

Prova 1
13/01/2018 - 9:30

Femin., 800m Livres

Absoluto
Resultados

Lugar			Ano					Tempo final		
1.	LASCU, Nicoleta		02	Litoral Alentejano				10:09.02	21,00	-
	50m:	34.73 34.73	250m:	3:06.63	37.85	450m:	5:41.36	38.38	650m:	8:15.49 38.56
	100m:	1:12.75 38.02	300m:	3:45.17	38.54	500m:	6:19.54	38.18	700m:	8:54.00 38.51
	150m:	1:50.76 38.01	350m:	4:24.20	39.03	550m:	6:58.13	38.59	750m:	9:32.31 38.31
	200m:	2:28.78 38.02	400m:	5:02.98	38.78	600m:	7:36.93	38.80	800m:	10:09.02 36.71
2.	CARPINTEIRO, Carolina Silverio		02	Natacao do Tejo				10:09.86	19,00	-
	50m:	34.28 34.28	250m:	3:07.57	38.64	450m:	5:43.04	38.77	650m:	8:16.52 37.88
	100m:	1:11.48 37.20	300m:	3:46.90	39.33	500m:	6:21.83	38.79	700m:	8:54.97 38.45
	150m:	1:50.04 38.56	350m:	4:25.43	38.53	550m:	7:00.27	38.44	750m:	9:32.51 37.54
	200m:	2:28.93 38.89	400m:	5:04.27	38.84	600m:	7:38.64	38.37	800m:	10:09.86 37.35
3.	OLIVEIRA, Rita Sousa		01	Torres Novas				10:14.72	18,00	-
	50m:	35.33 35.33	250m:	3:10.97	39.23	450m:	5:46.36	38.00	650m:	8:19.82 38.32
	100m:	1:13.53 38.20	300m:	3:49.96	38.99	500m:	6:24.32	37.96	700m:	8:58.51 38.69
	150m:	1:52.33 38.80	350m:	4:29.08	39.12	550m:	7:02.94	38.62	750m:	9:37.43 38.92
	200m:	2:31.74 39.41	400m:	5:08.36	39.28	600m:	7:41.50	38.56	800m:	10:14.72 37.29
4.	FITAS, Filipa Cardigo		02	Assoc.20km-Almeirim				10:22.69	17,00	-
	50m:	35.63 35.63	250m:	3:13.51	39.48	450m:	5:49.85	39.14	650m:	8:27.80 39.63
	100m:	1:14.93 39.30	300m:	3:52.65	39.14	500m:	6:29.36	39.51	700m:	9:07.13 39.33
	150m:	1:54.47 39.54	350m:	4:31.51	38.86	550m:	7:08.84	39.48	750m:	9:46.44 39.31
	200m:	2:34.03 39.56	400m:	5:10.71	39.20	600m:	7:48.17	39.33	800m:	10:22.69 36.25
5.	CARLOTA, Catarina Isabel		05	BUZIOS - Coruche				10:22.84	16,00	-
	50m:	35.56 35.56	250m:	3:11.70	39.12	450m:	5:48.82	39.51	650m:	8:27.86 39.63
	100m:	1:14.36 38.80	300m:	3:50.84	39.14	500m:	6:28.77	39.95	700m:	9:07.28 39.42
	150m:	1:53.41 39.05	350m:	4:30.06	39.22	550m:	7:08.74	39.97	750m:	9:46.49 39.21
	200m:	2:32.58 39.17	400m:	5:09.31	39.25	600m:	7:48.23	39.49	800m:	10:22.84 36.35
6.	MOURA, Beatriz Catarino		02	Nautico Abrantes				10:34.44	15,00	-
	50m:	35.86 35.86	250m:	3:13.88	40.05	450m:	5:55.71	40.71	650m:	8:37.80 40.55
	100m:	1:15.07 39.21	300m:	3:54.33	40.45	500m:	6:36.26	40.55	700m:	9:17.59 39.79
	150m:	1:54.99 39.92	350m:	4:34.76	40.43	550m:	7:16.83	40.57	750m:	9:57.05 39.46
	200m:	2:33.83 38.84	400m:	5:15.00	40.24	600m:	7:57.25	40.42	800m:	10:34.44 37.39
7.	CRUZ, Rita Carrico		04	Soc C. D. Turismo Gestao				10:38.10	14,00	-
	50m:	35.85 35.85	250m:	3:14.35	40.07	450m:	5:55.25	40.78	650m:	8:37.91 40.77
	100m:	1:15.13 39.28	300m:	3:54.56	40.21	500m:	6:36.11	40.86	700m:	9:18.46 40.55
	150m:	1:54.74 39.61	350m:	4:34.14	39.58	550m:	7:16.66	40.55	750m:	9:59.98 41.52
	200m:	2:34.28 39.54	400m:	5:14.47	40.33	600m:	7:57.14	40.48	800m:	10:38.10 38.12
8.	GONCALVES, Ana Rita		04	Natacao Albicastrense				11:01.60	13,00	-
	50m:	36.01 36.01	250m:	3:24.02	42.85	450m:	6:11.44	41.89	650m:	8:59.10 41.62
	100m:	1:16.83 40.82	300m:	4:05.63	41.61	500m:	6:53.34	41.90	700m:	9:40.94 41.84
	150m:	1:58.82 41.99	350m:	4:47.25	41.62	550m:	7:35.25	41.91	750m:	10:22.70 41.76
	200m:	2:41.17 42.35	400m:	5:29.55	42.30	600m:	8:17.48	42.23	800m:	11:01.60 38.90
9.	BARBADO, Sofia Correia		03	Acmn				11:02.62	11,50	-
	50m:	36.02 36.02	250m:	3:15.43	41.17	450m:	6:05.78	43.28	650m:	8:56.25 42.44
	100m:	1:14.38 38.36	300m:	3:57.23	41.80	500m:	6:48.49	42.71	700m:	9:40.00 43.75
	150m:	1:54.07 39.69	350m:	4:39.18	41.95	550m:	7:30.90	42.41	750m:	10:22.16 42.16
	200m:	2:34.26 40.19	400m:	5:22.50	43.32	600m:	8:13.81	42.91	800m:	11:02.62 40.46
	PALMA, Ines Pinto		05	Ndco				11:02.62	11,50	-
	50m:	38.23 38.23	250m:	3:25.19	42.00	450m:	6:11.84	42.11	650m:	8:58.59 41.51
	100m:	1:18.42 40.19	300m:	4:06.48	41.29	500m:	6:54.23	42.39	700m:	9:40.70 42.11
	150m:	2:00.61 42.19	350m:	4:48.33	41.85	550m:	7:34.58	40.35	750m:	10:22.57 41.87
	200m:	2:43.19 42.58	400m:	5:29.73	41.40	600m:	8:17.08	42.50	800m:	11:02.62 40.05
11.	TELES, Ana Margarida		01	Aminata				11:38.75	10,00	-
	50m:	35.59 35.59	250m:	3:22.43	43.32	450m:	6:23.22	46.07	650m:	9:26.24 45.54
	100m:	1:15.18 39.59	300m:	4:06.58	44.15	500m:	7:09.31	46.09	700m:	10:11.05 44.81
	150m:	1:56.60 41.42	350m:	4:51.83	45.25	550m:	7:54.67	45.36	750m:	10:55.78 44.73
	200m:	2:39.11 42.51	400m:	5:37.15	45.32	600m:	8:40.70	46.03	800m:	11:38.75 42.97

Prova 1, Femin., 800m Livres, Absoluto

Lugar			Ano					Tempo final		
12.	SILVA, Rafaela Canano		04	Cartaxo				11:38.85	9,00	-
	50m:	36.88 36.88	250m:	3:32.31	44.79	450m:	6:32.12	44.98	650m:	9:31.13 45.15
	100m:	1:18.84 41.96	300m:	4:17.33	45.02	500m:	7:16.96	44.84	700m:	10:14.64 43.51
	150m:	2:02.97 44.13	350m:	5:02.16	44.83	550m:	8:01.87	44.91	750m:	10:57.74 43.10
	200m:	2:47.52 44.55	400m:	5:47.14	44.98	600m:	8:45.98	44.11	800m:	11:38.85 41.11
13.	BRITES, Natacha Caeiro		04	Estremoz / Estremozcarnes				11:39.12	8,00	-
	50m:	38.10 38.10	250m:	3:31.42	44.48	450m:	6:27.88	44.47	650m:	9:26.10 44.53
	100m:	1:20.37 42.27	300m:	4:15.31	43.89	500m:	7:13.00	45.12	700m:	10:10.78 44.68
	150m:	2:04.35 43.98	350m:	4:59.08	43.77	550m:	7:56.61	43.61	750m:	10:55.13 44.35
	200m:	2:46.94 42.59	400m:	5:43.41	44.33	600m:	8:41.57	44.96	800m:	11:39.12 43.99
14.	NUNES, Marcia Raquel		03	CCDSerta				11:47.47	7,00	-
	50m:	36.30 36.30	250m:	3:28.66	44.08	450m:	6:30.06	46.17	650m:	9:33.48 46.18
	100m:	1:18.00 41.70	300m:	4:12.81	44.15	500m:	7:16.06	46.00	700m:	10:19.39 45.91
	150m:	2:00.98 42.98	350m:	4:58.31	45.50	550m:	8:01.26	45.20	750m:	11:03.93 44.54
	200m:	2:44.58 43.60	400m:	5:43.89	45.58	600m:	8:47.30	46.04	800m:	11:47.47 43.54
15.	FORTIO, Margarida Ventura		05	Grupo Desportivo Mora				12:13.93	6,00	-
	50m:	39.86 39.86	250m:	3:41.97	46.02	450m:	6:47.24	46.73	650m:	9:54.15 47.01
	100m:	1:23.73 43.87	300m:	4:28.42	46.45	500m:	7:33.33	46.09	700m:	10:41.74 47.59
	150m:	2:09.92 46.19	350m:	5:14.27	45.85	550m:	8:19.99	46.66	750m:	11:28.45 46.71
	200m:	2:55.95 46.03	400m:	6:00.51	46.24	600m:	9:07.14	47.15	800m:	12:13.93 45.48
16.	SANTOS, Ana Filipa		03	Elvense				12:18.20	5,00	-
	50m:	39.27 39.27	250m:	3:39.36	46.23	450m:	6:47.02	47.01	650m:	9:56.88 48.45
	100m:	1:22.61 43.34	300m:	4:26.04	46.68	500m:	7:33.96	46.94	700m:	10:44.55 47.67
	150m:	2:07.73 45.12	350m:	5:13.05	47.01	550m:	8:20.82	46.86	750m:	11:32.36 47.81
	200m:	2:53.13 45.40	400m:	6:00.01	46.96	600m:	9:08.43	47.61	800m:	12:18.20 45.84
17.	CIPRIANO, Ana Margarida		03	Natacao Guarda				13:43.60	4,00	-
	50m:	39.77 39.77	250m:	3:55.68	49.79	450m:	7:18.57	49.85	650m:	10:59.95 56.76
	100m:	1:26.02 46.25	300m:	4:46.91	51.23	500m:	8:10.58	52.01	700m:	11:58.42 58.47
	150m:	2:14.96 48.94	350m:	5:37.42	50.51	550m:	9:04.92	54.34	750m:	12:55.90 57.48
	200m:	3:05.89 50.93	400m:	6:28.72	51.30	600m:	10:03.19	58.27	800m:	13:43.60 47.70
18.	RAPOSO, Alice Amparo		02	Clube Natação Portalegre				13:50.54	3,00	-
	50m:	43.47 43.47	250m:	4:11.83	53.27	450m:	7:44.76	53.25	650m:	11:17.26 51.66
	100m:	1:34.11 50.64	300m:	5:05.35	53.52	500m:	8:39.23	54.47	700m:	12:10.04 52.78
	150m:	2:26.30 52.19	350m:	5:57.96	52.61	550m:	9:32.16	52.93	750m:	13:01.98 51.94
	200m:	3:18.56 52.26	400m:	6:51.51	53.55	600m:	10:25.60	53.44	800m:	13:50.54 48.56

Prova 2
13/01/2018 - 10:10

Masc., 100m Mariposa

Absoluto
Resultados

Lugar			Ano			Tempo final			
1.	CALADO, Joao Jose		01	Torres Novas		1:03.34		21,00	-
	50m:	29.64 29.64	100m:	1:03.34	33.70				
2.	LOPES, Pedro Pereira		99	BUZIOS - Coruche		1:04.08		19,00	-
	50m:	29.80 29.80	100m:	1:04.08	34.28				
3.	ALVES, Rodrigo Miguel		02	Aminata		1:04.48		18,00	-
	50m:	30.18 30.18	100m:	1:04.48	34.30				
4.	ADAIXO, Pedro Salzedas		00	Natacao Guarda		1:05.16		17,00	-
	50m:	29.59 29.59	100m:	1:05.16	35.57				
5.	MEIRINHO, Joao Magalhaes		01	Ndco		1:05.77		16,00	-
	50m:	30.70 30.70	100m:	1:05.77	35.07				
6.	FERREIRA, Joao Pedro		00	CCDSerta		1:06.73		15,00	-
	50m:	30.46 30.46	100m:	1:06.73	36.27				
7.	BANHA, Diogo Miguel		98	Estremoz / Estremozcarnes		1:07.53		14,00	-
	50m:	31.29 31.29	100m:	1:07.53	36.24				

Prova 2, Masc., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final		
8. ROSA, Joao Pedro 50m: 31.36 31.36 100m: 1:07.98 36.62	90 CLAC-Entroncamento	1:07.98 13,00	-	
9. NUNES, Alexis Simao 50m: 32.51 32.51 100m: 1:10.79 38.28	02 Natacao Albicastrense	1:10.79 12,00	-	
10. CUSTODIO, Guilherme Miguel 50m: 34.28 34.28 100m: 1:12.11 37.83	02 Litoral Alentejano	1:12.11 11,00	-	
11. LOPES, Hugo Leonel 50m: 31.80 31.80 100m: 1:12.32 40.52	86 Assoc.20km-Almeirim	1:12.32 10,00	-	
12. LEITAO, Hugo Miguel 50m: 32.88 32.88 100m: 1:12.92 40.04	03 Natacao do Tejo	1:12.92 9,00	-	
13. CESAR, Tiago Miguel 50m: 33.57 33.57 100m: 1:13.48 39.91	00 Acmn	1:13.48 8,00	-	
14. CARRAPICO, Jose Silveirinha 50m: 37.43 37.43 100m: 1:21.62 44.19	05 Sporting Campomaiorense	1:21.62 7,00	-	
15. CAPATINA, Cristian 50m: 38.81 38.81 100m: 1:29.59 50.78	04 Elvense	1:29.59 6,00	-	
16. PARREIRAS, Diogo Miguel 50m: 42.55 42.55 100m: 1:34.86 52.31	05 Clube Natacao Portalegre	1:34.86 5,00	-	
DSQ ALVES, Rui Chagas 403 - Falsa partida - SW 4.4	03 Soc C. D. Turismo Gestao		-	

Prova 3
13/01/2018 - 10:15

Femin., 200m Mariposa

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. MARQUES, Maria Alexandra 50m: 33.58 33.58 100m: 1:12.14 38.56 150m: 1:52.13 39.99 200m: 2:32.10 39.97	04 Natacao Albicastrense	2:32.10 21,00	-	
2. CABACA, Mafalda Alexandra 50m: 37.05 37.05 100m: 1:19.78 42.73 150m: 2:03.03 43.25 200m: 2:47.06 44.03	00 Soc C. D. Turismo Gestao	2:47.06 19,00	-	
3. LEONARDO, Rute Isabel 50m: 35.69 35.69 100m: 1:18.48 42.79 150m: 2:03.74 45.26 200m: 2:48.85 45.11	98 Nautico Abrantes	2:48.85 18,00	-	
4. BENTO, Maria Madalena 50m: 35.35 35.35 100m: 1:17.39 42.04 150m: 2:05.25 47.86 200m: 2:51.96 46.71	05 BUZIOS - Coruche	2:51.96 17,00	-	
5. RIBEIRO, Carolina Martins 50m: 37.57 37.57 100m: 1:21.80 44.23 150m: 2:07.29 45.49 200m: 2:53.83 46.54	03 CCDSerta	2:53.83 16,00	-	
6. RENGÁ, Ines Comprido 50m: 35.87 35.87 100m: 1:18.47 42.60 150m: 2:05.45 46.98 200m: 2:55.22 49.77	01 Elvense	2:55.22 15,00	-	
7. OLIVEIRA, Ana Patricia 50m: 40.04 40.04 100m: 1:23.77 43.73 150m: 2:09.39 45.62 200m: 2:55.27 45.88	03 Assoc.20km-Almeirim	2:55.27 14,00	-	
8. MORAIS, Ana Rita 50m: 38.86 38.86 100m: 1:24.25 45.39 150m: 2:11.55 47.30 200m: 2:58.68 47.13	02 Torres Novas	2:58.68 13,00	-	
9. GERVASIO, Ana Sofia 50m: 38.65 38.65 100m: 1:22.22 43.57 150m: 2:09.77 47.55 200m: 3:01.59 51.82	95 Acmn	3:01.59 12,00	-	
10. MASCARENHAS, Inês Filipa 50m: 41.98 41.98 100m: 1:31.09 49.11 150m: 2:25.58 54.49 200m: 3:20.37 54.79	03 Litoral Alentejano	3:20.37 11,00	-	
11. MOITA, Ana Carolina 50m: 44.48 44.48 100m: 1:37.97 53.49 150m: 2:34.47 56.50 200m: 3:29.82 55.35	06 Grupo Desportivo Mora	3:29.82 10,00	-	

Prova 3, Femin., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	
12. VORNICESCU, Helena Padrao	03 Aminata	3:46.12 9,00	-
50m: 45.74 45.74 100m: 1:43.54 57.80 150m: 2:44.69 1:01.15 200m: 3:46.12 1:01.43			
DSQ FONSECA, Ana Filipa	04 Estremoz / Estremozcarnes	-	-
<i>814 - Tocou com uma mão na parede na viragem aos 125 m - SW 8.4</i>			

Prova 4 Masc., 100m Bruços Absoluto
13/01/2018 - 10:25 Resultados

Lugar	Ano	Tempo final	
1. MERUJE, Joaquim Agra	01 Elvense	1:09.09 21,00	-
50m: 32.66 32.66 100m: 1:09.09 36.43			
2. VIANA, Luis Filipe	89 CLAC-Entroncamento	1:09.36 19,00	-
50m: 33.07 33.07 100m: 1:09.36 36.29			
3. SARAMAGO, Artur Rafael	97 BUZIOS - Coruche	1:13.25 18,00	-
50m: 33.89 33.89 100m: 1:13.25 39.36			
4. COSTA, Rodrigo Marques	76 Litoral Alentejano	1:13.31 17,00	-
50m: 34.32 34.32 100m: 1:13.31 38.99			
5. LOPES, Luis Afonso	03 Soc C. D. Turismo Gestao	1:13.61 16,00	-
50m: 34.52 34.52 100m: 1:13.61 39.09			
6. TAVARES, Pedro Oliveira	01 Natacao Guarda	1:13.66 15,00	-
50m: 34.31 34.31 100m: 1:13.66 39.35			
7. TAVARES, Joao Luis	00 CCDSerta	1:14.74 14,00	-
50m: 34.39 34.39 100m: 1:14.74 40.35			
8. CATARINO, Joao Mendes	01 Estremoz / Estremozcarnes	1:17.49 13,00	-
50m: 35.50 35.50 100m: 1:17.49 41.99			
9. RIBEIRO, Miguel Aleixo	03 Aminata	1:18.00 12,00	-
50m: 36.62 36.62 100m: 1:18.00 41.38			
10. MENDES, Martim Rosa	03 Natacao Albicastrense	1:19.22 11,00	-
50m: 37.56 37.56 100m: 1:19.22 41.66			
11. SANTANA, Pedro Maria	03 Torres Novas	1:19.52 10,00	-
50m: 38.34 38.34 100m: 1:19.52 41.18			
12. SERRA, Joao Luis	97 Acmn	1:21.39 9,00	-
50m: 38.23 38.23 100m: 1:21.39 43.16			
13. LOPES, Hugo Leonel	86 Assoc.20km-Almeirim	1:22.50 8,00	-
50m: 39.20 39.20 100m: 1:22.50 43.30			
14. VITAL, Tiago Joao	02 Natacao do Tejo	1:26.75 7,00	-
50m: 41.31 41.31 100m: 1:26.75 45.44			
15. NEVES, Antonio Correia	03 Ndco	1:28.40 6,00	-
50m: 41.24 41.24 100m: 1:28.40 47.16			
16. DUARTE, Bernardo Boal	04 Cartaxo	1:35.21 5,00	-
50m: 45.39 45.39 100m: 1:35.21 49.82			
17. PAULETA, Miguel Angelo	03 Clube Nataçao Portalegre	1:36.64 4,00	-
50m: 45.12 45.12 100m: 1:36.64 51.52			
18. GILSA, Jose Eduardo	01 Sporting Campomaiorense	1:42.81 3,00	-
50m: 47.12 47.12 100m: 1:42.81 55.69			

Prova 5
13/01/2018 - 10:30

Femin., 200m Bruços

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. MARQUES, Mafalda Gilberto	01 Natacao do Tejo	2:48.89 21,00	-	
50m: 38.94 38.94 100m: 1:21.26 42.32 150m: 2:04.80 43.54 200m: 2:48.89 44.09				
2. SILVA, Ines Louro	04 Natacao Albicastrense	2:56.02 19,00	-	
50m: 40.56 40.56 100m: 1:25.28 44.72 150m: 2:10.97 45.69 200m: 2:56.02 45.05				
3. MORAIS, Margarida Mateus	04 Torres Novas	2:56.24 18,00	-	
50m: 40.91 40.91 100m: 1:25.65 44.74 150m: 2:11.44 45.79 200m: 2:56.24 44.80				
4. GUEDES, Ana Carolina	93 Litoral Alentejano	2:58.89 17,00	-	
50m: 40.24 40.24 100m: 1:25.28 45.04 150m: 2:12.18 46.90 200m: 2:58.89 46.71				
5. MATIAS, Marta Filipa	03 CCDSerta	2:59.85 16,00	-	
50m: 40.29 40.29 100m: 1:25.32 45.03 150m: 2:12.34 47.02 200m: 2:59.85 47.51				
6. FRANCO, Barbara Garrido	04 Elvense	3:01.19 15,00	-	
50m: 39.99 39.99 100m: 1:25.50 45.51 150m: 2:12.83 47.33 200m: 3:01.19 48.36				
7. FERREIRA, Joana Rita	93 BUZIOS - Coruche	3:07.01 14,00	-	
50m: 42.92 42.92 100m: 1:30.79 47.87 150m: 2:19.01 48.22 200m: 3:07.01 48.00				
8. MOURA, Beatriz Catarino	02 Nautico Abrantes	3:08.19 13,00	-	
50m: 44.04 44.04 100m: 1:32.30 48.26 150m: 2:21.86 49.56 200m: 3:08.19 46.33				
9. PIRES, Matilde Silva	04 Estremoz / Estremozcarnes	3:10.88 12,00	-	
50m: 44.26 44.26 100m: 1:32.96 48.70 150m: 2:21.66 48.70 200m: 3:10.88 49.22				
10. PINTO, Oriana Manuela	02 Natacao Guarda	3:11.37 11,00	-	
50m: 43.54 43.54 100m: 1:31.93 48.39 150m: 2:21.25 49.32 200m: 3:11.37 50.12				
11. DUARTE, Gabriela Graco	04 Assoc.20km-Almeirim	3:11.66 10,00	-	
50m: 44.18 44.18 100m: 1:32.45 48.27 150m: 2:22.42 49.97 200m: 3:11.66 49.24				
12. DOMINGOS, Mariana Nunes	00 Soc C. D. Turismo Gestao	3:11.92 9,00	-	
50m: 43.95 43.95 100m: 1:32.29 48.34 150m: 2:21.99 49.70 200m: 3:11.92 49.93				
13. GASPARG, Mariana Rodrigues	03 Ndco	3:18.51 8,00	-	
50m: 45.81 45.81 100m: 1:35.56 49.75 150m: 2:26.85 51.29 200m: 3:18.51 51.66				
14. AMARO, Margarida Monteiro	02 Acmn	3:19.59 7,00	-	
50m: 43.78 43.78 100m: 1:33.61 49.83 150m: 2:26.19 52.58 200m: 3:19.59 53.40				
15. COSTA, Joana Cardoso	03 Cartaxo	3:30.64 6,00	-	
50m: 47.15 47.15 100m: 1:39.47 52.32 150m: 2:34.72 55.25 200m: 3:30.64 55.92				
16. GOUVEIA, Julia Martins	03 Clube Natacao Portalegre	3:31.88 5,00	-	
50m: 47.27 47.27 100m: 1:40.85 53.58 150m: 2:36.81 55.96 200m: 3:31.88 55.07				
17. ALVES, Catarina Isabel	06 Aminata	3:32.23 4,00	-	
50m: 46.24 46.24 100m: 1:39.70 53.46 150m: 2:36.03 56.33 200m: 3:32.23 56.20				

Prova 6
13/01/2018 - 10:45

Masc., 50m Livres

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. LEAL, Ricardo Luis	01 CLAC-Entroncamento	25.74 21,00	-	
2. COSTA, Marco Antonio	02 Natacao Guarda	26.15 19,00	-	
3. SARAMAGO, Artur Rafael	97 BUZIOS - Coruche	26.45 18,00	-	
4. ALVES, Rodrigo Galvao	00 CCDSerta	26.86 17,00	-	
5. MEIRINHO, Joao Magalhaes	01 Ndco	26.90 16,00	-	
6. MARQUES, Carlos Manuel	00 Natacao Albicastrense	27.14 15,00	-	
7. CRISTOVAO, Goncalo Magalhaes	03 Soc C. D. Turismo Gestao	27.39 14,00	-	

Prova 6, Masc., 50m Livres, Absoluto

Lugar	Ano	Tempo final		
8. BANHA, Diogo Miguel	98 Estremoz / Estremozcarnes	27.47	13,00	-
9. BOTO, Pedro Alexandre	02 Litoral Alentejano	27.80	12,00	-
10. ANDRADE, Mario Luis	03 Clube Natação Portalegre	27.93	11,00	-
11. KOROL, Andre	03 Aminata	28.07	10,00	-
12. RAMOS, Filipe Asseiceira	00 Torres Novas	28.31	9,00	-
13. AZINHEIRINHA, Tiago Manuel	98 Acmn	28.45	8,00	-
14. LOPES, Joao Teodoro	98 Assoc.20km-Almeirim	28.85	7,00	-
15. SUSTELO, Manuel Goncalves	00 Elvense	29.53	6,00	-
16. CARPINTEIRO, David Jose	00 Natacao do Tejo	30.36	5,00	-
17. DUARTE, Bernardo Boal	04 Cartaxo	31.98	4,00	-
18. SACHIM, Hugo Trindade	03 Sporting Campomaiorense	35.28	3,00	-

Prova 7
13/01/2018 - 10:50

Femin., 100m Livres

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. LEONARDO, Rute Isabel 50m: 31.06 31.06 100m: 1:03.53 32.47	98 Nautico Abrantes	1:03.53	21,00	-
2. OLIVEIRA, Marta Sousa 50m: 30.42 30.42 100m: 1:04.17 33.75	01 Torres Novas	1:04.17	19,00	-
3. MARQUES, Maria Alexandra 50m: 31.42 31.42 100m: 1:04.68 33.26	04 Natacao Albicastrense	1:04.68	18,00	-
4. BENTO, Beatriz Staiger 50m: 32.58 32.58 100m: 1:05.36 32.78	04 Soc C. D. Turismo Gestao	1:05.36	17,00	-
5. FERREIRA, Ana Oliveira 50m: 31.23 31.23 100m: 1:05.87 34.64	00 Assoc.20km-Almeirim	1:05.87	16,00	-
6. GUO, Zhang Ye 50m: 33.07 33.07 100m: 1:06.72 33.65	03 Aminata	1:06.72	15,00	-
7. ALVES, Ines Sofia 50m: 31.88 31.88 100m: 1:06.87 34.99	00 Natacao Guarda	1:06.87	14,00	-
8. REIS, Alexandra Bandovas 50m: 31.48 31.48 100m: 1:07.87 36.39	02 Estremoz / Estremozcarnes	1:07.87	13,00	-
9. RIBEIRO, Leonor Santos 50m: 32.30 32.30 100m: 1:09.11 36.81	03 CCDSerta	1:09.11	12,00	-
10. MIRA, Leonor Maria 50m: 33.50 33.50 100m: 1:11.43 37.93	04 BUZIOS - Coruche	1:11.43	11,00	-
11. GERVASIO, Ana Sofia 50m: 34.11 34.11 100m: 1:11.73 37.62	95 Acmn	1:11.73	10,00	-
12. LOPES, Melissa Helena 50m: 34.40 34.40 100m: 1:11.99 37.59	00 Litoral Alentejano	1:11.99	9,00	-
13. DUARTE, Beatriz Boal 50m: 36.64 36.64 100m: 1:14.73 38.09	05 Cartaxo	1:14.73	8,00	-
14. SILVA, Beatriz dos Santos 50m: 35.16 35.16 100m: 1:15.17 40.01	01 Ndco	1:15.17	7,00	-
15. MERUJE, Ana Agra 50m: 35.66 35.66 100m: 1:16.35 40.69	05 Elvense	1:16.35	6,00	-
16. BRANDAO, Ines Maria 50m: 38.25 38.25 100m: 1:18.37 40.12	05 Clube Natação Portalegre	1:18.37	5,00	-
17. MOITA, Ana Carolina 50m: 37.71 37.71 100m: 1:19.68 41.97	06 Grupo Desportivo Mora	1:19.68	4,00	-

Prova 7, Femin., 100m Livres, Absoluto

Lugar	Ano	Tempo final		
18. RONDAO, Beatriz Fernandes	06 Natacao do Tejo	1:25.94	3,00	-
50m: 40.51 40.51	100m: 1:25.94 45.43			

Prova 8
13/01/2018 - 11:00

Masc., 100m Costas

Absoluto Resultados

Lugar	Ano	Tempo final		
1. LEAL, Ricardo Luis	01 CLAC-Entroncamento	1:02.99	21,00	-
50m: 32.11 32.11	100m: 1:02.99 30.88			
2. MARQUES, Joao Miguel	01 Soc C. D. Turismo Gestao	1:03.14	19,00	-
50m: 31.65 31.65	100m: 1:03.14 31.49			
3. DIAS, Francisco Teixeira	02 Natacao Albicastrense	1:06.85	18,00	-
50m: 32.40 32.40	100m: 1:06.85 34.45			
4. ASSEN, Lars	00 Ndco	1:07.03	17,00	-
50m: 33.17 33.17	100m: 1:07.03 33.86			
5. PIMENTEL, Alfredo Eugenio	00 Litoral Alentejano	1:07.13	16,00	-
50m: 32.78 32.78	100m: 1:07.13 34.35			
6. ADAIXO, Pedro Salzedas	00 Natacao Guarda	1:11.17	15,00	-
50m: 34.64 34.64	100m: 1:11.17 36.53			
7. MARTINS, Henrique Antonio	03 Natacao do Tejo	1:11.31	14,00	-
50m: 34.36 34.36	100m: 1:11.31 36.95			
8. SILVA, Duarte Filipe	03 BUZIOS - Coruche	1:11.56	13,00	-
50m: 34.58 34.58	100m: 1:11.56 36.98			
9. PINTO, Tiago Miguel	02 Acmn	1:13.10	12,00	-
50m: 34.91 34.91	100m: 1:13.10 38.19			
10. CARVALHO, Tiago Afonso	00 CCDSerta	1:13.31	11,00	-
50m: 34.60 34.60	100m: 1:13.31 38.71			
11. FRÓIS, André Filipe	02 Estremoz / Estremozcarnes	1:13.67	10,00	-
50m: 35.04 35.04	100m: 1:13.67 38.63			
12. GRILO, Miguel Santos	03 Aminata	1:14.77	9,00	-
50m: 35.72 35.72	100m: 1:14.77 39.05			
13. CANTO, Gustavo Pinhal	04 Assoc.20km-Almeirim	1:20.66	8,00	-
50m: 38.89 38.89	100m: 1:20.66 41.77			
14. AGOSTINHO, Iuri Aragonéz	03 Clube Nataçao Portalegre	1:23.02	7,00	-
50m: 40.13 40.13	100m: 1:23.02 42.89			
15. SANTA, Alexandre Miguel	99 Elvense	1:24.36	6,00	-
50m: 41.21 41.21	100m: 1:24.36 43.15			
16. CARRILHO, Luis Almeida	04 Sporting Campomaiorense	1:29.45	5,00	-
50m: 43.31 43.31	100m: 1:29.45 46.14			
DSQ SIMOES, Joao Antonio	01 Torres Novas		-	-
<i>O atleta não efectuou movimento contínuo e imediato na viragem dos 50 mts- SW 6.4</i>				

Prova 9
13/01/2018 - 11:05

Femin., 200m Costas

Absoluto
Resultados

Lugar					Ano					Tempo final		
1.	LASCU, Nicoleta				02	Litoral Alentejano				2:27.68	21,00	-
	50m: 35.25 35.25	100m: 1:12.11	36.86	150m: 1:49.89	37.78	200m: 2:27.68	37.79					
2.	CATARINO, Laura Andre				03	CCDSerta				2:30.49	19,00	-
	50m: 34.55 34.55	100m: 1:12.26	37.71	150m: 1:51.68	39.42	200m: 2:30.49	38.81					
3.	VENTURA, Sara Sofia				04	Elvense				2:38.10	18,00	-
	50m: 36.51 36.51	100m: 1:15.98	39.47	150m: 1:57.41	41.43	200m: 2:38.10	40.69					
4.	MANTAS, Daniela Filipa				99	Acmn				2:39.31	17,00	-
	50m: 38.20 38.20	100m: 1:18.39	40.19	150m: 1:59.82	41.43	200m: 2:39.31	39.49					
5.	DUARTE, Ines Ferreira				01	Nautico Abrantes				2:40.62	16,00	-
	50m: 36.83 36.83	100m: 1:17.31	40.48	150m: 1:59.50	42.19	200m: 2:40.62	41.12					
6.	PIRES, Matilde Silva				04	Estremoz / Estremozcarnes				2:45.07	15,00	-
	50m: 39.49 39.49	100m: 1:22.14	42.65	150m: 2:04.45	42.31	200m: 2:45.07	40.62					
7.	MARQUES, Alice Sequeira				04	Natacao Albicastrense				2:45.39	14,00	-
	50m: 38.36 38.36	100m: 1:19.37	41.01	150m: 2:02.37	43.00	200m: 2:45.39	43.02					
8.	LOURO, Raquel Canelas				04	Soc C. D. Turismo Gestao				2:47.58	13,00	-
	50m: 39.28 39.28	100m: 1:22.22	42.94	150m: 2:06.15	43.93	200m: 2:47.58	41.43					
9.	LEOTE, Erica Neves				03	Torres Novas				2:47.86	12,00	-
	50m: 39.03 39.03	100m: 1:20.71	41.68	150m: 2:04.33	43.62	200m: 2:47.86	43.53					
10.	CARLOTA, Catarina Isabel				05	BUZIOS - Coruche				2:48.55	11,00	-
	50m: 40.28 40.28	100m: 1:23.11	42.83	150m: 2:07.15	44.04	200m: 2:48.55	41.40					
11.	SOUSA, Joana Margarida				04	Assoc.20km-Almeirim				2:52.45	10,00	-
	50m: 41.36 41.36	100m: 1:24.47	43.11	150m: 2:08.56	44.09	200m: 2:52.45	43.89					
12.	MENDES, Beatriz Goncalves				01	Natacao Guarda				2:55.39	9,00	-
	50m: 39.26 39.26	100m: 1:22.79	43.53	150m: 2:09.45	46.66	200m: 2:55.39	45.94					
13.	PALMA, Ines Pinto				05	Ndco				2:55.53	8,00	-
	50m: 41.90 41.90	100m: 1:26.22	44.32	150m: 2:11.05	44.83	200m: 2:55.53	44.48					
14.	SILVA, Catarina Filipa				03	Natacao do Tejo				3:05.02	7,00	-
	50m: 43.66 43.66	100m: 1:31.36	47.70	150m: 2:19.22	47.86	200m: 3:05.02	45.80					
15.	PEREIRA, Filipa Teixeira				06	Aminata				3:06.06	6,00	-
	50m: 43.23 43.23	100m: 1:30.77	47.54	150m: 2:19.10	48.33	200m: 3:06.06	46.96					
16.	SANTOS, Filipa Taborda				03	Cartaxo				3:15.07	5,00	-
	50m: 43.77 43.77	100m: 1:32.86	49.09	150m: 2:24.59	51.73	200m: 3:15.07	50.48					
17.	FORTIO, Margarida Ventura				05	Grupo Desportivo Mora				3:17.73	4,00	-
	50m: 45.01 45.01	100m: 1:35.09	50.08	150m: 2:25.47	50.38	200m: 3:17.73	52.26					
DSQ	PINTAO, Daniela Henriques				04	Clube Natacao Portalegre						-
	<i>Movimento simultaneo de braços após a viragem dos 175 mts - SW 6.4</i>											

Prova 10
13/01/2018 - 11:15

Masc., 400m Livres

Absoluto
Resultados

Lugar			Ano					Tempo final		
1.	SALDIDA, Goncalo Faria		99	Natacao do Tejo				4:28.48	21,00	-
	50m:	30.49 30.49	150m:	1:37.54 33.79	250m:	2:45.90 34.18	350m:	3:53.85 33.63		
	100m:	1:03.75 33.26	200m:	2:11.72 34.18	300m:	3:20.22 34.32	400m:	4:28.48 34.63		
2.	DIAS, Simao Pedro		02	Natacao Guarda				4:30.92	19,00	-
	50m:	31.07 31.07	150m:	1:39.81 34.87	250m:	2:49.31 34.83	350m:	3:58.50 34.65		
	100m:	1:04.94 33.87	200m:	2:14.48 34.67	300m:	3:23.85 34.54	400m:	4:30.92 32.42		
3.	MARQUES, Carlos Manuel		00	Natacao Albicastrense				4:31.73	18,00	-
	50m:	30.89 30.89	150m:	1:39.52 34.25	250m:	2:50.15 35.41	350m:	4:00.01 34.02		
	100m:	1:05.27 34.38	200m:	2:14.74 35.22	300m:	3:25.99 35.84	400m:	4:31.73 31.72		
4.	COUTINHO, Guilherme Pereira		03	Soc C. D. Turismo Gestao				4:37.59	17,00	-
	50m:	31.68 31.68	150m:	1:41.59 35.57	250m:	2:52.37 35.38	350m:	4:03.08 34.96		
	100m:	1:06.02 34.34	200m:	2:16.99 35.40	300m:	3:28.12 35.75	400m:	4:37.59 34.51		
5.	RAMOS, Filipe Asseiceira		00	Torres Novas				4:40.80	16,00	-
	50m:	33.13 33.13	150m:	1:45.84 36.64	250m:	2:56.96 34.68	350m:	4:08.23 35.93		
	100m:	1:09.20 36.07	200m:	2:22.28 36.44	300m:	3:32.30 35.34	400m:	4:40.80 32.57		
6.	SERRA, Joao Luis		97	Acmn				4:41.79	15,00	-
	50m:	31.66 31.66	150m:	1:41.17 35.08	250m:	2:52.87 35.97	350m:	4:06.12 36.95		
	100m:	1:06.09 34.43	200m:	2:16.90 35.73	300m:	3:29.17 36.30	400m:	4:41.79 35.67		
7.	MARIANO, Samuel Andre		02	Litoral Alentejano				4:45.29	14,00	-
	50m:	32.59 32.59	150m:	1:42.67 35.26	250m:	2:55.27 36.19	350m:	4:09.12 37.01		
	100m:	1:07.41 34.82	200m:	2:19.08 36.41	300m:	3:32.11 36.84	400m:	4:45.29 36.17		
8.	RIBEIRO, Miguel Aleixo		03	Aminata				4:48.46	13,00	-
	50m:	32.03 32.03	150m:	1:43.09 35.58	250m:	2:57.15 37.59	350m:	4:11.23 37.39		
	100m:	1:07.51 35.48	200m:	2:19.56 36.47	300m:	3:33.84 36.69	400m:	4:48.46 37.23		
9.	MARTINS, Miguel Alexandre		04	BUZIOS - Coruche				4:52.91	12,00	-
	50m:	32.57 32.57	150m:	1:45.57 37.26	250m:	3:01.47 37.78	350m:	4:16.93 37.98		
	100m:	1:08.31 35.74	200m:	2:23.69 38.12	300m:	3:38.95 37.48	400m:	4:52.91 35.98		
10.	CIDONCHA, Goncalo Passos		98	Ndco				4:54.44	11,00	-
	50m:	32.57 32.57	150m:	1:43.96 36.18	250m:	2:59.19 37.88	350m:	4:16.63 38.77		
	100m:	1:07.78 35.21	200m:	2:21.31 37.35	300m:	3:37.86 38.67	400m:	4:54.44 37.81		
11.	NUNES, Miguel Filipe		04	Cartaxo				4:58.67	10,00	-
	50m:	31.92 31.92	150m:	1:45.21 37.43	250m:	3:02.42 38.92	350m:	4:20.96 39.06		
	100m:	1:07.78 35.86	200m:	2:23.50 38.29	300m:	3:41.90 39.48	400m:	4:58.67 37.71		
12.	ROSA, Joao Pedro		90	CLAC-Entroncamento				5:01.22	9,00	-
	50m:	33.90 33.90	150m:	1:49.42 38.25	250m:	3:05.34 38.08	350m:	4:22.77 38.73		
	100m:	1:11.17 37.27	200m:	2:27.26 37.84	300m:	3:44.04 38.70	400m:	5:01.22 38.45		
13.	PEREIRA, Diogo Sampaio		01	Assoc.20km-Almeirim				5:03.16	8,00	-
	50m:	34.06 34.06	150m:	1:50.96 38.82	250m:	3:09.03 38.45	350m:	4:26.01 38.45		
	100m:	1:12.14 38.08	200m:	2:30.58 39.62	300m:	3:47.56 38.53	400m:	5:03.16 37.15		
14.	CALDEIRA, Isaias Francisco		02	CCDSerta				5:10.78	7,00	-
	50m:	33.29 33.29	150m:	1:52.35 40.43	250m:	3:13.39 39.94	350m:	4:32.94 39.62		
	100m:	1:11.92 38.63	200m:	2:33.45 41.10	300m:	3:53.32 39.93	400m:	5:10.78 37.84		
15.	MASSAS, Pedro Miguel		02	Estremoz / Estremozcarnes				5:13.80	6,00	-
	50m:	31.78 31.78	150m:	1:48.66 40.08	250m:	3:11.38 41.53	350m:	4:34.11 41.77		
	100m:	1:08.58 36.80	200m:	2:29.85 41.19	300m:	3:52.34 40.96	400m:	5:13.80 39.69		
16.	SACHIM, Hugo Trindade		03	Sporting Campomaiorense				5:43.77	5,00	-
	50m:	38.57 38.57	150m:	2:04.57 44.52	250m:	3:31.47 43.81	350m:	5:00.07 44.17		
	100m:	1:20.05 41.48	200m:	2:47.66 43.09	300m:	4:15.90 44.43	400m:	5:43.77 43.70		
17.	PARREIRAS, Diogo Miguel		05	Clube Nataçao Portalegre				6:30.67	4,00	-
	50m:	42.78 42.78	150m:	2:22.13 50.80	250m:	4:02.99 51.13	350m:	5:43.03 49.58		
	100m:	1:31.33 48.55	200m:	3:11.86 49.73	300m:	4:53.45 50.46	400m:	6:30.67 47.64		

Prova 10, Masc., 400m Livres, Absoluto

Lugar			Ano					Tempo final		
18.	LAMEIRAS, Afonso Miguel		05	Elvense				7:03.08	3,00	-
	50m:	43.28 43.28	150m:	2:26.60	53.06	250m:	4:16.73	54.83	350m:	6:10.39 56.71
	100m:	1:33.54 50.26	200m:	3:21.90	55.30	300m:	5:13.68	56.95	400m:	7:03.08 52.69

Prova 11
13/01/2018 - 11:35

Femin., 200m Estilos

Absoluto
Resultados

Lugar			Ano					Tempo final		
1.	CARPINTEIRO, Carolina Silverio		02	Natacao do Tejo				2:35.24	21,00	-
	50m:	33.84 33.84	100m:	1:14.24	40.40	150m:	1:59.09	44.85	200m:	2:35.24 36.15
2.	MATIAS, Marta Filipa		03	CCDSerta				2:38.55	19,00	-
	50m:	33.47 33.47	100m:	1:16.11	42.64	150m:	2:01.29	45.18	200m:	2:38.55 37.26
3.	CASAL, Beatriz Goncalves		03	Torres Novas				2:41.64	18,00	-
	50m:	35.74 35.74	100m:	1:16.96	41.22	150m:	2:03.69	46.73	200m:	2:41.64 37.95
4.	CABACA, Mafalda Alexandra		00	Soc C. D. Turismo Gestao				2:44.75	17,00	-
	50m:	34.67 34.67	100m:	1:18.15	43.48	150m:	2:05.01	46.86	200m:	2:44.75 39.74
5.	MOURA, Beatriz Catarino		02	Nautico Abrantes				2:44.78	16,00	-
	50m:	36.87 36.87	100m:	1:19.27	42.40	150m:	2:07.14	47.87	200m:	2:44.78 37.64
6.	BENTO, Maria Madalena		05	BUZIOS - Coruche				2:44.89	15,00	-
	50m:	35.49 35.49	100m:	1:18.58	43.09	150m:	2:09.49	50.91	200m:	2:44.89 35.40
7.	RENGA, Ines Comprido		01	Elvense				2:45.02	14,00	-
	50m:	34.73 34.73	100m:	1:18.51	43.78	150m:	2:05.40	46.89	200m:	2:45.02 39.62
8.	REIS, Alexandra Bandovas		02	Estremoz / Estremozcarnes				2:45.14	13,00	-
	50m:	36.10 36.10	100m:	1:15.59	39.49	150m:	2:06.51	50.92	200m:	2:45.14 38.63
9.	GUO, Zhang Ye		03	Aminata				2:47.90	12,00	-
	50m:	35.50 35.50	100m:	1:18.30	42.80	150m:	2:08.87	50.57	200m:	2:47.90 39.03
10.	FERREIRA, Ana Oliveira		00	Assoc.20km-Almeirim				2:48.03	11,00	-
	50m:	35.95 35.95	100m:	1:19.96	44.01	150m:	2:08.68	48.72	200m:	2:48.03 39.35
11.	LOPES, Claudia Gavetanho		02	Natacao Albicastrense				2:52.01	10,00	-
	50m:	38.26 38.26	100m:	1:20.72	42.46	150m:	2:11.15	50.43	200m:	2:52.01 40.86
12.	AMARO, Margarida Monteiro		02	Acmn				2:56.35	9,00	-
	50m:	36.10 36.10	100m:	1:20.56	44.46	150m:	2:13.42	52.86	200m:	2:56.35 42.93
13.	CORREIA, Madalena Alves		01	Litoral Alentejano				2:59.48	8,00	-
	50m:	37.12 37.12	100m:	1:24.67	47.55	150m:	2:18.31	53.64	200m:	2:59.48 41.17
14.	GASPAR, Mariana Rodrigues		03	Ndco				3:03.27	7,00	-
	50m:	40.85 40.85	100m:	1:27.58	46.73	150m:	2:20.42	52.84	200m:	3:03.27 42.85
15.	SILVA, Rafaela Canano		04	Cartaxo				3:05.05	6,00	-
	50m:	41.57 41.57	100m:	1:29.79	48.22	150m:	2:23.36	53.57	200m:	3:05.05 41.69
16.	DOURADO, Maria Clara		04	Natacao Guarda				3:11.01	5,00	-
	50m:	43.79 43.79	100m:	1:32.97	49.18	150m:	2:25.87	52.90	200m:	3:11.01 45.14
17.	GOUVEIA, Julia Martins		03	Clube Natacao Portalegre				3:16.32	4,00	-
	50m:	45.48 45.48	100m:	1:37.50	52.02	150m:	2:30.56	53.06	200m:	3:16.32 45.76

Prova 12
13/01/2018 - 11:50

Masc., 4 x 100m Livres

Absoluto
Resultados

Lugar					Tempo final				
1. CLAC-Entroncamento 1	CLAC-Entroncamento				3:49.54 21,00				-
LOPES, Rui Jorge	00	28.23	57.90	GONCALVES, Joao Afonso	00	27.82	59.97		
VIANA, Luis Filipe	89	27.72	57.40	LEAL, Ricardo Luis	01	26.28	54.27		
2. BUZIOS - Coruche 1	BUZIOS - Coruche				3:51.47 19,00				-
SILVA, Duarte Filipe	03	29.76	1:02.50	LOPES, Pedro Pereira	99	27.25	57.06		
SARAMAGO, Artur Rafael	97	25.85	55.62	BALSA, Diogo Miguel	95	26.73	56.29		
3. Soc C. D. Turismo Gestao 2	Soc C. D. Turismo Gestao				3:51.54 18,00				-
MARQUES, Joao Miguel	01	28.29	56.80	ALVES, Rui Chagas	03	28.40	58.56		
LOPES, Luis Afonso	03	28.90	59.13	CRISTOVAO, Goncalo Magalhaes	03	27.48	57.05		
4. Natacao Guarda 1	Natacao Guarda				3:59.14 17,00				-
ADAIXO, Pedro Salzedas	00	28.60	59.16	DIAS, Simao Pedro	02	28.41	58.79		
TAVARES, Pedro Oliveira	01	29.49	1:03.32	COSTA, Marco Antonio	02	27.75	57.87		
5. Aminata 1	Aminata				4:00.83 16,00				-
ALVES, Rodrigo Miguel	02	27.70	57.44	RIBEIRO, Miguel Aleixo	03	28.50	1:00.29		
CALCONA, Joao Filipe	02	28.91	1:02.18	KOROL, Andre	03	28.83	1:00.92		
6. Litoral Alentejano 1	Litoral Alentejano				4:00.96 15,00				-
BOTO, Pedro Alexandre	02	29.04	59.51	COSTA, Rodrigo Marques	76	28.02	58.34		
PIMENTEL, Alfredo Eugenio	00	28.18	59.37	MARIANO, Samuel Andre	02	30.58	1:03.74		
7. Torres Novas 1	Torres Novas				4:04.98 14,00				-
CALADO, Joao Jose	01	28.70	59.29	SIMOES, Joao Antonio	01	28.78	1:00.36		
SANTANA, Pedro Maria	03	30.58	1:05.04	RAMOS, Filipe Asseiceira	00	28.49	1:00.29		
8. CCDSerta 1	CCDSerta				4:05.71 13,00				-
ALVES, Rodrigo Galvao	00	28.96	1:01.41	CARVALHO, Tiago Afonso	00	29.46	1:04.02		
FERREIRA, Joao Pedro	00	28.25	1:01.60	TAVARES, Joao Luis	00	26.46	58.68		
9. Acmn 1	Acmn				4:07.48 12,00				-
AZINHEIRINHA, Tiago Manuel	98	29.34	1:01.25	CESAR, Tiago Miguel	00	29.98	1:04.03		
PINTO, Tiago Miguel	02	30.22	1:03.81	SERRA, Joao Luis	97	27.34	58.39		
10. Ndco 1	Ndco				4:07.75 11,00				-
MEIRINHO, Joao Magalhaes	01	28.18	58.18	CIDONCHA, Goncalo Passos	98	31.03	1:03.22		
ASSEN, Lars	00	28.43	58.36	NEVES, Antonio Correia	03	32.01	1:07.99		
11. Natacao Albicastrense 1	Natacao Albicastrense				4:08.18 10,00				-
MENDES, Martim Rosa	03	30.54	1:03.38	DIAS, Francisco Teixeira	02	29.41	1:01.59		
CAMPOS, Guilherme Moiteiro	02	30.78	1:05.20	MARQUES, Carlos Manuel	00	28.17	58.01		
12. Estremoz / Estremozcarnes 1	Estremoz / Estremozcarnes				4:10.97 9,00				-
CATARINO, Joao Mendes	01	28.06	59.47	FRÓIS, André Filipe	02	30.25	1:04.97		
BANHA, Diogo Miguel	98	28.15	1:00.56	MASSAS, Pedro Miguel	02	31.10	1:05.97		
13. Assoc.20km-Almeirim 1	Assoc.20km-Almeirim				4:23.35 8,00				-
PEREIRA, Diogo Sampaio	01	31.73	1:05.98	CANTO, Gustavo Pinhal	04	34.36	1:12.86		
LOPES, Hugo Leonel	86	29.03	1:01.42	LOPES, Joao Teodoro	98	30.00	1:03.09		
14. Natacao do Tejo 1	Natacao do Tejo				4:24.92 7,00				-
MARTINS, Henrique Antonio	03	30.89	1:04.77	CARVALHO, David Antonio	99	30.29	1:04.43		
LEITAO, Hugo Miguel	03	31.82	1:07.94	OLIVEIRA, Manuel Luis	03	30.91	1:07.78		
15. Elvense 1	Elvense				4:27.15 6,00				-
MERUJE, Joaquim Agra	01	26.93	56.78	SANTA, Alexandre Miguel	99	32.75	1:08.85		
CAPATINA, Cristian	04	33.88	1:12.73	SUSTELO, Manuel Goncalves	00	32.67	1:08.79		
16. Clube Natacao Portalegre 1	Clube Natacao Portalegre				4:52.71 5,00				-
PAULETA, Miguel Angelo	03	35.57	1:13.57	AGOSTINHO, Iuri Aragonez	03	32.93	1:11.73		
PARREIRAS, Diogo Miguel	05	39.29	1:23.89	ANDRADE, Mario Luis	03	30.11	1:03.52		
17. Sporting Campomaiorense 1	Sporting Campomaiorense				5:04.16 4,00				-
CARRAPICO, Jose Silveirinha	05	33.77	1:11.60	CARRILHO, Luis Almeida	04	38.53	1:24.04		
SACHIM, Hugo Trindade	03	37.10	1:17.53	GILSA, Jose Eduardo	01	33.46	1:10.99		

Prova 13
13/01/2018 - 12:05

Femin., 4 x 100m Estilos

Absoluto
Resultados

Lugar							Tempo final		
1.	Torres Novas 1						4:51.11	21,00	-
	OLIVEIRA, Marta Sousa	01	35.05	1:12.72	OLIVEIRA, Rita Sousa	01	33.76	1:13.34	
	MORAIS, Margarida Mateus	04	37.15	1:18.24	MORAIS, Ana Rita	02	31.38	1:06.81	
2.	CCDSerta 1						4:59.49	19,00	-
	CATARINO, Laura Andre	03	33.72	1:09.86	RIBEIRO, Carolina Martins	03	35.78	1:18.49	
	MATIAS, Marta Filipa	03	38.27	1:22.42	RIBEIRO, Leonor Santos	03	31.98	1:08.72	
3.	Natacao Albicastrense 1						5:01.44	18,00	-
	MARQUES, Alice Sequeira	04	37.77	1:17.10	MARQUES, Maria Alexandra	04	33.09	1:11.15	
	SILVA, Ines Louro	04	37.75	1:21.19	GONCALVES, Ana Rita	04	34.16	1:12.00	
4.	Nautico Abrantes 1						5:04.13	17,00	-
	DUARTE, Ines Ferreira	01	35.25	1:12.59	LEONARDO, Rute Isabel	98	33.75	1:14.70	
	MOURA, Beatriz Catarino	02	39.90	1:26.76	GARCIA, Ines Marques	03	32.96	1:10.08	
5.	Elvense 3						5:07.15	16,00	-
	SANTOS, Ana Filipa	03	40.44	1:22.29	RENGA, Ines Comprido	01	33.41	1:13.05	
	FRANCO, Barbara Garrido	04	39.74	1:25.96	VENTURA, Sara Sofia	04	31.10	1:05.85	
6.	Assoc.20km-Almeirim 1						5:07.70	15,00	-
	SOUSA, Joana Margarida	04	40.36	1:22.50	FITAS, Filipa Cardigo	02	35.19	1:15.05	
	OLIVEIRA, Ana Patricia	03	40.02	1:25.65	FERREIRA, Ana Oliveira	00	31.81	1:04.50	
7.	Soc C. D. Turismo Gestao 1						5:08.17	14,00	-
	LOURO, Raquel Canelas	04	38.41	1:18.43	CABACA, Mafalda Alexandra	00	33.79	1:13.54	
	DOMINGOS, Mariana Nunes	00	42.35	1:32.18	BENTO, Beatriz Staiger	04	31.09	1:04.02	
8.	Acmn 2						5:18.99	13,00	-
	MANTAS, Daniela Filipa	99	35.76	1:12.79	BARBADO, Sofia Correia	03	37.82	1:22.72	
	AMARO, Margarida Monteiro	02	42.88	1:31.95	GERVASIO, Ana Sofia	95	33.17	1:11.53	
9.	Estremoz / Estremozcarnes 2						5:27.76	12,00	-
	Brites, Natacha Caeiro	04	40.95	1:23.94	FONSECA, Ana Filipa	04	35.55	1:16.72	
	PIRES, Matilde Silva	04	42.43	1:30.08	CANDEIAS, Marta Filipa	04	36.48	1:17.02	
10.	Natacao do Tejo 1						5:31.02	11,00	-
	SILVA, Catarina Filipa	03	42.32	1:26.85	CARPINTEIRO, Carolina Silverio	02	35.40	1:16.82	
	MARQUES, Mafalda Gilberto	01	38.18	1:19.22	RONDAO, Beatriz Fernandes	06	40.39	1:28.13	
11.	Natacao Guarda 1						5:33.64	10,00	-
	MENDES, Beatriz Goncalves	01	38.49	1:20.82	ALVES, Ines Sofia	00	36.45	1:21.69	
	PINTO, Oriana Manuela	02	40.99	1:28.62	CIPRIANO, Ana Margarida	03	38.68	1:22.51	
12.	Aminata 1						5:42.95	9,00	-
	PEREIRA, Filipa Teixeira	06	40.82	1:24.99	GUO, Zhang Ye	03	35.12	1:15.51	
	ALVES, Catarina Isabel	06	44.46	1:37.38	NEVES, Rita Alves	06	39.36	1:25.07	
13.	Ndco 2						6:02.56	8,00	-
	JOAQUIM, Mariana Silva	06	41.79	1:26.84	SILVA, Beatriz dos Santos	01	44.44	1:41.24	
	REMA, Matilde Ramos	06	49.26	1:45.78	PALMA, Ines Pinto	05	32.79	1:08.70	
14.	Cartaxo 1						6:12.92	7,00	-
	SANTOS, Filipa Taborda	03	43.23	1:31.85	SILVA, Rafaela Canano	04	45.26	1:41.10	
	DUARTE, Beatriz Boal	05	48.72	1:44.07	COSTA, Joana Cardoso	03	37.10	1:15.90	
DSQ	BUZIOS - Coruche 1								-
	<i>704 - Pernadas de golfinho antes iniciar a braçada submarina após viragem aos 150 m - SW 7.1</i>								-
	CARLOTA, Catarina Isabel, FERREIRA, Joana Rita, BENTO, Maria Madalena, MACHARREU, Matilde Isabel								-
DSQ	Litoral Alentejano 1								-
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>								-
	LASCU, Nicoleta, GUEDES, Ana Carolina, CORREIA, Madalena Alves, LOPES, Melissa Helena								-

Prova 14
13/01/2018 - 15:00

Masc., 800m Livres

Absoluto
Resultados

Lugar			Ano					Tempo final		
1.	SALDIDA, Goncalo Faria		99	Natacao do Tejo				9:12.87	21,00	-
	50m:	31.98 31.98	250m:	2:47.88 34.39	450m:	5:07.09 34.58	650m:	7:28.42 35.44		
	100m:	1:05.77 33.79	300m:	3:22.59 34.71	500m:	5:42.16 35.07	700m:	8:04.13 35.71		
	150m:	1:39.59 33.82	350m:	3:57.57 34.98	550m:	6:17.48 35.32	750m:	8:38.51 34.38		
	200m:	2:13.49 33.90	400m:	4:32.51 34.94	600m:	6:52.98 35.50	800m:	9:12.87 34.36		
2.	DIAS, Simao Pedro		02	Natacao Guarda				9:21.02	19,00	-
	50m:	32.37 32.37	250m:	2:53.69 35.58	450m:	5:16.18 36.07	650m:	7:38.25 35.61		
	100m:	1:06.95 34.58	300m:	3:29.30 35.61	500m:	5:51.84 35.66	700m:	8:13.84 35.59		
	150m:	1:42.48 35.53	350m:	4:04.92 35.62	550m:	6:27.56 35.72	750m:	8:48.49 34.65		
	200m:	2:18.11 35.63	400m:	4:40.11 35.19	600m:	7:02.64 35.08	800m:	9:21.02 32.53		
3.	COUTINHO, Guilherme Pereira		03	Soc C. D. Turismo Gestao				9:31.67	18,00	-
	50m:	33.19 33.19	250m:	2:57.59 36.56	450m:	5:22.46 36.43	650m:	7:47.10 36.09		
	100m:	1:08.79 35.60	300m:	3:34.24 36.65	500m:	5:59.04 36.58	700m:	8:23.96 36.86		
	150m:	1:44.90 36.11	350m:	4:10.34 36.10	550m:	6:35.16 36.12	750m:	8:59.61 35.65		
	200m:	2:21.03 36.13	400m:	4:46.03 35.69	600m:	7:11.01 35.85	800m:	9:31.67 32.06		
4.	RAMOS, Filipe Asseiceira		00	Torres Novas				9:31.78	17,00	-
	50m:	33.91 33.91	250m:	2:58.37 35.77	450m:	5:22.22 35.96	650m:	7:47.54 36.17		
	100m:	1:10.24 36.33	300m:	3:34.58 36.21	500m:	5:58.29 36.07	700m:	8:24.02 36.48		
	150m:	1:46.62 36.38	350m:	4:10.30 35.72	550m:	6:34.83 36.54	750m:	8:59.68 35.66		
	200m:	2:22.60 35.98	400m:	4:46.26 35.96	600m:	7:11.37 36.54	800m:	9:31.78 32.10		
5.	SERRA, Joao Luis		97	Acmn				9:46.87	16,00	-
	50m:	33.08 33.08	250m:	2:59.07 37.05	450m:	5:26.72 36.53	650m:	7:56.43 37.15		
	100m:	1:09.08 36.00	300m:	3:35.66 36.59	500m:	6:03.97 37.25	700m:	8:33.99 37.56		
	150m:	1:44.97 35.89	350m:	4:12.56 36.90	550m:	6:41.62 37.65	750m:	9:11.12 37.13		
	200m:	2:22.02 37.05	400m:	4:50.19 37.63	600m:	7:19.28 37.66	800m:	9:46.87 35.75		
6.	ASSEN, Lars		00	Ndco				9:53.20	15,00	-
	50m:	32.60 32.60	250m:	2:57.15 37.34	450m:	5:27.24 37.83	650m:	8:01.61 38.94		
	100m:	1:07.72 35.12	300m:	3:34.48 37.33	500m:	6:05.92 38.68	700m:	8:40.77 39.16		
	150m:	1:43.65 35.93	350m:	4:11.74 37.26	550m:	6:44.47 38.55	750m:	9:19.17 38.40		
	200m:	2:19.81 36.16	400m:	4:49.41 37.67	600m:	7:22.67 38.20	800m:	9:53.20 34.03		
7.	MARIANO, Samuel Andre		02	Litoral Alentejano				9:53.32	14,00	-
	50m:	34.25 34.25	250m:	3:03.25 37.32	450m:	5:32.91 37.35	650m:	8:02.46 37.03		
	100m:	1:12.28 38.03	300m:	3:40.72 37.47	500m:	6:10.50 37.59	700m:	8:39.92 37.46		
	150m:	1:48.90 36.62	350m:	4:18.23 37.51	550m:	6:47.91 37.41	750m:	9:17.22 37.30		
	200m:	2:25.93 37.03	400m:	4:55.56 37.33	600m:	7:25.43 37.52	800m:	9:53.32 36.10		
8.	MARTINS, Miguel Alexandre		04	BUZIOS - Coruche				9:59.39	13,00	-
	50m:	34.34 34.34	250m:	3:05.55 38.48	450m:	5:36.25 37.80	650m:	8:08.79 38.34		
	100m:	1:12.03 37.69	300m:	3:42.77 37.22	500m:	6:14.38 38.13	700m:	8:46.88 38.09		
	150m:	1:49.56 37.53	350m:	4:20.82 38.05	550m:	6:52.33 37.95	750m:	9:23.87 36.99		
	200m:	2:27.07 37.51	400m:	4:58.45 37.63	600m:	7:30.45 38.12	800m:	9:59.39 35.52		
9.	TAVARES, Joao Luis		00	CCDSerta				10:02.68	12,00	-
	50m:	32.86 32.86	250m:	3:04.22 38.80	450m:	5:39.47 38.35	650m:	8:12.89 38.33		
	100m:	1:09.48 36.62	300m:	3:42.91 38.69	500m:	6:17.64 38.17	700m:	8:50.57 37.68		
	150m:	1:47.17 37.69	350m:	4:22.17 39.26	550m:	6:55.89 38.25	750m:	9:27.40 36.83		
	200m:	2:25.42 38.25	400m:	5:01.12 38.95	600m:	7:34.56 38.67	800m:	10:02.68 35.28		
10.	LOPES, Joao Teodoro		98	Assoc.20km-Almeirim				10:05.79	11,00	-
	50m:	34.38 34.38	250m:	3:02.85 37.57	450m:	5:35.30 38.04	650m:	8:10.47 38.82		
	100m:	1:11.11 36.73	300m:	3:40.42 37.57	500m:	6:13.98 38.68	700m:	8:50.00 39.53		
	150m:	1:48.15 37.04	350m:	4:18.72 38.30	550m:	6:52.88 38.90	750m:	9:28.76 38.76		
	200m:	2:25.28 37.13	400m:	4:57.26 38.54	600m:	7:31.65 38.77	800m:	10:05.79 37.03		
11.	NUNES, Miguel Filipe		04	Cartaxo				10:21.48	10,00	-
	50m:	35.43 35.43	250m:	3:12.60 39.54	450m:	5:49.96 39.38	650m:	8:26.66 38.89		
	100m:	1:14.14 38.71	300m:	3:52.10 39.50	500m:	6:29.25 39.29	700m:	9:06.00 39.34		
	150m:	1:53.40 39.26	350m:	4:31.08 38.98	550m:	7:08.74 39.49	750m:	9:44.40 38.40		
	200m:	2:33.06 39.66	400m:	5:10.58 39.50	600m:	7:47.77 39.03	800m:	10:21.48 37.08		

Prova 14, Masc., 800m Livres, Absoluto

Lugar			Ano							Tempo final		
12.	CALCONA, Joao Filipe		02	Aminata						10:42.46	9,00	-
	50m:	34.70 34.70	250m:	3:13.07	40.19	450m:	5:57.09	41.33	650m:	8:42.46	40.71	
	100m:	1:13.09 38.39	300m:	3:53.69	40.62	500m:	6:38.79	41.70	700m:	9:23.74	41.28	
	150m:	1:52.81 39.72	350m:	4:34.60	40.91	550m:	7:20.35	41.56	750m:	10:05.14	41.40	
	200m:	2:32.88 40.07	400m:	5:15.76	41.16	600m:	8:01.75	41.40	800m:	10:42.46	37.32	
13.	CAMPOS, Guilherme Moiteiro		02	Natacao Albicastrense						10:48.37	8,00	-
	50m:	34.18 34.18	250m:	3:11.76	40.50	450m:	5:56.73	41.29	650m:	8:43.31	41.48	
	100m:	1:12.81 38.63	300m:	3:52.74	40.98	500m:	6:38.07	41.34	700m:	9:25.79	42.48	
	150m:	1:51.42 38.61	350m:	4:33.72	40.98	550m:	7:20.00	41.93	750m:	10:07.97	42.18	
	200m:	2:31.26 39.84	400m:	5:15.44	41.72	600m:	8:01.83	41.83	800m:	10:48.37	40.40	
14.	PESTANA, Antonio Joao		00	CLAC-Entroncamento						10:49.34	7,00	-
	50m:	35.20 35.20	250m:	3:12.73	39.94	450m:	5:56.13	41.44	650m:	8:44.56	42.42	
	100m:	1:13.68 38.48	300m:	3:52.90	40.17	500m:	6:38.21	42.08	700m:	9:27.48	42.92	
	150m:	1:53.21 39.53	350m:	4:33.53	40.63	550m:	7:20.26	42.05	750m:	10:09.98	42.50	
	200m:	2:32.79 39.58	400m:	5:14.69	41.16	600m:	8:02.14	41.88	800m:	10:49.34	39.36	
15.	MASSAS, Pedro Miguel		02	Estremoz / Estremozcarnes						11:20.44	6,00	-
	50m:	36.99 36.99	250m:	3:23.94	42.04	450m:	6:18.44	43.28	650m:	9:12.17	43.46	
	100m:	1:17.06 40.07	300m:	4:07.36	43.42	500m:	7:02.28	43.84	700m:	9:55.65	43.48	
	150m:	1:59.04 41.98	350m:	4:51.21	43.85	550m:	7:45.90	43.62	750m:	10:38.80	43.15	
	200m:	2:41.90 42.86	400m:	5:35.16	43.95	600m:	8:28.71	42.81	800m:	11:20.44	41.64	
16.	AGOSTINHO, Iuri Aragonex		03	Clube Nataçao Portalegre						11:38.34	5,00	-
	50m:	39.60 39.60	250m:	3:32.73	43.26	450m:	6:31.78	45.29	650m:	9:29.18	44.24	
	100m:	1:22.78 43.18	300m:	4:18.29	45.56	500m:	7:15.22	43.44	700m:	10:13.74	44.56	
	150m:	2:05.95 43.17	350m:	5:01.84	43.55	550m:	8:00.76	45.54	750m:	10:57.83	44.09	
	200m:	2:49.47 43.52	400m:	5:46.49	44.65	600m:	8:44.94	44.18	800m:	11:38.34	40.51	
17.	SACHIM, Hugo Trindade		03	Sporting Campomaiorense						11:49.45	4,00	-
	50m:	39.54 39.54	250m:	3:33.89	43.58	450m:	6:33.04	45.90	650m:	9:37.07	46.12	
	100m:	1:22.60 43.06	300m:	4:18.57	44.68	500m:	7:18.90	45.86	700m:	10:22.54	45.47	
	150m:	2:06.99 44.39	350m:	5:02.68	44.11	550m:	8:04.37	45.47	750m:	11:07.64	45.10	
	200m:	2:50.31 43.32	400m:	5:47.14	44.46	600m:	8:50.95	46.58	800m:	11:49.45	41.81	
18.	CAPATINA, Cristian		04	Elvense						12:34.87	3,00	-
	50m:	38.95 38.95	250m:	3:45.55	48.82	450m:	6:59.07	49.73	650m:	10:13.19	47.34	
	100m:	1:23.61 44.66	300m:	4:33.19	47.64	500m:	7:48.56	49.49	700m:	11:03.99	50.80	
	150m:	2:10.35 46.74	350m:	5:20.60	47.41	550m:	8:38.02	49.46	750m:	11:50.12	46.13	
	200m:	2:56.73 46.38	400m:	6:09.34	48.74	600m:	9:25.85	47.83	800m:	12:34.87	44.75	

Prova 15
13/01/2018 - 15:35

Femin., 100m Mariposa

Absoluto
Resultados

Lugar			Ano							Tempo final			
1.	MARQUES, Maria Alexandra		04	Natacao Albicastrense						1:10.13	21,00	-	
	50m:	33.62 33.62	100m:	1:10.13	36.51								
2.	CARPINTEIRO, Carolina Silverio		02	Natacao do Tejo						1:10.55	19,00	-	
	50m:	33.90 33.90	100m:	1:10.55	36.65								
3.	MATIAS, Marta Filipa		03	CCDSerta						1:11.71	18,00	-	
	50m:	33.07 33.07	100m:	1:11.71	38.64								
4.	OLIVEIRA, Rita Sousa		01	Torres Novas						1:15.72	17,00	-	
	50m:	35.20 35.20	100m:	1:15.72	40.52								
5.	FONSECA, Ana Filipa		04	Estremoz / Estremozcarnes						1:16.02	16,00	-	
	50m:	35.98 35.98	100m:	1:16.02	40.04								
6.	CRUZ, Rita Carrico		04	Soc C. D. Turismo Gestao						1:16.35	15,00	-	
	50m:	35.77 35.77	100m:	1:16.35	40.58								
7.	FITAS, Filipa Cardigo		02	Assoc.20km-Almeirim						1:17.32	14,00	-	
	50m:	36.25 36.25	100m:	1:17.32	41.07								

Prova 15, Femin., 100m Mariposa, Absoluto

Lugar	Ano	Tempo final	
8. AMARO, Margarida Monteiro 50m: 36.25 36.25 100m: 1:20.06 43.81	02 Acmn	1:20.06 13,00	-
9. FRANCO, Barbara Garrido 50m: 36.68 36.68 100m: 1:21.09 44.41	04 Elvense	1:21.09 12,00	-
10. GARCIA, Ines Marques 50m: 38.58 38.58 100m: 1:22.38 43.80	03 Nautico Abrantes	1:22.38 11,00	-
11. MACHARREU, Matilde Isabel 50m: 38.07 38.07 100m: 1:22.48 44.41	04 BUZIOS - Coruche	1:22.48 10,00	-
12. MASCARENHAS, Inês Filipa 50m: 40.93 40.93 100m: 1:27.02 46.09	03 Litoral Alentejano	1:27.02 9,00	-
13. PALMA, Ines Pinto 50m: 44.04 44.04 100m: 1:33.41 49.37	05 Ndco	1:33.41 8,00	-
14. CIPRIANO, Ana Margarida 50m: 41.58 41.58 100m: 1:34.56 52.98	03 Natacao Guarda	1:34.56 7,00	-
15. COSTA, Joana Cardoso 50m: 44.25 44.25 100m: 1:36.51 52.26	03 Cartaxo	1:36.51 6,00	-
16. VORNICESCU, Helena Padrao 50m: 45.61 45.61 100m: 1:38.22 52.61	03 Aminata	1:38.22 5,00	-

Prova 16
13/01/2018 - 15:40

Masc., 200m Mariposa

Absoluto
Resultados

Lugar	Ano	Tempo final	
1. CALADO, Joao Jose 50m: 30.05 30.05 100m: 1:04.40 34.35 150m: 1:40.03 35.63 200m: 2:17.62 37.59	01 Torres Novas	2:17.62 21,00	-
2. LOPES, Rui Jorge 50m: 31.46 31.46 100m: 1:06.63 35.17 150m: 1:43.46 36.83 200m: 2:21.21 37.75	00 CLAC-Entroncamento	2:21.21 19,00	-
3. COSTA, Marco Antonio 50m: 32.21 32.21 100m: 1:08.05 35.84 150m: 1:45.90 37.85 200m: 2:22.61 36.71	02 Natacao Guarda	2:22.61 18,00	-
4. LOPES, Pedro Pereira 50m: 33.19 33.19 100m: 1:11.76 38.57 150m: 1:53.21 41.45 200m: 2:33.01 39.80	99 BUZIOS - Coruche	2:33.01 17,00	-
5. ALVES, Rui Chagas 50m: 33.98 33.98 100m: 1:13.95 39.97 150m: 1:54.28 40.33 200m: 2:34.23 39.95	03 Soc C. D. Turismo Gestao	2:34.23 16,00	-
6. CUSTODIO, Guilherme Miguel 50m: 34.83 34.83 100m: 1:14.58 39.75 150m: 1:56.20 41.62 200m: 2:37.05 40.85	02 Litoral Alentejano	2:37.05 15,00	-
7. CATARINO, Joao Mendes 50m: 34.46 34.46 100m: 1:15.00 40.54 150m: 1:58.02 43.02 200m: 2:38.54 40.52	01 Estremoz / Estremozcarnes	2:38.54 14,00	-
8. CIDONCHA, Goncalo Passos 50m: 38.31 38.31 100m: 1:21.70 43.39 150m: 2:06.69 44.99 200m: 2:48.49 41.80	98 Ndco	2:48.49 13,00	-
9. LEITAO, Hugo Miguel 50m: 36.83 36.83 100m: 1:21.76 44.93 150m: 2:07.53 45.77 200m: 2:50.85 43.32	03 Natacao do Tejo	2:50.85 12,00	-
10. ALVES, Rodrigo Galvao 50m: 32.42 32.42 100m: 1:11.71 39.29 150m: 1:56.80 45.09 200m: 2:52.34 55.54	00 CCDSerta	2:52.34 11,00	-
11. NUNES, Alexis Simao 50m: 38.63 38.63 100m: 1:23.03 44.40 150m: 2:08.73 45.70 200m: 2:55.07 46.34	02 Natacao Alcastrense	2:55.07 10,00	-
12. ANDRADE, Mario Luis 50m: 36.65 36.65 100m: 1:22.05 45.40 150m: 2:09.97 47.92 200m: 2:56.13 46.16	03 Clube Natacao Portalegre	2:56.13 9,00	-

Prova 16, Masc., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	
13. FREIRE, Pedro Alexandre 50m: 36.24 36.24 100m: 1:20.31 44.07 150m: 2:08.87 48.56 200m: 2:58.07 49.20	03 Aminata	2:58.07 8,00	-
14. CESAR, Tiago Miguel 50m: 38.25 38.25 100m: 1:24.70 46.45 150m: 2:13.51 48.81 200m: 3:01.79 48.28	00 Acmn	3:01.79 7,00	-
15. CANTO, Gustavo Pinhal 50m: 39.67 39.67 100m: 1:28.75 49.08 150m: 2:19.06 50.31 200m: 3:07.15 48.09	04 Assoc.20km-Almeirim	3:07.15 6,00	-
16. CARRILHO, Luis Almeida 50m: 44.46 44.46 100m: 1:43.99 59.53 150m: 2:47.71 1:03.72 200m: 3:47.26 59.55	04 Sporting Campomaiorense	3:47.26 5,00	-
DSQ SANTA, Alexandre Miguel <i>Quebra de ciclo na chegada - SW 8.2</i>	99 Elvense	-	-

Prova 17
13/01/2018 - 15:55

Femin., 100m Bruços

Absoluto
Resultados

Lugar	Ano	Tempo final	
1. LEONARDO, Rute Isabel 50m: 36.84 36.84 100m: 1:17.70 40.86	98 Nautico Abrantes	1:17.70 21,00	-
2. MARQUES, Mafalda Gilberto 50m: 38.01 38.01 100m: 1:19.55 41.54	01 Natacao do Tejo	1:19.55 19,00	-
3. SILVA, Ines Louro 50m: 38.29 38.29 100m: 1:19.89 41.60	04 Natacao Albicastrense	1:19.89 18,00	-
4. GUEDES, Ana Carolina 50m: 38.51 38.51 100m: 1:20.42 41.91	93 Litoral Alentejano	1:20.42 17,00	-
5. CASAL, Beatriz Goncalves 50m: 39.71 39.71 100m: 1:22.34 42.63	03 Torres Novas	1:22.34 16,00	-
6. RENGAL, Ines Comprido 50m: 40.26 40.26 100m: 1:25.10 44.84	01 Elvense	1:25.10 15,00	-
7. OLIVEIRA, Ana Patricia 50m: 40.98 40.98 100m: 1:26.12 45.14	03 Assoc.20km-Almeirim	1:26.12 14,00	-
8. FERREIRA, Joana Rita 50m: 41.25 41.25 100m: 1:26.26 45.01	93 BUZIOS - Coruche	1:26.26 13,00	-
9. PINTO, Oriana Manuela 50m: 41.37 41.37 100m: 1:28.03 46.66	02 Natacao Guarda	1:28.03 12,00	-
10. MANTAS, Daniela Filipa 50m: 42.80 42.80 100m: 1:29.26 46.46	99 Acmn	1:29.26 11,00	-
11. PIRES, Matilde Silva 50m: 43.79 43.79 100m: 1:31.05 47.26	04 Estremoz / Estremozcarnes	1:31.05 10,00	-
12. NEVES, Daniela Lourenco 50m: 44.82 44.82 100m: 1:32.41 47.59	05 CCDSerta	1:32.41 9,00	-
13. ALVES, Catarina Isabel 50m: 45.40 45.40 100m: 1:35.89 50.49	06 Aminata	1:35.89 8,00	-
14. COSTA, Joana Cardoso 50m: 46.95 46.95 100m: 1:37.75 50.80	03 Cartaxo	1:37.75 7,00	-
15. MADEIRA, Mariana Timoteo 50m: 45.80 45.80 100m: 1:38.11 52.31	03 Soc C. D. Turismo Gestao	1:38.11 6,00	-
16. BRANDAO, Ines Maria 50m: 48.13 48.13 100m: 1:43.45 55.32	05 Clube Natacao Portalegre	1:43.45 5,00	-

Prova 17, Femin., 100m Bruços, Absoluto

Lugar	Ano	Tempo final		
17. FORTIO, Margarida Ventura	05	1:44.07	4,00	-
50m: 49.77 49.77 100m: 1:44.07	Grupo Desportivo Mora	54.30		
18. REMA, Matilde Ramos	06	1:48.41	3,00	-
50m: 52.13 52.13 100m: 1:48.41	Ndco	56.28		

Prova 18
13/01/2018 - 16:00

Masc., 200m Bruços

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. MERUJE, Joaquim Agra	01	2:32.09	21,00	-
50m: 33.26 33.26 100m: 1:11.80	Elvense	38.54 150m: 1:51.53 39.73	200m: 2:32.09 40.56	
2. VIANA, Luis Filipe	89	2:36.41	19,00	-
50m: 35.23 35.23 100m: 1:15.15	CLAC-Entroncamento	39.92 150m: 1:56.38 41.23	200m: 2:36.41 40.03	
3. LOPES, Luis Afonso	03	2:37.80	18,00	-
50m: 35.68 35.68 100m: 1:15.54	Soc C. D. Turismo Gestao	39.86 150m: 1:56.54 41.00	200m: 2:37.80 41.26	
4. COSTA, Rodrigo Marques	76	2:40.06	17,00	-
50m: 36.62 36.62 100m: 1:16.06	Litoral Alentejano	39.44 150m: 1:57.14 41.08	200m: 2:40.06 42.92	
5. TAVARES, Pedro Oliveira	01	2:40.75	16,00	-
50m: 35.59 35.59 100m: 1:17.10	Natacao Guarda	41.51 150m: 1:58.54 41.44	200m: 2:40.75 42.21	
6. SALDIDA, Goncalo Faria	99	2:49.74	15,00	-
50m: 38.65 38.65 100m: 1:22.41	Natacao do Tejo	43.76 150m: 2:05.40 42.99	200m: 2:49.74 44.34	
7. SANTANA, Pedro Maria	03	2:51.02	14,00	-
50m: 40.09 40.09 100m: 1:24.22	Torres Novas	44.13 150m: 2:08.30 44.08	200m: 2:51.02 42.72	
8. MENDES, Martim Rosa	03	2:52.24	13,00	-
50m: 39.98 39.98 100m: 1:24.81	Natacao Albicastrense	44.83 150m: 2:08.87 44.06	200m: 2:52.24 43.37	
9. AZINHEIRINHA, Tiago Manuel	98	2:54.12	12,00	-
50m: 39.67 39.67 100m: 1:24.98	Acmn	45.31 150m: 2:09.47 44.49	200m: 2:54.12 44.65	
10. MATIAS, Francisco Miguel	04	2:54.17	11,00	-
50m: 38.90 38.90 100m: 1:24.87	CCDSerta	45.97 150m: 2:08.92 44.05	200m: 2:54.17 45.25	
11. PAIVA, Joao Pedro	02	2:55.47	10,00	-
50m: 39.86 39.86 100m: 1:24.51	Aminata	44.65 150m: 2:10.16 45.65	200m: 2:55.47 45.31	
12. CARREGADO, Pedro Marques	02	2:57.82	9,00	-
50m: 40.63 40.63 100m: 1:25.20	BUZIOS - Coruche	44.57 150m: 2:11.28 46.08	200m: 2:57.82 46.54	
13. LOPES, Hugo Leonel	86	2:59.20	8,00	-
50m: 39.29 39.29 100m: 1:25.94	Assoc.20km-Almeirim	46.65 150m: 2:12.19 46.25	200m: 2:59.20 47.01	
14. CARRAPICO, Jose Silveirinha	05	3:10.88	7,00	-
50m: 44.19 44.19 100m: 1:32.56	Sporting Campomaiorense	48.37 150m: 2:21.95 49.39	200m: 3:10.88 48.93	
15. NEVES, Antonio Correia	03	3:11.25	6,00	-
50m: 43.10 43.10 100m: 1:31.95	Ndco	48.85 150m: 2:22.28 50.33	200m: 3:11.25 48.97	
16. DUARTE, Bernardo Boal	04	3:12.06	5,00	-
50m: 44.37 44.37 100m: 1:33.15	Cartaxo	48.78 150m: 2:22.82 49.67	200m: 3:12.06 49.24	
17. MOREIRA, David Miguel	02	3:20.24	4,00	-
50m: 46.33 46.33 100m: 1:37.50	Estremoz / Estremozcarnes	51.17 150m: 2:29.07 51.57	200m: 3:20.24 51.17	
18. PAULETA, Miguel Angelo	03	3:25.83	3,00	-
50m: 45.95 45.95 100m: 1:38.80	Clube Natacao Portalegre	52.85 150m: 2:32.56 53.76	200m: 3:25.83 53.27	

Prova 19
13/01/2018 - 16:10

Femin., 50m Livres

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. CATARINO, Laura Andre	03 CCDSerta	29.08	21,00	-
2. OLIVEIRA, Marta Sousa	01 Torres Novas	29.42	19,00	-
3. VENTURA, Sara Sofia	04 Elvense	30.16	18,00	-
4. ALVES, Ines Sofia	00 Natacao Guarda	30.26	17,00	-
5. BENTO, Beatriz Staiger	04 Soc C. D. Turismo Gestao	30.70	16,00	-
6. FERREIRA, Ana Oliveira	00 Assoc.20km-Almeirim	30.73	15,00	-
7. MANTAS, Daniela Filipa	99 Acmn	30.92	14,00	-
8. DUARTE, Ines Ferreira	01 Nautico Abrantes	30.99	13,00	-
9. LOPES, Melissa Helena	00 Litoral Alentejano	32.13	12,00	-
10. FONSECA, Ana Filipa	04 Estremoz / Estremozcarnes	32.48	10,50	-
LOPES, Claudia Gavetano	02 Natacao Albicastrense	32.48	10,50	-
12. MACHARREU, Matilde Isabel	04 BUZIOS - Coruche	32.53	9,00	-
13. SILVA, Rafaela Canano	04 Cartaxo	32.92	8,00	-
14. SILVA, Beatriz dos Santos	01 Ndco	33.53	7,00	-
15. BRANDAO, Ines Maria	05 Clube Nataçao Portalegre	35.36	6,00	-
16. RONDAO, Beatriz Fernandes	06 Natacao do Tejo	38.67	5,00	-
DSQ GUO, Zhang Ye	03 Aminata		-	-

403 - Falsa partida - SW 4.4

Prova 20
13/01/2018 - 16:20

Masc., 100m Livres

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. MARQUES, Joao Miguel	01 Soc C. D. Turismo Gestao	56.20	21,00	-
50m: 27.84 27.84 100m: 56.20 28.36				
2. MEIRINHO, Joao Magalhaes	01 Ndco	57.77	19,00	-
50m: 28.79 28.79 100m: 57.77 28.98				
3. LEAL, Ricardo Luis	01 CLAC-Entroncamento	57.79	18,00	-
50m: 28.82 28.82 100m: 57.79 28.97				
4. ADAIXO, Pedro Salzedas	00 Natacao Guarda	57.83	17,00	-
50m: 28.23 28.23 100m: 57.83 29.60				
5. SIMOES, Joao Antonio	01 Torres Novas	58.96	16,00	-
50m: 29.17 29.17 100m: 58.96 29.79				
6. LOPES, Pedro Pereira	99 BUZIOS - Coruche	59.21	15,00	-
50m: 28.70 28.70 100m: 59.21 30.51				
7. TAVARES, Joao Luis	00 CCDSerta	59.36	14,00	-
50m: 28.46 28.46 100m: 59.36 30.90				
8. MARQUES, Carlos Manuel	00 Natacao Albicastrense	59.39	13,00	-
50m: 29.19 29.19 100m: 59.39 30.20				
9. PIMENTEL, Alfredo Eugenio	00 Litoral Alentejano	1:01.22	12,00	-
50m: 29.70 29.70 100m: 1:01.22 31.52				
10. BANHA, Diogo Miguel	98 Estremoz / Estremozcarnes	1:01.25	11,00	-
50m: 28.83 28.83 100m: 1:01.25 32.42				
11. KOROL, Andre	03 Aminata	1:01.55	10,00	-
50m: 29.59 29.59 100m: 1:01.55 31.96				
12. CARVALHO, David Antonio	99 Natacao do Tejo	1:03.55	9,00	-
50m: 30.48 30.48 100m: 1:03.55 33.07				
13. MAGRINHO, Leonardo Filipe	01 Clube Nataçao Portalegre	1:04.78	8,00	-
50m: 30.83 30.83 100m: 1:04.78 33.95				

Prova 20, Masc., 100m Livres, Absoluto

Lugar	Ano	Tempo final		
14. CESAR, Tiago Miguel 50m: 31.02 31.02 100m: 1:04.94 33.92	00 Acmn	1:04.94 7,00	-	
15. NUNES, Miguel Filipe 50m: 31.65 31.65 100m: 1:05.54 33.89	04 Cartaxo	1:05.54 6,00	-	
16. LOPES, Joao Teodoro 50m: 32.53 32.53 100m: 1:06.99 34.46	98 Assoc.20km-Almeirim	1:06.99 5,00	-	
17. SUSTELO, Manuel Goncalves 50m: 32.29 32.29 100m: 1:09.07 36.78	00 Elvense	1:09.07 4,00	-	
18. GILSA, Jose Eduardo 50m: 33.45 33.45 100m: 1:11.90 38.45	01 Sporting Campomaiorense	1:11.90 3,00	-	

Prova 21
13/01/2018 - 16:25

Femin., 100m Costas

Absoluto
Resultados

Lugar	Ano	Tempo final		
1. LASCU, Nicoleta 50m: 33.87 33.87 100m: 1:08.75 34.88	02 Litoral Alentejano	1:08.75 21,00	-	
2. CATARINO, Laura Andre 50m: 34.18 34.18 100m: 1:09.48 35.30	03 CCDSerta	1:09.48 19,00	-	
3. DUARTE, Ines Ferreira 50m: 36.12 36.12 100m: 1:13.36 37.24	01 Nautico Abrantes	1:13.36 18,00	-	
4. REIS, Alexandra Bandovas 50m: 35.07 35.07 100m: 1:13.37 38.30	02 Estremoz / Estremozcarnes	1:13.37 17,00	-	
5. VENTURA, Sara Sofia 50m: 37.15 37.15 100m: 1:16.09 38.94	04 Elvense	1:16.09 16,00	-	
6. MARQUES, Alice Sequeira 50m: 38.17 38.17 100m: 1:17.28 39.11	04 Natacao Albicastrense	1:17.28 15,00	-	
7. LEOTE, Erica Neves 50m: 38.17 38.17 100m: 1:17.99 39.82	03 Torres Novas	1:17.99 14,00	-	
8. LOURO, Raquel Canelas 50m: 38.39 38.39 100m: 1:18.09 39.70	04 Soc C. D. Turismo Gestao	1:18.09 13,00	-	
9. CARLOTA, Catarina Isabel 50m: 38.84 38.84 100m: 1:19.08 40.24	05 BUZIOS - Coruche	1:19.08 12,00	-	
10. MENDES, Beatriz Goncalves 50m: 38.91 38.91 100m: 1:20.79 41.88	01 Natacao Guarda	1:20.79 11,00	-	
11. SOUSA, Joana Margarida 50m: 40.06 40.06 100m: 1:22.64 42.58	04 Assoc.20km-Almeirim	1:22.64 10,00	-	
12. BARBADO, Sofia Correia 50m: 40.70 40.70 100m: 1:23.38 42.68	03 Acmn	1:23.38 9,00	-	
13. PEREIRA, Filipa Teixeira 50m: 41.80 41.80 100m: 1:25.32 43.52	06 Aminata	1:25.32 8,00	-	
14. JOAQUIM, Mariana Silva 50m: 41.52 41.52 100m: 1:25.67 44.15	06 Ndco	1:25.67 7,00	-	
15. SILVA, Catarina Filipa 50m: 41.86 41.86 100m: 1:26.18 44.32	03 Natacao do Tejo	1:26.18 6,00	-	
16. SANTOS, Filipa Taborda 50m: 43.03 43.03 100m: 1:31.73 48.70	03 Cartaxo	1:31.73 5,00	-	

Prova 21, Femin., 100m Costas, Absoluto

Lugar	Ano	Tempo final	Absoluto
17. PINTAO, Daniela Henriques 50m: 42.96 42.96 100m: 1:34.27	04 Clube Natação Portalegre 51.31	1:34.27 4,00	-

Prova 22
13/01/2018 - 16:30

Masc., 200m Costas

Absoluto
Resultados

Lugar	Ano	Tempo final	Absoluto
1. LOPES, Rui Jorge 50m: 32.39 32.39 100m: 1:08.19	00 CLAC-Entroncamento 35.80 150m: 1:45.07 36.88	2:20.38 21,00	-
2. CRISTOVAO, Goncalo Magalhaes 50m: 34.16 34.16 100m: 1:10.03	03 Soc C. D. Turismo Gestao 35.87 150m: 1:47.15 37.12	2:22.02 19,00	-
3. DIAS, Francisco Teixeira 50m: 33.85 33.85 100m: 1:09.90	02 Natacao Albicastrense 36.05 150m: 1:47.30 37.40	2:23.57 18,00	-
4. CALADO, Joao Jose 50m: 34.31 34.31 100m: 1:10.36	01 Torres Novas 36.05 150m: 1:48.61 38.25	2:25.19 17,00	-
5. BALSÁ, Diogo Miguel 50m: 33.85 33.85 100m: 1:10.65	95 BUZIOS - Coruche 36.80 150m: 1:48.67 38.02	2:27.04 16,00	-
6. DIAS, Simao Pedro 50m: 34.43 34.43 100m: 1:13.29	02 Natacao Guarda 38.86 150m: 1:52.37 39.08	2:30.37 15,00	-
7. FAIAS, Joao Miguel 50m: 35.55 35.55 100m: 1:15.00	02 Aminata 39.45 150m: 1:55.38 40.38	2:33.91 14,00	-
8. MARIANO, Samuel Andre 50m: 37.78 37.78 100m: 1:17.00	02 Litoral Alentejano 39.22 150m: 1:56.36 39.36	2:34.36 13,00	-
9. PINTO, Tiago Miguel 50m: 36.45 36.45 100m: 1:16.17	02 Acmn 39.72 150m: 1:56.66 40.49	2:34.99 12,00	-
10. MARTINS, Henrique Antonio 50m: 36.92 36.92 100m: 1:17.37	03 Natacao do Tejo 40.45 150m: 1:58.37 41.00	2:37.21 11,00	-
11. CARVALHO, Tiago Afonso 50m: 37.58 37.58 100m: 1:18.48	00 CCDSerta 40.90 150m: 2:00.70 42.22	2:41.45 10,00	-
12. FRÓIS, André Filipe 50m: 37.65 37.65 100m: 1:20.64	02 Estremoz / Estremozcarnes 42.99 150m: 2:02.27 41.63	2:42.26 9,00	-
13. MAGRINHO, Leonardo Filipe 50m: 39.33 39.33 100m: 1:22.55	01 Clube Natação Portalegre 43.22 150m: 2:06.72 44.17	2:48.66 8,00	-
14. PEREIRA, Diogo Sampaio 50m: 44.37 44.37 100m: 1:30.37	01 Assoc.20km-Almeirim 46.00 150m: 2:18.55 48.18	3:02.95 7,00	-
15. PAULINO, Joao Pedro 50m: 43.32 43.32 100m: 1:30.85	01 Ndco 47.53 150m: 2:19.02 48.17	3:05.96 6,00	-
16. GILSA, Jose Eduardo 50m: 48.47 48.47 100m: 1:39.53	01 Sporting Campomaiorense 51.06 150m: 2:32.65 53.12	3:21.02 5,00	-
17. LAMEIRAS, Afonso Miguel 50m: 48.87 48.87 100m: 1:43.83	05 Elvense 54.96 150m: 2:39.14 55.31	3:34.92 4,00	-

Prova 23
13/01/2018 - 16:40

Femin., 400m Livres

Absoluto
Resultados

Lugar			Ano					Tempo final		
1.	BENTO, Maria Madalena		05	BUZIOS - Coruche				5:00.66	21,00	-
	50m:	34.99 34.99	150m:	1:50.77	38.29	250m:	3:07.91	38.50	350m:	4:24.59 38.08
	100m:	1:12.48 37.49	200m:	2:29.41	38.64	300m:	3:46.51	38.60	400m:	5:00.66 36.07
2.	MARQUES, Mafalda Gilberto		01	Natacao do Tejo				5:02.31	19,00	-
	50m:	34.95 34.95	150m:	1:49.86	38.04	250m:	3:07.51	38.87	350m:	4:24.51 38.39
	100m:	1:11.82 36.87	200m:	2:28.64	38.78	300m:	3:46.12	38.61	400m:	5:02.31 37.80
3.	FITAS, Filipa Cardigo		02	Assoc.20km-Almeirim				5:08.64	18,00	-
	50m:	35.62 35.62	150m:	1:53.11	39.37	250m:	3:12.07	39.47	350m:	4:30.93 39.42
	100m:	1:13.74 38.12	200m:	2:32.60	39.49	300m:	3:51.51	39.44	400m:	5:08.64 37.71
4.	MORAIS, Ana Rita		02	Torres Novas				5:09.06	17,00	-
	50m:	35.94 35.94	150m:	1:53.54	39.07	250m:	3:12.56	39.70	350m:	4:31.01 39.08
	100m:	1:14.47 38.53	200m:	2:32.86	39.32	300m:	3:51.93	39.37	400m:	5:09.06 38.05
5.	GARCIA, Ines Marques		03	Nautico Abrantes				5:09.36	16,00	-
	50m:	35.86 35.86	150m:	1:53.35	39.10	250m:	3:12.34	39.66	350m:	4:30.77 38.81
	100m:	1:14.25 38.39	200m:	2:32.68	39.33	300m:	3:51.96	39.62	400m:	5:09.36 38.59
6.	DOMINGOS, Mariana Nunes		00	Soc C. D. Turismo Gestao				5:15.67	15,00	-
	50m:	34.45 34.45	150m:	1:51.55	39.19	250m:	3:12.19	40.76	350m:	4:34.47 41.21
	100m:	1:12.36 37.91	200m:	2:31.43	39.88	300m:	3:53.26	41.07	400m:	5:15.67 41.20
7.	RIBEIRO, Leonor Santos		03	CCDSerta				5:17.30	14,00	-
	50m:	34.03 34.03	150m:	1:52.59	40.12	250m:	3:13.94	40.80	350m:	4:34.05 39.48
	100m:	1:12.47 38.44	200m:	2:33.14	40.55	300m:	3:54.57	40.63	400m:	5:17.30 43.25
8.	GONCALVES, Ana Rita		04	Natacao Albicastrense				5:18.60	13,00	-
	50m:	35.40 35.40	150m:	1:56.83	40.87	250m:	3:19.42	41.08	350m:	4:40.12 40.59
	100m:	1:15.96 40.56	200m:	2:38.34	41.51	300m:	3:59.53	40.11	400m:	5:18.60 38.48
9.	GERVASIO, Ana Sofia		95	Acmn				5:29.96	12,00	-
	50m:	36.23 36.23	150m:	1:55.22	39.74	250m:	3:17.92	42.00	350m:	4:45.73 44.40
	100m:	1:15.48 39.25	200m:	2:35.92	40.70	300m:	4:01.33	43.41	400m:	5:29.96 44.23
10.	CORREIA, Madalena Alves		01	Litoral Alentejano				5:30.28	11,00	-
	50m:	36.48 36.48	150m:	1:58.81	41.61	250m:	3:24.45	42.51	350m:	4:49.91 42.48
	100m:	1:17.20 40.72	200m:	2:41.94	43.13	300m:	4:07.43	42.98	400m:	5:30.28 40.37
11.	TELES, Ana Margarida		01	Aminata				5:34.37	10,00	-
	50m:	34.88 34.88	150m:	1:54.67	41.31	250m:	3:21.79	44.17	350m:	4:51.53 44.82
	100m:	1:13.36 38.48	200m:	2:37.62	42.95	300m:	4:06.71	44.92	400m:	5:34.37 42.84
12.	BRITES, Natacha Caeiro		04	Estremoz / Estremozcarnes				5:37.10	9,00	-
	50m:	36.62 36.62	150m:	1:59.86	42.61	250m:	3:28.20	44.25	350m:	4:55.59 43.38
	100m:	1:17.25 40.63	200m:	2:43.95	44.09	300m:	4:12.21	44.01	400m:	5:37.10 41.51
13.	GASPAR, Mariana Rodrigues		03	Ndco				5:39.37	8,00	-
	50m:	39.18 39.18	150m:	2:03.90	42.83	250m:	3:30.72	43.71	350m:	4:58.41 43.85
	100m:	1:21.07 41.89	200m:	2:47.01	43.11	300m:	4:14.56	43.84	400m:	5:39.37 40.96
14.	FRANCO, Barbara Garrido		04	Elvense				5:40.78	7,00	-
	50m:	37.63 37.63	150m:	2:02.33	43.18	250m:	3:30.40	43.89	350m:	4:59.36 44.37
	100m:	1:19.15 41.52	200m:	2:46.51	44.18	300m:	4:14.99	44.59	400m:	5:40.78 41.42
15.	DUARTE, Beatriz Boal		05	Cartaxo				5:46.04	6,00	-
	50m:	39.15 39.15	150m:	2:06.99	44.21	250m:	3:35.51	44.45	350m:	5:03.85 43.46
	100m:	1:22.78 43.63	200m:	2:51.06	44.07	300m:	4:20.39	44.88	400m:	5:46.04 42.19
16.	MOITA, Ana Carolina		06	Grupo Desportivo Mora				5:59.00	5,00	-
	50m:	39.79 39.79	150m:	2:09.29	45.65	250m:	3:41.64	46.29	350m:	5:13.17 45.84
	100m:	1:23.64 43.85	200m:	2:55.35	46.06	300m:	4:27.33	45.69	400m:	5:59.00 45.83
17.	DOURADO, Maria Clara		04	Natacao Guarda				6:14.06	4,00	-
	50m:	39.65 39.65	150m:	2:14.17	49.35	250m:	3:52.25	49.66	350m:	5:28.52 48.00
	100m:	1:24.82 45.17	200m:	3:02.59	48.42	300m:	4:40.52	48.27	400m:	6:14.06 45.54

Prova 23, Femin., 400m Livres, Absoluto

Lugar	Ano	Tempo final	
18. RAPOSO, Alice Amparo	02 Clube Natação Portalegre	6:42.40 3,00	-
50m: 42.15 42.15	150m: 2:24.73 52.69	250m: 4:08.24 50.80	350m: 5:53.72 50.40
100m: 1:32.04 49.89	200m: 3:17.44 52.71	300m: 5:03.32 55.08	400m: 6:42.40 48.68

Prova 24 Masc., 200m Estilos Absoluto
13/01/2018 - 17:00 Resultados

Lugar	Ano	Tempo final	
1. COSTA, Marco Antonio	02 Natacao Guarda	2:16.40 21,00	-
50m: 30.58 30.58	100m: 1:07.12 36.54	150m: 1:45.81 38.69	200m: 2:16.40 30.59
2. MERUJE, Joaquim Agra	01 Elvense	2:18.95 19,00	-
50m: 30.15 30.15	100m: 1:07.78 37.63	150m: 1:46.69 38.91	200m: 2:18.95 32.26
3. LOPES, Luis Afonso	03 Soc C. D. Turismo Gestao	2:22.89 18,00	-
50m: 32.32 32.32	100m: 1:10.74 38.42	150m: 1:49.51 38.77	200m: 2:22.89 33.38
4. LOPES, Rui Jorge	00 CLAC-Entroncamento	2:24.49 17,00	-
50m: 31.75 31.75	100m: 1:07.67 35.92	150m: 1:50.30 42.63	200m: 2:24.49 34.19
5. SARAMAGO, Artur Rafael	97 BUZIOS - Coruche	2:25.35 16,00	-
50m: 29.89 29.89	100m: 1:08.66 38.77	150m: 1:50.54 41.88	200m: 2:25.35 34.81
6. SIMOES, Joao Antonio	01 Torres Novas	2:26.21 15,00	-
50m: 31.35 31.35	100m: 1:10.37 39.02	150m: 1:52.46 42.09	200m: 2:26.21 33.75
7. ALVES, Rodrigo Miguel	02 Aminata	2:28.27 14,00	-
50m: 31.70 31.70	100m: 1:09.69 37.99	150m: 1:54.63 44.94	200m: 2:28.27 33.64
8. ASSEN, Lars	00 Ndco	2:30.85 13,00	-
50m: 31.89 31.89	100m: 1:09.50 37.61	150m: 1:57.38 47.88	200m: 2:30.85 33.47
9. BOTO, Pedro Alexandre	02 Litoral Alentejano	2:32.84 12,00	-
50m: 32.92 32.92	100m: 1:13.76 40.84	150m: 1:59.40 45.64	200m: 2:32.84 33.44
10. CATARINO, Joao Mendes	01 Estremoz / Estremozcarnes	2:33.28 11,00	-
50m: 31.15 31.15	100m: 1:12.83 41.68	150m: 1:58.41 45.58	200m: 2:33.28 34.87
11. CALDEIRA, Isaias Francisco	02 CCDSerta	2:34.71 10,00	-
50m: 32.22 32.22	100m: 1:14.00 41.78	150m: 1:58.99 44.99	200m: 2:34.71 35.72
12. MENDES, Martim Rosa	03 Natacao Albicastrense	2:36.37 9,00	-
50m: 35.21 35.21	100m: 1:15.26 40.05	150m: 2:01.02 45.76	200m: 2:36.37 35.35
13. AZINHEIRINHA, Tiago Manuel	98 Acmn	2:39.72 8,00	-
50m: 33.51 33.51	100m: 1:16.77 43.26	150m: 2:02.84 46.07	200m: 2:39.72 36.88
14. ANDRADE, Mario Luis	03 Clube Natação Portalegre	2:47.54 7,00	-
50m: 36.60 36.60	100m: 1:20.56 43.96	150m: 2:12.16 51.60	200m: 2:47.54 35.38
15. OLIVEIRA, Manuel Luis	03 Natacao do Tejo	2:48.79 6,00	-
50m: 37.80 37.80	100m: 1:18.42 40.62	150m: 2:09.95 51.53	200m: 2:48.79 38.84
16. CARRAPICO, Jose Silveirinha	05 Sporting Campomaiorense	2:53.02 5,00	-
50m: 37.91 37.91	100m: 1:23.09 45.18	150m: 2:12.77 49.68	200m: 2:53.02 40.25
17. CANTO, Gustavo Pinhal	04 Assoc.20km-Almeirim	3:02.04 4,00	-
50m: 39.90 39.90	100m: 1:24.42 44.52	150m: 2:20.94 56.52	200m: 3:02.04 41.10

Prova 25
13/01/2018 - 17:15

Femin., 4 x 100m Livres

Absoluto
Resultados

Lugar					Tempo final				
1.	Torres Novas 1				Torres Novas			4:23.59 21,00	-
	CASAL, Beatriz Goncalves	03	31.94	1:06.15	OLIVEIRA, Rita Sousa	01	31.01	1:05.05	
	LEOTE, Erica Neves	03	32.67	1:07.40	OLIVEIRA, Marta Sousa	01	30.29	1:04.99	
2.	CCDSerta 1				CCDSerta			4:28.90 19,00	-
	MATIAS, Marta Filipa	03	31.72	1:05.75	NUNES, Marcia Raquel	03	32.22	1:09.88	
	RIBEIRO, Leonor Santos	03	32.69	1:10.30	CATARINO, Laura Andre	03	29.58	1:02.97	
3.	Soc C. D. Turismo Gestao 3				Soc C. D. Turismo Gestao			4:31.84 18,00	-
	BENTO, Beatriz Staiger	04	31.81	1:05.04	CABACA, Mafalda Alexandra	00	32.28	1:08.17	
	CRUZ, Rita Carrico	04	33.04	1:08.94	DOMINGOS, Mariana Nunes	00	32.70	1:09.69	
4.	Nautico Abrantes 2				Nautico Abrantes			4:32.94 17,00	-
	LEONARDO, Rute Isabel	98	31.67	1:05.24	MOURA, Beatriz Catarino	02	32.12	1:07.69	
	GARCIA, Ines Marques	03	34.71	1:11.99	DUARTE, Ines Ferreira	01	32.33	1:08.02	
5.	Assoc.20km-Almeirim 1				Assoc.20km-Almeirim			4:35.36 16,00	-
	FERREIRA, Ana Oliveira	00	32.75	1:07.97	DUARTE, Gabriela Graco	04	33.30	1:11.10	
	SOUSA, Joana Margarida	04	32.84	1:08.35	FITAS, Filipa Cardigo	02	32.59	1:07.94	
6.	Natacao Albicastrense 1				Natacao Albicastrense			4:37.07 15,00	-
	SILVA, Ines Louro	04	33.14	1:09.12	MARQUES, Alice Sequeira	04	33.63	1:10.38	
	GONCALVES, Ana Rita	04	35.35	1:13.19	MARQUES, Maria Alexandra	04	31.21	1:04.38	
7.	BUZIOS - Coruche 2				BUZIOS - Coruche			4:37.33 14,00	-
	MIRA, Leonor Maria	04	33.52	1:11.30	CARLOTA, Catarina Isabel	05	33.31	1:08.65	
	BENTO, Maria Madalena	05	32.71	1:08.01	MACHARREU, Matilde Isabel	04	32.66	1:09.37	
8.	Litoral Alentejano 1				Litoral Alentejano			4:40.73 13,00	-
	LASCU, Nicoleta	02	31.89	1:05.52	GUEDES, Ana Carolina	93	31.93	1:06.71	
	LOPES, Melissa Helena	00	35.26	1:12.58	FARIA, Claudia Nunes	03	34.95	1:15.92	
9.	Acmn 3				Acmn			4:41.90 12,00	-
	GERVASIO, Ana Sofia	95	34.37	1:11.01	AMARO, Margarida Monteiro	02	33.46	1:10.89	
	BARBADO, Sofia Correia	03	34.19	1:10.84	MANTAS, Daniela Filipa	99	33.06	1:09.16	
10.	Estremoz / Estremozcarnes 3				Estremoz / Estremozcarnes			4:44.29 11,00	-
	FONSECA, Ana Filipa	04	34.99	1:12.44	CANDEIAS, Marta Filipa	04	36.93	1:17.00	
	PIRES, Matilde Silva	04	33.59	1:10.12	REIS, Alexandra Bandovas	02	30.30	1:04.73	
11.	Elvense 4				Elvense			4:47.62 10,00	-
	VENTURA, Sara Sofia	04	33.04	1:08.25	FRANCO, Barbara Garrido	04	36.68	1:16.01	
	SANTOS, Ana Filipa	03	35.46	1:14.53	RENGA, Ines Comprido	01	32.72	1:08.83	
12.	Natacao do Tejo 1				Natacao do Tejo			4:52.01 9,00	-
	MARQUES, Mafalda Gilberto	01	33.04	1:08.42	SILVA, Catarina Filipa	03	35.20	1:13.39	
	RONDAO, Beatriz Fernandes	06	39.63	1:26.47	CARPINTEIRO, Carolina Silverio	02	30.22	1:03.73	
13.	Natacao Guarda 1				Natacao Guarda			5:01.63 8,00	-
	ALVES, Ines Sofia	00	32.04	1:06.73	DOURADO, Maria Clara	04	37.51	1:21.47	
	MENDES, Beatriz Goncalves	01	36.81	1:18.23	PINTO, Oriana Manuela	02	35.15	1:15.20	
14.	Ndco 3				Ndco			5:03.39 7,00	-
	PALMA, Ines Pinto	05	33.92	1:10.04	JOAQUIM, Mariana Silva	06	40.07	1:22.42	
	SILVA, Beatriz dos Santos	01	36.23	1:15.45	GASPAR, Mariana Rodrigues	03	36.70	1:15.48	
15.	Aminata 1				Aminata			5:09.52 6,00	-
	GUO, Zhang Ye	03	32.24	1:07.69	NEVES, Rita Alves	06	41.71	1:30.93	
	VORNICESCU, Helena Padrao	03	36.07	1:14.88	PEREIRA, Filipa Teixeira	06	35.73	1:16.02	
16.	Cartaxo 1				Cartaxo			5:13.00 5,00	-
	SILVA, Rafaela Canano	04	37.04	1:18.39	COSTA, Joana Cardoso	03	38.55	1:16.96	
	DUARTE, Beatriz Boal	05	38.02	1:18.81	SANTOS, Filipa Taborda	03	38.27	1:18.84	
17.	Clube Natacao Portalegre 1				Clube Natacao Portalegre			5:35.36 4,00	-
	GOUVEIA, Julia Martins	03	38.55	1:20.71	PINTAO, Daniela Henriques	04	38.48	1:25.62	
	RAPOSO, Alice Amparo	02	42.14	1:29.19	BRANDAO, Ines Maria	05	38.20	1:19.84	

Prova 26
13/01/2018 - 17:35

Masc., 4 x 100m Estilos

Absoluto
Resultados

Lugar					Tempo final			
1.	CLAC-Entroncamento 1	CLAC-Entroncamento				4:15.55	21,00	-
	LEAL, Ricardo Luis	01	32.53	1:04.92	LOPES, Rui Jorge	00	28.83	1:02.20
	VIANA, Luis Filipe	89	32.03	1:09.03	GONCALVES, Joao Afonso	00	29.17	59.40
2.	Natacao Guarda 1	Natacao Guarda				4:21.85	19,00	-
	COSTA, Marco Antonio	02	32.82	1:07.51	ADAIXO, Pedro Salzedas	00	29.78	1:04.35
	TAVARES, Pedro Oliveira	01	33.47	1:12.85	DIAS, Simao Pedro	02	27.46	57.14
3.	Soc C. D. Turismo Gestao 4	Soc C. D. Turismo Gestao				4:22.06	18,00	-
	MARQUES, Joao Miguel	01	31.76	1:04.72	ALVES, Rui Chagas	03	30.67	1:05.67
	LOPES, Luis Afonso	03	35.20	1:14.60	CRISTOVAO, Goncalo Magalhaes	03	27.98	57.07
4.	BUZIOS - Coruche 2	BUZIOS - Coruche				4:29.06	17,00	-
	BALSA, Diogo Miguel	95	32.69	1:07.49	LOPES, Pedro Pereira	99	30.17	1:04.46
	SARAMAGO, Artur Rafael	97	34.39	1:13.30	CARREGADO, Pedro Marques	02	30.64	1:03.81
5.	CCDSerta 1	CCDSerta				4:32.22	16,00	-
	CARVALHO, Tiago Afonso	00	34.27	1:12.89	ALVES, Rodrigo Galvao	00	29.15	1:05.68
	FERREIRA, Joao Pedro	00	33.80	1:14.24	TAVARES, Joao Luis	00	27.09	59.41
6.	Litoral Alentejano 1	Litoral Alentejano				4:34.64	15,00	-
	PIMENTEL, Alfredo Eugenio	00	33.45	1:09.10	CUSTODIO, Guilherme Miguel	02	33.80	1:12.39
	COSTA, Rodrigo Marques	76	34.39	1:13.74	BOTO, Pedro Alexandre	02	28.28	59.41
7.	Natacao Albicastrense 1	Natacao Albicastrense				4:38.12	14,00	-
	DIAS, Francisco Teixeira	02	33.49	1:08.41	NUNES, Alexis Simao	02	32.72	1:10.60
	MENDES, Martim Rosa	03	38.09	1:20.80	MARQUES, Carlos Manuel	00	27.95	58.31
8.	Torres Novas 1	Torres Novas				4:38.37	13,00	-
	CALADO, Joao Jose	01	33.05	1:08.52	SIMOES, Joao Antonio	01	30.46	1:06.65
	SANTANA, Pedro Maria	03	38.57	1:20.49	RAMOS, Filipe Asseiceira	00	30.10	1:02.71
9.	Aminata 1	Aminata				4:39.27	12,00	-
	GRILO, Miguel Santos	03	35.73	1:15.12	ALVES, Rodrigo Miguel	02	29.07	1:04.49
	RIBEIRO, Miguel Aleixo	03	36.40	1:19.44	KOROL, Andre	03	29.10	1:00.22
10.	Estremoz / Estremozcarnes 4	Estremoz / Estremozcarnes				4:47.90	11,00	-
	FRÓIS, André Filipe	02	36.09	1:13.11	BANHA, Diogo Miguel	98	30.22	1:09.07
	CATARINO, Joao Mendes	01	36.41	1:18.94	MASSAS, Pedro Miguel	02	31.86	1:06.78
11.	Acmn 4	Acmn				4:50.32	10,00	-
	PINTO, Tiago Miguel	02	35.73	1:14.50	CESAR, Tiago Miguel	00	33.13	1:12.74
	AZINHEIRINHA, Tiago Manuel	98	36.67	1:21.66	SERRA, Joao Luis	97	28.99	1:01.42
12.	Elvense 2	Elvense				5:05.91	9,00	-
	SUSTELO, Manuel Goncalves	00	39.98	1:23.62	MERUJE, Joaquim Agra	01	28.81	1:04.21
	CAPATINA, Cristian	04	41.36	1:29.05	SANTA, Alexandre Miguel	99	32.39	1:09.03
13.	Ndco 4	Ndco				5:07.23	8,00	-
	PAULINO, Joao Pedro	01	43.51	1:30.29	MEIRINHO, Joao Magalhaes	01	30.83	1:08.18
	NEVES, Antonio Correia	03	41.36	1:29.64	ASSEN, Lars	00	28.40	59.12
14.	Natacao do Tejo 1	Natacao do Tejo				5:09.38	7,00	-
	OLIVEIRA, Manuel Luis	03	37.89	1:19.34	CARVALHO, David Antonio	99	33.57	1:14.95
	CARPINTEIRO, David Jose	00	39.99	1:26.16	VITAL, Tiago Joao	02	32.19	1:08.93
15.	Clube Nataçao Portalegre 1	Clube Nataçao Portalegre				5:11.53	6,00	-
	MAGRINHO, Leonardo Filipe	01	36.58	1:14.66	ANDRADE, Mario Luis	03	33.03	1:12.51
	PAULETA, Miguel Angelo	03	44.24	1:34.28	AGOSTINHO, Iuri Aragonex	03	32.51	1:10.08
16.	Assoc.20km-Almeirim 1	Assoc.20km-Almeirim				5:16.11	5,00	-
	PEREIRA, Diogo Sampaio	01	41.33	1:24.95	CANTO, Gustavo Pinhal	04	41.05	1:29.22
	LOPES, Hugo Leonel	86	36.04	1:18.05	LOPES, Joao Teodoro	98	31.10	1:03.89
17.	Sporting Campomaiorense 2	Sporting Campomaiorense				6:05.03	4,00	-
	SACHIM, Hugo Trindade	03	42.84	1:29.51	GILSA, Jose Eduardo	01	43.55	1:37.46
	CARRAPICO, Jose Silveirinha	05	44.77	1:33.93	CARRILHO, Luis Almeida	04	39.81	1:24.13