



Associação de Natação de Santarém

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
Rio Maior, 1-3-2014Prova 1 Masc., 3000m Livres Juvenis  
01-03-2014 Resultados

Camp Nac Longa Distancia 34:04.38 Alexandre Valdagua Coutinho ASSSCC Rio Maior 13-04-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Guilherme Filipe Pina	98	Benedita	<b>35:12.14</b>		561	
	100m: 1:07.54 1:07.54	400m: 4:42.39 2:23.59	1500m: 17:40.22 8:13.59				
	200m: 2:18.80 1:11.26	800m: 9:26.63 4:44.24	3000m: 35:12.14 17:31.92				
2.	Rafael Ladeiro Santos	98	Gesloures	<b>35:57.23</b>		526	
	100m: 1:10.96 1:10.96	400m: 4:52.48 2:27.95	1500m: 18:08.06 8:22.34				
	200m: 2:24.53 1:13.57	800m: 9:45.72 4:53.24	3000m: 35:57.23 17:49.17				
3.	Tiago Carlos Santos	98	Naval Amorense	<b>36:01.10</b>		523	
	100m: 1:11.02 1:11.02	400m: 4:47.29 2:23.84	1500m: 18:01.32 8:24.09				
	200m: 2:23.45 1:12.43	800m: 9:37.23 4:49.94	3000m: 36:01.10 17:59.78				
4.	Afonso Calais Queiroga	98	Uniao Piedense	<b>36:40.45</b>		496	
	100m: 1:10.67 1:10.67	400m: 4:50.64 2:26.62	1500m: 18:10.48 8:31.94				
	200m: 2:24.02 1:13.35	800m: 9:38.54 4:47.90	3000m: 36:40.45 18:29.97				
5.	Jose Paula Carvalho	98	Uniao Piedense	<b>37:07.81</b>		478	
	100m: 1:10.53 1:10.53	400m: 4:53.08 2:27.83	1500m: 18:35.78 8:46.44				
	200m: 2:25.25 1:14.72	800m: 9:49.34 4:56.26	3000m: 37:07.81 18:32.03				
6.	Nelson Pereira Malheiros	99	Litoral Alentejano	<b>37:13.69</b>		474	
	100m: 1:10.23 1:10.23	400m: 4:53.26 2:28.40	1500m: 18:43.66 8:49.12				
	200m: 2:24.86 1:14.63	800m: 9:54.54 5:01.28	3000m: 37:13.69 18:30.03				
7.	Filipe Ferreira Luz	98	Gesloures	<b>37:18.48</b>		471	
	100m: 1:12.26 1:12.26	400m: 4:56.42 2:29.53	1500m: 18:44.00 8:47.93				
	200m: 2:26.89 1:14.63	800m: 9:56.07 4:59.65	3000m: 37:18.48 18:34.48				
8.	Pedro Trindade Silva	98	Amadora	<b>37:41.58</b>		457	
	100m: 1:14.54 1:14.54	400m: 5:03.64 2:32.60	1500m: 19:02.45 8:55.43				
	200m: 2:31.04 1:16.50	800m: 10:07.02 5:03.38	3000m: 37:41.58 18:39.13				
9.	Joao Magalhaes Nunes	99	Amadora	<b>38:17.86</b>		435	
	100m: 1:14.73 1:14.73	400m: 5:03.74 2:32.48	1500m: 19:02.98 8:55.75				
	200m: 2:31.26 1:16.53	800m: 10:07.23 5:03.49	3000m: 38:17.86 19:14.88				
10.	Tiago Filipe Campos	99	Viver Santarem	<b>38:21.26</b>		433	
	100m: 1:14.17 1:14.17	400m: 5:00.80 2:30.39	1500m: 18:57.13 8:56.31				
	200m: 2:30.41 1:16.24	800m: 10:00.82 5:00.02	3000m: 38:21.26 19:24.13				
11.	Afonso Guilherme Rosa	99	Gualdim Pais	<b>38:31.27</b>		428	
	100m: 1:11.39 1:11.39	400m: 4:52.73 2:28.44	1500m: 19:08.80 9:11.98				
	200m: 2:24.29 1:12.90	800m: 9:56.82 5:04.09	3000m: 38:31.27 19:22.47				
12.	Pedro Ferraz Esteves	99	Amadora	<b>38:31.69</b>		427	
	100m: 1:13.49 1:13.49	400m: 5:03.88 2:33.50	1500m: 19:17.56 9:05.41				
	200m: 2:30.38 1:16.89	800m: 10:12.15 5:08.27	3000m: 38:31.69 19:14.13				
13.	Bernardo Jose Dionisio	99	Gualdim Pais	<b>38:46.20</b>		419	
	100m: 1:13.52 1:13.52	400m: 5:04.90 2:34.83	1500m: 19:26.36 9:09.21				
	200m: 2:30.07 1:16.55	800m: 10:17.15 5:12.25	3000m: 38:46.20 19:19.84				
14.	Goncalo Faria Saldida	99	Gualdim Pais	<b>41:01.40</b>		354	
	100m: 1:15.01 1:15.01	800m: 10:37.81 8:05.32	3000m: 41:01.40 20:53.39				
	200m: 2:32.49 1:17.48	1500m: 20:08.01 9:30.20					
15.	Luis Miguel Monteiro	99	Cartaxo	<b>42:46.77</b>		312	
	100m: 1:18.12 1:18.12	400m: 5:37.12 2:52.78	1500m: 21:34.68 10:13.68				
	200m: 2:44.34 1:26.22	800m: 11:21.00 5:43.88	3000m: 42:46.77 21:12.09				



Associação de Natação de Santarém

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
Rio Maior, 1-3-2014

## Prova 1, Masc., 3000m Livres, Juvenis

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
WDR	Joao Sismeiro Pereira	98	Amadora				

Prova 2  
01-03-2014  
Femin., 5000m Livres  
Absoluto Resultados

Camp Nac Longa Distancia Absoluto	57:53.99	Florbela Cavaco Machado	ASSSCC	Rio Maior	13-04-2013
Camp Nac Longa Distancia 15 - 16	59:30.20	Florbela Cavaco Machado	ASSSCC	Rio Maior	14-04-2012
Camp Nac Longa Distancia 17 +	57:53.99	Florbela Cavaco Machado	ASSSCC	Rio Maior	13-04-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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## Absoluto

1.	Ines Alexandra Paiva	96	Individual Lisboa	<b>1:02:51.92</b>		577
	100m: 1:14.07 1:14.07	400m: 4:59.60 2:30.84	1500m: 18:49.32 8:48.32			
	200m: 2:28.76 1:14.69	800m: 10:01.00 5:01.40	5000m: 1:02:51.92 44:02.60			
2.	Helena Paula Carvalho	95	Uniao Piedense	<b>1:03:15.76</b>		567
	100m: 1:12.73 1:12.73	400m: 4:56.45 2:28.88	1500m: 18:41.89 8:47.09			
	200m: 2:27.57 1:14.84	800m: 9:54.80 4:58.35	5000m: 1:03:15.76 44:33.87			
3.	Carolina Madeira Santos	96	Naval Amorense	<b>1:03:43.30</b>		554
	100m: 1:13.60 1:13.60	400m: 5:00.51 2:31.32	1500m: 18:48.32 8:46.41			
	200m: 2:29.19 1:15.59	800m: 10:01.91 5:01.40	5000m: 1:03:43.30 44:54.98			
4.	Sofia Prates Silvestre	95	Naval Amorense	<b>1:04:11.90</b>		542
	100m: 1:14.61 1:14.61	400m: 5:01.06 2:30.70	1500m: 18:49.51 8:47.20			
	200m: 2:30.36 1:15.75	800m: 10:02.31 5:01.25	5000m: 1:04:11.90 45:22.39			
5.	Barbara Marques Rodrigues	97	Alges	<b>1:04:20.15</b>		539
	100m: 1:13.79 1:13.79	400m: 5:00.28 2:31.02	1500m: 18:52.41 8:51.59			
	200m: 2:29.26 1:15.47	800m: 10:00.82 5:00.54	5000m: 1:04:20.15 45:27.74			
6.	Julia Rodrigues Mallen	96	Alges	<b>1:06:58.24</b>		478
	100m: 1:16.08 1:16.08	400m: 5:09.05 2:35.03	1500m: 19:34.56 9:12.58			
	200m: 2:34.02 1:17.94	800m: 10:21.98 5:12.93	5000m: 1:06:58.24 47:23.68			
7.	Maria Anastacio Luis	96	Benedita	<b>1:07:40.87</b>		463
	100m: 1:18.26 1:18.26	400m: 5:16.85 2:39.07	1500m: 20:00.50 9:25.10			
	200m: 2:37.78 1:19.52	800m: 10:35.40 5:18.55	5000m: 1:07:40.87 47:40.37			
8.	Isa Morais Penas	96	Benedita	<b>1:08:10.23</b>		453
	100m: 1:18.02 1:18.02	400m: 5:20.54 2:42.25	1500m: 20:26.23 9:37.63			
	200m: 2:38.29 1:20.27	800m: 10:48.60 5:28.06	5000m: 1:08:10.23 47:44.00			
9.	Marina Micaela Sequeira	98	Uniao Piedense	<b>1:08:42.68</b>		442
	100m: 1:15.48 1:15.48	400m: 5:06.30 2:33.87	1500m: 19:29.51 9:12.53			
	200m: 2:32.43 1:16.95	800m: 10:16.98 5:10.68	5000m: 1:08:42.68 49:13.17			
10.	Raquel Sofia Jorge	98	Salvaterra de Magos	<b>1:10:35.94</b>		408
	100m: 1:19.00 1:19.00	400m: 5:30.44 2:47.97	1500m: 20:58.74 9:51.00			
	200m: 2:42.47 1:23.47	800m: 11:07.74 5:37.30	5000m: 1:10:35.94 49:37.20			
11.	Ana Carolina Gomes	97	Cartaxo	<b>1:11:50.89</b>		387
	100m: 1:19.31 1:19.31	400m: 5:28.32 2:46.66	1500m: 21:02.97 9:57.91			
	200m: 2:41.66 1:22.35	800m: 11:05.06 5:36.74	5000m: 1:11:50.89 50:47.92			
12.	Ana Sara Oliveira	98	Luz e Vida	<b>1:13:38.73</b>		359
	100m: 1:16.50 1:16.50	400m: 5:22.36 2:45.16	1500m: 20:56.79 9:57.44			
	200m: 2:37.20 1:20.70	800m: 10:59.35 5:36.99	5000m: 1:13:38.73 52:41.94			



Associação de Natação de Santarém

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
Rio Maior, 1-3-2014

Prova 2, Femin., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
WDR	Ana Claudia Santo	97	Cartaxo				
WDR	Catarina Goncalves Trezentos	98	Gualdim Pais				

Juniores

1.	Barbara Marques Rodrigues	97	Alges	<b>1:04:20.15</b>			539
	100m: 1:13.79 1:13.79	400m: 5:00.28 2:31.02	1500m: 18:52.41 8:51.59				
	200m: 2:29.26 1:15.47	800m: 10:00.82 5:00.54	5000m: 1:04:20.15 45:27.74				
2.	Marina Micaela Sequeira	98	Uniao Piedense	<b>1:08:42.68</b>			442
	100m: 1:15.48 1:15.48	400m: 5:06.30 2:33.87	1500m: 19:29.51 9:12.53				
	200m: 2:32.43 1:16.95	800m: 10:16.98 5:10.68	5000m: 1:08:42.68 49:13.17				
3.	Raquel Sofia Jorge	98	Salvaterra de Magos	<b>1:10:35.94</b>			408
	100m: 1:19.00 1:19.00	400m: 5:30.44 2:47.97	1500m: 20:58.74 9:51.00				
	200m: 2:42.47 1:23.47	800m: 11:07.74 5:37.30	5000m: 1:10:35.94 49:37.20				
4.	Ana Carolina Gomes	97	Cartaxo	<b>1:11:50.89</b>			387
	100m: 1:19.31 1:19.31	400m: 5:28.32 2:46.66	1500m: 21:02.97 9:57.91				
	200m: 2:41.66 1:22.35	800m: 11:05.06 5:36.74	5000m: 1:11:50.89 50:47.92				
5.	Ana Sara Oliveira	98	Luz e Vida	<b>1:13:38.73</b>			359
	100m: 1:16.50 1:16.50	400m: 5:22.36 2:45.16	1500m: 20:56.79 9:57.44				
	200m: 2:37.20 1:20.70	800m: 10:59.35 5:36.99	5000m: 1:13:38.73 52:41.94				
WDR	Ana Claudia Santo	97	Cartaxo				
WDR	Catarina Goncalves Trezentos	98	Gualdim Pais				

Seniores

1.	Ines Alexandra Paiva	96	Individual Lisboa	<b>1:02:51.92</b>			577
	100m: 1:14.07 1:14.07	400m: 4:59.60 2:30.84	1500m: 18:49.32 8:48.32				
	200m: 2:28.76 1:14.69	800m: 10:01.00 5:01.40	5000m: 1:02:51.92 44:02.60				
2.	Helena Paula Carvalho	95	Uniao Piedense	<b>1:03:15.76</b>			567
	100m: 1:12.73 1:12.73	400m: 4:56.45 2:28.88	1500m: 18:41.89 8:47.09				
	200m: 2:27.57 1:14.84	800m: 9:54.80 4:58.35	5000m: 1:03:15.76 44:33.87				
3.	Carolina Madeira Santos	96	Naval Amorense	<b>1:03:43.30</b>			554
	100m: 1:13.60 1:13.60	400m: 5:00.51 2:31.32	1500m: 18:48.32 8:46.41				
	200m: 2:29.19 1:15.59	800m: 10:01.91 5:01.40	5000m: 1:03:43.30 44:54.98				
4.	Sofia Prates Silvestre	95	Naval Amorense	<b>1:04:11.90</b>			542
	100m: 1:14.61 1:14.61	400m: 5:01.06 2:30.70	1500m: 18:49.51 8:47.20				
	200m: 2:30.36 1:15.75	800m: 10:02.31 5:01.25	5000m: 1:04:11.90 45:22.39				
5.	Julia Rodrigues Mallen	96	Alges	<b>1:06:58.24</b>			478
	100m: 1:16.08 1:16.08	400m: 5:09.05 2:35.03	1500m: 19:34.56 9:12.58				
	200m: 2:34.02 1:17.94	800m: 10:21.98 5:12.93	5000m: 1:06:58.24 47:23.68				
6.	Maria Anastacio Luis	96	Benedita	<b>1:07:40.87</b>			463
	100m: 1:18.26 1:18.26	400m: 5:16.85 2:39.07	1500m: 20:00.50 9:25.10				
	200m: 2:37.78 1:19.52	800m: 10:35.40 5:18.55	5000m: 1:07:40.87 47:40.37				
7.	Isa Morais Penas	96	Benedita	<b>1:08:10.23</b>			453
	100m: 1:18.02 1:18.02	400m: 5:20.54 2:42.25	1500m: 20:26.23 9:37.63				
	200m: 2:38.29 1:20.27	800m: 10:48.60 5:28.06	5000m: 1:08:10.23 47:44.00				



Associação de Natação de Santarém

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
Rio Maior, 1-3-2014Prova 3  
01-03-2014  
Femin., 3000m Livres  
Juvenis  
Resultados

Camp Nac Longa Distancia 37:25.43 Mariana Cunha Guerra ASSCC Coimbra 03-03-2012

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Beatriz Paulo Ranito	99	Sporting	<b>39:11.63</b>		515	
	100m: 1:17.45 1:17.45		400m: 5:13.89 2:37.69	1500m: 19:39.88 9:08.15			
	200m: 2:36.20 1:18.75		800m: 10:31.73 5:17.84	3000m: 39:11.63 19:31.75			
2.	Eva Guerreiro Carvalho	99	Uniao Piedense	<b>39:16.14</b>		512	
	100m: 1:18.44 1:18.44		400m: 5:16.30 2:37.94	1500m: 19:38.06 9:06.35			
	200m: 2:38.36 1:19.92		800m: 10:31.71 5:15.41	3000m: 39:16.14 19:38.08			
3.	Filipa Carreira Alves	99	Uniao Piedense	<b>39:38.51</b>		497	
	100m: 1:16.64 1:16.64		400m: 5:14.36 2:38.06	1500m: 19:40.92 9:10.41			
	200m: 2:36.30 1:19.66		800m: 10:30.51 5:16.15	3000m: 39:38.51 19:57.59			
4.	Margarida Valente Orrico	00	Uniao Piedense	<b>39:46.73</b>		492	
	100m: 1:19.02 1:19.02		400m: 5:17.86 2:38.79	1500m: 19:51.54 9:15.15			
	200m: 2:39.07 1:20.05		800m: 10:36.39 5:18.53	3000m: 39:46.73 19:55.19			
5.	Joana Miguel Alexandre	99	Amadora	<b>39:55.93</b>		487	
	100m: 1:18.24 1:18.24		400m: 5:15.68 2:38.13	1500m: 19:50.99 9:16.16			
	200m: 2:37.55 1:19.31		800m: 10:34.83 5:19.15	3000m: 39:55.93 20:04.94			
6.	Maria Beatriz Dias	99	Viver Santarem	<b>40:21.42</b>		471	
	100m: 1:17.95 1:17.95		400m: 5:14.07 2:37.71	1500m: 19:55.54 9:23.28			
	200m: 2:36.36 1:18.41		800m: 10:32.26 5:18.19	3000m: 40:21.42 20:25.88			
7.	Mariana Silva Navalho	00	Uniao Piedense	<b>40:48.17</b>		456	
	100m: 1:18.92 1:18.92		400m: 5:17.89 2:38.78	1500m: 20:09.60 9:30.78			
	200m: 2:39.11 1:20.19		800m: 10:38.82 5:20.93	3000m: 40:48.17 20:38.57			
8.	Patricia Palmeiro Baeta	00	Viver Santarem	<b>41:47.56</b>		424	
	100m: 1:19.67 1:19.67		400m: 5:25.77 2:44.89	1500m: 20:34.60 9:39.00			
	200m: 2:40.88 1:21.21		800m: 10:55.60 5:29.83	3000m: 41:47.56 21:12.96			
DNS	Joana Sofia Amado	99	Cartaxo				
WDR	Joana Cristina Fernandes	99	Amadora				

Prova 4  
01-03-2014  
Masc., 5000m Livres  
Absoluto  
ResultadosCamp Nac Longa Distancia Absoluto 54:45.61 Mario Andre Bonanca SCP Rio Maior 13-04-2013  
Camp Nac Longa Distancia Jun 56:15.31 Rafael Lourenco Gil ANAM Rio Maior 13-04-2013  
Camp Nac Longa Distancia Sen 54:45.61 Mario Andre Bonanca SCP Rio Maior 13-04-2013

Pontos: FINA 2013

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	Mario Andre Bonanca	90	Sporting	<b>57:13.73</b>		604	
	100m: 1:10.25 1:10.25		400m: 4:39.43 2:19.46	1500m: 17:03.29 7:52.32			
	200m: 2:19.97 1:09.72		800m: 9:10.97 4:31.54	5000m: 57:13.73 40:10.44			
2.	Rafael Lourenco Gil	96	Naval Amorense	<b>57:38.72</b>		591	
	100m: 1:08.63 1:08.63		400m: 4:39.64 2:21.38	1500m: 17:12.80 7:59.20			
	200m: 2:18.26 1:09.63		800m: 9:13.60 4:33.96	5000m: 57:38.72 40:25.92			

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
 Rio Maior, 1-3-2014

## Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>57:53.25</b>		584	
	100m: 1:09.56 1:09.56	400m: 4:39.41 2:18.95	1500m: 17:13.06 7:59.62				
	200m: 2:20.46 1:10.90	800m: 9:13.44 4:34.03	5000m: 57:53.25 40:40.19				
4.	Joao Pedro Gil	97	Naval Amorense	<b>58:24.70</b>		568	
	100m: 1:10.02 1:10.02	400m: 4:41.10 2:20.30	1500m: 17:25.64 8:02.84				
	200m: 2:20.80 1:10.78	800m: 9:22.80 4:41.70	5000m: 58:24.70 40:59.06				
5.	Artiom Viatcheslavovitch Polia93/		Estrelas S. Joao de Brito	<b>58:31.28</b>		565	
	100m: 1:10.16 1:10.16	400m: 4:40.59 2:20.03	1500m: 17:32.76 8:12.95				
	200m: 2:20.56 1:10.40	800m: 9:19.81 4:39.22	5000m: 58:31.28 40:58.52				
6.	Joao Luis Serrano	91	Cartaxo	<b>59:43.63</b>		531	
	100m: 1:09.20 1:09.20	400m: 4:40.50 2:19.53	1500m: 17:28.66 8:12.08				
	200m: 2:20.97 1:11.77	800m: 9:16.58 4:36.08	5000m: 59:43.63 42:14.97				
7.	Joao Duarte Santos	95	Estrelas S. Joao de Bri	<b>1:00:03.07</b>		523	
	100m: 1:10.46 1:10.46	400m: 4:46.81 2:24.29	1500m: 17:51.00 8:19.24				
	200m: 2:22.52 1:12.06	800m: 9:31.76 4:44.95	5000m: 1:00:03.07 42:12.07				
8.	Joao Miguel Cardoso	97	Gesloures	<b>1:00:44.77</b>		505	
	100m: 1:10.15 1:10.15	400m: 4:43.52 2:21.91	1500m: 18:00.20 8:28.03				
	200m: 2:21.61 1:11.46	800m: 9:32.17 4:48.65	5000m: 1:00:44.77 42:44.57				
9.	Claudio Alexandre Pinheiro	93	Uniao Piedense	<b>1:00:53.85</b>		501	
	100m: 1:09.87 1:09.87	400m: 4:41.10 2:20.16	1500m: 17:42.93 8:19.31				
	200m: 2:20.94 1:11.07	800m: 9:23.62 4:42.52	5000m: 1:00:53.85 43:10.92				
10.	Pedro Dordio Carreiro	97	Gesloures	<b>1:01:38.29</b>		483	
	100m: 1:12.13 1:12.13	400m: 4:53.88 2:28.78	1500m: 18:32.46 8:40.25				
	200m: 2:25.10 1:12.97	800m: 9:52.21 4:58.33	5000m: 1:01:38.29 43:05.83				
11.	Tiago Rafael Martins	97	Gesloures	<b>1:02:08.74</b>		472	
	100m: 1:13.26 1:13.26	400m: 4:55.60 2:29.12	1500m: 18:39.73 8:43.51				
	200m: 2:26.48 1:13.22	800m: 9:56.22 5:00.62	5000m: 1:02:08.74 43:29.01				
12.	Miguel Dordio Carreiro	97	Gesloures	<b>1:02:31.76</b>		463	
	100m: 1:12.00 1:12.00	400m: 4:53.80 2:28.57	5000m: 1:02:31.76 52:39.00				
	200m: 2:25.23 1:13.23	800m: 9:52.76 4:58.96					
13.	Pedro Miguel Henriques	96	Cartaxo	<b>1:03:05.82</b>		451	
	100m: 1:09.66 1:09.66	400m: 4:45.01 2:23.44	1500m: 18:33.44 8:55.06				
	200m: 2:21.57 1:11.91	800m: 9:38.38	5000m: 1:03:05.82 44:32.38				
14.	Henrique Mourinho Neves	97	Alges	<b>1:03:30.89</b>		442	
	100m: 1:10.67 1:10.67	400m: 4:53.20 2:29.16	1500m: 18:31.73 8:40.53				
	200m: 2:24.04 1:13.37	800m: 9:51.20 4:58.00	5000m: 1:03:30.89 44:59.16				
15.	Joao Luis Baeta	94	Viver Santarem	<b>1:04:36.23</b>		420	
	100m: 1:11.36 1:11.36	400m: 4:52.26 2:27.28	1500m: 18:36.22 8:46.45				
	200m: 2:24.98 1:13.62	800m: 9:49.77 4:57.51	5000m: 1:04:36.23 46:00.01				
16.	Joao Luis Serra	97	Aletrico Montemor	<b>1:07:19.76</b>		371	
	100m: 1:10.73 1:10.73	400m: 4:53.36 2:29.34	1500m: 18:37.70 8:46.00				
	200m: 2:24.02 1:13.29	800m: 9:51.70 4:58.34	5000m: 1:07:19.76 48:42.06				
17.	Francisco Redol Dias	96	Gualdim Pais	<b>1:07:46.40</b>		363	
	100m: 1:14.28 1:14.28	400m: 5:08.78 2:36.22	1500m: 19:47.12 9:24.72				
	200m: 2:32.56 1:18.28	800m: 10:22.40 5:13.62	5000m: 1:07:46.40 47:59.28				
18.	Bernardo Jose Campino	95	Cartaxo	<b>1:18:42.70</b>		232	
	100m: 1:17.51 1:17.51	400m: 5:42.99 2:58.11	1500m: 22:40.66 10:54.37				
	200m: 2:44.88 1:27.37	800m: 11:46.29 6:03.30	5000m: 1:18:42.70 56:02.04				



Associação de Natação de Santarém

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
Rio Maior, 1-3-2014

## Prova 4, Masc., 5000m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
WDR	Isidro Carrara Bittini	97	Alges				

## Juniiores

1.	Rafael Lourenco Gil	96	Naval Amorense	<b>57:38.72</b>			591
	100m: 1:08.63 1:08.63	400m: 4:39.64 2:21.38	1500m: 17:12.80 7:59.20				
	200m: 2:18.26 1:09.63	800m: 9:13.60 4:33.96	5000m: 57:38.72 40:25.92				
2.	Joao Pedro Gil	97	Naval Amorense	<b>58:24.70</b>			568
	100m: 1:10.02 1:10.02	400m: 4:41.10 2:20.30	1500m: 17:25.64 8:02.84				
	200m: 2:20.80 1:10.78	800m: 9:22.80 4:41.70	5000m: 58:24.70 40:59.06				
3.	Joao Miguel Cardoso	97	Geslours	<b>1:00:44.77</b>			505
	100m: 1:10.15 1:10.15	400m: 4:43.52 2:21.91	1500m: 18:00.20 8:28.03				
	200m: 2:21.61 1:11.46	800m: 9:32.17 4:48.65	5000m: 1:00:44.77 42:44.57				
4.	Pedro Dordio Carreiro	97	Geslours	<b>1:01:38.29</b>			483
	100m: 1:12.13 1:12.13	400m: 4:53.88 2:28.78	1500m: 18:32.46 8:40.25				
	200m: 2:25.10 1:12.97	800m: 9:52.21 4:58.33	5000m: 1:01:38.29 43:05.83				
5.	Tiago Rafael Martins	97	Geslours	<b>1:02:08.74</b>			472
	100m: 1:13.26 1:13.26	400m: 4:55.60 2:29.12	1500m: 18:39.73 8:43.51				
	200m: 2:26.48 1:13.22	800m: 9:56.22 5:00.62	5000m: 1:02:08.74 43:29.01				
6.	Miguel Dordio Carreiro	97	Geslours	<b>1:02:31.76</b>			463
	100m: 1:12.00 1:12.00	400m: 4:53.80 2:28.57	5000m: 1:02:31.76 52:39.00				
	200m: 2:25.23 1:13.23	800m: 9:52.76 4:58.96					
7.	Pedro Miguel Henriques	96	Cartaxo	<b>1:03:05.82</b>			451
	100m: 1:09.66 1:09.66	400m: 4:45.01 42:23.44	1500m: 18:33.44 8:55.06				
	200m: 2:21.57 1:11.91	800m: 9:38.38	5000m: 1:03:05.82 44:32.38				
8.	Henrique Mourinho Neves	97	Alges	<b>1:03:30.89</b>			442
	100m: 1:10.67 1:10.67	400m: 4:53.20 2:29.16	1500m: 18:31.73 8:40.53				
	200m: 2:24.04 1:13.37	800m: 9:51.20 4:58.00	5000m: 1:03:30.89 44:59.16				
9.	Joao Luis Serra	97	Atletico Montemor	<b>1:07:19.76</b>			371
	100m: 1:10.73 1:10.73	400m: 4:53.36 2:29.34	1500m: 18:37.70 8:46.00				
	200m: 2:24.02 1:13.29	800m: 9:51.70 4:58.34	5000m: 1:07:19.76 48:42.06				
10.	Francisco Redol Dias	96	Gualdim Pais	<b>1:07:46.40</b>			363
	100m: 1:14.28 1:14.28	400m: 5:08.78 2:36.22	1500m: 19:47.12 9:24.72				
	200m: 2:32.56 1:18.28	800m: 10:22.40 5:13.62	5000m: 1:07:46.40 47:59.28				

WDR	Isidro Carrara Bittini	97	Alges				
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## Seniores

1.	Mario Andre Bonanca	90	Sporting	<b>57:13.73</b>			604
	100m: 1:10.25 1:10.25	400m: 4:39.43 2:19.46	1500m: 17:03.29 7:52.32				
	200m: 2:19.97 1:09.72	800m: 9:10.97 4:31.54	5000m: 57:13.73 40:10.44				
2.	Vasco Miguel Gaspar	90	Uniao Piedense	<b>57:53.25</b>			584
	100m: 1:09.56 1:09.56	400m: 4:39.41 2:18.95	1500m: 17:13.06 7:59.62				
	200m: 2:20.46 1:10.90	800m: 9:13.44 4:34.03	5000m: 57:53.25 40:40.19				
3.	Artiom Viatcheslavovitch Polia	93	Estrelas S. Joao de Brito	<b>58:31.28</b>			565
	100m: 1:10.16 1:10.16	400m: 4:40.59 2:20.03	1500m: 17:32.76 8:12.95				
	200m: 2:20.56 1:10.40	800m: 9:19.81 4:39.22	5000m: 58:31.28 40:58.52				



Associação de Nataç o de Santar m

Campeonato Nacional Longa Distancia - FQ (Zona Sul)  
Rio Maior, 1-3-2014

Prova 4, Masc., 5000m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	Joao Luis Serrano	91	Cartaxo	<b>59:43.63</b>		531	
	100m: 1:09.20 1:09.20	400m: 4:40.50 2:19.53	1500m: 17:28.66 8:12.08				
	200m: 2:20.97 1:11.77	800m: 9:16.58 4:36.08	5000m: 59:43.63 42:14.97				
5.	Joao Duarte Santos	95	Estrelas S. Joao de Bri	<b>1:00:03.07</b>		523	
	100m: 1:10.46 1:10.46	400m: 4:46.81 2:24.29	1500m: 17:51.00 8:19.24				
	200m: 2:22.52 1:12.06	800m: 9:31.76 4:44.95	5000m: 1:00:03.07 42:12.07				
6.	Claudio Alexandre Pinheiro	93	Uniao Piedense	<b>1:00:53.85</b>		501	
	100m: 1:09.87 1:09.87	400m: 4:41.10 2:20.16	1500m: 17:42.93 8:19.31				
	200m: 2:20.94 1:11.07	800m: 9:23.62 4:42.52	5000m: 1:00:53.85 43:10.92				
7.	Joao Luis Baeta	94	Viver Santarem	<b>1:04:36.23</b>		420	
	100m: 1:11.36 1:11.36	400m: 4:52.26 2:27.28	1500m: 18:36.22 8:46.45				
	200m: 2:24.98 1:13.62	800m: 9:49.77 4:57.51	5000m: 1:04:36.23 46:00.01				
8.	Bernardo Jose Campino	95	Cartaxo	<b>1:18:42.70</b>		232	
	100m: 1:17.51 1:17.51	400m: 5:42.99 2:58.11	1500m: 22:40.66 10:54.37				
	200m: 2:44.88 1:27.37	800m: 11:46.29 6:03.30	5000m: 1:18:42.70 56:02.04				