



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 1	Femin., 800m Livres				Absoluto
29-02-2020 - 9:30					Resultados
Rec Nac 25m Absoluto	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04-12-2019
Rec Nac 25m 18 +	8:20.97	Diana Margarida, DURAES	POR	Glasgow (GBR)	04-12-2019
Rec Nac 25m 17	8:32.83	Tamila Hryhorivna, HOLUB	SCB	Porto	13-12-2015
Rec Nac 25m 16	8:45.41	Tamila Hryhorivna, HOLUB	SCB	Porto	21-12-2014
Rec Nac 25m 15	8:46.74	Ana Claudia, SANTOS	SFUAP	Cantanhede	19-12-2004
Rec Nac 25m 14	9:00.27	Alexandra Maria, SILVA	FCP	Antibes (FRA)	20-12-1980
Rec Nac 25m 13	9:03.90	Alexandra Maria, SILVA	FCP	Porto	13-07-1980
Rec Nac 25m 12	9:33.95	Filipa Vilas, RUIVO	DNMG	Nazaré	16-05-2009

Pontos: FINA 2019

Lugar	Ano							Tempo final	Pts	
1. Catia Iordan, AGOSTINHO	02	Rio Maior						9:35.79	576	19,00
50m: 32.86	200m: 2:21.40	350m: 4:09.91	500m: 5:58.73	700m: 8:23.94						
100m: 1:08.60	250m: 2:57.60	400m: 4:46.17	550m: 6:35.06	800m: 9:35.79						
150m: 1:45.06	300m: 3:33.68	450m: 5:22.63	600m: 7:11.30							
2. Catarina Isabel, CARLOTA	05	BUZIOS-Coruche						9:40.64	562	17,00
50m: 33.00	200m: 2:22.30	350m: 4:12.59	500m: 6:03.14	650m: 7:53.40	800m: 9:40.64					
100m: 1:08.89	250m: 2:59.06	400m: 4:49.35	550m: 6:40.01	700m: 8:30.29						
150m: 1:45.65	300m: 3:35.95	450m: 5:26.24	600m: 7:16.85	750m: 9:06.56						
3. Laura Andre, CATARINO	03	CCDSerta						9:56.54	518	16,00
50m: 33.21	200m: 2:22.71	350m: 4:13.81	500m: 6:07.90	650m: 8:03.60	800m: 9:56.54					
100m: 1:09.13	250m: 2:59.37	400m: 4:51.40	550m: 6:46.45	700m: 8:42.08						
150m: 1:45.94	300m: 3:36.49	450m: 5:29.55	600m: 7:25.07	750m: 9:19.80						
4. Helena Neto, FLORINDO	06	Electrico Clube						10:01.70	505	15,00
50m: 33.48	200m: 2:26.23	350m: 4:19.97	500m: 6:14.17	650m: 8:08.87	800m: 10:01.70					
100m: 1:10.34	250m: 3:04.26	400m: 4:57.89	550m: 6:51.92	700m: 8:47.17						
150m: 1:48.16	300m: 3:42.06	450m: 5:35.97	600m: 7:30.47	750m: 9:25.04						
5. Mariana Nunes, DOMINGOS	00	Viver Santarem						10:18.16	466	14,00
50m: 33.53	200m: 2:26.54	350m: 4:22.46	500m: 6:21.22	650m: 8:20.12	800m: 10:18.16					
100m: 1:10.42	250m: 3:04.97	400m: 5:01.88	550m: 7:00.73	700m: 8:59.96						
150m: 1:48.31	300m: 3:43.52	450m: 5:41.40	600m: 7:40.29	750m: 9:39.24						
6. Matilde Silva, PIRES	04	Estremoz/Estremozcarnes						10:42.82	414	13,00
50m: 35.72	200m: 2:35.51	350m: 4:37.09	500m: 6:39.69	800m: 10:42.82						
100m: 1:15.06	250m: 3:15.89	400m: 5:17.86	600m: 8:01.48							
150m: 1:55.10	300m: 3:56.28	450m: 5:58.64	700m: 9:23.45							
7. Rita Prado, SILVA	06	Desportivo de Odemira						10:48.11	404	12,00
50m: 34.15	200m: 2:34.03	350m: 4:37.67	500m: 6:42.11	650m: 8:46.03	800m: 10:48.11					
100m: 1:12.74	250m: 3:14.74	400m: 5:18.23	550m: 7:22.89	700m: 9:27.04						
150m: 1:52.83	300m: 3:55.85	450m: 6:00.58	600m: 8:04.69	750m: 10:07.66						
8. Joana Patricia, ANTUNES	06	CLAC-Entroncamento						10:56.39	389	11,00
50m: 36.16	200m: 2:37.59	350m: 4:41.14	500m: 6:46.86	800m: 10:56.39						
100m: 1:16.21	250m: 3:18.96	400m: 5:22.78	600m: 8:12.07							
150m: 1:56.96	300m: 3:59.68	450m: 6:04.92	700m: 9:37.23							
9. Sofia Barbado, CORREIA	03	A Atletico Montemor						10:57.15	388	10,00
50m: 35.28	200m: 2:34.73	350m: 4:39.49	500m: 6:46.59	650m: 8:52.86	800m: 10:57.15					
100m: 1:13.72	250m: 3:15.70	400m: 5:21.56	550m: 7:29.29	700m: 9:35.11						
150m: 1:53.73	300m: 3:57.50	450m: 6:03.73	600m: 8:11.38	750m: 10:16.92						
10. Filipa Maria, PEREIRA	06	Aminata						11:01.65	380	9,00
50m: 35.82	200m: 2:34.46	350m: 4:39.79	500m: 6:47.34	650m: 8:54.97	800m: 11:01.65					
100m: 1:14.65	250m: 3:15.09	400m: 5:21.97	550m: 7:30.10	700m: 9:38.13						
150m: 1:54.65	300m: 3:57.05	450m: 6:04.55	600m: 8:12.83	750m: 10:20.16						
11. Ana Carolina, MOITA	06	Desportivo de Mora						11:29.38	336	8,00
50m: 36.24	200m: 2:43.30	350m: 4:55.11	500m: 7:06.81	650m: 9:18.72	800m: 11:29.38					
100m: 1:17.08	250m: 3:27.00	400m: 5:38.90	550m: 7:51.11	700m: 10:03.01						
150m: 1:59.89	300m: 4:11.00	450m: 6:22.76	600m: 8:34.31	750m: 10:47.02						



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 1, Femin., 800m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
12. Beatriz Elias, PAULA	06 Litoral Alentejano	11:44.42	315 7,00
50m: 39.20 200m: 2:47.05 350m: 4:57.96 500m: 7:11.86 650m: 9:25.13 800m: 11:44.42	100m: 1:21.41 250m: 3:30.71 400m: 5:42.50 550m: 7:57.31 700m: 10:09.70	150m: 2:04.20 300m: 4:14.51 450m: 6:26.39 600m: 8:41.99 750m: 10:56.95	
13. Rita Pereira, DIAS	02 Natacao da Guarda	11:49.05	308 6,00
50m: 38.02 200m: 2:48.76 350m: 5:03.65 500m: 7:19.40 650m: 9:35.45 800m: 11:49.05	100m: 1:19.63 250m: 3:33.05 400m: 5:48.70 550m: 8:04.77 700m: 10:20.65	150m: 2:03.39 300m: 4:18.63 450m: 6:34.46 600m: 8:51.14 750m: 11:05.94	
14. Margarida Viegas, MEDROA	06 Nautico Abrantes	11:59.75	295 5,00
50m: 38.67 200m: 2:52.62 350m: 5:09.35 500m: 7:27.28 650m: 9:45.27 800m: 11:59.75	100m: 1:21.76 250m: 3:37.72 400m: 5:55.52 550m: 8:13.54 700m: 10:31.52	150m: 2:07.04 300m: 4:23.42 450m: 6:41.47 600m: 8:59.18 750m: 11:16.72	
15. Gabriela Conceicao , PINTO	08 Elvense	12:36.90	253 4,00
50m: 40.52 200m: 3:00.05 350m: 5:23.05 500m: 7:47.34 650m: 10:12.76 800m: 12:36.90	100m: 1:25.81 250m: 3:47.37 400m: 6:11.05 550m: 8:36.34 700m: 11:01.02	150m: 2:12.66 300m: 4:35.27 450m: 6:59.59 600m: 9:24.81 750m: 11:48.74	
DSQ Evelina, BOCSA	05 Uniao Samorense		-
<i>SW 4.4 - Falsa partida</i>			

Prova 2

29-02-2020 - 9:55

Masc., 100m Mariposa

Absoluto Resultados

Rec Nac 25m Absoluto	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac 25m 19 +	51.45	Diogo Filipe, CARVALHO	POR	Estocolmo (SWE)	11-11-2009
Rec Nac 25m 18	53.87	Tiago Andre, VENANCIO	CNS	Cantanhede	19-12-2004
Rec Nac 25m 17	53.97	Tiago Andre, VENANCIO	CNS	Alapraia	15-02-2004
Rec Nac 25m 16	55.60	Diogo Gomes, SOUSA	CNCVCG	Porto	05-12-2010
Rec Nac 25m 15	56.68	Diogo Matos, RIBEIRO	CUC	Lousã	23-06-2019
Rec Nac 25m 14	59.56	Fabio Parrilha da, SILVA	CNAL	Leiria	07-04-2001
Rec Nac 25m 13	1:01.78	Fabio Parrilha da, SILVA	CNAL	Penafiel	01-04-2000

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Joao Silverio, DUARTE	99 Electrico Clube	59.55	526 19,00
50m: 27.75 100m: 59.55			
2. Luis Filipe, FONSECA	97 Estremoz/Estremozcarnes	59.97	515 17,00
50m: 28.47 100m: 59.97			
3. Rodrigo Miguel, ALVES	02 Aminata	1:01.00	489 16,00
50m: 29.07 100m: 1:01.00			
4. Jose Pinto, CABRAL	05 Viver Santarem	1:01.45	478 15,00
50m: 29.16 100m: 1:01.45			
5. Ruben Filipe, CARREIRA	03 Rio Maior	1:04.17	420 14,00
50m: 30.36 100m: 1:04.17			
6. Guilherme Cotovio, ALVES	04 Atletico Montemor	1:05.26	399 13,00
50m: 30.43 100m: 1:05.26			
7. Pedro Pereira, LOPES	99 BUZIOS-Coruche	1:06.15	383 12,00
50m: 29.96 100m: 1:06.15			
8. Diogo Antunes, GONCALVES	05 Natacao da Guarda	1:06.32	381 11,00
50m: 31.56 100m: 1:06.32			
9. Joao Pedro, ROSA	90 CLAC-Entroncamento	1:06.92	370 10,00
50m: 30.78 100m: 1:06.92			
10. Guilherme Miguel, CUSTODIO	02 Litoral Alentejano	1:09.23	334 9,00
50m: 32.46 100m: 1:09.23			



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 2, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
11. Andrei Claudiu, IRIMIA 50m: 33.03 100m: 1:11.09	04 Uniao Samorense	1:11.09	309 8,00
12. Antonio Correia, NEVES 50m: 32.43 100m: 1:11.79	03 Desportivo de Odemira	1:11.79	300 7,00
13. Vitor, SOKOLOVSKYY 50m: 34.18 100m: 1:12.00	06 Nautico Abrantes	1:12.00	297 6,00
14. Francisco Martins, RIBEIRO 50m: 33.89 100m: 1:12.51	06 CCDSerta	1:12.51	291 5,00
15. Joao Canhoto, CALDEIRINHA 50m: 35.18 100m: 1:15.26	06 Elvense	1:15.26	260 4,00
16. Diogo Miguel, PARREIRAS 50m: 36.66 100m: 1:18.26	05 Portalegre	1:18.26	231 3,00
17. Diogo Miguel, ROSADO 50m: 38.68 100m: 1:25.09	07 Desportivo de Mora	1:25.09	180 2,00
DSQ Joao Pedro, PIRES SW 8.4 - O (a) atleta chegou com uma mão na parede	04 Natacao do Tejo		-

Prova 3

Femin., 200m Mariposa

Absoluto

29-02-2020 - 10:05

Resultados

Rec Nac 25m Absoluto	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec Nac 25m 18 +	2:05.74	Ana Catarina, MONTEIRO	POR	Hangzhou (CHN)	12-12-2018
Rec Nac 25m 17	2:10.12	Sara Francisco, CRUZ	ADBA	Leiria	04-12-2009
Rec Nac 25m 16	2:13.60	Ana Rita, FRANCISCO	POR	Gelsenkirchen (GER)	11-02-1996
Rec Nac 25m 15	2:17.51	Raquel Maria, FELGUEIRAS	SCB	Algés	05-03-1995
Rec Nac 25m 14	2:18.29	Mariana Pacheco, CUNHA	CFP	Felgueiras	15-04-2018
Rec Nac 25m 13	2:20.28	Carolina Miranda, FERNANDES	CGA	Condeixa	12-05-2018
Rec Nac 25m 12	2:31.64	Raquel Maria, FELGUEIRAS	SCB	Algés	09-05-1992

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Maria Madalena, BENTO 50m: 32.52 100m: 1:08.95 150m: 1:47.29 200m: 2:26.36	05 BUZIOS-Coruche	2:26.36	545 19,00
2. Carolina Silverio, CARPINTEIRO 50m: 31.39 100m: 1:08.85 150m: 1:49.10 200m: 2:31.94	02 Natacao do Tejo	2:31.94	487 17,00
3. Vanessa Braga, SALVADOR 50m: 34.98 100m: 1:13.22 150m: 1:53.58 200m: 2:33.97	91 Uniao Samorense	2:33.97	468 16,00
4. Catia Iordan, AGOSTINHO 50m: 35.37 100m: 1:16.97 150m: 1:58.28 200m: 2:38.16	02 Rio Maior	2:38.16	432 15,00
5. Ana Filipa, FONSECA 50m: 36.25 100m: 1:17.66 150m: 1:59.21 200m: 2:40.42	04 Estremoz/Estremozcarnes	2:40.42	414 14,00
6. Marta Filipa, BUCHA 50m: 35.09 100m: 1:16.47 150m: 2:01.43 200m: 2:44.68	06 Viver Santarem	2:44.68	383 13,00
7. Carolina Martins, RIBEIRO 50m: 35.78 100m: 1:18.00 150m: 2:02.10 200m: 2:48.07	03 CCDSerta	2:48.07	360 12,00
8. Ana Sofia, CALDES 50m: 36.31 100m: 1:17.64 150m: 2:02.89 200m: 2:48.42	06 Elvense	2:48.42	358 11,00
9. Catarina Isabel, ALVES 50m: 37.63 100m: 1:19.99 150m: 2:05.15 200m: 2:49.11	06 Aminata	2:49.11	353 10,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 3, Femin., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
10. Margarida Monteiro, AMARO 50m: 37.01 100m: 1:20.68 150m: 2:08.96 200m: 2:59.95	02 Atletico Montemor	2:59.95	293 9,00
11. Barbara Maia, FREITAS 50m: 39.02 100m: 1:25.60 150m: 2:13.79 200m: 3:01.48	06 CLAC-Entroncamento	3:01.48	286 8,00
12. Beatriz Sofia, CONCEICAO 50m: 37.98 100m: 1:26.68 150m: 2:17.34 200m: 3:04.87	07 Nautico Abrantes	3:04.87	270 7,00
13. Ines Gandum, MARTA 50m: 39.77 100m: 1:29.66 150m: 2:20.01 200m: 3:10.72	08 Electrico Clube	3:10.72	246 6,00
14. Erica Filipa, REIS 50m: 43.73 100m: 1:37.49 150m: 2:36.85 200m: 3:34.45	06 Desportivo de Odemira	3:34.45	173 5,00

Prova 4

Masc., 100m Bruços

Absoluto

29-02-2020 - 10:15

Resultados

Rec Nac 25m Absoluto	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac 25m 19 +	58.19	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	22-11-2012
Rec Nac 25m 18	1:01.25	Pedro Miguel, AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m 17	1:02.99	Andre Goncalo, SANTOS	LSC	Felgueiras	21-12-2013
Rec Nac 25m 16	1:03.25	Ricardo Samuel, PEREIRA	SLB	Algés	13-07-2019
Rec Nac 25m 15	1:04.22	Andre Goncalo, SANTOS	LSC	Braga	04-03-2012
Rec Nac 25m 14	1:07.92	Andre Goncalo, SANTOS	LSC	Viseu	12-03-2011
Rec Nac 25m 13	1:09.54	Andre Goncalo, SANTOS	LSC	Lousada	15-05-2010

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Luis Afonso, LOPES 50m: 33.12 100m: 1:10.09	03 Viver Santarem	1:10.09	499 19,00
2. Afonso Alves, CHOCAS 50m: 33.57 100m: 1:10.69	04 Electrico Clube	1:10.69	486 17,00
3. Francisco Miguel, MATIAS 50m: 33.97 100m: 1:10.79	04 CCDSerta	1:10.79	484 16,00
4. Artur Rafael, SARAMAGO 50m: 32.95 100m: 1:11.22	97 BUZIOS-Coruche	1:11.22	476 15,00
5. Filipe Andalecio, NASCIMENTO 50m: 35.51 100m: 1:15.51	03 Litoral Alentejano	1:15.51	399 14,00
6. Joao Afonso, GONCALVES 50m: 36.45 100m: 1:18.49	00 CLAC-Entroncamento	1:18.49	355 13,00
7. Guilherme Alexandre, CANTANHEDE 50m: 37.46 100m: 1:18.70	04 Atletico Montemor	1:18.70	352 12,00
8. Guilherme Filipe, GABOLEIRO 50m: 37.18 100m: 1:18.94	05 Rio Maior	1:18.94	349 11,00
9. Tiago Joao, VITAL 50m: 37.34 100m: 1:18.98	02 Natacao do Tejo	1:18.98	349 10,00
10. Miguel Santos, GRILO 50m: 37.63 100m: 1:19.11	03 Aminata	1:19.11	347 9,00
11. Fabio Gomes, ALMEIDA 50m: 38.51 100m: 1:21.31	03 Natacao da Guarda	1:21.31	319 8,00
12. Diogo Miguel, BANHA 50m: 38.26 100m: 1:21.57	98 Estremoz/Estremozcarnes	1:21.57	316 7,00



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 4, Masc., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
13. Eduardo Ramos, ESTEVAO 50m: 40.51 100m: 1:25.13	06 Desportivo de Odemira	1:25.13	278 6,00
14. Alexandre Manuel, JESUS 50m: 40.77 100m: 1:29.46	02 Uniao Samorense	1:29.46	240 5,00
15. Daniel Santos, CARAPETO 50m: 43.28 100m: 1:31.36	07 Nautico Abrantes	1:31.36	225 4,00
16. Bernardo Maria, NUNES 50m: 43.75 100m: 1:32.11	02 Portalegre	1:32.11	220 3,00
17. Gabriel Ize, DEBLONDE 50m: 46.23 100m: 1:38.35	07 Desportivo de Mora	1:38.35	180 2,00
DSQ Miguel Eduardo, RANGEM <i>SW 4.4 - Falsa partida</i>	07 Elvense		-

Prova 5

Femin., 200m Bruços

Absoluto Resultados

29-02-2020 - 10:20

Rec Nac 25m Absoluto	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29-06-2019
Rec Nac 25m 18 +	2:22.12	Raquel Gomes, PEREIRA	SAD	Algés	29-06-2019
Rec Nac 25m 17	2:26.47	Raquel Gomes, PEREIRA	SAD	Funchal	10-12-2016
Rec Nac 25m 16	2:26.87	Raquel Gomes, PEREIRA	SAD	Porto	11-12-2015
Rec Nac 25m 15	2:32.36	Diana Duarte, GOMES	ABVE	Alcoçaba	07-02-2004
Rec Nac 25m 14	2:34.51	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
Rec Nac 25m 13	2:36.86	Clara Gomes, PEREIRA	SAD	Algés	06-06-2015
Rec Nac 25m 12	2:45.30	Clara Gomes, PEREIRA	SAD	Algés	14-06-2014

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Rute Isabel, LEONARDO 50m: 37.34 100m: 1:18.81 150m: 2:00.16 200m: 2:42.35	98 Nautico Abrantes	2:42.35	569 19,00
2. Barbara Garrido, FRANCO 50m: 37.72 100m: 1:19.82 150m: 2:03.17 200m: 2:47.13	04 Elvense	2:47.13	522 17,00
3. Catarina Isabel, CARLOTA 50m: 42.10 100m: 1:28.86 150m: 2:17.18 200m: 3:04.01	05 BUZIOS-Coruche	3:04.01	391 16,00
4. Salome Silva, DIAS 50m: 41.66 100m: 1:28.95 150m: 2:17.69 200m: 3:06.01	06 CCDSerta	3:06.01	378 15,00
5. Constanca Grincho, SOUSA 50m: 41.06 100m: 1:27.69 150m: 2:18.28 200m: 3:08.20	06 Viver Santarem	3:08.20	365 14,00
6. Ana Sofia, GERVASIO 50m: 43.06 100m: 1:30.39 150m: 2:19.42 200m: 3:09.38	95 Atletico Montemor	3:09.38	358 13,00
7. Madalena Alves, CORREIA 50m: 42.50 100m: 1:30.23 150m: 2:19.73 200m: 3:10.79	01 Litoral Alentejano	3:10.79	350 12,00
8. Joana Patricia, ANTUNES 50m: 43.21 100m: 1:31.96 150m: 2:23.36 200m: 3:12.42	06 CLAC-Entroncamento	3:12.42	342 11,00
9. Carolina Sofia, FONSECA 50m: 45.25 100m: 1:34.96 150m: 2:25.58 200m: 3:14.74	07 Estremoz/Estremozcarnes	3:14.74	329 10,00
10. Matilde Ramos, REMA 50m: 44.69 100m: 1:34.42 150m: 2:24.82 200m: 3:14.83	06 Desportivo de Odemira	3:14.83	329 9,00
11. Maria Teresa, SILVA 50m: 46.03 100m: 1:35.48 150m: 2:27.16 200m: 3:15.49	07 Aminata	3:15.49	326 8,00



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 5, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
12. Lea Liu, WANG 50m: 42.64 100m: 1:31.60 150m: 2:23.24 200m: 3:17.07	05 Uniao Samorense	3:17.07	318 7,00
13. Laura Calheiros, FRAZAO 50m: 44.19 100m: 1:36.08 150m: 2:28.04 200m: 3:20.33	07 Rio Maior	3:20.33	303 6,00
14. Beatriz Neves, MOTA 50m: 48.24 100m: 1:43.76 150m: 2:38.16 200m: 3:31.27	05 Natacao da Guarda	3:31.27	258 5,00
15. Iris Simoes, MARTINS 50m: 49.07 100m: 1:47.66 150m: 2:47.69 200m: 3:45.61	08 Natacao do Tejo	3:45.61	212 4,00
16. Maria Eduarda, TRINDADE 50m: 51.72 100m: 1:48.86 150m: 2:47.72 200m: 3:45.88	06 Portalegre	3:45.88	211 3,00
17. Rita Verissimo, TAVARES 50m: 55.82 100m: 2:02.18 150m: 3:11.40 200m: 4:18.56	08 Electrico Clube	4:18.56	140 2,00

Prova 6

Masc., 50m Livres

Absoluto Resultados

29-02-2020 - 10:40

Rec Nac 25m Absoluto	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22-12-2018
Rec Nac 25m 19 +	21.60	Miguel Duarte, NASCIMENTO	SLB	Felgueiras	22-12-2018
Rec Nac 25m 18	22.24	Miguel Duarte, NASCIMENTO	PORTIN	Porto	08-12-2012
Rec Nac 25m 17	23.12	Tiago Andrade, MACHADO	SCA	Felgueiras	22-12-2018
Rec Nac 25m 16	23.83	Diogo Matos, RIBEIRO	CUC	Coimbra	02-02-2020
Rec Nac 25m 15	23.96	Diogo Gomes, SOUSA	CNCVG	Ponte de Sôr	13-12-2009
Rec Nac 25m 14	25.30	Joao Cruz, CASTRO	CSM	Funchal	12-04-2014
Rec Nac 25m 13	26.65	Gabriel Jose, LOPES	CDL	Lousã	19-06-2010

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Luis Filipe, FONSECA	97 Estremoz/Estremozcarnes	25.58	496 19,00
2. Marco Antonio, COSTA	02 Natacao da Guarda	25.84	481 17,00
3. Francisco Manuel, MENDONCA	02 Uniao Samorense	25.86	480 16,00
4. Rodrigo Miguel, ALVES	02 Aminata	26.04	470 15,00
5. Pedro Alexandre, BOTO	02 Litoral Alentejano	26.37	453 14,00
6. Rui Chagas, ALVES	03 Viver Santarem	26.48	447 13,00
7. Jose Carlos, BURECAS	00 BUZIOS-Coruche	26.79	432 12,00
8. Joao Pedro, ROSA	90 CLAC-Entroncamento	26.85	429 11,00
9. Isaias Francisco, CALDEIRA	02 CCDSerta	27.02	421 10,00
10. Diogo Daniel, SIMOES	99 Rio Maior	27.45	402 9,00
11. Tiago Manuel, AZINHEIRINHA	98 Atletico Montemor	27.57	396 8,00
12. Marcio Lima, SILVA	01 Natacao do Tejo	27.76	388 7,00
13. Andre Prates, LOPES	05 Electrico Clube	27.77	388 6,00
14. Miguel Angelo, PAULETA	03 Portalegre	32.02	253 5,00
15. Andre Coelho, PITA	06 Nautico Abrantes	32.40	244 4,00
16. Luis Garrido, FRANCO	07 Elvense	32.83	235 3,00
17. Afonso Oliveira, MARQUES	06 Desportivo de Mora	34.01	211 2,00
18. Francisco Reis, MAGUAS	06 Desportivo de Odemira	34.08	210 1,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 7 29-02-2020 - 10:45	Femin., 100m Livres				Absoluto Resultados
Rec Nac 25m Absoluto	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
Rec Nac 25m 18 +	54.66	Ana Pinho, RODRIGUES	ADS	Felgueiras	20-12-2019
Rec Nac 25m 17	56.07	Ana Reis, SOUSA	SAD	Felgueiras	21-12-2018
Rec Nac 25m 16	56.72	Ana Reis, SOUSA	CNLA	Porto	08-12-2017
Rec Nac 25m 15	56.18	Carolina Miranda, FERNANDES	CGA	Mealhada	08-12-2019
Rec Nac 25m 14	57.65	Carolina Miranda, FERNANDES	CGA	Estarreja	10-06-2019
Rec Nac 25m 13	58.55	Carolina Miranda, FERNANDES	CGA	Felgueiras	11-03-2018
Rec Nac 25m 12	1:00.13	Carolina Miranda, FERNANDES	CGA	Mealhada	08-04-2017

Pontos: FINA 2019

Lugar			Ano	Tempo final	Pts	
1.	Marta Filipa, MATIAS		03	CCDSerta	1:00.77	565 19,00
	50m: 29.10	100m: 1:00.77				
2.	Leonor Maria, MIRA		04	BUZIOS-Coruche	1:02.68	515 17,00
	50m: 30.27	100m: 1:02.68				
3.	Helena Neto, FLORINDO		06	Electrico Clube	1:04.84	465 16,00
	50m: 30.91	100m: 1:04.84				
4.	Ines Goncalves, FERNANDES		06	Nautico Abrantes	1:06.92	423 15,00
	50m: 32.03	100m: 1:06.92				
5.	Beatriz Staiger, BENTO		04	Viver Santarem	1:07.16	418 14,00
	50m: 32.31	100m: 1:07.16				
6.	Ana Sofia, CALDES		06	Elvense	1:07.36	415 13,00
	50m: 32.78	100m: 1:07.36				
7.	Marta Chambel, DIAS		02	CLAC-Entroncamento	1:07.58	411 12,00
	50m: 32.37	100m: 1:07.58				
8.	Natacha Caeiro, BRITES		04	Estremoz/Estremozcarnes	1:09.15	383 11,00
	50m: 32.75	100m: 1:09.15				
9.	Beatriz Carmo, ESTEVES		05	Atletico Montemor	1:11.81	342 10,00
	50m: 34.17	100m: 1:11.81				
10.	Leonor Correia, NUNES		08	Aminata	1:12.19	337 9,00
	50m: 34.51	100m: 1:12.19				
11.	Maria Poeira, MATOS		07	Desportivo de Odemira	1:13.08	325 8,00
	50m: 34.60	100m: 1:13.08				
12.	Catarina Filipa, SILVA		03	Natacao do Tejo	1:13.99	313 7,00
	50m: 35.16	100m: 1:13.99				
13.	Leonor Nobre, CASINHAS		06	Litoral Alentejano	1:15.89	290 6,00
	50m: 35.31	100m: 1:15.89				
14.	Maria Leonor, DOURADO		06	Natacao da Guarda	1:17.73	270 5,00
	50m: 36.64	100m: 1:17.73				
15.	Laura Calheiros, FRAZAO		07	Rio Maior	1:19.86	249 4,00
	50m: 37.76	100m: 1:19.86				
16.	Rafaela Pinto, LOPES		08	Desportivo de Mora	1:24.71	208 3,00
	50m: 40.41	100m: 1:24.71				
17.	Matilde Catalao, SIMAO		07	Portalegre	1:27.09	192 2,00
	50m: 41.62	100m: 1:27.09				



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 8 29-02-2020 - 10:55	Masc., 100m Costas				Absoluto Resultados
Rec Nac 25m Absoluto	51.48	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m 19 +	51.48	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m 18	53.88	Alexis Manacas, SANTOS	SCP	Leiria	05-12-2009
Rec Nac 25m 17	54.97	Gabriel Jose, LOPES	CDL	Coimbra	11-05-2014
Rec Nac 25m 16	56.45	Diogo Gomes, SOUSA	CNCVG	Porto	04-12-2010
Rec Nac 25m 15	57.36	Gustavo Carvalho, SILVA	ADA	Praia da Vitória	20-07-2019
Rec Nac 25m 14	59.50	Ricardo Lopes, SILVA	DNMG	Caldas da Rainha	10-06-2017
Rec Nac 25m 13	1:04.62	Jose Diogo, DIAS	FBSC	Coimbra	07-05-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Guilherme Pereira, COUTINHO 50m: 29.35 100m: 1:00.44	03 Viver Santarem	1:00.44	528 19,00
2. Pedro Fale, SILVA 50m: 31.34 100m: 1:04.29	03 Atletico Montemor	1:04.29	439 17,00
3. Bruno Teixeira, COELHO 50m: 32.38 100m: 1:06.03	03 Natacao da Guarda	1:06.03	405 16,00
4. Samuel Andre, MARIANO 50m: 33.29 100m: 1:07.08	02 Litoral Alentejano	1:07.08	386 15,00
5. Henrique Antonio, MARTINS 50m: 32.45 100m: 1:07.10	03 Natacao do Tejo	1:07.10	386 14,00
6. André Filipe, FRÓIS 50m: 31.98 100m: 1:08.47	02 Estremoz/Estremozcarnes	1:08.47	363 13,00
7. Goncalo Farinha, NUNES 50m: 33.33 100m: 1:09.99	04 CCDSerta	1:09.99	340 12,00
8. Ricardo Filipe, GABOLEIRO 50m: 34.10 100m: 1:10.44	05 Rio Maior	1:10.44	334 11,00
9. Andrei Claudiu, IRIMIA 50m: 35.56 100m: 1:11.54	04 Uniao Samorense	1:11.54	318 10,00
10. Tiago Holbeche, SILVA 50m: 34.58 100m: 1:11.94	05 Aminata	1:11.94	313 9,00
11. Jose Carlos, BURECAS 50m: 33.78 100m: 1:12.75	00 BUZIOS-Coruche	1:12.75	303 8,00
12. Francisco Polonio, ALEXANDRE 50m: 36.16 100m: 1:15.60	04 CLAC-Entroncamento	1:15.60	270 7,00
13. Rodrigo Martins, CHOCAS 50m: 36.97 100m: 1:17.03	07 Electrico Clube	1:17.03	255 6,00
14. Afonso Nunes, GUERREIRO 50m: 39.46 100m: 1:21.16	06 Desportivo de Odemira	1:21.16	218 5,00
15. Andre Coelho, PITA 50m: 38.70 100m: 1:21.86	06 Nautico Abrantes	1:21.86	212 4,00
16. Simao Ferreira, DUARTE 50m: 41.98 100m: 1:26.95	06 Desportivo de Mora	1:26.95	177 3,00
17. Bernardo Coelho, RENGA 50m: 45.28 100m: 1:35.68	07 Portalegre	1:35.68	133 2,00
18. Luis Miguel, VELEZ 50m: 46.85 100m: 1:40.98	07 Elvense	1:40.98	113 1,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 9	Femin., 200m Costas				Absoluto
29-02-2020 - 11:00					Resultados
Rec Nac 25m Absoluto	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac 25m 18 +	2:09.12	Rita Barros, FRISCHKNECHT	SAD	Porto	08-12-2017
Rec Nac 25m 17	2:11.13	Camila Rodrigues, REBELO	ALN	Felgueiras	20-12-2019
Rec Nac 25m 16	2:11.74	Camila Rodrigues, REBELO	ALN	Felgueiras	21-12-2018
Rec Nac 25m 15	2:14.11	Camila Rodrigues, REBELO	ALN	Condeixa	12-05-2018
Rec Nac 25m 14	2:17.86	Catia Raquel, MARTINHEIRA	LDC	Sines	21-12-2008
Rec Nac 25m 13	2:21.33	Rafaela Gomes, AZEVEDO	SAD	Algés	06-06-2015
Rec Nac 25m 12	2:27.90	Carolina Miranda, FERNANDES	CGA	Mealhada	26-03-2017

Pontos: FINA 2019

Lugar	Ano						Tempo final	Pts	
1. Laura Andre, CATARINO	03	CCDSerta					2:29.37	508	19,00
50m: 34.80 100m: 1:12.82	150m: 1:51.67	200m: 2:29.37							
2. Sara Sofia, VENTURA	04	Elvense					2:33.93	464	17,00
50m: 35.17 100m: 1:13.40	150m: 1:54.01	200m: 2:33.93							
3. Beatriz Maria, FREIXIEIRO	04	Rio Maior					2:37.06	437	16,00
50m: 36.98 100m: 1:17.35	150m: 1:57.37	200m: 2:37.06							
4. Maria Beatriz, DIAS	99	Viver Santarem					2:38.23	427	15,00
50m: 36.09 100m: 1:15.37	150m: 1:56.37	200m: 2:38.23							
5. Secile Liu, WANG	03	Uniao Samorense					2:41.37	403	14,00
50m: 36.62 100m: 1:16.60	150m: 1:59.17	200m: 2:41.37							
6. Matilde Silva, PIRES	04	Estremoz/Estremozcarnes					2:44.18	382	13,00
50m: 39.29 100m: 1:20.77	150m: 2:03.18	200m: 2:44.18							
7. Ines Marques, GARCIA	03	Nautico Abrantes					2:44.68	379	12,00
50m: 38.63 100m: 1:20.62	150m: 2:03.21	200m: 2:44.68							
8. Ines Gandum, MARTA	08	Electrico Clube					2:49.85	345	11,00
50m: 42.73 100m: 1:27.15	150m: 2:09.40	200m: 2:49.85							
9. Filipa Maria, PEREIRA	06	Aminata					2:50.26	343	10,00
50m: 38.29 100m: 1:21.41	150m: 2:06.31	200m: 2:50.26							
10. Erna, SABANOVIC	04	CLAC-Entroncamento					2:50.33	342	9,00
50m: 39.29 100m: 1:22.42	150m: 2:07.05	200m: 2:50.33							
11. Matilde Goncalves, OLIVEIRA	06	Desportivo de Odemira					2:54.34	319	8,00
50m: 40.84 100m: 1:24.62	150m: 2:09.70	200m: 2:54.34							
12. Daniela Filipa, MANTAS	99	Atletico Montemor					2:54.48	319	7,00
50m: 39.72 100m: 1:22.84	150m: 2:08.67	200m: 2:54.48							
13. Mariana Catarina, PALMINHA	05	Litoral Alentejano					2:57.69	302	6,00
50m: 41.33 100m: 1:26.17	150m: 2:11.66	200m: 2:57.69							
14. Mariana Mauricio, COELHO	07	BUZIOS-Coruche					3:03.04	276	5,00
50m: 43.79 100m: 1:30.26	150m: 2:17.74	200m: 3:03.04							
15. Maria Clara, DOURADO	04	Natacao da Guarda					3:04.16	271	4,00
50m: 43.53 100m: 1:30.07	150m: 2:17.53	200m: 3:04.16							
16. Inês Maria, BRANDÃO	05	Portalegre					3:24.15	199	3,00
50m: 46.33 100m: 1:37.46	150m: 2:31.38	200m: 3:24.15							



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 10	Masc., 400m Livres					Absoluto
29-02-2020 - 11:10						Resultados
Rec Nac 25m Absoluto	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto		09-12-2017
Rec Nac 25m 19 +	3:42.91	Miguel Duarte, NASCIMENTO	SLB	Porto		09-12-2017
Rec Nac 25m 18	3:50.52	Adriano Miguel, NIZ	CFV	Fafe		26-06-2004
Rec Nac 25m 17	3:56.54	Rui Filipe, COSTA	VSC	Feigueiras		24-11-2007
Rec Nac 25m 16	3:58.82	Diogo Matos, RIBEIRO	CUC	Mealhada		07-12-2019
Rec Nac 25m 15	4:02.41	Diogo Matos, RIBEIRO	CUC	Lousã		23-06-2019
Rec Nac 25m 14	4:12.35	Andre Vilas, RUIVO	DNMG	Campo Maior		29-03-2014
Rec Nac 25m 13	4:21.95	Pedro Fontoura, OLIVEIRA	CFB	Santarém		04-04-2003

Pontos: FINA 2019

Lugar	Ano						Tempo final	Pts	
1. Luis Afonso, LOPES	03 Viver Santarem						4:22.03	531	19,00
50m: 28.80	150m: 1:33.53	250m: 2:40.37	350m: 3:48.64	100m: 1:00.96	200m: 2:06.83	300m: 3:14.22	400m: 4:22.03		
2. Duarte Filipe, SILVA	03 BUZIOS-Coruche						4:26.93	502	17,00
50m: 29.80	150m: 1:36.44	250m: 2:44.83	350m: 3:54.04	100m: 1:02.87	200m: 2:10.52	300m: 3:19.40	400m: 4:26.93		
3. Simao Pedro, DIAS	02 Natacao da Guarda						4:28.75	492	16,00
50m: 30.30	150m: 1:36.99	250m: 2:46.11	350m: 3:56.38	100m: 1:03.10	200m: 2:11.71	300m: 3:21.39	400m: 4:28.75		
4. Afonso Alves, CHOCAS	04 Electrico Clube						4:29.32	489	15,00
50m: 29.96	150m: 1:36.70	250m: 2:45.44	350m: 3:55.51	100m: 1:02.91	200m: 2:10.87	300m: 3:20.43	400m: 4:29.32		
5. Tiago Charrua, GAGO	04 Rio Maior						4:39.97	435	14,00
50m: 30.76	150m: 1:40.75	250m: 2:52.48	350m: 4:04.37	100m: 1:04.64	200m: 2:16.64	300m: 3:28.62	400m: 4:39.97		
6. Guilherme Cotovio, ALVES	04 Atletico Montemor						4:44.27	416	13,00
50m: 31.03	150m: 1:41.90	250m: 2:55.35	350m: 4:09.51	100m: 1:06.03	200m: 2:18.80	300m: 3:32.08	400m: 4:44.27		
7. Rafael Rodrigues, GOMES	06 CLAC-Entroncamento						5:00.50	352	12,00
50m: 33.29	150m: 1:49.10	250m: 3:06.57	350m: 4:24.27	100m: 1:10.53	200m: 2:27.97	300m: 3:45.83	400m: 5:00.50		
8. Francisco Martins, RIBEIRO	06 CCDSerta						5:01.91	347	11,00
50m: 32.91	150m: 1:47.81	250m: 3:06.20	350m: 4:24.33	100m: 1:09.64	200m: 2:26.40	300m: 3:45.31	400m: 5:01.91		
9. Eliseu Manuel, TAVARES	99 Uniao Samorense						5:03.84	340	10,00
50m: 32.25	150m: 1:46.85	250m: 3:07.21	350m: 4:27.58	100m: 1:08.64	200m: 2:26.48	300m: 3:47.83	400m: 5:03.84		
10. Miguel Antonio, ELEKES	06 Aminata						5:05.00	337	9,00
50m: 32.08	150m: 1:48.68	250m: 3:06.87	350m: 4:25.50	100m: 1:09.42	200m: 2:28.13	300m: 3:46.49	400m: 5:05.00		
11. Andre Miguel, PINTO	05 Litoral Alentejano						5:06.45	332	8,00
50m: 31.62	150m: 1:47.49	250m: 3:06.35	350m: 4:27.93	100m: 1:08.75	200m: 2:26.74	300m: 3:46.99	400m: 5:06.45		
12. Iuri Aragonez, AGOSTINHO	03 Portalegre						5:15.74	303	7,00
50m: 32.65	150m: 1:48.20	250m: 3:09.97	350m: 4:34.67	100m: 1:08.80	200m: 2:28.77	300m: 3:52.08	400m: 5:15.74		
13. Santiago Delgado, FALCAO	06 Desportivo de Odemira						5:30.96	263	6,00
50m: 36.60	150m: 1:59.49	250m: 3:24.60	350m: 4:50.61	100m: 1:17.22	200m: 2:41.91	300m: 4:07.84	400m: 5:30.96		
14. Nuno Filipe, SARAMAGO	06 Estremoz/Estremozcarnes						5:35.06	254	5,00
50m: 35.66	150m: 1:59.94	250m: 3:26.64	350m: 4:53.39	100m: 1:17.43	200m: 2:43.63	300m: 4:10.91	400m: 5:35.06		



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 10, Masc., 400m Livres, Absoluto

Lugar	Ano		Tempo final		Pts	
15. Diogo Miguel, ROSADO	07	Desportivo de Mora	5:43.23	236	4,00	
50m: 37.10	150m: 2:04.63	250m: 3:34.10	350m: 5:02.56			
100m: 1:20.06	200m: 2:49.39	300m: 4:18.49	400m: 5:43.23			
16. Humberto Pereira, AMARAL	07	Elvense	6:16.87	178	3,00	
50m: 42.49	150m: 2:16.36	250m: 3:53.06	350m: 5:29.79			
100m: 1:29.12	200m: 3:04.74	300m: 4:41.20	400m: 6:16.87			

Prova 11

29-02-2020 - 11:30

Femin., 200m Estilos

Absoluto Resultados

Rec Nac 25m Absoluto	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16-12-2017
Rec Nac 25m 18 +	2:12.08	Victoria, KAMINSKAYA	POR	Copenhagen (DEN)	16-12-2017
Rec Nac 25m 17	2:16.22	Raquel Gomes, PEREIRA	SAD	Algés	19-11-2016
Rec Nac 25m 16	2:14.94	Maria Carolina, ROSA	SCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m 15	2:18.13	Mariana Pacheco, CUNHA	CFP	Felgueiras	27-04-2019
Rec Nac 25m 14	2:19.79	Mariana Pacheco, CUNHA	CFP	Felgueiras	14-04-2018
Rec Nac 25m 13	2:21.36	Carolina Miranda, FERNANDES	CGA	Felgueiras	10-03-2018
Rec Nac 25m 12	2:28.04	Carolina Miranda, FERNANDES	CGA	Mealhada	08-04-2017

Pontos: FINA 2019

Lugar	Ano		Tempo final		Pts	
1. Carolina Silverio, CARPINTEIRO	02	Natacao do Tejo	2:26.07	580	19,00	
50m: 31.94	100m: 1:10.53	150m: 1:51.68	200m: 2:26.07			
2. Marta Filipa, MATIAS	03	CCDSerta	2:33.50	500	17,00	
50m: 32.06	100m: 1:11.81	150m: 1:59.14	200m: 2:33.50			
3. Maria Madalena, BENTO	05	BUZIOS-Coruche	2:34.25	493	16,00	
50m: 32.34	100m: 1:11.90	150m: 2:00.97	200m: 2:34.25			
4. Rute Isabel, LEONARDO	98	Nautico Abrantes	2:34.73	488	15,00	
50m: 34.52	100m: 1:18.59	150m: 2:00.33	200m: 2:34.73			
5. Barbara Garrido, FRANCO	04	Elvense	2:34.74	488	14,00	
50m: 34.06	100m: 1:15.24	150m: 1:58.71	200m: 2:34.74			
6. Beatriz Grave, REIS	05	Rio Maior	2:35.67	479	13,00	
50m: 32.85	100m: 1:14.25	150m: 1:59.24	200m: 2:35.67			
7. Secile Liu, WANG	03	Uniao Samorense	2:45.73	397	12,00	
50m: 32.20	100m: 1:12.89	150m: 2:04.59	200m: 2:45.73			
8. Constanca Grincho, SOUSA	06	Viver Santarem	2:45.81	396	11,00	
50m: 36.81	100m: 1:19.52	150m: 2:08.12	200m: 2:45.81			
9. Catarina Isabel, ALVES	06	Aminata	2:48.97	375	10,00	
50m: 34.54	100m: 1:18.83	200m: 2:48.97				
10. Marta Filipa, CANDEIAS	04	Estremoz/Estremozcarnes	2:54.14	342	9,00	
50m: 39.17	100m: 1:24.41	150m: 2:13.99	200m: 2:54.14			
11. Joana Patricia, ANTUNES	06	CLAC-Entroncamento	2:55.62	334	8,00	
50m: 38.80	100m: 1:26.68	150m: 2:15.77	200m: 2:55.62			
12. Mariana Jacinto, PAULINO	06	Desportivo de Odemira	3:07.17	275	7,00	
50m: 44.56	100m: 1:32.93	150m: 2:26.76	200m: 3:07.17			
13. Beatriz Neves, MOTA	05	Natacao da Guarda	3:18.12	232	6,00	
50m: 46.15	100m: 1:37.86	150m: 2:34.09	200m: 3:18.12			
14. Rafaela Pinto, LOPES	08	Desportivo de Mora	3:31.80	190	5,00	
50m: 48.97	100m: 1:42.18	150m: 2:45.05	200m: 3:31.80			



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 12	Masc., 4 x 100m Livres					Absoluto
29-02-2020 - 11:50						Resultados
Rec Nac 25m Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras		23-12-2018
Rec Nac 25m 19 +	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras		23-12-2018
Rec Nac 25m 17 - 18	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras		23-12-2018
Rec Nac 25m 16	3:34.94	Clube Naval do Funchal	CNF	Funchal		11-07-2014
Rec Nac 25m 15 - 16	3:34.94	Clube Naval do Funchal	CNF	Funchal		11-07-2014
Rec Nac 25m 15	3:42.17	Assoc Desp Cult Rec Bairro dos ArADBA		Leiria		22-06-2019
Rec Nac 25m 14	3:48.35	Grupo Desp. Natacao V. N. FamalicGDNVNF		Cantanhede		29-03-2014
Rec Nac 25m 13 - 14	3:48.35	Grupo Desp. Natacao V. N. FamalicGDNVNF		Cantanhede		29-03-2014
Rec Nac 25m 13	4:05.06	Grupo Desp. Natacao V. N. FamalicGDNVNF		Vila Praia Ancora		28-06-2013

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1. Viver Santarem 1	Viver Santarem				3:43.35	550	19,00
Rui Chagas, ALVES	03	27.72	56.76	Goncalo Magalhaes, CRISTOVAO	03	27.07	55.71
Guilherme Pereira, COUTINHO	03	26.68	55.30	Luis Afonso, LOPES	03	26.36	55.58
2. Natacao da Guarda 1	Natacao da Guarda				3:48.44	514	17,00
Hugo Fernandes, NUNES	03	28.12	57.45	Bruno Teixeira, COELHO	03	28.42	58.93
Simao Pedro, DIAS	02	27.08	56.74	Marco Antonio, COSTA	02	25.70	55.32
3. BUZIOS-Coruche 1	BUZIOS-Coruche				3:52.96	484	16,00
Artur Rafael, SARAMAGO	97	27.12	56.78	Pedro Pereira, LOPES	99	27.15	58.12
Jose Carlos, BURECAS	00	28.56	1:01.25	Duarte Filipe, SILVA	03	27.07	56.81
4. Electrico Clube 1	Electrico Clube				3:59.21	447	15,00
Andre Prates, LOPES	05	28.80	1:01.45	Afonso Alves, CHOCAS	04	27.38	58.22
Rodrigo Martins, CHOCAS	07	30.01	1:04.74	Joao Silverio, DUARTE	99	25.79	54.80
5. Litoral Alentejano 1	Litoral Alentejano				4:00.06	443	14,00
Samuel Andre, MARIANO	02	28.63	58.99	Filipe Andalecio, NASCIMENTO	03	29.48	1:02.65
Andre Miguel, PINTO	05	28.90	1:01.32	Pedro Alexandre, BOTO	02	27.29	57.10
6. Estremoz/Estremozcarnes 1	Estremoz/Estremozcarnes				4:01.31	436	13,00
Diogo Miguel, BANHA	98	28.50	1:00.81	André Filipe, FRÓIS	02	28.15	1:01.18
Luis Maria, GANCHO	04	30.83	1:03.55	Luis Filipe, FONSECA	97	26.82	55.77
7. Atletico Montemor 1	Atletico Montemor				4:02.18	431	12,00
Pedro Fale, SILVA	03	28.40	57.97	Guilherme Alexandre, CANTANHEDE	04	29.43	1:02.10
Guilherme Cotovio, ALVES	04	29.11	1:01.93	Tiago Manuel, AZINHEIRINHA	98	28.86	1:00.18
8. CLAC-Entroncamento 1	CLAC-Entroncamento				4:03.42	425	11,00
Rafael Rodrigues, GOMES	06	30.80	1:03.12	Joao Pedro, ROSA	90	27.24	57.37
Ivo Rafael, SERRA	04	30.64	1:03.10	Joao Afonso, GONCALVES	00	27.89	59.83
9. Rio Maior 1	Rio Maior				4:03.49	424	10,00
Tiago Charrua, GAGO	04	29.31	1:02.74	Ruben Filipe, CARREIRA	03	29.09	1:01.09
Diogo Daniel, SIMOES	99	28.21	1:00.93	Eduardo, BINYAS	06	28.18	58.73
10. Aminata 1	Aminata				4:03.85	422	9,00
Rodrigo Miguel, ALVES	02	27.07	56.87	Miguel Antonio, ELEKES	06	30.87	1:05.98
Luis Miguel, NEVES	04	28.30	59.30	Tiago Holbeche, SILVA	05	29.64	1:01.70
11. CCDSerta 1	CCDSerta				4:05.95	412	8,00
Fabio Jose, PINTO	06	30.50	1:03.89	Francisco Miguel, MATIAS	04	28.53	1:01.23
Isaias Francisco, CALDEIRA	02	27.64	58.80	Goncalo Farinha, NUNES	04	28.61	1:02.03
12. Uniao Samorense 16	Uniao Samorense				4:15.94	365	7,00
Andrei Claudiu, IRIMIA	04	29.42	1:02.12	Alexandre Manuel, JESUS	02	32.23	1:08.41
Eliseu Manuel, TAVARES	99	31.81	1:06.93	Francisco Manuel, MENDONCA	02	27.48	58.48
13. Portalegre 1	Portalegre				4:24.65	330	6,00
Diogo Miguel, PARREIRAS	05	30.07	1:05.19	Miguel Angelo, PAULETA	03	33.22	1:08.82
Bernardo Maria, NUNES	02	31.84	1:08.40	Iuri Aragonez, AGOSTINHO	03	29.08	1:02.24
14. Desportivo de Odemira 1	Desportivo de Odemira				4:36.17	291	5,00
Eduardo Ramos, ESTEVAO	06	32.19	1:07.43	Afonso Nunes, GUERREIRO	06	34.34	1:13.35
Antonio Correia, NEVES	03	28.80	1:00.92	Francisco Reis, MAGUAS	06	35.94	1:14.47



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 12, Masc., 4 x 100m Livres, Absoluto

Lugar					Tempo final	Pts	
15. Elvense 3	Elvense				5:06.81	212	4,00
Luis Garrido, FRANCO	07	35.79	1:14.62	Miguel Eduardo, RANGEM	07	38.39	1:19.46
Luis Miguel, VELEZ	07	36.16	1:22.58	Joao Canhoto, CALDEIRINHA	06	33.84	1:10.15
16. Desportivo de Mora 1	Desportivo de Mora				5:08.35	209	3,00
Diogo Miguel, ROSADO	07	36.75	1:16.48	Simao Ferreira, DUARTE	06	36.77	1:16.14
Gabriel Ieze, DEBLONDE	07	36.82	1:17.74	Afonso Oliveira, MARQUES	06	36.52	1:17.99
17. Natacao do Tejo 1	Natacao do Tejo				5:09.54	206	2,00
Henrique Dias, SILVA	07	39.72	1:24.67	David Antonio, CARVALHO	99	30.78	1:06.96
Afonso Dias, SILVA	07	44.01	1:35.92	Marcio Lima, SILVA	01	30.88	1:01.99

Prova 13 **Femin., 4 x 100m Estilos** **Absoluto**
29-02-2020 - 12:10 **Resultados**

Rec Nac 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m 18 +	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec Nac 25m 16 - 17	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2018
Rec Nac 25m 15	4:29.46	Sporting Clube de Portugal	SCP	Algés	14-07-2019
Rec Nac 25m 14 - 15	4:29.46	Sporting Clube de Portugal	SCP	Algés	14-07-2019
Rec Nac 25m 14	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec Nac 25m 13	4:40.29	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu	12-03-2011
Rec Nac 25m 12 - 13	4:40.29	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Viseu	12-03-2011
Rec Nac 25m 12	4:57.35	Grupo Desp. Natacao V. N. Famalic	GDNVNF	Ponte da Barca	06-03-2010

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1. CCDSerta 1	CCDSerta				4:42.39	507	19,00
Laura Andre, CATARINO	03	33.61	1:08.98	Daniela Lourenco, NEVES	05	31.62	1:09.01
Salome Silva, DIAS	06	38.59	1:23.09	Marta Filipa, MATIAS	03	28.94	1:01.31
2. BUZIOS-Coruche 1	BUZIOS-Coruche				4:55.11	444	17,00
Matilde Paulos, BRANCO	05	36.66	1:18.55	Maria Madalena, BENTO	05	31.66	1:07.85
Catarina Isabel, CARLOTA	05	40.67	1:26.00	Leonor Maria, MIRA	04	29.60	1:02.71
3. Nautico Abrantes 2	Nautico Abrantes				4:59.41	425	16,00
Ines Marques, GARCIA	03	38.77	1:20.32	Beatriz Catarino, MOURA	02	34.71	1:17.56
Rute Isabel, LEONARDO	98	35.41	1:15.34	Ines Goncalves, FERNANDES	06	31.69	1:06.19
4. Elvense 1	Elvense				5:01.48	416	15,00
Mariana Passareiro, PATRACOLO	05	37.07	1:19.39	Barbara Garrido, FRANCO	04	32.73	1:13.32
Ana Sofia, CALDES	06	39.12	1:24.21	Sara Sofia, VENTURA	04	30.42	1:04.56
5. Rio Maior 1	Rio Maior				5:05.05	402	14,00
Beatriz Grave, REIS	05	36.37	1:14.36	Catia Iordan, AGOSTINHO	02	34.19	1:13.74
Laura Calheiros, FRAZAO	07		1:33.41	Beatriz Maria, FREIXEIRO	04	30.90	1:03.54
6. Viver Santarem 2	Viver Santarem				5:05.19	401	13,00
Maria Beatriz, DIAS	99	35.45	1:14.25	Marta Filipa, BUCHA	06	34.50	1:14.63
Constanca Grincho, SOUSA	06		1:29.44	Beatriz Staiger, BENTO	04	32.38	1:06.87
7. Estremoz/Estremozcarnes 2	Estremoz/Estremozcarnes				5:06.88	395	12,00
Matilde Silva, PIRES	04	35.86	1:14.63	Ana Filipa, FONSECA	04	33.67	1:12.43
Carolina Sofia, FONSECA	07	42.55	1:31.14	Natacha Caeiro, BRITES	04	31.91	1:08.68
8. CLAC-Entroncamento 1	CLAC-Entroncamento				5:10.75	380	11,00
Matilde Nabeiro, MONRAIA	06	39.99	1:23.50	Barbara Maia, FREITAS	06	36.15	1:19.74
Marta Chambel, DIAS	02	36.47	1:17.73	Erna, SABANOVIC	04	32.78	1:09.78
9. Uniao Samorense 14	Uniao Samorense				5:12.71	373	10,00
Secile Liu, WANG	03	36.13	1:14.87	Vanessa Braga, SALVADOR	91	32.93	1:10.60
Lea Liu, WANG	05	41.47	1:29.07	Carolina Miranda, ROSA	06	36.02	1:18.17



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 13, Femin., 4 x 100m Estilos, Absoluto

Lugar					Tempo final	Pts	
10. Aminata 1	Aminata				5:16.51	360	9,00
Filipa Maria, PEREIRA	06	37.12	1:17.94	Catarina Isabel, ALVES	06	33.47	1:12.88
Leonor Correia, NUNES	08	43.04	1:33.84	Maria Teresa, SILVA	07	34.11	1:11.85
11. Atletico Montemor 1	Atletico Montemor				5:19.46	350	8,00
Beatriz Carmo, ESTEVES	05	38.43	1:21.22	Margarida Monteiro, AMARO	02	34.63	1:17.43
Ana Sofia, GERVASIO	95		1:28.73	Sofia Barbado, CORREIA	03	34.25	1:12.08
12. Litoral Alentejano 1	Litoral Alentejano				5:35.31	302	7,00
Mariana Catarina, PALMINHA	05	41.57	1:24.51	Leonor Nobre, CASINHAS	06	38.99	1:27.52
Madalena Alves, CORREIA	01	41.80	1:29.72	Beatriz Elias, PAULA	06	35.82	1:13.56
13. Desportivo de Odemira 3	Desportivo de Odemira				5:48.62	269	6,00
Maria Poeira, MATOS	07	42.94	1:28.72	Erica Filipa, REIS	06	43.25	1:35.20
Matilde Ramos, REMA	06	45.89	1:35.80	Rita Prado, SILVA	06	32.05	1:08.90
14. Natacao da Guarda 1	Natacao da Guarda				5:51.61	262	5,00
Maria Leonor, DOURADO	06	41.47	1:25.41	Rita Pereira, DIAS	02	39.43	1:29.44
Beatriz Neves, MOTA	05	47.97	1:40.10	Beatriz Alexandra, RODRIGUES	05	36.69	1:16.66

Prova 14

Masc., 800m Livres

Absoluto

29-02-2020 - 15:00

Resultados

Rec Nac 25m Absoluto	7:42.14	Jose Paulo, LOPES	SCB	Felgueiras	20-12-2019
Rec Nac 25m 19 +	7:42.14	Jose Paulo, LOPES	SCB	Felgueiras	20-12-2019
Rec Nac 25m 18	7:56.76	Guilherme Filipe, PINA	BSCN	Porto	11-12-2015
Rec Nac 25m 17	8:00.80	Gustavo Manuel, SANTA	CNLA	Leiria	06-12-2009
Rec Nac 25m 16	8:09.43	Rui Filipe, COSTA	VSC	Senhora da Hora	12-05-2007
Rec Nac 25m 15	8:27.18	Rui Filipe, COSTA	VSC	Senhora da Hora	13-05-2006
Rec Nac 25m 14	8:36.36	Andre Vilas, RUIVO	DNMG	Nazaré	25-05-2014
Rec Nac 25m 13	9:07.20	Andre Vilas, RUIVO	DNMG	Leiria	03-03-2013

Pontos: FINA 2019

Lugar					Ano					Tempo final	Pts	
1. Guilherme Pereira, COUTINHO					03	Viver Santarem				8:50.75	583	19,00
50m:	29.78	200m:	2:08.41	350m:	3:49.90	500m:	5:31.66	650m:	7:13.36	800m:	8:50.75	
100m:	1:02.09	250m:	2:42.23	400m:	4:23.93	550m:	6:05.68	700m:	7:45.44			
150m:	1:35.53	300m:	3:15.68	450m:	4:57.69	600m:	6:39.99	750m:	8:18.04			
2. Erik Norbert, VASS					03	Rio Maior				8:53.39	574	17,00
50m:	29.96	200m:	2:08.86	350m:	3:50.11	500m:	5:31.86	650m:	7:13.74	800m:	8:53.39	
100m:	1:02.37	250m:	2:42.49	400m:	4:23.94	550m:	6:05.78	700m:	7:47.31			
150m:	1:35.48	300m:	3:16.39	450m:	4:57.96	600m:	6:39.89	750m:	8:21.43			
3. Pedro Fale, SILVA					03	Atletico Montemor				9:22.98	488	16,00
50m:	31.25	200m:	2:15.37	350m:	4:02.91	500m:	5:51.42	650m:	7:39.68	800m:	9:22.98	
100m:	1:04.65	250m:	2:51.36	400m:	4:39.18	550m:	6:28.01	700m:	8:15.18			
150m:	1:39.50	300m:	3:26.90	450m:	5:15.25	600m:	7:04.36	750m:	8:49.95			
4. Hugo Fernandes, NUNES					03	Natacao da Guarda				9:27.00	478	15,00
50m:	29.58	200m:	2:14.23	350m:	4:01.67	500m:	5:51.19	750m:	8:51.88			
100m:	1:03.91	250m:	2:50.07	400m:	4:38.18	600m:	7:04.03	800m:	9:27.00			
150m:	1:39.07	300m:	3:25.74	450m:	5:14.95	700m:	8:17.01					
5. Miguel Alexandre, MARTINS					04	BUZIOS-Coruche				9:47.15	430	14,00
50m:	31.85	200m:	2:19.62	350m:	4:12.01	500m:	6:06.12	650m:	7:57.55	800m:	9:47.15	
100m:	1:06.99	250m:	2:57.22	400m:	4:49.73	550m:	6:43.68	700m:	8:34.70			
150m:	1:43.00	300m:	3:34.97	450m:	5:27.95	600m:	7:20.78	750m:	9:11.56			
6. Andre Prates, LOPES					05	Electrico Clube				10:04.82	394	13,00
50m:	33.18	200m:	2:25.96	350m:	4:21.64	500m:	6:16.63	650m:	8:11.91	800m:	10:04.82	
100m:	1:09.60	250m:	3:04.71	400m:	5:00.48	550m:	6:55.26	700m:	8:50.49			
150m:	1:47.67	300m:	3:43.22	450m:	5:38.60	600m:	7:33.38	750m:	9:27.90			



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 14, Masc., 800m Livres, Absoluto

Lugar								Ano								Tempo final	Pts	
7.	André Filipe, FRÓIS							02	Estremoz/Estremozcarnes							10:19.24	367	12,00
	50m:	32.57	200m:	2:26.28	350m:	4:26.16	600m:	7:44.53	750m:	9:41.46								
	100m:	1:08.85	250m:	3:05.91	400m:	5:06.14	650m:	8:25.36	800m:	10:19.24								
	150m:	1:46.71	300m:	3:46.12	450m:	5:46.20	700m:	9:03.25										
8.	Tiago Holbeche, SILVA							05	Aminata							10:27.36	353	11,00
	50m:	35.14	200m:	2:32.55	350m:	4:33.77	500m:	6:34.01	650m:	8:32.57	800m:	10:27.36						
	100m:	1:14.68	250m:	3:12.31	400m:	5:14.25	550m:	7:14.65	700m:	9:11.62								
	150m:	1:54.18	300m:	3:52.16	450m:	5:53.71	600m:	7:53.37	750m:	9:50.59								
9.	Antonio Correia, NEVES							03	Desportivo de Odemira							10:30.82	347	10,00
	50m:	33.85	200m:	2:27.43	350m:	4:26.38	500m:	6:27.40	650m:	8:29.46	800m:	10:30.82						
	100m:	1:10.23	250m:	3:06.89	400m:	5:06.37	550m:	7:08.63	700m:	9:10.06								
	150m:	1:48.40	300m:	3:47.01	450m:	5:46.63	600m:	7:49.79	750m:	9:51.10								
10.	Rafael Rodrigues, GOMES							06	CLAC-Entroncamento							10:33.28	343	9,00
	50m:	34.83	200m:	2:35.40	350m:	4:37.02	500m:	6:37.23	650m:	8:38.31	800m:	10:33.28						
	100m:	1:15.31	250m:	3:15.55	400m:	5:17.41	550m:	7:17.90	700m:	9:18.35								
	150m:	1:55.57	300m:	3:56.34	450m:	5:57.98	600m:	7:58.21	750m:	9:57.66								
11.	Eliseu Manuel, TAVARES							99	Uniao Samorense							10:37.98	335	8,00
	50m:	33.61	200m:	2:31.28	350m:	4:33.53	500m:	6:36.81	650m:	8:40.13	800m:	10:37.98						
	100m:	1:11.84	250m:	3:11.05	400m:	5:15.34	550m:	7:18.38	700m:	9:21.29								
	150m:	1:51.24	300m:	3:51.49	450m:	5:56.29	600m:	8:00.03	750m:	10:01.58								
12.	Lucas Farinha, PERES							06	CCDSerta							11:05.78	295	7,00
	50m:	35.40	200m:	2:39.33	350m:	4:46.44	500m:	6:54.90	650m:	9:04.24	800m:	11:05.78						
	100m:	1:16.03	250m:	3:21.55	400m:	5:29.22	550m:	7:38.18	700m:	9:46.40								
	150m:	1:57.56	300m:	4:03.69	450m:	6:11.96	600m:	8:21.09	750m:	10:27.72								
13.	Andre Coelho, PITA							06	Nautico Abrantes							11:33.42	261	6,00
	50m:	38.88	200m:	2:49.71	350m:	4:59.76	500m:	7:12.75	650m:	9:24.89	800m:	11:33.42						
	100m:	1:21.70	250m:	3:32.80	400m:	5:43.91	550m:	7:57.28	700m:	10:07.99								
	150m:	2:05.24	300m:	4:15.99	450m:	6:28.20	600m:	8:41.69	750m:	10:52.26								
14.	Miguel Eduardo, RANGEM							07	Elvense							11:59.90	233	5,00
	50m:	40.64	200m:	2:55.57	350m:	5:14.82	500m:	7:31.52	650m:	9:46.76	800m:	11:59.90						
	100m:	1:25.60	250m:	3:41.71	400m:	5:59.13	550m:	8:17.99	700m:	10:31.07								
	150m:	2:11.85	300m:	4:29.46	450m:	6:45.34	600m:	9:02.00	750m:	11:16.97								
15.	Afonso Oliveira, MARQUES							06	Desportivo de Mora							12:51.97	189	4,00
	50m:	41.58	200m:	3:05.81	350m:	5:33.37	500m:	8:00.02	650m:	10:26.19	800m:	12:51.97						
	100m:	1:28.75	250m:	3:55.33	400m:	6:22.33	550m:	8:48.95	700m:	11:15.05								
	150m:	2:17.57	300m:	4:43.69	450m:	7:11.59	600m:	9:36.95	750m:	12:03.40								
16.	Eduardo Nuno, FIGUEIREDO							07	Portalegre							14:24.75	134	3,00
	50m:	47.91	200m:	3:26.79	350m:	6:11.63	500m:	8:58.68	650m:	11:42.97	800m:	14:24.75						
	100m:	1:39.19	250m:	4:21.83	400m:	7:06.95	550m:	9:53.08	700m:	12:37.19								
	150m:	2:32.55	300m:	5:16.16	450m:	8:02.08	600m:	10:47.63	750m:	13:31.32								



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 15	Femin., 100m Mariposa				Absoluto
29-02-2020 - 15:30					Resultados
Rec Nac 25m Absoluto	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac 25m 18 +	58.31	Sara Freitas, OLIVEIRA	POR	Dubai (UAE)	18-12-2010
Rec Nac 25m 17	59.65	Sara Francisco, CRUZ	ADBA	Leiria	05-12-2009
Rec Nac 25m 16	1:01.05	Mariana Pacheco, CUNHA	CNCE	Felgueiras	21-12-2019
Rec Nac 25m 15	1:00.43	Carolina Miranda, FERNANDES	CGA	Mealhada	08-12-2019
Rec Nac 25m 14	1:02.36	Mariana Pacheco, CUNHA	CFP	Felgueiras	14-04-2018
Rec Nac 25m 13	1:02.30	Carolina Miranda, FERNANDES	CGA	Felgueiras	11-03-2018
Rec Nac 25m 12	1:05.51	Carolina Miranda, FERNANDES	CGA	Gafanha Nazaré	06-05-2017

Pontos: FINA 2019

Lugar			Ano		Tempo final	Pts	
1.	Carolina Silverio, CARPINTEIRO		02	Natacao do Tejo	1:04.43	608	19,00
	50m:	30.44	100m:	1:04.43			
2.	Maria Madalena, BENTO		05	BUZIOS-Coruche	1:05.95	567	17,00
	50m:	31.44	100m:	1:05.95			
3.	Secile Liu, WANG		03	Uniao Samorense	1:08.37	509	16,00
	50m:	32.03	100m:	1:08.37			
4.	Daniela Lourenco, NEVES		05	CCDSerta	1:09.08	494	15,00
	50m:	32.21	100m:	1:09.08			
5.	Ana Filipa, FONSECA		04	Estremoz/Estremozcarnes	1:12.71	423	14,00
	50m:	34.62	100m:	1:12.71			
6.	Marta Filipa, BUCHA		06	Viver Santarem	1:13.00	418	13,00
	50m:	34.38	100m:	1:13.00			
7.	Barbara Garrido, FRANCO		04	Elvense	1:13.81	405	12,00
	50m:	34.50	100m:	1:13.81			
8.	Ana Sofia, GERVASIO		95	Atletico Montemor	1:16.82	359	11,00
	50m:	35.99	100m:	1:16.82			
9.	Ana Carolina, MOITA		06	Desportivo de Mora	1:17.93	344	10,00
	50m:	35.50	100m:	1:17.93			
10.	Barbara Maia, FREITAS		06	CLAC-Entroncamento	1:18.23	340	9,00
	50m:	37.10	100m:	1:18.23			
11.	Beatriz Catarino, MOURA		02	Nautico Abrantes	1:19.49	324	8,00
	50m:	36.16	100m:	1:19.49			
12.	Leonor Nobre, CASINHAS		06	Litoral Alentejano	1:27.44	243	7,00
	50m:	40.41	100m:	1:27.44			
13.	Leonor Correia, NUNES		08	Aminata	1:30.18	222	6,00
	50m:	41.43	100m:	1:30.18			
14.	Erica Filipa, REIS		06	Desportivo de Odemira	1:32.62	204	5,00
	50m:	42.19	100m:	1:32.62			
15.	Laura Calheiros, FRAZAO		07	Rio Maior	1:33.35	200	4,00
	50m:	42.64	100m:	1:33.35			
16.	Beatriz Alexandra, RODRIGUES		05	Natacao da Guarda	1:33.92	196	3,00
	50m:	42.88	100m:	1:33.92			



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 16	Masc., 200m Mariposa				Absoluto
29-02-2020 - 15:35					Resultados
Rec Nac 25m Absoluto	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac 25m 19 +	1:53.39	Diogo Filipe, CARVALHO	POR	Istambul (TUR)	12-12-2009
Rec Nac 25m 18	1:58.64	Diogo Filipe, CARVALHO	CGA	Tomar	09-12-2005
Rec Nac 25m 17	1:59.93	Diogo Filipe, CARVALHO	CGA	Mealhada	05-03-2005
Rec Nac 25m 16	2:03.38	Diogo Parrilha da, SILVA	CNAL	Alcobaça	13-06-2009
Rec Nac 25m 15	2:06.17	Diogo Matos, RIBEIRO	CUC	Felgueiras	27-04-2019
Rec Nac 25m 14	2:12.42	Tomas Miguel, FREITAS	CDN	Funchal	11-07-2004
Rec Nac 25m 13	2:19.18	Andre Vilas, RUIVO	DNMG	Nazaré	01-06-2013

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. Joao Silverio, DUARTE	99	Electrico Clube	2:13.61	531	19,00	
50m: 29.37 100m: 1:03.72 150m: 1:38.09 200m: 2:13.61						
2. Jose Pinto, CABRAL	05	Viver Santarem	2:14.25	524	17,00	
50m: 30.17 100m: 1:04.36 150m: 1:39.51 200m: 2:14.25						
3. Luis Filipe, FONSECA	97	Estremoz/Estremozcarnes	2:17.56	487	16,00	
50m: 31.05 100m: 1:06.26 150m: 1:42.01 200m: 2:17.56						
4. Eduardo, BINYAS	06	Rio Maior	2:22.93	434	15,00	
50m: 30.98 100m: 1:05.66 150m: 1:42.63 200m: 2:22.93						
5. Guilherme Cotovio, ALVES	04	Atletico Montemor	2:29.68	378	14,00	
50m: 33.19 100m: 1:11.83 150m: 1:52.57 200m: 2:29.68						
6. Joao Pedro, ROSA	90	CLAC-Entroncamento	2:30.56	371	13,00	
50m: 32.90 100m: 1:11.13 150m: 1:51.33 200m: 2:30.56						
7. Diogo Antunes, GONCALVES	05	Natacao da Guarda	2:34.85	341	12,00	
50m: 35.70 100m: 1:16.41 150m: 1:57.06 200m: 2:34.85						
8. Guilherme Miguel, CUSTODIO	02	Litoral Alentejano	2:37.34	325	11,00	
50m: 33.04 100m: 1:13.15 150m: 1:54.27 200m: 2:37.34						
9. Miguel Antonio, ELEKES	06	Aminata	2:41.05	303	10,00	
50m: 34.84 100m: 1:16.30 150m: 1:59.27 200m: 2:41.05						
10. Vitor, SOKOLOVSKYY	06	Nautico Abrantes	2:44.31	285	9,00	
50m: 35.81 100m: 1:17.81 150m: 2:02.03 200m: 2:44.31						
11. Francisco Martins, RIBEIRO	06	CCDSerta	2:44.83	283	8,00	
50m: 36.75 100m: 1:17.55 150m: 2:01.19 200m: 2:44.83						
12. Eliseu Manuel, TAVARES	99	Uniao Samorense	2:57.89	225	7,00	
50m: 34.70 100m: 1:18.45 150m: 2:07.50 200m: 2:57.89						
13. Lorenzo Muniz, SILVA	06	BUZIOS-Coruche	3:07.17	193	6,00	
50m: 40.75 100m: 1:28.15 150m: 2:19.21 200m: 3:07.17						
14. Eduardo Ramos, ESTEVAO	06	Desportivo de Odemira	3:13.50	175	5,00	
50m: 39.49 100m: 1:27.78 150m: 2:19.88 200m: 3:13.50						
15. Joao Pedro, PIRES	04	Natacao do Tejo	3:42.99	114	4,00	
50m: 47.44 100m: 1:42.69 150m: 2:43.74 200m: 3:42.99						
DSQ Joao Canhoto, CALDEIRINHA	06	Elvense	-	-	-	
<i>SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 125 metros</i>						
DSQ Diogo Miguel, ROSADO	07	Desportivo de Mora	-	-	-	
<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>						
DSQ Miguel Angelo, PAULETA	03	Portalegre	-	-	-	
<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>						



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 17 29-02-2020 - 15:45	Femin., 100m Bruços				Absoluto Resultados
Rec Nac 25m Absoluto	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac 25m 18 +	1:07.17	Diana Duarte, GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec Nac 25m 17	1:08.02	Raquel Gomes, PEREIRA	SAD	Funchal	09-12-2016
Rec Nac 25m 16	1:08.85	Ana Pinho, RODRIGUES	AEJ	Ponte de Sôr	13-12-2009
Rec Nac 25m 15	1:09.59	Diana Duarte, GOMES	ABVE	Tomar	13-03-2004
Rec Nac 25m 14	1:11.76	Diana Duarte, GOMES	ABVE	Reboleira	28-06-2003
Rec Nac 25m 13	1:13.43	Raquel Gomes, PEREIRA	SANL	Abrantes	13-04-2013
Rec Nac 25m 12	1:17.79	Mariana Ferrinha, CUNHA	AAC	Coimbra	19-03-1995

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Rute Isabel, LEONARDO 50m: 35.48 100m: 1:14.62	98 Nautico Abrantes	1:14.62	583 19,00
2. Marta Chambel, DIAS 50m: 37.78 100m: 1:18.12	02 CLAC-Entroncamento	1:18.12	508 17,00
3. Beatriz Grave, REIS 50m: 38.59 100m: 1:20.65	05 Rio Maior	1:20.65	462 16,00
4. Catarina Isabel, ALVES 50m: 38.97 100m: 1:22.70	06 Aminata	1:22.70	428 15,00
5. Salome Silva, DIAS 50m: 39.05 100m: 1:22.97	06 CCDSerta	1:22.97	424 14,00
6. Ana Sofia, CALDES 50m: 39.58 100m: 1:23.37	06 Elvense	1:23.37	418 13,00
7. Leonor Maria, MIRA 50m: 40.37 100m: 1:26.41	04 BUZIOS-Coruche	1:26.41	375 12,00
8. Constanca Grincho, SOUSA 50m: 41.17 100m: 1:27.29	06 Viver Santarem	1:27.29	364 11,00
9. Lea Liu, WANG 50m: 42.07 100m: 1:29.50	05 Uniao Samorense	1:29.50	338 10,00
10. Madalena Alves, CORREIA 50m: 42.05 100m: 1:30.00	01 Litoral Alentejano	1:30.00	332 9,00
11. Carolina Sofia, FONSECA 50m: 43.50 100m: 1:30.16	07 Estremoz/Estremozcarnes	1:30.16	330 8,00
12. Maria Clara, DOURADO 50m: 43.93 100m: 1:32.60	04 Natacao da Guarda	1:32.60	305 7,00
13. Matilde Ramos, REMA 50m: 44.65 100m: 1:32.62	06 Desportivo de Odemira	1:32.62	305 6,00
14. Margarida Monteiro, AMARO 50m: 43.76 100m: 1:33.26	02 Atletico Montemor	1:33.26	298 5,00
15. Iris Simoes, MARTINS 50m: 49.35 100m: 1:44.79	08 Natacao do Tejo	1:44.79	210 4,00
16. Maria Eduarda, TRINDADE 50m: 51.16 100m: 1:45.75	06 Portalegre	1:45.75	205 3,00
17. Rita Verissimo, TAVARES 50m: 1:01.05 100m: 2:07.38	08 Electrico Clube	2:07.38	117 2,00



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 18 29-02-2020 - 15:55	Masc., 200m Bruços				Absoluto Resultados
Rec Nac 25m Absoluto	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec Nac 25m 19 +	2:05.59	Carlos Esteves, ALMEIDA	POR	Chartres (FRA)	25-11-2012
Rec Nac 25m 18	2:13.22	Andre Goncalo, SANTOS	LSC	Porto	19-12-2014
Rec Nac 25m 17	2:16.24	Jorge Jesus, SILVA	SCB	Funchal	10-12-2016
Rec Nac 25m 16	2:18.22	Andre Goncalo, SANTOS	LSC	Felgueiras	08-03-2013
Rec Nac 25m 15	2:20.22	Andre Goncalo, SANTOS	LSC	Braga	03-03-2012
Rec Nac 25m 14	2:29.20	Paulo Rodrigues, ALVES	CDN	Funchal	01-08-2018
Rec Nac 25m 13	2:37.57	Tomas Miguel, FREITAS	CDN	Funchal	13-07-2003

Pontos: FINA 2019

Lugar			Ano			Tempo final	Pts	
1.	Luis Afonso, LOPES		03	Viver Santarem		2:36.59	451	19,00
	50m:	36.07	100m:	1:16.27	150m:	1:57.80	200m:	2:36.59
2.	Francisco Miguel, MATIAS		04	CCDSerta		2:38.60	434	17,00
	50m:	36.18	100m:	1:17.12	150m:	1:58.73	200m:	2:38.60
3.	Artur Rafael, SARAMAGO		97	BUZIOS-Coruche		2:38.75	433	16,00
	50m:	35.96	100m:	1:16.71	150m:	1:58.30	200m:	2:38.75
4.	Afonso Alves, CHOCAS		04	Electrico Clube		2:41.92	408	15,00
	50m:	36.80	100m:	1:19.10	150m:	2:01.16	200m:	2:41.92
5.	Simao Pedro, DIAS		02	Natacao da Guarda		2:42.21	406	14,00
	50m:	37.45	100m:	1:19.68	150m:	2:00.92	200m:	2:42.21
6.	Filipe Andalecio, NASCIMENTO		03	Litoral Alentejano		2:45.27	384	13,00
	50m:	37.28	100m:	1:19.77	150m:	2:02.46	200m:	2:45.27
7.	Guilherme Filipe, GABOLEIRO		05	Rio Maior		2:45.76	380	12,00
	50m:	37.11	100m:	1:19.51	150m:	2:03.04	200m:	2:45.76
8.	Joao Afonso, GONCALVES		00	CLAC-Entroncamento		2:50.44	350	11,00
	50m:	38.09	100m:	1:20.63	150m:	2:05.00	200m:	2:50.44
9.	Miguel Santos, GRILO		03	Aminata		2:51.93	341	10,00
	50m:	39.15	100m:	1:23.68	150m:	2:08.72	200m:	2:51.93
10.	Antonio Correia, NEVES		03	Desportivo de Odemira		2:52.75	336	9,00
	50m:	38.31	100m:	1:20.90	150m:	2:07.67	200m:	2:52.75
11.	Guilherme Alexandre, CANTANHEDE		04	Atletico Montemor		2:53.11	334	8,00
	50m:	39.82	100m:	1:24.64	150m:	2:10.10	200m:	2:53.11
12.	Tiago Joao, VITAL		02	Natacao do Tejo		2:59.78	298	7,00
	50m:	40.46	100m:	1:27.25	150m:	2:14.59	200m:	2:59.78
13.	Diogo Miguel, BANHA		98	Estremoz/Estremozcarnes		3:01.14	291	6,00
	50m:	39.17	100m:	1:25.79	150m:	2:13.95	200m:	3:01.14
14.	Diogo Miguel, PARREIRAS		05	Portalegre		3:05.34	272	5,00
	50m:	42.18	100m:	1:29.92	150m:	2:18.50	200m:	3:05.34
15.	Luis Garrido, FRANCO		07	Elvense		3:13.40	239	4,00
	50m:	43.32	100m:	1:33.00	150m:	2:24.08	200m:	3:13.40
16.	Alexandre Manuel, JESUS		02	Uniao Samorense		3:19.22	219	3,00
	50m:	43.54	100m:	1:33.66	150m:	2:26.67	200m:	3:19.22
17.	Gabriel Ize, DEBLONDE		07	Desportivo de Mora		3:27.54	194	2,00
	50m:	45.66	100m:	1:38.68	150m:	2:32.72	200m:	3:27.54



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Prova 19 **Femin., 50m Livres** **Absoluto**
29-02-2020 - 16:15 **Resultados**

Rec Nac 25m Absoluto	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac 25m 18 +	24.94	Patricia Vilas, CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec Nac 25m 17	25.95	Beatriz Mendes, VIEGAS	TNC	Vila Real Stº Antonio	12-11-2016
Rec Nac 25m 16	26.14	Maria Carolina, ROSA	SCP	S. António Cavaleiros	20-12-2009
Rec Nac 25m 15	26.37	Carolina Miranda, FERNANDES	CGA	Albufeira	09-11-2019
Rec Nac 25m 14	26.85	Ana Margarida, GUEDES	GCVR	Bragança	05-07-2015
Rec Nac 25m 13	27.43	Marta Lopes, BRITES	CNPDL	Ponta Delgada	12-07-2019
Rec Nac 25m 12	27.89	Carolina Miranda, FERNANDES	CGA	Espinho	13-05-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Marta Filipa, MATIAS	03 CCDSerta	27.95	552 19,00
2. Leonor Maria, MIRA	04 BUZIOS-Coruche	29.48	470 17,00
3. Sara Sofia, VENTURA	04 Elvense	29.68	461 16,00
4. Beatriz Catarino, MOURA	02 Nautico Abrantes	29.88	451 15,00
5. Beatriz Maria, FREIXIEIRO	04 Rio Maior	29.90	451 14,00
6. Maria Beatriz, DIAS	99 Viver Santarem	29.92	450 13,00
7. Daniela Filipa, MANTAS	99 Atletico Montemor	30.88	409 12,00
8. Rita Prado, SILVA	06 Desportivo de Odemira	31.24	395 11,00
9. Natacha Caeiro, BRITES	04 Estremoz/Estremozcarnes	31.89	371 10,00
10. Barbara Maia, FREITAS	06 CLAC-Entroncamento	32.91	338 9,00
11. Catarina Filipa, SILVA	03 Natacao do Tejo	33.22	328 8,00
12. Leonor Nobre, CASINHAS	06 Litoral Alentejano	34.70	288 7,00
13. Beatriz Alexandra, RODRIGUES	05 Natacao da Guarda	34.81	285 6,00
14. Inês Maria, BRANDÃO	05 Portalegre	35.21	276 5,00
15. Carolina Miranda, ROSA	06 Uniao Samorense	36.06	257 4,00
DSQ Rita Alves, NEVES	06 Aminata		-
<i>SW 4.4 - Falsa partida</i>			

Prova 20 **Masc., 100m Livres** **Absoluto**
29-02-2020 - 16:20 **Resultados**

Rec Nac 25m Absoluto	47.61	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m 19 +	47.61	Miguel Duarte, NASCIMENTO	POR	Hangzhou (CHN)	11-12-2018
Rec Nac 25m 18	48.38	Tiago Andre, VENANCIO	CNS	Cantanhede	20-12-2004
Rec Nac 25m 17	49.87	Tiago Andre, VENANCIO	CNS	Estoril	14-02-2004
Rec Nac 25m 16	50.82	Tiago Andre, VENANCIO	CNS	Braga	23-03-2003
Rec Nac 25m 15	52.29	Diogo Matos, RIBEIRO	CUC	Coimbra	11-05-2019
Rec Nac 25m 14	54.35	Diogo Matos, RIBEIRO	CUC	S. António Cavaleiros	01-07-2018
Rec Nac 25m 13	57.40	Tiago Filipe, PEREIRA	DNMG	Caldas da Rainha	11-07-2004

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Goncalo Magalhaes, CRISTOVAO	03 Viver Santarem	55.56	529 19,00
50m: 27.28 100m: 55.56			
2. Marco Antonio, COSTA	02 Natacao da Guarda	56.18	511 17,00
50m: 26.92 100m: 56.18			
3. Duarte Filipe, SILVA	03 BUZIOS-Coruche	56.27	509 16,00
50m: 27.63 100m: 56.27			
4. Rodrigo Miguel, ALVES	02 Aminata	56.77	496 15,00
50m: 26.87 100m: 56.77			
5. Francisco Manuel, MENDONCA	02 Uniao Samorense	58.11	462 14,00
50m: 27.63 100m: 58.11			
6. Pedro Alexandre, BOTO	02 Litoral Alentejano	58.81	446 13,00
50m: 28.33 100m: 58.81			



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Prova 20, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
7. Andre Prates, LOPES 50m: 28.50 100m: 59.83	05 Electrico Clube	59.83	423 12,00
8. Isaias Francisco, CALDEIRA 50m: 28.89 100m: 1:00.50	02 CCDSerta	1:00.50	409 10,50
Ruben Filipe, CARREIRA 50m: 29.11 100m: 1:00.50	03 Rio Maior	1:00.50	409 10,50
10. Marcio Lima, SILVA 50m: 30.45 100m: 1:00.76	01 Natacao do Tejo	1:00.76	404 9,00
11. Tiago Manuel, AZINHEIRINHA 50m: 29.70 100m: 1:01.88	98 Atletico Montemor	1:01.88	383 8,00
12. Rafael Rodrigues, GOMES 50m: 31.00 100m: 1:04.08	06 CLAC-Entroncamento	1:04.08	344 7,00
13. Luis Maria, GANCHO 50m: 33.07 100m: 1:05.95	04 Estremoz/Estremozcarnes	1:05.95	316 6,00
14. Bernardo Maria, NUNES 50m: 32.86 100m: 1:08.71	02 Portalegre	1:08.71	279 5,00
15. Joao Canhoto, CALDEIRINHA 50m: 34.10 100m: 1:10.16	06 Elvense	1:10.16	262 4,00
16. Daniel Santos, CARAPETO 50m: 35.72 100m: 1:13.33	07 Nautico Abrantes	1:13.33	230 3,00
17. Francisco Reis, MAGUAS 50m: 37.48 100m: 1:14.85	06 Desportivo de Odemira	1:14.85	216 2,00
18. Simao Ferreira, DUARTE 50m: 36.31 100m: 1:15.45	06 Desportivo de Mora	1:15.45	211 1,00

Prova 21
29-02-2020 - 16:25

Femin., 100m Costas

Absoluto
Resultados

Rec Nac 25m Absoluto	58.65	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	22-12-2019
Rec Nac 25m 18 +	58.65	Rafaela Gomes, AZEVEDO	SAD	Felgueiras	22-12-2019
Rec Nac 25m 17	59.61	Rafaela Gomes, AZEVEDO	SAD	Algés	29-06-2019
Rec Nac 25m 16	1:01.55	Ines Camacho, FERNANDES	SCP	Porto	08-12-2013
Rec Nac 25m 15	1:01.43	Ines Camacho, FERNANDES	SCP	Mealhada	17-12-2011
Rec Nac 25m 14	1:02.96	Ines Camacho, FERNANDES	SCP	Alapraia	12-02-2011
Rec Nac 25m 13	1:04.85	Filipa Ramos, PEIXEIRA	SCP	Tomar	18-03-2016
Rec Nac 25m 12	1:06.85	Carolina Miranda, FERNANDES	CGA	Mealhada	07-04-2017

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Laura Andre, CATARINO 50m: 32.98 100m: 1:07.79	03 CCDSerta	1:07.79	534 19,00
2. Sara Sofia, VENTURA 50m: 34.84 100m: 1:12.01	04 Elvense	1:12.01	446 17,00
3. Matilde Silva, PIRES 50m: 35.63 100m: 1:13.53	04 Estremoz/Estremozcarnes	1:13.53	419 16,00
4. Maria Beatriz, DIAS 50m: 36.68 100m: 1:14.29	99 Viver Santarem	1:14.29	406 15,00
5. Beatriz Maria, FREIXIEIRO 50m: 36.88 100m: 1:14.33	04 Rio Maior	1:14.33	405 14,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 21, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
6. Erna, SABANOVIC 50m: 37.32 100m: 1:17.24	04 CLAC-Entroncamento	1:17.24	361 13,00
7. Matilde Paulos, BRANCO 50m: 36.98 100m: 1:18.41	05 BUZIOS-Coruche	1:18.41	345 12,00
8. Ines Goncalves, FERNANDES 50m: 38.07 100m: 1:18.70	06 Nautico Abrantes	1:18.70	341 11,00
9. Ines Gandum, MARTA 50m: 38.15 100m: 1:19.36	08 Electrico Clube	1:19.36	333 10,00
10. Matilde Goncalves, OLIVEIRA 50m: 39.10 100m: 1:20.42	06 Desportivo de Odemira	1:20.42	320 9,00
11. Ana Carolina, MOITA 50m: 39.27 100m: 1:21.26	06 Desportivo de Mora	1:21.26	310 8,00
12. Beatriz Carmo, ESTEVES 50m: 39.41 100m: 1:21.61	05 Atletico Montemor	1:21.61	306 7,00
13. Rita Pereira, DIAS 50m: 39.43 100m: 1:22.87	02 Natacao da Guarda	1:22.87	292 6,00
14. Mariana Catarina, PALMINHA 50m: 40.41 100m: 1:23.71	05 Litoral Alentejano	1:23.71	284 5,00
15. Rita Alves, NEVES 50m: 42.32 100m: 1:26.97	06 Aminata	1:26.97	253 4,00
16. Matilde Catalao, SIMAO 50m: 50.07 100m: 1:39.56	07 Portalegre	1:39.56	168 3,00
DSQ Carolina Miranda, ROSA <i>SW 6.5 - O (a) atleta não chegou na posição dorsal</i>	06 Uniao Samorensense		-

Prova 22

Masc., 200m Costas

Absoluto

29-02-2020 - 16:35

Resultados

Rec Nac 25m Absoluto	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (CHN)	16-12-2018
Rec Nac 25m 19 +	1:52.66	Gabriel Jose, LOPES	POR	Hangzhou (FRA)	16-12-2018
Rec Nac 25m 18	1:58.37	Adriano Miguel, NIZ	CFV	Figueira da Foz	03-07-2004
Rec Nac 25m 17	1:59.34	Adriano Miguel, NIZ	CFV	Alges	16-05-2003
Rec Nac 25m 16	2:01.43	Diogo Gomes, SOUSA	CNCVG	Algés	04-06-2011
Rec Nac 25m 15	2:04.99	Joao Alexandre, VITAL	ADRCIMM	Alapraia	09-03-2013
Rec Nac 25m 14	2:09.17	Joao Alexandre, VITAL	ADRCIMM	Algés	29-06-2012
Rec Nac 25m 13	2:15.27	Andre Vilas, RUIVO	DNMG	S. António Cavaleiros	16-03-2013

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Guilherme Pereira, COUTINHO 50m: 32.08 100m: 1:07.21 150m: 1:43.57 200m: 2:19.48	03 Viver Santarem	2:19.48	434 19,00
2. Bruno Teixeira, COELHO 50m: 33.72 100m: 1:10.33 150m: 1:47.14 200m: 2:22.42	03 Natacao da Guarda	2:22.42	407 17,00
3. Duarte Filipe, SILVA 50m: 34.33 100m: 1:10.42 150m: 1:47.43 200m: 2:23.81	03 BUZIOS-Coruche	2:23.81	396 16,00
4. Henrique Antonio, MARTINS 50m: 33.81 100m: 1:10.51 150m: 1:47.64 200m: 2:24.08	03 Natacao do Tejo	2:24.08	394 15,00
5. Pedro Fale, SILVA 50m: 33.88 100m: 1:10.74 150m: 1:48.17 200m: 2:24.36	03 Atletico Montemor	2:24.36	391 14,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 22, Masc., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
6. Samuel Andre, MARIANO 50m: 34.91 100m: 1:11.62 150m: 1:48.98 200m: 2:25.70	02 Litoral Alentejano	2:25.70	381 13,00
7. Goncalo Farinha, NUNES 50m: 35.21 100m: 1:14.30 150m: 1:54.26 200m: 2:32.21	04 CCDSerta	2:32.21	334 12,00
8. Ricardo Filipe, GABOLEIRO 50m: 35.23 100m: 1:14.16 150m: 1:54.69 200m: 2:34.77	05 Rio Maior	2:34.77	317 11,00
9. Tiago Holbeche, SILVA 50m: 36.79 100m: 1:16.35 150m: 1:57.29 200m: 2:34.88	05 Aminata	2:34.88	317 10,00
10. André Filipe, FRÓIS 50m: 35.50 100m: 1:13.83 150m: 1:54.82 200m: 2:36.72	02 Estremoz/Estremozcarnes	2:36.72	306 9,00
11. Vitor, SOKOLOVSKYY 50m: 37.57 100m: 1:18.71 150m: 2:00.75 200m: 2:40.44	06 Nautico Abrantes	2:40.44	285 8,00
12. Francisco Manuel, MENDONCA 50m: 36.80 100m: 1:17.35 150m: 1:59.44 200m: 2:40.49	02 Uniao Samorense	2:40.49	285 7,00
13. Rodrigo Martins, CHOCAS 50m: 39.37 100m: 1:21.21 150m: 2:02.64 200m: 2:42.71	07 Electrico Clube	2:42.71	273 6,00
14. Iuri Aragonez, AGOSTINHO 50m: 38.19 100m: 1:19.92 150m: 2:05.01 200m: 2:48.49	03 Portalegre	2:48.49	246 5,00
15. Simao Ferreira, DUARTE 50m: 44.56 100m: 1:32.12 150m: 2:20.56 200m: 3:08.00	06 Desportivo de Mora	3:08.00	177 4,00
16. Miguel Eduardo, RANGEM 50m: 47.82 100m: 1:38.13 150m: 2:30.65 200m: 3:22.71	07 Elvense	3:22.71	141 3,00
DSQ Francisco Polonio, ALEXANDRE <i>SW 6.4 - O (a) atleta não efectua a viragem dos 150 metros após terminar o movimento contínuo de braços</i>	04 CLAC-Entroncamento		-
DSQ Afonso Nunes, GUERREIRO <i>SW 6.4 - O (a) atleta não efectua a viragem dos 125 metros após terminar o movimento contínuo de braços</i>	06 Desportivo de Odemira		-

Prova 23

Femin., 400m Livres

Absoluto

29-02-2020 - 16:45

Resultados

Rec Nac 25m Absoluto	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m 18 +	4:04.61	Diana Margarida, DURAES	POR	Copenhagen (DEN)	17-12-2017
Rec Nac 25m 17	4:10.52	Tamila Hryhorivna, HOLUB	SCB	Porto	12-12-2015
Rec Nac 25m 16	4:13.53	Ana Reis, SOUSA	CNLA	Porto	09-12-2017
Rec Nac 25m 15	4:18.39	Ana Claudia, SANTOS	SFUAP	Cantanhede	20-12-2004
Rec Nac 25m 14	4:23.08	Susana Patricia, MIGUEL	SFUAP	Alhandra	15-05-2004
Rec Nac 25m 13	4:25.30	Alexandra Maria, SILVA	FCP	Porto	19-07-1980
Rec Nac 25m 12	4:38.40	Filipa Vilas, RUIVO	DNMG	Alcobaça	13-06-2009

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Catarina Isabel, CARLOTA 50m: 32.42 100m: 1:07.43 150m: 1:42.98 200m: 2:19.14 250m: 2:55.39 300m: 3:31.45 350m: 4:07.59 400m: 4:41.76	05 BUZIOS-Coruche	4:41.76	572 19,00
2. Catia Iordan, AGOSTINHO 50m: 33.31 100m: 1:09.31 150m: 1:45.40 200m: 2:21.47 250m: 2:57.40 300m: 3:33.29 350m: 4:08.79 400m: 4:43.80	02 Rio Maior	4:43.80	559 17,00
3. Helena Neto, FLORINDO 50m: 31.22 100m: 1:06.71 150m: 1:43.24 200m: 2:20.27 250m: 2:57.28 300m: 3:34.13 350m: 4:11.29 400m: 4:47.29	06 Electrico Clube	4:47.29	539 16,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 23, Femin., 400m Livres, Absoluto

Lugar	Ano	Tempo final	Pts	
4. Ana Filipa, FONSECA	04 Estremoz/Estremozcarnes	5:05.49	448	15,00
50m: 35.03 150m: 1:53.83	250m: 3:12.14 350m: 4:28.93			
100m: 1:14.29 200m: 2:33.21	300m: 3:50.74 400m: 5:05.49			
5. Leonor Santos, RIBEIRO	03 CCDSerta	5:05.77	447	14,00
50m: 32.34 150m: 1:48.48	250m: 3:07.94 350m: 4:27.92			
100m: 1:09.57 200m: 2:27.74	300m: 3:47.79 400m: 5:05.77			
6. Ines Marques, GARCIA	03 Nautico Abrantes	5:06.14	446	13,00
50m: 34.87 150m: 1:53.43	250m: 3:12.37 350m: 4:29.55			
100m: 1:13.98 200m: 2:33.10	300m: 3:51.20 400m: 5:06.14			
7. Beatriz Staiger, BENTO	04 Viver Santarem	5:09.53	431	12,00
50m: 34.24 150m: 1:50.42	250m: 3:10.10 350m: 4:30.06			
100m: 1:11.49 200m: 2:30.13	300m: 3:50.07 400m: 5:09.53			
8. Marta Chambel, DIAS	02 CLAC-Entroncamento	5:12.76	418	11,00
50m: 35.76 150m: 1:53.96	250m: 3:13.45 350m: 4:33.73			
100m: 1:13.98 200m: 2:33.70	300m: 3:53.68 400m: 5:12.76			
9. Ana Sofia, GERVASIO	95 Atletico Montemor	5:23.46	378	10,00
50m: 36.42 150m: 1:56.14	250m: 3:17.35 350m: 4:41.21			
100m: 1:15.45 200m: 2:36.54	300m: 3:59.20 400m: 5:23.46			
10. Beatriz Elias, PAULA	06 Litoral Alentejano	5:32.61	347	9,00
50m: 37.68 150m: 2:03.23	250m: 3:26.68 350m: 4:52.47			
100m: 1:20.20 200m: 2:45.15	300m: 4:09.85 400m: 5:32.61			
11. Mariana Jacinto, PAULINO	06 Desportivo de Odemira	5:39.99	325	8,00
50m: 39.77 150m: 2:05.61	250m: 3:31.67 350m: 4:58.35			
100m: 1:22.25 200m: 2:49.07	300m: 4:14.33 400m: 5:39.99			
12. Maria Teresa, SILVA	07 Aminata	5:40.15	325	7,00
50m: 38.15 150m: 2:04.05	250m: 3:30.93 350m: 4:58.12			
100m: 1:20.80 200m: 2:47.65	300m: 4:14.85 400m: 5:40.15			
13. Mariana Passareiro, PATRACOLO	05 Elvense	5:50.83	296	6,00
50m: 37.12 150m: 2:05.03	250m: 3:36.66 350m: 5:08.05			
100m: 1:19.91 200m: 2:50.97	300m: 4:22.73 400m: 5:50.83			
14. Evelina, BOCSA	05 Uniao Samorense	5:58.86	276	5,00
50m: 1:21.81 150m: 2:06.95	250m: 3:39.61 350m: 5:15.06			
100m: 1:27.11 200m: 2:53.46	300m: 4:26.76 400m: 5:58.86			
15. Maria Leonor, DOURADO	06 Natacao da Guarda	6:03.14	267	4,00
50m: 38.72 150m: 2:09.34	250m: 3:44.09 350m: 5:17.46			
100m: 1:22.73 200m: 2:56.85	300m: 4:30.73 400m: 6:03.14			
16. Rafaela Pinto, LOPES	08 Desportivo de Mora	6:28.72	217	3,00
50m: 41.23 150m: 2:19.20	250m: 4:00.19 350m: 5:41.42			
100m: 1:29.40 200m: 3:09.22	300m: 4:50.68 400m: 6:28.72			



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 24 29-02-2020 - 17:00	Masc., 200m Estilos				Absoluto Resultados
Rec Nac 25m Absoluto	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04-12-2015
Rec Nac 25m 19 +	1:53.45	Diogo Filipe, CARVALHO	POR	Netanya (ISR)	04-12-2015
Rec Nac 25m 18	2:00.59	Gabriel Jose, LOPES	ALN	Coimbra	10-05-2015
Rec Nac 25m 17	2:02.96	Diogo Filipe, CARVALHO	CGA	Mealhada	06-03-2005
Rec Nac 25m 16	2:05.34	Diogo Filipe, CARVALHO	CGA	Aveiro	15-05-2004
Rec Nac 25m 15	2:08.27	Diogo Filipe, CARVALHO	CGA	Fafe	10-05-2003
Rec Nac 25m 14	2:13.38	Tomas Miguel, FREITAS	CDN	Funchal	17-07-2004
Rec Nac 25m 13	2:17.96	Andre Vilas, RUIVO	DNMG	Nazaré	02-06-2013

Pontos: FINA 2019

Lugar	Ano				Tempo final	Pts
1. Jose Pinto, CABRAL	05	Viver Santarem	2:19.15	489	19,00	
50m: 29.78 100m: 1:05.46 150m: 1:46.68 200m: 2:19.15						
2. Joao Silverio, DUARTE	99	Electrico Clube	2:22.72	453	17,00	
50m: 29.44 100m: 1:05.38 150m: 1:49.89 200m: 2:22.72						
3. Artur Rafael, SARAMAGO	97	BUZIOS-Coruche	2:23.38	447	16,00	
50m: 31.24 100m: 1:10.02 150m: 1:51.02 200m: 2:23.38						
4. Hugo Fernandes, NUNES	03	Natacao da Guarda	2:24.73	434	15,00	
50m: 30.40 100m: 1:09.35 150m: 1:53.00 200m: 2:24.73						
5. Guilherme Filipe, GABOLEIRO	05	Rio Maior	2:27.85	407	14,00	
50m: 30.74 100m: 1:08.77 150m: 1:53.57 200m: 2:27.85						
6. Francisco Miguel, MATIAS	04	CCDSerta	2:30.18	389	13,00	
50m: 32.21 100m: 1:13.73 150m: 1:54.63 200m: 2:30.18						
7. Luis Miguel, NEVES	04	Aminata	2:35.02	353	12,00	
50m: 31.39 100m: 1:14.69 150m: 2:00.94 200m: 2:35.02						
8. Andrei Claudiu, IRIMIA	04	Uniao Samorense	2:37.05	340	11,00	
50m: 32.31 100m: 1:14.83 150m: 2:01.52 200m: 2:37.05						
9. Tiago Manuel, AZINHEIRINHA	98	A Atletico Montemor	2:37.78	335	10,00	
50m: 32.82 100m: 1:17.87 150m: 2:02.20 200m: 2:37.78						
10. Andre Miguel, PINTO	05	Litoral Alentejano	2:38.38	331	9,00	
50m: 35.09 100m: 1:16.36 150m: 2:02.12 200m: 2:38.38						
11. Joao Afonso, GONCALVES	00	CLAC-Entroncamento	2:39.13	326	8,00	
50m: 33.45 100m: 1:16.32 150m: 2:02.29 200m: 2:39.13						
12. Nuno Filipe, SARAMAGO	06	Estremoz/Estremozcarnes	2:53.26	253	7,00	
50m: 34.87 100m: 1:18.57 150m: 2:13.22 200m: 2:53.26						
13. Santiago Delgado, FALCAO	06	Desportivo de Odemira	3:00.57	223	6,00	
50m: 41.24 100m: 1:29.27 150m: 2:20.43 200m: 3:00.57						
14. Luis Garrido, FRANCO	07	Elvense	3:01.84	219	5,00	
50m: 41.33 100m: 1:31.09 150m: 2:22.11 200m: 3:01.84						
15. Daniel Santos, CARAPETO	07	Nautico Abrantes	3:02.28	217	4,00	
50m: 40.05 100m: 1:28.65 150m: 2:23.00 200m: 3:02.28						
16. Gabriel Ize, DEBLONDE	07	Desportivo de Mora	3:11.90	186	3,00	
50m: 44.06 100m: 1:33.66 150m: 2:27.79 200m: 3:11.90						
17. Eduardo Nuno, FIGUEIREDO	07	Portalegre	3:48.21	110	2,00	
50m: 51.91 100m: 1:53.77 150m: 2:58.22 200m: 3:48.21						



CAMPEONATO INTER- REGIONAL DE CLUBES
Coruche, 29-2-2020

Prova 25	Femin., 4 x 100m Livres					Absoluto
29-02-2020 - 17:25						Resultados
Rec Nac 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
Rec Nac 25m 18 +	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto		04-12-2010
Rec Nac 25m 16 - 17	3:54.55	Futebol Clube do Porto	FCP	Felgueiras		23-12-2018
Rec Nac 25m 15	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada		08-12-2019
Rec Nac 25m 14 - 15	4:00.53	Clube dos Galitos / Bresimar	CGA	Mealhada		08-12-2019
Rec Nac 25m 14	4:05.21	Clube dos Galitos / Bresimar	CGA	Estarreja		10-06-2019
Rec Nac 25m 13	4:13.11	Clube dos Galitos / Bresimar	CGA	Felgueiras		11-03-2018
Rec Nac 25m 12 - 13	4:13.11	Clube dos Galitos / Bresimar	CGA	Felgueiras		11-03-2018
Rec Nac 25m 12	4:23.50	Clube Galitos de Aveiro	CGA	Mealhada		21-05-2017

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1. CCDSerta 1	CCDSerta				4:10.07	563	19,00
Laura Andre, CATARINO	03	29.38	1:00.77	Daniela Lourenco, NEVES	05	30.10	1:04.25
Marta Filipa, MATIAS	03	28.81	1:00.69	Ines Martins, CAETANO	05	30.40	1:04.36
2. BUZIOS-Coruche 1	BUZIOS-Coruche				4:20.61	497	17,00
Leonor Maria, MIRA	04	30.38	1:03.22	Maria Madalena, BENTO	05	30.17	1:02.88
Catarina Isabel, CARLOTA	05	31.08	1:04.62	Matilde Paulos, BRANCO	05	33.22	1:09.89
3. Nautico Abrantes 3	Nautico Abrantes				4:21.52	492	16,00
Beatriz Catarino, MOURA	02	31.64	1:06.46	Ines Goncalves, FERNANDES	06	31.30	1:05.12
Beatriz Sofia, CONCEICAO	07	33.38	1:08.98	Rute Isabel, LEONARDO	98	29.73	1:00.96
4. Elvense 2	Elvense				4:27.26	461	15,00
Sara Sofia, VENTURA	04	31.03	1:05.48	Ana Sofia, CALDES	06	31.94	1:06.65
Mariana Passareiro, PATRACOLO	05	33.29	1:10.90	Barbara Garrido, FRANCO	04	30.34	1:04.23
5. Viver Santarem 1	Viver Santarem				4:28.89	453	14,00
Maria Beatriz, DIAS	99	32.21	1:07.63	Mariana Nunes, DOMINGOS	00	31.06	1:05.89
Marta Filipa, BUCHA	06	32.26	1:08.03	Beatriz Staiger, BENTO	04	31.84	1:07.34
6. Rio Maior 1	Rio Maior				4:34.37	426	13,00
Catia Iordan, AGOSTINHO	02	32.92	1:08.28	Laura Calheiros, FRAZAO	07	36.81	1:18.12
Beatriz Maria, FREIXIEIRO	04	30.70	1:03.07	Beatriz Grave, REIS	05	31.24	1:04.90
7. Estremoz/Estremozcarnes 3	Estremoz/Estremozcarnes				4:37.75	411	12,00
Marta Filipa, CANDEIAS	04	34.56	1:12.32	Matilde Silva, PIRES	04	32.03	1:07.39
Natacha Caeiro, BRITES	04	32.38	1:10.35	Ana Filipa, FONSECA	04	32.14	1:07.69
8. Aminata 1	Aminata				4:38.60	407	11,00
Catarina Isabel, ALVES	06	31.77	1:06.12	Leonor Correia, NUNES	08	33.74	1:11.71
Maria Teresa, SILVA	07	34.35	1:12.22	Filipa Maria, PEREIRA	06	32.51	1:08.55
9. CLAC-Entroncamento 1	CLAC-Entroncamento				4:40.35	399	10,00
Joana Patricia, ANTUNES	06	32.44	1:08.82	Barbara Maia, FREITAS	06	34.29	1:11.29
Erna, SABANOVIC	04	33.64	1:11.77	Marta Chambel, DIAS	02	32.47	1:08.47
10. Atletico Montemor 2	Atletico Montemor				4:48.61	366	9,00
Sofia Barbado, CORREIA	03	35.09	1:13.50	Beatriz Carmo, ESTEVES	05	33.35	1:12.16
Margarida Monteiro, AMARO	02	33.89	1:12.53	Daniela Filipa, MANTAS	99	33.24	1:10.42
11. Desportivo de Odemira 4	Desportivo de Odemira				4:55.37	341	8,00
Rita Prado, SILVA	06	32.23	1:09.05	Mariana Jacinto, PAULINO	06	38.05	1:18.79
Maria Poeira, MATOS	07	35.41	1:15.69	Matilde Goncalves, OLIVEIRA	06	34.84	1:11.84
12. Litoral Alentejano 1	Litoral Alentejano				5:01.39	321	7,00
Mariana Catarina, PALMINHA	05	37.29	1:17.07	Madalena Alves, CORREIA	01	35.03	1:14.41
Leonor Nobre, CASINHAS	06	35.73	1:15.76	Beatriz Elias, PAULA	06	36.46	1:14.15
13. Uniao Samorense 1	Uniao Samorense				5:03.70	314	6,00
Evelina, BOCSA	05	38.45	1:20.39	Carolina Miranda, ROSA	06	38.87	1:25.03
Lea Liu, WANG	05	34.91	1:12.65	Secile Liu, WANG	03	31.47	1:05.63
14. Natacao da Guarda 1	Natacao da Guarda				5:04.06	313	5,00
Beatriz Neves, MOTA	05	38.33	1:20.94	Maria Clara, DOURADO	04	34.71	1:13.04
Beatriz Alexandra, RODRIGUES	05	36.69	1:17.89	Rita Pereira, DIAS	02	33.40	1:12.19



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Prova 26	Masc., 4 x 100m Estilos					Absoluto
29-02-2020 - 17:35						Resultados
Rec Nac 25m Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014	
Rec Nac 25m 19 +	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014	
Rec Nac 25m 17 - 18	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	20-12-2019	
Rec Nac 25m 16	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14-07-2019	
Rec Nac 25m 15 - 16	3:59.39	Clube Futebol Os Belenenses	CFB	Algés	14-07-2019	
Rec Nac 25m 15	4:04.46	Grupo Desp. Natacao V. N. FamalicGDNVNF		Estarreja	14-12-2014	
Rec Nac 25m 14	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20-03-2016	
Rec Nac 25m 13 - 14	4:12.48	Sporting Clube de Portugal	SCP	Tomar	20-03-2016	
Rec Nac 25m 13	4:35.54	Grupo Desp. Natacao V. N. FamalicGDNVNF		Porto	17-03-2013	

Pontos: FINA 2019

Lugar					Tempo final	Pts	
1. Viver Santarem 4	Viver Santarem				4:11.92	494	19,00
Guilherme Pereira, COUTINHO	03	29.96	1:01.45	Jose Pinto, CABRAL	05	28.80	1:01.83
Luis Afonso, LOPES	03	33.98	1:12.80	Goncalo Magalhaes, CRISTOVAO	03	27.33	55.84
2. BUZIOS-Coruche 1	BUZIOS-Coruche				4:18.90	455	17,00
Jose Carlos, BURECAS	00	31.59	1:07.93	Pedro Pereira, LOPES	99	28.47	1:03.44
Artur Rafael, SARAMAGO	97	32.54	1:11.17	Duarte Filipe, SILVA	03	27.03	56.36
3. Natacao da Guarda 1	Natacao da Guarda				4:22.99	434	16,00
Bruno Teixeira, COELHO	03	32.37	1:06.46	Simao Pedro, DIAS	02	30.07	1:03.06
Hugo Fernandes, NUNES	03	37.71	1:17.56	Marco Antonio, COSTA	02	25.91	55.91
4. Electrico Clube 1	Electrico Clube				4:27.32	413	15,00
Afonso Alves, CHOCAS	04	33.55	1:09.29	Joao Silverio, DUARTE	99	27.43	59.73
Andre Prates, LOPES	05	34.79	1:14.42	Rodrigo Martins, CHOCAS	07	30.36	1:03.88
5. Atletico Montemor 2	Atletico Montemor				4:31.57	394	14,00
Pedro Fale, SILVA	03	32.59	1:06.72	Guilherme Cotovio, ALVES	04	31.13	1:05.54
Guilherme Alexandre, CANTANHED04	04	37.65	1:18.55	Tiago Manuel, AZINHEIRINHA	98	28.52	1:00.76
6. Litoral Alentejano 1	Litoral Alentejano				4:32.94	388	13,00
Samuel Andre, MARIANO	02	33.45	1:07.53	Pedro Alexandre, BOTO	02	28.59	1:03.70
Andre Miguel, PINTO	05	36.53	1:18.47	Filipe Andalecio, NASCIMENTO	03	29.87	1:03.24
7. Rio Maior 1	Rio Maior				4:33.20	387	12,00
Ricardo Filipe, GABOLEIRO	05	34.51	1:11.44	Guilherme Filipe, GABOLEIRO	05	30.96	1:04.84
Eduardo, BINYAS	06	36.79	1:17.10	Ruben Filipe, CARREIRA	03	28.20	59.82
8. CCDSerta 1	CCDSerta				4:34.81	380	11,00
Goncalo Farinha, NUNES	04	33.60	1:09.81	Isaias Francisco, CALDEIRA	02	31.11	1:07.50
Francisco Miguel, MATIAS	04	33.89	1:12.96	Fabio Jose, PINTO	06	29.86	1:04.54
9. Estremoz/Estremozcarnes 4	Estremoz/Estremozcarnes				4:35.33	378	10,00
André Filipe, FRÓIS	02	33.09	1:09.52	Luis Filipe, FONSECA	97	28.07	1:00.72
Diogo Miguel, BANHA	98	36.65	1:20.15	Luis Maria, GANCHO	04	30.87	1:04.94
10. Aminata 1	Aminata				4:36.24	374	9,00
Miguel Antonio, ELEKES	06	36.19	1:14.56	Rodrigo Miguel, ALVES	02	27.40	1:02.07
Miguel Santos, GRILO	03	35.97	1:19.30	Luis Miguel, NEVES	04	28.59	1:00.31
11. CLAC-Entroncamento 1	CLAC-Entroncamento				4:51.44	319	8,00
Joao Pedro, ROSA	90	32.75	1:09.13	Francisco Polonio, ALEXANDRE	04	32.14	1:16.07
Diogo Rafael, ANTUNES	04	39.94	1:22.45	Ivo Rafael, SERRA	04	30.01	1:03.79
12. Uniao Samorense 1	Uniao Samorense				5:01.57	288	7,00
Andrei Claudiu, IRIMIA	04	35.40	1:13.39	Eliseu Manuel, TAVARES	99	34.60	1:17.79
Alexandre Manuel, JESUS	02	42.18	1:31.71	Francisco Manuel, MENDONCA	02	27.35	58.68
13. Desportivo de Odemira 2	Desportivo de Odemira				5:42.75	196	6,00
Santiago Delgado, FALCAO	06	43.95	1:30.07	Eduardo Ramos, ESTEVAO	06	36.38	1:21.06
Afonso Nunes, GUERREIRO	06	44.79	1:35.03	Francisco Reis, MAGUAS	06	37.54	1:16.59
14. Elvense 4	Elvense				5:54.43	177	5,00
Humberto Pereira, AMARAL	07	49.01	1:38.35	Joao Canhoto, CALDEIRINHA	06	35.49	1:16.39
Luis Garrido, FRANCO	07	47.44	1:38.30	Miguel Eduardo, RANGEM	07	38.88	1:21.39



CAMPEONATO INTER- REGIONAL DE CLUBES
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Prova 26, Masc., 4 x 100m Estilos, Absoluto

Lugar					Tempo final	Pts		
15.	Portalegre 1			Portalegre	5:59.44	170	4,00	
	Bernardo Coelho, RENGA	07	47.01	1:36.92	Eduardo Nuno, FIGUEIREDO	07	54.55	1:53.50
	Iuri Aragonez, AGOSTINHO	03	37.57	1:23.08	Diogo Miguel, PARREIRAS	05	30.45	1:05.94
DSQ	Natacao do Tejo 1			Natacao do Tejo			-	
	<i>SW 6.4 - O (a) atleta não efectua a viragem dos 25 metros após terminar o movimento contínuo de braços</i>							
	Henrique Dias, SILVA, Afonso Dias, SILVA, David Antonio, CARVALHO, Marcio Lima, SILVA							