



cidade centenária
passado alçace do futuro



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 1
29-01-2017 - 9:30

Femin., 800m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts	
1.	SOUSA, Ana Reis		02	Litoral Alentejano		9:27.77	601	23,00
	50m: 32.10	200m: 2:20.23	350m: 4:09.78	500m: 5:57.60	650m: 7:44.40	800m: 9:27.77		
	100m: 1:07.59	250m: 2:57.02	400m: 4:45.81	550m: 6:33.23	700m: 8:19.89			
	150m: 1:43.44	300m: 3:33.72	450m: 5:21.66	600m: 7:08.72	750m: 8:54.83			
2.	RAMOS, Ines Asseiceira		03	Torres Novas		9:49.17	538	21,00
	50m: 33.50	200m: 2:23.29	350m: 4:14.36	500m: 6:05.74	650m: 7:58.64	800m: 9:49.17		
	100m: 1:09.70	250m: 2:59.79	400m: 4:51.30	550m: 6:43.78	700m: 8:36.21			
	150m: 1:46.57	300m: 3:37.31	450m: 5:28.59	600m: 7:21.47	750m: 9:13.24			
3.	CARPINTEIRO, Carolina Silverio		02	Natacao do Tejo		10:09.32	486	20,00
	50m: 33.19	200m: 2:24.32	350m: 4:20.91	500m: 6:18.93	800m: 10:09.32			
	100m: 1:09.50	250m: 3:03.15	400m: 4:59.64	600m: 7:37.72				
	150m: 1:46.43	300m: 3:41.96	450m: 5:39.46	700m: 8:54.79				
4.	FITAS, Filipa Cardigo		02	20Km de Almeirim		10:09.41	486	19,00
	50m: 33.72	200m: 2:27.44	350m: 4:23.99	500m: 6:20.83	800m: 10:09.41			
	100m: 1:10.94	250m: 3:06.25	400m: 5:02.72	600m: 7:38.35				
	150m: 1:48.79	300m: 3:44.96	450m: 5:41.88	700m: 8:55.39				
5.	CRUZ, Ana Margarida		00	Aminata		10:14.63	474	18,00
	50m: 33.67	200m: 2:25.49	350m: 4:22.44	500m: 6:20.57	650m: 8:18.99	800m: 10:14.63		
	100m: 1:10.30	250m: 3:03.93	400m: 5:01.85	550m: 6:59.64	700m: 8:58.80			
	150m: 1:47.57	300m: 3:43.26	450m: 5:41.16	600m: 7:39.75	750m: 9:37.55			
6.	CATARINO, Laura Andre		03	CCDSerta		10:18.08	466	17,00
	50m: 33.65	200m: 2:28.43	350m: 4:26.92	500m: 6:26.71	800m: 10:18.08			
	100m: 1:10.90	250m: 3:07.81	400m: 5:06.92	600m: 7:45.68				
	150m: 1:49.56	300m: 3:47.12	450m: 5:46.54	700m: 9:03.81				
7.	VIEIRA, Carolina Lopes		02	Gualdim Pais		10:19.16	464	16,00
	50m: 34.21	200m: 2:30.68	350m: 4:28.61	500m: 6:25.07	650m: 8:22.48	800m: 10:19.16		
	100m: 1:12.29	250m: 3:09.94	400m: 5:07.57	550m: 7:04.28	700m: 9:02.04			
	150m: 1:51.43	300m: 3:49.62	450m: 5:46.29	600m: 7:43.82	750m: 9:41.38			
8.	FERRUM, Andreia Filipa		95	Rio Maior		10:23.89	453	15,00
	50m: 36.90	200m: 2:34.81	350m: 4:32.70	500m: 6:30.26	650m: 8:27.18	800m: 10:23.89		
	100m: 1:15.83	250m: 3:14.39	400m: 5:12.08	550m: 7:09.10	700m: 9:06.65			
	150m: 1:55.11	300m: 3:53.59	450m: 5:51.00	600m: 7:48.38	750m: 9:45.62			
9.	MOURA, Beatriz Catarino		02	Nautico Abrantes		10:31.20	437	14,00
	50m: 35.08	200m: 2:32.70	350m: 4:32.14	500m: 6:32.85	800m: 10:31.20			
	100m: 1:13.25	250m: 3:12.51	400m: 5:12.15	600m: 7:53.39				
	150m: 1:53.04	300m: 3:52.48	450m: 5:52.16	700m: 9:13.70				
10.	GIL, Constanca Basilio		03	CLAC-Entroncamento		10:31.68	436	13,00
	50m: 34.57	200m: 2:29.87	350m: 4:29.96	500m: 6:30.94	650m: 8:33.41	800m: 10:31.68		
	100m: 1:11.52	250m: 3:09.63	400m: 5:10.07	550m: 7:12.19	700m: 9:14.38			
	150m: 1:50.48	300m: 3:49.69	450m: 5:50.10	600m: 7:52.67	750m: 9:54.09			
11.	GONCALVES, Ana Rita		04	Albicastrense		11:05.93	372	12,00
	50m: 38.17	200m: 2:43.93	350m: 4:50.64	500m: 6:57.87	650m: 9:04.14	800m: 11:05.93		
	100m: 1:19.28	250m: 3:25.31	400m: 5:33.59	550m: 7:40.55	700m: 9:45.31			
	150m: 2:01.88	300m: 4:08.16	450m: 6:15.75	600m: 8:21.74	750m: 10:27.14			
12.	FERREIRA, Nicia Filipa		01	Natacao Guarda		11:17.39	354	11,00
	50m: 35.49	200m: 2:36.03	350m: 4:44.87	500m: 6:54.51	650m: 9:04.10	800m: 11:17.39		
	100m: 1:14.27	250m: 3:18.40	400m: 5:27.49	550m: 7:38.14	700m: 9:47.06			
	150m: 1:54.52	300m: 4:01.26	450m: 6:10.91	600m: 8:21.62	750m: 10:29.18			
13.	RODRIGUES, Sofia Alexandra		99	Electrico Clube		11:20.20	349	10,00
	50m: 37.52	200m: 2:43.07	350m: 4:52.14	500m: 7:02.10	650m: 9:12.51	800m: 11:20.20		
	100m: 1:18.72	250m: 3:25.50	400m: 5:34.96	550m: 7:45.98	700m: 9:55.65			
	150m: 2:00.85	300m: 4:08.64	450m: 6:18.45	600m: 8:29.71	750m: 10:38.50			

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 1, Femin., 800m Livres, Absoluto

Lugar			Ano			Tempo final	Pts	
14.	ASSEN, Britt		03	Desportivo de Odemira		11:25.23	342	9,00
	50m: 37.52	200m: 2:45.97	350m: 4:56.81	500m: 7:08.77	650m: 9:18.86	800m: 11:25.23		
	100m: 1:18.84	250m: 3:29.19	400m: 5:40.94	550m: 7:51.55	700m: 10:01.81			
	150m: 2:01.76	300m: 4:12.75	450m: 6:24.71	600m: 8:35.37	750m: 10:45.89			
15.	MIRA, Leonor Maria		04	BUZIOS-Coruche		11:33.99	329	8,00
	50m: 37.59	200m: 2:46.10	350m: 4:58.53	500m: 7:12.50	650m: 9:25.22	800m: 11:33.99		
	100m: 1:18.90	250m: 3:29.90	400m: 5:42.99	550m: 7:56.57	700m: 10:10.64			
	150m: 2:02.21	300m: 4:14.18	450m: 6:27.41	600m: 8:40.60	750m: 10:55.00			
16.	AMARO, Margarida Monteiro		02	Atletico Montemor		11:44.27	315	7,00
	50m: 36.41	200m: 2:45.05	350m: 4:59.24	500m: 7:16.50	650m: 9:32.72	800m: 11:44.27		
	100m: 1:17.05	250m: 3:29.93	400m: 5:44.41	550m: 8:02.19	700m: 10:17.19			
	150m: 2:00.34	300m: 4:14.97	450m: 6:30.84	600m: 8:47.47	750m: 11:02.13			
17.	FRANCO, Barbara Garrido		04	Elvense		12:00.43	294	6,00
	50m: 38.73	200m: 2:52.01	350m: 5:09.94	500m: 7:29.58	650m: 9:46.33	800m: 12:00.43		
	100m: 1:22.06	250m: 3:38.78	400m: 5:56.47	550m: 8:15.69	700m: 10:32.27			
	150m: 2:06.15	300m: 4:24.52	450m: 6:43.79	600m: 9:01.10	750m: 11:17.21			
18.	COELHO, Ana Teles		02	Desportivo Mora		12:03.17	291	5,00
	50m: 37.66	200m: 2:51.39	350m: 5:09.28	500m: 7:28.87	650m: 9:47.65	800m: 12:03.17		
	100m: 1:20.79	250m: 3:37.26	400m: 5:55.79	550m: 8:14.82	700m: 10:33.41			
	150m: 2:05.76	300m: 4:23.53	450m: 6:41.85	600m: 9:01.26	750m: 11:19.04			
19.	PIRES, Matilde Silva		04	Estremoz / Estremozcarnes		12:08.16	285	4,00
	50m: 37.99	200m: 2:52.24	350m: 5:10.51	500m: 7:29.07	650m: 9:50.66	800m: 12:08.16		
	100m: 1:21.71	250m: 3:37.84	400m: 5:56.88	550m: 8:17.10	700m: 10:37.84			
	150m: 2:06.69	300m: 4:24.41	450m: 6:43.42	600m: 9:03.30	750m: 11:24.15			
20.	GUIA, Carolina Manuela		05	Viver Santarem		12:43.05	247	3,00
	50m: 41.89	200m: 3:04.46	400m: 6:17.76	600m: 9:33.06	800m: 12:43.05			
	100m: 1:27.88	300m: 4:42.42	500m: 7:55.58	700m: 11:20.51				
21.	COTOVIO, Ines Filipa		05	Salvaterra de Magos		13:07.85	225	2,00
	50m: 40.80	200m: 3:01.22	400m: 6:20.49	600m: 9:47.14	800m: 13:07.85			
	100m: 1:25.90	300m: 4:40.64	500m: 8:03.27	700m: 11:29.52				

Prova 2
29-01-2017 - 10:10

Masc., 100m Mariposa

Absoluto
Resultados

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts	
1.	DUARTE, Joao Silverio		99	Electrico Clube		59.25	546	23,00
	50m: 27.83	100m: 59.25						
2.	ROSA, Afonso Guilherme		99	Torres Novas		59.62	536	21,00
	50m: 27.91	100m: 59.62						
3.	ESCADA, Bernardo Pastor		99	Aminata		1:00.35	517	20,00
	50m: 28.23	100m: 1:00.35						
4.	CORREIA, Hugo Filipe		99	Litoral Alentejano		1:00.48	513	19,00
	50m: 28.29	100m: 1:00.48						
5.	LOPES, Rui Jorge		00	CLAC-Entroncamento		1:02.71	460	18,00
	50m: 29.45	100m: 1:02.71						
6.	SARAMAGO, Artur Rafael		97	BUZIOS-Coruche		1:04.19	429	17,00
	50m: 29.56	100m: 1:04.19						
7.	MARTINS, Diogo Franco		01	20Km de Almeirim		1:05.93	396	16,00
	50m: 30.47	100m: 1:05.93						

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 2, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
8. DIAS, Simao Pedro 50m: 30.86 100m: 1:06.69	02 Natacao Guarda	1:06.69	383 15,00
9. CATARINO, Joao Mendes 50m: 30.22 100m: 1:06.74	01 Estremoz / Estremozcarnes	1:06.74	382 14,00
10. ASSEN, Lars 50m: 31.70 100m: 1:07.51	00 Desportivo de Odemira	1:07.51	369 13,00
11. PACAU, Joao Afonso 50m: 32.15 100m: 1:08.31	02 Gualdim Pais	1:08.31	356 12,00
12. ALVES, Rui Chagas 50m: 32.20 100m: 1:09.31	03 Viver Santarem	1:09.31	341 11,00
13. RENGÁ, Filipe Comprido 50m: 31.62 100m: 1:09.33	02 Elvense	1:09.33	341 10,00
14. CASACA, Miguel Santos 50m: 31.51 100m: 1:09.81	02 Salvaterra de Magos	1:09.81	334 9,00
15. NUNES, Alexis Simao 50m: 33.19 100m: 1:10.54	02 Albicastrense	1:10.54	323 8,00
16. CESAR, Tiago Miguel 50m: 34.16 100m: 1:13.28	00 Atletico Montemor	1:13.28	288 7,00
17. CARREIRA, Ruben Filipe 50m: 34.51 100m: 1:14.55	03 Rio Maior	1:14.55	274 6,00
18. SILVA, Marcio Lima 50m: 33.28 100m: 1:14.87	01 Natacao do Tejo	1:14.87	270 5,00
19. CALDEIRA, Isaias Francisco 50m: 34.69 100m: 1:18.72	02 CCDSerta	1:18.72	233 4,00

Prova 3
29-01-2017 - 10:15

Femin., 200m Mariposa

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. MARQUES, Maria Alexandra 50m: 34.30 100m: 1:13.24 150m: 1:54.28 200m: 2:35.28	04 Albicastrense	2:35.28	457 23,00
2. SIMOES, Beatriz Ribeiro 50m: 35.58 100m: 1:16.19 150m: 1:57.85 200m: 2:39.47	01 Torres Novas	2:39.47	421 21,00
3. CRUZ, Rita Carrico 50m: 39.75 100m: 1:23.77 150m: 2:08.60 200m: 2:51.38	04 Viver Santarem	2:51.38	339 20,00
4. FITAS, Filipa Cardigo 50m: 38.14 100m: 1:21.77 150m: 2:09.19 200m: 2:57.97	02 20Km de Almeirim	2:57.97	303 19,00
5. RIBEIRO, Carolina Martins 50m: 38.25 100m: 1:23.64 150m: 2:11.58 200m: 2:58.70	03 CCDSerta	2:58.70	299 18,00
6. MENDES, Lea Alexandra 50m: 39.68 100m: 1:27.56 150m: 2:15.57 200m: 2:59.76	03 Gualdim Pais	2:59.76	294 17,00
7. DIAS, Marta Chambel 50m: 38.38 100m: 1:23.82 150m: 2:12.55 200m: 3:01.47	02 CLAC-Entroncamento	3:01.47	286 16,00
8. GARCIA, Ines Marques 50m: 39.34 100m: 1:27.30 150m: 2:16.54 200m: 3:03.68	03 Nautico Abrantes	3:03.68	276 15,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 3, Femin., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
9. PEREIRA, Ana Beatriz 50m: 37.30 100m: 1:23.02 150m: 2:12.06 200m: 3:04.69	04 Salvaterra de Magos	3:04.69	271 14,00
10. MARQUES, Carolina Miguel 50m: 39.92 100m: 1:27.39 150m: 2:16.04 200m: 3:04.70	99 Natacao do Tejo	3:04.70	271 13,00
11. MOREIRA, Margarida Natario 50m: 39.12 100m: 1:27.53 150m: 2:18.23 200m: 3:09.27	99 Natacao Guarda	3:09.27	252 12,00
12. TELES, Ana Margarida 50m: 38.43 100m: 1:25.15 150m: 2:17.39 200m: 3:09.83	01 Aminata	3:09.83	250 11,00
13. FONSECA, Ana Filipa 50m: 39.65 100m: 1:28.73 150m: 2:21.36 200m: 3:12.08	04 Estremoz / Estremozcarnes	3:12.08	241 10,00
14. TEODORO, Marcia Goncalves 50m: 39.66 100m: 1:29.07 150m: 2:23.44 200m: 3:20.08	03 Electrico Clube	3:20.08	213 9,00
15. BRAZ, Sara Isabel 50m: 41.77 100m: 1:33.34 150m: 2:29.31 200m: 3:22.78	03 Atletico Montemor	3:22.78	205 8,00
16. FARIA, Claudia Nunes 50m: 42.83 100m: 1:35.57 150m: 2:31.68 200m: 3:29.22	03 Litoral Alentejano	3:29.22	186 7,00
17. SANTOS, Ana Filipa 50m: 45.14 100m: 1:38.69 150m: 2:36.55 200m: 3:34.94	03 Elvense	3:34.94	172 6,00

Prova 4

29-01-2017 - 10:30

Masc., 100m Bruços

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. PEREIRA, Ricardo Samuel 50m: 33.02 100m: 1:09.46	03 CCDSerta	1:09.46	513 23,00
2. FRADE, Miguel Goncalves 50m: 33.00 100m: 1:09.88	00 Torres Novas	1:09.88	503 21,00
3. NUNES, Francisco Costa 50m: 33.42 100m: 1:10.29	02 Salvaterra de Magos	1:10.29	495 20,00
4. MERUJE, Joaquim Agra 50m: 32.68 100m: 1:10.43	01 Elvense	1:10.43	492 19,00
5. BARRULAS, Joao Miguel 50m: 33.23 100m: 1:10.66	99 Estremoz / Estremozcarnes	1:10.66	487 18,00
6. GIL, Joao Pedro 50m: 33.82 100m: 1:12.06	98 Electrico Clube	1:12.06	459 17,00
7. SARAMAGO, Artur Rafael 50m: 34.55 100m: 1:12.51	97 BUZIOS-Coruche	1:12.51	451 16,00
8. TAVARES, Pedro Oliveira 50m: 34.43 100m: 1:14.60	01 Natacao Guarda	1:14.60	414 15,00
9. NUNES, Pedro Manuel 50m: 34.62 100m: 1:15.36	98 CLAC-Entroncamento	1:15.36	401 14,00
10. LOPES, Luis Afonso 50m: 36.29 100m: 1:17.06	03 Viver Santarem	1:17.06	375 13,00
11. ALVES, Rodrigo Miguel 50m: 36.42 100m: 1:18.05	02 Aminata	1:18.05	361 12,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 4, Masc., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
12. RODRIGUES, Luis Nunes 50m: 37.38 100m: 1:18.77	99 Desportivo de Odemira	1:18.77	351 11,00
13. ALMEIDA, Joao Tiago 50m: 36.50 100m: 1:20.50	99 20Km de Almeirim	1:20.50	329 10,00
14. CARREGADO, Pedro Marques 50m: 37.59 100m: 1:23.09	02 Desportivo Mora	1:23.09	299 9,00
15. BARRENHO, Antonio Duarte 50m: 39.64 100m: 1:24.24	00 Atletico Montemor	1:24.24	287 8,00
16. MENDES, Martim Rosa 50m: 39.93 100m: 1:24.29	03 Albicastrense	1:24.29	287 7,00
17. FELICIO, Tomas Miguel 50m: 39.65 100m: 1:24.80	03 Rio Maior	1:24.80	282 6,00
18. CARVALHO, Daniel Francisco 50m: 41.78 100m: 1:27.28	02 Natacao do Tejo	1:27.28	258 5,00
19. MARIANO, Samuel Andre 50m: 41.21 100m: 1:27.67	02 Litoral Alentejano	1:27.67	255 4,00
20. OLIVEIRA, Vasco Peixoto 50m: 45.22 100m: 1:37.63	04 Nautico Abrantes	1:37.63	184 3,00
21. MONTEIRO, Jose Miguel 50m: 47.91 100m: 1:40.72	04 Gualdim Pais	1:40.72	168 2,00

Prova 5
29-01-2017 - 10:35

Femin., 200m Bruços

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. MARQUES, Mafalda Gilberto 50m: 37.74 100m: 1:19.04 150m: 2:01.42 200m: 2:44.91	01 Natacao do Tejo	2:44.91	543 23,00
2. SILVA, Ines Louro 50m: 40.78 100m: 1:25.17 150m: 2:11.73 200m: 2:57.12	04 Albicastrense	2:57.12	438 21,00
3. MORAIS, Margarida Mateus 50m: 41.63 100m: 1:26.64 150m: 2:12.29 200m: 2:57.20	04 Torres Novas	2:57.20	437 20,00
4. TREZENTOS, Catarina Goncalves 50m: 41.92 100m: 1:28.75 150m: 2:14.95 200m: 3:02.47	98 Gualdim Pais	3:02.47	401 19,00
5. MATIAS, Marta Filipa 50m: 40.86 100m: 1:27.19 150m: 2:14.49 200m: 3:02.92	03 CCDSerta	3:02.92	398 18,00
6. RENG, Ines Comprido 50m: 41.28 100m: 1:27.59 150m: 2:15.03 200m: 3:03.83	01 Elvense	3:03.83	392 17,00
7. LOPES, Melissa Helena 50m: 40.90 100m: 1:27.08 150m: 2:14.96 200m: 3:03.86	00 Litoral Alentejano	3:03.86	392 16,00
8. RIBEIRO, Ines Maria 50m: 1:29.79 100m: 2:19.00 150m: 3:05.39 200m: 3:05.39	94 CLAC-Entroncamento	3:05.39	382 15,00
9. OLIVEIRA, Ana Patricia 50m: 42.57 100m: 1:29.37 150m: 2:17.90 200m: 3:05.55	03 20Km de Almeirim	3:05.55	381 14,00
10. FADISTA, Ines Bicho 50m: 42.86 100m: 1:30.47 150m: 2:17.52 200m: 3:05.74	00 Aminata	3:05.74	380 13,00

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 5, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
11. PINTO, Oriana Manuela 50m: 41.91 100m: 1:28.26 150m: 2:16.98 200m: 3:08.08	02 Natacao Guarda	3:08.08	366 12,00
12. ALVES, Carina Alexandra 50m: 1:31.17 100m: 2:22.01 150m: 3:13.59 200m: 3:13.59	04 Rio Maior	3:13.59	335 11,00
13. GASPAS, Mariana Rodrigues 50m: 45.34 100m: 1:35.86 150m: 2:26.53 200m: 3:16.60	03 Desportivo de Odemira	3:16.60	320 10,00
14. FIGUEIRAS, Filipa Tibo 50m: 46.69 100m: 1:38.53 150m: 2:31.44 200m: 3:24.14	04 Atletico Montemor	3:24.14	286 9,00
15. CARLOTA, Catarina Isabel 50m: 46.75 100m: 1:38.53 150m: 2:32.31 200m: 3:25.20	05 BUZIOS-Coruche	3:25.20	282 8,00
16. COSTA, Patricia Pinheiro 50m: 48.62 100m: 1:42.83 150m: 2:38.02 200m: 3:32.25	04 Salvaterra de Magos	3:32.25	254 7,00
17. FONTES, Beatriz Roldao 50m: 48.65 100m: 1:45.61 150m: 2:44.71 200m: 3:42.50	04 Nautico Abrantes	3:42.50	221 6,00
18. GOMES, Ines Freitas 50m: 51.55 100m: 1:48.79 150m: 2:47.85 200m: 3:48.03	02 Grandola Sports	3:48.03	205 5,00
19. CANDEIAS, Marta Filipa 50m: 51.01 100m: 1:52.02 150m: 2:54.68 200m: 3:53.68	04 Estremoz / Estremozcarnes	3:53.68	190 4,00
20. FERREIRA, Daniela Goncalves 50m: 53.92 100m: 1:55.30 150m: 2:58.15 200m: 4:00.23	05 Desportivo Mora	4:00.23	175 3,00

Prova 6
29-01-2017 - 10:55

Masc., 50m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. DIONISIO, Bernardo Jose	99 Gualdim Pais	25.62	494 23,00
2. LUZ, Jose Henriques	99 Torres Novas	25.73	488 21,00
3. BATALHA, Andre Mendes	99 Aminata	25.74	487 20,00
4. LEAL, Ricardo Luis	01 CLAC-Entroncamento	25.76	486 19,00
5. AGOSTINHO, Tomas Jose	99 BUZIOS-Coruche	25.79	484 18,00
6. CORREIA, Hugo Filipe	99 Litoral Alentejano	25.95	475 17,00
7. MEIRINHO, Joao Magalhaes	01 Desportivo de Odemira	26.70	436 16,00
8. ANDRADE, Manuel Tomas	01 20Km de Almeirim	27.27	410 15,00
9. MARQUES, Carlos Manuel	00 Albicastrense	27.44	402 14,00
10. PIRES, João Filipe	00 Estremoz / Estremozcarnes	27.88	383 13,00
11. CESAR, Tiago Miguel	00 Atletico Montemor	28.41	362 12,00
12. ADAIXO, Pedro Salzedas	00 Natacao Guarda	28.74	350 11,00
13. SIMOES, Diogo Daniel	99 Rio Maior	28.90	344 10,00
14. SAGRADAS, Hugo Alexandre	01 Natacao do Tejo	29.03	339 9,00
15. CALDEIRA, Isaias Francisco	02 CCDSerta	29.37	328 8,00
16. PIRES, Tomas Nunes	01 Electrico Clube	29.50	323 7,00
17. COUTINHO, Guilherme Pereira	03 Viver Santarem	29.75	315 6,00
18. XIMENES, Duarte Rodrigues	04 Salvaterra de Magos	30.11	304 5,00
19. SANTA, Alexandre Miguel	99 Elvense	30.69	287 4,00
20. OLIVEIRA, Vasco Peixoto	04 Nautico Abrantes	34.13	209 3,00



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CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 7
29-01-2017 - 11:00

Femin., 100m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. NEVES, Carolina Marques 50m: 29.06 100m: 1:00.29	01 Torres Novas	1:00.29	602 23,00
2. FREIRE, Ines Alexandra 50m: 29.82 100m: 1:02.19	01 Aminata	1:02.19	548 21,00
3. CARPINTEIRO, Carolina Silverio 50m: 31.56 100m: 1:05.57	02 Natacao do Tejo	1:05.57	468 20,00
4. FRADIQUE, Beatriz Gregorio 50m: 32.18 100m: 1:06.40	00 Albicastrense	1:06.40	450 19,00
5. BENTO, Beatriz Staiger 50m: 31.38 100m: 1:06.41	04 20Km de Almeirim	1:06.41	450 18,00
6. COSTA, Mafalda Magalhaes 50m: 31.34 100m: 1:06.98	03 Gualdim Pais	1:06.98	439 17,00
7. PEREIRA, Ana Beatriz 50m: 32.28 100m: 1:07.19	04 Salvaterra de Magos	1:07.19	435 16,00
8. ALVES, Ines Sofia 50m: 31.99 100m: 1:07.21	00 Natacao Guarda	1:07.21	434 15,00
9. DIOGO, Maria Beatriz 50m: 32.39 100m: 1:07.78	99 Nautico Abrantes	1:07.78	423 14,00
10. CATARINO, Carolina Andre 50m: 33.46 100m: 1:09.70	99 CCDSerta	1:09.70	389 13,00
11. FERRUM, Andreia Filipa 50m: 34.42 100m: 1:10.61	95 Rio Maior	1:10.61	374 12,00
12. ANASTACIO, Joana Alves 50m: 34.07 100m: 1:12.07	00 Electrico Clube	1:12.07	352 11,00
13. CARLOTA, Catarina Isabel 50m: 35.20 100m: 1:12.20	05 BUZIOS-Coruche	1:12.20	350 10,00
14. ANTONIO, Jessica Andreia 50m: 34.76 100m: 1:12.28	02 CLAC-Entroncamento	1:12.28	349 9,00
15. FIGUEIRAS, Filipa Tibo 50m: 35.34 100m: 1:12.35	04 Atletico Montemor	1:12.35	348 8,00
16. FRANCO, Barbara Garrido 50m: 34.50 100m: 1:14.83	04 Elvense	1:14.83	314 7,00
17. CORREIA, Madalena Alves 50m: 35.92 100m: 1:15.45	01 Litoral Alentejano	1:15.45	307 6,00
18. BARRULAS, Ana Rita 50m: 36.00 100m: 1:16.93	90 Estremoz / Estremozcarnes	1:16.93	289 5,00
19. GUIA, Carolina Manuela 50m: 38.47 100m: 1:18.93	05 Viver Santarem	1:18.93	268 4,00
20. SILVA, Beatriz dos Santos 50m: 36.75 100m: 1:19.18	01 Desportivo de Odemira	1:19.18	265 3,00
21. LOPES, Claudia Raquel 50m: 37.80 100m: 1:19.29	02 Grandola Sports	1:19.29	264 2,00
22. FORTIO, Margarida Ventura 50m: 36.62 100m: 1:23.23	05 Desportivo Mora	1:23.23	228 1,00



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CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 8
29-01-2017 - 11:05

Masc., 100m Costas

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. ROSA, Afonso Guilherme 50m: 29.69 100m: 1:01.04	99 Torres Novas	1:01.04	514 23,00
2. ESCADA, Tiago Pastor 50m: 30.18 100m: 1:01.78	99 Aminata	1:01.78	496 21,00
3. LEAL, Ricardo Luis 50m: 30.85 100m: 1:03.04	01 CLAC-Entroncamento	1:03.04	467 20,00
4. MARQUES, Joao Miguel 50m: 31.91 100m: 1:03.99	01 20Km de Almeirim	1:03.99	446 19,00
5. RODRIGUES, Tiago Rafael 50m: 31.43 100m: 1:07.05	97 CCDSerta	1:07.05	388 18,00
6. ASSEN, Lars 50m: 33.36 100m: 1:07.47	00 Desportivo de Odemira	1:07.47	381 17,00
7. COSTA, Marco Antonio 50m: 33.32 100m: 1:08.42	02 Natacao Guarda	1:08.42	365 16,00
8. TECEDIRO, Jorge Daniel 50m: 33.71 100m: 1:08.99	99 Atletico Montemor	1:08.99	356 15,00
9. DIAS, Francisco Teixeira 50m: 34.24 100m: 1:09.27	02 Albicastrense	1:09.27	352 14,00
10. RENGA, Filipe Comprido 50m: 33.97 100m: 1:09.87	02 Elvense	1:09.87	343 13,00
11. FILIPE, Daniel Marques 50m: 34.45 100m: 1:10.48	02 Nautico Abrantes	1:10.48	334 12,00
12. BOTO, Pedro Alexandre 50m: 34.77 100m: 1:12.11	02 Litoral Alentejano	1:12.11	312 11,00
13. CASACA, Miguel Santos 50m: 35.31 100m: 1:12.34	02 Salvaterra de Magos	1:12.34	309 10,00
14. SILVA, Dinis Neves 50m: 37.10 100m: 1:16.25	00 Gualdim Pais	1:16.25	264 9,00
15. CHOCAS, Afonso Alves 50m: 37.19 100m: 1:16.46	04 Electrico Clube	1:16.46	261 8,00
16. CARPINTEIRO, David Jose 50m: 37.66 100m: 1:16.74	00 Natacao do Tejo	1:16.74	259 7,00
17. CARVALHO, Martim Henriques 50m: 38.06 100m: 1:17.40	04 Rio Maior	1:17.40	252 6,00
18. SILVA, Afonso Miguel 50m: 38.17 100m: 1:18.04	03 Viver Santarem	1:18.04	246 5,00
19. FRÓIS, André Filipe 50m: 37.63 100m: 1:19.01	02 Estremoz / Estremozcarnes	1:19.01	237 4,00
20. SILVA, Duarte Filipe 50m: 40.37 100m: 1:21.63	03 BUZIOS-Coruche	1:21.63	215 3,00



cidade centenária
passado alçerce do futuro



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 9
29-01-2017 - 11:15

Femin., 200m Costas

Absoluto
Resultados

Pontos: FINA 2016

Lugar			Ano				Tempo final	Pts	
1.	DUARTE, Ines Ferreira	01	Torres Novas				2:30.28	499	23,00
	50m: 35.43	100m: 1:13.20	150m: 1:52.05	200m: 2:30.28					
2.	SOUSA, Ana Reis	02	Litoral Alentejano				2:32.93	473	21,00
	50m: 36.49	100m: 1:15.13	150m: 1:54.56	200m: 2:32.93					
3.	CATARINO, Laura Andre	03	CCDSerta				2:34.02	463	20,00
	50m: 36.05	100m: 1:14.97	150m: 1:55.32	200m: 2:34.02					
4.	RODRIGUES, Ana Beatriz	02	Rio Maior				2:38.58	425	19,00
	50m: 37.72	100m: 1:18.13	150m: 1:57.83	200m: 2:38.58					
5.	MANTAS, Daniela Filipa	99	Atletico Montemor				2:39.43	418	18,00
	50m: 37.56	100m: 1:17.49	150m: 1:58.81	200m: 2:39.43					
6.	MENDES, Lea Alexandra	03	Gualdim Pais				2:41.66	401	17,00
	50m: 37.90	100m: 1:19.55	150m: 2:01.23	200m: 2:41.66					
7.	REIS, Alexandra Bandovas	02	Estremoz / Estremozcarnes				2:46.60	366	16,00
	50m: 37.34	100m: 1:18.91	150m: 2:02.55	200m: 2:46.60					
8.	BENTO, Maria Madalena	05	BUZIOS-Coruche				2:47.28	362	15,00
	50m: 38.67	100m: 1:21.50	150m: 2:05.65	200m: 2:47.28					
9.	TEODORO, Marcia Goncalves	03	Electrico Clube				2:47.61	359	14,00
	50m: 39.56	100m: 1:22.05	150m: 2:05.43	200m: 2:47.61					
10.	MARQUES, Alice Sequeira	04	Albicastrense				2:49.46	348	13,00
	50m: 41.11	100m: 1:23.70	150m: 2:08.23	200m: 2:49.46					
11.	SEABRA, Ana Miguel	04	Aminata				2:50.96	339	12,00
	50m: 41.65	100m: 1:24.93	150m: 2:09.65	200m: 2:50.96					
12.	VENTURA, Sara Sofia	04	Elvense				2:52.13	332	11,00
	50m: 38.87	100m: 1:21.83	150m: 2:07.14	200m: 2:52.13					
13.	FIDALGO, Mariana Narciso	99	20Km de Almeirim				2:52.17	332	10,00
	50m: 40.86	100m: 1:24.29	150m: 2:08.83	200m: 2:52.17					
14.	DIAS, Rita Pereira	02	Natacao Guarda				2:55.11	315	9,00
	50m: 39.08	100m: 1:23.43	150m: 2:09.59	200m: 2:55.11					
15.	MARQUES, Carolina Miguel	99	Natacao do Tejo				2:57.20	304	8,00
	50m: 42.10	100m: 1:27.36	150m: 2:12.50	200m: 2:57.20					
16.	FIGUEIREDO, Mariana Oliveira	04	Salvaterra de Magos				2:58.04	300	7,00
	50m: 41.14	100m: 1:25.86	150m: 2:12.78	200m: 2:58.04					
17.	LOURO, Raquel Canelas	04	Viver Santarem				2:58.56	297	6,00
	50m: 41.85	100m: 1:27.53	150m: 2:14.84	200m: 2:58.56					
18.	GIL, Matilde Basilio	03	CLAC-Entroncamento				2:59.03	295	5,00
	50m: 42.30	100m: 1:27.92	150m: 2:14.13	200m: 2:59.03					
19.	ASSEN, Britt	03	Desportivo de Odemira				3:04.09	271	4,00
	50m: 43.95	100m: 1:30.91	150m: 2:19.07	200m: 3:04.09					
20.	COELHO, Ana Teles	02	Desportivo Mora				3:08.94	251	3,00
	50m: 43.30	100m: 1:31.62	150m: 2:20.91	200m: 3:08.94					
21.	MATA, Margarida Sousa	03	Grandola Sports				3:22.37	204	2,00
	50m: 46.65	100m: 1:38.33	150m: 2:32.42	200m: 3:22.37					
22.	FARINHA, Vania Alves	05	Nautico Abrantes				3:33.63	173	1,00
	50m: 50.68	100m: 1:48.47	150m: 2:42.52	200m: 3:33.63					



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 10
29-01-2017 - 11:25

Masc., 400m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano						Tempo final	Pts	
1. SIMOES, Bernardo Jorge	02	Torres Novas					4:20.37	541	23,00
50m: 29.67	150m: 1:36.22	250m: 2:43.11	350m: 3:48.81	100m: 1:02.83	200m: 2:09.55	300m: 3:16.21	400m: 4:20.37		
2. SALDIDA, Goncalo Faria	99	Natacao do Tejo					4:21.42	535	21,00
50m: 29.45	150m: 1:35.40	250m: 2:41.92	350m: 3:49.99	100m: 1:02.40	200m: 2:08.71	300m: 3:16.17	400m: 4:21.42		
3. LOPES, Rui Jorge	00	CLAC-Entroncamento					4:21.57	534	20,00
50m: 31.13	150m: 1:37.97	250m: 2:44.51	350m: 3:51.18	100m: 1:04.44	200m: 2:11.89	300m: 3:17.93	400m: 4:21.57		
4. DUARTE, Joao Silverio	99	Electrico Clube					4:22.83	526	19,00
50m: 30.06	150m: 1:36.66	250m: 2:43.74	350m: 3:51.05	100m: 1:03.13	200m: 2:11.17	300m: 3:18.22	400m: 4:22.83		
5. ESCADA, Tiago Pastor	99	Aminata					4:25.61	510	18,00
50m: 30.82	150m: 1:37.71	250m: 2:42.74	350m: 3:51.46	100m: 1:04.54	200m: 2:11.70	300m: 3:16.39	400m: 4:25.61		
6. AZINHEIRINHA, Tiago Manuel	98	Atletico Montemor					4:32.24	473	17,00
50m: 30.63	150m: 1:37.43	250m: 2:47.47	350m: 3:58.08	100m: 1:03.46	200m: 2:12.54	300m: 3:22.84	400m: 4:32.24		
7. PIRES, Guilherme Duarte	99	Rio Maior					4:35.83	455	16,00
50m: 30.89	150m: 1:39.41	250m: 2:49.27	350m: 4:00.71	100m: 1:04.91	200m: 2:14.50	300m: 3:24.88	400m: 4:35.83		
8. DIAS, Simao Pedro	02	Natacao Guarda					4:40.82	431	15,00
50m: 30.75	150m: 1:40.84	250m: 2:51.27	350m: 4:04.98	100m: 1:05.53	200m: 2:15.82	300m: 3:27.96	400m: 4:40.82		
9. PEREIRA, Ricardo Samuel	03	CCDSerta					4:47.12	403	14,00
50m: 32.36	150m: 1:45.34	250m: 2:59.26	350m: 4:13.33	100m: 1:08.34	200m: 2:22.57	300m: 3:36.44	400m: 4:47.12		
10. FILIPE, Daniel Marques	02	Nautico Abrantes					4:47.80	401	13,00
50m: 32.58	150m: 1:45.99	250m: 3:01.18	350m: 4:14.10	100m: 1:08.65	200m: 2:23.54	300m: 3:39.10	400m: 4:47.80		
11. OURELO, Ruben Manuel	00	Estremoz / Estremozcarnes					4:48.46	398	12,00
50m: 33.12	150m: 1:45.94	250m: 3:00.78	350m: 4:14.08	100m: 1:08.79	200m: 2:23.43	300m: 3:38.34	400m: 4:48.46		
12. PACAU, Joao Afonso	02	Gualdim Pais					4:50.75	389	11,00
50m: 31.58	150m: 1:42.27	250m: 2:58.29	350m: 4:14.04	100m: 1:06.64	200m: 2:20.20	300m: 3:35.65	400m: 4:50.75		
13. CIDONCHA, Goncalo Passos	98	Desportivo de Odemira					4:51.38	386	10,00
50m: 32.60	150m: 1:46.13	250m: 3:00.38	350m: 4:15.27	100m: 1:08.90	200m: 2:23.16	300m: 3:37.93	400m: 4:51.38		
14. CORDEIRO, Jose Oliveira	03	Salvaterra de Magos					4:54.34	374	9,00
50m: 32.24	150m: 1:45.28	250m: 3:00.87	350m: 4:17.67	100m: 1:07.93	200m: 2:22.84	300m: 3:39.09	400m: 4:54.34		
15. COTRIM, Miguel Monsanto	03	Viver Santarem					4:56.22	367	8,00
50m: 33.76	150m: 1:47.61	250m: 3:03.57	350m: 4:19.76	100m: 1:10.10	200m: 2:25.48	300m: 3:41.81	400m: 4:56.22		
16. ANDRADE, Manuel Tomas	01	20Km de Almeirim					4:57.64	362	7,00
50m: 32.71	150m: 1:46.86	250m: 3:03.82	350m: 4:20.63	100m: 1:09.58	200m: 2:25.45	300m: 3:41.95	400m: 4:57.64		



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 10, Masc., 400m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
17. MARIANO, Samuel Andre	02 Litoral Alentejano	5:03.78	341 6,00
50m: 34.14 150m: 1:50.49 250m: 3:07.87 350m: 4:26.31			
100m: 1:11.66 200m: 2:29.16 300m: 3:47.08 400m: 5:03.78			
18. CAMPOS, Guilherme Moiteiro	02 Albicastrense	5:06.61	331 5,00
50m: 33.59 150m: 1:52.60 250m: 3:11.11 350m: 4:30.58			
100m: 1:12.99 200m: 2:31.92 300m: 3:50.92 400m: 5:06.61			
19. CARREGADO, Pedro Marques	02 Desportivo Mora	5:16.40	301 4,00
50m: 33.48 150m: 1:51.87 250m: 3:12.43 350m: 4:36.32			
100m: 1:12.37 200m: 2:32.27 300m: 3:53.99 400m: 5:16.40			
20. MARTINS, Miguel Alexandre	04 BUZIOS-Coruche	5:22.15	286 3,00
50m: 35.87 150m: 1:57.34 250m: 3:19.43 350m: 4:41.65			
100m: 1:16.15 200m: 2:38.59 300m: 4:00.43 400m: 5:22.15			
21. SUSTELO, Manuel Goncalves	00 Elvense	5:32.59	259 2,00
50m: 35.99 150m: 1:58.19 250m: 3:24.59 350m: 4:51.35			
100m: 1:15.78 200m: 2:41.45 300m: 4:07.99 400m: 5:32.59			

Prova 11

29-01-2017 - 11:45

Femin., 200m Estilos

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. NEVES, Carolina Marques	01 Torres Novas	2:31.39	521 23,00
50m: 34.14 100m: 1:14.63 150m: 1:58.78 200m: 2:31.39			
2. LASCU, Nicoleta	02 Litoral Alentejano	2:31.73	518 21,00
50m: 32.88 100m: 1:11.33 150m: 1:57.34 200m: 2:31.73			
3. MARQUES, Mafalda Gilberto	01 Natacao do Tejo	2:39.72	444 20,00
50m: 34.26 100m: 1:17.32 150m: 2:01.54 200m: 2:39.72			
4. VIEIRA, Carolina Lopes	02 Gualdim Pais	2:42.17	424 19,00
50m: 35.59 100m: 1:18.85 150m: 2:05.23 200m: 2:42.17			
5. MATIAS, Marta Filipa	03 CCDSerta	2:42.54	421 18,00
50m: 35.14 100m: 1:16.49 150m: 2:03.37 200m: 2:42.54			
6. RENGÁ, Ines Comprido	01 Elvense	2:44.22	408 17,00
50m: 33.93 100m: 1:16.74 150m: 2:04.06 200m: 2:44.22			
7. MOREIRA, Margarida Natario	99 Natacao Guarda	2:44.86	403 16,00
50m: 35.80 100m: 1:17.60 150m: 2:04.41 200m: 2:44.86			
8. REIS, Beatriz Grave	05 Rio Maior	2:46.00	395 15,00
50m: 35.76 100m: 1:17.67 150m: 2:07.37 200m: 2:46.00			
9. LOPES, Claudia Gavetanho	02 Albicastrense	2:46.79	390 14,00
50m: 36.14 100m: 1:19.13 150m: 2:07.41 200m: 2:46.79			
10. BENTO, Maria Madalena	05 BUZIOS-Coruche	2:48.16	380 13,00
50m: 36.24 100m: 1:18.79 150m: 2:11.57 200m: 2:48.16			
11. COLACO, Beatriz Felix	01 Aminata	2:51.04	361 12,00
50m: 36.81 100m: 1:20.13 150m: 2:11.04 200m: 2:51.04			
12. GARCIA, Ines Marques	03 Nautico Abrantes	2:51.25	360 11,00
50m: 37.56 100m: 1:20.76 150m: 2:12.29 200m: 2:51.25			
13. FIDALGO, Mariana Narciso	99 20Km de Almeirim	2:53.08	349 10,00
50m: 40.08 100m: 1:24.79 150m: 2:12.64 200m: 2:53.08			



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 11, Femin., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
14. AMARO, Margarida Monteiro	02 Atletico Montemor	2:59.65	312 9,00
50m: 38.22 100m: 1:22.38 150m: 2:16.70 200m: 2:59.65			
15. FONSECA, Ana Filipa	04 Estremoz / Estremozcarnes	3:05.44	283 8,00
50m: 38.64 100m: 1:25.97 150m: 2:22.60 200m: 3:05.44			
16. COSTA, Patricia Pinheiro	04 Salvaterra de Magos	3:07.80	273 7,00
50m: 43.25 100m: 1:30.00 150m: 2:26.24 200m: 3:07.80			
17. FORTIO, Margarida Ventura	05 Desportivo Mora	3:25.89	207 6,00
50m: 49.18 100m: 1:41.78 150m: 2:40.99 200m: 3:25.89			
DSQ LOPES, Claudia Raquel	02 Grandola Sports		-
<i>SW 6.5 - O (a) atleta não chegou na posição dorsal</i>			
DSQ PALMA, Ines Pinto	05 Desportivo de Odemira		-
<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, de Mariposa</i>			
DSQ DIAS, Marta Chambel	02 CLAC-Entroncamento		-
<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultaneamente na viragem aos 150 metros</i>			

Prova 12

Masc., 4 x 100m Livres

Absoluto

29-01-2017 - 12:05

Resultados

Pontos: FINA 2016

Lugar	Tempo final	Pts
1. Torres Novas 1	3:43.64	550 23,00
LUZ, Jose Henriques 99 26.99 54.53	FRADE, Miguel Goncalves 00 27.28 56.76	
SIMOES, Bernardo Jorge 02 26.87 55.91	ROSA, Afonso Guilherme 99 27.33 56.44	
2. CLAC-Entroncamento 1	3:52.55	489 21,00
GONCALVES, Joao Afonso 00 29.49 1:01.43	LOPES, Rui Jorge 00 27.50 56.85	
NUNES, Pedro Manuel 98 28.30 58.72	LEAL, Ricardo Luis 01 27.00 55.55	
3. Aminata 1	3:53.93	481 20,00
BATALHA, Andre Mendes 99 27.08 56.99	ESCADA, Tiago Pastor 99 27.05 55.96	
CALCONA, Joao Filipe 02 30.64 1:04.31	ESCADA, Bernardo Pastor 99 26.64 56.67	
4. CCDSerta 1	3:57.37	460 19,00
PEREIRA, Francisco Daniel 99 26.66 56.28	RODRIGUES, Tiago Rafael 97 28.58 1:01.01	
ALVES, Rodrigo Galvao 00 27.72 59.68	FERREIRA, Joao Pedro 00 27.15 1:00.40	
5. 20Km de Almeirim 1	3:59.76	446 18,00
MARTINS, Diogo Franco 01 28.46 58.48	ALMEIDA, Joao Tiago 99 28.35 1:00.56	
ANDRADE, Manuel Tomas 01 30.70 1:04.86	MARQUES, Joao Miguel 01 27.40 55.86	
6. Desportivo de Odemira 1	4:02.92	429 17,00
ASSEN, Lars 00 28.47 59.06	RODRIGUES, Luis Nunes 99 29.99 1:02.30	
MEIRINHO, Joao Magalhaes 01 28.12 59.20	CIDONCHA, Goncalo Passos 98 30.02 1:02.36	
7. Natacao Guarda 1	4:04.38	421 16,00
COSTA, Marco Antonio 02 27.52 58.37	DIAS, Simao Pedro 02 28.80 1:01.28	
TAVARES, Pedro Oliveira 01 30.10 1:03.66	CRUZ, Pedro Miguel 01 27.46 1:01.07	
8. Salvaterra de Magos 1	4:08.38	401 15,00
TOME, Diogo Bernardo 03 30.49 1:03.22	CASACA, Miguel Santos 02 28.84 1:00.38	
CORDEIRO, Jose Oliveira 03 31.08 1:05.96	NUNES, Francisco Costa 02 27.84 58.82	
9. Natacao do Tejo 1	4:11.89	385 14,00
SALDIDA, Goncalo Faria 99 29.31 1:01.22	SAGRADAS, Hugo Alexandre 01 29.76 1:03.75	
CARVALHO, David Antonio 99 29.69 1:02.49	SILVA, Marcio Lima 01 31.02 1:04.43	



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

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

Lugar					Tempo final	Pts	
10. Electrico Clube 1	Electrico Clube				4:12.06	384	13,00
CHOCAS, Afonso Alves	04	32.86	1:11.08	PIRES, Tomas Nunes	01	31.04	1:05.73
GIL, Joao Pedro	98	28.74	1:00.37	DUARTE, Joao Silverio	99	26.17	54.88
11. Atletico Montemor 1	Atletico Montemor				4:13.23	379	12,00
CESAR, Tiago Miguel	00	30.60	1:02.71	BARRENHO, Antonio Duarte	00	32.65	1:09.19
TECEDEIRO, Jorge Daniel	99	30.16	1:02.93	AZINHEIRINHA, Tiago Manuel	98	28.11	58.40
12. Elvense 3	Elvense				4:13.35	378	11,00
SUSTELO, Manuel Goncalves	00	32.55	1:08.66	RENGA, Filipe Comprido	02	28.47	1:00.05
SANTA, Alexandre Miguel	99	30.99	1:06.68	MERUJE, Joaquim Agra	01	26.48	57.96
13. Estremoz / Estremozcarnes 1	Estremoz / Estremozcarnes				4:13.95	376	10,00
BARRULAS, Joao Miguel	99	28.86	1:00.38	PIRES, João Filipe	00	30.09	1:04.70
MASSAS, Pedro Miguel	02	31.99	1:08.25	CATARINO, Joao Mendes	01	28.50	1:00.62
14. Litoral Alentejano 1	Litoral Alentejano				4:14.05	375	9,00
CORREIA, Hugo Filipe	99	27.29	56.80	BOTO, Pedro Alexandre	02	29.38	1:02.18
BOTO, Andre Alexandre	00	30.83	1:05.16	CUSTODIO, Guilherme Miguel	02	33.31	1:09.91
15. Albicastrense 1	Albicastrense				4:14.57	373	8,00
DIAS, Francisco Teixeira	02	30.75	1:04.05	NUNES, Alexis Simao	02	31.23	1:05.76
CAMPOS, Guilherme Moiteiro	02	31.44	1:06.67	MARQUES, Carlos Manuel	00	27.50	58.09
16. Viver Santarem 1	Viver Santarem				4:16.80	363	7,00
LOPES, Luis Afonso	03	31.39	1:05.00	COUTINHO, Guilherme Pereira	03	31.24	1:04.84
ALVES, Rui Chagas	03	29.22	59.94	COTRIM, Miguel Monsanto	03	32.30	1:07.02
17. BUZIOS-Coruche 1	BUZIOS-Coruche				4:19.95	350	6,00
AGOSTINHO, Tomas Jose	99	27.18	57.11	SILVA, Duarte Filipe	03	34.13	1:12.50
SARAMAGO, Artur Rafael	97	27.48	57.53	MARTINS, Miguel Alexandre	04	35.01	1:12.81
18. Gualdim Pais 1	Gualdim Pais				4:20.94	346	5,00
PACAU, Joao Afonso	02	29.30	1:00.43	MONTEIRO, Jose Miguel	04	36.58	1:17.68
SILVA, Dinis Neves	00	30.69	1:05.56	DIONISIO, Bernardo Jose	99	27.66	57.27
DSQ Rio Maior 1	Rio Maior						-
<i>SW 10.11 - Rendição antecipada do(a) 3 nadador(a)</i>							
FELICIO, Tomas Miguel, CARREIRA, Ruben Filipe, PIRES, Guilherme Duarte, SIMOES, Diogo Daniel							

Prova 13
29-01-2017 - 12:20

Femin., 4 x 100m Estilos

Absoluto
Resultados

Pontos: FINA 2016

Lugar					Tempo final	Pts	
1. Litoral Alentejano 1	Litoral Alentejano				4:45.43	491	23,00
LASCU, Nicoleta	02	33.40	1:07.97	SOUZA, Ana Reis	02	32.12	1:09.85
GUEDES, Ana Carolina	93	37.13	1:19.34	LOPES, Melissa Helena	00	31.72	1:08.27
2. Torres Novas 1	Torres Novas				4:47.57	480	21,00
DUARTE, Ines Ferreira	01	34.18	1:11.49	REIS, Beatriz Santos	01	33.38	1:13.55
CASAL, Beatriz Goncalves	03	37.33	1:21.16	NEVES, Carolina Marques	01		1:01.37
3. Albicastrense 1	Albicastrense				5:02.80	411	20,00
MARQUES, Alice Sequeira	04	39.35	1:20.89	MARQUES, Maria Alexandra	04	33.39	1:11.50
SILVA, Ines Louro	04	39.58	1:24.04	FRADIQUE, Beatriz Gregorio	00	31.78	1:06.37
4. Aminata 1	Aminata				5:04.88	403	19,00
SEABRA, Ana Miguel	04	39.43	1:20.23	FREIRE, Ines Alexandra	01	32.39	1:10.47
FADISTA, Ines Bicho	00	40.04	1:27.37	GUO, Zhang Ye	03	30.96	1:06.81
5. Gualdim Pais 1	Gualdim Pais				5:07.15	394	18,00
MENDES, Lea Alexandra	03	36.07	1:14.99	VIEIRA, Carolina Lopes	02	34.83	1:18.21
TREZENTOS, Catarina Goncalves	98	40.46	1:25.86	COSTA, Mafalda Magalhaes	03	32.51	1:08.09



cidade centenária
passado alçerce do futuro



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

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

Lugar						Tempo final	Pts	
6.	CCDSerta 1			CCDSerta		5:07.31	393	17,00
	MENDONCA, Maria Joao	00	36.83	1:16.10	MATIAS, Marta Filipa	03	34.57	1:15.15
	CATARINO, Carolina Andre	99	41.94	1:30.76	CATARINO, Laura Andre	03	30.99	1:05.30
7.	Natacao do Tejo 1			Natacao do Tejo		5:09.42	385	16,00
	MARQUES, Carolina Miguel	99	41.01	1:23.81	CARPINTEIRO, Carolina Silverio	02	33.52	1:13.79
	MARQUES, Mafalda Gilberto	01	37.29	1:18.40	SILVA, Catarina Filipa	03	35.81	1:13.42
8.	Rio Maior 1			Rio Maior		5:13.21	371	15,00
	RODRIGUES, Ana Beatriz	02	36.57	1:15.84	REIS, Beatriz Grave	05	36.31	1:17.75
	ALVES, Carina Alexandra	04	41.71	1:29.89	FERRUM, Andreia Filipa	95	33.48	1:09.73
9.	20Km de Almeirim 1			20Km de Almeirim		5:13.48	370	14,00
	FIDALGO, Mariana Narciso	99	40.52	1:23.10	FITAS, Filipa Cardigo	02	35.18	1:16.05
	OLIVEIRA, Ana Patricia	03	40.60	1:27.09	BENTO, Beatriz Staiger	04	31.78	1:07.24
10.	Natacao Guarda 1			Natacao Guarda		5:14.20	368	13,00
	MOREIRA, Margarida Natario	99	36.14	1:16.06	ALVES, Ines Sofia	00	34.91	1:22.21
	PINTO, Oriana Manuela	02	39.95	1:24.98	FERREIRA, Nicia Filipa	01	33.46	1:10.95
11.	Elvense 1			Elvense		5:23.23	338	12,00
	VENTURA, Sara Sofia	04	40.00	1:22.51	RENGA, Ines Comprido	01	33.78	1:13.43
	FRANCO, Barbara Garrido	04	41.10	1:28.55	MENDES, Lucia Paulo	01	37.19	1:18.74
12.	CLAC-Entroncamento 1			CLAC-Entroncamento		5:30.41	316	11,00
	ANTONIO, Jessica Andreia	02	42.19	1:25.14	SILVA, Maria Beatriz	02	37.16	1:26.26
	RIBEIRO, Ines Maria	94	40.98	1:27.34	MOUTINHO, Ines Fernandes	99	32.44	1:11.67
13.	Nautico Abrantes 2			Nautico Abrantes		5:35.14	303	10,00
	DIOGO, Maria Beatriz	99	36.06	1:15.48	GARCIA, Ines Marques	03	38.17	1:25.63
	FONTES, Beatriz Roldao	04	48.54	1:46.62	MOURA, Beatriz Catarino	02	31.44	1:07.41
14.	Atletico Montemor 2			Atletico Montemor		5:38.55	294	9,00
	MANTAS, Daniela Filipa	99	35.54	1:14.25	BRAZ, Sara Isabel	03	44.66	1:33.86
	AMARO, Margarida Monteiro	02	45.55	1:37.42	FIGUEIRAS, Filipa Tibo	04	34.75	1:13.02
15.	Estremoz / Estremozcarnes 2			Estremoz / Estremozcarnes		5:40.21	290	8,00
	REIS, Alexandra Bandovas	02	36.72	1:16.78	FONSECA, Ana Filipa	04	39.11	1:26.17
	PIRES, Matilde Silva	04	44.07	1:34.65	CANDEIAS, Marta Filipa	04	39.51	1:22.61
16.	Salvaterra de Magos 1			Salvaterra de Magos		5:44.56	279	7,00
	FIGUEIREDO, Mariana Oliveira	04	40.51	1:22.01	PEREIRA, Ana Beatriz	04	36.65	1:20.32
	COTOVIO, Ines Filipa	05	51.58	1:47.33	COSTA, Patricia Pinheiro	04	36.61	1:14.90
17.	Desportivo de Odemira 2			Desportivo de Odemira		6:02.73	239	6,00
	PALMA, Ines Pinto	05	47.28	1:36.91	ASSEN, Britt	03	42.36	1:34.07
	GASPAR, Mariana Rodrigues	03	44.15	1:32.24	SILVA, Beatriz dos Santos	01	37.85	1:19.51
DSQ	Grandola Sports 1			Grandola Sports				-
	<i>SW 7.6 - O (a) atleta tocou com uma mão na parede na viragem aos 200 metros</i>							
	MATA, Margarida Sousa, GOMES, Ines Freitas, SILVA, Joana Anjos, LOPES, Claudia Raquel							



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 14
29-01-2017 - 15:00

Masc., 800m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar								Ano		Tempo final	Pts	
1.	SALDIDA, Goncalo Faria							99	Natacao do Tejo	9:00.10	553	23,00
	50m:	32.14	200m:	2:11.67	350m:	3:53.09	500m:	5:34.52	650m:	7:18.58	800m:	9:00.10
	100m:	1:05.23	250m:	2:45.40	400m:	4:27.13	550m:	6:09.00	700m:	7:53.09		
	150m:	1:38.26	300m:	3:19.04	450m:	5:00.51	600m:	6:43.74	750m:	8:26.67		
2.	LOPES, Rui Jorge							00	CLAC-Entroncamento	9:08.84	527	21,00
	50m:	32.23	200m:	2:14.09	350m:	3:57.18	500m:	5:41.46	650m:	7:25.15	800m:	9:08.84
	100m:	1:06.11	250m:	2:48.14	400m:	4:31.86	550m:	6:16.11	700m:	7:59.95		
	150m:	1:39.79	300m:	3:22.55	450m:	5:06.59	600m:	6:50.66	750m:	8:34.74		
3.	RAMOS, Filipe Asseiceira							00	Torres Novas	9:16.98	504	20,00
	50m:	31.56	200m:	2:13.76	350m:	3:59.31	500m:	5:46.44	650m:	7:32.35	800m:	9:16.98
	100m:	1:05.01	250m:	2:48.82	400m:	4:34.88	550m:	6:22.10	700m:	8:07.68		
	150m:	1:39.01	300m:	3:24.24	450m:	5:10.34	600m:	6:58.18	750m:	8:43.23		
4.	MARTINS, Diogo Franco							01	20Km de Almeirim	9:18.99	499	19,00
	50m:	30.78	200m:	2:13.18	350m:	3:57.22	500m:	5:44.33	650m:	7:32.64	800m:	9:18.99
	100m:	1:04.24	250m:	2:47.48	400m:	4:32.50	550m:	6:20.57	700m:	8:08.04		
	150m:	1:38.87	300m:	3:21.92	450m:	5:08.17	600m:	6:56.66	750m:	8:43.67		
5.	PEREIRA, Francisco Daniel							99	CCDSerta	9:23.87	486	18,00
	50m:	30.84	200m:	2:15.27	350m:	4:02.48	500m:	5:50.62	650m:	7:37.14	800m:	9:23.87
	100m:	1:05.20	250m:	2:50.88	400m:	4:38.08	550m:	6:25.53	700m:	8:12.85		
	150m:	1:39.98	300m:	3:26.75	450m:	5:14.36	600m:	7:01.02	750m:	8:48.07		
6.	AGOSTINHO, Tomas Jose							99	BUZIOS-Coruche	9:24.84	483	17,00
	50m:	31.44	200m:	2:16.74	350m:	4:03.76	500m:	5:51.54	650m:	7:39.82	800m:	9:24.84
	100m:	1:06.12	250m:	2:52.35	400m:	4:39.77	550m:	6:28.02	700m:	8:15.70		
	150m:	1:41.09	300m:	3:27.92	450m:	5:15.74	600m:	7:03.99	750m:	8:50.91		
7.	DIAS, Simao Pedro							02	Natacao Guarda	9:29.91	471	16,00
	50m:	31.77	200m:	2:19.99	350m:	4:08.57	500m:	5:56.80	650m:	7:44.51	800m:	9:29.91
	100m:	1:07.42	250m:	2:56.14	400m:	4:44.61	550m:	6:32.92	700m:	8:20.69		
	150m:	1:43.45	300m:	3:32.62	450m:	5:21.30	600m:	7:08.82	750m:	8:55.39		
8.	PIRES, Guilherme Duarte							99	Rio Maior	9:31.91	466	15,00
	50m:	31.49	200m:	2:18.69	350m:	4:07.04	500m:	5:55.93	650m:	7:44.47	800m:	9:31.91
	100m:	1:06.52	250m:	2:54.92	400m:	4:43.31	550m:	6:32.12	700m:	8:20.95		
	150m:	1:42.56	300m:	3:30.99	450m:	5:19.46	600m:	7:08.25	750m:	8:57.21		
9.	AZINHEIRINHA, Tiago Manuel							98	Atletico Montemor	9:33.17	463	14,00
	50m:	31.81	200m:	2:19.39	350m:	4:10.22	500m:	5:59.94	650m:	7:47.82	800m:	9:33.17
	100m:	1:06.83	250m:	2:56.02	400m:	4:46.72	550m:	6:36.23	700m:	8:23.37		
	150m:	1:42.93	300m:	3:33.32	450m:	5:23.37	600m:	7:12.36	750m:	8:59.47		
10.	MEIRINHO, Joao Magalhaes							01	Desportivo de Odemira	9:37.83	451	13,00
	50m:	31.89	200m:	2:18.09	350m:	4:06.29	500m:	5:56.74	650m:	7:49.32	800m:	9:37.83
	100m:	1:06.79	250m:	2:54.01	400m:	4:42.52	550m:	6:34.33	700m:	8:26.62		
	150m:	1:42.49	300m:	3:30.02	450m:	5:19.54	600m:	7:11.36	750m:	9:03.14		
11.	BATALHA, Andre Mendes							99	Aminata	9:49.45	425	12,00
	50m:	32.41	200m:	2:22.31	350m:	4:14.67	500m:	6:08.18	650m:	8:01.22	800m:	9:49.45
	100m:	1:08.13	250m:	2:59.22	400m:	4:52.23	550m:	6:45.68	700m:	8:38.92		
	150m:	1:44.86	300m:	3:36.70	450m:	5:30.21	600m:	7:23.45	750m:	9:16.47		
12.	BOTO, Andre Alexandre							00	Litoral Alentejano	9:50.46	423	11,00
	50m:	33.07	200m:	2:24.07	350m:	4:15.81	500m:	6:07.36	650m:	8:00.26	800m:	9:50.46
	100m:	1:09.42	250m:	3:00.79	400m:	4:53.10	550m:	6:44.94	700m:	8:37.47		
	150m:	1:46.50	300m:	3:38.28	450m:	5:30.49	600m:	7:22.79	750m:	9:14.85		
13.	TOME, Diogo Bernardo							03	Salvaterra de Magos	9:51.52	421	10,00
	50m:	32.12	200m:	2:22.63	350m:	4:16.12	500m:	6:09.26	650m:	8:01.95	800m:	9:51.52
	100m:	1:08.15	250m:	3:00.32	400m:	4:54.04	550m:	6:46.93	700m:	8:39.26		
	150m:	1:45.20	300m:	3:38.09	450m:	5:31.28	600m:	7:24.76	750m:	9:16.22		

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 14, Masc., 800m Livres, Absoluto

Lugar	Ano		Tempo final		Pts
14. COUTINHO, Guilherme Pereira	03	Viver Santarem	9:55.94	411	9,00
50m: 34.17 200m: 2:28.53 350m: 4:22.63 500m: 6:15.29 650m: 8:07.83 800m: 9:55.94	100m: 1:11.91 250m: 3:06.81 400m: 5:00.72 550m: 6:52.74 700m: 8:45.14	150m: 1:49.96 300m: 3:44.86 450m: 5:37.96 600m: 7:30.17 750m: 9:20.91			
15. OURELO, Ruben Manuel	00	Estremoz / Estremozcarnes	10:13.21	378	8,00
50m: 34.10 200m: 2:27.67 350m: 4:23.22 500m: 6:20.44 650m: 8:19.09 800m: 10:13.21	100m: 1:11.82 250m: 3:06.32 400m: 5:02.43 550m: 6:59.98 700m: 8:58.13	150m: 1:49.69 300m: 3:44.96 450m: 5:41.63 600m: 7:39.41 750m: 9:36.70			
16. PACAU, Joao Afonso	02	Gualdim Pais	10:19.00	367	7,00
50m: 35.16 200m: 2:29.90 350m: 4:26.35 500m: 6:24.70 650m: 8:24.92 800m: 10:19.00	100m: 1:13.43 250m: 3:07.83 400m: 5:05.99 550m: 7:03.82 700m: 9:04.31	150m: 1:51.93 300m: 3:46.53 450m: 5:45.21 600m: 7:43.91 750m: 9:42.34			
17. CAMPOS, Guilherme Moiteiro	02	Albicastrense	10:43.46	327	6,00
50m: 34.79 200m: 2:35.65 350m: 4:38.42 500m: 6:41.15 650m: 8:44.14 800m: 10:43.46	100m: 1:14.97 250m: 3:15.93 400m: 5:19.54 550m: 7:21.77 700m: 9:25.27	150m: 1:55.54 300m: 3:56.79 450m: 6:00.50 600m: 8:03.30 750m: 10:05.92			
18. CARREGADO, Pedro Marques	02	Desportivo Mora	10:57.38	306	5,00
50m: 35.07 200m: 2:36.71 350m: 4:43.86 500m: 6:52.05 650m: 8:57.91 800m: 10:57.38	100m: 1:13.92 250m: 3:19.27 400m: 5:27.04 550m: 7:34.84 700m: 9:38.39	150m: 1:54.80 300m: 4:01.48 450m: 6:10.21 600m: 8:15.77 750m: 10:18.47			
19. SANTA, Alexandre Miguel	99	Elvense	11:35.43	259	4,00
50m: 38.61 200m: 2:47.29 350m: 5:02.03 500m: 7:15.88 650m: 9:29.49 800m: 11:35.43	100m: 1:20.27 250m: 3:32.13 400m: 5:46.76 550m: 8:00.59 700m: 10:12.87	150m: 2:02.95 300m: 4:17.12 450m: 6:31.56 600m: 8:45.29 750m: 10:54.95			

Prova 15
29-01-2017 - 15:35

Femin., 100m Mariposa

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. SOUSA, Ana Reis	02 Litoral Alentejano	1:08.93	497 23,00
50m: 31.66 100m: 1:08.93			
2. MARQUES, Maria Alexandra	04 Albicastrense	1:11.19	451 21,00
50m: 34.22 100m: 1:11.19			
3. REIS, Beatriz Santos	01 Torres Novas	1:14.03	401 20,00
50m: 34.14 100m: 1:14.03			
4. RENGA, Ines Comprido	01 Elvense	1:14.22	398 19,00
50m: 34.15 100m: 1:14.22			
5. PEREIRA, Ana Beatriz	04 Salvaterra de Magos	1:16.29	366 18,00
50m: 35.11 100m: 1:16.29			
6. BENTO, Beatriz Staiger	04 20Km de Almeirim	1:17.02	356 17,00
50m: 35.00 100m: 1:17.02			
7. CRUZ, Rita Carrico	04 Viver Santarem	1:17.04	356 16,00
50m: 36.82 100m: 1:17.04			
8. MOREIRA, Margarida Natario	99 Natacao Guarda	1:17.51	349 15,00
50m: 35.54 100m: 1:17.51			
9. REIS, Beatriz Grave	05 Rio Maior	1:18.53	336 14,00
50m: 37.24 100m: 1:18.53			
10. RIBEIRO, Carolina Martins	03 CCDSerta	1:21.12	305 13,00
50m: 36.83 100m: 1:21.12			

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 15, Femin., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
11. DIAS, Marta Chambel 50m: 37.22 100m: 1:21.72	02 CLAC-Entroncamento	1:21.72	298 12,00
12. TELES, Ana Margarida 50m: 37.04 100m: 1:21.99	01 Aminata	1:21.99	295 11,00
13. MARQUES, Carolina Miguel 50m: 37.82 100m: 1:22.54	99 Natacao do Tejo	1:22.54	289 10,00
14. MOURA, Beatriz Catarino 50m: 38.32 100m: 1:23.64	02 Nautico Abrantes	1:23.64	278 9,00
15. FONSECA, Ana Filipa 50m: 39.28 100m: 1:25.98	04 Estremoz / Estremozcarnes	1:25.98	256 8,00
16. TEODORO, Marcia Goncalves 50m: 38.91 100m: 1:28.42	03 Electrico Clube	1:28.42	235 7,00
17. BRAZ, Sara Isabel 50m: 42.78 100m: 1:30.93	03 Atletico Montemor	1:30.93	216 6,00
18. ASSEN, Britt 50m: 43.44 100m: 1:35.82	03 Desportivo de Odemira	1:35.82	185 5,00
DSQ NOBRE, Beatriz Gaspar <i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>	05 Gualdim Pais		-
DSQ SILVA, Joana Anjos <i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>	02 Grandola Sports		-

Prova 16
29-01-2017 - 15:45

Masc., 200m Mariposa

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. DUARTE, Joao Silverio 50m: 29.84 100m: 1:03.27 150m: 1:37.13 200m: 2:12.14	99 Electrico Clube	2:12.14	554 23,00
2. ESCADA, Bernardo Pastor 50m: 30.71 100m: 1:05.15 150m: 1:39.76 200m: 2:15.69	99 Aminata	2:15.69	512 21,00
3. CALADO, Joao Jose 50m: 30.04 100m: 1:03.84 150m: 1:39.31 200m: 2:15.76	01 Torres Novas	2:15.76	511 20,00
4. MERUJE, Joaquim Agra 50m: 30.79 100m: 1:07.31 150m: 1:45.14 200m: 2:23.75	01 Elvense	2:23.75	430 19,00
5. COSTA, Marco Antonio 50m: 31.58 100m: 1:09.21 150m: 1:48.27 200m: 2:25.88	02 Natacao Guarda	2:25.88	412 18,00
6. MARTINS, Diogo Franco 50m: 33.80 100m: 1:12.97 150m: 1:52.26 200m: 2:32.71	01 20Km de Almeirim	2:32.71	359 17,00
7. ALVES, Rodrigo Galvao 50m: 33.03 100m: 1:12.31 150m: 1:54.28 200m: 2:39.12	00 CCDSerta	2:39.12	317 16,00
8. JORGE, Tiago Miguel 50m: 34.25 100m: 1:14.18 150m: 1:56.29 200m: 2:39.79	03 Rio Maior	2:39.79	313 15,00
9. SOUSA, Jose Nuno 50m: 36.47 100m: 1:18.32 150m: 2:01.21 200m: 2:46.25	99 CLAC-Entroncamento	2:46.25	278 14,00
10. CIDONCHA, Goncalo Passos 50m: 37.90 100m: 1:22.33 150m: 2:06.27 200m: 2:47.89	98 Desportivo de Odemira	2:47.89	270 13,00



cidade centenária
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CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 16, Masc., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
11. NUNES, Alexis Simao 50m: 36.67 100m: 1:19.25 150m: 2:04.00 200m: 2:50.27	02 Albicastrense	2:50.27	259 12,00
12. COUTINHO, Guilherme Pereira 50m: 39.12 100m: 1:24.69 150m: 2:09.79 200m: 2:52.97	03 Viver Santarem	2:52.97	247 11,00
13. SILVA, Marcio Lima 50m: 38.73 100m: 1:24.06 150m: 2:10.73 200m: 2:53.78	01 Natacao do Tejo	2:53.78	243 10,00
14. SILVA, Dinis Neves 50m: 38.05 100m: 1:23.60 150m: 2:10.11 200m: 2:56.91	00 Gualdim Pais	2:56.91	231 9,00
15. CORREIA, Francisco Alves 50m: 38.00 100m: 1:23.50 150m: 2:11.22 200m: 3:03.94	04 Litoral Alentejano	3:03.94	205 8,00
16. SILVA, Duarte Filipe 50m: 40.89 100m: 1:30.97 150m: 2:23.39 200m: 3:14.08	03 BUZIOS-Coruche	3:14.08	175 7,00
DSQ XIMENES, Duarte Rodrigues <i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>	04 Salvaterra de Magos		-
DSQ MASSAS, Pedro Miguel <i>SW 8.4 - O (a) atleta tocou com uma mão na parede na viragem aos 100 metros</i>	02 Estremoz / Estremozcarnes		-
DSQ CESAR, Tiago Miguel <i>SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 100 metros</i>	00 Atletico Montemor		-

Prova 17

29-01-2017 - 15:55

Femin., 100m Bruços

Absoluto

Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. MARQUES, Mafalda Gilberto 50m: 37.45 100m: 1:18.53	01 Natacao do Tejo	1:18.53	500 23,00
2. GUEDES, Ana Carolina 50m: 37.32 100m: 1:18.74	93 Litoral Alentejano	1:18.74	496 21,00
3. DUARTE, Ines Ferreira 50m: 38.01 100m: 1:20.39	01 Torres Novas	1:20.39	466 20,00
4. SILVA, Ines Louro 50m: 39.73 100m: 1:23.17	04 Albicastrense	1:23.17	421 19,00
5. MATIAS, Marta Filipa 50m: 39.41 100m: 1:24.15	03 CCDSerta	1:24.15	406 18,00
6. RIBEIRO, Ines Maria 50m: 40.85 100m: 1:25.92	94 CLAC-Entroncamento	1:25.92	382 17,00
7. PINTO, Oriana Manuela 50m: 40.47 100m: 1:26.30	02 Natacao Guarda	1:26.30	377 16,00
8. DIOGO, Maria Beatriz 50m: 40.94 100m: 1:26.58	99 Nautico Abrantes	1:26.58	373 15,00
9. OLIVEIRA, Ana Patricia 50m: 41.37 100m: 1:26.75	03 20Km de Almeirim	1:26.75	371 14,00
10. TREZENTOS, Catarina Goncalves 50m: 40.85 100m: 1:26.99	98 Gualdim Pais	1:26.99	368 13,00
11. FADISTA, Ines Bicho 50m: 40.81 100m: 1:28.31	00 Aminata	1:28.31	352 12,00

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 17, Femin., 100m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
12. FRANCO, Barbara Garrido 50m: 41.85 100m: 1:28.44	04 Elvense	1:28.44	350 11,00
13. GASPARG, Mariana Rodrigues 50m: 44.00 100m: 1:31.91	03 Desportivo de Odemira	1:31.91	312 10,00
14. ALVES, Carina Alexandra 50m: 42.08 100m: 1:32.16	04 Rio Maior	1:32.16	309 9,00
15. PIRES, Matilde Silva 50m: 44.11 100m: 1:34.34	04 Estremoz / Estremozcarnes	1:34.34	288 8,00
16. FIGUEIRAS, Filipa Tibo 50m: 45.82 100m: 1:36.31	04 Atletico Montemor	1:36.31	271 7,00
17. RODRIGUES, Sofia Alexandra 50m: 45.62 100m: 1:38.44	99 Electrico Clube	1:38.44	254 6,00
18. MIRA, Leonor Maria 50m: 45.93 100m: 1:38.61	04 BUZIOS-Coruche	1:38.61	252 5,00
19. COSTA, Patricia Pinheiro 50m: 48.30 100m: 1:41.40	04 Salvaterra de Magos	1:41.40	232 4,00
20. GUIA, Carolina Manuela 50m: 48.65 100m: 1:42.71	05 Viver Santarem	1:42.71	223 3,00
21. GOMES, Ines Freitas 50m: 49.75 100m: 1:45.69	02 Grandola Sports	1:45.69	205 2,00
DSQ FORTIO, Margarida Ventura SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 50 metros	05 Desportivo Mora		-

Prova 18

29-01-2017 - 16:05

Masc., 200m Bruços

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. FRADE, Miguel Goncalves 50m: 34.86 100m: 1:13.42 150m: 1:51.29 200m: 2:30.24	00 Torres Novas	2:30.24	515 23,00
2. PEREIRA, Ricardo Samuel 50m: 34.06 100m: 1:14.55 150m: 1:56.01 200m: 2:35.12	03 CCDSerta	2:35.12	468 21,00
3. NUNES, Francisco Costa 50m: 35.06 100m: 1:14.86 150m: 1:55.35 200m: 2:35.66	02 Salvaterra de Magos	2:35.66	463 20,00
4. SARAMAGO, Artur Rafael 50m: 35.97 100m: 1:16.73 150m: 1:57.73 200m: 2:37.16	97 BUZIOS-Coruche	2:37.16	450 19,00
5. BARRULAS, Joao Miguel 50m: 35.49 100m: 1:15.42 150m: 1:56.36 200m: 2:37.45	99 Estremoz / Estremozcarnes	2:37.45	448 18,00
6. TAVARES, Pedro Oliveira 50m: 35.80 100m: 1:17.39 150m: 2:00.41 200m: 2:41.16	01 Natacao Guarda	2:41.16	417 17,00
7. GIL, Joao Pedro 50m: 35.87 100m: 1:16.89 150m: 1:59.26 200m: 2:41.35	98 Electrico Clube	2:41.35	416 16,00
8. CORREIA, Hugo Filipe 50m: 36.48 100m: 1:18.75 150m: 2:00.73 200m: 2:43.44	99 Litoral Alentejano	2:43.44	400 15,00
9. ALVES, Rodrigo Miguel 50m: 40.04 100m: 1:24.10 150m: 2:06.67 200m: 2:47.81	02 Aminata	2:47.81	370 14,00



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CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 18, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
10. LOPES, Luis Afonso 50m: 38.78 100m: 1:22.96 150m: 2:06.02 200m: 2:47.83	03 Viver Santarem	2:47.83	369 13,00
11. FELICIO, Tomas Miguel 50m: 40.27 100m: 1:26.66 150m: 2:13.25 200m: 2:58.93	03 Rio Maior	2:58.93	305 12,00
12. MENDES, Martim Rosa 50m: 41.41 100m: 1:27.60 150m: 2:15.13 200m: 3:00.72	03 Albicastrense	3:00.72	296 11,00
13. ALMEIDA, Joao Tiago 50m: 38.52 100m: 1:24.05 150m: 2:12.89 200m: 3:02.71	99 20Km de Almeirim	3:02.71	286 10,00
14. CARVALHO, Daniel Francisco 50m: 42.43 100m: 1:29.89 150m: 2:16.69 200m: 3:02.73	02 Natacao do Tejo	3:02.73	286 9,00
15. SUSTELO, Manuel Goncalves 50m: 40.88 100m: 1:28.24 150m: 2:17.18 200m: 3:05.78	00 Elvense	3:05.78	272 8,00
16. BARRENHO, Antonio Duarte 50m: 41.07 100m: 1:28.65 150m: 2:17.74 200m: 3:05.87	00 Atletico Montemor	3:05.87	272 7,00
17. NEVES, Antonio Correia 50m: 44.20 100m: 1:34.10 150m: 2:25.72 200m: 3:17.02	03 Desportivo de Odemira	3:17.02	228 6,00
18. SILVA, Dinis Neves 50m: 45.21 100m: 1:37.45 150m: 2:28.12 200m: 3:18.76	00 Gualdim Pais	3:18.76	222 5,00
19. OLIVEIRA, Vasco Peixoto 50m: 44.59 100m: 1:37.16 150m: 2:31.62 200m: 3:23.55	04 Nautico Abrantes	3:23.55	207 4,00
DSQ FORTUNATO, Joao Francisco SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 50 metros	01 CLAC-Entroncamento		-

Prova 19

29-01-2017 - 16:20

Femin., 50m Livres

Absoluto

Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. OLIVEIRA, Marta Sousa	01 Torres Novas	28.81	524 23,00
2. COSTA, Mafalda Magalhaes	03 Gualdim Pais	29.58	484 21,00
3. RODRIGUES, Ana Beatriz	02 Rio Maior	29.68	480 20,00
4. ALVES, Ines Sofia	00 Natacao Guarda	30.00	464 19,00
5. MANTAS, Daniela Filipa	99 Atletico Montemor	30.16	457 18,00
6. BENTO, Beatriz Staiger	04 20Km de Almeirim	30.57	439 17,00
7. GUO, Zhang Ye	03 Aminata	30.85	427 16,00
8. DIOGO, Maria Beatriz	99 Nautico Abrantes	30.91	425 15,00
9. FRADIQUE, Beatriz Gregorio	00 Albicastrense	31.22	412 14,00
10. CATARINO, Carolina Andre	99 CCDSerta	31.46	403 13,00
11. LOPES, Melissa Helena	00 Litoral Alentejano	32.17	377 12,00
12. SILVA, Maria Beatriz	02 CLAC-Entroncamento	32.42	368 11,00
13. LOURO, Raquel Canelas	04 Viver Santarem	33.13	345 10,00
14. FIGUEIREDO, Mariana Oliveira	04 Salvaterra de Magos	33.26	341 9,00
15. ANASTACIO, Joana Alves	00 Electrico Clube	33.41	336 8,00
16. MIRA, Leonor Maria	04 BUZIOS-Coruche	34.39	308 7,00
17. SANTOS, Ana Filipa	03 Elvense	34.42	307 6,00
18. SILVA, Beatriz dos Santos	01 Desportivo de Odemira	34.43	307 5,00
19. BARRULAS, Ana Rita	90 Estremoz / Estremozcarnes	34.78	298 4,00
20. LOPES, Claudia Raquel	02 Grandola Sports	34.87	296 3,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 19, Femin., 50m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
21. FERREIRA, Daniela Goncalves	05 Desportivo Mora	38.87	213 2,00
22. VALENTIM, Beatriz Gaudencio	03 Natacao do Tejo	39.48	203 1,00

Prova 20

29-01-2017 - 16:25

Masc., 100m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. LUZ, Jose Henriques 50m: 27.12 100m: 54.53	99 Torres Novas	54.53	559 23,00
2. DIONISIO, Bernardo Jose 50m: 27.11 100m: 55.06	99 Gualdim Pais	55.06	543 21,00
3. MARQUES, Joao Miguel 50m: 27.68 100m: 55.68	01 20Km de Almeirim	55.68	525 20,00
4. LEAL, Ricardo Luis 50m: 27.54 100m: 55.70	01 CLAC-Entroncamento	55.70	525 19,00
5. PEREIRA, Francisco Daniel 50m: 27.11 100m: 56.41	99 CCDSerta	56.41	505 18,00
6. BATALHA, Andre Mendes 50m: 27.31 100m: 56.47	99 Aminata	56.47	504 17,00
7. MARQUES, Carlos Manuel 50m: 28.66 100m: 59.62	00 Albicastrense	59.62	428 16,00
8. FILIPE, Daniel Marques 50m: 28.99 100m: 59.87	02 Nautico Abrantes	59.87	422 15,00
9. ALVES, Rui Chagas 50m: 29.67 100m: 1:00.45	03 Viver Santarem	1:00.45	410 14,00
10. CASACA, Miguel Santos 50m: 29.61 100m: 1:00.67	02 Salvaterra de Magos	1:00.67	406 13,00
11. CRUZ, Pedro Miguel 50m: 29.04 100m: 1:01.54	01 Natacao Guarda	1:01.54	389 12,00
12. TECEDAIRO, Jorge Daniel 50m: 30.85 100m: 1:02.74	99 Atletico Montemor	1:02.74	367 11,00
13. RODRIGUES, Luis Nunes 50m: 30.49 100m: 1:02.85	99 Desportivo de Odemira	1:02.85	365 10,00
14. SIMOES, Diogo Daniel 50m: 30.19 100m: 1:03.70	99 Rio Maior	1:03.70	351 9,00
15. SAGRADAS, Hugo Alexandre 50m: 29.87 100m: 1:03.90	01 Natacao do Tejo	1:03.90	347 8,00
16. PIRES, João Filipe 50m: 31.03 100m: 1:04.56	00 Estremoz / Estremozcarnes	1:04.56	337 7,00
17. SANTA, Alexandre Miguel 50m: 33.05 100m: 1:08.29	99 Elvense	1:08.29	284 6,00
18. CUSTODIO, Guilherme Miguel 50m: 33.15 100m: 1:09.00	02 Litoral Alentejano	1:09.00	276 5,00
19. MARTINS, Miguel Alexandre 50m: 34.26 100m: 1:10.93	04 BUZIOS-Coruche	1:10.93	254 4,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 21
29-01-2017 - 16:35

Femin., 100m Costas

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts	Absoluto
1. LASCU, Nicoleta 50m: 32.62 100m: 1:07.38	02 Litoral Alentejano	1:07.38	544	23,00
2. DUARTE, Ines Ferreira 50m: 33.77 100m: 1:09.90	01 Torres Novas	1:09.90	487	21,00
3. FREIRE, Ines Alexandra 50m: 33.89 100m: 1:10.04	01 Aminata	1:10.04	485	20,00
4. RODRIGUES, Ana Beatriz 50m: 36.35 100m: 1:13.94	02 Rio Maior	1:13.94	412	19,00
5. MANTAS, Daniela Filipa 50m: 36.34 100m: 1:14.59	99 Atletico Montemor	1:14.59	401	18,00
6. MENDES, Lea Alexandra 50m: 36.09 100m: 1:14.79	03 Gualdim Pais	1:14.79	398	17,00
7. MENDONCA, Maria Joao 50m: 37.92 100m: 1:18.54	00 CCDSerta	1:18.54	343	16,00
8. ANASTACIO, Joana Alves 50m: 38.75 100m: 1:19.88	00 Electrico Clube	1:19.88	326	15,00
9. GARCIA, Ines Marques 50m: 39.15 100m: 1:20.29	03 Nautico Abrantes	1:20.29	321	14,00
10. VENTURA, Sara Sofia 50m: 38.41 100m: 1:20.32	04 Elvense	1:20.32	321	13,00
11. MARQUES, Alice Sequeira 50m: 39.69 100m: 1:20.52	04 Albicastrense	1:20.52	319	12,00
12. FIGUEIREDO, Mariana Oliveira 50m: 41.13 100m: 1:22.44	04 Salvaterra de Magos	1:22.44	297	11,00
13. MENDES, Beatriz Goncalves 50m: 39.67 100m: 1:22.91	01 Natacao Guarda	1:22.91	292	10,00
14. PAVEIA, Maria Ines 50m: 40.33 100m: 1:23.20	03 20Km de Almeirim	1:23.20	289	9,00
15. LOURO, Raquel Canelas 50m: 42.05 100m: 1:24.54	04 Viver Santarem	1:24.54	275	8,00
16. CARLOTA, Catarina Isabel 50m: 41.98 100m: 1:25.03	05 BUZIOS-Coruche	1:25.03	271	7,00
17. GIL, Matilde Basilio 50m: 41.70 100m: 1:26.59	03 CLAC-Entroncamento	1:26.59	256	6,00
18. MATA, Margarida Sousa 50m: 43.74 100m: 1:27.76	03 Grandola Sports	1:27.76	246	5,00
19. SILVA, Catarina Filipa 50m: 42.97 100m: 1:28.30	03 Natacao do Tejo	1:28.30	242	4,00
20. CANDEIAS, Marta Filipa 50m: 46.66 100m: 1:35.15	04 Estremoz / Estremozcarnes	1:35.15	193	3,00
21. PALMA, Ines Pinto 50m: 47.40 100m: 1:37.10	05 Desportivo de Odemira	1:37.10	182	2,00
22. FERREIRA, Daniela Goncalves 50m: 51.99 100m: 1:47.99	05 Desportivo Mora	1:47.99	132	1,00



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 22
29-01-2017 - 16:40

Masc., 200m Costas

Absoluto
Resultados

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts	
1.	ROSA, Afonso Guilherme				99	Torres Novas			2:18.34	445	23,00
	50m:	32.21	100m:	1:07.44	150m:	1:43.79	200m:	2:18.34			
2.	ESCADA, Tiago Pastor				99	Aminata			2:19.01	438	21,00
	50m:	32.61	100m:	1:07.73	150m:	1:44.05	200m:	2:19.01			
3.	RODRIGUES, Tiago Rafael				97	CCDSerta			2:24.32	392	20,00
	50m:	32.34	100m:	1:08.09	150m:	1:46.24	200m:	2:24.32			
4.	ASSEN, Lars				00	Desportivo de Odemira			2:26.55	374	19,00
	50m:	33.56	100m:	1:10.99	150m:	1:50.38	200m:	2:26.55			
5.	DIAS, Francisco Teixeira				02	Albicastrense			2:27.03	370	18,00
	50m:	34.93	100m:	1:12.20	150m:	1:50.56	200m:	2:27.03			
6.	SALDIDA, Goncalo Faria				99	Natacao do Tejo			2:27.25	369	17,00
	50m:	33.81	100m:	1:11.73	150m:	1:49.68	200m:	2:27.25			
7.	RENGA, Filipe Comprido				02	Elvense			2:29.92	349	16,00
	50m:	34.24	100m:	1:12.70	150m:	1:52.42	200m:	2:29.92			
8.	TOME, Diogo Bernardo				03	Salvaterra de Magos			2:31.10	341	15,00
	50m:	36.43	100m:	1:15.08	150m:	1:54.00	200m:	2:31.10			
9.	TAVARES, Pedro Oliveira				01	Natacao Guarda			2:32.36	333	14,00
	50m:	35.36	100m:	1:14.39	150m:	1:53.77	200m:	2:32.36			
10.	ANDRADE, Manuel Tomas				01	20Km de Almeirim			2:32.58	331	13,00
	50m:	35.51	100m:	1:13.62	150m:	1:53.55	200m:	2:32.58			
11.	TECEDEIRO, Jorge Daniel				99	Atletico Montemor			2:34.21	321	12,00
	50m:	34.79	100m:	1:12.54	150m:	1:52.94	200m:	2:34.21			
12.	SOUSA, Jose Nuno				99	CLAC-Entroncamento			2:38.47	296	11,00
	50m:	36.68	100m:	1:17.20	150m:	1:57.75	200m:	2:38.47			
13.	CARVALHO, Martim Henriques				04	Rio Maior			2:43.09	271	10,00
	50m:	38.41	100m:	1:20.31	150m:	2:01.82	200m:	2:43.09			
14.	SILVA, Afonso Miguel				03	Viver Santarem			2:44.59	264	9,00
	50m:	37.62	100m:	1:19.12	150m:	2:02.69	200m:	2:44.59			
15.	MARIANO, Samuel Andre				02	Litoral Alentejano			2:45.87	258	8,00
	50m:	39.43	100m:	1:21.50	150m:	2:04.54	200m:	2:45.87			
16.	CHOCAS, Afonso Alves				04	Electrico Clube			2:46.16	256	7,00
	50m:	39.98	100m:	1:23.08	150m:	2:05.80	200m:	2:46.16			
17.	SILVA, Duarte Filipe				03	BUZIOS-Coruche			2:51.96	231	6,00
	50m:	40.97	100m:	1:24.89	150m:	2:09.32	200m:	2:51.96			
18.	MONTEIRO, Jose Miguel				04	Gualdim Pais			2:54.46	221	5,00
	50m:	41.20	100m:	1:25.73	150m:	2:11.05	200m:	2:54.46			
19.	MOREIRA, David Miguel				02	Estremoz / Estremozcarnes			3:08.27	176	4,00
	50m:	44.18	100m:	1:31.24	150m:	2:20.28	200m:	3:08.27			



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 23
29-01-2017 - 16:50

Femin., 400m Livres

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Ano						Tempo final	Pts	
1. NEVES, Carolina Marques	01	Torres Novas					4:39.04	593	23,00
50m: 32.26	150m: 1:42.81	250m: 2:54.02	350m: 4:04.86	100m: 1:07.29	200m: 2:18.43	300m: 3:29.42	400m: 4:39.04		
2. CARPINTEIRO, Carolina Silverio	02	Natacao do Tejo					4:51.76	519	21,00
50m: 33.12	150m: 1:45.83	250m: 3:00.88	350m: 4:16.22	100m: 1:09.30	200m: 2:23.16	300m: 3:38.70	400m: 4:51.76		
3. CATARINO, Laura Andre	03	CCDSerta					4:58.98	482	20,00
50m: 32.99	150m: 1:48.75	250m: 3:06.59	350m: 4:23.75	100m: 1:10.25	200m: 2:27.76	300m: 3:46.05	400m: 4:58.98		
4. CRUZ, Ana Margarida	00	Aminata					4:59.43	480	19,00
50m: 33.46	150m: 1:48.55	250m: 3:05.33	350m: 4:22.87	100m: 1:10.46	200m: 2:26.78	300m: 3:44.26	400m: 4:59.43		
5. VIEIRA, Carolina Lopes	02	Gualdim Pais					5:00.49	475	18,00
50m: 33.75	150m: 1:49.36	250m: 3:06.84	350m: 4:24.68	100m: 1:11.03	200m: 2:28.17	300m: 3:45.70	400m: 5:00.49		
6. FITAS, Filipa Cardigo	02	20Km de Almeirim					5:02.71	465	17,00
50m: 33.31	150m: 1:48.66	250m: 3:06.63	350m: 4:24.44	100m: 1:10.68	200m: 2:27.44	300m: 3:45.41	400m: 5:02.71		
7. MOURA, Beatriz Catarino	02	Nautico Abrantes					5:02.97	463	16,00
50m: 34.16	150m: 1:50.72	250m: 3:07.25	350m: 4:25.46	100m: 1:12.42	200m: 2:28.82	300m: 3:46.16	400m: 5:02.97		
8. GIL, Constanca Basilio	03	CLAC-Entroncamento					5:04.22	458	15,00
50m: 34.63	150m: 1:51.40	250m: 3:09.49	350m: 4:27.93	100m: 1:12.92	200m: 2:30.32	300m: 3:48.90	400m: 5:04.22		
9. BENTO, Maria Madalena	05	BUZIOS-Coruche					5:07.15	445	14,00
50m: 35.44	150m: 1:54.43	250m: 3:13.48	350m: 4:30.70	100m: 1:14.62	200m: 2:34.33	300m: 3:52.20	400m: 5:07.15		
10. CRUZ, Rita Carrico	04	Viver Santarem					5:09.42	435	13,00
50m: 35.05	150m: 1:52.36	250m: 3:11.53	350m: 4:31.01	100m: 1:13.35	200m: 2:31.92	300m: 3:51.29	400m: 5:09.42		
11. REIS, Alexandra Bandovas	02	Estremoz / Estremozcarnes					5:19.15	396	12,00
50m: 34.03	150m: 1:52.55	250m: 3:15.22	350m: 4:38.52	100m: 1:12.25	200m: 2:33.36	300m: 3:56.99	400m: 5:19.15		
12. LOPES, Claudia Gavetano	02	Albicastrense					5:19.67	394	11,00
50m: 35.38	150m: 1:54.02	250m: 3:16.23	350m: 4:39.46	100m: 1:13.96	200m: 2:35.29	300m: 3:58.01	400m: 5:19.67		
13. ALVES, Carina Alexandra	04	Rio Maior					5:27.42	367	10,00
50m: 35.55	150m: 1:56.08	250m: 3:18.98	350m: 4:44.90	100m: 1:15.14	200m: 2:37.86	300m: 4:02.19	400m: 5:27.42		
14. FERREIRA, Nicia Filipa	01	Natacao Guarda					5:30.28	358	9,00
50m: 35.51	150m: 1:56.72	250m: 3:22.41	350m: 4:48.80	100m: 1:15.16	200m: 2:39.48	300m: 4:05.64	400m: 5:30.28		
15. LOPES, Melissa Helena	00	Litoral Alentejano					5:33.76	346	8,00
50m: 38.13	150m: 2:02.15	250m: 3:27.83	350m: 4:53.44	100m: 1:19.25	200m: 2:45.51	300m: 4:10.87	400m: 5:33.76		
16. RODRIGUES, Sofia Alexandra	99	Electrico Clube					5:36.96	337	7,00
50m: 37.26	150m: 2:00.35	250m: 3:26.80	350m: 4:54.69	100m: 1:18.02	200m: 2:43.45	300m: 4:10.95	400m: 5:36.96		

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 23, Femin., 400m Livres, Absoluto

Lugar	Nome		Ano	Clube	Tempo final	Pts		
17.	AMARO, Margarida	Monteiro	02	Atletico Montemor	5:41.79	323	6,00	
	50m:	36.59	150m:	2:02.08	250m:	3:31.85	350m:	5:00.10
	100m:	1:18.50	200m:	2:46.78	300m:	4:16.84	400m:	5:41.79
18.	COELHO, Ana	Teles	02	Desportivo Mora	5:50.71	299	5,00	
	50m:	37.11	150m:	2:04.94	250m:	3:36.70	350m:	5:06.77
	100m:	1:20.15	200m:	2:50.58	300m:	4:21.81	400m:	5:50.71
19.	GASPAR, Mariana	Rodrigues	03	Desportivo de Odemira	5:56.05	285	4,00	
	50m:	40.32	150m:	2:09.82	250m:	3:41.96	350m:	5:13.24
	100m:	1:24.39	200m:	2:55.69	300m:	4:27.70	400m:	5:56.05
20.	COTOVIO, Ines	Filipa	05	Salvaterra de Magos	6:04.77	265	3,00	
	50m:	40.23	150m:	2:09.21	250m:	3:43.52	350m:	5:18.76
	100m:	1:24.07	200m:	2:55.53	300m:	4:31.01	400m:	6:04.77
21.	MENDES, Lucia	Paulo	01	Elvense	6:11.08	252	2,00	
	50m:	39.54	150m:	2:10.46	250m:	3:44.07	350m:	5:23.32
	100m:	1:24.23	200m:	2:57.19	300m:	4:31.70	400m:	6:11.08

Prova 24
29-01-2017 - 17:15

Masc., 200m Estilos

Absoluto
Resultados

Pontos: FINA 2016

Lugar	Nome		Ano	Clube	Tempo final	Pts		
1.	LUZ, Jose	Henriques	99	Torres Novas	2:15.72	527	23,00	
	50m:	29.30	100m:	1:05.03	150m:	1:45.32	200m:	2:15.72
2.	COSTA, Marco	Antonio	02	Natacao Guarda	2:18.97	490	21,00	
	50m:	29.70	100m:	1:07.64	150m:	1:48.59	200m:	2:18.97
3.	ESCADA, Bernardo	Pastor	99	Aminata	2:19.30	487	20,00	
	50m:	28.76	100m:	1:04.81	150m:	1:47.11	200m:	2:19.30
4.	MERUJE, Joaquim	Agra	01	Elvense	2:20.42	475	19,00	
	50m:	29.97	100m:	1:08.25	150m:	1:47.85	200m:	2:20.42
5.	PEREIRA, Francisco	Daniel	99	CCDSerta	2:21.82	461	18,00	
	50m:	29.64	100m:	1:07.48	150m:	1:48.22	200m:	2:21.82
6.	MARQUES, Joao	Miguel	01	20Km de Almeirim	2:23.22	448	17,00	
	50m:	31.11	100m:	1:09.27	150m:	1:52.57	200m:	2:23.22
7.	LOPES, Luis	Afonso	03	Viver Santarem	2:30.83	383	16,00	
	50m:	33.31	100m:	1:13.74	150m:	1:56.56	200m:	2:30.83
8.	CATARINO, Joao	Mendes	01	Estremoz / Estremozcarnes	2:31.51	378	15,00	
	50m:	33.23	100m:	1:14.97	150m:	1:56.88	200m:	2:31.51
9.	DIONISIO, Bernardo	Jose	99	Gualdim Pais	2:33.83	361	14,00	
	50m:	29.44	100m:	1:09.92	150m:	1:54.48	200m:	2:33.83
10.	GONCALVES, Joao	Afonso	00	CLAC-Entroncamento	2:35.36	351	13,00	
	50m:	33.52	100m:	1:12.67	150m:	1:58.40	200m:	2:35.36
11.	FELICIO, Tomas	Miguel	03	Rio Maior	2:36.37	344	12,00	
	50m:	33.54	100m:	1:15.22	150m:	2:00.72	200m:	2:36.37
12.	BOTO, Pedro	Alexandre	02	Litoral Alentejano	2:38.50	330	11,00	
	50m:	35.68	100m:	1:16.59	150m:	2:03.08	200m:	2:38.50
13.	CARVALHO, David	Antonio	99	Natacao do Tejo	2:41.25	314	10,00	
	50m:	32.71	100m:	1:15.28	150m:	2:04.14	200m:	2:41.25

CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 24, Masc., 200m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
14. MENDES, Martim Rosa	03 Albicastrense	2:47.01	282 9,00
50m: 38.39 100m: 1:22.45 150m: 2:08.31 200m: 2:47.01			
15. CHOCAS, Afonso Alves	04 Electrico Clube	2:54.13	249 8,00
50m: 37.59 100m: 1:21.99 150m: 2:13.46 200m: 2:54.13			
16. BARRENHO, Antonio Duarte	00 Atletico Montemor	2:55.19	245 7,00
50m: 39.26 100m: 1:27.94 150m: 2:15.85 200m: 2:55.19			
17. MARTINS, Miguel Alexandre	04 BUZIOS-Coruche	3:00.78	223 6,00
50m: 41.96 100m: 1:28.51 150m: 2:22.06 200m: 3:00.78			
18. NEVES, Antonio Correia	03 Desportivo de Odemira	3:04.88	208 5,00
50m: 43.91 100m: 1:31.93 150m: 2:24.25 200m: 3:04.88			
DSQ NUNES, Francisco Costa	02 Salvaterra de Magos		-
<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 150 metros</i>			

Prova 25

Femin., 4 x 100m Livres

Absoluto

29-01-2017 - 17:35

Resultados

Pontos: FINA 2016

Lugar	Tempo final	Pts
1. Torres Novas 1	4:11.63	552 23,00
OLIVEIRA, Marta Sousa 01 30.30 1:03.35 RAMOS, Ines Asseiceira 03 29.86 1:03.04 OLIVEIRA, Rita Sousa 01 30.08 1:03.46 NEVES, Carolina Marques 01 29.72 1:01.78		
2. Litoral Alentejano 1	4:20.32	499 21,00
LASCU, Nicoleta 02 31.24 1:03.74 GUEDES, Ana Carolina 93 30.58 1:04.49 LOPES, Melissa Helena 00 33.95 1:12.21 SOUSA, Ana Reis 02 28.34 59.88		
3. Aminata 1	4:26.63	464 20,00
GUO, Zhang Ye 03 31.91 1:07.09 SEABRA, Ana Miguel 04 33.17 1:08.11 FREIRE, Ines Alexandra 01 30.01 1:03.87 CRUZ, Ana Margarida 00 31.72 1:07.56		
4. 20Km de Almeirim 1	4:32.60	434 19,00
FITAS, Filipa Cardigo 02 31.58 1:05.16 PAVEIA, Maria Ines 03 34.08 1:12.08 BENTO, Beatriz Staiger 04 31.55 1:06.18 FIDALGO, Mariana Narciso 99 33.32 1:09.18		
5. CCDSerta 1	4:33.98	428 18,00
MATIAS, Marta Filipa 03 32.13 1:07.17 RIBEIRO, Leonor Santos 03 33.66 1:11.47 CATARINO, Carolina Andre 99 34.12 1:09.47 CATARINO, Laura Andre 03 31.29 1:05.87		
6. Gualdim Pais 1	4:36.93	414 17,00
MENDES, Lea Alexandra 03 33.59 1:10.33 VIEIRA, Carolina Lopes 02 33.58 1:10.76 TREZENTOS, Catarina Goncalves 98 33.13 1:09.24 COSTA, Mafalda Magalhaes 03 30.72 1:06.60		
7. Albicastrense 3	4:37.75	411 16,00
MARQUES, Maria Alexandra 04 32.47 1:06.69 LOPES, Claudia Gavetano 02 34.47 1:11.96 SILVA, Ines Louro 04 33.44 1:10.48 FRADIQUE, Beatriz Gregorio 00 32.66 1:08.62		
8. Natacao do Tejo 1	4:40.64	398 15,00
CARPINTEIRO, Carolina Silverio 02 32.19 1:06.40 MARQUES, Mafalda Gilberto 01 31.69 1:06.68 MARQUES, Carolina Miguel 99 34.63 1:14.42 SILVA, Catarina Filipa 03 35.46 1:13.14		
9. CLAC-Entroncamento 1	4:43.27	387 14,00
ANTONIO, Jessica Andreia 02 34.81 1:12.66 MOUTINHO, Ines Fernandes 99 33.27 1:11.53 DIAS, Marta Chambel 02 34.14 1:11.36 GIL, Constanca Basilio 03 33.06 1:07.72		
10. Nautico Abrantes 1	4:52.57	351 13,00
DIOGO, Maria Beatriz 99 32.39 1:07.57 FARINHA, Vania Alves 05 37.20 1:21.61 GARCIA, Ines Marques 03 34.82 1:13.10 MOURA, Beatriz Catarino 02 33.25 1:10.29		



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 25, Femin., 4 x 100m Livres, Absoluto

Lugar					Tempo final	Pts		
11.	Atletico Montemor				4:54.20	345	12,00	
	FIGUEIRAS, Filipa Tibo	04	35.52	1:14.03	BRAZ, Sara Isabel	03	36.26	1:17.19
	AMARO, Margarida Monteiro	02	35.87	1:14.82	MANTAS, Daniela Filipa	99	32.03	1:08.16
12.	Elvense 2				4:55.44	341	11,00	
	RENGA, Ines Comprido	01	32.56	1:07.94	VENTURA, Sara Sofia	04	34.57	1:13.40
	FRANCO, Barbara Garrido	04	35.69	1:17.12	SANTOS, Ana Filipa	03	36.07	1:16.98
13.	Salvaterra de Magos 1				4:58.50	331	10,00	
	PEREIRA, Ana Beatriz	04	32.24	1:06.72	COSTA, Patricia Pinheiro	04	35.68	1:13.29
	FIGUEIREDO, Mariana Oliveira	04	36.86	1:16.22	COTOVIO, Ines Filipa	05	40.41	1:22.27
14.	Estremoz / Estremozcarnes 3				5:03.85	314	9,00	
	CANDEIAS, Marta Filipa	04	40.25	1:24.00	REIS, Alexandra Bandovas	02	31.79	1:08.46
	BARRULAS, Ana Rita	90	35.81	1:16.57	PIRES, Matilde Silva	04	34.85	1:14.82
15.	Desportivo de Odemira 3				5:15.22	281	8,00	
	SILVA, Beatriz dos Santos	01	38.08	1:18.77	ASSEN, Britt	03	35.73	1:14.40
	PALMA, Ines Pinto	05	40.41	1:23.16	GASPAR, Mariana Rodrigues	03	38.93	1:18.89
16.	Grandola Sports 1				5:27.51	250	7,00	
	MATA, Margarida Sousa	03	37.73	1:18.55	GOMES, Ines Freitas	02	38.15	1:21.91
	LOPES, Claudia Raquel	02	38.60	1:21.41	SILVA, Joana Anjos	02	38.58	1:25.64
DSQ	Natacao Guarda 1 <i>SW 10.11 - Rendição antecipada do(a) 3 nadador(a)</i>						-	
	ALVES, Ines Sofia, DIAS, Rita Pereira, MOREIRA, Margarida Natario, FERREIRA, Nicia Filipa							

Prova 26
29-01-2017 - 17:50

Masc., 4 x 100m Estilos

Absoluto
Resultados

Pontos: FINA 2016

Lugar					Tempo final	Pts		
1.	Torres Novas 1				4:03.66	546	23,00	
	ROSA, Afonso Guilherme	99	29.29	1:00.65	LUZ, Jose Henriques	99	27.85	59.51
	FRADE, Miguel Goncalves	00	32.15	1:08.52	SIMOES, Bernardo Jorge	02	26.23	54.98
2.	Aminata 1				4:15.58	473	21,00	
	ESCADA, Tiago Pastor	99	29.89	1:01.09	ESCADA, Bernardo Pastor	99	27.33	1:00.21
	BATALHA, Andre Mendes	99	32.97	1:10.72	CALCONA, Joao Filipe	02	30.48	1:03.56
3.	CCDSerta 1				4:20.92	444	20,00	
	RODRIGUES, Tiago Rafael	97	31.68	1:06.91	PEREIRA, Francisco Daniel	99	28.41	1:02.17
	PEREIRA, Ricardo Samuel	03	33.69	1:12.05	FERREIRA, Joao Pedro	00	27.46	59.79
4.	Natacao Guarda 1				4:37.06	371	19,00	
	DIAS, Simao Pedro	02	33.81	1:13.13	COSTA, Marco Antonio	02	30.33	1:07.05
	TAVARES, Pedro Oliveira	01	32.80	1:13.01	CRUZ, Pedro Miguel	01	28.77	1:03.87
5.	Electrico Clube 1				4:39.06	363	18,00	
	CHOCAS, Afonso Alves	04	39.37	1:21.45	DUARTE, Joao Silverio	99	26.86	58.74
	GIL, Joao Pedro	98	34.34	1:13.36	PIRES, Tomas Nunes	01	30.12	1:05.51
6.	Desportivo de Odemira 4				4:40.24	358	17,00	
	ASSEN, Lars	00	33.83	1:09.13	CIDONCHA, Goncalo Passos	98	33.24	1:13.33
	RODRIGUES, Luis Nunes	99	37.13	1:19.19	MEIRINHO, Joao Magalhaes	01	27.91	58.59
7.	Salvaterra de Magos 1				4:41.86	352	16,00	
	TOME, Diogo Bernardo	03	35.31	1:12.31	CASACA, Miguel Santos	02	32.19	1:10.15
	NUNES, Francisco Costa	02	34.13	1:13.61	CORDEIRO, Jose Oliveira	03	30.93	1:05.79
8.	Estremoz / Estremozcarnes 4				4:48.07	330	15,00	
	FRÓIS, André Filipe	02	39.59	1:23.03	CATARINO, Joao Mendes	01	30.46	1:08.37
	BARRULAS, Joao Miguel	99	32.57	1:10.92	PIRES, João Filipe	00	30.58	1:05.75



CAMPEONATO INTER- REGIONAL DE CLUBES
Abrantes, 29-1-2017

Prova 26, Masc., 4 x 100m Estilos, Absoluto

Lugar						Tempo final	Pts	
9.	Albicastrense 4			Albicastrense		4:48.92	327	14,00
	DIAS, Francisco Teixeira	02	34.55	1:10.41	NUNES, Alexis Simao	02	34.27	1:13.19
	CAMPOS, Guilherme Moiteiro	02	39.86	1:25.92	MARQUES, Carlos Manuel	00	28.28	59.40
10.	BUZIOS-Coruche 1			BUZIOS-Coruche		4:49.16	326	13,00
	SILVA, Duarte Filipe	03	39.01	1:20.62	AGOSTINHO, Tomas Jose	99	30.32	1:06.84
	SARAMAGO, Artur Rafael	97	32.92	1:10.04	MARTINS, Miguel Alexandre	04	34.48	1:11.66
11.	Atletico Montemor 4			Atletico Montemor		4:49.62	325	12,00
	TECEDEIRO, Jorge Daniel	99	35.47	1:11.96	CESAR, Tiago Miguel	00	33.61	1:14.01
	BARRENHO, Antonio Duarte	00	40.65	1:25.51	AZINHEIRINHA, Tiago Manuel	98	27.76	58.14
12.	Viver Santarem 1			Viver Santarem		4:52.63	315	11,00
	SILVA, Afonso Miguel	03	37.66	1:18.17	ALVES, Rui Chagas	03	32.60	1:10.22
	LOPES, Luis Afonso	03	37.81	1:20.01	COUTINHO, Guilherme Pereira	03	31.39	1:04.23
13.	Litoral Alentejano 1			Litoral Alentejano		4:52.82	314	10,00
	MARIANO, Samuel Andre	02	38.13	1:18.14	CORREIA, Hugo Filipe	99	28.28	1:00.83
	BOTO, Pedro Alexandre	02	40.16	1:24.96	CORREIA, Francisco Alves	04	32.02	1:08.89
14.	Rio Maior 1			Rio Maior		4:55.00	307	9,00
	FELICIO, Tomas Miguel	03	36.80	1:15.08	JORGE, Tiago Miguel	03	33.55	1:12.74
	SIMOES, Diogo Daniel	99	40.32	1:27.21	PIRES, Guilherme Duarte	99	28.44	59.97
15.	Gualdim Pais 1			Gualdim Pais		4:55.17	307	8,00
	MONTEIRO, Jose Miguel	04	40.52	1:23.63	SILVA, Dinis Neves	00	34.79	1:16.17
	DIONISIO, Bernardo Jose	99	35.35	1:15.77	PACAU, Joao Afonso	02	28.16	59.60
16.	Natacao do Tejo 1			Natacao do Tejo		4:56.58	302	7,00
	CARPINTEIRO, David Jose	00	37.04	1:16.06	SALDIDA, Goncalo Faria	99	30.81	1:07.92
	CARVALHO, Daniel Francisco	02	40.68	1:26.59	SAGRADAS, Hugo Alexandre	01	32.61	1:06.01
17.	CLAC-Entroncamento 1			CLAC-Entroncamento		5:04.91	278	6,00
	SOUSA, Jose Nuno	99	34.67	1:12.69	FORTUNATO, Joao Francisco	01	37.70	1:23.81
	GONCALVES, Joao Afonso	00	37.08	1:20.86	PESTANA, Antonio Joao	00	31.50	1:07.55
DSQ	20Km de Almeirim 1			20Km de Almeirim				-
	<i>SW 6.2 - O (a) atleta após viragem saiu em posição ventral aos 25 metros</i>							
	ANDRADE, Manuel Tomas, MARQUES, Joao Miguel, MARTINS, Diogo Franco, ALMEIDA, Joao Tiago							
DSQ	Elvense 4			Elvense				-
	<i>SW 10.11 - Rendição antecipada do(a) 3 nadador(a)</i>							
	RENGA, Filipe Comprido, SUSTELO, Manuel Goncalves, MERUJE, Joaquim Agra, SANTA, Alexandre Miguel							