44	650m: 10:22.23	800m: 12:44.31	
	100m: 1:27.46	250m: 3:50.96	400m: 6:16.25	550m: 8:43.09	700m: 11:11.35		
	150m: 2:13.80	300m: 4:39.51	450m: 7:06.47	600m: 9:33.14	750m: 11:59.32		
12.	Carolina Lopes Vieira	02	Gualdim Pais	12:51.20		242	
	50m: 40.78	200m: 3:05.27	350m: 5:32.49	500m: 8:00.79	650m: 10:28.71	800m: 12:51.20	
	100m: 1:27.51	250m: 3:54.19	400m: 6:22.08	550m: 8:50.73	700m: 11:18.10		
	150m: 2:16.04	300m: 4:43.80	450m: 7:11.31	600m: 9:39.28	750m: 12:06.73		
13.	Ana Rita Morais	02	Torres Novas	13:07.04		228	
	50m: 43.24	200m: 3:11.97	350m: 5:43.09	500m: 8:14.16	650m: 10:43.97	800m: 13:07.04	
	100m: 1:32.13	250m: 4:02.84	400m: 6:34.13	550m: 9:04.17	700m: 11:33.08		
	150m: 2:22.01	300m: 4:53.48	450m: 7:24.45	600m: 9:54.42	750m: 12:22.19		

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 4, Femin., 800m Livres, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
14.	Ines Ribeiro Novo	02	Torres Novas	13:10.57		225	
	50m: 44.69	200m: 3:14.22	350m: 5:42.98	500m: 8:14.15	650m: 10:46.13	800m: 13:10.57	
	100m: 1:34.43	250m: 4:04.06	400m: 6:32.70	550m: 9:04.88	700m: 11:36.52		
	150m: 2:23.93	300m: 4:53.34	450m: 7:23.57	600m: 9:56.24	750m: 12:25.77		
15.	Carolina Caldeira Fernandes	02	Elvense	13:11.08		224	
	50m: 41.61	200m: 3:12.20	350m: 5:52.40	500m: 8:38.35	650m: 11:19.24	800m: 13:11.08	
	100m: 1:29.89	250m: 4:04.87	400m: 6:46.13	550m: 9:31.49	700m: 12:13.44		
	150m: 2:20.18	300m: 4:59.16	450m: 7:41.51	600m: 10:25.81	750m: 13:07.98		
16.	Maria Beatriz Silva	02	CLAC-Entroncamento	13:15.45		221	
	50m: 41.94	200m: 3:11.55	350m: 5:45.59	500m: 8:19.43	650m: 10:51.36	800m: 13:15.45	
	100m: 1:30.55	250m: 4:03.50	400m: 6:37.54	550m: 9:11.10	700m: 11:39.67		
	150m: 2:20.61	300m: 4:55.14	450m: 7:29.43	600m: 10:02.28	750m: 12:28.75		
17.	Claudia Gavetano Lopes	02	Albicastrense	13:28.28		210	
	50m: 45.27	200m: 3:19.12	350m: 5:55.39	500m: 8:29.63	650m: 11:03.10	800m: 13:28.28	
	100m: 1:35.05	250m: 4:11.23	400m: 6:46.26	550m: 9:22.00	700m: 11:54.94		
	150m: 2:26.82	300m: 5:03.57	450m: 7:37.94	600m: 10:13.19	750m: 12:44.00		
18.	Maisa Figueiredo Pereira	02	Gualdim Pais	13:52.22		193	
	50m: 44.72	200m: 3:19.77	350m: 5:56.81	500m: 8:35.78	650m: 11:16.85	800m: 13:52.22	
	100m: 1:35.85	250m: 4:11.79	400m: 6:49.92	550m: 9:29.75	700m: 12:10.32		
	150m: 2:27.74	300m: 5:05.04	450m: 7:42.72	600m: 10:23.24	750m: 13:02.45		
19.	Diana Sofia Vital	02	Torres Novas	14:06.99		183	
	50m: 45.17	200m: 3:19.87	350m: 5:59.78	500m: 8:44.40	650m: 11:28.46	800m: 14:06.99	
	100m: 1:34.17	250m: 4:12.47	400m: 6:55.42	550m: 9:39.35	700m: 12:23.24		
	150m: 2:25.93	300m: 5:07.42	450m: 7:50.10	600m: 10:35.48	750m: 13:17.51		
DNS	Carolina Guerra Pisco	02	20Km de Almeirim				
DNS	Margarida Felicidade Baptist	02	Viver Santarem				

INF-A

1.	Marta Sousa Oliveira	01	Torres Novas	10:13.95		481	
	50m: 36.31	200m: 2:32.15	350m: 4:26.75	500m: 6:21.64	650m: 8:18.00	800m: 10:13.95	
	100m: 1:15.52	250m: 3:10.43	400m: 5:04.89	550m: 6:59.87	700m: 8:57.20		
	150m: 1:53.64	300m: 3:48.59	450m: 5:43.33	600m: 7:38.80	750m: 9:35.85		
2.	Rita Sousa Oliveira	01	Torres Novas	10:20.96		464	
	50m: 34.74	200m: 2:31.46	350m: 4:29.13	500m: 6:25.52	650m: 8:23.81	800m: 10:20.96	
	100m: 1:12.93	250m: 3:10.65	400m: 5:07.83	550m: 7:04.79	700m: 9:03.46		
	150m: 1:52.36	300m: 3:50.14	450m: 5:46.42	600m: 7:44.47	750m: 9:42.89		
3.	Ines Ferreira Duarte	01	Nautico Abrantes	10:40.77		423	
	50m: 34.82	200m: 2:32.51	350m: 4:33.74	500m: 6:35.51	650m: 8:38.51	800m: 10:40.77	
	100m: 1:13.35	250m: 3:12.68	400m: 5:14.41	550m: 7:16.70	700m: 9:20.15		
	150m: 1:52.83	300m: 3:53.33	450m: 5:54.93	600m: 7:57.27	750m: 10:01.48		
4.	Beatriz Ribeiro Simoes	01	Torres Novas	10:53.60		398	
	50m: 37.01	200m: 2:41.22	350m: 4:45.15	500m: 6:49.20	650m: 8:52.68	800m: 10:53.60	
	100m: 1:18.25	250m: 3:22.08	400m: 5:26.29	550m: 7:30.46	700m: 9:34.22		
	150m: 1:59.46	300m: 4:03.98	450m: 6:07.56	600m: 8:11.42	750m: 10:14.67		
5.	Beatriz Santos Reis	01	Torres Novas	11:03.04		381	
	50m: 37.66	200m: 2:42.39	350m: 4:46.97	500m: 6:52.26	650m: 8:57.18	800m: 11:03.04	
	100m: 1:18.89	250m: 3:23.60	400m: 5:28.72	550m: 7:33.28	700m: 9:40.00		
	150m: 2:00.91	300m: 4:05.07	450m: 6:10.27	600m: 8:15.08	750m: 10:22.58		
6.	Constanca Isabel Jose	01	Gualdim Pais	11:15.46		361	
	50m: 36.81	200m: 2:43.88	350m: 4:53.35	500m: 7:03.26	650m: 9:13.26	800m: 11:15.46	
	100m: 1:18.49	250m: 3:26.27	400m: 5:36.82	550m: 7:46.79	700m: 9:56.23		
	150m: 2:01.97	300m: 4:09.93	450m: 6:20.45	600m: 8:29.93	750m: 10:38.40		
7.	Rita Daniela Lopes	01	Gualdim Pais	11:23.87		348	
	50m: 37.99	200m: 2:43.69	350m: 4:52.03	500m: 7:02.96	650m: 9:15.02	800m: 11:23.87	
	100m: 1:19.99	250m: 3:26.08	400m: 5:35.94	550m: 7:46.78	700m: 9:58.54		
	150m: 2:02.17	300m: 4:08.94	450m: 6:19.40	600m: 8:31.10	750m: 10:42.01		

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 4, Femin., 800m Livres, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
8.	Mariana Tome Fidalgo	01	Viver Santarem	11:26.49		344	
	50m: 38.91 200m: 2:48.75 350m: 4:58.96 500m: 7:09.80 650m: 9:19.93 800m: 11:26.49						
	100m: 1:22.37 250m: 3:31.95 400m: 5:42.80 550m: 7:53.22 700m: 10:03.28						
	150m: 2:05.44 300m: 4:15.91 450m: 6:26.15 600m: 8:36.16 750m: 10:45.94						
9.	Mafalda Gilberto Marques	01	Natacao do Tejo	11:28.17		341	
	50m: 36.96 200m: 2:44.14 350m: 4:55.96 500m: 7:07.46 650m: 9:20.29 800m: 11:28.17						
	100m: 1:18.85 250m: 3:27.86 400m: 5:40.51 550m: 7:52.14 700m: 10:04.16						
	150m: 2:01.68 300m: 4:11.75 450m: 6:24.51 600m: 8:35.76 750m: 10:47.45						
10.	Carolina Marques Neves	01	Torres Novas	11:30.02		338	
	50m: 37.05 200m: 2:46.43 350m: 4:59.05 500m: 7:11.48 650m: 9:24.02 800m: 11:30.02						
	100m: 1:19.04 250m: 3:30.02 400m: 5:43.32 550m: 7:55.37 700m: 10:07.37						
	150m: 2:03.48 300m: 4:14.07 450m: 6:27.49 600m: 8:39.94 750m: 10:50.69						
11.	Lucia Goncalves Dias	01	Torres Novas	11:32.75		334	
	50m: 39.02 200m: 2:49.31 350m: 5:00.78 500m: 7:12.43 650m: 9:23.90 800m: 11:32.75						
	100m: 1:21.42 250m: 3:32.99 400m: 5:44.83 550m: 7:56.05 700m: 10:07.84						
	150m: 2:05.19 300m: 4:16.92 450m: 6:28.63 600m: 8:39.92 750m: 10:51.37						
12.	Maria Francisca Torcato	01	20Km de Almeirim	11:45.37		317	
	50m: 39.68 200m: 2:54.48 350m: 5:11.03 500m: 7:27.63 650m: 9:41.58 800m: 11:45.37						
	100m: 1:24.51 250m: 3:39.48 400m: 5:56.81 550m: 8:12.72 700m: 10:25.36						
	150m: 2:10.10 300m: 4:25.12 450m: 6:42.62 600m: 8:57.81 750m: 11:06.72						
13.	Carolina Luis Amaral	01	BUZIOS-Coruche	11:49.46		311	
	50m: 39.85 200m: 2:53.24 350m: 5:07.55 500m: 7:23.60 650m: 9:40.74 800m: 11:49.46						
	100m: 1:23.92 250m: 3:37.79 400m: 5:52.80 550m: 8:08.93 700m: 10:25.73						
	150m: 2:08.71 300m: 4:22.59 450m: 6:38.05 600m: 8:54.98 750m: 11:09.93						
14.	Ana Rita Carvalho	01	Viver Santarem	11:58.00		300	
	50m: 37.76 200m: 2:51.24 350m: 5:07.22 500m: 7:25.10 650m: 9:43.05 800m: 11:58.00						
	100m: 1:21.55 250m: 3:36.90 400m: 5:52.96 550m: 8:10.87 700m: 10:29.31						
	150m: 2:06.43 300m: 4:22.15 450m: 6:39.42 600m: 8:56.80 750m: 11:15.05						
15.	Carolina Polonio Alexandre	01	CLAC-Entroncamento	12:03.70		293	
	50m: 40.87 200m: 2:56.29 350m: 5:15.22 500m: 7:33.37 650m: 9:49.96 800m: 12:03.70						
	100m: 1:25.39 250m: 3:41.94 400m: 6:02.55 550m: 8:19.58 700m: 10:35.60						
	150m: 2:10.09 300m: 4:27.94 450m: 6:47.43 600m: 9:04.67 750m: 11:20.75						
16.	Ines Comprido Renga	01	Elvense	12:09.58		286	
	50m: 37.71 200m: 2:53.37 350m: 5:16.15 500m: 7:37.20 650m: 9:56.68 800m: 12:09.58						
	100m: 1:20.96 250m: 3:40.70 400m: 6:03.79 550m: 8:23.08 700m: 10:42.78						
	150m: 2:06.59 300m: 4:28.99 450m: 6:50.10 600m: 9:09.58 750m: 11:29.42						
17.	Ines Isabel Conde	01	Torres Novas	12:48.51		245	
	50m: 42.09 200m: 3:01.58 350m: 5:26.59 500m: 7:53.15 650m: 10:21.05 800m: 12:48.51						
	100m: 1:27.16 250m: 3:49.74 400m: 6:15.31 550m: 8:41.79 700m: 11:10.84						
	150m: 2:13.68 300m: 4:37.73 450m: 7:03.75 600m: 9:31.36 750m: 12:00.98						
18.	Laura Batista Agostinho	01	Rio Maior	12:58.34		236	
	50m: 44.02 200m: 3:10.06 350m: 5:37.76 500m: 8:07.43 650m: 10:33.90 800m: 12:58.34						
	100m: 1:32.29 250m: 3:59.64 400m: 6:27.73 550m: 8:56.82 700m: 11:23.28						
	150m: 2:21.13 300m: 4:48.78 450m: 7:17.22 600m: 9:45.06 750m: 12:11.51						
19.	Beatriz Goncalves Mendes	01	Natacao da Guarda	13:01.54		233	
	50m: 41.79 200m: 3:05.39 350m: 5:36.22 500m: 8:07.76 650m: 10:39.10 800m: 13:01.54						
	100m: 1:29.75 250m: 3:55.60 400m: 6:26.57 550m: 9:00.09 700m: 11:28.33						
	150m: 2:16.52 300m: 4:46.70 450m: 7:17.97 600m: 9:49.34 750m: 12:17.67						
20.	Leonor Chora Gaudencio	01	Torres Novas	13:04.68		230	
	50m: 42.39 200m: 3:09.39 350m: 5:38.92 500m: 8:11.17 650m: 10:41.87 800m: 13:04.68						
	100m: 1:30.77 250m: 3:58.47 400m: 6:29.44 550m: 9:01.53 700m: 11:31.49						
	150m: 2:19.90 300m: 4:48.93 450m: 7:20.01 600m: 9:52.24 750m: 12:20.39						
DNS	Rita Carapinha Conceicao	01	Campomaiorense				

Torneio Distrital Fundo INF/JUV
Abrantes, 30-11- - 1-12-2013

Prova 4, Femin., 800m Livres

JUV- B

1.	Patricia Palmeiro Baeta	00	Viver Santarem	10:14.61	479
	50m: 34.24	200m: 2:28.49	350m: 4:24.44	500m: 6:21.82	650m: 8:20.38
	100m: 1:12.26	250m: 3:07.16	400m: 5:03.55	550m: 7:01.21	700m: 8:55.57
	150m: 1:50.70	300m: 3:46.33	450m: 5:42.48	600m: 7:40.74	750m: 9:37.65
800m:	10:14.61				
2.	Ines Isabel Graca	00	Gualdim Pais	10:34.61	435
	50m: 34.78	200m: 2:33.18	350m: 4:35.84	500m: 6:36.39	650m: 8:37.58
	100m: 1:13.69	250m: 3:13.90	400m: 5:16.12	550m: 7:16.84	700m: 9:17.26
	150m: 1:53.51	300m: 3:54.71	450m: 5:56.98	600m: 7:57.49	750m: 9:57.33
800m:	10:34.61				
3.	Mafalda Alexandra Cabaca	00	20Km de Almeirim	10:44.23	416
	50m: 36.88	200m: 2:39.09	350m: 4:41.28	500m: 6:43.58	650m: 8:44.50
	100m: 1:17.18	250m: 3:19.99	400m: 5:22.28	550m: 7:23.69	700m: 9:24.30
	150m: 1:57.81	300m: 4:00.58	450m: 6:02.69	600m: 8:03.52	750m: 10:05.00
800m:	10:44.23				
4.	Ana Oliveira Ferreira	00	20Km de Almeirim	10:48.57	408
	50m: 35.10	200m: 2:29.29	350m: 4:27.83	500m: 6:32.97	650m: 8:40.45
	100m: 1:12.40	250m: 3:07.86	400m: 5:09.08	550m: 7:15.35	700m: 9:23.60
	150m: 1:51.03	300m: 3:47.26	450m: 5:50.81	600m: 7:58.23	750m: 10:06.77
800m:	10:48.57				
5.	Ana Catarina Santos	00	Uniao Samorense	10:56.30	393
	50m: 34.46	200m: 2:33.73	350m: 4:38.24	500m: 6:45.24	650m: 8:52.38
	100m: 1:12.88	250m: 3:14.76	400m: 5:20.49	550m: 7:27.55	700m: 9:35.47
	150m: 1:53.05	300m: 3:56.49	450m: 6:02.91	600m: 8:09.68	750m: 10:17.44
800m:	10:56.30				
6.	Maria Beatriz Lopes	00	Rio Maior	10:57.73	391
	50m: 35.79	200m: 2:35.51	350m: 4:41.11	500m: 6:48.15	650m: 8:55.54
	100m: 1:14.48	250m: 3:17.08	400m: 5:23.03	550m: 7:30.21	700m: 9:36.34
	150m: 1:54.99	300m: 3:58.99	450m: 6:05.47	600m: 8:13.25	750m: 10:18.37
800m:	10:57.73				
7.	Lara Alexandra Delgado	00	Torres Novas	11:00.62	386
	50m: 38.12	200m: 2:42.30	350m: 4:46.07	500m: 6:50.86	650m: 8:55.58
	100m: 1:19.59	250m: 3:23.57	400m: 5:27.47	550m: 7:32.31	700m: 9:37.80
	150m: 2:01.10	300m: 4:05.26	450m: 6:09.31	600m: 8:13.92	750m: 10:20.17
800m:	11:00.62				
8.	Joana Alves Anastacio	00	Electrico Clube	11:13.55	364
	50m: 35.42	200m: 2:41.43	350m: 4:48.93	500m: 6:58.70	650m: 9:07.31
	100m: 1:17.95	250m: 3:23.64	400m: 5:32.19	550m: 7:40.97	700m: 9:50.70
	150m: 1:59.40	300m: 4:05.93	450m: 6:14.73	600m: 8:23.69	750m: 10:32.93
800m:	11:13.55				
9.	Mariana Sanganha Pita	00	Electrico Clube	11:19.65	354
	50m: 38.62	200m: 2:48.53	350m: 4:59.38	500m: 7:06.41	650m: 9:14.60
	100m: 1:21.96	250m: 3:32.53	400m: 5:42.62	550m: 7:49.65	700m: 9:58.40
	150m: 2:04.81	300m: 4:16.68	450m: 6:26.68	600m: 8:32.54	750m: 10:39.35
800m:	11:19.65				
10.	Soraia Margarida Carvalho	00	Albicastrense	11:25.63	345
	50m: 36.72	200m: 2:46.20	350m: 4:57.45	500m: 7:07.03	650m: 9:17.32
	100m: 1:19.56	250m: 3:30.05	400m: 5:40.79	550m: 7:50.53	700m: 10:00.75
	150m: 2:03.25	300m: 4:13.90	450m: 6:24.54	600m: 8:34.65	750m: 10:45.42
800m:	11:25.63				
11.	Mariana Nunes Domingos	00	20Km de Almeirim	11:27.13	343
	50m: 36.15	200m: 2:39.07	350m: 4:48.47	500m: 7:02.85	650m: 9:17.94
	100m: 1:16.48	250m: 3:21.70	400m: 5:28.82	550m: 7:47.54	700m: 10:04.09
	150m: 1:57.68	300m: 4:05.12	450m: 6:18.05	600m: 8:32.66	750m: 10:49.28
800m:	11:27.13				
12.	Ines Sofia Alves	00	Natacao da Guarda	11:47.66	314
	50m: 37.22	200m: 2:46.05	350m: 5:01.13	500m: 7:18.72	650m: 9:36.11
	100m: 1:19.66	250m: 3:30.52	400m: 5:46.14	550m: 8:04.50	700m: 10:21.73
	150m: 2:02.02	300m: 4:15.78	450m: 6:31.88	600m: 8:49.21	750m: 11:06.19
800m:	11:47.66				
13.	Beatriz Gregorio Fradique	00	Albicastrense	11:56.74	302
	50m: 39.38	200m: 2:54.60	350m: 5:12.18	500m: 7:30.68	650m: 9:48.85
	100m: 1:24.88	250m: 3:40.50	400m: 5:58.59	550m: 8:17.75	700m: 10:35.89
	150m: 2:09.12	300m: 4:24.65	450m: 6:44.34	600m: 9:03.34	750m: 11:19.03
800m:	11:56.74				
14.	Neuza Figueiredo Pereira	00	Gualdim Pais	12:26.29	267
	50m: 40.07	200m: 2:54.80	350m: 5:17.04	500m: 7:40.21	650m: 10:05.64
	100m: 1:23.44	250m: 3:42.05	400m: 6:05.05	550m: 8:28.92	700m: 10:53.22
	150m: 2:08.95	300m: 4:29.23	450m: 6:51.54	600m: 9:17.13	750m: 11:40.75
800m:	12:26.29				

Torneio Distrital Fundo INF/JUV
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Prova 4, Femin., 800m Livres, JUV- B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
15.	Ines Trindade Neves	00	Campomaiorense	12:47.07		246	
	50m: 43.85	200m: 3:10.79	350m: 5:35.94	500m: 8:01.55	650m: 10:28.78	800m: 12:47.07	
	100m: 1:32.96	250m: 3:57.59	400m: 6:24.13	550m: 8:50.82	700m: 11:17.32		
	150m: 2:21.40	300m: 4:47.57	450m: 7:12.22	600m: 9:39.75	750m: 12:04.85		
16.	Barbara Sofia Claro	00	BUZIOS-Coruche	12:48.47		245	
	50m: 42.27	200m: 3:03.51	350m: 5:29.15	500m: 7:57.84	650m: 10:25.55	800m: 12:48.47	
	100m: 1:28.12	250m: 3:51.98	400m: 6:19.05	550m: 8:47.18	700m: 11:14.19		
	150m: 2:15.80	300m: 4:40.40	450m: 7:08.13	600m: 9:36.45	750m: 12:02.68		
17.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	12:51.38		242	
	50m: 42.00	200m: 3:05.62	350m: 5:33.52	500m: 8:01.48	650m: 10:29.35	800m: 12:51.38	
	100m: 1:27.00	250m: 3:55.00	400m: 6:22.27	550m: 8:50.67	700m: 11:18.63		
	150m: 2:15.78	300m: 4:43.33	450m: 7:11.52	600m: 9:40.55	750m: 12:07.86		
18.	Joana Costa Bernardino	00	CLAC-Entroncamento	13:13.09		223	
	50m: 42.74	200m: 3:11.80	350m: 5:43.15	500m: 8:14.01	650m: 10:44.20	800m: 13:13.09	
	100m: 1:31.39	250m: 4:02.27	400m: 6:34.25	550m: 9:04.28	700m: 11:33.99		
	150m: 2:21.35	300m: 4:52.95	450m: 7:24.01	600m: 9:54.54	750m: 12:25.67		
19.	Patricia Charruadas Lameira	00	Elvense	13:22.76		215	
	50m: 42.35	200m: 3:07.04	350m: 5:40.08	500m: 8:16.25	650m: 10:51.26	800m: 13:22.76	
	100m: 1:28.46	250m: 3:58.08	400m: 6:32.26	550m: 9:07.54	700m: 11:42.83		
	150m: 2:16.99	300m: 4:48.63	450m: 7:24.14	600m: 9:59.03	750m: 12:34.57		
20.	Ana Rita Madeira	00	Elvense	13:33.81		206	
	50m: 39.87	200m: 3:09.25	350m: 5:44.46	500m: 8:22.81	650m: 11:02.05	800m: 13:33.81	
	100m: 1:28.00	250m: 4:01.04	400m: 6:36.90	550m: 9:15.38	700m: 11:54.48		
	150m: 2:18.18	300m: 4:52.54	450m: 7:29.76	600m: 10:08.64	750m: 12:46.20		
21.	Mariana Lopes Mendonca	00	BUZIOS-Coruche	14:27.37		170	
	50m: 44.50	200m: 3:20.99	350m: 6:09.98	500m: 9:00.78	650m: 11:47.34	800m: 14:27.37	
	100m: 1:35.81	250m: 4:15.16	400m: 7:07.81	550m: 9:55.90	700m: 12:42.17		
	150m: 2:27.38	300m: 5:12.32	450m: 8:02.17	600m: 10:47.60	750m: 13:36.26		
DNS	Ines Catarina Nunes	00	Albicastrense				
DNS	Ines Pepe Orelhas	00	Campomaiorense				
DNF	Maria Joao Mendonca	00	CCDSerta				

JUV- A

1.	Maria Beatriz Dias	99	Viver Santarem	9:30.12		600	
	50m: 34.38	200m: 2:21.71	350m: 4:09.14	500m: 5:57.05	650m: 7:45.16	800m: 9:30.12	
	100m: 1:10.07	250m: 2:57.36	400m: 4:45.20	550m: 6:33.39	700m: 8:20.85		
	150m: 1:45.81	300m: 3:33.29	450m: 5:21.06	600m: 7:09.41	750m: 8:56.67		
2.	Ana Margarida Sagueiro	99	Nautico Abrantes	9:55.49		527	
	50m: 34.73	200m: 2:26.25	350m: 4:17.72	500m: 6:10.89	650m: 8:04.23	800m: 9:55.49	
	100m: 1:11.71	250m: 3:03.49	400m: 4:55.33	550m: 6:48.59	700m: 8:42.36		
	150m: 1:49.15	300m: 3:40.51	450m: 5:32.85	600m: 7:26.55	750m: 9:19.46		
3.	Mariana Soares Martinho	99	20Km de Almeirim	10:10.63		488	
	50m: 34.81	200m: 2:27.33	350m: 4:21.55	500m: 6:17.92	650m: 8:15.58	800m: 10:10.63	
	100m: 1:11.92	250m: 3:05.10	400m: 4:59.95	550m: 6:56.90	700m: 8:54.29		
	150m: 1:49.58	300m: 3:43.12	450m: 5:38.84	600m: 7:36.25	750m: 9:32.69		
4.	Joana Sofia Amado	99	Cartaxo	10:20.36		466	
	50m: 36.28	200m: 2:32.31	350m: 4:27.55	500m: 6:23.42	650m: 8:22.70	800m: 10:20.36	
	100m: 1:15.06	250m: 3:10.59	400m: 5:06.65	550m: 7:02.91	700m: 9:02.64		
	150m: 1:53.83	300m: 3:48.91	450m: 5:44.89	600m: 7:42.75	750m: 9:42.48		
5.	Sarah Dias	99	CLAC-Entroncamento	10:34.31		436	
	50m: 34.71	200m: 2:27.70	350m: 4:27.86	500m: 6:29.92	650m: 8:33.44	800m: 10:34.31	
	100m: 1:12.34	250m: 3:07.06	400m: 5:08.47	550m: 7:11.37	700m: 9:14.46		
	150m: 1:49.41	300m: 3:47.31	450m: 5:48.72	600m: 7:52.59	750m: 9:55.61		

Torneio Distrital Fundo INF/JUV
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Prova 4, Femin., 800m Livres, JUV- A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
6.	Carolina Felicidade Batista	99	Viver Santarem	10:39.20		426	
	50m: 37.29	200m: 2:37.54	350m: 4:39.14	500m: 6:39.73	650m: 8:40.62	800m: 10:39.20	
	100m: 1:16.95	250m: 3:18.28	400m: 5:19.08	550m: 7:20.10	700m: 9:20.16		
	150m: 1:57.17	300m: 3:58.80	450m: 5:59.40	600m: 8:00.36	750m: 10:00.65		
7.	Mariana Narciso Fidalgo	99	20Km de Almeirim	10:43.07		418	
	50m: 36.64	200m: 2:36.70	350m: 4:38.46	500m: 6:39.70	650m: 8:42.30	800m: 10:43.07	
	100m: 1:16.19	250m: 3:17.48	400m: 5:18.94	550m: 7:20.64	700m: 9:23.58		
	150m: 1:56.62	300m: 3:57.90	450m: 5:59.51	600m: 8:01.27	750m: 10:03.80		
8.	Sofia Alexandra Rodrigues	99	Electrico Clube	10:43.10		418	
	50m: 36.36	200m: 2:37.63	350m: 4:39.80	500m: 6:41.72	650m: 8:44.23	800m: 10:43.10	
	100m: 1:16.45	250m: 3:18.60	400m: 5:20.52	550m: 7:22.58	700m: 9:24.98		
	150m: 1:57.08	300m: 3:58.99	450m: 6:00.60	600m: 8:03.63	750m: 10:05.26		
9.	Maria Beatriz Diogo	99	Nautico Abrantes	10:44.55		415	
	50m: 37.28	200m: 2:38.03	350m: 4:40.89	500m: 6:42.73	650m: 8:46.43	800m: 10:44.55	
	100m: 1:16.87	250m: 3:18.99	400m: 5:21.41	550m: 7:24.01	700m: 9:27.16		
	150m: 1:57.52	300m: 4:00.19	450m: 6:02.24	600m: 8:04.94	750m: 10:07.15		
10.	Daniela Neutel Morgado	99	Desportivo ABPG	11:09.07		371	
	50m: 35.72	200m: 2:36.61	350m: 4:42.98	500m: 6:52.68	650m: 9:02.60	800m: 11:09.07	
	100m: 1:15.45	250m: 3:18.04	400m: 5:26.31	550m: 7:35.49	700m: 9:45.56		
	150m: 1:55.98	300m: 4:00.17	450m: 6:09.89	600m: 8:18.89	750m: 10:28.45		
11.	Carolina Miguel Marques	99	Natacao do Tejo	11:16.14		360	
	50m: 37.00	200m: 2:43.35	350m: 4:51.88	500m: 7:02.32	650m: 9:11.84	800m: 11:16.14	
	100m: 1:19.03	250m: 3:25.61	400m: 5:35.11	550m: 7:45.84	700m: 9:55.39		
	150m: 2:01.19	300m: 4:08.50	450m: 6:18.26	600m: 8:28.41	750m: 10:37.13		
12.	Maria Beatriz Leal	99	Rio Maior	11:41.87		321	
	50m: 37.79	200m: 2:45.93	350m: 4:59.18	500m: 7:12.54	650m: 9:29.22	800m: 11:41.87	
	100m: 1:18.98	250m: 3:29.51	400m: 5:42.84	550m: 7:57.50	700m: 10:14.29		
	150m: 2:02.15	300m: 4:13.88	450m: 6:27.21	600m: 8:44.41	750m: 10:58.72		
13.	Daniela Sofia Antunes	99	CCDSerta	11:42.07		321	
	50m: 38.93	200m: 2:49.65	350m: 5:01.17	500m: 7:15.51	650m: 9:29.42	800m: 11:42.07	
	100m: 1:22.35	250m: 3:33.05	400m: 5:45.79	550m: 7:59.90	700m: 10:13.98		
	150m: 2:05.86	300m: 4:17.03	450m: 6:30.76	600m: 8:44.64	750m: 10:58.71		
14.	Joana Almeida Carrilho	99	Campomaiorense	11:45.93		316	
	50m: 40.71	200m: 2:54.68	350m: 5:09.50	500m: 7:25.75	650m: 9:39.46	800m: 11:45.93	
	100m: 1:25.01	250m: 3:39.74	400m: 5:54.98	550m: 8:10.31	700m: 10:23.08		
	150m: 2:09.80	300m: 4:24.76	450m: 6:40.52	600m: 8:55.38	750m: 11:04.95		
15.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	12:00.45		297	
	50m: 38.95	200m: 2:51.79	350m: 5:08.21	500m: 7:25.04	650m: 9:45.46	800m: 12:00.45	
	100m: 1:22.15	250m: 3:36.66	400m: 5:53.59	550m: 8:09.48	700m: 10:32.36		
	150m: 2:06.66	300m: 4:22.11	450m: 6:39.50	600m: 8:58.99	750m: 11:17.02		
16.	Margarida Nataro Moreira	99	Natacao da Guarda	12:05.11		292	
	50m: 39.24	200m: 2:52.19	350m: 5:11.59	500m: 7:31.28	650m: 9:50.29	800m: 12:05.11	
	100m: 1:22.64	250m: 3:38.07	400m: 5:57.77	550m: 8:17.11	700m: 10:36.73		
	150m: 2:06.68	300m: 4:24.59	450m: 6:44.11	600m: 9:04.10	750m: 11:23.08		
17.	Sara Alexandra Carvalho	99	Desportivo ABPG	12:27.45		266	
	50m: 38.88	200m: 2:55.03	350m: 5:16.73	500m: 7:45.41	650m: 10:12.61	800m: 12:27.45	
	100m: 1:22.24	250m: 3:42.39	400m: 6:06.39	550m: 8:35.09	700m: 10:58.55		
	150m: 2:08.62	300m: 4:30.08	450m: 6:56.60	600m: 9:24.15	750m: 11:45.64		
DNS	Joana Sofia Bica	99	CLAC-Entroncamento				
DNS	Patricia Silva Conceicao	99	Nautico Abrantes				

JUN/SEN

1.	Mariana Lopes Martins	98	CCDSerta	10:25.65		454	
	50m: 34.46	200m: 2:30.37	350m: 4:29.50	500m: 6:30.39	650m: 8:30.10	800m: 10:25.65	
	100m: 1:12.38	250m: 3:09.43	400m: 5:09.44	550m: 7:10.32	700m: 9:09.55		
	150m: 1:51.12	300m: 3:49.53	450m: 5:49.65	600m: 7:50.82	750m: 9:48.49		

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Prova 4, Femin., 800m Livres, JUN/SEN

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
DNS	Ana Carolina Gomes	97	Cartaxo				