

1 - 1ª Jornada - 1ª Sessão

22-11-2014 - 10:00

Prova 1

Femin., 400m Estilos

12 - 15 anos

22-11-2014 - 10:00

Resultados

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final				TReac	Pts	Pontos
INF-B										
1.	Ines Asseiceira Ramos	03	Torres Novas	6:01.92				+0,85	374	
	50m: 37.39 37.39	150m: 2:10.78 45.38	250m: 3:46.60 52.05	350m: 5:22.55 41.86						
	100m: 1:25.40 48.01	200m: 2:54.55 43.77	300m: 4:40.69 54.09	400m: 6:01.92 39.37						
2.	Lea Alexandra Mendes	03	Gualdim Pais	6:16.86				+0,92	331	
	50m: 39.35 39.35	150m: 2:17.27 46.46	250m: 3:56.60 53.17	350m: 5:33.99 42.91						
	100m: 1:30.81 51.46	200m: 3:03.43 46.16	300m: 4:51.08 54.48	400m: 6:16.86 42.87						
3.	Beatriz Goncalves Casal	03	Torres Novas	6:33.07				+0,86	292	
	50m: 43.66 43.66	150m: 2:30.29 52.53	250m: 4:14.49 55.08	350m: 5:53.09 47.50						
	100m: 1:37.76 54.10	200m: 3:19.41 49.12	300m: 5:05.59 51.10	400m: 6:33.07 39.98						
4.	Mafalda Magalhaes Costa	03	Gualdim Pais	6:35.22				+0,86	287	
	50m: 42.14 42.14	150m: 2:26.42 47.66	250m: 4:12.90 58.93	350m: 5:53.59 42.45						
	100m: 1:38.76 56.62	200m: 3:13.97 47.55	300m: 5:11.14 58.24	400m: 6:35.22 41.63						
5.	Erica Neves Leote	03	Torres Novas	6:39.89				+0,93	277	
	50m: 46.48 46.48	150m: 2:31.02 48.88	250m: 4:14.77 57.27	350m: 5:56.64 45.58						
	100m: 1:42.14 55.66	200m: 3:17.50 46.48	300m: 5:11.06 56.29	400m: 6:39.89 43.25						
6.	Secile Liu Wang	03	Uniao Samorense	6:47.73				+0,95	261	
	50m: 40.64 40.64	150m: 2:21.63 51.37	250m: 4:12.73 1:00.35	350m: 6:00.18 48.16						
	100m: 1:30.26 49.62	200m: 3:12.38 50.75	300m: 5:12.02 59.29	400m: 6:47.73 47.55						
7.	Marta Filipa Matias	03	CCDSerta	6:50.02				+1,58	257	
	50m: 45.24 45.24	150m: 2:35.52 53.22	250m: 4:27.42 1:02.00	350m: 6:09.17 43.93						
	100m: 1:42.30 57.06	200m: 3:25.42 49.90	300m: 5:25.24 57.82	400m: 6:50.02 40.85						
8.	Laura Andre Catarino	03	CCDSerta	6:57.59				+1,10	243	
	50m: 49.18 49.18	150m: 2:41.67 52.33	250m: 4:28.84 57.92	350m: 6:13.42 44.33						
	100m: 1:49.34 1:00.16	200m: 3:30.92 49.25	300m: 5:29.09 1:00.25	400m: 6:57.59 44.17						
9.	Constanca Basilio Gil	03	CLAC-Entroncamento	6:58.54				+1,10	242	
	50m: 50.56 50.56	150m: 2:42.77 53.43	250m: 4:30.82 56.58	350m: 6:15.36 46.27						
	100m: 1:49.34 58.78	200m: 3:34.24 51.47	300m: 5:29.09 58.27	400m: 6:58.54 43.18						
10.	Maria Ines Almeida	03	CLAC-Entroncamento	7:13.38				+0,83	218	
	50m: 51.30 51.30	150m: 2:44.14 55.56	250m: 4:39.23 1:00.26	350m: 6:30.06 47.59						
	100m: 1:48.58 57.28	200m: 3:38.97 54.83	300m: 5:42.47 1:03.24	400m: 7:13.38 43.32						
11.	Ana Beatriz Farinha	03	CCDSerta	7:14.09				+0,94	216	
	50m: 46.64 46.64	150m: 2:38.65 56.33	250m: 4:33.91 1:01.51	350m: 6:25.95 50.20						
	100m: 1:42.32 55.68	200m: 3:32.40 53.75	300m: 5:35.75 1:01.84	400m: 7:14.09 48.14						
12.	Carolina Martins Ribeiro	03	CCDSerta	7:24.23				+1,84	202	
	50m: 47.61 47.61	150m: 2:46.43 58.00	250m: 4:43.52 1:02.16	350m: 6:37.67 49.87						
	100m: 1:48.43 1:00.82	200m: 3:41.36 54.93	300m: 5:47.80 1:04.28	400m: 7:24.23 46.56						
13.	Leonor Santos Ribeiro	03	CCDSerta	7:37.85				+1,13	184	
	50m: 55.00 55.00	150m: 2:59.79 54.56	250m: 4:56.00 1:02.90	350m: 6:49.40 49.62						
	100m: 2:05.23 1:10.23	200m: 3:53.10 53.31	300m: 5:59.78 1:03.78	400m: 7:37.85 48.45						
14.	Ana Filipa Santos	03	Elvense	7:44.45				+1,02	177	
	50m: 54.97 54.97	150m: 2:54.82 55.58	250m: 4:55.60 1:04.28	350m: 6:54.29 51.47						
	100m: 1:59.24 1:04.27	200m: 3:51.32 56.50	300m: 6:02.82 1:07.22	400m: 7:44.45 50.16						
15.	Lara Rodrigues Pires	03	Assoc Natacao Albicastrense	7:46.78				+0,95	174	
	50m: 49.28 49.28	150m: 2:49.78 59.61	250m: 4:54.23 1:05.97	350m: 6:55.06 54.21						
	100m: 1:50.17 1:00.89	200m: 3:48.26 58.48	300m: 6:00.85 1:06.62	400m: 7:46.78 51.72						
16.	Marcia Raquel Nunes	03	CCDSerta	7:46.84				+0,94	174	
	50m: 53.84 53.84	150m: 2:54.84 56.39	250m: 4:57.94 1:07.56	350m: 6:56.88 53.04						
	100m: 1:58.45 1:04.61	200m: 3:50.38 55.54	300m: 6:03.84 1:05.90	400m: 7:46.84 49.96						

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
17.	Joana Beatriz Simoes	03	Torres Novas	7:54.74	+1,15	165	
	50m: 53.98 53.98	150m: 2:57.30 1:00.28	250m: 5:01.40 1:07.26	350m: 7:03.34 53.36			
	100m: 1:57.02 1:03.04	200m: 3:54.14 56.84	300m: 6:09.98 1:08.58	400m: 7:54.74 51.40			

DSQ Marcia Goncalves Teodoro 03 Eléctrico
727 - Perdeu a posição ventral na viragem aos 200 metros - SW 7.2

INF-A

1.	Ines Cambe Cunha	02	Torres Novas	5:50.70	+0,98	411	
	50m: 36.95 36.95	150m: 2:07.25 46.55	250m: 3:41.33 48.97	350m: 5:11.93 39.59			
	100m: 1:20.70 43.75	200m: 2:52.36 45.11	300m: 4:32.34 51.01	400m: 5:50.70 38.77			
2.	Filipa Cardigo Fitas	02	Assoc.20km-Almeirim	5:52.86		403	
	50m: 37.28 37.28	150m: 2:07.35 45.29	250m: 3:44.40 53.46	350m: 5:16.51 39.41			
	100m: 1:22.06 44.78	200m: 2:50.94 43.59	300m: 4:37.10 52.70	400m: 5:52.86 36.35			
3.	Carolina Silverio Carpinteiro	02	Clube de Natação do Tejo	5:53.10	+0,82	403	
	50m: 38.55 38.55	150m: 2:12.47 46.30	250m: 3:47.08 48.84	350m: 5:15.74 38.86			
	100m: 1:26.17 47.62	200m: 2:58.24 45.77	300m: 4:36.88 49.80	400m: 5:53.10 37.36			
4.	Beatriz Maria Duarte	02	Nautico Abrantes	6:01.48	+0,92	375	
	50m: 38.74 38.74	150m: 2:11.94 46.48	250m: 3:48.36 50.89	350m: 5:21.20 41.85			
	100m: 1:25.46 46.72	200m: 2:57.47 45.53	300m: 4:39.35 50.99	400m: 6:01.48 40.28			
5.	Carolina Lopes Vieira	02	Gualdim Pais	6:02.90	+0,92	371	
	50m: 39.61 39.61	150m: 2:13.13 43.96	250m: 3:47.80 48.53	350m: 5:21.95 42.75			
	100m: 1:29.17 49.56	200m: 2:59.27 46.14	300m: 4:39.20 51.40	400m: 6:02.90 40.95			
6.	Ana Reis Sousa	02	Litoral Alentejano	6:11.00	+0,94	347	
	50m: 42.60 42.60	150m: 2:22.44 49.71	250m: 3:59.87 49.74	350m: 5:31.45 40.98			
	100m: 1:32.73 50.13	200m: 3:10.13 47.69	300m: 4:50.47 50.60	400m: 6:11.00 39.55			
7.	Nicoleta Lascu	02	Litoral Alentejano	6:11.70		345	
	50m: 42.20 42.20	150m: 2:17.25 44.42	250m: 3:54.83 54.35	350m: 5:31.02 41.38			
	100m: 1:32.83 50.63	200m: 3:00.48 43.23	300m: 4:49.64 54.81	400m: 6:11.70 40.68			
8.	Carolina Guerra Pisco	02	Assoc.20km-Almeirim	6:12.67		342	
	50m: 39.73 39.73	150m: 2:17.03 46.07	250m: 3:54.77 52.21	350m: 5:31.38 43.18			
	100m: 1:30.96 51.23	200m: 3:02.56 45.53	300m: 4:48.20 53.43	400m: 6:12.67 41.29			
9.	Claudia Gavetanho Lopes	02	Assoc Natacao Albicastrense	6:16.83	+0,83	331	
	50m: 39.86 39.86	150m: 2:19.17 49.02	250m: 4:01.24 55.71	350m: 5:37.32 41.54			
	100m: 1:30.15 50.29	200m: 3:05.53 46.36	300m: 4:55.78 54.54	400m: 6:16.83 39.51			
10.	Alexandra Bandozas Reis	02	Estremoz / Estremozcarnes	6:21.99	+0,96	318	
	50m: 39.89 39.89	150m: 2:20.12 49.85	250m: 3:59.61 52.12	350m: 5:38.26 44.49			
	100m: 1:30.27 50.38	200m: 3:07.49 47.37	300m: 4:53.77 54.16	400m: 6:21.99 43.73			
11.	Rita Carmona Direito	02	Aminata - Évora Clube	6:29.39	+0,94	300	
	50m: 42.12 42.12	150m: 2:20.87 48.98	250m: 4:03.63 55.81	350m: 5:46.34 44.41			
	100m: 1:31.89 49.77	200m: 3:07.82 46.95	300m: 5:01.93 58.30	400m: 6:29.39 43.05			
12.	Marta Chambel Dias	02	CLAC-Entroncamento	6:33.59	+1,55	291	
	50m: 41.21 41.21	150m: 2:26.72 50.56	250m: 4:11.22 54.56	350m: 5:51.81 45.13			
	100m: 1:36.16 54.95	200m: 3:16.66 49.94	300m: 5:06.68 55.46	400m: 6:33.59 41.78			
13.	Andreia Sofia Alves	02	Torres Novas	6:33.68	+0,95	290	
	50m: 44.89 44.89	150m: 2:28.88 49.13	250m: 4:09.88 53.10	350m: 5:50.49 45.61			
	100m: 1:39.75 54.86	200m: 3:16.78 47.90	300m: 5:04.88 55.00	400m: 6:33.68 43.19			
14.	Oriana Manuela Pinto	02	Natacao Guarda	6:34.76	+0,85	288	
	50m: 45.85 45.85	150m: 2:34.69 51.50	250m: 4:14.30 49.08	350m: 5:51.67 46.17			
	100m: 1:43.19 57.34	200m: 3:25.22 50.53	300m: 5:05.50 51.20	400m: 6:34.76 43.09			
15.	Beatriz Catarino Moura	02	Nautico Abrantes	6:36.96	+0,63	283	
	50m: 46.74 46.74	150m: 2:31.18 47.95	250m: 4:15.17 56.09	350m: 5:53.78 44.61			
	100m: 1:43.23 56.49	200m: 3:19.08 47.90	300m: 5:09.17 54.00	400m: 6:36.96 43.18			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
16.	Ana Rita Morais	02	Torres Novas	6:37.95	+0,95	281	
	50m: 44.61 44.61	150m: 2:31.92 50.09	250m: 4:16.33 56.19	350m: 5:56.91 44.83			
	100m: 1:41.83 57.22	200m: 3:20.14 48.22	300m: 5:12.08 55.75	400m: 6:37.95 41.04			
17.	Ines Ribeiro Novo	02	Torres Novas	6:54.76	+0,92	248	
	50m: 43.81 43.81	150m: 2:33.10 51.98	250m: 4:19.04 57.30	350m: 6:07.19 50.29			
	100m: 1:41.12 57.31	200m: 3:21.74 48.64	300m: 5:16.90 57.86	400m: 6:54.76 47.57			
18.	Jessica Andreia Antonio	02	CLAC-Entroncamento	7:02.74	+0,96	234	
	50m: 48.04 48.04	150m: 2:35.66 52.06	250m: 4:27.89 58.70	350m: 6:16.65 47.84			
	100m: 1:43.60 55.56	200m: 3:29.19 53.53	300m: 5:28.81 1:00.92	400m: 7:02.74 46.09			
19.	Diana Sofia Vital	02	Torres Novas	7:04.34	+0,89	232	
	50m: 45.72 45.72	150m: 2:37.82 55.63	250m: 4:29.97 58.41	350m: 6:14.72 50.30			
	100m: 1:42.19 56.47	200m: 3:31.56 53.74	300m: 5:24.42 54.45	400m: 7:04.34 49.62			
20.	Maria Beatriz Silva	02	CLAC-Entroncamento	7:09.60	+0,94	223	
	50m: 45.76 45.76	150m: 2:41.10 54.38	250m: 4:33.52 57.71	350m: 6:22.81 48.78			
	100m: 1:46.72 1:00.96	200m: 3:35.81 54.71	300m: 5:34.03 1:00.51	400m: 7:09.60 46.79			
21.	Carolina Caldeira Fernandes	02	Elvense	7:23.94	+0,98	202	
	50m: 48.98 48.98	150m: 2:44.68 54.83	250m: 4:39.08 1:01.58	350m: 6:33.80 51.81			
	100m: 1:49.85 1:00.87	200m: 3:37.50 52.82	300m: 5:41.99 1:02.91	400m: 7:23.94 50.14			
22.	Mariana Nunes Azinheiro	02	Assoc Natacao Albicastrense	7:30.90	+0,93	193	
	50m: 52.63 52.63	150m: 2:49.70 56.68	250m: 4:48.02 1:03.66	350m: 6:42.92 50.29			
	100m: 1:53.02 1:00.39	200m: 3:44.36 54.66	300m: 5:52.63 1:04.61	400m: 7:30.90 47.98			
23.	Ana Catarina Coelho	02	Grupo Desportivo Mora	7:39.86	+0,88	182	
	50m: 55.73 55.73	150m: 2:55.91 54.59	250m: 4:55.17 1:03.37	350m: 6:50.35 51.20			
	100m: 2:01.32 1:05.59	200m: 3:51.80 55.89	300m: 5:59.15 1:03.98	400m: 7:39.86 49.51			
24.	Carolina Sofia Velez	02	BUZIOS - Coruche	8:23.46	+0,88	139	
	50m: 59.40 59.40	150m: 3:14.30 1:01.30	250m: 5:23.06 1:04.04	350m: 7:30.66 56.86			
	100m: 2:13.00 1:13.60	200m: 4:19.02 1:04.72	300m: 6:33.80 1:10.74	400m: 8:23.46 52.80			
DSQ	Rita Pereira Dias	02	Natacao Guarda				
	<i>810 - Movimento alternado de pernas após viragem aos 25 m - SW 8.3</i>						

JUV-B

1.	Ines Ferreira Duarte	01	Nautico Abrantes	5:33.32	+0,84	479	
	50m: 35.35 35.35	150m: 1:58.22 40.90	250m: 3:25.64 46.60	350m: 4:54.67 41.07			
	100m: 1:17.32 41.97	200m: 2:39.04 40.82	300m: 4:13.60 47.96	400m: 5:33.32 38.65			
2.	Ines Alexandra Freire	01	Aminata - Évora Clube	5:43.28		438	
	50m: 33.68 33.68	150m: 2:00.67 45.69	250m: 3:35.27 50.33	350m: 5:05.40 39.79			
	100m: 1:14.98 41.30	200m: 2:44.94 44.27	300m: 4:25.61 50.34	400m: 5:43.28 37.88			
3.	Carolina Marques Neves	01	Torres Novas	5:47.53		422	
	50m: 36.86 36.86	150m: 2:07.26 45.53	250m: 3:39.26 47.99	350m: 5:10.00 41.32			
	100m: 1:21.73 44.87	200m: 2:51.27 44.01	300m: 4:28.68 49.42	400m: 5:47.53 37.53			
4.	Rita Sousa Oliveira	01	Torres Novas	5:51.78		407	
	50m: 36.68 36.68	150m: 2:07.35 45.92	250m: 3:40.63 49.11	350m: 5:12.69 40.97			
	100m: 1:21.43 44.75	200m: 2:51.52 44.17	300m: 4:31.72 51.09	400m: 5:51.78 39.09			
5.	Carolina Luis Amaral	01	BUZIOS - Coruche	5:53.52		401	
	50m: 35.54 35.54	150m: 2:03.66 44.97	250m: 3:41.04 52.29	350m: 5:14.15 40.50			
	100m: 1:18.69 43.15	200m: 2:48.75 45.09	300m: 4:33.65 52.61	400m: 5:53.52 39.37			
6.	Constanca Isabel Jose	01	Gualdim Pais	6:02.40		372	
	50m: 35.41 35.41	150m: 2:09.70 49.07	250m: 3:48.14 52.54	350m: 5:21.90 41.89			
	100m: 1:20.63 45.22	200m: 2:55.60 45.90	300m: 4:40.01 51.87	400m: 6:02.40 40.50			
7.	Beatriz Felix Colaco	01	Aminata - Évora Clube	6:03.97		368	
	50m: 40.01 40.01	150m: 2:15.80 48.15	250m: 3:50.42 49.79	350m: 5:24.21 42.44			
	100m: 1:27.65 47.64	200m: 3:00.63 44.83	300m: 4:41.77 51.35	400m: 6:03.97 39.76			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
8.	Mafalda Gilberto Marques	01	Clube de Natação do Tejo	6:06.06	+0,78	361	
	50m: 36.26 36.26	150m: 2:13.28 49.77	250m: 3:50.71 48.91	350m: 5:25.20 42.78			
	100m: 1:23.51 47.25	200m: 3:01.80 48.52	300m: 4:42.42 51.71	400m: 6:06.06 40.86			
9.	Beatriz Santos Reis	01	Torres Novas	6:08.04		356	
	50m: 38.49 38.49	150m: 2:10.45 45.65	250m: 3:50.32 55.81	350m: 5:27.05 39.96			
	100m: 1:24.80 46.31	200m: 2:54.51 44.06	300m: 4:47.09 56.77	400m: 6:08.04 40.99			
10.	Ana Margarida Teles	01	Aminata - Évora Clube	6:14.26		338	
	50m: 38.14 38.14	150m: 2:13.78 49.10	250m: 3:56.75 55.10	350m: 5:34.58 41.71			
	100m: 1:24.68 46.54	200m: 3:01.65 47.87	300m: 4:52.87 56.12	400m: 6:14.26 39.68			
11.	Ines Comprido Renga	01	Elvense	6:15.02		336	
	50m: 39.54 39.54	150m: 2:19.95 48.79	250m: 3:58.40 52.00	350m: 5:35.26 43.61			
	100m: 1:31.16 51.62	200m: 3:06.40 46.45	300m: 4:51.65 53.25	400m: 6:15.02 39.76			
12.	Rita Daniela Lopes	01	Gualdim Pais	6:33.71		290	
	50m: 42.24 42.24	150m: 2:21.24 46.05	250m: 4:06.35 1:00.21	350m: 5:52.36 44.28			
	100m: 1:35.19 52.95	200m: 3:06.14 44.90	300m: 5:08.08 1:01.73	400m: 6:33.71 41.35			
13.	Beatriz Goncalves Mendes	01	Natacao Guarda	6:39.15	+0,85	279	
	50m: 41.48 41.48	150m: 2:25.77 51.43	250m: 4:09.52 54.73	350m: 5:53.52 48.02			
	100m: 1:34.34 52.86	200m: 3:14.79 49.02	300m: 5:05.50 55.98	400m: 6:39.15 45.63			
14.	Tatiana Isabel Rato	01	Grupo Desportivo Mora	6:42.46	+0,95	272	
	50m: 40.62 40.62	150m: 2:23.28 49.84	250m: 4:08.77 58.53	350m: 5:54.84 46.88			
	100m: 1:33.44 52.82	200m: 3:10.24 46.96	300m: 5:07.96 59.19	400m: 6:42.46 47.62			
15.	Ines Isabel Conde	01	Torres Novas	6:44.80	+0,95	267	
	50m: 44.46 44.46	150m: 2:30.74 49.77	250m: 4:14.74 54.28	350m: 5:57.71 47.84			
	100m: 1:40.97 56.51	200m: 3:20.46 49.72	300m: 5:09.87 55.13	400m: 6:44.80 47.09			
16.	Leonor Chora Gaudencio	01	Torres Novas	6:45.16	+1,01	266	
	50m: 40.12 40.12	150m: 2:19.86 49.62	250m: 4:07.99 59.51	350m: 5:58.24 49.26			
	100m: 1:30.24 50.12	200m: 3:08.48 48.62	300m: 5:08.98 1:00.99	400m: 6:45.16 46.92			
17.	Bruna Isabel Casquinha	01	CCDSerta	6:54.83	+0,83	248	
	50m: 46.85 46.85	150m: 2:36.62 53.02	250m: 4:28.20 58.19	350m: 6:11.86 43.85			
	100m: 1:43.60 56.75	200m: 3:30.01 53.39	300m: 5:28.01 59.81	400m: 6:54.83 42.97			
18.	Andrea Rosa Moreira	01	CCDSerta	6:57.94	+0,94	243	
	50m: 49.87 49.87	150m: 2:41.96 52.04	250m: 4:30.32 57.70	350m: 6:15.07 42.87			
	100m: 1:49.92 1:00.05	200m: 3:32.62 50.66	350m: 6:15.07 1:44.75				
19.	Lucia Paulo Mendes	01	Elvense	7:05.11	+0,96	231	
	50m: 50.02 50.02	150m: 2:44.08 54.36	250m: 4:32.56 56.06	350m: 6:17.96 46.85			
	100m: 1:49.72 59.70	200m: 3:36.50 52.42	300m: 5:31.11 58.55	400m: 7:05.11 47.15			
20.	Maria Eduarda Ferreira	01	BUZIOS - Coruche	7:29.77		195	
	50m: 56.21 56.21	150m: 3:01.86 56.80	250m: 4:55.56 59.79	350m: 6:43.81 48.25			
	100m: 2:05.06 1:08.85	200m: 3:55.77 53.91	300m: 5:55.56 1:00.00	400m: 7:29.77 45.96			
21.	Loes Trijntje Kranenburg	01	BUZIOS - Coruche	8:28.56	+1,12	134	
	50m: 59.42 59.42	150m: 3:19.35 2:03.35	250m: 5:28.22 1:07.05	350m: 7:31.91 1:00.56			
	100m: 1:16.00 16.58	200m: 4:21.17 1:01.82	300m: 6:31.35 1:03.13	400m: 8:28.56 56.65			
DNF	Beatriz Ribeiro Simoes	01	Torres Novas				

JUV-A

1.	Patricia Palmeiro Baeta	00	Scalabiswim	5:35.52	+0,87	469	
	50m: 33.89 33.89	150m: 1:56.70 41.83	250m: 3:30.34 50.46	350m: 4:57.89 35.01			
	100m: 1:14.87 40.98	200m: 2:39.88 43.18	300m: 4:22.88 52.54	400m: 5:35.52 37.63			
2.	Beatriz Valadas Bilro	00	Aminata - Évora Clube	5:38.89	+0,96	456	
	50m: 35.46 35.46	150m: 2:01.55 43.82	250m: 3:31.54 48.77	350m: 5:00.90 39.37			
	100m: 1:17.73 42.27	200m: 2:42.77 41.22	300m: 4:21.53 49.99	400m: 5:38.89 37.99			
3.	Mariana Nunes Domingos	00	Assoc.20km-Almeirim	5:42.95	+0,97	440	
	50m: 36.16 36.16	150m: 2:02.70 44.09	250m: 3:33.64 47.61	350m: 5:04.42 40.54			
	100m: 1:18.61 42.45	200m: 2:46.03 43.33	300m: 4:23.88 50.24	400m: 5:42.95 38.53			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
4.	Ines Bicho Fadista	00	Aminata - Évora Clube	5:50.10	+0,86	413	
	50m: 36.20 36.20	150m: 2:06.47 47.81	250m: 3:39.78 48.99	350m: 5:12.48 40.64			
	100m: 1:18.66 42.46	200m: 2:50.79 44.32	300m: 4:31.84 52.06	400m: 5:50.10 37.62			
5.	Ana Catarina Santos	00	Uniao Samorense	5:50.29		412	
	50m: 36.05 36.05	150m: 2:02.37 43.67	250m: 3:37.65 51.96	350m: 5:11.74 39.74			
	100m: 1:18.70 42.65	200m: 2:45.69 43.32	300m: 4:32.00 54.35	400m: 5:50.29 38.55			
6.	Ines Isabel Graca	00	Gualdim Pais	5:53.51	+0,88	401	
	50m: 38.35 38.35	150m: 2:10.88 43.21	250m: 3:43.96 50.48	350m: 5:16.31 39.51			
	100m: 1:27.67 49.32	200m: 2:53.48 42.60	300m: 4:36.80 52.84	400m: 5:53.51 37.20			
7.	Mafalda Alexandra Cabaca	00	Assoc.20km-Almeirim	5:54.39		398	
	50m: 36.23 36.23	150m: 2:03.83 44.73	250m: 3:39.02 51.40	350m: 5:13.60 41.49			
	100m: 1:19.10 42.87	200m: 2:47.62 43.79	300m: 4:32.11 53.09	400m: 5:54.39 40.79			
8.	Ana Margarida Cruz	00	Aminata - Évora Clube	6:00.14		379	
	50m: 38.27 38.27	150m: 2:16.80 46.49	250m: 3:50.56 50.04	350m: 5:22.78 40.10			
	100m: 1:30.31 52.04	200m: 3:00.52 43.72	300m: 4:42.68 52.12	400m: 6:00.14 37.36			
9.	Joana Alves Anastacio	00	Eléctrico	6:03.62		369	
	50m: 41.61 41.61	150m: 2:16.26 43.98	250m: 3:50.74 51.88	350m: 5:24.43 40.80			
	100m: 1:32.28 50.67	200m: 2:58.86 42.60	300m: 4:43.63 52.89	400m: 6:03.62 39.19			
10.	Ines Sofia Alves	00	Natacao Guarda	6:13.95		339	
	50m: 38.44 38.44	150m: 2:13.65 45.66	250m: 3:53.10 54.30	350m: 5:32.05 44.32			
	100m: 1:27.99 49.55	200m: 2:58.80 45.15	300m: 4:47.73 54.63	400m: 6:13.95 41.90			
11.	Ana Oliveira Ferreira	00	Assoc.20km-Almeirim	6:15.30	+0,80	335	
	50m: 35.46 35.46	150m: 2:09.71 48.78	250m: 3:51.84 54.91	350m: 5:33.39 43.01			
	100m: 1:20.93 45.47	200m: 2:56.93 47.22	300m: 4:50.38 58.54	400m: 6:15.30 41.91			
12.	Soraia Margarida Carvalho	00	Assoc Natacao Albicastrense	6:19.28	+1,01	325	
	50m: 43.67 43.67	150m: 2:23.96 48.01	250m: 4:01.58 50.82	350m: 5:31.77 37.79			
	100m: 1:35.95 52.28	200m: 3:10.76 46.80	300m: 4:53.98 52.40	400m: 6:19.28 47.51			
13.	Ines Catarina Nunes	00	Assoc Natacao Albicastrense	6:22.09		318	
	50m: 42.98 42.98	150m: 2:23.92 49.86	250m: 4:03.58 51.27	350m: 5:40.68 43.25			
	100m: 1:34.06 51.08	200m: 3:12.31 48.39	300m: 4:57.43 53.85	400m: 6:22.09 41.41			
14.	Mirjam Regina Altenburg	00	BUZIOS - Coruche	6:45.48	+1,58	266	
	50m: 51.81 51.81	150m: 2:43.74 54.73	250m: 4:26.16 51.18	350m: 6:02.72 45.36			
	100m: 1:49.01 57.20	200m: 3:34.98 51.24	300m: 5:17.36 51.20	400m: 6:45.48 42.76			
15.	Joana Costa Bernardino	00	CLAC-Entroncamento	6:46.81	+0,63	263	
	50m: 45.18 45.18	150m: 2:28.51 48.44	250m: 4:13.97 57.03	350m: 5:59.69 47.37			
	100m: 1:40.07 54.89	200m: 3:16.94 48.43	300m: 5:12.32 58.35	400m: 6:46.81 47.12			
16.	Ines Trindade Neves	00	Sporting Campomaiorense	6:53.00	+0,94	251	
	50m: 47.29 47.29	150m: 2:35.21 50.75	250m: 4:19.64 56.37	350m: 6:04.62 46.87			
	100m: 1:44.46 57.17	200m: 3:23.27 48.06	300m: 5:17.75 58.11	400m: 6:53.00 48.38			
17.	Ines Pepe Orelhas	00	Sporting Campomaiorense	6:55.45	+0,97	247	
	50m: 43.62 43.62	150m: 2:30.02 50.92	250m: 4:19.87 1:00.97	350m: 6:11.50 48.30			
	100m: 1:39.10 55.48	200m: 3:18.90 48.88	300m: 5:23.20 1:03.33	400m: 6:55.45 43.95			
18.	Ana Rita Madeira	00	Elvense	6:55.72	+0,89	247	
	50m: 43.64 43.64	150m: 2:31.69 51.94	250m: 4:20.12 57.94	350m: 6:08.87 48.98			
	100m: 1:39.75 56.11	200m: 3:22.18 50.49	300m: 5:19.89 59.77	400m: 6:55.72 46.85			
19.	Patricia Charruadas Lameiras	00	Elvense	7:06.19	+0,88	229	
	50m: 48.45 48.45	150m: 2:37.81 51.58	250m: 4:27.80 59.47	350m: 6:16.99 49.98			
	100m: 1:46.23 57.78	200m: 3:28.33 50.52	300m: 5:27.01 59.21	400m: 7:06.19 49.20			
DSQ	Barbara Sofia Claro	00	BUZIOS - Coruche				
	720 - Toque alternado na viragem aos 25 m - SW 7.6						
DSQ	Beatriz Gilsa Contenda	00	Sporting Campomaiorense				
	810 - Movimento alternado de pernas após viragem aos 75 m - SW 8.3						

2 - 1ª Jornada - 2ª Sessão

22-11-2014 - 15:00

Prova 2

Masc., 1500m Livres

13 - 16 anos

22-11-2014 - 15:00

Resultados

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Daniel Marques Filipe	02	Nautico Abrantes	20:52.81	+0,87	312	
	50m: 35.73 35.73	450m: 6:03.51 41.73	850m: 11:40.61 42.51	1250m: 17:24.77 43.87			
	100m: 1:14.83 39.10	500m: 6:45.34 41.83	900m: 12:23.61 43.00	1300m: 18:06.92 42.15			
	150m: 1:55.82 40.99	550m: 7:26.67 41.33	950m: 13:06.89 43.28	1350m: 18:50.03 43.11			
	200m: 2:36.70 40.88	600m: 8:08.08 41.41	1000m: 13:50.06 43.17	1400m: 19:32.58 42.55			
	250m: 3:16.81 40.11	650m: 8:50.67 42.59	1050m: 14:33.44 43.38	1450m: 20:14.75 42.17			
	300m: 3:58.03 41.22	700m: 9:33.04 42.37	1100m: 15:14.73 41.29	1500m: 20:52.81 38.06			
	350m: 4:39.85 41.82	750m: 10:16.03 42.99	1150m: 15:57.47 42.74				
	400m: 5:21.78 41.93	800m: 10:58.10 42.07	1200m: 16:40.90 43.43				
2.	Francisco Costa Nunes	02	Salvaterra de Magos	20:56.42	+0,58	309	
	50m: 32.59 32.59	450m: 6:00.47 41.87	850m: 11:46.82 43.42	1250m: 17:34.55 44.74			
	100m: 1:10.92 38.33	500m: 6:43.64 43.17	900m: 12:30.42 43.60	1300m: 18:16.45 41.90			
	150m: 1:51.64 40.72	550m: 7:25.66 42.02	950m: 13:12.53 42.11	1350m: 19:00.21 43.76			
	200m: 2:31.95 40.31	600m: 8:09.08 43.42	1000m: 13:56.83 44.30	1400m: 19:40.22 40.01			
	250m: 3:12.83 40.88	650m: 8:52.40 43.32	1050m: 14:41.13 44.30	1450m: 20:21.86 41.64			
	300m: 3:54.25 41.42	700m: 9:36.19 43.79	1100m: 15:26.13 45.00	1500m: 20:56.42 34.56			
	350m: 4:35.95 41.70	750m: 10:20.18 43.99	1150m: 16:07.39 41.26				
	400m: 5:18.60 42.65	800m: 11:03.40 43.22	1200m: 16:49.81 42.42				
3.	Francisco Manuel Mendonca	02	Uniao Samoreense	21:00.79	+0,88	306	
	50m: 33.99 33.99	450m: 6:11.46 43.00	850m: 11:49.17 42.10	1250m: 17:30.29 42.60			
	100m: 1:13.55 39.56	500m: 6:54.23 42.77	900m: 12:31.90 42.73	1300m: 18:12.71 42.42			
	150m: 1:55.21 41.66	550m: 7:36.56 42.33	950m: 13:13.65 41.75	1350m: 18:55.56 42.85			
	200m: 2:36.91 41.70	600m: 8:17.87 41.31	1000m: 13:56.02 42.37	1400m: 19:38.15 42.59			
	250m: 3:20.11 43.20	650m: 8:59.59 41.72	1050m: 14:38.88 42.86	1450m: 20:20.79 42.64			
	300m: 4:03.30 43.19	700m: 9:41.55 41.96	1100m: 15:21.56 42.68	1500m: 21:00.79 40.00			
	350m: 4:45.69 42.39	750m: 10:24.22 42.67	1150m: 16:04.11 42.55				
	400m: 5:28.46 42.77	800m: 11:07.07 42.85	1200m: 16:47.69 43.58				
4.	Bernardo Jorge Simoes	02	Torres Novas	21:06.00	+0,84	302	
	50m: 36.16 36.16	450m: 6:13.58 43.05	850m: 11:58.78 44.12	1250m: 17:39.74 43.19			
	100m: 1:18.27 42.11	500m: 6:56.65 43.07	900m: 12:39.56 40.78	1300m: 18:21.96 42.22			
	150m: 1:58.55 40.28	550m: 7:40.03 43.38	950m: 13:21.83 42.27	1350m: 19:04.66 42.70			
	200m: 2:41.05 42.50	600m: 8:22.73 42.70	1000m: 14:04.48 42.65	1400m: 19:47.47 42.81			
	250m: 3:22.80 41.75	650m: 9:05.63 42.90	1050m: 14:47.62 43.14	1450m: 20:28.24 40.77			
	300m: 4:05.43 42.63	700m: 9:48.84 43.21	1100m: 15:31.26 43.64	1500m: 21:06.00 37.76			
	350m: 4:47.45 42.02	750m: 10:31.60 42.76	1150m: 16:13.46 42.20				
	400m: 5:30.53 43.08	800m: 11:14.66 43.06	1200m: 16:56.55 43.09				
5.	Simao Pedro Dias	02	Natacao Guarda	21:08.36	+0,84	301	
	50m: 35.66 35.66	450m: 6:08.90 42.09	850m: 11:47.19 42.62	1250m: 17:35.07 43.87			
	100m: 1:16.48 40.82	500m: 6:51.33 42.43	900m: 12:30.66 43.47	1300m: 18:19.46 44.39			
	150m: 1:58.11 41.63	550m: 7:33.45 42.12	950m: 13:13.14 42.48	1350m: 19:02.51 43.05			
	200m: 2:39.59 41.48	600m: 8:16.14 42.69	1000m: 13:57.35 44.21	1400m: 19:46.14 43.63			
	250m: 3:22.31 42.72	650m: 8:57.24 41.10	1050m: 14:39.78 42.43	1450m: 20:30.06 43.92			
	300m: 4:04.26 41.95	700m: 9:39.19 41.95	1100m: 15:23.87 44.09	1500m: 21:08.36 38.30			
	350m: 4:44.72 40.46	750m: 10:21.92 42.73	1150m: 16:06.15 42.28				
	400m: 5:26.81 42.09	800m: 11:04.57 42.65	1200m: 16:51.20 45.05				
6.	Alexandre Miguel Silva	02	Clube de Natação do Tejo	21:16.58		295	
	50m: 37.74 37.74	450m: 6:15.39 42.62	850m: 11:57.77 42.79	1250m: 17:46.06 44.48			
	100m: 1:29.26 51.52	500m: 6:58.19 42.80	900m: 12:40.94 43.17	1300m: 18:29.83 43.77			
	150m: 2:00.61 31.35	550m: 7:41.06 42.87	950m: 13:24.12 43.18	1350m: 19:12.96 43.13			
	200m: 2:42.89 42.28	600m: 8:24.18 43.12	1000m: 14:07.69 43.57	1400m: 19:55.74 42.78			
	250m: 3:24.86 41.97	650m: 9:06.83 42.65	1050m: 14:50.77 43.08	1450m: 20:37.89 42.15			
	300m: 4:07.06 42.20	700m: 9:49.39 42.56	1100m: 15:34.64 43.87	1500m: 21:16.58 38.69			
	350m: 4:50.06 43.00	750m: 10:32.06 42.67	1150m: 16:18.49 43.85				
	400m: 5:32.77 42.71	800m: 11:14.98 42.92	1200m: 17:01.58 43.09				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Marco Antonio Costa	02	Natacao Guarda	21:32.68	+0,88	284	
	50m: 36.97 36.97	450m: 6:09.40 43.25	850m: 11:57.18 44.84	1250m: 17:52.58 46.61			
	100m: 1:17.02 40.05	500m: 6:52.23 42.83	900m: 12:41.02 43.84	1300m: 18:39.48 46.90			
	150m: 1:56.24 39.22	550m: 7:34.78 42.55	950m: 13:24.90 43.88	1350m: 19:25.56 46.08			
	200m: 2:37.56 41.32	600m: 8:17.34 42.56	1000m: 14:11.41 46.51	1400m: 20:09.08 43.52			
	250m: 3:19.71 42.15	650m: 9:01.03 43.69	1050m: 14:52.25 40.84	1450m: 20:49.97 40.89			
	300m: 4:02.24 42.53	700m: 9:45.42 44.39	1100m: 15:35.46 43.21	1500m: 21:32.68 42.71			
	350m: 4:44.40 42.16	750m: 10:27.07 41.65	1150m: 16:19.51 44.05				
	400m: 5:26.15 41.75	800m: 11:12.34 45.27	1200m: 17:05.97 46.46				
8.	Miguel Santos Casaca	02	Salvaterra de Magos	21:56.33	+0,94	269	
	50m: 37.93 37.93	450m: 6:27.34 44.46	850m: 12:27.37 44.95	1250m: 18:22.72 44.08			
	100m: 1:19.18 41.25	500m: 7:12.66 45.32	900m: 13:12.60 45.23	1300m: 19:07.90 45.18			
	150m: 2:01.92 42.74	550m: 7:57.55 44.89	950m: 13:56.36 43.76	1350m: 19:52.37 44.47			
	200m: 2:45.42 43.50	600m: 8:42.93 45.38	1000m: 14:41.07 44.71	1400m: 20:35.71 43.34			
	250m: 3:29.49 44.07	650m: 9:27.66 44.73	1050m: 15:25.86 44.79	1450m: 21:18.34 42.63			
	300m: 4:13.24 43.75	700m: 10:12.84 45.18	1100m: 16:10.07 44.21	1500m: 21:56.33 37.99			
	350m: 4:57.76 44.52	750m: 10:57.36 44.52	1150m: 16:54.58 44.51				
	400m: 5:42.88 45.12	800m: 11:42.42 45.06	1200m: 17:38.64 44.06				
9.	Filipe Comprido Renga	02	Elvense	22:12.62		259	
	50m: 37.52 37.52	450m: 6:36.05 44.97	850m: 12:39.27 45.99	1250m: 18:36.55 44.63			
	100m: 1:20.84 43.32	500m: 7:20.99 44.94	900m: 13:24.32 45.05	1300m: 19:18.84 42.29			
	150m: 2:04.90 44.06	550m: 8:06.52 45.53	950m: 14:09.33 45.01	1350m: 20:05.24 46.40			
	200m: 2:50.12 45.22	600m: 8:51.24 44.72	1000m: 14:54.65 45.32	1400m: 20:46.73 41.49			
	250m: 3:35.49 45.37	650m: 9:36.18 44.94	1050m: 15:40.52 45.87	1450m: 21:31.77 45.04			
	300m: 4:20.36 44.87	700m: 10:22.16 45.98	1100m: 16:24.18 43.66	1500m: 22:12.62 40.85			
	350m: 5:05.81 45.45	750m: 11:08.37 46.21	1150m: 17:08.02 43.84				
	400m: 5:51.08 45.27	800m: 11:53.28 44.91	1200m: 17:51.92 43.90				
10.	Joao Diogo Correia	02	CLAC-Entroncamento	22:19.54	+1,41	255	
	50m: 38.30 38.30	450m: 6:36.51 44.59	850m: 12:35.22 45.35	1250m: 18:39.03 45.59			
	100m: 1:22.15 43.85	500m: 7:21.61 45.10	900m: 13:20.69 45.47	1300m: 19:24.16 45.13			
	150m: 2:07.48 45.33	550m: 8:06.15 44.54	950m: 14:05.61 44.92	1350m: 20:09.61 45.45			
	200m: 2:51.94 44.46	600m: 8:50.49 44.34	1000m: 14:51.05 45.44	1400m: 20:54.24 44.63			
	250m: 3:36.35 44.41	650m: 9:35.41 44.92	1050m: 15:36.49 45.44	1450m: 21:37.86 43.62			
	300m: 4:21.50 45.15	700m: 10:20.25 44.84	1100m: 16:21.81 45.32	1500m: 22:19.54 41.68			
	350m: 5:06.23 44.73	750m: 11:04.91 44.66	1150m: 17:07.87 46.06				
	400m: 5:51.92 45.69	800m: 11:49.87 44.96	1200m: 17:53.44 45.57				
11.	Joao Afonso Pacau	02	Gualdim Pais	22:32.50	+0,85	248	
	50m: 35.49 35.49	450m: 6:27.66 46.19	850m: 12:37.22 45.85	1250m: 18:47.77 47.14			
	100m: 1:15.64 40.15	500m: 7:13.44 45.78	900m: 13:23.20 45.98	1300m: 19:32.67 44.90			
	150m: 1:57.72 42.08	550m: 8:00.14 46.70	950m: 14:09.72 46.52	1350m: 20:19.04 46.37			
	200m: 2:41.06 43.34	600m: 8:46.28 46.14	1000m: 14:55.35 45.63	1400m: 21:04.42 45.38			
	250m: 3:24.95 43.89	650m: 9:32.90 46.62	1050m: 15:42.57 47.22	1450m: 21:49.81 45.39			
	300m: 4:10.01 45.06	700m: 10:18.46 45.56	1100m: 16:29.01 46.44	1500m: 22:32.50 42.69			
	350m: 4:55.61 45.60	750m: 11:04.72 46.26	1150m: 17:14.55 45.54				
	400m: 5:41.47 45.86	800m: 11:51.37 46.65	1200m: 18:00.63 46.08				
12.	Guilherme Moiteiro Campos	02	Assoc Natacao Albicastrense	23:32.43	+0,96	218	
	50m: 41.69 41.69	450m: 7:07.42 47.66	850m: 13:31.09 48.32	1250m: 19:47.23 46.95			
	100m: 1:28.87 47.18	500m: 7:54.70 47.28	900m: 14:20.06 48.97	1300m: 20:33.61 46.38			
	150m: 2:17.16 48.29	550m: 8:43.06 48.36	950m: 15:05.19 45.13	1350m: 21:19.61 46.00			
	200m: 3:06.13 48.97	600m: 9:31.58 48.52	1000m: 15:51.79 46.60	1400m: 22:06.25 46.64			
	250m: 3:54.45 48.32	650m: 10:17.85 46.27	1050m: 16:38.55 46.76	1450m: 22:51.91 45.66			
	300m: 4:42.97 48.52	700m: 11:06.77 48.92	1100m: 17:25.02 46.47	1500m: 23:32.43 40.52			
	350m: 5:31.50 48.53	750m: 11:53.75 46.98	1150m: 18:12.77 47.75				
	400m: 6:19.76 48.26	800m: 12:42.77 49.02	1200m: 19:00.28 47.51				
13.	Alexis Simao Nunes	02	Assoc Natacao Albicastrense	23:33.68	+0,96	217	
	50m: 42.51 42.51	450m: 6:58.39 47.63	850m: 13:18.81 47.51	1250m: 19:45.11 48.38			
	100m: 1:28.71 46.20	500m: 7:45.89 47.50	900m: 14:07.31 48.50	1300m: 20:32.55 47.44			
	150m: 2:15.55 46.84	550m: 8:33.48 47.59	950m: 14:55.10 47.79	1350m: 21:19.59 47.04			
	200m: 3:02.41 46.86	600m: 9:21.45 47.97	1000m: 15:43.01 47.91	1400m: 22:06.59 47.00			
	250m: 3:49.60 47.19	650m: 10:08.98 47.53	1050m: 16:31.31 48.30	1450m: 22:52.32 45.73			
	300m: 4:37.17 47.57	700m: 10:56.19 47.21	1100m: 17:19.61 48.30	1500m: 23:33.68 41.36			
	350m: 5:23.57 46.40	750m: 11:43.77 47.58	1150m: 18:08.87 49.26				
	400m: 6:10.76 47.19	800m: 12:31.30 47.53	1200m: 18:56.73 47.86				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
14.	Nuno Francisco Neves	02	Torres Novas	23:36.94		215	
	50m: 40.28 40.28	450m: 6:56.00 46.65	850m: 13:16.84 47.39	1250m: 19:43.38 49.29			
	100m: 1:26.07 45.79	500m: 7:43.96 47.96	900m: 14:04.34 47.50	1300m: 20:31.13 47.75			
	150m: 2:12.44 46.37	550m: 8:32.00 48.04	950m: 14:52.89 48.55	1350m: 21:20.13 49.00			
	200m: 2:59.32 46.88	600m: 9:19.25 47.25	1000m: 15:40.71 47.82	1400m: 22:06.93 46.80			
	250m: 3:46.51 47.19	650m: 10:08.30 49.05	1050m: 16:29.66 48.95	1450m: 22:54.39 47.46			
	300m: 4:33.40 46.89	700m: 10:54.38 46.08	1100m: 17:19.16 49.50	1500m: 23:36.94 42.55			
	350m: 5:21.33 47.93	750m: 11:41.44 47.06	1150m: 18:06.37 47.21				
	400m: 6:09.35 48.02	800m: 12:29.45 48.01	1200m: 18:54.09 47.72				
15.	Alexandre Manuel Jesus	02	Uniao Samoreense	23:55.32	+0,94	207	
	50m: 37.85 37.85	450m: 6:53.83 48.33	850m: 13:20.33 47.57	1250m: 19:54.37 49.45			
	100m: 1:22.18 44.33	500m: 7:41.62 47.79	900m: 14:09.37 49.04	1300m: 20:43.18 48.81			
	150m: 2:08.72 46.54	550m: 8:29.83 48.21	950m: 14:58.38 49.01	1350m: 21:34.72 51.54			
	200m: 2:55.48 46.76	600m: 9:17.57 47.74	1000m: 15:46.01 47.63	1400m: 22:23.90 49.18			
	250m: 3:43.14 47.66	650m: 10:06.33 48.76	1050m: 16:36.34 50.33	1450m: 23:12.92 49.02			
	300m: 4:30.95 47.81	700m: 10:53.04 46.71	1100m: 17:25.29 48.95	1500m: 23:55.32 42.40			
	350m: 5:17.57 46.62	750m: 11:43.11 50.07	1150m: 18:15.77 50.48				
	400m: 6:05.50 47.93	800m: 12:32.76 49.65	1200m: 19:04.92 49.15				
16.	Isaias Francisco Caldeira	02	CCDSerta	24:05.47	+1,98	203	
	50m: 43.29 43.29	450m: 7:04.84 48.30	850m: 13:32.15 48.24	1250m: 20:07.50 49.69			
	100m: 1:30.82 47.53	500m: 7:53.44 48.60	900m: 14:21.68 49.53	1300m: 20:57.24 49.74			
	150m: 2:17.77 46.95	550m: 8:42.37 48.93	950m: 15:09.49 47.81	1350m: 21:44.62 47.38			
	200m: 3:05.44 47.67	600m: 9:30.29 47.92	1000m: 15:59.12 49.63	1400m: 22:33.19 48.57			
	250m: 3:53.52 48.08	650m: 10:18.74 48.45	1050m: 16:48.91 49.79	1450m: 23:21.62 48.43			
	300m: 4:40.87 47.35	700m: 11:06.68 47.94	1100m: 17:37.43 48.52	1500m: 24:05.47 43.85			
	350m: 5:29.09 48.22	750m: 11:54.66 47.98	1150m: 18:27.69 50.26				
	400m: 6:16.54 47.45	800m: 12:43.91 49.25	1200m: 19:17.81 50.12				
17.	Andriy Dyakiv	02	Uniao Samoreense	25:16.01	+0,97	176	
	50m: 39.30 39.30	450m: 7:13.47 51.24	850m: 14:08.36 52.13	1250m: 21:09.32 52.09			
	100m: 1:25.38 46.08	500m: 8:04.62 51.15	900m: 15:01.07 52.71	1300m: 22:01.28 51.96			
	150m: 2:14.21 48.83	550m: 8:55.97 51.35	950m: 15:54.97 53.90	1350m: 22:52.14 50.86			
	200m: 3:04.89 50.68	600m: 9:47.80 51.83	1000m: 16:48.14 53.17	1400m: 23:41.88 49.74			
	250m: 3:53.34 48.45	650m: 10:40.43 52.63	1050m: 17:43.00 54.86	1450m: 24:30.51 48.63			
	300m: 4:43.12 49.78	700m: 11:30.86 50.43	1100m: 18:33.25 50.25	1500m: 25:16.01 45.50			
	350m: 5:33.22 50.10	750m: 12:22.75 51.89	1150m: 19:24.81 51.56				
	400m: 6:22.23 49.01	800m: 13:16.23 53.48	1200m: 20:17.23 52.42				
18.	Daniel Jose Silva	02	Torres Novas	26:02.35		161	
	50m: 41.20 41.20	450m: 7:35.75 53.81	850m: 14:44.73 54.54	1250m: 21:43.87 52.91			
	100m: 1:29.66 48.46	500m: 8:29.15 53.40	900m: 15:38.58 53.85	1300m: 22:36.84 52.97			
	150m: 2:18.58 48.92	550m: 9:22.37 53.22	950m: 16:28.96 50.38	1350m: 23:30.76 53.92			
	200m: 3:09.69 51.11	600m: 10:15.34 52.97	1000m: 17:19.35 50.39	1400m: 24:23.13 52.37			
	250m: 4:02.52 52.83	650m: 11:09.40 54.06	1050m: 18:12.06 52.71	1450m: 25:15.62 52.49			
	300m: 4:55.85 53.33	700m: 12:02.69 53.29	1100m: 19:05.44 53.38	1500m: 26:02.35 46.73			
	350m: 5:48.20 52.35	750m: 12:56.54 53.85	1150m: 19:58.53 53.09				
	400m: 6:41.94 53.74	800m: 13:50.19 53.65	1200m: 20:50.96 52.43				
19.	Pedro Filipe Carragado	02	Grupo Desportivo Mora	26:27.72		153	
	50m: 43.91 43.91	450m: 7:35.90 53.22	850m: 14:47.34 53.78	1250m: 22:08.36 52.74			
	100m: 1:33.25 49.34	500m: 8:29.58 53.68	900m: 15:43.84 56.50	1300m: 23:05.47 57.11			
	150m: 2:22.36 49.11	550m: 9:23.11 53.53	950m: 16:38.89 55.05	1350m: 23:57.91 52.44			
	200m: 3:12.72 50.36	600m: 10:18.06 54.95	1000m: 17:33.41 54.52	1400m: 24:50.00 52.09			
	250m: 4:04.08 51.36	650m: 11:12.08 54.02	1050m: 18:28.64 55.23	1450m: 25:41.33 51.33			
	300m: 4:57.04 52.96	700m: 12:05.91 53.83	1100m: 19:25.20 56.56	1500m: 26:27.72 46.39			
	350m: 5:49.40 52.36	750m: 12:59.19 53.28	1150m: 20:21.68 56.48				
	400m: 6:42.68 53.28	800m: 13:53.56 54.37	1200m: 21:15.62 53.94				

INF-A

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
1.	Joao Jose Calado	01	Nautico Abrantes	18:20.21	+0,91	461	
	50m: 31.02 31.02	450m: 5:17.42 36.68	850m: 10:12.85 36.66	1250m: 15:15.75 38.24			
	100m: 1:05.22 34.20	500m: 5:53.99 36.57	900m: 10:50.50 37.65	1300m: 15:52.50 36.75			
	150m: 1:40.47 35.25	550m: 6:30.31 36.32	950m: 11:27.94 37.44	1350m: 16:30.22 37.72			
	200m: 2:15.79 35.32	600m: 7:07.41 37.10	1000m: 12:05.81 37.87	1400m: 17:07.72 37.50			
	250m: 2:51.87 36.08	650m: 7:44.31 36.90	1050m: 12:43.60 37.79	1450m: 17:45.24 37.52			
	300m: 3:28.27 36.40	700m: 8:21.42 37.11	1100m: 13:21.78 38.18	1500m: 18:20.21 34.97			
	350m: 4:04.36 36.09	750m: 8:58.47 37.05	1150m: 13:59.82 38.04				
	400m: 4:40.74 36.38	800m: 9:36.19 37.72	1200m: 14:37.51 37.69				
2.	Ricardo Luis Leal	01	CLAC-Entroncamento	18:30.02	+0,87	449	
	50m: 32.33 32.33	450m: 5:25.79 37.21	850m: 10:26.12 37.73	1250m: 15:27.06 37.16			
	100m: 1:07.25 34.92	500m: 6:02.74 36.95	900m: 11:03.64 37.52	1300m: 16:04.82 37.76			
	150m: 1:43.77 36.52	550m: 6:39.90 37.16	950m: 11:41.22 37.58	1350m: 16:41.99 37.17			
	200m: 2:20.56 36.79	600m: 7:17.42 37.52	1000m: 12:19.15 37.93	1400m: 17:19.44 37.45			
	250m: 2:57.38 36.82	650m: 7:55.56 38.14	1050m: 12:57.17 38.02	1450m: 17:56.08 36.64			
	300m: 3:34.15 36.77	700m: 8:33.08 37.52	1100m: 13:34.10 36.93	1500m: 18:30.02 33.94			
	350m: 4:11.31 37.16	750m: 9:10.63 37.55	1150m: 14:12.09 37.99				
	400m: 4:48.58 37.27	800m: 9:48.39 37.76	1200m: 14:49.90 37.81				
3.	Diogo Franco Martins	01	Assoc.20km-Almeirim	18:35.92	+0,93	442	
	50m: 32.51 32.51	450m: 5:31.90 37.89	850m: 10:32.81 37.16	1250m: 15:31.41 37.34			
	100m: 1:08.49 35.98	500m: 6:09.54 37.64	900m: 11:10.03 37.22	1300m: 16:09.38 37.97			
	150m: 1:45.64 37.15	550m: 6:47.40 37.86	950m: 11:47.32 37.29	1350m: 16:46.50 37.12			
	200m: 2:22.87 37.23	600m: 7:24.43 37.03	1000m: 12:24.61 37.29	1400m: 17:23.33 36.83			
	250m: 3:00.16 37.29	650m: 8:01.50 37.07	1050m: 13:02.06 37.45	1450m: 18:00.17 36.84			
	300m: 3:37.99 37.83	700m: 8:38.97 37.47	1100m: 13:38.94 36.88	1500m: 18:35.92 35.75			
	350m: 4:16.12 38.13	750m: 9:17.14 38.17	1150m: 14:16.70 37.76				
	400m: 4:54.01 37.89	800m: 9:55.65 38.51	1200m: 14:54.07 37.37				
4.	Joao Miguel Marques	01	Assoc.20km-Almeirim	18:42.93	+0,80	433	
	50m: 33.77 33.77	450m: 5:33.30 37.64	850m: 10:35.79 37.69	1250m: 15:37.40 37.88			
	100m: 1:10.32 36.55	500m: 6:11.22 37.92	900m: 11:13.20 37.41	1300m: 16:15.61 38.21			
	150m: 1:47.34 37.02	550m: 6:49.03 37.81	950m: 11:50.76 37.56	1350m: 16:53.74 38.13			
	200m: 2:24.76 37.42	600m: 7:26.68 37.65	1000m: 12:28.36 37.60	1400m: 17:31.70 37.96			
	250m: 3:02.42 37.66	650m: 8:04.44 37.76	1050m: 13:05.90 37.54	1450m: 18:09.03 37.33			
	300m: 3:40.29 37.87	700m: 8:42.55 38.11	1100m: 13:43.73 37.83	1500m: 18:42.93 33.90			
	350m: 4:18.19 37.90	750m: 9:20.43 37.88	1150m: 14:21.75 38.02				
	400m: 4:55.66 37.47	800m: 9:58.10 37.67	1200m: 14:59.52 37.77				
5.	Diogo Teixeira Mendes	01	Scalabiswim	18:57.20		417	
	50m: 33.71 33.71	450m: 5:35.06 37.96	850m: 10:41.11 38.25	1250m: 15:47.42 38.00			
	100m: 1:11.17 37.46	500m: 6:12.96 37.90	900m: 11:19.13 38.02	1300m: 16:26.34 38.92			
	150m: 1:48.73 37.56	550m: 6:51.16 38.20	950m: 11:57.48 38.35	1350m: 17:04.67 38.33			
	200m: 2:26.42 37.69	600m: 7:29.23 38.07	1000m: 12:36.01 38.53	1400m: 17:42.62 37.95			
	250m: 3:04.34 37.92	650m: 8:07.34 38.11	1050m: 13:14.39 38.38	1450m: 18:20.71 38.09			
	300m: 3:42.20 37.86	700m: 8:45.67 38.33	1100m: 13:52.54 38.15	1500m: 18:57.20 36.49			
	350m: 4:19.36 37.16	750m: 9:24.13 38.46	1150m: 14:30.96 38.42				
	400m: 4:57.10 37.74	800m: 10:02.86 38.73	1200m: 15:09.42 38.46				
6.	Joao Antonio Simoes	01	Torres Novas	19:12.07	+0,59	401	
	50m: 33.53 33.53	450m: 5:37.08 37.87	850m: 10:47.39 39.37	1250m: 16:03.06 39.16			
	100m: 1:10.58 37.05	500m: 6:15.00 37.92	900m: 11:26.66 39.27	1300m: 16:42.18 39.12			
	150m: 1:48.95 38.37	550m: 6:54.35 39.35	950m: 12:06.51 39.85	1350m: 17:21.10 38.92			
	200m: 2:26.81 37.86	600m: 7:33.62 39.27	1000m: 12:46.22 39.71	1400m: 17:59.66 38.56			
	250m: 3:04.41 37.60	650m: 8:12.13 38.51	1050m: 13:25.59 39.37	1450m: 18:37.14 37.48			
	300m: 3:42.14 37.73	700m: 8:51.28 39.15	1100m: 14:04.87 39.28	1500m: 19:12.07 34.93			
	350m: 4:21.00 38.86	750m: 9:29.83 38.55	1150m: 14:44.40 39.53				
	400m: 4:59.21 38.21	800m: 10:08.02 38.19	1200m: 15:23.90 39.50				
7.	Joao Diogo Lopes	01	Assoc.20km-Almeirim	19:28.34	+0,73	385	
	50m: 32.17 32.17	450m: 5:36.80 38.93	850m: 10:58.09 40.22	1250m: 16:16.63 40.19			
	100m: 1:09.03 36.86	500m: 6:15.57 38.77	900m: 11:37.60 39.51	1300m: 16:55.96 39.33			
	150m: 1:46.48 37.45	550m: 6:54.73 39.16	950m: 12:17.50 39.90	1350m: 17:35.97 40.01			
	200m: 2:25.03 38.55	600m: 7:35.06 40.33	1000m: 12:57.44 39.94	1400m: 18:15.21 39.24			
	250m: 3:02.92 37.89	650m: 8:15.29 40.23	1050m: 13:36.73 39.29	1450m: 18:52.93 37.72			
	300m: 3:41.50 38.58	700m: 8:55.78 40.49	1100m: 14:16.69 39.96	1500m: 19:28.34 35.41			
	350m: 4:19.73 38.23	750m: 9:36.58 40.80	1150m: 14:56.56 39.87				
	400m: 4:57.87 38.14	800m: 10:17.87 41.29	1200m: 15:36.44 39.88				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
8.	Afonso Pinhal Canto	01	Assoc.20km-Almeirim	19:33.52	+0,89	380	
	50m: 32.88 32.88	450m: 5:47.60 39.53	850m: 11:05.20 39.29	1250m: 16:21.48 39.25			
	100m: 1:10.73 37.85	500m: 6:27.12 39.52	900m: 11:44.86 39.66	1300m: 17:00.86 39.38			
	150m: 1:49.84 39.11	550m: 7:07.16 40.04	950m: 12:24.78 39.92	1350m: 17:40.11 39.25			
	200m: 2:29.02 39.18	600m: 7:47.08 39.92	1000m: 13:04.39 39.61	1400m: 18:18.31 38.20			
	250m: 3:08.32 39.30	650m: 8:26.53 39.45	1050m: 13:42.85 38.46	1450m: 18:56.25 37.94			
	300m: 3:48.46 40.14	700m: 9:06.34 39.81	1100m: 14:22.59 39.74	1500m: 19:33.52 37.27			
	350m: 4:28.24 39.78	750m: 9:46.32 39.98	1150m: 15:02.55 39.96				
	400m: 5:08.07 39.83	800m: 10:25.91 39.59	1200m: 15:42.23 39.68				
9.	Joao Mendes Catarino	01	Estremoz / Estremozcarnes	20:44.41	+0,91	318	
	50m: 35.34 35.34	450m: 6:06.26 42.43	850m: 11:44.06 41.80	1250m: 17:20.57 43.28			
	100m: 1:14.96 39.62	500m: 6:48.26 42.00	900m: 12:25.43 41.37	1300m: 18:02.52 41.95			
	150m: 1:55.63 40.67	550m: 7:30.77 42.51	950m: 13:06.18 40.75	1350m: 18:44.47 41.95			
	200m: 2:36.80 41.17	600m: 8:13.25 42.48	1000m: 13:47.97 41.79	1400m: 19:25.85 41.38			
	250m: 3:18.10 41.30	650m: 8:55.62 42.37	1050m: 14:29.50 41.53	1450m: 20:07.61 41.76			
	300m: 3:59.91 41.81	700m: 9:37.62 42.00	1100m: 15:11.53 42.03	1500m: 20:44.41 36.80			
	350m: 4:41.95 42.04	750m: 10:20.00 42.38	1150m: 15:54.53 43.00				
	400m: 5:23.83 41.88	800m: 11:02.26 42.26	1200m: 16:37.29 42.76				
10.	Pedro Oliveira Tavares	01	Natacao Guarda	20:54.52	+0,99	311	
	50m: 35.28 35.28	450m: 6:14.46 42.95	850m: 11:57.54 42.63	1250m: 17:31.77 42.05			
	100m: 1:15.94 40.66	500m: 6:57.14 42.68	900m: 12:39.18 41.64	1300m: 18:14.01 42.24			
	150m: 1:57.34 41.40	550m: 7:40.32 43.18	950m: 13:21.42 42.24	1350m: 18:55.19 41.18			
	200m: 2:40.20 42.86	600m: 8:23.02 42.70	1000m: 14:04.35 42.93	1400m: 19:36.73 41.54			
	250m: 3:23.51 43.31	650m: 9:05.70 42.68	1050m: 14:45.60 41.25	1450m: 20:16.75 40.02			
	300m: 4:06.03 42.52	700m: 9:48.43 42.73	1100m: 15:27.31 41.71	1500m: 20:54.52 37.77			
	350m: 4:48.34 42.31	750m: 10:31.25 42.82	1150m: 16:08.10 40.79				
	400m: 5:31.51 43.17	800m: 11:14.91 43.66	1200m: 16:49.72 41.62				
11.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	21:03.50	+0,78	304	
	50m: 35.69 35.69	450m: 6:11.91 42.83	850m: 11:53.18 42.64	1250m: 17:36.47 42.61			
	100m: 1:15.91 40.22	500m: 6:53.07 41.16	900m: 12:35.84 42.66	1300m: 18:18.01 41.54			
	150m: 1:56.91 41.00	550m: 7:37.20 44.13	950m: 13:18.65 42.81	1350m: 19:00.62 42.61			
	200m: 2:39.22 42.31	600m: 8:19.90 42.70	1000m: 14:00.40 41.75	1400m: 19:42.87 42.25			
	250m: 3:20.98 41.76	650m: 9:02.59 42.69	1050m: 14:43.32 42.92	1450m: 20:24.18 41.31			
	300m: 4:04.04 43.06	700m: 9:45.79 43.20	1100m: 15:27.49 44.17	1500m: 21:03.50 39.32			
	350m: 4:46.39 42.35	750m: 10:27.85 42.06	1150m: 16:10.43 42.94				
	400m: 5:29.08 42.69	800m: 11:10.54 42.69	1200m: 16:53.86 43.43				
12.	Joaquim Agra Meruje	01	Elvense	21:17.78	+1,18	294	
	50m: 31.98 31.98	450m: 6:03.62 42.52	850m: 11:49.02 42.73	1250m: 17:42.12 44.61			
	100m: 1:09.94 37.96	500m: 6:47.15 43.53	900m: 12:32.16 43.14	1300m: 18:25.67 43.55			
	150m: 1:50.74 40.80	550m: 7:30.01 42.86	950m: 13:16.24 44.08	1350m: 19:09.29 43.62			
	200m: 2:31.80 41.06	600m: 8:12.94 42.93	1000m: 14:00.58 44.34	1400m: 19:53.41 44.12			
	250m: 3:13.71 41.91	650m: 8:56.53 43.59	1050m: 14:44.17 43.59	1450m: 20:36.74 43.33			
	300m: 3:55.74 42.03	700m: 9:39.82 43.29	1100m: 15:28.98 44.81	1500m: 21:17.78 41.04			
	350m: 4:38.11 42.37	750m: 10:22.75 42.93	1150m: 16:13.32 44.34				
	400m: 5:21.10 42.99	800m: 11:06.29 43.54	1200m: 16:57.51 44.19				
13.	Nuno Pereira Simoes	01	Torres Novas	21:58.94	+0,86	267	
	50m: 38.06 38.06	450m: 6:41.22 47.30	850m: 12:40.85 43.16	1250m: 18:29.15 44.80			
	100m: 1:20.79 42.73	500m: 7:27.51 46.29	900m: 13:24.72 43.87	1300m: 19:12.30 43.15			
	150m: 2:04.44 43.65	550m: 8:12.97 45.46	950m: 14:07.57 42.85	1350m: 19:54.84 42.54			
	200m: 2:48.72 44.28	600m: 8:58.19 45.22	1000m: 14:50.13 42.56	1400m: 20:37.81 42.97			
	250m: 3:35.22 46.50	650m: 9:43.33 45.14	1050m: 15:31.60 41.47	1450m: 21:20.56 42.75			
	300m: 4:21.26 46.04	700m: 10:28.16 44.83	1100m: 16:15.31 43.71	1500m: 21:58.94 38.38			
	350m: 5:07.98 46.72	750m: 11:13.88 45.72	1150m: 17:00.47 45.16				
	400m: 5:53.92 45.94	800m: 11:57.69 43.81	1200m: 17:44.35 43.88				
14.	Daniel Filipe Oliveira	01	Clube de Natacao do Tejo	22:07.43		262	
	50m: 40.05 40.05	450m: 6:44.16 45.32	850m: 12:44.61 44.27	1250m: 18:35.50 43.63			
	100m: 1:24.40 44.35	500m: 7:29.57 45.41	900m: 13:28.86 44.25	1300m: 19:18.78 43.28			
	150m: 2:09.50 45.10	550m: 8:15.96 46.39	950m: 14:13.35 44.49	1350m: 20:02.24 43.46			
	200m: 2:54.65 45.15	600m: 9:01.45 45.49	1000m: 14:57.56 44.21	1400m: 20:45.92 43.68			
	250m: 3:40.40 45.75	650m: 9:46.78 45.33	1050m: 15:41.72 44.16	1450m: 21:28.45 42.53			
	300m: 4:26.76 46.36	700m: 10:31.46 44.68	1100m: 16:25.50 43.78	1500m: 22:07.43 38.98			
	350m: 5:12.72 45.96	750m: 11:15.42 43.96	1150m: 17:08.14 42.64				
	400m: 5:58.84 46.12	800m: 12:00.34 44.92	1200m: 17:51.87 43.73				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
15.	Joao Francisco Fortunato	01	CLAC-Entroncamento	22:27.07	+1,17	251	
	50m: 39.69 39.69	450m: 6:36.68 44.91	850m: 12:38.89 45.20	1250m: 18:45.78 45.79			
	100m: 1:23.54 43.85	500m: 7:21.60 44.92	900m: 13:24.52 45.63	1300m: 19:30.00 44.22			
	150m: 2:08.08 44.54	550m: 8:07.07 45.47	950m: 14:10.28 45.76	1350m: 20:14.50 44.50			
	200m: 2:51.80 43.72	600m: 8:52.35 45.28	1000m: 14:56.77 46.49	1400m: 20:59.18 44.68			
	250m: 3:36.57 44.77	650m: 9:37.77 45.42	1050m: 15:42.84 46.07	1450m: 21:44.30 45.12			
	300m: 4:21.33 44.76	700m: 10:22.90 45.13	1100m: 16:28.95 46.11	1500m: 22:27.07 42.77			
	350m: 5:06.59 45.26	750m: 11:08.06 45.16	1150m: 17:13.91 44.96				
	400m: 5:51.77 45.18	800m: 11:53.69 45.63	1200m: 17:59.99 46.08				
16.	Diogo Samouco Dias	01	Torres Novas	22:56.90	+1,31	235	
	50m: 39.19 39.19	450m: 6:40.52 46.24	850m: 12:54.50 46.73	1250m: 19:10.64 46.36			
	100m: 1:23.02 43.83	500m: 7:26.71 46.19	900m: 13:39.73 45.23	1300m: 19:56.57 45.93			
	150m: 2:07.71 44.69	550m: 8:12.62 45.91	950m: 14:26.13 46.40	1350m: 20:43.43 46.86			
	200m: 2:52.49 44.78	600m: 8:58.90 46.28	1000m: 15:13.66 47.53	1400m: 21:31.39 47.96			
	250m: 3:36.94 44.45	650m: 9:45.40 46.50	1050m: 15:59.91 46.25	1450m: 22:16.34 44.95			
	300m: 4:22.65 45.71	700m: 10:32.75 47.35	1100m: 16:48.51 48.60	1500m: 22:56.90 40.56			
	350m: 5:08.52 45.87	750m: 11:19.89 47.14	1150m: 17:36.11 47.60				
	400m: 5:54.28 45.76	800m: 12:07.77 47.88	1200m: 18:24.28 48.17				
17.	Joao Rafael Protasio	01	CLAC-Entroncamento	23:02.88	+1,08	232	
	50m: 37.77 37.77	450m: 6:38.42 46.16	850m: 12:44.35 45.93	1250m: 19:00.41 47.77			
	100m: 1:20.04 42.27	500m: 7:24.48 46.06	900m: 13:29.80 45.45	1300m: 19:48.97 48.56			
	150m: 2:05.42 45.38	550m: 8:11.07 46.59	950m: 14:16.15 46.35	1350m: 20:37.31 48.34			
	200m: 2:50.94 45.52	600m: 8:57.05 45.98	1000m: 15:02.80 46.65	1400m: 21:26.04 48.73			
	250m: 3:36.23 45.29	650m: 9:42.51 45.46	1050m: 15:49.84 47.04	1450m: 22:14.73 48.69			
	300m: 4:21.29 45.06	700m: 10:28.25 45.74	1100m: 16:37.86 48.02	1500m: 23:02.88 48.15			
	350m: 5:06.75 45.46	750m: 11:13.28 45.03	1150m: 17:24.98 47.12				
	400m: 5:52.26 45.51	800m: 11:58.42 45.14	1200m: 18:12.64 47.66				
18.	Tomas Antunes Ribeiro	01	Torres Novas	23:13.21	+1,17	227	
	50m: 38.45 38.45	450m: 6:42.33 46.19	850m: 12:58.38 47.57	1250m: 19:14.31 47.05			
	100m: 1:22.54 44.09	500m: 7:29.08 46.75	900m: 13:44.45 46.07	1300m: 20:00.61 46.30			
	150m: 2:08.60 46.06	550m: 8:16.15 47.07	950m: 14:31.31 46.86	1350m: 20:46.43 45.82			
	200m: 2:53.20 44.60	600m: 9:02.58 46.43	1000m: 15:18.74 47.43	1400m: 21:32.51 46.08			
	250m: 3:38.70 45.50	650m: 9:49.70 47.12	1050m: 16:06.24 47.50	1450m: 22:17.59 45.08			
	300m: 4:24.33 45.63	700m: 10:36.31 46.61	1100m: 16:53.77 47.53	1500m: 23:13.21 55.62			
	350m: 5:10.57 46.24	750m: 11:23.51 47.20	1150m: 17:39.86 46.09				
	400m: 5:56.14 45.57	800m: 12:10.81 47.30	1200m: 18:27.26 47.40				
19.	Pedro Manuel Lopes	01	Torres Novas	23:59.26	+1,07	206	
	50m: 40.60 40.60	450m: 6:50.30 47.22	850m: 13:10.68 48.04	1250m: 19:47.39 51.28			
	100m: 1:23.87 43.27	500m: 7:36.90 46.60	900m: 13:57.93 47.25	1300m: 20:39.08 51.69			
	150m: 2:09.29 45.42	550m: 8:24.32 47.42	950m: 14:47.63 49.70	1350m: 21:30.06 50.98			
	200m: 2:55.64 46.35	600m: 9:11.68 47.36	1000m: 15:36.88 49.25	1400m: 22:20.80 50.74			
	250m: 3:42.58 46.94	650m: 9:59.08 47.40	1050m: 16:26.43 49.55	1450m: 23:10.98 50.18			
	300m: 4:27.93 45.35	700m: 10:46.98 47.90	1100m: 17:16.38 49.95	1500m: 23:59.26 48.28			
	350m: 5:15.18 47.25	750m: 11:33.93 46.95	1150m: 18:04.83 48.45				
	400m: 6:03.08 47.90	800m: 12:22.64 48.71	1200m: 18:56.11 51.28				
20.	Diogo Alexandre Mestre	01	Grupo Desportivo Mora	24:38.10	+0,90	190	
	50m: 41.25 41.25	450m: 7:13.30 50.72	850m: 13:48.25 50.15	1250m: 20:34.58 49.64			
	100m: 1:28.91 47.66	500m: 8:02.29 48.99	900m: 14:39.75 51.50	1300m: 21:24.57 49.99			
	150m: 2:17.78 48.87	550m: 8:51.93 49.64	950m: 15:30.28 50.53	1350m: 22:15.02 50.45			
	200m: 3:06.26 48.48	600m: 9:41.83 49.90	1000m: 16:21.56 51.28	1400m: 23:04.75 49.73			
	250m: 3:54.66 48.40	650m: 10:31.02 49.19	1050m: 17:11.78 50.22	1450m: 23:53.10 48.35			
	300m: 4:43.90 49.24	700m: 11:20.06 49.04	1100m: 18:02.92 51.14	1500m: 24:38.10 45.00			
	350m: 5:32.43 48.53	750m: 12:09.68 49.62	1150m: 18:55.07 52.15				
	400m: 6:22.58 50.15	800m: 12:58.10 48.42	1200m: 19:44.94 49.87				
21.	Jaime Miguel Saramago	01	BUZIOS - Coruche	24:47.52		186	
	50m: 40.80 40.80	450m: 7:20.03 49.58	850m: 13:53.45 50.46	1250m: 20:41.58 51.80			
	100m: 1:28.60 47.80	500m: 8:10.64 50.61	900m: 14:43.99 50.54	1300m: 21:30.73 49.15			
	150m: 2:18.54 49.94	550m: 9:00.57 49.93	950m: 15:35.07 51.08	1350m: 22:19.91 49.18			
	200m: 3:08.34 49.80	600m: 9:48.57 48.00	1000m: 16:25.54 50.47	1400m: 23:11.70 51.79			
	250m: 3:58.68 50.34	650m: 10:35.85 47.28	1050m: 17:16.91 51.37	1450m: 24:01.83 50.13			
	300m: 4:49.20 50.52	700m: 11:24.86 49.01	1100m: 18:07.50 50.59	1500m: 24:47.52 45.69			
	350m: 5:40.17 50.97	750m: 12:14.13 49.27	1150m: 18:59.37 51.87				
	400m: 6:30.45 50.28	800m: 13:02.99 48.86	1200m: 19:49.78 50.41				

Prova 2, Masc., 1500m Livres

JUV-B

1. Rui Jorge Lopes	00	CLAC-Entroncamento	17:36.21	+0,86	521	
50m: 30.73 30.73	450m: 5:10.69 35.33	850m: 9:53.95 35.36	1250m: 14:39.19 36.15			
100m: 1:04.89 34.16	500m: 5:46.18 35.49	900m: 10:29.35 35.40	1300m: 15:15.41 36.22			
150m: 1:39.83 34.94	550m: 6:21.37 35.19	950m: 11:04.72 35.37	1350m: 15:51.22 35.81			
200m: 2:14.98 35.15	600m: 6:56.46 35.09	1000m: 11:39.94 35.22	1400m: 16:27.32 36.10			
250m: 2:49.73 34.75	650m: 7:31.82 35.36	1050m: 12:15.46 35.52	1450m: 17:03.90 36.58			
300m: 3:24.70 34.97	700m: 8:07.49 35.67	1100m: 12:50.92 35.46	1500m: 17:36.21 32.31			
350m: 4:00.09 35.39	750m: 8:43.02 35.53	1150m: 13:26.89 35.97				
400m: 4:35.36 35.27	800m: 9:18.59 35.57	1200m: 14:03.04 36.15				
2. Miguel Goncalves Frade	00	Torres Novas	17:47.65	+0,86	504	
50m: 32.04 32.04	450m: 5:14.76 35.69	850m: 9:59.38 35.81	1250m: 14:49.42 36.12			
100m: 1:06.71 34.67	500m: 5:50.31 35.55	900m: 10:35.57 36.19	1300m: 15:25.91 36.49			
150m: 1:41.89 35.18	550m: 6:25.38 35.07	950m: 11:11.91 36.34	1350m: 16:02.38 36.47			
200m: 2:17.20 35.31	600m: 7:00.83 35.45	1000m: 11:47.99 36.08	1400m: 16:38.37 35.99			
250m: 2:52.79 35.59	650m: 7:36.48 35.65	1050m: 12:24.10 36.11	1450m: 17:13.68 35.31			
300m: 3:28.37 35.58	700m: 8:12.19 35.71	1100m: 13:00.64 36.54	1500m: 17:47.65 33.97			
350m: 4:03.66 35.29	750m: 8:47.75 35.56	1150m: 13:36.93 36.29				
400m: 4:39.07 35.41	800m: 9:23.57 35.82	1200m: 14:13.30 36.37				
3. Filipe Asseiceira Ramos	00	Torres Novas	17:52.07	+1,05	498	
50m: 32.31 32.31	450m: 5:17.17 36.13	850m: 10:05.90 35.98	1250m: 14:54.38 36.04			
100m: 1:07.20 34.89	500m: 5:53.04 35.87	900m: 10:41.81 35.91	1300m: 15:30.30 35.92			
150m: 1:42.77 35.57	550m: 6:28.82 35.78	950m: 11:18.27 36.46	1350m: 16:06.51 36.21			
200m: 2:18.31 35.54	600m: 7:05.22 36.40	1000m: 11:54.10 35.83	1400m: 16:42.21 35.70			
250m: 2:53.94 35.63	650m: 7:41.52 36.30	1050m: 12:29.93 35.83	1450m: 17:17.84 35.63			
300m: 3:29.49 35.55	700m: 8:17.59 36.07	1100m: 13:06.07 36.14	1500m: 17:52.07 34.23			
350m: 4:05.31 35.82	750m: 8:53.88 36.29	1150m: 13:42.27 36.20				
400m: 4:41.04 35.73	800m: 9:29.92 36.04	1200m: 14:18.34 36.07				
4. Miguel Serrao Santos	00	Salvaterra de Magos	18:14.42	+0,85	468	
50m: 33.11 33.11	450m: 5:25.80 35.94	850m: 10:19.49 36.61	1250m: 15:13.07 36.45			
100m: 1:09.44 36.33	500m: 6:03.06 37.26	900m: 10:55.26 35.77	1300m: 15:50.25 37.18			
150m: 1:45.80 36.36	550m: 6:38.50 35.44	950m: 11:32.39 37.13	1350m: 16:27.05 36.80			
200m: 2:22.78 36.98	600m: 7:15.10 36.60	1000m: 12:09.44 37.05	1400m: 17:03.99 36.94			
250m: 2:59.50 36.72	650m: 7:51.87 36.77	1050m: 12:46.35 36.91	1450m: 17:40.89 36.90			
300m: 3:36.14 36.64	700m: 8:29.01 37.14	1100m: 13:23.56 37.21	1500m: 18:14.42 33.53			
350m: 4:12.83 36.69	750m: 9:05.93 36.92	1150m: 14:00.26 36.70				
400m: 4:49.86 37.03	800m: 9:42.88 36.95	1200m: 14:36.62 36.36				
5. Pedro Manuel Grilo	00	Aminata - Évora Clube	19:08.91	+0,92	405	
50m: 33.11 33.11	450m: 5:31.06 37.78	850m: 10:39.14 39.12	1250m: 15:54.52 39.77			
100m: 1:09.24 36.13	500m: 6:09.74 38.68	900m: 11:17.96 38.82	1300m: 16:33.99 39.47			
150m: 1:45.79 36.55	550m: 6:48.06 38.32	950m: 11:57.34 39.38	1350m: 17:13.32 39.33			
200m: 2:22.78 36.99	600m: 7:26.10 38.04	1000m: 12:37.05 39.71	1400m: 17:52.64 39.32			
250m: 2:59.86 37.08	650m: 8:04.32 38.22	1050m: 13:16.49 39.44	1450m: 18:31.59 38.95			
300m: 3:37.41 37.55	700m: 8:42.57 38.25	1100m: 13:55.62 39.13	1500m: 19:08.91 37.32			
350m: 4:15.02 37.61	750m: 9:21.18 38.61	1150m: 14:35.25 39.63				
400m: 4:53.28 38.26	800m: 10:00.02 38.84	1200m: 15:14.75 39.50				
6. Jose Carlos Burecas	00	BUZIOS - Coruche	19:27.53	+0,84	386	
50m: 33.01 33.01	450m: 5:27.67 38.48	850m: 10:47.82 40.64	1250m: 16:11.41 40.36			
100m: 1:08.48 35.47	500m: 6:06.36 38.69	900m: 11:28.34 40.52	1300m: 16:52.26 40.85			
150m: 1:44.08 35.60	550m: 6:45.77 39.41	950m: 12:09.37 41.03	1350m: 17:33.51 41.25			
200m: 2:20.07 35.99	600m: 7:25.60 39.83	1000m: 12:49.90 40.53	1400m: 18:13.90 40.39			
250m: 2:56.38 36.31	650m: 8:05.76 40.16	1050m: 13:30.38 40.48	1450m: 18:51.91 38.01			
300m: 3:33.31 36.93	700m: 8:46.06 40.30	1100m: 14:10.49 40.11	1500m: 19:27.53 35.62			
350m: 4:10.56 37.25	750m: 9:26.18 40.12	1150m: 14:50.78 40.29				
400m: 4:49.19 38.63	800m: 10:07.18 41.00	1200m: 15:31.05 40.27				
7. Luis Pedro Farinha	00	CCDSerta	19:31.12	+1,07	382	
50m: 33.48 33.48	450m: 5:40.63 39.17	850m: 10:58.48 39.64	1250m: 16:18.28 40.35			
100m: 1:10.72 37.24	500m: 6:20.44 39.81	900m: 11:38.33 39.85	1300m: 16:58.40 40.12			
150m: 1:48.87 38.15	550m: 6:59.89 39.45	950m: 12:18.34 40.01	1350m: 17:37.97 39.57			
200m: 2:27.20 38.33	600m: 7:39.57 39.68	1000m: 12:58.94 40.60	1400m: 18:17.30 39.33			
250m: 3:05.57 38.37	650m: 8:19.12 39.55	1050m: 13:38.84 39.90	1450m: 18:56.38 39.08			
300m: 3:44.03 38.46	700m: 8:58.70 39.58	1100m: 14:17.96 39.12	1500m: 19:31.12 34.74			
350m: 4:22.61 38.58	750m: 9:38.92 40.22	1150m: 14:57.75 39.79				
400m: 5:01.46 38.85	800m: 10:18.84 39.92	1200m: 15:37.93 40.18				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
8.	Henrique Miguel Cruz	00	Torres Novas	19:42.51	+0,93	371	
	50m: 34.24 34.24	450m: 5:47.53 39.87	850m: 11:07.96 39.65	1250m: 16:26.09 39.21			
	100m: 1:11.65 37.41	500m: 6:28.11 40.58	900m: 11:48.28 40.32	1300m: 17:05.75 39.66			
	150m: 1:49.89 38.24	550m: 7:07.97 39.86	950m: 12:28.45 40.17	1350m: 17:45.90 40.15			
	200m: 2:28.41 38.52	600m: 7:47.99 40.02	1000m: 13:08.70 40.25	1400m: 18:25.67 39.77			
	250m: 3:08.21 39.80	650m: 8:27.86 39.87	1050m: 13:48.85 40.15	1450m: 19:04.65 38.98			
	300m: 3:47.86 39.65	700m: 9:08.01 40.15	1100m: 14:27.98 39.13	1500m: 19:42.51 37.86			
	350m: 4:27.57 39.71	750m: 9:48.10 40.09	1150m: 15:07.44 39.46				
	400m: 5:07.66 40.09	800m: 10:28.31 40.21	1200m: 15:46.88 39.44				
9.	David Antunes Santos	00	CLAC-Entroncamento	19:43.75	+0,95	370	
	50m: 34.51 34.51	450m: 5:43.77 39.74	850m: 11:03.07 40.29	1250m: 16:26.76 40.12			
	100m: 1:11.77 37.26	500m: 6:23.21 39.44	900m: 11:43.72 40.65	1300m: 17:07.13 40.37			
	150m: 1:49.80 38.03	550m: 7:02.46 39.25	950m: 12:24.72 41.00	1350m: 17:47.19 40.06			
	200m: 2:27.81 38.01	600m: 7:42.42 39.96	1000m: 13:05.26 40.54	1400m: 18:27.07 39.88			
	250m: 3:06.81 39.00	650m: 8:22.33 39.91	1050m: 13:45.70 40.44	1450m: 19:06.29 39.22			
	300m: 3:45.82 39.01	700m: 9:02.31 39.98	1100m: 14:26.33 40.63	1500m: 19:43.75 37.46			
	350m: 4:24.78 38.96	750m: 9:42.58 40.27	1150m: 15:06.61 40.28				
	400m: 5:04.03 39.25	800m: 10:22.78 40.20	1200m: 15:46.64 40.03				
10.	Goncalo Miguel Passareiro	00	Elvense	20:17.98	+0,98	340	
	50m: 32.44 32.44	450m: 5:51.41 41.53	850m: 11:22.36 40.40	1250m: 16:53.86 40.93			
	100m: 1:10.13 37.69	500m: 6:33.01 41.60	900m: 12:04.17 41.81	1300m: 17:36.94 43.08			
	150m: 1:49.03 38.90	550m: 7:14.03 41.02	950m: 12:45.61 41.44	1350m: 18:17.84 40.90			
	200m: 2:28.43 39.40	600m: 7:55.38 41.35	1000m: 13:27.11 41.50	1400m: 18:58.21 40.37			
	250m: 3:08.00 39.57	650m: 8:37.71 42.33	1050m: 14:09.34 42.23	1450m: 19:39.42 41.21			
	300m: 3:47.64 39.64	700m: 9:19.48 41.77	1100m: 14:49.54 40.20	1500m: 20:17.98 38.56			
	350m: 4:27.90 40.26	750m: 10:00.57 41.09	1150m: 15:31.19 41.65				
	400m: 5:09.88 41.98	800m: 10:41.96 41.39	1200m: 16:12.93 41.74				
11.	Joao Luis Tavares	00	CCDSerta	20:28.74	+0,96	331	
	50m: 35.60 35.60	450m: 5:59.63 41.09	850m: 11:31.13 41.93	1250m: 17:06.00 42.30			
	100m: 1:15.84 40.24	500m: 6:41.25 41.62	900m: 12:12.61 41.48	1300m: 17:48.23 42.23			
	150m: 1:56.47 40.63	550m: 7:22.34 41.09	950m: 12:54.78 42.17	1350m: 18:28.67 40.44			
	200m: 2:36.45 39.98	600m: 8:02.84 40.50	1000m: 13:37.39 42.61	1400m: 19:10.89 42.22			
	250m: 3:16.48 40.03	650m: 8:43.86 41.02	1050m: 14:19.30 41.91	1450m: 19:51.51 40.62			
	300m: 3:57.35 40.87	700m: 9:25.95 42.09	1100m: 14:59.80 40.50	1500m: 20:28.74 37.23			
	350m: 4:37.98 40.63	750m: 10:06.95 41.00	1150m: 15:41.35 41.55				
	400m: 5:18.54 40.56	800m: 10:49.20 42.25	1200m: 16:23.70 42.35				
12.	Joao Pedro Ferreira	00	CCDSerta	20:44.50	+1,90	318	
	50m: 33.20 33.20	450m: 5:58.05 42.27	850m: 11:37.83 43.63	1250m: 17:20.74 43.05			
	100m: 1:11.47 38.27	500m: 6:39.61 41.56	900m: 12:20.63 42.80	1300m: 18:02.62 41.88			
	150m: 1:51.30 39.83	550m: 7:22.08 42.47	950m: 13:03.97 43.34	1350m: 18:44.32 41.70			
	200m: 2:31.54 40.24	600m: 8:04.38 42.30	1000m: 13:47.14 43.17	1400m: 19:26.61 42.29			
	250m: 3:12.32 40.78	650m: 8:45.76 41.38	1050m: 14:29.59 42.45	1450m: 20:06.77 40.16			
	300m: 3:52.75 40.43	700m: 9:28.40 42.64	1100m: 15:13.11 43.52	1500m: 20:44.50 37.73			
	350m: 4:34.15 41.40	750m: 10:11.57 43.17	1150m: 15:54.89 41.78				
	400m: 5:15.78 41.63	800m: 10:54.20 42.63	1200m: 16:37.69 42.80				
13.	Rodrigo Galvao Alves	00	CCDSerta	21:05.96	+0,93	302	
	50m: 33.68 33.68	450m: 6:04.50 42.41	850m: 11:49.98 43.38	1250m: 17:37.27 43.93			
	100m: 1:11.95 38.27	500m: 6:47.31 42.81	900m: 12:33.53 43.55	1300m: 18:19.86 42.59			
	150m: 1:52.37 40.42	550m: 7:29.73 42.42	950m: 13:16.96 43.43	1350m: 19:01.39 41.53			
	200m: 2:33.44 41.07	600m: 8:12.41 42.68	1000m: 14:00.16 43.20	1400m: 19:44.28 42.89			
	250m: 3:14.27 40.83	650m: 8:55.84 43.43	1050m: 14:43.83 43.67	1450m: 20:26.26 41.98			
	300m: 3:56.68 42.41	700m: 9:39.45 43.61	1100m: 15:26.92 43.09	1500m: 21:05.96 39.70			
	350m: 4:39.29 42.61	750m: 10:22.46 43.01	1150m: 16:10.25 43.33				
	400m: 5:22.09 42.80	800m: 11:06.60 44.14	1200m: 16:53.34 43.09				
14.	David Jose Carpinteiro	00	Clube de Natação do Tejo	21:10.47	+1,72	299	
	50m: 34.38 34.38	450m: 6:09.23 41.70	850m: 11:51.80 42.89	1250m: 17:38.66 42.56			
	100m: 1:14.34 39.96	500m: 6:51.97 42.74	900m: 12:35.16 43.36	1300m: 18:22.37 43.71			
	150m: 1:55.79 41.45	550m: 7:35.75 43.78	950m: 13:17.66 42.50	1350m: 19:05.85 43.48			
	200m: 2:37.83 42.04	600m: 8:18.41 42.66	1000m: 14:01.51 43.85	1400m: 19:49.81 43.96			
	250m: 3:20.05 42.22	650m: 9:01.39 42.98	1050m: 14:44.54 43.03	1450m: 20:32.01 42.20			
	300m: 4:02.28 42.23	700m: 9:44.04 42.65	1100m: 15:28.21 43.67	1500m: 21:10.47 38.46			
	350m: 4:44.17 41.89	750m: 10:26.52 42.48	1150m: 16:11.96 43.75				
	400m: 5:27.53 43.36	800m: 11:08.91 42.39	1200m: 16:56.10 44.14				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
15.	Fabio Santos Pereira	00	Sporting Campomaiorense	21:15.76	+0,72	295	
	50m: 34.96 34.96	450m: 6:11.22 42.96	850m: 11:56.55 44.00	1250m: 17:44.14 42.38			
	100m: 1:14.54 39.58	500m: 6:53.82 42.60	900m: 12:40.19 43.64	1300m: 18:27.26 43.12			
	150m: 1:56.40 41.86	550m: 7:37.30 43.48	950m: 13:23.96 43.77	1350m: 19:11.35 44.09			
	200m: 2:38.07 41.67	600m: 8:19.90 42.60	1000m: 14:07.43 43.47	1400m: 19:53.32 41.97			
	250m: 3:20.45 42.38	650m: 9:03.13 43.23	1050m: 14:51.67 44.24	1450m: 20:35.89 42.57			
	300m: 4:02.77 42.32	700m: 9:46.45 43.32	1100m: 15:34.22 42.55	1500m: 21:15.76 39.87			
	350m: 4:45.18 42.41	750m: 10:28.95 42.50	1150m: 16:18.49 44.27				
	400m: 5:28.26 43.08	800m: 11:12.55 43.60	1200m: 17:01.76 43.27				
16.	Diogo Miguel Teodoro	00	BUZIOS - Coruche	21:18.29	+1,14	294	
	50m: 35.96 35.96	450m: 6:09.71 42.35	850m: 11:57.58 43.96	1250m: 17:48.20 45.04			
	100m: 1:17.09 41.13	500m: 6:52.46 42.75	900m: 12:41.88 44.30	1300m: 18:31.46 43.26			
	150m: 1:57.81 40.72	550m: 7:35.74 43.28	950m: 13:25.22 43.34	1350m: 19:14.36 42.90			
	200m: 2:39.08 41.27	600m: 8:18.58 42.84	1000m: 14:08.84 43.62	1400m: 19:57.34 42.98			
	250m: 3:21.02 41.94	650m: 9:02.28 43.70	1050m: 14:52.71 43.87	1450m: 20:40.37 43.03			
	300m: 4:03.44 42.42	700m: 9:45.37 43.09	1100m: 15:35.80 43.09	1500m: 21:18.29 37.92			
	350m: 4:44.95 41.51	750m: 10:29.24 43.87	1150m: 16:20.02 44.22				
	400m: 5:27.36 42.41	800m: 11:13.62 44.38	1200m: 17:03.16 43.14				
17.	Miguel Mourato Henriques	00	Sporting Campomaiorense	21:49.26		273	
	50m: 38.27 38.27	450m: 6:29.13 48.24	850m: 12:15.77 44.01	1250m: 18:08.39 45.01			
	100m: 1:19.95 41.68	500m: 7:08.07 38.94	900m: 13:00.11 44.34	1300m: 18:53.45 45.06			
	150m: 2:01.98 42.03	550m: 7:52.30 44.23	950m: 13:44.41 44.30	1350m: 19:38.56 45.11			
	200m: 2:43.76 41.78	600m: 8:35.85 43.55	1000m: 14:29.60 45.19	1400m: 20:25.18 46.62			
	250m: 3:29.54 45.78	650m: 9:20.33 44.48	1050m: 15:12.51 42.91	1450m: 21:07.43 42.25			
	300m: 4:13.01 43.47	700m: 10:04.32 43.99	1100m: 15:56.24 43.73	1500m: 21:49.26 41.83			
	350m: 4:57.57 44.56	750m: 10:48.13 43.81	1150m: 16:39.96 43.72				
	400m: 5:40.89 43.32	800m: 11:31.76 43.63	1200m: 17:23.38 43.42				
18.	João Filipe Pires	00	Estremoz / Estremozcarnes	21:52.09	+1,76	271	
	50m: 38.67 38.67	450m: 6:27.26 43.93	850m: 12:18.43 44.37	1250m: 18:13.07 44.73			
	100m: 1:21.09 42.42	500m: 7:11.31 44.05	900m: 13:02.80 44.37	1300m: 18:57.85 44.78			
	150m: 2:04.07 42.98	550m: 7:55.12 43.81	950m: 13:46.75 43.95	1350m: 19:42.94 45.09			
	200m: 2:47.35 43.28	600m: 8:38.91 43.79	1000m: 14:31.67 44.92	1400m: 20:27.76 44.82			
	250m: 3:30.71 43.36	650m: 9:22.42 43.51	1050m: 15:15.81 44.14	1450m: 21:12.66 44.90			
	300m: 4:15.91 45.20	700m: 10:06.30 43.88	1100m: 15:59.22 43.41	1500m: 21:52.09 39.43			
	350m: 4:59.39 43.48	750m: 10:50.03 43.73	1150m: 16:43.40 44.18				
	400m: 5:43.33 43.94	800m: 11:34.06 44.03	1200m: 17:28.34 44.94				
19.	Gonçalo Miguel Dias	00	Grupo Desportivo Mora	22:00.84	+0,87	266	
	50m: 36.24 36.24	450m: 6:22.37 44.85	850m: 12:19.75 44.16	1250m: 18:18.06 45.09			
	100m: 1:16.64 40.40	500m: 7:06.86 44.49	900m: 13:03.56 43.81	1300m: 19:02.56 44.50			
	150m: 1:58.76 42.12	550m: 7:51.67 44.81	950m: 13:47.36 43.80	1350m: 19:46.98 44.42			
	200m: 2:41.66 42.90	600m: 8:36.36 44.69	1000m: 14:32.23 44.87	1400m: 20:31.33 44.35			
	250m: 3:25.08 43.42	650m: 9:21.07 44.71	1050m: 15:17.05 44.82	1450m: 21:15.99 44.66			
	300m: 4:08.93 43.85	700m: 10:05.56 44.49	1100m: 16:02.31 45.26	1500m: 22:00.84 44.85			
	350m: 4:52.97 44.04	750m: 10:50.64 45.08	1150m: 16:48.04 45.73				
	400m: 5:37.52 44.55	800m: 11:35.59 44.95	1200m: 17:32.97 44.93				
20.	Antonio Joao Pestana	00	CLAC-Entroncamento	22:34.54	+1,07	247	
	50m: 39.15 39.15	450m: 6:39.99 44.81	850m: 12:43.21 45.18	1250m: 18:55.32 45.50			
	100m: 1:22.31 43.16	500m: 7:25.21 45.22	900m: 13:29.01 45.80	1300m: 19:41.40 46.08			
	150m: 2:06.54 44.23	550m: 8:10.72 45.51	950m: 14:16.31 47.30	1350m: 20:26.71 45.31			
	200m: 2:50.92 44.38	600m: 8:55.19 44.47	1000m: 15:03.71 47.40	1400m: 21:11.51 44.80			
	250m: 3:37.00 46.08	650m: 9:39.82 44.63	1050m: 15:50.79 47.08	1450m: 21:56.42 44.91			
	300m: 4:22.95 45.95	700m: 10:25.83 46.01	1100m: 16:37.58 46.79	1500m: 22:34.54 38.12			
	350m: 5:09.09 46.14	750m: 11:12.01 46.18	1150m: 17:24.11 46.53				
	400m: 5:55.18 46.09	800m: 11:58.03 46.02	1200m: 18:09.82 45.71				
21.	Luis Salvado Cruz	00	Sporting Campomaiorense	24:15.00	+0,95	199	
	50m: 40.07 40.07	450m: 6:54.97 47.13	850m: 13:21.88 48.72	1250m: 20:04.52 51.26			
	100m: 1:24.74 44.67	500m: 7:42.94 47.97	900m: 14:11.35 49.47	1300m: 20:56.71 52.19			
	150m: 2:09.85 45.11	550m: 8:30.14 47.20	950m: 15:01.36 50.01	1350m: 21:48.63 51.92			
	200m: 2:56.94 47.09	600m: 9:18.58 48.44	1000m: 15:50.85 49.49	1400m: 22:40.64 52.01			
	250m: 3:44.47 47.53	650m: 10:06.88 48.30	1050m: 16:39.02 48.17	1450m: 23:26.19 45.55			
	300m: 4:31.60 47.13	700m: 10:55.44 48.56	1100m: 17:30.22 51.20	1500m: 24:15.00 48.81			
	350m: 5:19.86 48.26	750m: 11:43.82 48.38	1150m: 18:21.60 51.38				
	400m: 6:07.84 47.98	800m: 12:33.16 49.34	1200m: 19:13.26 51.66				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
22.	David Emanuel Carrapo	00	BUZIOS - Coruche	26:48.84		147	
	50m: 40.46 40.46	450m: 7:49.46 55.81	850m: 15:09.06 53.69	1250m: 22:20.47 52.21			
	100m: 1:29.59 49.13	500m: 8:46.06 56.60	900m: 16:03.99 54.93	1300m: 23:14.05 53.58			
	150m: 2:21.73 52.14	550m: 9:41.37 55.31	950m: 16:57.62 53.63	1350m: 24:06.96 52.91			
	200m: 3:14.09 52.36	600m: 10:36.00 54.63	1000m: 17:51.90 54.28	1400m: 24:59.13 52.17			
	250m: 4:07.84 53.75	650m: 11:31.29 55.29	1050m: 18:46.68 54.78	1450m: 25:50.59 51.46			
	300m: 5:03.05 55.21	700m: 12:25.87 54.58	1100m: 19:40.78 54.10	1500m: 26:48.84 58.25			
	350m: 5:58.65 55.60	750m: 13:20.07 54.20	1150m: 20:33.57 52.79				
	400m: 6:53.65 55.00	800m: 14:15.37 55.30	1200m: 21:28.26 54.69				
DSQ	Joao Afonso Goncalves	00	CLAC-Entroncamento				
	<i>Apoio no fundo da piscina para recomeçar a prova</i>						
DNF	Tiago Miguel Lucas	00	BUZIOS - Coruche				

JUV-A

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golegã	17:06.94	+0,86	567	
	50m: 30.82 30.82	450m: 5:06.08 34.56	850m: 9:44.04 34.46	1250m: 14:17.94 34.05			
	100m: 1:04.73 33.91	500m: 5:40.92 34.84	900m: 10:18.58 34.54	1300m: 14:52.30 34.36			
	150m: 1:39.39 34.66	550m: 6:15.74 34.82	950m: 10:53.04 34.46	1350m: 15:26.49 34.19			
	200m: 2:13.70 34.31	600m: 6:50.54 34.80	1000m: 11:27.63 34.59	1400m: 16:01.14 34.65			
	250m: 2:48.32 34.62	650m: 7:25.42 34.88	1050m: 12:02.13 34.50	1450m: 16:35.64 34.50			
	300m: 3:22.77 34.45	700m: 8:00.44 35.02	1100m: 12:36.21 34.08	1500m: 17:06.94 31.30			
	350m: 3:57.18 34.41	750m: 8:35.09 34.65	1150m: 13:09.91 33.70				
	400m: 4:31.52 34.34	800m: 9:09.58 34.49	1200m: 13:43.89 33.98				
2.	Tiago Filipe Campos	99	Scalabiswim	17:17.44	+0,99	550	
	50m: 30.43 30.43	450m: 5:05.97 34.65	850m: 9:43.95 34.30	1250m: 14:22.84 35.33			
	100m: 1:04.60 34.17	500m: 5:40.75 34.78	900m: 10:18.28 34.33	1300m: 14:58.10 35.26			
	150m: 1:39.13 34.53	550m: 6:15.44 34.69	950m: 10:52.82 34.54	1350m: 15:33.89 35.79			
	200m: 2:13.64 34.51	600m: 6:50.05 34.61	1000m: 11:27.78 34.96	1400m: 16:09.31 35.42			
	250m: 2:48.02 34.38	650m: 7:25.14 35.09	1050m: 12:02.42 34.64	1450m: 16:44.38 35.07			
	300m: 3:22.12 34.10	700m: 8:00.00 34.86	1100m: 12:37.13 34.71	1500m: 17:17.44 33.06			
	350m: 3:56.81 34.69	750m: 8:34.96 34.96	1150m: 13:12.17 35.04				
	400m: 4:31.32 34.51	800m: 9:09.65 34.69	1200m: 13:47.51 35.34				
3.	Joao Silverio Duarte	99	Eléctrico	17:27.54	+0,85	534	
	50m: 29.86 29.86	450m: 5:07.13 35.65	850m: 9:50.06 35.09	1250m: 14:31.64 35.11			
	100m: 1:03.01 33.15	500m: 5:42.10 34.97	900m: 10:25.47 35.41	1300m: 15:07.29 35.65			
	150m: 1:36.85 33.84	550m: 6:18.14 36.04	950m: 11:00.85 35.38	1350m: 15:42.89 35.60			
	200m: 2:11.54 34.69	600m: 6:54.74 36.60	1000m: 11:36.80 35.95	1400m: 16:18.00 35.11			
	250m: 2:46.36 34.82	650m: 7:29.20 34.46	1050m: 12:10.92 34.12	1450m: 16:53.70 35.70			
	300m: 3:21.35 34.99	700m: 8:04.75 35.55	1100m: 12:46.23 35.31	1500m: 17:27.54 33.84			
	350m: 3:56.61 35.26	750m: 8:40.25 35.50	1150m: 13:21.56 35.33				
	400m: 4:31.48 34.87	800m: 9:14.97 34.72	1200m: 13:56.53 34.97				
4.	Miguel Carrico Cruz	99	Assoc.20km-Almeirim	17:38.34	+0,88	518	
	50m: 30.84 30.84	450m: 5:06.42 34.38	850m: 9:45.79 35.03	1250m: 14:39.05 36.90			
	100m: 1:04.81 33.97	500m: 5:41.03 34.61	900m: 10:21.64 35.85	1300m: 15:15.16 36.11			
	150m: 1:39.33 34.52	550m: 6:15.85 34.82	950m: 10:58.36 36.72	1350m: 15:50.77 35.61			
	200m: 2:13.79 34.46	600m: 6:50.63 34.78	1000m: 11:35.73 37.37	1400m: 16:27.02 36.25			
	250m: 2:48.43 34.64	650m: 7:25.59 34.96	1050m: 12:12.73 37.00	1450m: 17:02.76 35.74			
	300m: 3:22.90 34.47	700m: 8:00.64 35.05	1100m: 12:49.21 36.48	1500m: 17:38.34 35.58			
	350m: 3:57.38 34.48	750m: 8:35.48 34.84	1150m: 13:25.88 36.67				
	400m: 4:32.04 34.66	800m: 9:10.76 35.28	1200m: 14:02.15 36.27				
5.	Bernardo Jose Dionisio	99	Gualdim Pais	17:47.18	+0,82	505	
	50m: 31.06 31.06	450m: 5:11.06 35.09	850m: 9:55.23 35.92	1250m: 14:45.95 36.87			
	100m: 1:04.95 33.89	500m: 5:46.47 35.41	900m: 10:30.48 35.25	1300m: 15:22.67 36.72			
	150m: 1:39.70 34.75	550m: 6:21.78 35.31	950m: 11:06.40 35.92	1350m: 15:59.62 36.95			
	200m: 2:15.05 35.35	600m: 6:57.22 35.44	1000m: 11:42.91 36.51	1400m: 16:36.50 36.88			
	250m: 2:50.21 35.16	650m: 7:32.56 35.34	1050m: 12:19.62 36.71	1450m: 17:13.12 36.62			
	300m: 3:25.31 35.10	700m: 8:07.89 35.33	1100m: 12:55.98 36.36	1500m: 17:47.18 34.06			
	350m: 4:00.51 35.20	750m: 8:43.65 35.76	1150m: 13:32.31 36.33				
	400m: 4:35.97 35.46	800m: 9:19.31 35.66	1200m: 14:09.08 36.77				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
6.	Tiago Pastor Escada	99	Aminata - Évora Clube	17:50.16	+0,95	501	
	50m: 31.06 31.06	450m: 5:09.40 34.69	850m: 9:56.71 36.76	1250m: 14:48.65 36.48			
	100m: 1:05.58 34.52	500m: 5:44.55 35.15	900m: 10:32.98 36.27	1300m: 15:25.54 36.89			
	150m: 1:40.43 34.85	550m: 6:19.99 35.44	950m: 11:09.42 36.44	1350m: 16:02.07 36.53			
	200m: 2:15.54 35.11	600m: 6:55.68 35.69	1000m: 11:46.08 36.66	1400m: 16:38.77 36.70			
	250m: 2:50.25 34.71	650m: 7:31.56 35.88	1050m: 12:22.60 36.52	1450m: 17:14.90 36.13			
	300m: 3:25.09 34.84	700m: 8:07.55 35.99	1100m: 12:59.26 36.66	1500m: 17:50.16 35.26			
	350m: 3:59.91 34.82	750m: 8:43.58 36.03	1150m: 13:35.70 36.44				
	400m: 4:34.71 34.80	800m: 9:19.95 36.37	1200m: 14:12.17 36.47				
7.	Goncalo Faria Saldida	99	Gualdim Pais	17:50.66	+0,83	500	
	50m: 31.23 31.23	450m: 5:10.27 35.38	850m: 10:02.72 36.88	1250m: 14:55.65 33.90			
	100m: 1:04.93 33.70	500m: 5:47.49 37.22	900m: 10:39.90 37.18	1300m: 15:30.56 34.91			
	150m: 1:39.46 34.53	550m: 6:24.16 36.67	950m: 11:18.25 38.35	1350m: 16:05.62 35.06			
	200m: 2:14.12 34.66	600m: 7:01.56 37.40	1000m: 11:53.91 35.66	1400m: 16:41.38 35.76			
	250m: 2:49.06 34.94	650m: 7:38.67 37.11	1050m: 12:32.10 38.19	1450m: 17:17.04 35.66			
	300m: 3:24.23 35.17	700m: 8:14.08 35.41	1100m: 13:10.51 38.41	1500m: 17:50.66 33.62			
	350m: 3:59.13 34.90	750m: 8:50.06 35.98	1150m: 13:47.00 36.49				
	400m: 4:34.89 35.76	800m: 9:25.84 35.78	1200m: 14:21.75 34.75				
8.	Pedro Pereira Lopes	99	BUZIOS - Coruche	18:07.01	+0,71	478	
	50m: 32.44 32.44	450m: 5:18.70 35.85	850m: 10:10.33 36.39	1250m: 15:04.09 37.15			
	100m: 1:07.43 34.99	500m: 5:54.88 36.18	900m: 10:46.78 36.45	1300m: 15:41.41 37.32			
	150m: 1:43.22 35.79	550m: 6:31.12 36.24	950m: 11:23.35 36.57	1350m: 16:18.38 36.97			
	200m: 2:19.72 36.50	600m: 7:07.38 36.26	1000m: 11:59.70 36.35	1400m: 16:55.35 36.97			
	250m: 2:56.41 36.69	650m: 7:44.04 36.66	1050m: 12:36.82 37.12	1450m: 17:32.38 37.03			
	300m: 3:32.01 35.60	700m: 8:21.21 37.17	1100m: 13:13.44 36.62	1500m: 18:07.01 34.63			
	350m: 4:07.33 35.32	750m: 8:57.68 36.47	1150m: 13:50.27 36.83				
	400m: 4:42.85 35.52	800m: 9:33.94 36.26	1200m: 14:26.94 36.67				
9.	Tomas Jose Agostinho	99	BUZIOS - Coruche	18:18.03	+0,76	464	
	50m: 32.08 32.08	450m: 5:24.60 36.42	850m: 10:19.61 36.57	1250m: 15:14.78 37.38			
	100m: 1:07.50 35.42	500m: 6:00.51 35.91	900m: 10:55.72 36.11	1300m: 15:51.62 36.84			
	150m: 1:43.97 36.47	550m: 6:36.90 36.39	950m: 11:32.61 36.89	1350m: 16:28.73 37.11			
	200m: 2:20.75 36.78	600m: 7:14.99 38.09	1000m: 12:09.72 37.11	1400m: 17:06.34 37.61			
	250m: 2:56.79 36.04	650m: 7:52.03 37.04	1050m: 12:46.64 36.92	1450m: 17:42.03 35.69			
	300m: 3:33.55 36.76	700m: 8:28.89 36.86	1100m: 13:23.75 37.11	1500m: 18:18.03 36.00			
	350m: 4:11.03 37.48	750m: 9:05.59 36.70	1150m: 14:00.60 36.85				
	400m: 4:48.18 37.15	800m: 9:43.04 37.45	1200m: 14:37.40 36.80				
10.	Afonso Guilherme Rosa	99	Gualdim Pais	18:27.14	+0,92	452	
	50m: 31.83 31.83	450m: 5:16.64 36.66	850m: 10:09.33 37.51	1250m: 15:17.57 38.86			
	100m: 1:06.01 34.18	500m: 5:52.89 36.25	900m: 10:46.90 37.57	1300m: 15:55.91 38.34			
	150m: 1:40.93 34.92	550m: 6:28.85 35.96	950m: 11:25.26 38.36	1350m: 16:34.08 38.17			
	200m: 2:16.34 35.41	600m: 7:05.38 36.53	1000m: 12:04.19 38.93	1400m: 17:12.51 38.43			
	250m: 2:51.59 35.25	650m: 7:41.80 36.42	1050m: 12:42.63 38.44	1450m: 17:50.47 37.96			
	300m: 3:27.57 35.98	700m: 8:18.00 36.20	1100m: 13:21.37 38.74	1500m: 18:27.14 36.67			
	350m: 4:03.42 35.85	750m: 8:54.72 36.72	1150m: 13:59.71 38.34				
	400m: 4:39.98 36.56	800m: 9:31.82 37.10	1200m: 14:38.71 39.00				
11.	Francisco Dinis Tejo	99	Aminata - Évora Clube	18:28.79	+0,95	450	
	50m: 32.68 32.68	450m: 5:29.18 36.90	850m: 10:25.76 37.08	1250m: 15:24.85 37.54			
	100m: 1:09.20 36.52	500m: 6:06.06 36.88	900m: 11:03.09 37.33	1300m: 16:02.35 37.50			
	150m: 1:46.27 37.07	550m: 6:43.16 37.10	950m: 11:40.58 37.49	1350m: 16:39.79 37.44			
	200m: 2:23.45 37.18	600m: 7:19.95 36.79	1000m: 12:18.11 37.53	1400m: 17:16.81 37.02			
	250m: 3:00.30 36.85	650m: 7:57.11 37.16	1050m: 12:55.32 37.21	1450m: 17:53.60 36.79			
	300m: 3:37.64 37.34	700m: 8:34.19 37.08	1100m: 13:32.33 37.01	1500m: 18:28.79 35.19			
	350m: 4:15.20 37.56	750m: 9:11.49 37.30	1150m: 14:09.59 37.26				
	400m: 4:52.28 37.08	800m: 9:48.68 37.19	1200m: 14:47.31 37.72				
12.	Bernardo Fernandes Aguiar	99	Assoc.20km-Almeirim	18:33.69	+0,89	444	
	50m: 32.89 32.89	450m: 5:26.24 37.19	850m: 10:28.83 37.69	1250m: 15:28.50 38.52			
	100m: 1:08.13 35.24	500m: 6:03.74 37.50	900m: 11:05.24 36.41	1300m: 16:06.29 37.79			
	150m: 1:43.82 35.69	550m: 6:41.93 38.19	950m: 11:42.49 37.25	1350m: 16:45.54 39.25			
	200m: 2:20.31 36.49	600m: 7:19.79 37.86	1000m: 12:20.02 37.53	1400m: 17:21.06 35.52			
	250m: 2:56.98 36.67	650m: 7:57.89 38.10	1050m: 12:57.46 37.44	1450m: 17:57.94 36.88			
	300m: 3:33.97 36.99	700m: 8:36.01 38.12	1100m: 13:35.24 37.78	1500m: 18:33.69 35.75			
	350m: 4:11.28 37.31	750m: 9:13.59 37.58	1150m: 14:12.99 37.75				
	400m: 4:49.05 37.77	800m: 9:51.14 37.55	1200m: 14:49.98 36.99				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
13.	Francisco Daniel Pereira	99	CCDSerta	18:50.23	+0,81	425	
	50m: 30.77 30.77	450m: 5:25.38 37.24	850m: 10:28.03 38.27	1250m: 15:42.13 41.34			
	100m: 1:06.28 35.51	500m: 6:02.83 37.45	900m: 11:06.57 38.54	1300m: 16:20.12 37.99			
	150m: 1:43.02 36.74	550m: 6:40.33 37.50	950m: 11:44.85 38.28	1350m: 16:58.07 37.95			
	200m: 2:19.77 36.75	600m: 7:18.22 37.89	1000m: 12:24.04 39.19	1400m: 17:36.69 38.62			
	250m: 2:56.43 36.66	650m: 7:56.22 38.00	1050m: 13:03.01 38.97	1450m: 18:14.21 37.52			
	300m: 3:33.14 36.71	700m: 8:33.79 37.57	1100m: 13:42.21 39.20	1500m: 18:50.23 36.02			
	350m: 4:10.60 37.46	750m: 9:11.20 37.41	1150m: 14:21.85 39.64				
	400m: 4:48.14 37.54	800m: 9:49.76 38.56	1200m: 15:00.79 38.94				
14.	Joao Tiago Almeida	99	Assoc.20km-Almeirim	19:12.69	+0,86	401	
	50m: 33.51 33.51	450m: 5:30.31 37.50	850m: 10:39.06 39.15	1250m: 15:57.56 39.65			
	100m: 1:09.92 36.41	500m: 6:08.18 37.87	900m: 11:18.39 39.33	1300m: 16:37.52 39.96			
	150m: 1:46.31 36.39	550m: 6:46.41 38.23	950m: 11:57.41 39.02	1350m: 17:16.93 39.41			
	200m: 2:23.31 37.00	600m: 7:24.89 38.48	1000m: 12:37.78 40.37	1400m: 17:56.06 39.13			
	250m: 3:00.55 37.24	650m: 8:03.89 39.00	1050m: 13:18.72 40.94	1450m: 18:35.66 39.60			
	300m: 3:38.00 37.45	700m: 8:42.39 38.50	1100m: 13:58.32 39.60	1500m: 19:12.69 37.03			
	350m: 4:15.55 37.55	750m: 9:21.13 38.74	1150m: 14:38.25 39.93				
	400m: 4:52.81 37.26	800m: 9:59.91 38.78	1200m: 15:17.91 39.66				
15.	David Antonio Carvalho	99	Clube de Natação do Tejo	19:35.85	+0,90	377	
	50m: 32.54 32.54	450m: 5:42.11 39.08	850m: 11:00.28 39.81	1250m: 16:21.83 40.59			
	100m: 1:10.21 37.67	500m: 6:21.35 39.24	900m: 11:40.25 39.97	1300m: 17:01.89 40.06			
	150m: 1:49.27 39.06	550m: 7:01.20 39.85	950m: 12:20.29 40.04	1350m: 17:41.76 39.87			
	200m: 2:28.15 38.88	600m: 7:40.80 39.60	1000m: 13:00.83 40.54	1400m: 18:21.46 39.70			
	250m: 3:06.88 38.73	650m: 8:19.91 39.11	1050m: 13:41.45 40.62	1450m: 19:00.05 38.59			
	300m: 3:44.95 38.07	700m: 9:00.23 40.32	1100m: 14:21.81 40.36	1500m: 19:35.85 35.80			
	350m: 4:23.55 38.60	750m: 9:40.23 40.00	1150m: 15:00.96 39.15				
	400m: 5:03.03 39.48	800m: 10:20.47 40.24	1200m: 15:41.24 40.28				
16.	Jose Nuno Sousa	99	CLAC-Entroncamento	20:42.11	+0,77	320	
	50m: 32.96 32.96	450m: 5:47.23 41.63	850m: 11:26.02 42.76	1250m: 17:12.90 42.68			
	100m: 1:09.53 36.57	500m: 6:29.38 42.15	900m: 12:09.42 43.40	1300m: 17:55.99 43.09			
	150m: 1:47.17 37.64	550m: 7:10.57 41.19	950m: 12:53.41 43.99	1350m: 18:38.72 42.73			
	200m: 2:25.95 38.78	600m: 7:53.05 42.48	1000m: 13:36.80 43.39	1400m: 19:20.75 42.03			
	250m: 3:05.05 39.10	650m: 8:35.52 42.47	1050m: 14:19.56 42.76	1450m: 20:01.54 40.79			
	300m: 3:44.30 39.25	700m: 9:17.62 42.10	1100m: 15:03.10 43.54	1500m: 20:42.11 40.57			
	350m: 4:24.86 40.56	750m: 9:59.87 42.25	1150m: 15:46.33 43.23				
	400m: 5:05.60 40.74	800m: 10:43.26 43.39	1200m: 16:30.22 43.89				
17.	Eliseu Manuel Tavares	99	Uniao Samoreense	20:44.21	+1,50	318	
	50m: 33.65 33.65	450m: 5:57.05 42.44	850m: 11:36.01 42.31	1250m: 17:17.37 42.78			
	100m: 1:11.82 38.17	500m: 6:38.91 41.86	900m: 12:19.07 43.06	1300m: 18:00.54 43.17			
	150m: 1:50.58 38.76	550m: 7:21.21 42.30	950m: 13:01.78 42.71	1350m: 18:43.25 42.71			
	200m: 2:30.34 39.76	600m: 8:03.69 42.48	1000m: 13:44.19 42.41	1400m: 19:25.15 41.90			
	250m: 3:10.99 40.65	650m: 8:45.77 42.08	1050m: 14:27.24 43.05	1450m: 20:06.92 41.77			
	300m: 3:52.46 41.47	700m: 9:28.30 42.53	1100m: 15:09.58 42.34	1500m: 20:44.21 37.29			
	350m: 4:33.63 41.17	750m: 10:10.96 42.66	1150m: 15:52.17 42.59				
	400m: 5:14.61 40.98	800m: 10:53.70 42.74	1200m: 16:34.59 42.42				
18.	Joao Fernando Bento	99	Uniao Samoreense	21:05.98	+0,82	302	
	50m: 34.27 34.27	450m: 5:55.41 41.79	850m: 11:39.54 44.43	1250m: 17:34.35 44.18			
	100m: 1:12.58 38.31	500m: 6:37.48 42.07	900m: 12:23.55 44.01	1300m: 18:19.09 44.74			
	150m: 1:51.83 39.25	550m: 7:19.94 42.46	950m: 13:07.59 44.04	1350m: 19:03.29 44.20			
	200m: 2:31.77 39.94	600m: 8:02.29 42.35	1000m: 13:51.30 43.71	1400m: 19:46.98 43.69			
	250m: 3:11.47 39.70	650m: 8:45.14 42.85	1050m: 14:35.87 44.57	1450m: 20:28.92 41.94			
	300m: 3:52.03 40.56	700m: 9:28.00 42.86	1100m: 15:21.11 45.24	1500m: 21:05.98 37.06			
	350m: 4:32.81 40.78	750m: 10:11.38 43.38	1150m: 16:05.81 44.70				
	400m: 5:13.62 40.81	800m: 10:55.11 43.73	1200m: 16:50.17 44.36				
19.	Alexandre Miguel Santa	99	Elvense	24:52.41	+0,94	184	
	50m: 40.10 40.10	450m: 7:15.04 51.28	850m: 14:04.42 51.14	1250m: 20:51.04 49.65			
	100m: 1:24.94 44.84	500m: 8:05.92 50.88	900m: 14:54.72 50.30	1300m: 21:40.80 49.76			
	150m: 2:13.04 48.10	550m: 8:57.67 51.75	950m: 15:46.01 51.29	1350m: 22:30.42 49.62			
	200m: 3:03.24 50.20	600m: 9:48.94 51.27	1000m: 16:37.19 51.18	1400m: 23:18.97 48.55			
	250m: 3:52.65 49.41	650m: 10:40.76 51.82	1050m: 17:28.84 51.65	1450m: 24:06.60 47.63			
	300m: 4:43.15 50.50	700m: 11:32.76 52.00	1100m: 18:19.38 50.54	1500m: 24:52.41 45.81			
	350m: 5:33.12 49.97	750m: 12:23.32 50.56	1150m: 19:10.44 51.06				
	400m: 6:23.76 50.64	800m: 13:13.28 49.96	1200m: 20:01.39 50.95				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
20.	Joao Palmeiro Carrilho	99	Sporting Campomaiorense	25:22.87	+0,85	173	
	50m: 38.54 38.54	450m: 7:21.16 52.17	850m: 14:11.67 50.88	1250m: 21:08.04 50.91			
	100m: 1:24.46 45.92	500m: 8:14.13 52.97	900m: 15:05.29 53.62	1300m: 22:01.24 53.20			
	150m: 2:14.46 50.00	550m: 9:04.25 50.12	950m: 15:58.03 52.74	1350m: 22:54.24 53.00			
	200m: 3:04.40 49.94	600m: 9:55.44 51.19	1000m: 16:49.52 51.49	1400m: 23:44.56 50.32			
	250m: 3:54.06 49.66	650m: 10:47.81 52.37	1050m: 17:42.35 52.83	1450m: 24:35.76 51.20			
	300m: 4:45.57 51.51	700m: 11:37.63 49.82	1100m: 18:33.65 51.30	1500m: 25:22.87 47.11			
	350m: 5:36.92 51.35	750m: 12:29.07 51.44	1150m: 19:25.64 51.99				
	400m: 6:28.99 52.07	800m: 13:20.79 51.72	1200m: 20:17.13 51.49				

3 - 2ª Jornada - 1ª Sessão

23-11-2014 - 9:30

Prova 3
23-11-2014 - 9:30

Femin., 800m Livres

12 - 15 anos
Resultados

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Ines Asseiceira Ramos	03	Torres Novas	10:35.68	+0,99	428	
	50m: 36.89 36.89	250m: 3:14.82 38.88	450m: 5:54.11 40.15	650m: 8:36.18 41.35			
	100m: 1:15.77 38.88	300m: 3:54.80 39.98	500m: 6:33.94 39.83	700m: 9:16.71 40.53			
	150m: 1:55.64 39.87	350m: 4:34.08 39.28	550m: 7:14.55 40.61	750m: 9:57.48 40.77			
	200m: 2:35.94 40.30	400m: 5:13.96 39.88	600m: 7:54.83 40.28	800m: 10:35.68 38.20			
2.	Lea Alexandra Mendes	03	Gualdim Pais	11:09.62	+1,23	366	
	50m: 36.32 36.32	250m: 3:23.81 42.11	450m: 6:15.29 42.89	650m: 9:05.29 40.63			
	100m: 1:18.71 42.39	300m: 4:06.92 43.11	500m: 6:58.08 42.79	700m: 9:48.37 43.08			
	150m: 2:00.22 41.51	350m: 4:49.60 42.68	550m: 7:41.40 43.32	750m: 10:30.51 42.14			
	200m: 2:41.70 41.48	400m: 5:32.40 42.80	600m: 8:24.66 43.26	800m: 11:09.62 39.11			
3.	Mafalda Magalhaes Costa	03	Gualdim Pais	11:32.28	+0,85	331	
	50m: 38.34 38.34	250m: 3:33.27 43.73	450m: 6:29.91 44.88	650m: 9:25.86 43.71			
	100m: 1:22.02 43.68	300m: 4:16.72 43.45	500m: 7:14.70 44.79	700m: 10:09.18 43.32			
	150m: 2:05.30 43.28	350m: 5:00.92 44.20	550m: 7:57.87 43.17	750m: 10:51.49 42.31			
	200m: 2:49.54 44.24	400m: 5:45.03 44.11	600m: 8:42.15 44.28	800m: 11:32.28 40.79			
4.	Beatriz Goncalves Casal	03	Torres Novas	11:42.70		317	
	50m: 38.50 38.50	250m: 3:34.04 43.92	450m: 6:32.55 44.63	650m: 9:33.33 46.03			
	100m: 1:21.77 43.27	300m: 4:18.26 44.22	500m: 7:17.65 45.10	700m: 10:17.90 44.57			
	150m: 2:05.08 43.31	350m: 5:02.90 44.64	550m: 8:02.76 45.11	750m: 11:02.72 44.82			
	200m: 2:50.12 45.04	400m: 5:47.92 45.02	600m: 8:47.30 44.54	800m: 11:42.70 39.98			
5.	Marta Filipa Matias	03	CCDSerta	11:59.90	+0,78	295	
	50m: 39.60 39.60	250m: 3:41.32 45.76	450m: 6:45.61 45.68	650m: 9:49.16 45.95			
	100m: 1:24.45 44.85	300m: 4:27.05 45.73	500m: 7:32.06 46.45	700m: 10:35.30 46.14			
	150m: 2:09.70 45.25	350m: 5:13.65 46.60	550m: 8:18.77 46.71	750m: 11:19.27 43.97			
	200m: 2:55.56 45.86	400m: 5:59.93 46.28	600m: 9:03.21 44.44	800m: 11:59.90 40.63			
6.	Constanca Basilio Gil	03	CLAC-Entroncamento	12:06.46	+1,00	287	
	50m: 39.22 39.22	250m: 3:39.54 45.94	450m: 6:45.82 46.38	650m: 9:53.44 46.31			
	100m: 1:23.73 44.51	300m: 4:26.52 46.98	500m: 7:32.85 47.03	700m: 10:40.78 47.34			
	150m: 2:08.21 44.48	350m: 5:12.67 46.15	550m: 8:16.64 43.79	750m: 11:26.52 45.74			
	200m: 2:53.60 45.39	400m: 5:59.44 46.77	600m: 9:07.13 50.49	800m: 12:06.46 39.94			
7.	Laura Andre Catarino	03	CCDSerta	12:12.96	+0,93	279	
	50m: 41.50 41.50	250m: 3:43.80 47.05	450m: 6:50.92 45.73	650m: 10:01.57 48.14			
	100m: 1:26.64 45.14	300m: 4:30.02 46.22	500m: 7:38.40 47.48	700m: 10:47.59 46.02			
	150m: 2:10.91 44.27	350m: 5:17.43 47.41	550m: 8:26.91 48.51	750m: 11:32.30 44.71			
	200m: 2:56.75 45.84	400m: 6:05.19 47.76	600m: 9:13.43 46.52	800m: 12:12.96 40.66			
8.	Erica Neves Leote	03	Torres Novas	12:17.43	+1,04	274	
	50m: 42.26 42.26	250m: 3:47.69 46.06	450m: 6:54.98 46.18	650m: 10:01.59 46.76			
	100m: 1:28.08 45.82	300m: 4:34.86 47.17	500m: 7:41.98 47.00	700m: 10:48.11 46.52			
	150m: 2:14.83 46.75	350m: 5:22.03 47.17	550m: 8:28.06 46.08	750m: 11:34.20 46.09			
	200m: 3:01.63 46.80	400m: 6:08.80 46.77	600m: 9:14.83 46.77	800m: 12:17.43 43.23			

Prova 3, Femin., 800m Livres, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
9.	Secile Liu Wang	03	Uniao Samorensense	12:37.22	+0,82	253	
	50m: 39.11 39.11	250m: 3:47.52 48.56	450m: 6:57.58 48.65	650m: 10:14.95 47.63			
	100m: 1:23.39 44.28	300m: 4:33.73 46.21	500m: 7:47.13 49.55	700m: 11:03.44 48.49			
	150m: 2:10.91 47.52	350m: 5:21.68 47.95	550m: 8:36.94 49.81	750m: 11:51.16 47.72			
	200m: 2:58.96 48.05	400m: 6:08.93 47.25	600m: 9:27.32 50.38	800m: 12:37.22 46.06			
10.	Maria Ines Almeida	03	CLAC-Entroncamento	12:49.41	+1,21	241	
	50m: 44.63 44.63	250m: 3:57.44 49.29	450m: 7:16.44 49.45	650m: 10:32.24 50.08			
	100m: 1:32.55 47.92	300m: 4:47.04 49.60	500m: 8:05.32 48.88	700m: 11:19.68 47.44			
	150m: 2:19.25 46.70	350m: 5:37.28 50.24	550m: 8:54.47 49.15	750m: 12:06.72 47.04			
	200m: 3:08.15 48.90	400m: 6:26.99 49.71	600m: 9:42.16 47.69	800m: 12:49.41 42.69			
11.	Marcia Goncalves Teodoro	03	Eléctrico	12:51.95	+0,93	239	
	50m: 39.54 39.54	250m: 3:50.35 50.35	450m: 7:10.63 50.14	650m: 10:28.59 46.68			
	100m: 1:25.07 45.53	300m: 4:39.66 49.31	500m: 8:01.05 50.42	700m: 11:19.12 50.53			
	150m: 2:11.15 46.08	350m: 5:29.79 50.13	550m: 8:50.46 49.41	750m: 12:06.38 47.26			
	200m: 3:00.00 48.85	400m: 6:20.49 50.70	600m: 9:41.91 51.45	800m: 12:51.95 45.57			
12.	Ana Beatriz Farinha	03	CCDSerta	12:57.99	+0,90	233	
	50m: 45.01 45.01	250m: 4:01.23 49.63	450m: 7:17.44 49.28	650m: 10:31.05 48.29			
	100m: 1:35.21 50.20	300m: 4:50.77 49.54	500m: 8:05.66 48.22	700m: 11:20.56 49.51			
	150m: 2:22.55 47.34	350m: 5:39.59 48.82	550m: 8:54.36 48.70	750m: 12:09.95 49.39			
	200m: 3:11.60 49.05	400m: 6:28.16 48.57	600m: 9:42.76 48.40	800m: 12:57.99 48.04			
13.	Carolina Martins Ribeiro	03	CCDSerta	13:15.14	+1,00	219	
	50m: 43.89 43.89	250m: 4:02.94 50.36	450m: 7:27.18 50.92	650m: 10:52.30 51.23			
	100m: 1:32.29 48.40	300m: 4:54.24 51.30	500m: 8:17.96 50.78	700m: 11:42.90 50.60			
	150m: 2:22.31 50.02	350m: 5:44.76 50.52	550m: 9:09.28 51.32	750m: 12:31.45 48.55			
	200m: 3:12.58 50.27	400m: 6:36.26 51.50	600m: 10:01.07 51.79	800m: 13:15.14 43.69			
14.	Leonor Santos Ribeiro	03	CCDSerta	13:44.64	+1,03	196	
	50m: 47.20 47.20	250m: 4:18.10 51.89	450m: 7:49.86 52.66	650m: 11:16.22 51.58			
	100m: 1:40.55 53.35	300m: 5:11.33 53.23	500m: 8:41.84 51.98	700m: 12:06.96 50.74			
	150m: 2:33.85 53.30	350m: 6:05.18 53.85	550m: 9:33.16 51.32	750m: 12:58.05 51.09			
	200m: 3:26.21 52.36	400m: 6:57.20 52.02	600m: 10:24.64 51.48	800m: 13:44.64 46.59			
15.	Marcia Raquel Nunes	03	CCDSerta	13:46.20	+0,93	195	
	50m: 48.10 48.10	250m: 4:14.35 51.67	450m: 7:44.22 51.84	650m: 11:16.97 54.06			
	100m: 1:40.00 51.90	300m: 5:04.86 50.51	500m: 8:39.01 54.79	700m: 12:08.05 51.08			
	150m: 2:29.74 49.74	350m: 5:57.84 52.98	550m: 9:29.67 50.66	750m: 13:00.18 52.13			
	200m: 3:22.68 52.94	400m: 6:52.38 54.54	600m: 10:22.91 53.24	800m: 13:46.20 46.02			
16.	Ana Filipa Santos	03	Elvense	14:19.39		173	
	50m: 43.74 43.74	250m: 4:15.10 54.06	450m: 7:56.74 56.17	650m: 11:39.12 56.43			
	100m: 1:33.88 50.14	300m: 5:09.61 54.51	500m: 8:52.26 55.52	700m: 12:34.26 55.14			
	150m: 2:27.16 53.28	350m: 6:04.07 54.46	550m: 9:48.17 55.91	750m: 13:27.81 53.55			
	200m: 3:21.04 53.88	400m: 7:00.57 56.50	600m: 10:42.69 54.52	800m: 14:19.39 51.58			
17.	Joana Beatriz Simoes	03	Torres Novas	14:29.01	+1,23	167	
	50m: 49.76 49.76	250m: 4:19.12 50.39	450m: 8:01.70 55.30	650m: 11:46.77 56.77			
	100m: 1:43.97 54.21	300m: 5:15.39 56.27	500m: 8:56.58 54.88	700m: 12:42.01 55.24			
	150m: 2:35.36 51.39	350m: 6:11.03 55.64	550m: 9:54.19 57.61	750m: 13:38.07 56.06			
	200m: 3:28.73 53.37	400m: 7:06.40 55.37	600m: 10:50.00 55.81	800m: 14:29.01 50.94			
18.	Lara Rodrigues Pires	03	Assoc Natacao Albicastrense	14:37.97		162	
	50m: 48.71 48.71	250m: 4:34.97 59.37	450m: 8:18.45 55.98	650m: 11:59.38 50.11			
	100m: 1:42.62 53.91	300m: 5:31.44 56.47	500m: 9:14.06 55.61	700m: 12:52.91 53.53			
	150m: 2:37.41 54.79	350m: 6:28.70 57.26	550m: 10:10.10 56.04	750m: 13:44.91 52.00			
	200m: 3:35.60 58.19	400m: 7:22.47 53.77	600m: 11:09.27 59.17	800m: 14:37.97 53.06			

INF-A

1.	Carolina Silverio Carpinteiro	02	Clube de Natação do Tejo	10:13.28	+0,91	477	
	50m: 34.45 34.45	250m: 3:09.20 38.88	450m: 5:46.83 39.43	650m: 8:22.23 38.70			
	100m: 1:12.47 38.02	300m: 3:48.44 39.24	500m: 6:25.66 38.83	700m: 9:00.81 38.58			
	150m: 1:51.09 38.62	350m: 4:27.87 39.43	550m: 7:04.39 38.73	750m: 9:39.30 38.49			
	200m: 2:30.32 39.23	400m: 5:07.40 39.53	600m: 7:43.53 39.14	800m: 10:13.28 33.98			

Prova 3, Femin., 800m Livres, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
2.	Filipa Cardigo Fitas	02	Assoc.20km-Almeirim	10:15.70	+1,23	471	
	50m: 34.54 34.54	250m: 3:09.18 39.09	450m: 5:46.87 39.52	650m: 8:22.60 39.04			
	100m: 1:12.37 37.83	300m: 3:48.53 39.35	500m: 6:25.99 39.12	700m: 9:01.10 38.50			
	150m: 1:51.05 38.68	350m: 4:28.03 39.50	550m: 7:04.57 38.58	750m: 9:39.55 38.45			
	200m: 2:30.09 39.04	400m: 5:07.35 39.32	600m: 7:43.56 38.99	800m: 10:15.70 36.15			
3.	Carolina Guerra Pisco	02	Assoc.20km-Almeirim	10:51.38	+0,90	398	
	50m: 35.73 35.73	250m: 3:18.91 41.78	450m: 6:05.52 41.25	650m: 8:51.00 40.74			
	100m: 1:14.88 39.15	300m: 4:00.54 41.63	500m: 6:47.16 41.64	700m: 9:32.45 41.45			
	150m: 1:55.70 40.82	350m: 4:42.51 41.97	550m: 7:29.39 42.23	750m: 10:12.87 40.42			
	200m: 2:37.13 41.43	400m: 5:24.27 41.76	600m: 8:10.26 40.87	800m: 10:51.38 38.51			
4.	Ines Cambe Cunha	02	Torres Novas	10:51.88	+0,92	397	
	50m: 35.63 35.63	250m: 3:18.28 40.84	450m: 6:04.01 41.19	650m: 8:50.71 41.46			
	100m: 1:15.26 39.63	300m: 4:00.44 42.16	500m: 6:45.91 41.90	700m: 9:32.57 41.86			
	150m: 1:56.12 40.86	350m: 4:42.23 41.79	550m: 7:27.64 41.73	750m: 10:14.09 41.52			
	200m: 2:37.44 41.32	400m: 5:22.82 40.59	600m: 8:09.25 41.61	800m: 10:51.88 37.79			
5.	Nicoleta Lascu	02	Litoral Alentejano	10:58.46	+1,00	385	
	50m: 37.80 37.80	250m: 3:25.02 42.34	450m: 6:10.05 41.06	650m: 8:57.58 42.53			
	100m: 1:10.78 32.98	300m: 4:06.58 41.56	500m: 6:52.46 42.41	700m: 9:38.96 41.38			
	150m: 2:01.46 50.68	350m: 4:47.62 41.04	550m: 7:34.11 41.65	750m: 10:10.49 31.53			
	200m: 2:42.68 41.22	400m: 5:28.99 41.37	600m: 8:15.05 40.94	800m: 10:58.46 47.97			
6.	Ana Reis Sousa	02	Litoral Alentejano	11:06.09	+0,94	372	
	50m: 37.77 37.77	250m: 3:25.40 41.65	450m: 6:13.33 42.34	650m: 9:00.10 41.19			
	100m: 1:19.00 41.23	300m: 4:06.92 41.52	500m: 6:54.23 40.90	700m: 9:42.91 42.81			
	150m: 2:01.39 42.39	350m: 4:48.64 41.72	550m: 7:36.78 42.55	750m: 10:25.41 42.50			
	200m: 2:43.75 42.36	400m: 5:30.99 42.35	600m: 8:18.91 42.13	800m: 11:06.09 40.68			
7.	Beatriz Maria Duarte	02	Nautico Abrantes	11:08.26	+0,85	369	
	50m: 39.25 39.25	250m: 3:27.69 41.80	450m: 6:16.18 42.32	650m: 9:04.26 41.54			
	100m: 1:21.63 42.38	300m: 4:09.75 42.06	500m: 6:58.58 42.40	700m: 9:46.27 42.01			
	150m: 2:04.08 42.45	350m: 4:51.82 42.07	550m: 7:40.61 42.03	750m: 10:28.33 42.06			
	200m: 2:45.89 41.81	400m: 5:33.86 42.04	600m: 8:22.72 42.11	800m: 11:08.26 39.93			
8.	Claudia Gavetanho Lopes	02	Assoc Natacao Albicastrense	11:17.27	+0,76	354	
	50m: 38.17 38.17	250m: 3:28.74 43.14	450m: 6:21.63 43.37	650m: 9:14.39 43.27			
	100m: 1:20.35 42.18	300m: 4:12.42 43.68	500m: 7:04.89 43.26	700m: 9:57.66 43.27			
	150m: 2:02.65 42.30	350m: 4:55.76 43.34	550m: 7:48.25 43.36	750m: 10:39.66 42.00			
	200m: 2:45.60 42.95	400m: 5:38.26 42.50	600m: 8:31.12 42.87	800m: 11:17.27 37.61			
9.	Carolina Lopes Vieira	02	Gualdim Pais	11:20.80	+0,96	349	
	50m: 37.90 37.90	250m: 3:28.45 42.57	450m: 6:21.60 43.10	650m: 9:14.56 43.26			
	100m: 1:19.54 41.64	300m: 4:11.56 43.11	500m: 7:04.93 43.33	700m: 9:57.98 43.42			
	150m: 2:03.05 43.51	350m: 4:55.15 43.59	550m: 7:48.23 43.30	750m: 10:40.71 42.73			
	200m: 2:45.88 42.83	400m: 5:38.50 43.35	600m: 8:31.30 43.07	800m: 11:20.80 40.09			
10.	Beatriz Catarino Moura	02	Nautico Abrantes	11:43.78	+0,89	315	
	50m: 41.58 41.58	250m: 3:36.92 43.77	450m: 6:34.46 44.48	650m: 9:33.28 44.66			
	100m: 1:25.39 43.81	300m: 4:21.31 44.39	500m: 7:19.44 44.98	700m: 10:17.69 44.41			
	150m: 2:08.79 43.40	350m: 5:05.95 44.64	550m: 8:03.73 44.29	750m: 11:02.03 44.34			
	200m: 2:53.15 44.36	400m: 5:49.98 44.03	600m: 8:48.62 44.89	800m: 11:43.78 41.75			
11.	Ana Rita Morais	02	Torres Novas	11:49.44	+0,92	308	
	50m: 40.61 40.61	250m: 3:40.37 45.40	450m: 6:39.71 44.37	650m: 9:38.67 44.43			
	100m: 1:25.32 44.71	300m: 4:25.54 45.17	500m: 7:24.97 45.26	700m: 10:23.39 44.72			
	150m: 2:09.99 44.67	350m: 5:10.37 44.83	550m: 8:09.58 44.61	750m: 11:06.85 43.46			
	200m: 2:54.97 44.98	400m: 5:55.34 44.97	600m: 8:54.24 44.66	800m: 11:49.44 42.59			
12.	Alexandra Bandozas Reis	02	Estremoz / Estremozcarnes	11:51.40	+0,94	305	
	50m: 37.91 37.91	250m: 3:33.39 44.82	450m: 6:37.13 46.36	650m: 9:40.23 45.37			
	100m: 1:20.56 42.65	300m: 4:19.25 45.86	500m: 7:22.82 45.69	700m: 10:26.43 46.20			
	150m: 2:04.11 43.55	350m: 5:04.92 45.67	550m: 8:08.65 45.83	750m: 11:11.95 45.52			
	200m: 2:48.57 44.46	400m: 5:50.77 45.85	600m: 8:54.86 46.21	800m: 11:51.40 39.45			
13.	Marta Chambel Dias	02	CLAC-Entroncamento	11:54.44		302	
	50m: 38.36 38.36	250m: 3:34.23 44.87	450m: 6:35.20 44.97	650m: 9:40.80 46.72			
	100m: 1:20.26 41.90	300m: 4:18.92 44.69	500m: 7:20.45 45.25	700m: 10:27.15 46.35			
	150m: 2:04.70 44.44	350m: 5:03.90 44.98	550m: 8:07.42 46.97	750m: 11:13.00 45.85			
	200m: 2:49.36 44.66	400m: 5:50.23 46.33	600m: 8:54.08 46.66	800m: 11:54.44 41.44			

Prova 3, Femin., 800m Livres, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
14.	Rita Pereira Dias	02	Natacao Guarda	11:55.77	+0,89	300	
	50m: 38.39 38.39	250m: 3:40.01 45.98	450m: 6:42.32 45.51	650m: 9:44.63 45.09			
	100m: 1:22.71 44.32	300m: 4:25.23 45.22	500m: 7:28.30 45.98	700m: 10:29.73 45.10			
	150m: 2:08.37 45.66	350m: 5:11.37 46.14	550m: 8:14.74 46.44	750m: 11:14.17 44.44			
	200m: 2:54.03 45.66	400m: 5:56.81 45.44	600m: 8:59.54 44.80	800m: 11:55.77 41.60			
15.	Andreia Sofia Alves	02	Torres Novas	11:56.33	+1,00	299	
	50m: 40.71 40.71	250m: 3:36.72 44.04	450m: 6:34.21 44.49	650m: 9:34.46 45.83			
	100m: 1:24.61 43.90	300m: 4:20.82 44.10	500m: 7:18.81 44.60	700m: 10:21.85 47.39			
	150m: 2:08.68 44.07	350m: 5:05.28 44.46	550m: 8:03.42 44.61	750m: 11:09.63 47.78			
	200m: 2:52.68 44.00	400m: 5:49.72 44.44	600m: 8:48.63 45.21	800m: 11:56.33 46.70			
16.	Rita Carmona Direito	02	Aminata - Évora Clube	12:04.66	+0,99	289	
	50m: 39.98 39.98	250m: 3:41.15 45.04	450m: 6:43.78 46.11	650m: 9:49.07 46.63			
	100m: 1:24.36 44.38	300m: 4:26.45 45.30	500m: 7:29.72 45.94	700m: 10:35.50 46.43			
	150m: 2:09.60 45.24	350m: 5:12.28 45.83	550m: 8:15.66 45.94	750m: 11:21.91 46.41			
	200m: 2:56.11 46.51	400m: 5:57.67 45.39	600m: 9:02.44 46.78	800m: 12:04.66 42.75			
17.	Oriana Manuela Pinto	02	Natacao Guarda	12:05.75	+1,06	288	
	50m: 38.31 38.31	250m: 3:37.04 46.04	450m: 6:44.01 47.62	650m: 9:50.34 46.84			
	100m: 1:21.38 43.07	300m: 4:22.58 45.54	500m: 7:30.94 46.93	700m: 10:37.34 47.00			
	150m: 2:05.94 44.56	350m: 5:09.99 47.41	550m: 8:17.25 46.31	750m: 11:22.98 45.64			
	200m: 2:51.00 45.06	400m: 5:56.39 46.40	600m: 9:03.50 46.25	800m: 12:05.75 42.77			
18.	Jessica Andreia Antonio	02	CLAC-Entroncamento	12:29.93	+0,98	261	
	50m: 40.62 40.62	250m: 3:43.88 47.14	450m: 6:55.69 48.76	650m: 10:10.28 48.96			
	100m: 1:25.06 44.44	300m: 4:31.11 47.23	500m: 7:45.05 49.36	700m: 10:59.13 48.85			
	150m: 2:10.52 45.46	350m: 5:18.86 47.75	550m: 8:32.93 47.88	750m: 11:46.12 46.99			
	200m: 2:56.74 46.22	400m: 6:06.93 48.07	600m: 9:21.32 48.39	800m: 12:29.93 43.81			
19.	Maria Beatriz Silva	02	CLAC-Entroncamento	12:35.34	+0,97	255	
	50m: 39.61 39.61	250m: 3:47.58 46.49	450m: 7:04.87 50.21	650m: 10:15.58 46.59			
	100m: 1:25.02 45.41	300m: 4:36.88 49.30	500m: 7:53.01 48.14	700m: 11:03.88 48.30			
	150m: 2:12.34 47.32	350m: 5:25.96 49.08	550m: 8:42.23 49.22	750m: 11:49.41 45.53			
	200m: 3:01.09 48.75	400m: 6:14.66 48.70	600m: 9:28.99 46.76	800m: 12:35.34 45.93			
20.	Diana Sofia Vital	02	Torres Novas	13:17.23	+1,03	217	
	50m: 43.00 43.00	250m: 4:00.47 50.70	450m: 7:25.28 51.03	650m: 10:49.92 51.05			
	100m: 1:30.49 47.49	300m: 4:51.65 51.18	500m: 8:15.52 50.24	700m: 11:41.62 51.70			
	150m: 2:20.05 49.56	350m: 5:43.16 51.51	550m: 9:06.56 51.04	750m: 12:32.10 50.48			
	200m: 3:09.77 49.72	400m: 6:34.25 51.09	600m: 9:58.87 52.31	800m: 13:17.23 45.13			
21.	Mariana Nunes Azinheiro	02	Assoc Natacao Albicastrense	13:29.87	+0,98	207	
	50m: 44.39 44.39	250m: 4:09.01 52.15	450m: 7:34.94 50.81	650m: 10:59.46 52.05			
	100m: 1:33.86 49.47	300m: 5:00.74 51.73	500m: 8:26.90 51.96	700m: 11:50.65 51.19			
	150m: 2:25.04 51.18	350m: 5:52.28 51.54	550m: 9:18.75 51.85	750m: 12:41.35 50.70			
	200m: 3:16.86 51.82	400m: 6:44.13 51.85	600m: 10:07.41 48.66	800m: 13:29.87 48.52			
22.	Ana Catarina Coelho	02	Grupo Desportivo Mora	13:45.59		195	
	50m: 45.63 45.63	250m: 4:16.10 53.39	450m: 7:47.90 52.83	650m: 11:15.94 51.92			
	100m: 1:37.62 51.99	300m: 5:09.52 53.42	500m: 8:39.94 52.04	700m: 12:05.72 49.78			
	150m: 2:30.21 52.59	350m: 6:02.62 53.10	550m: 9:32.69 52.75	750m: 12:57.35 51.63			
	200m: 3:22.71 52.50	400m: 6:55.07 52.45	600m: 10:24.02 51.33	800m: 13:45.59 48.24			
23.	Carolina Caldeira Fernandes	02	Elvense	14:02.83	+1,07	183	
	50m: 41.85 41.85	250m: 4:12.73 53.37	450m: 7:48.01 54.60	650m: 11:27.71 56.30			
	100m: 1:32.18 50.33	300m: 5:06.34 53.61	500m: 8:42.37 54.36	700m: 12:21.32 53.61			
	150m: 2:26.64 54.46	350m: 6:01.63 55.29	550m: 9:36.96 54.59	750m: 13:14.75 53.43			
	200m: 3:19.36 52.72	400m: 6:53.41 51.78	600m: 10:31.41 54.45	800m: 14:02.83 48.08			
24.	Carolina Sofia Velez	02	BUZIOS - Coruche	16:05.27		122	
	50m: 52.75 52.75	250m: 5:00.75 1:03.52	450m: 9:07.93 1:02.16	650m: 13:14.09 1:01.94			
	100m: 1:53.75 1:01.00	300m: 6:02.48 1:01.73	500m: 10:09.54 1:01.61	700m: 14:15.60 1:01.51			
	150m: 2:55.34 1:01.59	350m: 7:02.78 1:00.30	550m: 11:11.19 1:01.65	750m: 15:14.96 59.36			
	200m: 3:57.23 1:01.89	400m: 8:05.77 1:02.99	600m: 12:12.15 1:00.96	800m: 16:05.27 50.31			

Prova 3, Femin., 800m Livres

JUV-B

1.	Ines Ferreira Duarte	01	Nautico Abrantes	10:18.07	+0,83	466		
	50m: 34.56	34.56	250m: 3:07.11	38.86	450m: 5:43.37	39.26	650m: 8:22.10	39.70
	100m: 1:11.82	37.26	300m: 3:45.97	38.86	500m: 6:22.84	39.47	700m: 9:01.22	39.12
	150m: 1:49.95	38.13	350m: 4:25.04	39.07	550m: 7:02.65	39.81	750m: 9:40.95	39.73
	200m: 2:28.25	38.30	400m: 5:04.11	39.07	600m: 7:42.40	39.75	800m: 10:18.07	37.12
2.	Mafalda Gilberto Marques	01	Clube de Natação do Tejo	10:23.95	+0,82	453		
	50m: 33.52	33.52	250m: 3:07.72	39.19	450m: 5:46.75	39.74	650m: 8:25.22	39.50
	100m: 1:10.65	37.13	300m: 3:47.13	39.41	500m: 6:26.53	39.78	700m: 9:05.05	39.83
	150m: 1:49.39	38.74	350m: 4:27.09	39.96	550m: 7:06.05	39.52	750m: 9:45.59	40.54
	200m: 2:28.53	39.14	400m: 5:07.01	39.92	600m: 7:45.72	39.67	800m: 10:23.95	38.36
3.	Rita Sousa Oliveira	01	Torres Novas	10:25.16	+0,99	450		
	50m: 34.40	34.40	250m: 3:09.73	38.92	450m: 5:47.32	39.35	650m: 8:27.75	40.17
	100m: 1:13.03	38.63	300m: 3:48.91	39.18	500m: 6:27.15	39.83	700m: 9:06.90	39.15
	150m: 1:51.54	38.51	350m: 4:28.52	39.61	550m: 7:07.32	40.17	750m: 9:46.71	39.81
	200m: 2:30.81	39.27	400m: 5:07.97	39.45	600m: 7:47.58	40.26	800m: 10:25.16	38.45
4.	Ines Alexandra Freire	01	Aminata - Évora Clube	10:27.28	+0,76	446		
	50m: 34.44	34.44	250m: 3:12.54	39.97	450m: 5:50.88	39.35	650m: 8:30.23	40.03
	100m: 1:13.24	38.80	300m: 3:52.35	39.81	500m: 6:30.31	39.43	700m: 9:10.03	39.80
	150m: 1:53.04	39.80	350m: 4:32.51	40.16	550m: 7:10.19	39.88	750m: 9:49.72	39.69
	200m: 2:32.57	39.53	400m: 5:11.53	39.02	600m: 7:50.20	40.01	800m: 10:27.28	37.56
5.	Carolina Marques Neves	01	Torres Novas	10:33.00	+0,95	434		
	50m: 34.91	34.91	250m: 3:10.50	39.64	450m: 5:50.43	40.52	650m: 8:35.00	41.61
	100m: 1:12.98	38.07	300m: 3:49.85	39.35	500m: 6:31.49	41.06	700m: 9:15.55	40.55
	150m: 1:51.65	38.67	350m: 4:29.68	39.83	550m: 7:11.84	40.35	750m: 9:55.80	40.25
	200m: 2:30.86	39.21	400m: 5:09.91	40.23	600m: 7:53.39	41.55	800m: 10:33.00	37.20
6.	Ana Margarida Teles	01	Aminata - Évora Clube	10:46.78	+0,82	407		
	50m: 35.47	35.47	250m: 3:14.85	40.25	450m: 6:00.54	41.78	650m: 8:47.10	41.38
	100m: 1:14.47	39.00	300m: 3:55.96	41.11	500m: 6:42.47	41.93	700m: 9:27.97	40.87
	150m: 1:54.67	40.20	350m: 4:37.44	41.48	550m: 7:24.19	41.72	750m: 10:08.60	40.63
	200m: 2:34.60	39.93	400m: 5:18.76	41.32	600m: 8:05.72	41.53	800m: 10:46.78	38.18
7.	Beatriz Felix Colaco	01	Aminata - Évora Clube	10:47.07	+0,83	406		
	50m: 36.89	36.89	250m: 3:19.28	40.79	450m: 6:03.26	41.61	650m: 8:47.53	41.13
	100m: 1:17.47	40.58	300m: 3:59.71	40.43	500m: 6:44.15	40.89	700m: 9:28.58	41.05
	150m: 1:58.34	40.87	350m: 4:40.47	40.76	550m: 7:25.46	41.31	750m: 10:08.43	39.85
	200m: 2:38.49	40.15	400m: 5:21.65	41.18	600m: 8:06.40	40.94	800m: 10:47.07	38.64
8.	Carolina Luis Amaral	01	BUZIOS - Coruche	10:50.50	+0,93	400		
	50m: 36.44	36.44	250m: 3:21.69	42.00	450m: 6:08.66	40.92	650m: 8:52.80	40.11
	100m: 1:17.12	40.68	300m: 4:03.91	42.22	500m: 6:50.41	41.75	700m: 9:33.45	40.65
	150m: 1:58.16	41.04	350m: 4:45.95	42.04	550m: 7:31.86	41.45	750m: 10:12.76	39.31
	200m: 2:39.69	41.53	400m: 5:27.74	41.79	600m: 8:12.69	40.83	800m: 10:50.50	37.74
9.	Constanca Isabel Jose	01	Gualdim Pais	11:01.63	+0,97	380		
	50m: 35.95	35.95	250m: 3:16.74	41.37	450m: 6:01.92	41.43	650m: 8:52.43	44.09
	100m: 1:15.04	39.09	300m: 3:57.59	40.85	500m: 6:43.84	41.92	700m: 9:36.11	43.68
	150m: 1:55.57	40.53	350m: 4:38.92	41.33	550m: 7:25.08	41.24	750m: 10:19.33	43.22
	200m: 2:35.37	39.80	400m: 5:20.49	41.57	600m: 8:08.34	43.26	800m: 11:01.63	42.30
10.	Beatriz Santos Reis	01	Torres Novas	11:07.84	+0,90	369		
	50m: 37.41	37.41	250m: 3:24.15	42.18	450m: 6:12.01	41.81	650m: 9:02.54	42.63
	100m: 1:18.97	41.56	300m: 4:06.25	42.10	500m: 6:54.70	42.69	700m: 9:44.73	42.19
	150m: 2:00.54	41.57	350m: 4:48.10	41.85	550m: 7:37.31	42.61	750m: 10:26.82	42.09
	200m: 2:41.97	41.43	400m: 5:30.20	42.10	600m: 8:19.91	42.60	800m: 11:07.84	41.02
11.	Ines Comprido Renga	01	Elvense	11:11.42	+0,94	363		
	50m: 35.41	35.41	250m: 3:22.29	42.91	450m: 6:16.62	43.75	650m: 9:08.72	42.83
	100m: 1:15.65	40.24	300m: 4:05.05	42.76	500m: 6:59.47	42.85	700m: 9:51.86	43.14
	150m: 1:57.45	41.80	350m: 4:49.11	44.06	550m: 7:42.81	43.34	750m: 10:35.11	43.25
	200m: 2:39.38	41.93	400m: 5:32.87	43.76	600m: 8:25.89	43.08	800m: 11:11.42	36.31

Prova 3, Femin., 800m Livres, JUV-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
12.	Rita Daniela Lopes	01	Gualdim Pais	11:12.32	+0,91	362	
	50m: 37.05 37.05	250m: 3:24.36 42.58	450m: 6:14.29 42.40	650m: 9:06.21 42.38			
	100m: 1:18.39 41.34	300m: 4:07.00 42.64	500m: 6:57.49 43.20	700m: 9:48.62 42.41			
	150m: 2:00.24 41.85	350m: 4:49.55 42.55	550m: 7:40.58 43.09	750m: 10:31.14 42.52			
	200m: 2:41.78 41.54	400m: 5:31.89 42.34	600m: 8:23.83 43.25	800m: 11:12.32 41.18			
13.	Leonor Chora Gaudencio	01	Torres Novas	12:00.89	+1,05	293	
	50m: 41.00 41.00	250m: 3:41.76 45.79	450m: 6:44.08 46.45	650m: 9:48.96 45.96			
	100m: 1:25.80 44.80	300m: 4:27.51 45.75	500m: 7:30.36 46.28	700m: 10:34.50 45.54			
	150m: 2:10.70 44.90	350m: 5:12.58 45.07	550m: 8:16.25 45.89	750m: 11:19.24 44.74			
	200m: 2:55.97 45.27	400m: 5:57.63 45.05	600m: 9:03.00 46.75	800m: 12:00.89 41.65			
14.	Bruna Isabel Casquinha	01	CCDSerta	12:02.36	+0,77	292	
	50m: 40.31 40.31	250m: 3:42.89 46.20	450m: 6:45.29 45.13	650m: 9:47.74 45.39			
	100m: 1:25.24 44.93	300m: 4:28.75 45.86	500m: 7:31.02 45.73	700m: 10:33.46 45.72			
	150m: 2:11.29 46.05	350m: 5:14.44 45.69	550m: 8:16.92 45.90	750m: 11:18.85 45.39			
	200m: 2:56.69 45.40	400m: 6:00.16 45.72	600m: 9:02.35 45.43	800m: 12:02.36 43.51			
15.	Andrea Rosa Moreira	01	CCDSerta	12:05.01	+1,15	289	
	50m: 39.80 39.80	250m: 3:43.05 45.95	450m: 6:48.13 46.67	650m: 9:52.37 46.97			
	100m: 1:26.04 46.24	300m: 4:29.35 46.30	500m: 7:34.35 46.22	700m: 10:36.91 44.54			
	150m: 2:11.84 45.80	350m: 5:14.86 45.51	550m: 8:20.33 45.98	750m: 11:23.16 46.25			
	200m: 2:57.10 45.26	400m: 6:01.46 46.60	600m: 9:05.40 45.07	800m: 12:05.01 41.85			
16.	Tatiana Isabel Rato	01	Grupo Desportivo Mora	12:13.25	+0,90	279	
	50m: 38.52 38.52	250m: 3:40.58 46.07	450m: 6:47.19 46.97	650m: 9:55.68 46.82			
	100m: 1:22.84 44.32	300m: 4:27.15 46.57	500m: 7:34.58 47.39	700m: 10:42.44 46.76			
	150m: 2:08.36 45.52	350m: 5:13.92 46.77	550m: 8:21.91 47.33	750m: 11:28.60 46.16			
	200m: 2:54.51 46.15	400m: 6:00.22 46.30	600m: 9:08.86 46.95	800m: 12:13.25 44.65			
17.	Maria Eduarda Ferreira	01	BUZIOS - Coruche	12:32.30	+1,00	258	
	50m: 40.89 40.89	250m: 3:49.26 47.42	450m: 7:02.48 48.27	650m: 10:14.21 48.24			
	100m: 1:26.88 45.99	300m: 4:37.68 48.42	500m: 7:50.78 48.30	700m: 11:01.00 46.79			
	150m: 2:14.19 47.31	350m: 5:26.27 48.59	550m: 8:38.24 47.46	750m: 11:47.94 46.94			
	200m: 3:01.84 47.65	400m: 6:14.21 47.94	600m: 9:25.97 47.73	800m: 12:32.30 44.36			
18.	Beatriz Goncalves Mendes	01	Natacao Guarda	12:37.13	+1,41	253	
	50m: 39.22 39.22	250m: 3:46.10 48.64	450m: 7:02.76 49.04	650m: 10:15.50 48.24			
	100m: 1:24.35 45.13	300m: 4:35.27 49.17	500m: 7:51.56 48.80	700m: 11:02.73 47.23			
	150m: 2:10.67 46.32	350m: 5:24.49 49.22	550m: 8:39.07 47.51	750m: 11:51.05 48.32			
	200m: 2:57.46 46.79	400m: 6:13.72 49.23	600m: 9:27.26 48.19	800m: 12:37.13 46.08			
19.	Ines Isabel Conde	01	Torres Novas	12:48.32	+0,95	242	
	50m: 43.86 43.86	250m: 3:57.41 48.82	450m: 7:13.43 48.85	650m: 10:26.07 48.02			
	100m: 1:31.78 47.92	300m: 4:46.54 49.13	500m: 8:01.57 48.14	700m: 11:14.20 48.13			
	150m: 2:20.35 48.57	350m: 5:35.24 48.70	550m: 8:49.69 48.12	750m: 12:02.75 48.55			
	200m: 3:08.59 48.24	400m: 6:24.58 49.34	600m: 9:38.05 48.36	800m: 12:48.32 45.57			
20.	Lucia Paulo Mendes	01	Elvense	14:04.34		182	
	50m: 45.58 45.58	250m: 4:15.15 54.41	450m: 7:50.50 54.19	650m: 11:29.36 53.57			
	100m: 1:36.40 50.82	300m: 5:08.55 53.40	500m: 8:45.49 54.99	700m: 12:23.61 54.25			
	150m: 2:28.40 52.00	350m: 6:01.79 53.24	550m: 9:40.83 55.34	750m: 13:15.65 52.04			
	200m: 3:20.74 52.34	400m: 6:56.31 54.52	600m: 10:35.79 54.96	800m: 14:04.34 48.69			
21.	Loes Trijntje Kranenburg	01	BUZIOS - Coruche	14:47.86	+1,03	157	
	50m: 48.91 48.91	250m: 4:35.18 57.65	450m: 8:24.10 58.86	650m: 12:09.39 54.13			
	100m: 1:44.12 55.21	300m: 5:31.68 56.50	500m: 9:21.97 57.87	700m: 13:04.18 54.79			
	150m: 2:40.89 56.77	350m: 6:28.06 56.38	550m: 10:18.32 56.35	750m: 13:57.81 53.63			
	200m: 3:37.53 56.64	400m: 7:25.24 57.18	600m: 11:15.26 56.94	800m: 14:47.86 50.05			
JUV-A							
1.	Patricia Palmeiro Baeta	00	Scalabiswim	9:50.11	+0,81	535	
	50m: 33.49 33.49	250m: 3:00.08 36.92	450m: 5:28.32 37.54	650m: 7:58.99 37.77			
	100m: 1:09.81 36.32	300m: 3:36.39 36.31	500m: 6:05.80 37.48	700m: 8:37.78 38.79			
	150m: 1:46.74 36.93	350m: 4:13.30 36.91	550m: 6:43.52 37.72	750m: 9:15.17 37.39			
	200m: 2:23.16 36.42	400m: 4:50.78 37.48	600m: 7:21.22 37.70	800m: 9:50.11 34.94			

Prova 3, Femin., 800m Livres, JUV-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
2.	Ana Margarida Cruz	00	Aminata - Évora Clube	10:14.85	+1,00	473	
	50m: 34.52 34.52	250m: 3:09.05 39.03	450m: 5:45.29 39.34	650m: 8:21.33 38.82			
	100m: 1:12.30 37.78	300m: 3:48.00 38.95	500m: 6:23.97 38.68	700m: 9:00.82 39.49			
	150m: 1:50.82 38.52	350m: 4:27.10 39.10	550m: 7:03.13 39.16	750m: 9:39.44 38.62			
	200m: 2:30.02 39.20	400m: 5:05.95 38.85	600m: 7:42.51 39.38	800m: 10:14.85 35.41			
3.	Ines Isabel Graca	00	Gualdim Pais	10:25.52	+0,88	449	
	50m: 34.56 34.56	250m: 3:10.77 39.55	450m: 5:50.36 40.08	650m: 8:30.42 39.60			
	100m: 1:12.52 37.96	300m: 3:50.26 39.49	500m: 6:30.54 40.18	700m: 9:10.22 39.80			
	150m: 1:51.69 39.17	350m: 4:30.20 39.94	550m: 7:10.59 40.05	750m: 9:49.15 38.93			
	200m: 2:31.22 39.53	400m: 5:10.28 40.08	600m: 7:50.82 40.23	800m: 10:25.52 36.37			
4.	Beatriz Valadas Bilro	00	Aminata - Évora Clube	10:28.37	+0,99	443	
	50m: 34.89 34.89	250m: 3:12.63 39.36	450m: 5:50.98 39.98	650m: 8:30.02 39.71			
	100m: 1:13.45 38.56	300m: 3:52.44 39.81	500m: 6:30.79 39.81	700m: 9:09.53 39.51			
	150m: 1:53.56 40.11	350m: 4:31.89 39.45	550m: 7:10.67 39.88	750m: 9:49.68 40.15			
	200m: 2:33.27 39.71	400m: 5:11.00 39.11	600m: 7:50.31 39.64	800m: 10:28.37 38.69			
5.	Ana Catarina Santos	00	Uniao Samorensense	10:32.20	+0,89	435	
	50m: 34.91 34.91	250m: 3:11.83 39.65	450m: 5:52.03 40.23	650m: 8:33.22 40.53			
	100m: 1:13.52 38.61	300m: 3:51.83 40.00	500m: 6:32.18 40.15	700m: 9:13.73 40.51			
	150m: 1:53.00 39.48	350m: 4:31.81 39.98	550m: 7:12.31 40.13	750m: 9:53.70 39.97			
	200m: 2:32.18 39.18	400m: 5:11.80 39.99	600m: 7:52.69 40.38	800m: 10:32.20 38.50			
6.	Mariana Nunes Domingos	00	Assoc.20km-Almeirim	10:33.71	+0,93	432	
	50m: 33.85 33.85	250m: 3:12.90 40.10	450m: 5:53.87 40.74	650m: 8:35.03 39.95			
	100m: 1:12.39 38.54	300m: 3:52.91 40.01	500m: 6:34.12 40.25	700m: 9:15.47 40.44			
	150m: 1:52.78 40.39	350m: 4:33.14 40.23	550m: 7:14.53 40.41	750m: 9:55.73 40.26			
	200m: 2:32.80 40.02	400m: 5:13.13 39.99	600m: 7:55.08 40.55	800m: 10:33.71 37.98			
7.	Mafalda Alexandra Cabaca	00	Assoc.20km-Almeirim	10:59.06	+1,02	384	
	50m: 35.13 35.13	250m: 3:16.45 41.56	450m: 6:04.89 41.80	650m: 8:53.81 42.39			
	100m: 1:13.81 38.68	300m: 3:58.65 42.20	500m: 6:47.02 42.13	700m: 9:36.44 42.63			
	150m: 1:54.43 40.62	350m: 4:40.79 42.14	550m: 7:29.46 42.44	750m: 10:18.36 41.92			
	200m: 2:34.89 40.46	400m: 5:23.09 42.30	600m: 8:11.42 41.96	800m: 10:59.06 40.70			
8.	Ines Bicho Fadista	00	Aminata - Évora Clube	10:59.61	+0,83	383	
	50m: 34.77 34.77	250m: 3:14.31 41.19	450m: 6:05.69 43.43	650m: 8:56.95 42.81			
	100m: 1:13.64 38.87	300m: 3:57.00 42.69	500m: 6:49.27 43.58	700m: 9:39.16 42.21			
	150m: 1:52.98 39.34	350m: 4:39.76 42.76	550m: 7:31.98 42.71	750m: 10:21.11 41.95			
	200m: 2:33.12 40.14	400m: 5:22.26 42.50	600m: 8:14.14 42.16	800m: 10:59.61 38.50			
9.	Joana Alves Anastacio	00	Eléctrico	11:01.58	+0,92	380	
	50m: 35.26 35.26	250m: 3:20.36 42.55	450m: 6:08.31 42.18	650m: 8:59.26 42.93			
	100m: 1:15.06 39.80	300m: 4:02.36 42.00	500m: 6:51.74 43.43	700m: 9:41.31 42.05			
	150m: 1:56.09 41.03	350m: 4:44.45 42.09	550m: 7:34.31 42.57	750m: 10:22.49 41.18			
	200m: 2:37.81 41.72	400m: 5:26.13 41.68	600m: 8:16.33 42.02	800m: 11:01.58 39.09			
10.	Ana Oliveira Ferreira	00	Assoc.20km-Almeirim	11:03.60	+1,01	376	
	50m: 34.26 34.26	250m: 3:11.44 40.28	450m: 6:02.15 43.78	650m: 8:56.32 43.47			
	100m: 1:12.01 37.75	300m: 3:52.81 41.37	500m: 6:45.10 42.95	700m: 9:40.56 44.24			
	150m: 1:51.25 39.24	350m: 4:34.80 41.99	550m: 7:29.15 44.05	750m: 10:22.75 42.19			
	200m: 2:31.16 39.91	400m: 5:18.37 43.57	600m: 8:12.85 43.70	800m: 11:03.60 40.85			
11.	Ines Sofia Alves	00	Natacao Guarda	11:11.12	+0,85	364	
	50m: 35.90 35.90	250m: 3:22.28 42.51	450m: 6:12.67 43.08	650m: 9:06.33 43.07			
	100m: 1:16.32 40.42	300m: 4:04.29 42.01	500m: 6:55.86 43.19	700m: 9:49.38 43.05			
	150m: 1:57.94 41.62	350m: 4:46.33 42.04	550m: 7:39.21 43.35	750m: 10:32.39 43.01			
	200m: 2:39.77 41.83	400m: 5:29.59 43.26	600m: 8:23.26 44.05	800m: 11:11.12 38.73			
12.	Soraia Margarida Carvalho	00	Assoc Natacao Albicastrense	11:23.18	+1,00	345	
	50m: 35.90 35.90	250m: 3:24.02 43.17	450m: 6:17.56 43.81	650m: 9:10.62 42.69			
	100m: 1:16.29 40.39	300m: 4:07.01 42.99	500m: 7:01.21 43.65	700m: 9:54.85 44.23			
	150m: 1:58.22 41.93	350m: 4:50.54 43.53	550m: 7:44.87 43.66	750m: 10:39.27 44.42			
	200m: 2:40.85 42.63	400m: 5:33.75 43.21	600m: 8:27.93 43.06	800m: 11:23.18 43.91			
13.	Ines Catarina Nunes	00	Assoc Natacao Albicastrense	11:27.89	+1,55	338	
	50m: 37.71 37.71	250m: 3:30.69 43.72	450m: 6:25.83 44.23	650m: 9:22.57 43.80			
	100m: 1:19.84 42.13	300m: 4:13.77 43.08	500m: 7:09.60 43.77	700m: 10:05.97 43.40			
	150m: 2:03.40 43.56	350m: 4:57.47 43.70	550m: 7:54.74 45.14	750m: 10:47.80 41.83			
	200m: 2:46.97 43.57	400m: 5:41.60 44.13	600m: 8:38.77 44.03	800m: 11:27.89 40.09			

Prova 3, Femin., 800m Livres, JUV-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
14.	Mirjam Regina Altenburg	00	BUZIOS - Coruche	11:42.40	+1,12	317	
	50m: 39.85 39.85	250m: 3:36.75 44.73	450m: 6:37.00 45.07	650m: 9:35.06 44.00			
	100m: 1:22.84 42.99	300m: 4:21.98 45.23	500m: 7:21.93 44.93	700m: 10:18.63 43.57			
	150m: 2:06.91 44.07	350m: 5:07.09 45.11	550m: 8:06.40 44.47	750m: 11:02.36 43.73			
	200m: 2:52.02 45.11	400m: 5:51.93 44.84	600m: 8:51.06 44.66	800m: 11:42.40 40.04			
15.	Ines Pepe Orelhas	00	Sporting Campomaiorense	12:12.17	+0,94	280	
	50m: 40.26 40.26	250m: 3:42.22 45.52	450m: 6:47.61 47.24	650m: 9:56.22 47.71			
	100m: 1:25.12 44.86	300m: 4:28.30 46.08	500m: 7:35.33 47.72	700m: 10:42.67 46.45			
	150m: 2:10.95 45.83	350m: 5:14.40 46.10	550m: 8:22.14 46.81	750m: 11:29.44 46.77			
	200m: 2:56.70 45.75	400m: 6:00.37 45.97	600m: 9:08.51 46.37	800m: 12:12.17 42.73			
16.	Ines Trindade Neves	00	Sporting Campomaiorense	12:19.28	+0,98	272	
	50m: 40.98 40.98	250m: 3:42.53 46.87	450m: 6:51.88 47.58	650m: 10:02.61 47.76			
	100m: 1:23.90 42.92	300m: 4:29.68 47.15	500m: 7:39.61 47.73	700m: 10:49.89 47.28			
	150m: 2:09.51 45.61	350m: 5:16.62 46.94	550m: 8:26.84 47.23	750m: 11:35.30 45.41			
	200m: 2:55.66 46.15	400m: 6:04.30 47.68	600m: 9:14.85 48.01	800m: 12:19.28 43.98			
17.	Barbara Sofia Claro	00	BUZIOS - Coruche	12:26.32	+0,96	264	
	50m: 39.33 39.33	250m: 3:39.55 46.09	450m: 6:51.42 48.67	650m: 10:03.98 47.22			
	100m: 1:22.40 43.07	300m: 4:26.49 46.94	500m: 7:40.57 49.15	700m: 10:53.11 49.13			
	150m: 2:07.50 45.10	350m: 5:14.03 47.54	550m: 8:28.79 48.22	750m: 11:41.04 47.93			
	200m: 2:53.46 45.96	400m: 6:02.75 48.72	600m: 9:16.76 47.97	800m: 12:26.32 45.28			
18.	Joana Costa Bernardino	00	CLAC-Entroncamento	12:49.27	+0,73	241	
	50m: 41.04 41.04	250m: 3:55.37 49.69	450m: 7:14.40 49.15	650m: 10:31.74 49.73			
	100m: 1:28.12 47.08	300m: 4:45.24 49.87	500m: 8:03.73 49.33	700m: 11:19.46 47.72			
	150m: 2:16.94 48.82	350m: 5:34.83 49.59	550m: 8:53.79 50.06	750m: 12:06.93 47.47			
	200m: 3:05.68 48.74	400m: 6:25.25 50.42	600m: 9:42.01 48.22	800m: 12:49.27 42.34			
19.	Ana Rita Madeira	00	Elvense	13:25.12	+0,89	211	
	50m: 41.51 41.51	250m: 3:59.91 51.20	450m: 7:25.31 51.97	650m: 10:54.22 52.40			
	100m: 1:29.36 47.85	300m: 4:50.28 50.37	500m: 8:17.49 52.18	700m: 11:46.53 52.31			
	150m: 2:18.64 49.28	350m: 5:40.33 50.05	550m: 9:09.48 51.99	750m: 12:38.48 51.95			
	200m: 3:08.71 50.07	400m: 6:33.34 53.01	600m: 10:01.82 52.34	800m: 13:25.12 46.64			
20.	Patricia Charruadas Lameiras	00	Elvense	13:41.78	+0,88	198	
	50m: 42.16 42.16	250m: 4:00.84 51.52	450m: 7:32.60 53.78	650m: 11:06.20 53.66			
	100m: 1:29.08 46.92	300m: 4:53.08 52.24	500m: 8:25.51 52.91	700m: 11:59.54 53.34			
	150m: 2:18.66 49.58	350m: 5:45.69 52.61	550m: 9:18.80 53.29	750m: 12:51.89 52.35			
	200m: 3:09.32 50.66	400m: 6:38.82 53.13	600m: 10:12.54 53.74	800m: 13:41.78 49.89			

4 - 2ª Jornada - 2ª Sessão

23-11-2014 - 15:00

Prova 4

Masc., 400m Estilos

13 - 16 anos

23-11-2014 - 15:00

Resultados

Pontos: FINA 2014

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
INF-B							
1.	Francisco Costa Nunes	02	Salvaterra de Magos	5:46.44	+0,83	314	
	50m: 34.63 34.63	150m: 2:03.36 46.02	250m: 3:37.95 49.69	350m: 5:09.03 40.48			
	100m: 1:17.34 42.71	200m: 2:48.26 44.90	300m: 4:28.55 50.60	400m: 5:46.44 37.41			
2.	Marco Antonio Costa	02	Natacao Guarda	5:46.66	+0,93	313	
	50m: 35.83 35.83	150m: 2:03.83 44.71	250m: 3:35.80 48.72	350m: 5:08.11 42.65			
	100m: 1:19.12 43.29	200m: 2:47.08 43.25	300m: 4:25.46 49.66	400m: 5:46.66 38.55			
3.	Miguel Santos Casaca	02	Salvaterra de Magos	6:02.86		273	
	50m: 37.96 37.96	150m: 2:12.32 47.16	250m: 3:48.26 49.94	350m: 5:22.92 42.60			
	100m: 1:25.16 47.20	200m: 2:58.32 46.00	300m: 4:40.32 52.06	400m: 6:02.86 39.94			
4.	Bernardo Jorge Simoes	02	Torres Novas	6:03.14		272	
	50m: 37.84 37.84	150m: 2:13.27 46.99	250m: 3:49.87	350m: 5:25.02 42.07			
	100m: 1:26.28 48.44	200m: 3:59.01 1:45.74	300m: 4:42.95 53.08	400m: 6:03.14 38.12			
5.	Simao Pedro Dias	02	Natacao Guarda	6:08.66	+0,84	260	
	50m: 37.06 37.06	150m: 2:11.95 48.56	250m: 3:51.70 53.28	350m: 5:29.09 44.28			
	100m: 1:23.39 46.33	200m: 2:58.42 46.47	300m: 4:44.81 53.11	400m: 6:08.66 39.57			
6.	Daniel Marques Filipe	02	Nautico Abrantes	6:13.87	+0,94	249	
	50m: 40.52 40.52	150m: 2:18.63 45.01	250m: 3:55.78 53.17	350m: 5:34.21 42.81			
	100m: 1:33.62 53.10	200m: 3:02.61 43.98	300m: 4:51.40 55.62	400m: 6:13.87 39.66			
7.	Filipe Comprido Renga	02	Elvense	6:19.31	+0,90	239	
	50m: 41.30 41.30	150m: 2:20.21 49.89	250m: 4:02.08 52.36	350m: 5:39.93 43.85			
	100m: 1:30.32 49.02	200m: 3:09.72 49.51	300m: 4:56.08 54.00	400m: 6:19.31 39.38			
8.	Joao Afonso Pacau	02	Gualdim Pais	6:21.48	+0,92	235	
	50m: 38.56 38.56	150m: 2:17.51 49.81	250m: 3:58.56 54.05	350m: 5:37.82 44.29			
	100m: 1:27.70 49.14	200m: 3:04.51 47.00	300m: 4:53.53 54.97	400m: 6:21.48 43.66			
9.	Alexandre Miguel Silva	02	Clube de Natação do Tejo	6:22.16	+0,88	234	
	50m: 44.42 44.42	150m: 2:27.70 49.08	250m: 4:07.45 53.55	350m: 5:43.58 43.18			
	100m: 1:38.62 54.20	200m: 3:13.90 46.20	300m: 5:00.40 52.95	400m: 6:22.16 38.58			
10.	Francisco Manuel Mendonca	02	Uniao Samorensense	6:25.55	+0,90	227	
	50m: 40.82 40.82	150m: 2:20.76 47.53	250m: 4:05.40 56.43	350m: 5:46.21 42.55			
	100m: 1:33.23 52.41	200m: 3:08.97 48.21	300m: 5:03.66 58.26	400m: 6:25.55 39.34			
11.	Joao Diogo Correia	02	CLAC-Entroncamento	6:35.09	+0,83	211	
	50m: 40.82 40.82	150m: 2:25.86 52.57	250m: 4:11.08 55.47	350m: 5:52.86 44.24			
	100m: 1:33.29 52.47	200m: 3:15.61 49.75	300m: 5:08.62 57.54	400m: 6:35.09 42.23			
12.	Isaias Francisco Caldeira	02	CCDSerta	6:49.66	+0,94	189	
	50m: 46.56 46.56	150m: 2:37.27 53.28	250m: 4:25.97 57.03	350m: 6:07.51 44.87			
	100m: 1:43.99 57.43	200m: 3:28.94 51.67	300m: 5:22.64 56.67	400m: 6:49.66 42.15			
13.	Alexis Simao Nunes	02	Assoc Natacao Albicastrense	6:50.90	+0,82	188	
	50m: 40.54 40.54	150m: 2:23.30 50.54	250m: 4:13.94 1:00.21	350m: 6:02.88 48.15			
	100m: 1:32.76 52.22	200m: 3:13.73 50.43	300m: 5:14.73 1:00.79	400m: 6:50.90 48.02			
14.	Guilherme Moiteiro Campos	02	Assoc Natacao Albicastrense	7:06.86	+0,95	167	
	50m: 49.18 49.18	150m: 2:43.32 55.12	250m: 4:38.53 10.61	350m: 6:23.94 45.35			
	100m: 1:48.20 59.02	200m: 4:27.92 1:44.60	300m: 5:38.59 1:00.06	400m: 7:06.86 42.92			
15.	Pedro Filipe Carragado	02	Grupo Desportivo Mora	7:09.30	+0,94	165	
	50m: 50.82 50.82	150m: 2:42.07 53.27	250m: 4:35.61 1:00.55	350m: 6:22.98 47.41			
	100m: 1:48.80 57.98	200m: 3:35.06 52.99	300m: 5:35.57 59.96	400m: 7:09.30 46.32			
16.	Nuno Francisco Neves	02	Torres Novas	7:11.93	+0,95	162	
	50m: 50.68 50.68	150m: 2:47.10 55.06	250m: 4:40.97 59.55	350m: 6:28.06 44.90			
	100m: 1:52.04 1:01.36	200m: 3:41.42 54.32	300m: 5:43.16 1:02.19	400m: 7:11.93 43.87			

Prova 4, Masc., 400m Estilos, INF-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
17.	Andriy Dyakiv	02	Uniao Samorensense	7:16.22	+0,90	157	
	50m: 46.05 46.05	150m: 2:40.15 54.75	250m: 4:36.41 1:03.58	350m: 6:29.88 48.56			
	100m: 1:45.40 59.35	200m: 3:32.83 52.68	300m: 5:41.32 1:04.91	400m: 7:16.22 46.34			
18.	Daniel Jose Silva	02	Torres Novas	7:25.91	+1,10	147	
	50m: 50.91 50.91	150m: 2:50.30 57.24	250m: 4:46.82 1:01.66	350m: 6:39.75 49.29			
	100m: 1:53.06 1:02.15	200m: 3:45.16 54.86	300m: 5:50.46 1:03.64	400m: 7:25.91 46.16			
DSQ	Alexandre Manuel Jesus	02	Uniao Samorensense				
	608 - Não chegou na posição dorsal - SW 6.5, Na passagem do estilo Costas para Bruços						

INF-A

1.	Joao Jose Calado	01	Nautico Abrantes	5:05.46		458	
	50m: 31.42 31.42	150m: 1:46.84 38.49	250m: 3:10.38 44.57	350m: 4:31.31 35.40			
	100m: 1:08.35 36.93	200m: 2:25.81 38.97	300m: 3:55.91 45.53	400m: 5:05.46 34.15			
2.	Ricardo Luis Leal	01	CLAC-Entroncamento	5:21.18		394	
	50m: 33.33 33.33	150m: 1:55.21 41.50	250m: 3:22.76 47.08	350m: 4:47.25 36.57			
	100m: 1:13.71 40.38	200m: 2:35.68 40.47	300m: 4:10.68 47.92	400m: 5:21.18 33.93			
3.	Joao Diogo Lopes	01	Assoc.20km-Almeirim	5:21.65	+0,76	392	
	50m: 32.71 32.71	150m: 1:56.67 44.83	250m: 3:22.95 43.62	350m: 4:46.57 38.28			
	100m: 1:11.84 39.13	200m: 2:39.33 42.66	300m: 4:08.29 45.34	400m: 5:21.65 35.08			
4.	Diogo Teixeira Mendes	01	Scalabiswim	5:31.93	+0,77	357	
	50m: 31.77 31.77	150m: 1:52.67 42.93	250m: 3:21.82 47.93	350m: 4:52.91 41.21			
	100m: 1:09.74 37.97	200m: 2:33.89 41.22	300m: 4:11.70 49.88	400m: 5:31.93 39.02			
5.	Joao Miguel Marques	01	Assoc.20km-Almeirim	5:34.45		349	
	50m: 35.39 35.39	150m: 2:04.80 35.30	250m: 3:36.43 49.38	350m: 5:01.83 36.38			
	100m: 1:29.50 54.11	200m: 2:47.05 42.25	300m: 4:25.45 49.02	400m: 5:34.45 32.62			
6.	Diogo Franco Martins	01	Assoc.20km-Almeirim	5:34.76	+0,90	348	
	50m: 33.64 33.64	150m: 1:56.20 43.71	250m: 3:31.00 53.14	350m: 4:59.33 36.32			
	100m: 1:12.49 38.85	200m: 2:37.86 41.66	300m: 4:23.01 52.01	400m: 5:34.76 35.43			
7.	Joao Antonio Simoes	01	Torres Novas	5:34.93		347	
	50m: 39.86 39.86	150m: 2:00.11 44.64	250m: 3:32.67 48.99	350m: 5:00.38 36.81			
	100m: 1:15.47 35.61	200m: 2:43.68 43.57	300m: 4:23.57 50.90	400m: 5:34.93 34.55			
8.	Joaquim Agra Meruje	01	Elvense	5:39.98	+0,96	332	
	50m: 33.26 33.26	150m: 1:58.16 43.65	250m: 3:30.29 48.41	350m: 5:01.92 41.66			
	100m: 1:14.51 41.25	200m: 2:41.88 43.72	300m: 4:20.26 49.97	400m: 5:39.98 38.06			
9.	Pedro Oliveira Tavares	01	Natacao Guarda	5:43.06	+0,89	323	
	50m: 36.21 36.21	150m: 2:09.01 46.01	250m: 3:38.78 46.59	350m: 5:05.09 40.57			
	100m: 1:23.00 46.79	200m: 2:52.19 43.18	300m: 4:24.52 45.74	400m: 5:43.06 37.97			
10.	Afonso Pinhal Canto	01	Assoc.20km-Almeirim	5:52.62	+0,92	297	
	50m: 38.01 38.01	150m: 2:10.43 45.03	250m: 3:44.28 51.07	350m: 5:14.68 39.16			
	100m: 1:25.40 47.39	200m: 2:53.21 42.78	300m: 4:35.52 51.24	400m: 5:52.62 37.94			
11.	Joao Mendes Catarino	01	Estremoz / Estremozcarnes	5:54.55	+0,86	293	
	50m: 37.62 37.62	150m: 2:08.59 45.78	250m: 3:43.97 50.72	350m: 5:15.19 40.59			
	100m: 1:22.81 45.19	200m: 2:53.25 44.66	300m: 4:34.60 50.63	400m: 5:54.55 39.36			
12.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	6:12.81	+0,72	252	
	50m: 36.65 36.65	150m: 2:13.81 48.83	250m: 3:55.28 54.65	350m: 5:33.57 43.76			
	100m: 1:24.98 48.33	200m: 3:00.63 46.82	300m: 4:49.81 54.53	400m: 6:12.81 39.24			
13.	Tomas Antunes Ribeiro	01	Torres Novas	6:22.76	+1,11	232	
	50m: 43.26 43.26	150m: 2:23.46 50.20	250m: 4:06.26 55.09	350m: 5:53.70 52.02			
	100m: 1:33.26 50.00	200m: 3:11.17 47.71	300m: 5:01.68 55.42	400m: 6:22.76 29.06			
14.	Diogo Samouco Dias	01	Torres Novas	6:30.71	+1,10	218	
	50m: 42.88 42.88	150m: 2:24.04 48.80	250m: 4:07.04 56.30	350m: 5:47.66 45.52			
	100m: 1:35.24 52.36	200m: 3:10.74 46.70	300m: 5:02.14 55.10	400m: 6:30.71 43.05			

Prova 4, Masc., 400m Estilos, INF-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
15.	Pedro Manuel Lopes	01	Torres Novas	6:36.33	+1,01	209	
	50m: 43.03 43.03	150m: 2:32.57 52.47	250m: 4:11.82 51.06	350m: 5:55.05 47.48			
	100m: 1:40.10 57.07	200m: 3:20.76 48.19	300m: 5:07.57 55.75	400m: 6:36.33 41.28			
16.	Daniel Filipe Oliveira	01	Clube de Natação do Tejo	6:37.03	+0,98	208	
	50m: 49.07 49.07	150m: 2:38.51 48.62	250m: 4:18.85 53.17	350m: 5:56.53 42.59			
	100m: 1:49.89 1:00.82	200m: 3:25.68 47.17	300m: 5:13.94 55.09	400m: 6:37.03 40.50			
17.	Joao Francisco Fortunato	01	CLAC-Entroncamento	6:39.92	+0,90	204	
	50m: 43.65 43.65	150m: 2:29.87 50.78	250m: 4:14.48 54.99	350m: 5:55.72 45.68			
	100m: 1:39.09 55.44	200m: 3:19.49 49.62	300m: 5:10.04 55.56	400m: 6:39.92 44.20			
18.	Joao Rafael Protasio	01	CLAC-Entroncamento	6:44.26	+1,03	197	
	50m: 45.10 45.10	150m: 2:32.47 51.11	250m: 4:18.67 54.76	350m: 6:02.19 45.75			
	100m: 1:41.36 56.26	200m: 3:23.91 51.44	300m: 5:16.44 57.77	400m: 6:44.26 42.07			
19.	Jaime Miguel Saramago	01	BUZIOS - Coruche	7:14.04	+0,70	159	
	50m: 46.83 46.83	150m: 2:40.87 53.92	250m: 4:33.85 59.81	350m: 6:27.50 49.28			
	100m: 1:46.95 1:00.12	200m: 3:34.04 53.17	300m: 5:38.22 1:04.37	400m: 7:14.04 46.54			
20.	Diogo Alexandre Mestre	01	Grupo Desportivo Mora	7:26.61	+0,86	146	
	50m: 50.89 50.89	150m: 2:52.40 53.57	250m: 4:49.66 1:05.05	350m: 6:41.96 47.05			
	100m: 1:58.83 1:07.94	200m: 3:44.61 52.21	300m: 5:54.91 1:05.25	400m: 7:26.61 44.65			
DNF	Nuno Pereira Simoes	01	Torres Novas				

JUV-B

1.	Miguel Goncalves Frade	00	Torres Novas	4:54.79	+0,89	509	
	50m: 32.84 32.84	150m: 1:48.03 38.12	250m: 3:07.03 41.48	350m: 4:22.63 33.62			
	100m: 1:09.91 37.07	200m: 2:25.55 37.52	300m: 3:49.01 41.98	400m: 4:54.79 32.16			
2.	Rui Jorge Lopes	00	CLAC-Entroncamento	4:58.43	+0,81	491	
	50m: 32.26 32.26	150m: 1:45.94 37.72	250m: 3:08.26 43.57	350m: 4:26.10 34.21			
	100m: 1:08.22 35.96	200m: 2:24.69 38.75	300m: 3:51.89 43.63	400m: 4:58.43 32.33			
3.	Miguel Serrao Santos	00	Salvaterra de Magos	5:07.13	+0,83	450	
	50m: 31.70 31.70	150m: 1:48.29 40.23	250m: 3:12.29 44.52	350m: 4:33.51 35.59			
	100m: 1:08.06 36.36	200m: 2:27.77 39.48	300m: 3:57.92 45.63	400m: 5:07.13 33.62			
4.	Filipe Asseiceira Ramos	00	Torres Novas	5:28.25	+1,51	369	
	50m: 37.01 37.01	150m: 2:02.82 42.25	250m: 3:30.03 45.07	350m: 4:53.05 37.00			
	100m: 1:20.57 43.56	200m: 2:44.96 42.14	300m: 4:16.05 46.02	400m: 5:28.25 35.20			
5.	Pedro Manuel Grilo	00	Aminata - Évora Clube	5:32.06		356	
	50m: 32.81 32.81	150m: 1:54.62 43.18	250m: 3:25.94 50.48	350m: 4:55.30 38.30			
	100m: 1:11.44 38.63	200m: 2:35.46 40.84	300m: 4:17.00 51.06	400m: 5:32.06 36.76			
6.	Joao Pedro Ferreira	00	CCDSerta	5:38.51	+0,89	336	
	50m: 32.70 32.70	150m: 1:56.26 37.06	250m: 3:27.95 47.58	350m: 4:59.64 42.05			
	100m: 1:19.20 46.50	200m: 2:40.37 44.11	300m: 4:17.59 49.64	400m: 5:38.51 38.87			
7.	Luis Pedro Farinha	00	CCDSerta	5:42.92		323	
	50m: 38.81 38.81	150m: 2:11.98 43.28	250m: 3:42.09 47.63	350m: 5:07.67 37.97			
	100m: 1:28.70 49.89	200m: 2:54.46 42.48	300m: 4:29.70 47.61	400m: 5:42.92 35.25			
8.	Rodrigo Galvao Alves	00	CCDSerta	5:47.89	+0,85	310	
	50m: 33.00 33.00	150m: 1:59.38 45.96	250m: 3:36.58 52.39	350m: 5:09.54 38.67			
	100m: 1:13.42 40.42	200m: 2:44.19 44.81	300m: 4:30.87 54.29	400m: 5:47.89 38.35			
9.	Goncalo Miguel Passareiro	00	Elvense	5:48.40	+0,87	308	
	50m: 36.11 36.11	150m: 2:02.21 42.37	250m: 3:38.27 53.91	350m: 5:10.52 39.49			
	100m: 1:19.84 43.73	200m: 2:44.36 42.15	300m: 4:31.03 52.76	400m: 5:48.40 37.88			
10.	David Antunes Santos	00	CLAC-Entroncamento	5:50.58	+0,92	303	
	50m: 36.82 36.82	150m: 2:07.36 46.08	250m: 3:41.88 50.68	350m: 5:13.66 39.66			
	100m: 1:21.28 44.46	200m: 2:51.20 43.84	300m: 4:34.00 52.12	400m: 5:50.58 36.92			
11.	Fabio Santos Pereira	00	Sporting Campomaiorense	5:53.68	+0,69	295	
	50m: 37.33 37.33	150m: 2:09.48 46.52	250m: 3:44.45 50.71	350m: 5:16.93 41.25			
	100m: 1:22.96 45.63	200m: 2:53.74 44.26	300m: 4:35.68 51.23	400m: 5:53.68 36.75			

Prova 4, Masc., 400m Estilos, JUV-B

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
12.	David Jose Carpinteiro	00	Clube de Natação do Tejo	5:58.38	+0,92	283	
	50m: 37.74 37.74	150m: 2:14.01 46.48	250m: 3:47.76 49.90	350m: 5:19.91 41.29			
	100m: 1:27.53 49.79	200m: 2:57.86 43.85	300m: 4:38.62 50.86	400m: 5:58.38 38.47			
13.	Joao Afonso Goncalves	00	CLAC-Entroncamento	6:02.41	+0,81	274	
	50m: 39.51 39.51	150m: 2:13.03 46.60	250m: 3:51.05 53.13	350m: 5:24.27 40.09			
	100m: 1:26.43 46.92	200m: 2:57.92 44.89	300m: 4:44.18 53.13	400m: 6:02.41 38.14			
14.	Diogo Miguel Teodoro	00	BUZIOS - Coruche	6:11.96	+1,14	253	
	50m: 38.98 38.98	150m: 2:13.20 49.56	250m: 3:55.19 54.68	350m: 5:32.92 42.72			
	100m: 1:23.64 44.66	200m: 3:00.51 47.31	300m: 4:50.20 55.01	400m: 6:11.96 39.04			
15.	Joao Luis Tavares	00	CCDSerta	6:15.31	+0,93	247	
	50m: 42.12 42.12	150m: 2:23.65 46.67	250m: 4:00.50 51.91	350m: 5:35.24 41.90			
	100m: 1:36.98 54.86	200m: 3:08.59 44.94	300m: 4:53.34 52.84	400m: 6:15.31 40.07			
16.	Gonçalo Miguel Dias	00	Grupo Desportivo Mora	6:16.14	+0,82	245	
	50m: 36.88 36.88	150m: 2:16.88 52.69	250m: 3:59.47 51.86	350m: 5:36.54 44.49			
	100m: 1:24.19 47.31	200m: 3:07.61 50.73	300m: 4:52.05 52.58	400m: 6:16.14 39.60			
17.	Antonio Joao Pestana	00	CLAC-Entroncamento	6:19.94	+0,95	238	
	50m: 40.25 40.25	150m: 2:18.20 46.01	250m: 3:57.62 54.27	350m: 5:38.84 45.01			
	100m: 1:32.19 51.94	200m: 3:03.35 45.15	300m: 4:53.83 56.21	400m: 6:19.94 41.10			
18.	João Filipe Pires	00	Estremoz / Estremozcarnes	6:32.56	+0,76	215	
	50m: 39.46 39.46	150m: 2:16.79 52.07	250m: 4:05.69 1:00.08	350m: 5:50.81 44.07			
	100m: 1:24.72 45.26	200m: 3:05.61 48.82	300m: 5:06.74 1:01.05	400m: 6:32.56 41.75			
19.	Miguel Mourato Henriques	00	Sporting Campomaiorense	6:33.54		214	
	50m: 41.22 41.22	150m: 2:18.56 48.12	250m: 4:05.80 1:00.91	350m: 5:50.54 44.91			
	100m: 1:30.44 49.22	200m: 3:04.89 46.33	300m: 5:05.63 59.83	400m: 6:33.54 43.00			
20.	Tiago Miguel Lucas	00	BUZIOS - Coruche	6:57.34	+0,80	179	
	50m: 37.39 37.39	150m: 2:28.41 58.97	250m: 4:21.09 59.53	350m: 6:09.21 46.63			
	100m: 1:29.44 52.05	200m: 3:21.56 53.15	300m: 5:22.58 1:01.49	400m: 6:57.34 48.13			
21.	David Emanuel Carrapo	00	BUZIOS - Coruche	7:53.97	+0,81	122	
	50m: 48.23 48.23	150m: 2:50.54 1:03.21	250m: 4:59.45 1:07.30	350m: 7:02.95 55.84			
	100m: 1:47.33 59.10	200m: 3:52.15 1:01.61	300m: 6:07.11 1:07.66	400m: 7:53.97 51.02			
DSQ	Luis Salvado Cruz	00	Sporting Campomaiorense				
	<i>607 - Mais de uma braçada, na posição ventral, antes da viragem aos 150 m - SW 6.4</i>						
DNF	Henrique Miguel Cruz	00	Torres Novas				
DNF	Jose Carlos Burecas	00	BUZIOS - Coruche				

JUV-A

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golegã	4:47.15	+0,82	551	
	50m: 30.76 30.76	150m: 1:42.87 36.53	250m: 3:02.41 42.75	350m: 4:16.74 31.93			
	100m: 1:06.34 35.58	200m: 2:19.66 36.79	300m: 3:44.81 42.40	400m: 4:47.15 30.41			
2.	Tiago Filipe Campos	99	Scalabiswim	4:49.30	+0,89	539	
	50m: 29.51 29.51	150m: 1:39.73 36.59	250m: 2:59.33 42.57	350m: 4:17.15 33.99			
	100m: 1:03.14 33.63	200m: 2:16.76 37.03	300m: 3:43.16 43.83	400m: 4:49.30 32.15			
3.	Tiago Pastor Escada	99	Aminata - Évora Clube	4:56.40	+0,94	501	
	50m: 31.90 31.90	150m: 1:45.01 37.20	250m: 3:03.56 42.95	350m: 4:23.52 35.76			
	100m: 1:07.81 35.91	200m: 2:20.61 35.60	300m: 3:47.76 44.20	400m: 4:56.40 32.88			
4.	Joao Silverio Duarte	99	Elétrico	4:58.72	+0,85	489	
	50m: 30.08 30.08	150m: 1:44.04 38.83	250m: 3:05.96 43.32	350m: 4:24.25 33.68			
	100m: 1:05.21 35.13	200m: 2:22.64 38.60	300m: 3:50.57 44.61	400m: 4:58.72 34.47			
5.	Miguel Carrico Cruz	99	Assoc.20km-Almeirim	5:00.59	+0,80	480	
	50m: 29.87 29.87	150m: 1:43.18 38.46	250m: 3:03.32 41.16	350m: 4:25.20 38.06			
	100m: 1:04.72 34.85	200m: 2:22.16 38.98	300m: 3:47.14 43.82	400m: 5:00.59 35.39			
6.	Bernardo Jose Dionisio	99	Gualdim Pais	5:07.17	+0,81	450	
	50m: 32.27 32.27	150m: 1:53.20 41.36	250m: 3:15.77 41.55	350m: 4:34.48 36.35			
	100m: 1:11.84 39.57	200m: 2:34.22 41.02	300m: 3:58.13 42.36	400m: 5:07.17 32.69			

Prova 4, Masc., 400m Estilos, JUV-A

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts	Pontos
7.	Goncalo Faria Saldida	99	Gualdim Pais	5:08.64	+0,81	444	
	50m: 34.73 34.73	150m: 1:52.31 37.64	250m: 3:15.69 44.70	350m: 4:35.06 34.77			
	100m: 1:14.67 39.94	200m: 2:30.99 38.68	300m: 4:00.29 44.60	400m: 5:08.64 33.58			
8.	Afonso Guilherme Rosa	99	Gualdim Pais	5:16.29	+0,91	412	
	50m: 31.71 31.71	150m: 1:49.31 40.15	250m: 3:16.25 47.29	350m: 4:40.38 36.47			
	100m: 1:09.16 37.45	200m: 2:28.96 39.65	300m: 4:03.91 47.66	400m: 5:16.29 35.91			
9.	Francisco Daniel Pereira	99	CCDSerta	5:24.11		383	
	50m: 30.29 30.29	150m: 1:50.23 42.78	250m: 3:21.04 49.09	350m: 4:48.70 37.22			
	100m: 1:07.45 37.16	200m: 2:31.95 41.72	300m: 4:11.48 50.44	400m: 5:24.11 35.41			
10.	Francisco Dinis Tejo	99	Aminata - Évora Clube	5:24.23		383	
	50m: 34.47 34.47	150m: 1:57.92 43.09	250m: 3:25.21 46.54	350m: 4:49.47 36.93			
	100m: 1:14.83 40.36	200m: 2:38.67 40.75	300m: 4:12.54 47.33	400m: 5:24.23 34.76			
11.	Pedro Pereira Lopes	99	BUZIOS - Coruche	5:26.55	+0,75	375	
	50m: 35.06 35.06	150m: 1:54.95 42.14	250m: 3:28.59 50.65	350m: 4:54.24 35.12			
	100m: 1:12.81 37.75	200m: 2:37.94 42.99	300m: 4:19.12 50.53	400m: 5:26.55 32.31			
12.	Bernardo Fernandes Aguiar	99	Assoc.20km-Almeirim	5:29.80	+0,83	364	
	50m: 35.63 35.63	150m: 1:58.58 39.86	250m: 3:26.68 47.97	350m: 4:54.65 35.57			
	100m: 1:18.72 43.09	200m: 2:38.71 40.13	300m: 4:19.08 52.40	400m: 5:29.80 35.15			
13.	David Antonio Carvalho	99	Clube de Natação do Tejo	5:50.29	+0,96	303	
	50m: 36.26 36.26	150m: 2:09.33 46.79	250m: 3:44.03 48.96	350m: 5:13.26 38.46			
	100m: 1:22.54 46.28	200m: 2:55.07 45.74	300m: 4:34.80 50.77	400m: 5:50.29 37.03			
14.	Jose Nuno Sousa	99	CLAC-Entroncamento	5:51.32	+0,77	301	
	50m: 35.41 35.41	150m: 2:01.97 43.32	250m: 3:38.90 53.00	350m: 5:13.52 40.18			
	100m: 1:18.65 43.24	200m: 2:45.90 43.93	300m: 4:33.34 54.44	400m: 5:51.32 37.80			
15.	Joao Fernando Bento	99	Uniao Samorense	5:55.42	+0,82	290	
	50m: 36.85 36.85	150m: 2:07.66 46.31	250m: 3:42.41 49.88	350m: 5:17.05 42.28			
	100m: 1:21.35 44.50	200m: 2:52.53 44.87	300m: 4:34.77 52.36	400m: 5:55.42 38.37			
16.	Joao Tiago Almeida	99	Assoc.20km-Almeirim	6:02.18	+0,87	274	
	50m: 34.49 34.49	150m: 2:03.12 45.91	250m: 3:42.49 53.08	350m: 5:21.34 42.37			
	100m: 1:17.21 42.72	200m: 2:49.41 46.29	300m: 4:38.97 56.48	400m: 6:02.18 40.84			
17.	Alexandre Miguel Santa	99	Elvense	6:29.45	+1,15	221	
	50m: 44.95 44.95	150m: 2:27.84 50.04	250m: 4:06.45 51.05	350m: 5:44.48 45.12			
	100m: 1:37.80 52.85	200m: 3:15.40 47.56	300m: 4:59.36 52.91	400m: 6:29.45 44.97			
18.	Joao Palmeiro Carrilho	99	Sporting Campomaiorense	6:44.54	+0,97	197	
	50m: 40.95 40.95	150m: 2:23.22 51.72	250m: 4:10.89 54.91	350m: 5:56.30 48.76			
	100m: 1:31.50 50.55	200m: 3:15.98 52.76	300m: 5:07.54 56.65	400m: 6:44.54 48.24			
DSQ	Eliseu Manuel Tavares	99	Uniao Samorense				
	501 - Não tocou na parede na viragem aos 200 metros - SW 5.2						
DNF	Tomas Jose Agostinho	99	BUZIOS - Coruche				