

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

1 - 1ª SESSÃO

14-06-2014 - 9:30

Prova 1 400m Estilos 12 anos e mais velhos
14-06-2014 - 9:30 Resultados

INF-B 12 Anos FEM 12 Femin.: 7:52.50 / INF-A 13 Anos FEM 13 Femin.: 7:13.00 / JUV- A 14 Anos FEM 14 Femin.: 6:57.50 / JUV-B FEM - 15 15 Femin.: 6:55.50 / JUN FEM - 16 16 Femin.: 6:50.50 / SEN FEM - 17 + Anos 17 + Femin.: 6:46.50 / INF-B 13 Anos MAS 13 Masc.: 7:43.50 / INF-A 14 Anos MAS 14 Masc.: 7:12.00 / JUV-B 15 Anos MAS 15 Masc.: 7:01.00 / JUV-A 16 Anos MAS 16 Masc.: 6:49.50 / SEN MAS - 17 + Anos 17 + Masc.: 6:40.00

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Maria Madalena Silva	98 Nautico Abrantes	5:19.63	592
<i>Recorde Distrital JUN (05.32.28) e ABS (05.22.11)</i>			
50m: 33.91	150m: 1:52.89	250m: 3:18.21	350m: 4:41.66
100m: 1:11.08	200m: 2:33.64	300m: 4:03.06	400m: 5:19.63
2. Maria Beatriz Dias	99 Viver Santarem	5:33.96	519
<i>Recorde Distrital JUV-A (05.37.11)</i>			
50m: 36.56	150m: 2:00.48	250m: 3:30.36	350m: 4:57.57
100m: 1:18.11	200m: 2:41.51	300m: 4:19.93	400m: 5:33.96
3. Mariana Soares Martinho	99 20Km de Almeirim	5:37.90	501
50m: 36.20	150m: 2:00.19	250m: 3:33.02	350m: 5:00.26
100m: 1:14.98	200m: 2:42.90	300m: 4:22.48	400m: 5:37.90
4. Ana Margarida Salgueiro	99 Nautico Abrantes	5:39.06	496
50m: 36.09	150m: 2:04.43	250m: 3:34.40	350m: 5:01.19
100m: 1:20.90	200m: 2:47.46	300m: 4:21.85	400m: 5:39.06
5. Maria Beatriz Lopes	00 Rio Maior	5:55.93	428
50m: 39.33	150m: 2:10.06	250m: 3:45.01	350m: 5:16.08
100m: 1:25.57	200m: 2:53.26	300m: 4:36.01	400m: 5:55.93
6. Mafalda Alexandra Cabaca	00 20Km de Almeirim	6:00.58	412
50m: 37.34	150m: 2:09.74	250m: 3:47.40	350m: 5:20.21
100m: 1:21.20	200m: 2:57.21	300m: 4:38.84	400m: 6:00.58
7. Mariana Nunes Domingos	00 20Km de Almeirim	6:04.99	397
50m: 37.76	150m: 2:11.61	250m: 3:49.47	350m: 5:23.78
100m: 1:24.02	200m: 2:58.84	300m: 4:42.14	400m: 6:04.99
8. Beatriz Ribeiro Simoes	01 Torres Novas	6:05.57	395
50m: 38.82	150m: 2:12.07	250m: 3:52.39	350m: 5:25.20
100m: 1:24.10	200m: 3:00.60	300m: 4:45.19	400m: 6:05.57
9. Ana Catarina Santos	00 Uniao Samorense	6:06.74	392
50m: 37.57	150m: 2:07.00	250m: 3:48.76	350m: 5:25.58
100m: 1:20.40	200m: 2:54.38	300m: 4:43.59	400m: 6:06.74
10. Catia Iordan Agostinho	02 Rio Maior	6:10.50	380
50m: 42.07	150m: 2:17.96	250m: 3:55.42	350m: 5:29.68
100m: 1:30.64	200m: 3:04.62	300m: 4:47.51	400m: 6:10.50
11. Carolina Marques Neves	01 Torres Novas	6:16.13	363
50m: 40.23	150m: 2:19.44	250m: 4:01.03	350m: 5:36.61
100m: 1:29.24	200m: 3:08.95	300m: 4:54.57	400m: 6:16.13
12. Mafalda Gilberto Marques	01 Natacao do Tejo	6:18.35	357
50m: 40.44	150m: 2:20.08	250m: 4:01.84	350m: 5:36.68
100m: 1:29.63	200m: 3:09.48	300m: 4:53.62	400m: 6:18.35
13. Ines Cambe Cunha	02 Torres Novas	6:26.34	335
50m: 42.79	150m: 2:21.80	250m: 4:04.63	350m: 5:43.80
100m: 1:31.49	200m: 3:11.80	300m: 4:58.95	400m: 6:26.34
14. Beatriz Maria Duarte	02 Nautico Abrantes	6:28.51	329
50m: 40.29	150m: 2:21.00	250m: 4:05.19	350m: 5:45.15
100m: 1:30.75	200m: 3:11.33	300m: 5:00.02	400m: 6:28.51

Jornada Apuramento Categorias - Rio Maior 50 Metros
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Prova 1, Femin., 400m Estilos, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
15. Carolina Polonio Alexandre	01 CLAC-Entroncamento	6:34.95	313
50m: 44.35 150m: 2:25.92 250m: 4:06.74 350m: 5:49.85			
100m: 1:39.87 200m: 3:11.77 300m: 5:02.63 400m: 6:34.95			
DNS Tatiana Lima Silva	96 Natacao do Tejo		

13 anos e mais velhos, Masc.

1. Tiago Filipe Campos	99 Viver Santarem	5:05.64	507
50m: 31.41 150m: 1:46.84 250m: 3:11.18 350m: 4:33.55			
100m: 1:06.99 200m: 2:26.41 300m: 3:58.29 400m: 5:05.64			
2. Dario Fausto Matias	98 Torres Novas	5:08.07	495
50m: 33.32 150m: 1:52.66 250m: 3:18.37 350m: 4:36.84			
100m: 1:10.28 200m: 2:33.18 300m: 4:03.78 400m: 5:08.07			
3. Jose Henriques Luz	99 Nucleo Sportinguista Golega	5:08.44	494
50m: 32.55 150m: 1:52.14 250m: 3:17.61 350m: 4:37.08			
100m: 1:10.93 200m: 2:31.85 300m: 4:02.92 400m: 5:08.44			
4. Miguel Goncalves Frade	00 Torres Novas	5:15.51	461
50m: 33.69 150m: 1:53.83 250m: 3:20.06 350m: 4:40.16			
100m: 1:13.02 200m: 2:34.87 300m: 4:05.68 400m: 5:15.51			
5. Rui Jorge Lopes	00 CLAC-Entroncamento	5:25.28	421
50m: 33.58 150m: 1:57.06 250m: 3:25.97 350m: 4:51.11			
100m: 1:12.86 200m: 2:39.09 300m: 4:12.19 400m: 5:25.28			
6. Joao Jose Calado	01 Nautico Abrantes	5:27.74	411
50m: 33.27 150m: 1:56.05 250m: 3:27.41 350m: 4:51.60			
100m: 1:13.26 200m: 2:36.77 300m: 4:15.53 400m: 5:27.74			
7. Leonardo Contreiras Jeronimo	00 Nucleo de Pombal	5:32.19	395
50m: 33.03 150m: 1:57.89 250m: 3:27.31 350m: 4:54.43			
100m: 1:13.96 200m: 2:39.96 300m: 4:15.68 400m: 5:32.19			
8. Filipe Asseiceira Ramos	00 Torres Novas	5:40.75	366
50m: 39.96 150m: 2:10.09 250m: 3:40.65 350m: 5:05.05			
100m: 1:26.38 200m: 2:54.21 300m: 4:28.42 400m: 5:40.75			
9. Joao Miguel Marques	01 20Km de Almeirim	5:53.15	329
50m: 38.84 150m: 2:10.39 250m: 3:47.36 350m: 5:16.80			
100m: 1:24.53 200m: 2:56.50 300m: 4:38.55 400m: 5:53.15			
10. Ricardo Luis Leal	01 CLAC-Entroncamento	6:06.96	293
50m: 39.65 150m: 2:16.98 250m: 3:55.10 350m: 5:29.90			
100m: 1:31.34 200m: 3:03.03 300m: 4:48.74 400m: 6:06.96			
11. Joao Tiago Almeida	99 20Km de Almeirim	6:10.57	284
50m: 34.43 150m: 2:06.74 250m: 3:48.18 350m: 5:29.25			
100m: 1:18.95 200m: 2:53.32 300m: 4:46.51 400m: 6:10.57			
12. Joao Antonio Simoes	01 Torres Novas	6:26.99	250
50m: 41.89 150m: 2:24.63 250m: 4:10.98 350m: 5:50.03			
100m: 1:34.77 200m: 3:15.78 300m: 5:08.93 400m: 6:26.99			
13. Tomas Meliciano Cabeleira	01 CLAC-Entroncamento	6:44.80	218
50m: 42.31 150m: 2:27.89 250m: 4:19.78 350m: 6:02.55			
100m: 1:36.30 200m: 3:20.42 300m: 5:19.62 400m: 6:44.80			
DSQ Joao Rafael Protasio	01 CLAC-Entroncamento		
<i>O atleta nao terminou o percurso de costas na posicao dorsal</i>			
DNS Diogo Miguel Castro	00 CLAC-Entroncamento		

Jornada Apuramento Categorias - Rio Maior 50 Metros
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Prova 2 Femin., 200m Livres 12 anos e mais velhos
14-06-2014 - 10:00 Resultados

INF-B 12 Anos FEM 12: 3:24.50 / INF-A 13 Anos FEM 13: 3:12.00 / JUV- A 14 Anos FEM 14: 3:05.00 / JUV-B FEM - 15 15: 3:03.00 /
SEN FEM - 17 + Anos 17 +: 2:56.00 / JUN FEM - 16 16: 2:58.00

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos			
1. Patricia Palmeiro Baeta	00 Viver Santarem	2:18.72	540
50m: 33.30 100m: 1:08.17 150m: 1:43.83 200m: 2:18.72			
2. Mariana Soares Martinho	99 20Km de Almeirim	2:18.78	539
<i>Recorde Distrital JUV-A (02.19.78)</i>			
50m: 33.17 100m: 1:08.44 150m: 1:44.26 200m: 2:18.78			
3. Rute Isabel Leonardo	98 Nautico Abrantes	2:24.34	479
50m: 33.63 100m: 1:09.73 150m: 1:47.14 200m: 2:24.34			
4. Raquel Sofia Jorge	98 Salvaterra de Magos	2:25.57	467
50m: 33.85 100m: 1:10.53 150m: 1:48.77 200m: 2:25.57			
5. Ines Ferreira Duarte	01 Nautico Abrantes	2:28.28	442
50m: 33.74 100m: 1:10.55 150m: 1:49.60 200m: 2:28.28			
6. Rita Sousa Oliveira	01 Torres Novas	2:29.57	430
50m: 35.39 100m: 1:14.58 150m: 1:53.22 200m: 2:29.57			
7. Maria Beatriz Lopes	00 Rio Maior	2:30.70	421
50m: 35.63 100m: 1:13.78 150m: 1:53.06 200m: 2:30.70			
8. Filipa Cardigo Fitas	02 20Km de Almeirim	2:32.36	407
50m: 34.35 100m: 1:13.95 150m: 1:54.39 200m: 2:32.36			
9. Mafalda Alexandra Cabaca	00 20Km de Almeirim	2:32.82	404
50m: 34.91 100m: 1:14.79 150m: 1:54.84 200m: 2:32.82			
10. Sarah Dias	99 CLAC-Entroncamento	2:34.98	387
50m: 34.30 100m: 1:14.00 150m: 1:55.02 200m: 2:34.98			
11. Maria Beatriz Leal	99 Rio Maior	2:35.21	385
50m: 34.76 100m: 1:14.08 150m: 1:55.53 200m: 2:35.21			
12. Mariana Narciso Fidalgo	99 20Km de Almeirim	2:36.02	379
50m: 35.97 100m: 1:15.40 150m: 1:56.07 200m: 2:36.02			
13. Marta Isabel Silva	00 Viver Santarem	2:37.90	366
50m: 36.07 100m: 1:15.85 150m: 1:56.62 200m: 2:37.90			
14. Carolina Guerra Pisco	02 20Km de Almeirim	2:39.97	352
50m: 35.40 100m: 1:16.54 150m: 1:59.44 200m: 2:39.97			
15. Carolina Silverio Carpinteiro	02 Natacao do Tejo	2:40.69	347
50m: 35.70 100m: 1:15.01 150m: 1:59.11 200m: 2:40.69			
16. Ana Beatriz Rodrigues	02 Rio Maior	2:40.88	346
50m: 35.16 100m: 1:15.11 150m: 1:58.06 200m: 2:40.88			
17. Rita Morgado Vieira	02 Rio Maior	2:41.66	341
50m: 37.39 100m: 1:18.35 150m: 2:00.51 200m: 2:41.66			
18. Daniela Sofia Serra	98 CLAC-Entroncamento	2:42.22	337
50m: 35.71 100m: 1:16.60 150m: 1:59.58 200m: 2:42.22			
19. Maria Francisca Torcato	01 20Km de Almeirim	2:42.99	333
50m: 37.23 100m: 1:20.25 150m: 2:03.11 200m: 2:42.99			
20. Margarida Felicidade Baptista	02 Viver Santarem	2:43.61	329
50m: 37.91 100m: 1:19.07 150m: 2:01.66 200m: 2:43.61			
21. Beatriz Santos Reis	01 Torres Novas	2:46.71	311
50m: 37.68 100m: 1:19.82 150m: 2:04.24 200m: 2:46.71			

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Prova 2, Femin., 200m Livres, 12 anos e mais velhos

Lugar					Ano				Tempo final	Pts
22.	Alexandra Bandovas Reis	02	Estremoz / Estremozcarnes			2:47.17	308			
	50m: 36.21	100m: 1:18.42	150m: 2:02.94	200m: 2:47.17						
23.	Claudia Maria Marcalo	99	Natacao do Tejo			2:47.65	306			
	50m: 37.67	100m: 1:20.20	150m: 2:05.48	200m: 2:47.65						
24.	Maria Ines Gabriel	02	Viver Santarem			2:49.83	294			
	50m: 38.31	100m: 1:21.72	150m: 2:06.36	200m: 2:49.83						
25.	Erica Alexandra Madruga	01	Viver Santarem			2:51.88	284			
	50m: 36.86	100m: 1:19.34	150m: 2:05.24	200m: 2:51.88						
26.	Marta Chambel Dias	02	CLAC-Entroncamento			2:52.13	282			
	50m: 39.56	100m: 1:23.84	150m: 2:08.43	200m: 2:52.13						
27.	Lucia Goncalves Dias	01	Torres Novas			2:52.21	282			
	50m: 40.24	100m: 1:23.34	150m: 2:09.26	200m: 2:52.21						
28.	Ines Fernandes Moutinho	99	CLAC-Entroncamento			2:52.71	279			
	50m: 38.22	100m: 1:22.01	150m: 2:07.92	200m: 2:52.71						
29.	Mariana Tome Fidalgo	01	Viver Santarem			2:53.87	274			
	50m: 36.57	100m: 1:14.76	150m: 2:10.18	200m: 2:53.87						
30.	Andreia Sofia Alves	02	Torres Novas			2:55.99	264			
	50m: 40.89	100m: 1:26.47	150m: 2:12.77	200m: 2:55.99						
31.	Laura Batista Agostinho	01	Rio Maior			2:57.04	259			
	50m: 42.17	100m: 1:26.83	150m: 2:12.02	200m: 2:57.04						
32.	Leonor Vitoriano Marques	01	Viver Santarem			2:58.01	255			
	50m: 41.28	100m: 1:26.88	150m: 2:13.26	200m: 2:58.01						
33.	Leonor Chora Gaudencio	01	Torres Novas			2:59.67	248			
	50m: 41.15	100m: 1:26.14	150m: 2:13.67	200m: 2:59.67						
34.	Ana Rita Morais	02	Torres Novas			3:00.93	243			
	50m: 43.23	100m: 1:30.73	150m: 2:18.60	200m: 3:00.93						
35.	Ines Ribeiro Novo	02	Torres Novas			3:01.17	242			
	50m: 41.75	100m: 1:27.46	150m: 2:14.59	200m: 3:01.17						
36.	Beatriz Catarino Moura	02	Nautico Abrantes			3:01.35	241			
	50m: 41.39	100m: 1:28.37	150m: 2:16.88	200m: 3:01.35						
37.	Maria Beatriz Silva	02	CLAC-Entroncamento			3:03.75	232			
	50m: 39.04	100m: 1:25.64	150m: 2:15.93	200m: 3:03.75						
38.	Ana Margarida Ramos	00	Uniao Samorense			3:04.93	228			
	50m: 40.14	100m: 1:25.33	150m: 2:14.91	200m: 3:04.93						
39.	Ines Isabel Conde	01	Torres Novas			3:06.62	221			
	50m: 41.92	100m: 1:30.37	150m: 2:20.09	200m: 3:06.62						
40.	Maria Amoroso Costa	02	Uniao Samorense			3:12.15	203			
	50m: 41.29	100m: 1:29.68	150m: 2:21.66	200m: 3:12.15						
41.	Arine Shynkovyy	02	Nucleo de Pombal			3:12.77	201			
	50m: 41.62	100m: 1:31.72	150m: 2:24.17	200m: 3:12.77						
42.	Joana Matias Almeida	01	20Km de Almeirim			3:14.79	195			
	<i>FTL</i> 50m: 45.72	100m: 1:36.64	150m: 2:27.24	200m: 3:14.79						
43.	Diana Sofia Vital	02	Torres Novas			3:20.80	178			
	50m: 46.33	100m: 1:39.09	150m: 2:34.06	200m: 3:20.80						
44.	Ines Luisa Monteiro	02	Uniao Samorense			3:20.88	177			
	50m: 42.46	100m: 1:35.80	150m: 2:31.35	200m: 3:20.88						

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Rio Maior, 14-6-2014

Prova 2, Femin., 200m Livres, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
45. Carolina Domingues Ferreira <i>FTL</i>	01 Nucleo de Pombal	3:24.23	169
50m: 44.52 100m: 1:36.67 200m: 3:24.23			
DNS Catarina Vilhena Gregorio	96 CLAC-Entroncamento		
DNS Ana Torres Ferreira	99 Nautico Abrantes		
DNS Ana Joao Marreiros	00 Nucleo de Pombal		

Prova 3

Masc., 200m Livres

13 anos e mais velhos

14-06-2014 - 10:30

Resultados

INF-B 13 Anos MAS 13: 3:09.00 / INF-A 14 Anos MAS 14: 2:56.50 / JUV-B 15 Anos MAS 15: 2:44.50 / JUV-A 16 Anos MAS 16: 2:39.50 / SEN MAS - 17 + Anos 17 +: 2:34.50

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
13 anos e mais velhos			
1. Carlos Lopes Pedrosa	94 Naval de Ponta Delgada	1:59.07	628
50m: 27.14 100m: 56.95 150m: 1:27.83 200m: 1:59.07			
2. Miguel Carrico Cruz	99 20Km de Almeirim	2:10.16	481
50m: 30.11 100m: 1:03.24 150m: 1:37.86 200m: 2:10.16			
3. Jose Henriques Luz	99 Nucleo Sportinguista Golega	2:10.22	480
50m: 30.06 100m: 1:03.19 150m: 1:37.32 200m: 2:10.22			
4. Jose Eduardo Felicio	97 Rio Maior	2:10.60	476
50m: 30.66 100m: 1:03.77 150m: 1:37.71 200m: 2:10.60			
5. Luis Filipe Fonseca	97 Estremoz / Estremozcarnes	2:10.70	475
50m: 29.81 100m: 1:03.02 150m: 1:37.51 200m: 2:10.70			
6. Andre Filipe Mendes	92 Nautico Abrantes	2:13.93	441
50m: 26.88 100m: 58.07 150m: 1:34.49 200m: 2:13.93			
7. Joao Mauricio Gaspar	97 Nautico Abrantes	2:14.53	435
50m: 30.42 100m: 1:04.04 150m: 1:39.88 200m: 2:14.53			
8. Joao Pedro Marquez	98 Uniao Samorense	2:15.96	422
50m: 30.94 100m: 1:05.20 150m: 1:41.18 200m: 2:15.96			
9. Bernardo Miguel Portela	96 Rio Maior	2:16.47	417
50m: 31.78 100m: 1:05.89 150m: 1:41.22 200m: 2:16.47			
10. Telmo Pedrosa Rocha	98 Uniao Samorense	2:16.48	417
50m: 30.78 100m: 1:05.21 150m: 1:41.61 200m: 2:16.48			
11. Joao Nazario Carvalho	00 Torres Novas	2:16.81	414
50m: 31.31 100m: 1:04.90 150m: 1:40.01 200m: 2:16.81			
12. Frederico Sucena Riachos	98 Nucleo Sportinguista Golega	2:17.08	411
50m: 29.13 100m: 1:03.37 150m: 1:40.80 200m: 2:17.08			
Joao Luis Baeta	94 Viver Santarem	2:17.08	411
50m: 29.68 100m: 1:04.07 150m: 1:40.20 200m: 2:17.08			
14. Rui Jorge Lopes	00 CLAC-Entroncamento	2:17.69	406
50m: 31.87 100m: 1:07.51 150m: 1:44.21 200m: 2:17.69			
15. Miguel Serrao Santos	00 Viver Santarem	2:18.22	401
50m: 32.77 100m: 1:09.14 150m: 1:44.34 200m: 2:18.22			
16. Duarte Brites Policarpo	95 Torres Novas	2:18.39	400
50m: 30.43 100m: 1:04.50 150m: 1:41.43 200m: 2:18.39			
17. Diogo Miguel Banha	98 Estremoz / Estremozcarnes	2:20.62	381
50m: 31.85 100m: 1:08.98 150m: 1:46.50 200m: 2:20.62			

Jornada Apuramento Categorias - Rio Maior 50 Metros
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Prova 3, Masc., 200m Livres, 13 anos e mais velhos

Lugar							Ano		Tempo final	Pts
18.	Samuel Batista Agostinho						98	Rio Maior	2:20.88	379
	50m:	31.39	100m:	1:06.82	150m:	1:44.23	200m:	2:20.88		
19.	Edi Couto Moderno						95	Nucleo de Pombal	2:21.60	373
	50m:	32.03	100m:	1:07.91	150m:	1:45.46	200m:	2:21.60		
20.	Daniel Ferreira Santos						99	Nucleo de Pombal	2:21.62	373
	50m:	32.03	100m:	1:09.27	150m:	1:47.89	200m:	2:21.62		
21.	Diogo Franco Martins						01	20Km de Almeirim	2:21.96	370
	50m:	32.80	100m:	1:09.68	150m:	1:46.12	200m:	2:21.96		
22.	Filipe Pedro Ferreira						00	Nucleo de Pombal	2:21.98	370
	50m:	32.43	100m:	1:09.03	150m:	1:47.21	200m:	2:21.98		
23.	Martim Basilio Gil						97	CLAC-Entroncamento	2:24.34	352
	50m:	31.47	100m:	1:05.99	150m:	1:43.85	200m:	2:24.34		
24.	Joao Filipe Cotovio						00	Estremoz / Estremozcarnes	2:25.25	346
	50m:	33.83	100m:	1:11.54	150m:	1:49.41	200m:	2:25.25		
25.	Ricardo Luis Leal						01	CLAC-Entroncamento	2:25.34	345
	50m:	33.30	100m:	1:10.51	150m:	1:48.74	200m:	2:25.34		
26.	Sergio Alexandre Batalha						98	Uniao Samorense	2:25.62	343
	50m:	32.09	100m:	1:09.03	150m:	1:47.56	200m:	2:25.62		
27.	Tiago Manuel Santos						01	Rio Maior	2:25.97	341
	50m:	32.97	100m:	1:10.04	150m:	1:48.28	200m:	2:25.97		
28.	Joao Tiago Almeida						99	20Km de Almeirim	2:27.04	333
	50m:	32.90	100m:	1:10.55	150m:	1:49.82	200m:	2:27.04		
29.	Joao Diogo Lopes						01	Viver Santarem	2:28.08	326
	50m:	31.53	100m:	1:08.19	150m:	1:48.81	200m:	2:28.08		
30.	Francisco Jose Pires						98	Uniao Samorense	2:28.29	325
	50m:	33.47	100m:	1:10.90	150m:	1:49.98	200m:	2:28.29		
31.	Diogo Teixeira Mendes						01	Viver Santarem	2:28.52	323
	50m:	32.71	100m:	1:10.59	150m:	1:49.96	200m:	2:28.52		
32.	Joao Miguel Marques						01	20Km de Almeirim	2:28.94	321
	50m:	34.94	100m:	1:13.84	150m:	1:53.15	200m:	2:28.94		
33.	Rodrigo Pereira Damasio						99	Salvaterra de Magos	2:29.64	316
	50m:	32.77	100m:	1:11.75	150m:	1:52.38	200m:	2:29.64		
34.	Roberto Dias Goncalves						00	Nucleo de Pombal	2:30.34	312
	50m:	33.29	100m:	1:11.66	150m:	1:52.79	200m:	2:30.34		
35.	David Antonio Carvalho						99	Natacao do Tejo	2:30.54	311
	50m:	32.40	100m:	1:10.14	150m:	1:50.94	200m:	2:30.54		
36.	Afonso Pinhal Canto						01	20Km de Almeirim	2:31.35	306
	50m:	33.22	100m:	1:12.01	150m:	1:52.28	200m:	2:31.35		
37.	Joao Fernando Bento						99	Uniao Samorense	2:32.31	300
	50m:	32.53	100m:	1:10.48	150m:	1:51.64	200m:	2:32.31		
38.	Alexandre Ferreira Ribeiro						01	Rio Maior	2:33.01	296
	50m:	34.73	100m:	1:13.72	150m:	1:53.59	200m:	2:33.01		
39.	Henrique Miguel Cruz						00	Torres Novas	2:34.49	287
	50m:	34.02	100m:	1:12.85	150m:	1:54.93	200m:	2:34.49		
40.	Joao Mendes Catarino						01	Estremoz / Estremozcarnes	2:34.70	286
	50m:	35.08	100m:	1:14.84	150m:	1:55.33	200m:	2:34.70		
41.	Joao Filipe Patricio						98	Nautico Abrantes	2:35.05	284
	50m:	34.55	100m:	1:13.86	150m:	1:56.01	200m:	2:35.05		

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 3, Masc., 200m Livres, 13 anos e mais velhos

Lugar					Ano			Tempo final	Pts
42.	Pedro Jorge Silva				99	20Km de Almeirim		2:35.65	281
	50m:	33.55	100m:	1:12.07	150m:	1:53.97	200m:	2:35.65	
43.	Nuno Pereira Simoes				01	Torres Novas		2:37.12	273
	50m:	36.63	100m:	1:17.41	150m:	1:58.50	200m:	2:37.12	
44.	Xavier Portela Adriaio				01	Rio Maior		2:37.28	272
	50m:	36.84	100m:	1:16.93	150m:	1:58.17	200m:	2:37.28	
45.	Eliseu Manuel Tavares				99	Uniao Samorense		2:38.69	265
	50m:	34.30	100m:	1:13.86	150m:	1:56.05	200m:	2:38.69	
46.	Diogo Agostinho Soares				00	Nucleo de Pombal		2:39.64	260
	50m:	35.92	100m:	1:16.77	150m:	1:58.95	200m:	2:39.64	
47.	Miguel Filipe Gambutas				00	Estremoz / Estremozcarnes		2:40.51	256
	50m:	36.18	100m:	1:16.47	150m:	1:58.96	200m:	2:40.51	
48.	Rodolfo Costa Rodrigues				97	Rio Maior		2:41.48	252
	<i>FTL</i>								
	50m:	38.61	100m:	1:19.98	150m:	2:01.15	200m:	2:41.48	
49.	Tomas Meliciano Cabeleira				01	CLAC-Entroncamento		2:43.04	244
	50m:	37.32	100m:	1:19.79	150m:	2:03.59	200m:	2:43.04	
50.	João Filipe Pires				00	Estremoz / Estremozcarnes		2:43.37	243
	50m:	35.23	100m:	1:16.21	150m:	1:59.73	200m:	2:43.37	
51.	Gustavo Rosa Arroja				00	Rio Maior		2:43.71	241
	50m:	36.39	100m:	1:18.22	150m:	2:03.12	200m:	2:43.71	
52.	Bruno Miguel Goncalves				00	Nucleo de Pombal		2:46.84	228
	50m:	37.27	100m:	1:20.96	150m:	2:05.46	200m:	2:46.84	
53.	Pedro Manuel Lopes				01	Torres Novas		2:47.17	227
	50m:	37.07	100m:	1:21.44	150m:	2:08.34	200m:	2:47.17	
54.	Joao Rafael Protasio				01	CLAC-Entroncamento		2:48.24	222
	50m:	37.68	100m:	1:20.05	150m:	2:04.88	200m:	2:48.24	
55.	Tomas Antunes Ribeiro				01	Torres Novas		2:54.69	199
	50m:	39.36	100m:	1:24.07	150m:	2:11.25	200m:	2:54.69	
56.	Telmo Alexandre Valente				01	Nucleo de Pombal		2:54.80	198
	100m:	1:25.62	200m:	2:54.80					
57.	Ruben Alexandre Ferreira				98	Nucleo de Pombal		2:58.48	186
	<i>FTL</i>								
	50m:	36.25	100m:	1:19.63	150m:	2:08.53	200m:	2:58.48	
DNS	Marcio Lima Silva				01	Natacao do Tejo			
DNS	Manuel Maria Potes				00	Nautico Abrantes			
DNS	Diogo Samouco Dias				01	Torres Novas			
DNS	Francisco Inacio Rodrigues				00	Viver Santarem			
WDR	Daniel Sendrea				98	Uniao Samorense			

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 4 Femin., 50m Costas 12 anos e mais velhos
14-06-2014 - 11:00 Resultados

JUV- A 14 Anos FEM 14: 43.50 / JUV-B FEM - 15 15: 43.50 / JUN FEM - 16 16: 41.50 / SEN FEM - 17 + Anos 17 +: 41.40

Pontos: FINA 2014

Lugar	Ano		Tempo final	Pts
12 anos e mais velhos				
1.	98	Maria Madalena Silva Nautico Abrantes	33.58	523
2.	99	Sarah Dias CLAC-Entroncamento	35.23	453
3.	98	Isabel Catarino Cravo Nucleo de Pombal	36.15	419
4.	99	Ana Margarida Salgueiro Nautico Abrantes	36.88	395
5.	97	Mariana Jorge Duarte Nucleo de Pombal	37.32	381
6.	98	Daniela Sofia Serra CLAC-Entroncamento	37.63	371
7.	00	Ana Catarina Santos Uniao Samorense	38.05	359
8.	00	Lara Alexandra Delgado Torres Novas	38.53	346
9.	96	Ana Catarina Travessa Salvaterra de Magos	38.94	335
10.	97	Sofia Isabel Mendes Salvaterra de Magos	39.13	330
11.	87	Joana Rita Gouveia Nucleo de Pombal	39.48	321
12.	00	Joana Costa Bernardino CLAC-Entroncamento	40.47	298
13.	00	Joana Costa Rodrigues Rio Maior	40.62	295
14.	95	Catarina Costa Rodrigues Rio Maior	41.67	273
		<i>FTL</i>		
15.	00	Ana Margarida Ramos Uniao Samorense	44.49	225
		<i>FTL</i>		
16.	00	Catarina Montez Costa Rio Maior	46.42	198
		<i>FTL</i>		
DNS	99	Ana Torres Ferreira Nautico Abrantes		

Prova 5 Masc., 50m Costas 13 anos e mais velhos
14-06-2014 - 11:05 Resultados

JUV-B 15 Anos MAS 15: 39.50 / JUV-A 16 Anos MAS 16: 38.50 / SEN MAS - 17 + Anos 17 +: 37.50

Pontos: FINA 2014

Lugar	Ano		Tempo final	Pts
13 anos e mais velhos				
1.	97	Luis Filipe Fonseca Estremoz / Estremozcarnes	30.69	480
2.	97	Afonso Filipe Gaspar Nautico Abrantes	30.90	470
3.	99	Marco Andre Miguel Torres Novas	31.20	457
4.	96	Pedro Rafael Cintrao Nucleo de Pombal	31.22	456
5.	98	Frederico Sucena Riachos Nucleo Sportinguista Golega	31.23	456
6.	90	Tiago Andre Gouveia CLAC-Entroncamento	31.92	427
7.	98	Diogo Miguel Banha Estremoz / Estremozcarnes	32.24	414
8.	97	Joao Courelas Goncalves Nucleo de Pombal	33.66	364
9.	98	Telmo Pedrosa Rocha Uniao Samorense	35.06	322
10.	98	Sergio Alexandre Batalha Uniao Samorense	35.64	306
11.	98	Francisco Jose Pires Uniao Samorense	38.68	240
		<i>FTL</i>		
DNF	94	Carlos Lopes Pedrosa Naval de Ponta Delgada		

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 6 Femin., 200m Braços 12 anos e mais velhos
14-06-2014 - 11:10 Resultados

INF-B 12 Anos FEM 12: 4:19.50 / INF-A 13 Anos FEM 13: 3:57.50 / JUV- A 14 Anos FEM 14: 3:45.00 / JUV-B FEM - 15 15: 3:43.90 / JUN FEM - 16 16: 3:40.50 / SEN FEM - 17 + Anos 17 +: 3:38.60

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos			
1. Rute Isabel Leonardo	98 Nautico Abrantes	2:57.49	481
50m: 40.44 100m: 1:25.26 150m: 2:12.74 200m: 2:57.49			
2. Beatriz Duarte Matias	97 Nucleo de Pombal	3:05.68	420
50m: 42.05 100m: 1:29.08 150m: 2:18.77 200m: 3:05.68			
3. Ines Ferreira Duarte	01 Nautico Abrantes	3:06.03	418
50m: 41.89 100m: 1:29.28 150m: 2:18.07 200m: 3:06.03			
4. Carolina Marques Neves	01 Torres Novas	3:09.50	395
50m: 44.00 100m: 1:31.93 150m: 2:21.24 200m: 3:09.50			
5. Mafalda Gilberto Marques	01 Natacao do Tejo	3:15.17	362
50m: 44.91 100m: 1:35.02 150m: 2:25.52 200m: 3:15.17			
6. Raquel Sofia Jorge	98 Salvaterra de Magos	3:16.10	356
50m: 44.16 100m: 1:34.27 150m: 2:26.82 200m: 3:16.10			
7. Rita Sousa Oliveira	01 Torres Novas	3:16.52	354
50m: 46.29 100m: 1:36.79 150m: 2:27.45 200m: 3:16.52			
8. Mariana Nunes Domingos	00 20Km de Almeirim	3:19.65	338
50m: 45.01 100m: 1:35.84 150m: 2:27.87 200m: 3:19.65			
9. Catia Jordan Agostinho	02 Rio Maior	3:20.13	335
50m: 47.09 100m: 1:38.68 150m: 2:30.30 200m: 3:20.13			
10. Beatriz Ribeiro Simoes	01 Torres Novas	3:20.88	332
50m: 47.54 100m: 1:38.51 150m: 2:30.39 200m: 3:20.88			
11. Carolina Silverio Carpinteiro	02 Natacao do Tejo	3:22.39	324
50m: 48.05 100m: 1:38.69 150m: 2:32.60 200m: 3:22.39			
12. Ana Catarina Travessa	96 Salvaterra de Magos	3:22.49	324
50m: 44.96 100m: 1:36.13 150m: 2:29.23 200m: 3:22.49			
13. Mariana Narciso Fidalgo	99 20Km de Almeirim	3:23.23	320
50m: 48.05 100m: 1:38.73 150m: 2:31.95 200m: 3:23.23			
14. Alexandra Bandovas Reis	02 Estremoz / Estremozcarnes	3:25.94	308
50m: 47.27 100m: 1:41.33 150m: 2:35.59 200m: 3:25.94			
15. Rita Morgado Vieira	02 Rio Maior	3:31.30	285
50m: 50.12 100m: 1:44.45 150m: 2:38.05 200m: 3:31.30			
16. Laura Batista Agostinho	01 Rio Maior	3:32.85	279
50m: 50.27 100m: 1:44.75 150m: 2:38.37 200m: 3:32.85			
17. Marta Chambel Dias	02 CLAC-Entroncamento	3:33.46	276
50m: 47.50 100m: 1:42.08 150m: 2:37.93 200m: 3:33.46			
18. Carolina Polonio Alexandre	01 CLAC-Entroncamento	3:34.66	272
50m: 50.77 100m: 1:45.26 150m: 2:40.55 200m: 3:34.66			
19. Beatriz Maria Duarte	02 Nautico Abrantes	3:35.58	268
50m: 48.46 100m: 1:41.70 150m: 2:39.96 200m: 3:35.58			
20. Maria Ines Gabriel	02 Viver Santarem	3:41.60	247
50m: 52.26 100m: 1:50.21 150m: 2:47.44 200m: 3:41.60			
21. Ines Fernandes Moutinho	99 CLAC-Entroncamento	3:41.83	246
50m: 49.59 100m: 1:46.07 150m: 2:44.29 200m: 3:41.83			
22. Ines Isabel Conde	01 Torres Novas	3:45.38	235
50m: 52.52 100m: 1:49.00 150m: 2:47.78 200m: 3:45.38			

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 6, Femin., 200m Bruços, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
23. Margarida Felicidade Baptista 50m: 52.94 100m: 1:49.08 150m: 2:48.68 200m: 3:47.22	02 Viver Santarem	3:47.22	229
24. Andreia Sofia Alves 50m: 53.34 100m: 1:52.41 150m: 2:51.33 200m: 3:48.39	02 Torres Novas	3:48.39	225
25. Ana Rita Morais 50m: 55.71 100m: 1:55.75 150m: 2:55.25 200m: 3:49.03	02 Torres Novas	3:49.03	224
26. Maria Francisca Torcato 50m: 51.72 100m: 1:50.40 150m: 2:52.35 200m: 3:50.44	01 20Km de Almeirim	3:50.44	219
27. Maria Beatriz Silva 50m: 52.92 100m: 1:52.04 150m: 2:52.78 200m: 3:51.36	02 CLAC-Entroncamento	3:51.36	217
28. Leonor Vitoriano Marques 50m: 56.59 100m: 1:56.74 150m: 2:55.57 200m: 3:53.75	01 Viver Santarem	3:53.75	210
29. Beatriz Catarino Moura 50m: 55.69 100m: 1:55.35 150m: 2:56.91 200m: 3:53.85	02 Nautico Abrantes	3:53.85	210
30. Diana Sofia Vital 50m: 54.86 100m: 1:53.64 150m: 2:55.44 200m: 3:54.39	02 Torres Novas	3:54.39	209
31. Joana Costa Bernardino <i>FTL</i> 50m: 53.47 100m: 1:54.10 150m: 2:55.62 200m: 3:55.89	00 CLAC-Entroncamento	3:55.89	205
32. Erica Alexandra Madruga <i>FTL</i> 50m: 52.11 100m: 1:52.43 150m: 2:56.36 200m: 4:00.17	01 Viver Santarem	4:00.17	194
33. Ines Ribeiro Novo 50m: 54.30 100m: 1:53.91 150m: 2:58.33 200m: 4:00.31	02 Torres Novas	4:00.31	193
34. Joana Matias Almeida <i>FTL</i> 50m: 58.62 100m: 2:01.50 150m: 3:07.78 200m: 4:12.59	01 20Km de Almeirim	4:12.59	167
DSQ Ines Cambe Cunha <i>A nadadora tocou com uma mão na viragem dos 100m.</i>	02 Torres Novas		
DNS Catarina Vilhena Gregorio	96 CLAC-Entroncamento		

Prova 7

Masc., 200m Bruços

13 anos e mais velhos

14-06-2014 - 11:35

Resultados

INF-B 13 Anos MAS 13: 4:17.50 / INF-A 14 Anos MAS 14: 4:00.00 / JUV-B 15 Anos MAS 15: 3:44.00 / JUV-A 16 Anos MAS 16: 3:38.50 / SEN MAS - 17 + Anos 17 +: 3:28.00

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
13 anos e mais velhos			
1. Joao Pedro Braga 50m: 32.91 100m: 1:10.37 150m: 1:48.58 200m: 2:27.98	94 Naval de Ponta Delgada	2:27.98	632
2. Guilherme Antonio Reis 50m: 37.10 100m: 1:18.71 150m: 2:02.05 200m: 2:42.61	96 Torres Novas	2:42.61	476
3. Miguel Carrico Cruz 50m: 36.79 100m: 1:19.63 150m: 2:02.61 200m: 2:42.92	99 20Km de Almeirim	2:42.92	473
4. Miguel Goncalves Frade 50m: 38.70 100m: 1:21.22 150m: 2:06.18 200m: 2:49.19	00 Torres Novas	2:49.19	423
5. Joao Paulo Lopes 50m: 36.27 100m: 1:18.57 150m: 2:04.87 200m: 2:51.10	98 Torres Novas	2:51.10	409

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 7, Masc., 200m Bruços, 13 anos e mais velhos

Lugar					Ano				Tempo final	Pts
6.	Dario Fausto Matias	98	Torres Novas					2:55.09	381	
	50m: 38.89	100m: 1:24.04	150m: 2:10.57	200m: 2:55.09						
7.	Joao Carlos Bastos	86	Viver Santarem					2:58.61	359	
	50m: 41.63	100m: 1:26.27	150m: 2:13.81	200m: 2:58.61						
8.	Joao Mauricio Gaspar	97	Nautico Abrantes					3:01.37	343	
	50m: 41.51	100m: 1:27.84	150m: 2:15.32	200m: 3:01.37						
9.	Tiago Andre Gouveia	90	CLAC-Entroncamento					3:01.98	339	
	50m: 41.34	100m: 1:28.10	150m: 2:15.82	200m: 3:01.98						
10.	Filipe Asseiceira Ramos	00	Torres Novas					3:03.59	331	
	50m: 41.74	100m: 1:29.01	150m: 2:16.88	200m: 3:03.59						
11.	Joao Pedro Marquez	98	Uniao Samorense					3:06.14	317	
	50m: 42.93	100m: 1:30.42	150m: 2:18.32	200m: 3:06.14						
12.	Joao Jose Calado	01	Nautico Abrantes					3:07.07	312	
	50m: 42.81	100m: 1:30.95	150m: 2:19.47	200m: 3:07.07						
13.	Joao Filipe Cotovio	00	Estremoz / Estremozcarnes					3:10.09	298	
	50m: 45.41	100m: 1:33.44	150m: 2:24.62	200m: 3:10.09						
14.	Miguel Filipe Gambutas	00	Estremoz / Estremozcarnes					3:10.87	294	
	50m: 43.23	100m: 1:31.97	150m: 2:22.79	200m: 3:10.87						
15.	Joao Diogo Lopes	01	Viver Santarem					3:13.02	284	
	50m: 41.66	100m: 1:31.25	150m: 2:22.63	200m: 3:13.02						
16.	Diogo Teixeira Mendes	01	Viver Santarem					3:14.86	276	
	50m: 44.27	100m: 1:34.38	150m: 2:25.54	200m: 3:14.86						
17.	Joao Fernando Bento	99	Uniao Samorense					3:15.65	273	
	50m: 43.29	100m: 1:32.33	150m: 2:24.13	200m: 3:15.65						
18.	Miguel Serrao Santos	00	Viver Santarem					3:16.17	271	
	50m: 44.95	100m: 1:35.52	150m: 2:27.51	200m: 3:16.17						
19.	Henrique Miguel Cruz	00	Torres Novas					3:19.15	259	
	50m: 45.49	100m: 1:36.37	150m: 2:28.55	200m: 3:19.15						
20.	Roberto Dias Goncalves	00	Nucleo de Pombal					3:19.74	257	
	50m: 41.78	100m: 1:31.76	150m: 2:25.37	200m: 3:19.74						
21.	Andre Diogo Olivenca	98	Viver Santarem					3:20.67	253	
	50m: 45.24	100m: 1:36.67	150m: 2:30.33	200m: 3:20.67						
22.	Eliseu Manuel Tavares	99	Uniao Samorense					3:21.56	250	
	50m: 46.16	100m: 1:37.65	150m: 2:30.20	200m: 3:21.56						
23.	Joao Mendes Catarino	01	Estremoz / Estremozcarnes					3:23.43	243	
	50m: 45.22	100m: 1:37.67	150m: 2:32.14	200m: 3:23.43						
24.	Martim Basilio Gil	97	CLAC-Entroncamento					3:24.32	240	
	50m: 46.77	100m: 1:36.97	150m: 2:31.98	200m: 3:24.32						
25.	Rodrigo Pereira Damasio	99	Salvaterra de Magos					3:31.28	217	
	50m: 47.16	100m: 1:40.51	150m: 2:37.35	200m: 3:31.28						
26.	Daniel Filipe Oliveira	01	Natacao do Tejo					3:38.16	197	
	50m: 49.92	100m: 1:44.64	150m: 2:40.74	200m: 3:38.16						
27.	Pedro Manuel Lopes	01	Torres Novas					3:38.19	197	
	50m: 49.57	100m: 1:46.24	150m: 2:46.25	200m: 3:38.19						
DNS	Diogo Miguel Castro	00	CLAC-Entroncamento							
DNS	Diogo Samouco Dias	01	Torres Novas							
DNS	Francisco Inacio Rodrigues	00	Viver Santarem							

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

2 - 2ª SESSÃO

14-06-2014 - 15:30

Prova 8 Femin., 50m Bruços 12 anos e mais velhos
14-06-2014 - 15:30 Resultados

JUV- A 14 Anos FEM 14: 48.50 / JUV-B FEM - 15 15: 48.00 / JUN FEM - 16 16: 47.50 / SEN FEM - 17 + Anos 17 +: 47.40

Pontos: FINA 2014

Lugar	Ano		Tempo final	Pts
12 anos e mais velhos				
1.	96	Catarina Vilhena Gregorio CLAC-Entroncamento	37.78	475
2.	97	Beatriz Duarte Matias Nucleo de Pombal	39.63	411
3.	00	Mariana Nunes Domingos 20Km de Almeirim	41.96	346
4.	96	Ana Catarina Travessa Salvaterra de Magos	42.01	345
5.	98	Raquel Sofia Jorge Salvaterra de Magos	42.47	334
6.	00	Joana Costa Rodrigues Rio Maior	45.47	272
7.	00	Catarina Montez Costa Rio Maior	48.63	222
		<i>FTL</i>		
8.	00	Ines Barata Domingos Natacao do Tejo	49.68	208
		<i>FTL</i>		
9.	00	Ana Margarida Ramos Uniao Samorense	51.96	182
		<i>FTL</i>		
DNS	99	Ana Torres Ferreira Nautico Abrantes		

Prova 9 Masc., 50m Bruços 13 anos e mais velhos
14-06-2014 - 15:35 Resultados

JUV-B 15 Anos MAS 15: 45.50 / JUV-A 16 Anos MAS 16: 44.50 / SEN MAS - 17 + Anos 17 +: 43.50

Pontos: FINA 2014

Lugar	Ano		Tempo final	Pts
13 anos e mais velhos				
1.	99	Miguel Carrico Cruz 20Km de Almeirim <i>Recorde JUV-B (00.32.53)</i>	32.46	554
2.	92	Andre Filipe Mendes Nautico Abrantes	32.53	551
3.	94	Joao Pedro Braga Naval de Ponta Delgada	32.76	539
4.	96	Guilherme Antonio Reis Torres Novas	33.52	503
5.	90	Tiago Andre Gouveia CLAC-Entroncamento	34.83	448
6.	98	Joao Paulo Lopes Torres Novas	35.59	420
7.	98	Joao Pedro Marquez Uniao Samorense	37.09	371
8.	97	Joao Mauricio Gaspar Nautico Abrantes	37.52	359
	99	Marco Andre Miguel Torres Novas	37.52	359
10.	99	Joao Fernando Bento Uniao Samorense	37.85	349
11.	97	Martim Basilio Gil CLAC-Entroncamento	38.42	334
12.	94	Nazar Vershynin Cartaxo	39.21	314
13.	98	Francisco Jose Pires Uniao Samorense	41.51	265
14.	99	Rodrigo Pereira Damasio Salvaterra de Magos	41.59	263
15.	99	Eliseu Manuel Tavares Uniao Samorense	43.29	233
DNS	91	Nuno Miguel Afonso Natacao do Tejo		
WDR	98	Daniel Sendrea Uniao Samorense		

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 10
14-06-2014 - 15:40

Femin., 200m Costas

12 anos e mais velhos
Resultados

INF-B 12 Anos FEM 12: 3:52.00 / INF-A 13 Anos FEM 13: 3:32.50 / JUV- A 14 Anos FEM 14: 3:25.00 / JUV-B FEM - 15 15: 3:22.00 / JUN FEM - 16 16: 3:13.00 / SEN FEM - 17 + Anos 17 +: 3:12.00

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos			
1. Mariana Soares Martinho	99 20Km de Almeirim	2:38.69	477
<i>Recorde Distrital JUV-A (02.38.85)</i>			
50m: 37.49 100m: 1:17.91 150m: 1:58.82 200m: 2:38.69			
2. Ines Ferreira Duarte	01 Nautico Abrantes	2:41.81	450
50m: 38.96 100m: 1:19.67 150m: 2:01.38 200m: 2:41.81			
3. Ana Margarida Salgueiro	99 Nautico Abrantes	2:42.50	444
50m: 38.93 100m: 1:20.07 150m: 2:02.23 200m: 2:42.50			
4. Maria Beatriz Lopes	00 Rio Maior	2:45.46	421
50m: 39.51 100m: 1:21.17 150m: 2:03.77 200m: 2:45.46			
5. Daniela Sofia Serra	98 CLAC-Entroncamento	2:49.17	394
50m: 39.26 100m: 1:22.42 150m: 2:06.34 200m: 2:49.17			
6. Rita Sousa Oliveira	01 Torres Novas	2:51.87	376
50m: 39.97 100m: 1:22.90 150m: 2:07.92 200m: 2:51.87			
7. Ana Catarina Santos	00 Uniao Samorense	2:53.50	365
50m: 41.80 100m: 1:26.57 200m: 2:53.50			
8. Mariana Nunes Domingos	00 20Km de Almeirim	2:55.32	354
50m: 42.78 100m: 1:27.64 200m: 2:55.32			
9. Ana Beatriz Rodrigues	02 Rio Maior	2:55.49	353
50m: 41.86 100m: 1:27.26 150m: 2:11.86 200m: 2:55.49			
10. Mafalda Alexandra Cabaca	00 20Km de Almeirim	2:57.62	340
50m: 41.73 100m: 1:26.93 150m: 2:13.01 200m: 2:57.62			
11. Rita Morgado Vieira	02 Rio Maior	2:58.26	337
50m: 42.99 100m: 1:28.45 200m: 2:58.26			
12. Beatriz Ribeiro Simoes	01 Torres Novas	2:58.63	334
50m: 42.42 100m: 1:28.15 150m: 2:14.38 200m: 2:58.63			
13. Beatriz Santos Reis	01 Torres Novas	3:00.50	324
50m: 42.87 100m: 1:28.29 200m: 3:00.50			
14. Carolina Miguel Marques	99 Natacao do Tejo	3:03.13	310
50m: 42.04 100m: 1:30.27 150m: 2:16.67 200m: 3:03.13			
15. Carolina Marques Neves	01 Torres Novas	3:03.93	306
50m: 43.62 100m: 1:30.22 150m: 2:17.86 200m: 3:03.93			
16. Beatriz Maria Duarte	02 Nautico Abrantes	3:04.42	304
50m: 45.37 100m: 1:32.26 200m: 3:04.42			
17. Margarida Felicidade Baptista	02 Viver Santarem	3:04.43	304
50m: 44.31 100m: 1:31.24 150m: 2:18.86 200m: 3:04.43			
18. Carolina Polonio Alexandre	01 CLAC-Entroncamento	3:04.55	303
50m: 44.06 100m: 1:31.84 150m: 2:19.65 200m: 3:04.55			
19. Alexandra Bandovas Reis	02 Estremoz / Estremozcarnes	3:05.64	298
50m: 42.73 100m: 1:28.80 200m: 3:05.64			
20. Ines Cambe Cunha	02 Torres Novas	3:08.92	283
50m: 45.72 100m: 1:34.16 150m: 2:22.20 200m: 3:08.92			
21. Maria Ines Gabriel	02 Viver Santarem	3:10.90	274
50m: 45.66 100m: 1:35.52 150m: 2:25.03 200m: 3:10.90			

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 10, Femin., 200m Costas, 12 anos e mais velhos

Lugar	Ano	Tempo final	Pts
22. Erica Alexandra Madruga 50m: 45.39 100m: 1:35.50 150m: 2:25.94 200m: 3:12.69	01 Viver Santarem	3:12.69	266
23. Maria Francisca Torcato 50m: 46.18 100m: 1:36.17 150m: 2:25.70 200m: 3:14.09	01 20Km de Almeirim	3:14.09	261
24. Maria Beatriz Silva 50m: 45.59 100m: 1:37.38 150m: 2:27.22 200m: 3:17.62	02 CLAC-Entroncamento	3:17.62	247
25. Leonor Chora Gaudencio 50m: 46.64 100m: 1:37.28 150m: 2:29.80 200m: 3:20.17	01 Torres Novas	3:20.17	238
26. Ines Ribeiro Novo 50m: 48.50 100m: 1:39.63 150m: 2:31.26 200m: 3:20.46	02 Torres Novas	3:20.46	237
27. Beatriz Catarino Moura 50m: 46.75 100m: 1:38.41 150m: 2:30.29 200m: 3:20.74	02 Nautico Abrantes	3:20.74	236
28. Marta Chambel Dias 50m: 47.71 100m: 1:37.94 150m: 2:30.62 200m: 3:21.35	02 CLAC-Entroncamento	3:21.35	233
29. Maria Amoroso Costa 50m: 48.72 100m: 1:40.82 150m: 2:33.41 200m: 3:23.20	02 Uniao Samorense	3:23.20	227
30. Ana Margarida Ramos 50m: 47.41 100m: 1:40.12 150m: 2:33.49 200m: 3:23.58	00 Uniao Samorense	3:23.58	226
31. Ines Isabel Conde 50m: 48.34 100m: 1:41.63 150m: 2:36.76 200m: 3:27.85	01 Torres Novas	3:27.85	212
Arine Shynkovyy 50m: 50.36 100m: 1:43.06 150m: 2:36.68 200m: 3:27.85	02 Nucleo de Pombal	3:27.85	212
33. Ana Rita Morais 50m: 51.83 100m: 1:46.11 150m: 2:38.58 200m: 3:28.86	02 Torres Novas	3:28.86	209
34. Ines Luisa Monteiro 50m: 47.80 100m: 1:42.45 150m: 2:39.55 200m: 3:32.06	02 Uniao Samorense	3:32.06	200
35. Carolina Domingues Ferreira <i>FTL</i> 50m: 51.63 100m: 1:49.07 200m: 3:43.57	01 Nucleo de Pombal	3:43.57	170
36. Joana Matias Almeida <i>FTL</i> 50m: 55.05 100m: 1:52.18 150m: 2:50.46 200m: 3:47.87	01 20Km de Almeirim	3:47.87	161
DNS Carolina Silverio Carpinteiro	02 Natacao do Tejo		
DNS Ana Torres Ferreira	99 Nautico Abrantes		
DNS Andreia Sofia Alves	02 Torres Novas		
DNS Marta Isabel Silva	00 Viver Santarem		

Prova 11

14-06-2014 - 16:10

Masc., 200m Costas

13 anos e mais velhos

Resultados

INF-B 13 Anos MAS 13: 3:41.50 / INF-A 14 Anos MAS 14: 3:26.50 / JUV-B 15 Anos MAS 15: 3:18.00 / JUV-A 16 Anos MAS 16: 3:14.00 / SEN MAS - 17 + Anos 17 +: 3:10.00

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
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Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 11, Masc., 200m Costas

13 anos e mais velhos

1.	Carlos Lopes Pedrosa	94	Naval de Ponta Delgada	2:18.76	524
	50m: 33.31 100m: 1:08.49 150m: 1:44.22 200m: 2:18.76				
2.	Jose Eduardo Felicio	97	Rio Maior	2:25.66	453
	50m: 35.86 100m: 1:12.73 150m: 1:49.74 200m: 2:25.66				
3.	Luis Filipe Fonseca	97	Estremoz / Estremozcarnes	2:25.85	451
	50m: 34.54 100m: 1:11.90 150m: 1:49.05 200m: 2:25.85				
4.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:29.71	417
	50m: 36.32 100m: 1:14.39 150m: 1:52.94 200m: 2:29.71				
5.	Afonso Filipe Gaspar	97	Nautico Abrantes	2:30.28	413
	50m: 35.56 100m: 1:14.09 150m: 1:52.63 200m: 2:30.28				
6.	Leonardo Contreiras Jeronimo	00	Nucleo de Pombal	2:33.37	388
	50m: 36.20 100m: 1:15.87 150m: 1:56.01 200m: 2:33.37				
7.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	2:34.04	383
	50m: 36.57 100m: 1:15.57 150m: 1:55.25 200m: 2:34.04				
8.	Diogo Miguel Banha	98	Estremoz / Estremozcarnes	2:35.25	374
	50m: 36.25 100m: 1:16.98 150m: 1:56.88 200m: 2:35.25				
9.	Miguel Goncalves Frade	00	Torres Novas	2:37.24	360
	50m: 38.38 100m: 1:17.89 150m: 1:58.91 200m: 2:37.24				
10.	Samuel Batista Agostinho	98	Rio Maior	2:37.81	356
	50m: 37.93 100m: 1:17.87 150m: 1:59.08 200m: 2:37.81				
11.	Joao Jose Calado	01	Nautico Abrantes	2:39.15	347
	50m: 36.57 100m: 1:17.38 150m: 1:59.05 200m: 2:39.15				
12.	Joao Mauricio Gaspar	97	Nautico Abrantes	2:40.44	339
	50m: 39.73 100m: 1:21.05 150m: 2:02.44 200m: 2:40.44				
13.	Joao Filipe Cotovio	00	Estremoz / Estremozcarnes	2:42.47	326
	50m: 38.77 100m: 1:20.48 150m: 2:03.33 200m: 2:42.47				
14.	Joao Carlos Bastos	86	Viver Santarem	2:44.49	314
	50m: 39.09 100m: 1:20.27 150m: 2:03.12 200m: 2:44.49				
15.	Joao Pedro Marquez	98	Uniao Samorense	2:45.17	311
	50m: 39.48 100m: 1:22.66 150m: 2:04.92 200m: 2:45.17				
16.	Telmo Pedrosa Rocha	98	Uniao Samorense	2:45.85	307
	50m: 39.49 100m: 1:21.77 150m: 2:04.58 200m: 2:45.85				
17.	Rui Jorge Lopes	00	CLAC-Entroncamento	2:45.91	306
	50m: 38.03 100m: 1:19.94 150m: 2:03.10 200m: 2:45.91				
18.	Alexandre Ferreira Ribeiro	01	Rio Maior	2:46.20	305
	50m: 39.85 100m: 1:21.76 150m: 2:04.54 200m: 2:46.20				
19.	Afonso Pinhal Canto	01	20Km de Almeirim	2:47.33	299
	50m: 39.77 100m: 1:22.44 150m: 2:06.30 200m: 2:47.33				
20.	Ricardo Luis Leal	01	CLAC-Entroncamento	2:47.67	297
	50m: 40.22 100m: 1:23.30 150m: 2:07.40 200m: 2:47.67				
21.	Diogo Franco Martins	01	20Km de Almeirim	2:49.06	290
	50m: 40.28 100m: 1:23.19 150m: 2:07.14 200m: 2:49.06				
22.	Miguel Serrao Santos	00	Viver Santarem	2:50.71	281
	50m: 41.92 100m: 1:24.76 150m: 2:08.74 200m: 2:50.71				
23.	Filipe Pedro Ferreira	00	Nucleo de Pombal	2:50.72	281
	50m: 40.07 100m: 1:24.37 150m: 2:09.12 200m: 2:50.72				
24.	Pedro Jorge Silva	99	20Km de Almeirim	2:50.77	281
	50m: 40.25 100m: 1:24.67 150m: 2:09.62 200m: 2:50.77				

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 11, Masc., 200m Costas, 13 anos e mais velhos

Lugar					Ano				Tempo final	Pts
25.	Henrique Miguel Cruz				00	Torres Novas			2:50.99	280
	50m:	40.19	100m:	1:23.93	150m:	2:08.17	200m:	2:50.99		
26.	Miguel Filipe Gambutas				00	Estremoz / Estremozcarnes			2:52.33	273
	50m:	40.63	100m:	1:24.93	150m:	2:09.75	200m:	2:52.33		
27.	Joao Miguel Marques				01	20Km de Almeirim			2:52.69	272
	50m:	40.50	100m:	1:25.53	150m:	2:10.63	200m:	2:52.69		
28.	Diogo Teixeira Mendes				01	Viver Santarem			2:52.71	272
	50m:	41.25	100m:	1:26.96	150m:	2:11.39	200m:	2:52.71		
29.	Sergio Alexandre Batalha				98	Uniao Samorense			2:55.33	260
	50m:	40.87	100m:	1:25.92	150m:	2:11.50	200m:	2:55.33		
30.	Joao Tiago Almeida				99	20Km de Almeirim			2:57.34	251
	50m:	40.43	100m:	1:24.31	150m:	2:11.26	200m:	2:57.34		
31.	Joao Diogo Lopes				01	Viver Santarem			2:58.09	248
	50m:	42.31	100m:	1:27.86	150m:	2:14.16	200m:	2:58.09		
32.	Joao Filipe Patricio				98	Nautico Abrantes			2:58.68	245
	50m:	44.74	100m:	1:30.54	150m:	2:16.70	200m:	2:58.68		
33.	Eliseu Manuel Tavares				99	Uniao Samorense			2:59.07	244
	50m:	41.94	100m:	1:27.84	150m:	2:13.71	200m:	2:59.07		
34.	Ruben Alexandre Carvalho				98	Cartaxo			2:59.38	242
	50m:	40.96	100m:	1:26.99	150m:	2:14.80	200m:	2:59.38		
35.	David Jose Carpinteiro				00	Natacao do Tejo			3:00.49	238
	50m:	42.83	100m:	1:29.38	150m:	2:15.98	200m:	3:00.49		
36.	João Filipe Pires				00	Estremoz / Estremozcarnes			3:00.62	237
	50m:	42.85	100m:	1:30.33	150m:	2:16.78	200m:	3:00.62		
37.	David Antonio Carvalho				99	Natacao do Tejo			3:02.69	229
	50m:	40.36	100m:	1:27.55	150m:	2:16.11	200m:	3:02.69		
38.	Bruno Miguel Goncalves				00	Nucleo de Pombal			3:02.75	229
	50m:	42.79	100m:	1:29.81	150m:	2:17.22	200m:	3:02.75		
39.	Diogo Agostinho Soares				00	Nucleo de Pombal			3:05.71	218
	50m:	43.46	100m:	1:30.44	150m:	2:17.98	200m:	3:05.71		
40.	Joao Mendes Catarino				01	Estremoz / Estremozcarnes			3:06.84	214
	50m:	44.30	100m:	1:33.46	150m:	2:20.67	200m:	3:06.84		
41.	Tomas Meliciano Cabeleira				01	CLAC-Entroncamento			3:08.39	209
	50m:	44.02	100m:	1:32.63	150m:	2:22.28	200m:	3:08.39		
42.	Andre Diogo Olivenca				98	Viver Santarem			3:09.18	207
	50m:	45.46	100m:	1:32.83	150m:	2:21.88	200m:	3:09.18		
43.	Tomas Antunes Ribeiro				01	Torres Novas			3:24.33	164
	50m:	48.83	100m:	1:41.03	150m:	2:33.53	200m:	3:24.33		
44.	Telmo Alexandre Valente				01	Nucleo de Pombal			3:26.09	160
	50m:	49.54	100m:	1:43.39	150m:	2:35.77	200m:	3:26.09		
45.	Daniel Filipe Oliveira				01	Natacao do Tejo			3:28.90	153
	50m:	51.27	100m:	1:44.62	150m:	2:39.87	200m:	3:28.90		
DNS	Diogo Miguel Castro				00	CLAC-Entroncamento				
DNS	Manuel Maria Potes				00	Nautico Abrantes				
DNS	Francisco Inacio Rodrigues				00	Viver Santarem				

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 12 Femin., 50m Mariposa 12 anos e mais velhos
14-06-2014 - 16:35 Resultados

JUV- A 14 Anos FEM 14: 43.00 / JUV-B FEM - 15 15: 42.00 / JUN FEM - 16 16: 41.00 / SEN FEM - 17 + Anos 17 +: 40.90

Pontos: FINA 2014

Lugar	Ano		Tempo final	Pts
12 anos e mais velhos				
1.	98	Maria Madalena Silva Nautico Abrantes	31.32	512
2.	96	Catarina Vilhena Gregorio CLAC-Entroncamento	31.62	498
3.	98	Rute Isabel Leonardo Nautico Abrantes	32.43	461
4.	99	Sarah Dias CLAC-Entroncamento	33.32	425
5.	99	Mariana Soares Martinho 20Km de Almeirim	34.10	397
6.	98	Daniela Sofia Serra CLAC-Entroncamento	34.35	388
7.	96	Tatiana Lima Silva Natacao do Tejo	34.36	388
8.	00	Ana Catarina Santos Uniao Samorense	35.22	360
9.	98	Isabel Catarino Cravo Nucleo de Pombal	35.76	344
10.	00	Mafalda Alexandra Cabaca 20Km de Almeirim	35.80	343
	87	Joana Rita Gouveia Nucleo de Pombal	35.80	343
12.	96	Ana Catarina Travessa Salvaterra de Magos	36.11	334
13.	99	Carolina Miguel Marques Natacao do Tejo	36.60	321
14.	97	Mariana Jorge Duarte Nucleo de Pombal	37.17	306
15.	99	Hatira Guseinova Torres Novas	37.54	297
16.	99	Claudia Maria Marcalo Natacao do Tejo	37.92	288
17.	97	Sofia Isabel Mendes Salvaterra de Magos	41.34	223
		<i>FTL</i>		
18.	99	Mariana Narciso Fidalgo 20Km de Almeirim	41.41	221
19.	99	Ines Fernandes Moutinho CLAC-Entroncamento	42.71	202
		<i>FTL</i>		
20.	95	Catarina Costa Rodrigues Rio Maior	43.33	193
		<i>FTL</i>		
21.	00	Ines Barata Domingos Natacao do Tejo	43.40	192
		<i>FTL</i>		
DNS	00	Ana Joao Marreiros Nucleo de Pombal		

Prova 13 Masc., 50m Mariposa 13 anos e mais velhos
14-06-2014 - 16:40 Resultados

INF-B 13 Anos MAS 13: 43.00 / INF-A 14 Anos MAS 14: 41.00 / JUV-B 15 Anos MAS 15: 40.00 / JUV-A 16 Anos MAS 16: 39.00 /
SEN MAS - 17 + Anos 17 +: 38.00

Pontos: FINA 2014

Lugar	Ano		Tempo final	Pts
13 anos e mais velhos				
	99	Daniel Ferreira Santos Nucleo de Pombal	31.43	363
	97	Joao Courelas Goncalves Nucleo de Pombal	31.44	363
	99	Rodrigo Pereira Damasio Salvaterra de Magos	33.35	304
	99	Joao Tiago Almeida 20Km de Almeirim	34.52	274
	97	Telmo Joao Faria Natacao do Tejo	34.66	271
	95	Edi Couto Moderno Nucleo de Pombal	37.53	213
WDR	96	Andre Pombo Dias Natacao do Tejo		
WDR	98	Daniel Sendrea Uniao Samorense		

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 14
14-06-2014 - 16:50

1500m Livres

12 anos e mais velhos
Resultados

INF-B 12 Anos FEM 12 Femin.: 26:15.00 / INF-A 13 Anos FEM 13 Femin.: 24:35.00 / JUV- A 14 Anos FEM 14 Femin.: 23:30.00 / JUV-
B FEM - 15 15 Femin.: 23:18.00 / JUN FEM - 16 16 Femin.: 22:40.50 / SEN FEM - 17 + Anos 17 + Femin.: 22:37.50 / INF-
B 13 Anos MAS 13 Masc.: 25:30.00 / INF-A 14 Anos MAS 14 Masc.: 24:00.00 / JUV-B 15 Anos MAS 15 Masc.: 23:00.00 / JUV-
A 16 Anos MAS 16 Masc.: 22:30.00 / SEN MAS - 17 + Anos 17 + Masc.: 21:30.00

Pontos: FINA 2014

Lugar	Ano	Tempo final	Pts
12 anos e mais velhos, Femin.			
1. Maria Beatriz Dias	99 Viver Santarem	18:46.86	574
50m: 34.85 300m: 3:39.79	550m: 6:48.46 800m: 9:57.59	1050m: 13:06.26 1300m: 16:16.73	
100m: 1:11.42 350m: 4:17.35	600m: 7:26.17 850m: 10:35.25	1100m: 13:44.28 1350m: 16:54.70	
150m: 1:48.42 400m: 4:54.97	650m: 8:04.26 900m: 11:12.95	1150m: 14:22.38 1400m: 17:32.34	
200m: 2:25.47 450m: 5:32.67	700m: 8:41.95 950m: 11:50.53	1200m: 15:00.50 1450m: 18:09.76	
250m: 3:02.49 500m: 6:10.84	750m: 9:19.68 1000m: 12:28.27	1250m: 15:38.56 1500m: 18:46.86	
2. Maria Madalena Silva	98 Nautico Abrantes	19:16.36	531
50m: 35.42 300m: 3:48.05	550m: 7:02.99 800m: 10:16.28	1050m: 13:31.26 1300m: 16:45.46	
100m: 1:13.64 350m: 4:26.87	600m: 7:42.07 850m: 10:55.05	1100m: 14:09.49 1350m: 17:24.93	
150m: 1:52.50 400m: 5:05.79	650m: 8:20.82 900m: 11:33.75	1150m: 14:49.02 1400m: 18:03.30	
200m: 2:30.93 450m: 5:45.25	700m: 8:58.80 950m: 12:13.19	1200m: 15:27.54 1450m: 18:41.73	
250m: 3:09.70 500m: 6:23.80	750m: 9:37.79 1000m: 12:52.12	1250m: 16:07.22 1500m: 19:16.36	
3. Ana Carolina Gomes	97 Cartaxo	19:27.88	515
50m: 34.27 300m: 3:46.52	550m: 7:00.68 800m: 10:14.70	1050m: 13:31.98 1300m: 16:50.84	
100m: 1:11.43 350m: 4:25.65	600m: 7:39.28 850m: 10:54.03	1100m: 14:11.63 1350m: 17:30.05	
150m: 1:50.15 400m: 5:04.24	650m: 8:18.42 900m: 11:32.95	1150m: 14:52.12 1400m: 18:09.76	
200m: 2:29.02 450m: 5:43.10	700m: 8:56.92 950m: 12:12.55	1200m: 15:31.54 1450m: 18:49.40	
250m: 3:08.12 500m: 6:21.60	750m: 9:35.84 1000m: 12:52.46	1250m: 16:11.60 1500m: 19:27.88	
4. Ana Margarida Salgueiro	99 Nautico Abrantes	19:41.35	498
50m: 35.30 300m: 3:53.19	550m: 7:11.12 800m: 10:31.27	1050m: 13:53.16 1300m: 17:09.81	
100m: 1:14.10 350m: 4:32.93	600m: 7:50.78 850m: 11:11.83	1100m: 14:32.72 1350m: 17:47.99	
150m: 1:53.46 400m: 5:12.18	650m: 8:30.70 900m: 11:52.60	1150m: 15:12.29 1400m: 18:26.85	
200m: 2:33.56 450m: 5:51.94	700m: 9:10.65 950m: 12:32.86	1200m: 15:51.41 1450m: 19:04.49	
250m: 3:13.26 500m: 6:31.53	750m: 9:50.90 1000m: 13:13.33	1250m: 16:30.78 1500m: 19:41.35	
5. Patricia Palmeiro Baeta	00 Viver Santarem	19:52.18	484
50m: 34.39 300m: 3:45.88	550m: 7:00.34 800m: 10:18.01	1050m: 13:42.60 1300m: 17:09.36	
100m: 1:12.11 350m: 4:24.67	600m: 7:39.70 850m: 10:57.86	1100m: 14:24.37 1350m: 17:50.64	
150m: 1:50.44 400m: 5:04.11	650m: 8:18.55 900m: 11:38.70	1150m: 15:05.29 1400m: 18:32.71	
200m: 2:28.70 450m: 5:42.82	700m: 8:58.32 950m: 12:19.37	1200m: 15:46.84 1450m: 19:12.90	
250m: 3:07.35 500m: 6:21.75	750m: 9:37.84 1000m: 13:00.85	1250m: 16:27.85 1500m: 19:52.18	
6. Maria Beatriz Lopes	00 Rio Maior	20:06.43	467
50m: 36.12 300m: 3:56.16	550m: 7:18.10 800m: 10:39.26	1050m: 14:01.75 1300m: 17:25.42	
100m: 1:15.47 350m: 4:36.63	600m: 7:58.29 850m: 11:19.54	1100m: 14:42.45 1350m: 18:06.01	
150m: 1:55.73 400m: 5:17.13	650m: 8:38.70 900m: 12:00.00	1150m: 15:23.11 1400m: 18:46.83	
200m: 2:36.10 450m: 5:57.80	700m: 9:18.81 950m: 12:40.39	1200m: 16:04.25 1450m: 19:27.01	
250m: 3:16.58 500m: 6:37.99	750m: 9:59.20 1000m: 13:20.94	1250m: 16:44.81 1500m: 20:06.43	
7. Raquel Sofia Jorge	98 Salvaterra de Magos	20:28.72	442
50m: 35.36 300m: 3:57.59	550m: 7:23.85 800m: 10:49.78	1050m: 14:17.50 1300m: 17:46.08	
100m: 1:14.80 350m: 4:38.82	600m: 8:04.73 850m: 11:31.02	1100m: 14:59.19 1350m: 18:27.25	
150m: 1:55.08 400m: 5:20.00	650m: 8:45.84 900m: 12:12.74	1150m: 15:41.15 1400m: 19:08.62	
200m: 2:35.70 450m: 6:01.47	700m: 9:27.19 950m: 12:54.16	1200m: 16:22.81 1450m: 19:49.07	
250m: 3:16.69 500m: 6:42.85	750m: 10:08.35 1000m: 13:35.76	1250m: 17:04.85 1500m: 20:28.72	
8. Rute Isabel Leonardo	98 Nautico Abrantes	20:43.06	427
50m: 37.27 300m: 4:04.33	550m: 7:34.51 800m: 11:04.24	1050m: 14:33.16 1300m: 18:02.98	
100m: 1:17.95 350m: 4:46.37	600m: 8:16.02 850m: 11:46.66	1100m: 15:15.28 1350m: 18:43.63	
150m: 1:59.26 400m: 5:28.55	650m: 8:57.97 900m: 12:28.49	1150m: 15:56.97 1400m: 19:24.48	
200m: 2:40.38 450m: 6:10.39	700m: 9:40.28 950m: 13:09.51	1200m: 16:38.59 1450m: 20:03.56	
250m: 3:22.11 500m: 6:52.55	750m: 10:22.15 1000m: 13:52.06	1250m: 17:20.62 1500m: 20:43.06	

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 14, Femin., 1500m Livres, 12 anos e mais velhos

Lugar			Ano				Tempo final		Pts	
9.	Ana Claudia Santo		97		Cartaxo		20:49.04		421	
	50m:	34.10	300m:	3:53.91	550m:	7:23.37	800m:	10:54.35	1050m:	14:27.56
	100m:	1:12.36	350m:	4:35.45	600m:	8:05.54	850m:	11:36.67	1100m:	15:10.67
	150m:	1:52.16	400m:	5:17.12	650m:	8:48.13	900m:	12:19.24	1150m:	15:53.34
	200m:	2:32.57	450m:	5:58.85	700m:	9:30.55	950m:	13:01.48	1200m:	16:36.36
	250m:	3:13.26	500m:	6:41.05	750m:	10:12.26	1000m:	13:44.61	1250m:	17:19.31
									1300m:	18:02.15
									1350m:	18:44.28
									1400m:	19:26.72
									1450m:	20:08.32
									1500m:	20:49.04
10.	Filipa Cardigo Fitas		02		20Km de Almeirim		20:54.94		415	
	50m:	35.38	300m:	4:00.99	550m:	7:29.55	800m:	10:54.35	1050m:	14:33.46
	100m:	1:15.73	350m:	4:43.18	600m:	8:11.14	850m:	11:38.39	1100m:	15:17.48
	150m:	1:57.70	400m:	5:25.32	650m:	8:51.71	900m:	12:21.67	1150m:	16:02.94
	200m:	2:39.31	450m:	6:06.66	700m:	9:32.60	950m:	13:06.41	1200m:	16:46.60
	250m:	3:20.46	500m:	6:48.13	750m:	10:13.10	1000m:	13:50.37	1250m:	17:29.60
									1300m:	18:10.84
									1350m:	18:51.54
									1400m:	19:33.69
									1450m:	20:14.36
									1500m:	20:54.94
11.	Mafalda Gilberto Marques		01		Natacao do Tejo		20:57.15		413	
	50m:	36.43	300m:	4:04.82	550m:	7:35.88	800m:	11:08.64	1050m:	14:41.86
	100m:	1:16.90	350m:	4:46.83	600m:	8:19.01	850m:	11:51.21	1100m:	15:24.23
	150m:	1:58.15	400m:	5:29.61	650m:	9:00.56	900m:	12:34.07	1150m:	16:06.00
	200m:	2:40.55	450m:	6:10.86	700m:	9:43.63	950m:	13:16.97	1200m:	16:48.21
	250m:	3:22.59	500m:	6:54.35	750m:	10:26.00	1000m:	13:59.67	1250m:	17:29.98
									1300m:	18:11.97
									1350m:	18:54.11
									1400m:	19:37.06
									1450m:	20:17.98
									1500m:	20:57.15
12.	Tatiana Lima Silva		96		Natacao do Tejo		21:25.20		386	
	50m:	36.64	300m:	4:04.97	550m:	7:37.57	800m:	11:13.78	1050m:	14:51.71
	100m:	1:17.32	350m:	4:47.02	600m:	8:20.20	850m:	11:57.55	1100m:	15:35.53
	150m:	1:59.38	400m:	5:29.84	650m:	9:03.13	900m:	12:41.08	1150m:	16:19.87
	200m:	2:41.23	450m:	6:12.37	700m:	9:46.60	950m:	13:24.73	1200m:	17:03.31
	250m:	3:22.98	500m:	6:54.70	750m:	10:29.37	1000m:	14:08.54	1250m:	17:48.08
									1300m:	18:31.28
									1350m:	19:14.83
									1400m:	19:58.04
									1450m:	20:41.74
									1500m:	21:25.20
13.	Joana Sofia Amado		99		Cartaxo		21:28.74		383	
	50m:	36.66	300m:	4:04.98	550m:	7:39.97	800m:	11:16.88	1050m:	14:57.99
	100m:	1:17.31	350m:	4:47.43	600m:	8:22.41	850m:	12:01.25	1100m:	15:42.92
	150m:	1:58.79	400m:	5:30.60	650m:	9:06.28	900m:	12:45.57	1150m:	16:26.93
	200m:	2:40.54	450m:	6:13.54	700m:	9:49.42	950m:	13:29.55	1200m:	17:11.18
	250m:	3:22.72	500m:	6:56.63	750m:	10:32.94	1000m:	14:13.64	1250m:	17:55.28
									1300m:	18:39.18
									1350m:	19:21.24
									1400m:	20:05.02
									1450m:	20:47.30
									1500m:	21:28.74
14.	Sarah Dias		99		CLAC-Entroncamento		21:35.48		377	
	50m:	35.70	300m:	4:05.77	550m:	7:42.33	800m:	11:19.86	1050m:	15:02.28
	100m:	1:16.12	350m:	4:48.83	600m:	8:25.58	850m:	12:03.87	1100m:	15:46.14
	150m:	1:57.89	400m:	5:32.00	650m:	9:09.27	900m:	12:48.41	1150m:	16:31.26
	200m:	2:40.73	450m:	6:15.19	700m:	9:52.51	950m:	13:32.85	1200m:	17:15.38
	250m:	3:23.20	500m:	6:58.39	750m:	10:36.43	1000m:	14:17.28	1250m:	17:59.66
									1300m:	18:43.00
									1350m:	19:27.58
									1400m:	20:10.28
									1450m:	20:53.83
									1500m:	21:35.48
15.	Carolina Guerra Pisco		02		20Km de Almeirim		22:10.79		348	
	50m:	35.93	300m:	4:06.26	550m:	7:42.05	800m:	11:18.67	1050m:	15:11.31
	100m:	1:16.70	350m:	4:49.14	600m:	8:25.05	850m:	12:03.74	1100m:	15:58.52
	150m:	1:58.27	400m:	5:32.35	650m:	9:07.88	900m:	12:50.44	1150m:	16:45.28
	200m:	2:40.49	450m:	6:15.82	700m:	9:50.68	950m:	13:37.28	1200m:	17:32.24
	250m:	3:23.20	500m:	6:59.10	750m:	10:34.58	1000m:	14:24.35	1250m:	18:18.61
									1300m:	19:05.88
									1350m:	19:52.42
									1400m:	20:38.85
									1450m:	21:25.17
									1500m:	22:10.79
16.	Carolina Silverio Carpinteiro		02		Natacao do Tejo		22:35.92		329	
	50m:	35.50	300m:	4:15.06	550m:	8:03.52	800m:	11:57.65	1050m:	15:53.99
	100m:	1:14.70	350m:	5:00.88	600m:	8:49.56	850m:	12:45.63	1100m:	16:42.69
	150m:	1:55.20	400m:	5:46.84	650m:	9:35.73	900m:	13:33.46	1150m:	17:28.64
	200m:	2:34.79	450m:	6:31.84	700m:	10:23.71	950m:	14:20.18	1200m:	18:11.49
	250m:	3:25.02	500m:	7:17.34	750m:	11:10.13	1000m:	15:07.18	1250m:	18:55.81
									1300m:	19:42.40
									1350m:	20:25.45
									1400m:	21:10.58
									1450m:	21:53.66
									1500m:	22:35.92

13 anos e mais velhos, Masc.

1.	Dario Fausto Matias		98		Torres Novas		17:16.49		593	
	50m:	29.73	300m:	3:21.15	550m:	6:15.00	800m:	9:09.76	1050m:	12:04.98
	100m:	1:03.25	350m:	3:55.69	600m:	6:49.78	850m:	9:44.68	1100m:	12:39.92
	150m:	1:37.83	400m:	4:30.69	650m:	7:24.95	900m:	10:19.85	1150m:	13:14.78
	200m:	2:12.00	450m:	5:05.45	700m:	7:59.73	950m:	10:54.65	1200m:	13:49.85
	250m:	2:46.51	500m:	5:40.15	750m:	8:34.77	1000m:	11:29.65	1250m:	14:24.92
									1300m:	14:59.77
									1350m:	15:34.37
									1400m:	16:09.11
									1450m:	16:43.07
									1500m:	17:16.49

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 14, Masc., 1500m Livres, 13 anos e mais velhos

Lugar	Ano										Tempo final	Pts		
2.	Jose Henriques Luz										99	Nucleo Sportinguista Golega	17:52.66	535
	50m:	31.74	300m:	3:31.31	550m:	6:29.13	800m:	9:29.24	1050m:	12:30.83	1300m:	15:31.67		
	100m:	1:06.82	350m:	4:06.83	600m:	7:05.28	850m:	10:05.36	1100m:	13:07.07	1350m:	16:07.84		
	150m:	1:42.40	400m:	4:42.73	650m:	7:40.98	900m:	10:41.64	1150m:	13:43.45	1400m:	16:43.53		
	200m:	2:19.00	450m:	5:17.80	700m:	8:17.02	950m:	11:17.88	1200m:	14:19.58	1450m:	17:19.22		
	250m:	2:54.95	500m:	5:53.49	750m:	8:53.10	1000m:	11:54.53	1250m:	14:55.85	1500m:	17:52.66		
3.	Joao Luis Baeta										94	Viver Santarem	18:06.60	515
	50m:	32.67	300m:	3:34.80	550m:	6:38.01	800m:	9:38.65	1050m:	12:38.99	1300m:	15:43.08		
	100m:	1:08.33	350m:	4:11.58	600m:	7:14.21	850m:	10:14.47	1100m:	13:15.50	1350m:	16:20.17		
	150m:	1:45.13	400m:	4:48.24	650m:	7:50.38	900m:	10:50.49	1150m:	13:52.36	1400m:	16:56.99		
	200m:	2:21.48	450m:	5:25.12	700m:	8:26.16	950m:	11:26.25	1200m:	14:29.59	1450m:	17:33.67		
	250m:	2:58.21	500m:	6:01.47	750m:	9:02.46	1000m:	12:02.45	1250m:	15:06.32	1500m:	18:06.60		
4.	Tiago Filipe Campos										99	Viver Santarem	18:08.98	511
	50m:	32.33	300m:	3:31.54	550m:	6:33.47	800m:	9:36.84	1050m:	12:42.76	1300m:	15:48.04		
	100m:	1:07.75	350m:	4:07.20	600m:	7:10.67	850m:	10:13.99	1100m:	13:20.45	1350m:	16:24.90		
	150m:	1:43.74	400m:	4:43.83	650m:	7:47.29	900m:	10:50.80	1150m:	13:56.70	1400m:	17:02.12		
	200m:	2:19.63	450m:	5:20.19	700m:	8:24.10	950m:	11:27.88	1200m:	14:33.55	1450m:	17:35.54		
	250m:	2:55.30	500m:	5:57.07	750m:	9:00.28	1000m:	12:05.53	1250m:	15:10.56	1500m:	18:08.98		
5.	Miguel Goncalves Frade										00	Torres Novas	18:43.99	465
	50m:	33.10	300m:	3:36.63	550m:	6:43.89	800m:	9:51.69	1050m:	13:01.06	1300m:	16:13.55		
	100m:	1:08.94	350m:	4:13.93	600m:	7:21.33	850m:	10:29.56	1100m:	13:39.41	1350m:	16:51.52		
	150m:	1:45.79	400m:	4:51.59	650m:	7:58.74	900m:	11:07.63	1150m:	14:17.74	1400m:	17:29.61		
	200m:	2:22.64	450m:	5:29.05	700m:	8:36.93	950m:	11:45.60	1200m:	14:56.31	1450m:	18:07.17		
	250m:	2:59.43	500m:	6:06.78	750m:	9:13.62	1000m:	12:23.38	1250m:	15:34.51	1500m:	18:43.99		
6.	Filipe Asseiceira Ramos										00	Torres Novas	18:51.64	455
	50m:	33.60	300m:	3:40.52	550m:	6:48.94	800m:	9:59.60	1050m:	13:11.02	1300m:	16:22.16		
	100m:	1:09.98	350m:	4:18.51	600m:	7:26.39	850m:	10:37.97	1100m:	13:49.71	1350m:	16:59.79		
	150m:	1:47.45	400m:	4:56.25	650m:	8:04.57	900m:	11:16.32	1150m:	14:27.68	1400m:	17:37.87		
	200m:	2:25.14	450m:	5:33.89	700m:	8:43.07	950m:	11:54.74	1200m:	15:06.03	1450m:	18:15.19		
	250m:	3:02.83	500m:	6:11.72	750m:	9:21.16	1000m:	12:33.48	1250m:	15:43.43	1500m:	18:51.64		
7.	Rui Jorge Lopes										00	CLAC-Entroncamento	19:00.38	445
	50m:	31.50	300m:	3:34.85	550m:	6:52.71	800m:	10:07.05	1050m:	13:19.16	1300m:	16:31.02		
	100m:	1:06.82	350m:	4:11.84	600m:	7:31.54	850m:	10:45.71	1100m:	13:57.60	1350m:	17:08.63		
	150m:	1:43.83	400m:	4:46.83	650m:	8:10.16	900m:	11:24.23	1150m:	14:35.70	1400m:	17:46.74		
	200m:	2:20.89	450m:	5:32.78	700m:	8:49.16	950m:	12:02.70	1200m:	15:14.08	1450m:	18:23.93		
	250m:	2:58.00	500m:	6:14.69	750m:	9:28.03	1000m:	12:40.94	1250m:	15:52.32	1500m:	19:00.38		
8.	Joao Jose Calado										01	Nautico Abrantes	19:03.19	442
	50m:	31.62	300m:	3:39.48	550m:	6:51.97	800m:	10:05.00	1050m:	13:19.59	1300m:	16:32.83		
	100m:	1:08.48	350m:	4:18.42	600m:	7:30.63	850m:	10:44.36	1100m:	13:58.69	1350m:	17:11.37		
	150m:	1:46.38	400m:	4:56.36	650m:	8:10.03	900m:	11:22.78	1150m:	14:36.88	1400m:	17:49.52		
	200m:	2:23.09	450m:	5:35.12	700m:	8:48.47	950m:	12:02.36	1200m:	15:15.13	1450m:	18:27.11		
	250m:	3:01.17	500m:	6:13.35	750m:	9:26.87	1000m:	12:40.30	1250m:	15:54.18	1500m:	19:03.19		
9.	Joao Francisco Ferreira										93	CLAC-Entroncamento	19:22.17	420
	50m:	34.81	300m:	3:46.12	550m:	7:01.35	800m:	10:13.54	1050m:	13:26.73	1300m:	16:44.04		
	100m:	1:12.26	350m:	4:25.28	600m:	7:40.13	850m:	10:51.94	1100m:	14:06.36	1350m:	17:23.75		
	150m:	1:50.13	400m:	5:04.55	650m:	8:18.15	900m:	11:30.75	1150m:	14:45.33	1400m:	18:03.88		
	200m:	2:28.20	450m:	5:43.71	700m:	8:56.74	950m:	12:09.15	1200m:	15:24.94	1450m:	18:43.19		
	250m:	3:07.08	500m:	6:22.56	750m:	9:34.79	1000m:	12:47.86	1250m:	16:04.25	1500m:	19:22.17		
10.	Samuel Batista Agostinho										98	Rio Maior	19:48.66	393
	50m:	34.48	300m:	3:52.95	550m:	7:12.72	800m:	10:31.86	1050m:	13:51.40	1300m:	17:12.00		
	100m:	1:13.79	350m:	4:33.10	600m:	7:51.99	850m:	11:12.10	1100m:	14:31.39	1350m:	17:51.87		
	150m:	1:53.96	400m:	5:12.97	650m:	8:32.02	900m:	11:51.74	1150m:	15:11.54	1400m:	18:32.04		
	200m:	2:33.29	450m:	5:52.36	700m:	9:12.42	950m:	12:31.59	1200m:	15:51.76	1450m:	19:11.66		
	250m:	3:13.04	500m:	6:32.38	750m:	9:52.45	1000m:	13:11.42	1250m:	16:32.28	1500m:	19:48.66		
11.	Diogo Franco Martins										01	20Km de Almeirim	19:53.47	388
	50m:	35.46	300m:	3:54.36	550m:	7:17.85	800m:	10:41.37	1050m:	14:03.53	1300m:	17:19.95		
	100m:	1:14.12	350m:	4:35.13	600m:	7:58.48	850m:	11:22.12	1100m:	14:42.75	1350m:	17:59.57		
	150m:	1:53.83	400m:	5:15.61	650m:	8:39.44	900m:	12:03.26	1150m:	15:22.69	1400m:	18:38.56		
	200m:	2:33.73	450m:	5:56.11	700m:	9:20.76	950m:	12:43.96	1200m:	16:01.62	1450m:	19:16.06		
	250m:	3:14.04	500m:	6:36.61	750m:	10:01.03	1000m:	13:23.69	1250m:	16:40.97	1500m:	19:53.47		

Jornada Apuramento Categorias - Rio Maior 50 Metros
Rio Maior, 14-6-2014

Prova 14, Masc., 1500m Livres, 13 anos e mais velhos

Lugar			Ano												Tempo final	Pts
12.	Afonso Pinhal Canto		01	20Km de Almeirim											20:01.52	380
	50m:	35.35	300m:	3:56.32	550m:	7:20.44	800m:	10:41.83	1050m:	14:03.29	1300m:	17:24.18				
	100m:	1:14.87	350m:	4:37.51	600m:	8:00.73	850m:	11:22.52	1100m:	14:43.26	1350m:	18:04.72				
	150m:	1:55.45	400m:	5:18.28	650m:	8:41.14	900m:	12:02.37	1150m:	15:23.50	1400m:	18:44.33				
	200m:	2:35.60	450m:	5:59.43	700m:	9:21.36	950m:	12:42.88	1200m:	16:03.59	1450m:	19:23.70				
	250m:	3:15.89	500m:	6:40.17	750m:	10:01.63	1000m:	13:22.75	1250m:	16:43.98	1500m:	20:01.52				
13.	Tiago Manuel Santos		01	Rio Maior											20:31.62	353
	50m:	35.25	300m:	3:54.96	550m:	7:23.41	800m:	10:53.18	1050m:	14:21.17	1300m:	17:50.06				
	100m:	1:14.18	350m:	4:36.76	600m:	8:05.05	850m:	11:34.35	1100m:	15:04.05	1350m:	18:31.83				
	150m:	1:54.07	400m:	5:18.72	650m:	8:47.13	900m:	12:15.72	1150m:	15:46.33	1400m:	19:12.62				
	200m:	2:33.91	450m:	6:00.24	700m:	9:29.48	950m:	12:57.16	1200m:	16:28.25	1450m:	19:52.81				
	250m:	3:14.46	500m:	6:41.91	750m:	10:10.84	1000m:	13:38.89	1250m:	17:09.20	1500m:	20:31.62				
14.	Luis Miguel Monteiro		99	Cartaxo											20:36.29	349
	50m:	34.60	300m:	3:59.16	550m:	7:27.57	800m:	10:54.91	1050m:	14:24.08	1300m:	17:53.28				
	100m:	1:14.06	350m:	4:40.77	600m:	8:08.82	850m:	11:37.58	1100m:	15:07.79	1350m:	18:36.30				
	150m:	1:54.52	400m:	5:22.70	650m:	8:51.27	900m:	12:18.65	1150m:	15:49.07	1400m:	19:17.53				
	200m:	2:36.11	450m:	6:04.41	700m:	9:32.72	950m:	13:00.37	1200m:	16:31.66	1450m:	19:58.66				
	250m:	3:17.31	500m:	6:46.34	750m:	10:14.73	1000m:	13:42.50	1250m:	17:12.39	1500m:	20:36.29				
15.	Ricardo Luis Leal		01	CLAC-Entroncamento											21:38.47	301
	50m:	33.16	300m:	3:51.45	550m:	7:32.53	800m:	11:15.26	1050m:	14:57.69	1300m:	18:40.61				
	100m:	1:10.99	350m:	4:30.83	600m:	8:16.87	850m:	11:59.95	1100m:	15:41.83	1350m:	19:25.78				
	150m:	1:50.55	400m:	5:09.89	650m:	9:01.74	900m:	12:44.18	1150m:	16:26.62	1400m:	20:11.38				
	200m:	2:30.75	450m:	6:00.73	700m:	9:46.59	950m:	13:28.54	1200m:	17:11.34	1450m:	20:54.99				
	250m:	3:11.46	500m:	6:47.52	750m:	10:30.68	1000m:	14:13.03	1250m:	17:55.59	1500m:	21:38.47				
16.	Gustavo Rosa Arroja		00	Rio Maior											22:12.52	279
	50m:	39.16	300m:	4:21.62	550m:	8:05.11	800m:	11:46.57	1050m:	15:31.82	1300m:	19:18.28				
	100m:	1:23.16	350m:	5:06.48	600m:	8:49.02	850m:	12:31.27	1100m:	16:16.83	1350m:	20:03.10				
	150m:	2:08.06	400m:	5:51.79	650m:	9:33.13	900m:	13:15.57	1150m:	17:01.82	1400m:	20:47.49				
	200m:	2:52.43	450m:	6:35.96	700m:	10:17.41	950m:	14:01.62	1200m:	17:47.91	1450m:	21:31.23				
	250m:	3:36.91	500m:	7:20.25	750m:	11:02.53	1000m:	14:46.64	1250m:	18:33.32	1500m:	22:12.52				