

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

1 - 1ª SESSÃO

14-03-2014 - 16:00

Prova 1				Femin., 400m Estilos				12 anos e mais velhos			
14-03-2014								Resultados			
INF - A - B 13: 7:00.00 / INF- B - FEM 12: 7:18.50 / JUV - B - FEM 14: 6:40.00 / JUV - A - B 15: 6:30.00 / JUNIORES - FEM 16 - 17: 6:35.00 / SENIORES - FEM 18 +: 6:33.00											
Pontos: FINA 2013											
Lugar				Ano				Tempo final		Pts	
JUNIORES											
DNS	Rute Isabel Leonardo			98	Nautico Abrantes						
JUV-A											
1.	Maria Beatriz Dias			99	Viver Santarem			5:23.35		526	
	50m:	35.59	100m: 1:16.92	400m:	5:23.35						
2.	Ana Margarida Salgueiro			99	Nautico Abrantes			5:25.06		517	
	50m:	36.42	100m: 1:18.36	400m:	5:25.06						
3.	Mariana Soares Martinho			99	20Km de Almeirim			5:28.95		499	
	50m:	34.16	100m: 1:12.70	400m:	5:28.95						
4.	Rita Viana Miguel			99	CLAC-Entroncamento			6:33.15		292	
	FTL										
	50m:	41.65	100m: 1:32.21	400m:	6:33.15						
JUV-B											
1.	Mariana Nunes Domingos			00	20Km de Almeirim			5:46.95		425	
	50m:	36.29	100m: 1:20.13	400m:	5:46.95						
2.	Mafalda Alexandra Cabaca			00	20Km de Almeirim			5:50.18		414	
	50m:	35.65	100m: 1:18.26	400m:	5:50.18						
3.	Ana Catarina Santos			00	Uniao Samorense			5:51.91		408	
	50m:	36.70	100m: 1:19.91	400m:	5:51.91						
INF-A											
1.	Ines Ferreira Duarte			01	Nautico Abrantes			5:35.13		472	
	50m:	35.38	100m: 1:18.60	400m:	5:35.13						
2.	Beatriz Ribeiro Simoes			01	Torres Novas			5:54.27		400	
	50m:	35.59	100m: 1:17.90	400m:	5:54.27						
3.	Carolina Marques Neves			01	Torres Novas			5:57.48		389	
	50m:	37.26	100m: 1:25.36	400m:	5:57.48						
4.	Constanca Isabel Jose			01	Gualdim Pais			6:05.99		362	
	50m:	36.86	100m: 1:23.00	400m:	6:05.99						
INF-B											
1.	Filipa Cardigo Fitas			02	20Km de Almeirim			6:04.92		366	
	50m:	37.02	100m: 1:23.86	400m:	6:04.92						
2.	Ines Cambe Cunha			02	Torres Novas			6:08.13		356	
	50m:	40.20	100m: 1:28.95	400m:	6:08.13						
3.	Carolina Guerra Pisco			02	20Km de Almeirim			6:14.00		340	
	50m:	40.46	100m: 1:31.09	400m:	6:14.00						
4.	Catia Iordan Agostinho			02	Rio Maior			6:14.50		338	
	50m:	42.56	100m: 1:33.90	400m:	6:14.50						

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

Lugar	Ano	Tempo final	Pts
5. Margarida Felicidade Baptista	02 Viver Santarem	6:49.68	258
50m: 44.71 100m: 1:37.37 400m: 6:49.68			
6. Maria Beatriz Silva	02 CLAC-Entroncamento	6:59.39	241
50m: 46.10 100m: 1:44.00 400m: 6:59.39			

Prova 2 Masc., 400m Estilos 13 anos e mais velhos
14-03-2014 Resultados

INF - A - B 13: 6:55.50 / INF - A - MAS 14: 6:46.00 / JUV - A - B 15: 6:28.00 / JUV - A 16: 6:07.00 / JUN+ SEN - MASC 17 +: 6:30.00

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			

1. Mario Jorge Santos	95 Gualdim Pais	5:37.88	338
50m: 32.83 100m: 1:12.51 400m: 5:37.88			

JUNIORES

1. Artur Rafael Saramago	97 BUZIOS-Coruche	5:04.52	462
50m: 31.64 100m: 1:09.30 400m: 5:04.52			

JUV-A

1. Dario Fausto Matias	98 Torres Novas	5:00.46	481
50m: 31.21 100m: 1:07.36 400m: 5:00.46			
2. Joao Pedro Marquez	98 Uniao Samorense	5:16.02	413
50m: 32.95 100m: 1:12.36 400m: 5:16.02			
3. Telmo Pedrosa Rocha	98 Uniao Samorense	5:33.36	352
50m: 33.89 100m: 1:13.92 400m: 5:33.36			

JUV-B

1. Jose Henriques Luz	99 Nucleo Sportinguista Golega	4:54.32	512
50m: 31.30 100m: 1:06.53 400m: 4:54.32			
2. Tiago Filipe Campos	99 Viver Santarem	4:56.60	500
50m: 31.02 100m: 1:07.02 400m: 4:56.60			
3. Bernardo Jose Dionisio	99 Gualdim Pais	5:12.43	428
50m: 33.76 100m: 1:12.12 400m: 5:12.43			
4. Goncalo Faria Saldida	99 Gualdim Pais	5:12.76	426
50m: 34.96 100m: 1:14.72 400m: 5:12.76			
5. Miguel Carrico Cruz	99 20Km de Almeirim	5:18.98	402
50m: 32.16 100m: 1:10.76 400m: 5:18.98			
6. Joao Tiago Almeida	99 20Km de Almeirim	5:51.16	301
50m: 34.04 100m: 1:15.10 400m: 5:51.16			

DSQ Pedro Pereira Lopes 99 BUZIOS-Coruche
O nadador na viragem dos 300 metros não efectuou toque simultaneo de maos

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 2, Masc., 400m Estilos

INF-A

1.	Miguel Goncalves Frade	00	Torres Novas	5:17.72	407
	50m: 34.81 100m: 1:14.66 400m: 5:17.72				
2.	Miguel Serrao Santos	00	Viver Santarem	5:19.59	400
	50m: 33.76 100m: 1:10.96 400m: 5:19.59				
3.	Filipe Asseiceira Ramos	00	Torres Novas	5:34.99	347
	50m: 38.06 100m: 1:22.43 400m: 5:34.99				
4.	David Antunes Santos	00	CLAC-Entroncamento	6:01.15	277
	50m: 37.62 100m: 1:25.10 400m: 6:01.15				
5.	Joao Afonso Goncalves	00	CLAC-Entroncamento	6:09.38	259
	50m: 40.59 100m: 1:29.44 400m: 6:09.38				
6.	Diogo Miguel Teodoro	00	BUZIOS-Coruche	6:24.91	229
	50m: 39.41 100m: 1:26.12 400m: 6:24.91				
7.	Antonio Joao Pestana	00	CLAC-Entroncamento	6:50.42	188
	<i>FTL</i> 50m: 48.83 100m: 1:45.39 400m: 6:50.42				

INF-B

1.	Joao Jose Calado	01	Nautico Abrantes	5:20.09	398
	<i>Recorde Distrital INF-B (05.22.96)</i> 50m: 33.01 100m: 1:11.98 400m: 5:20.09				
2.	Joao Diogo Lopes	01	Viver Santarem	5:33.60	351
	50m: 35.51 100m: 1:17.76 400m: 5:33.60				
3.	Tiago Manuel Santos	01	Rio Maior	5:50.23	304
	50m: 37.26 100m: 1:20.36 400m: 5:50.23				
4.	Afonso Pinhal Canto	01	20Km de Almeirim	5:55.58	290
	50m: 39.08 100m: 1:25.83 400m: 5:55.58				
5.	Ricardo Luis Leal	01	CLAC-Entroncamento	6:03.41	272
	50m: 39.26 100m: 1:28.80 400m: 6:03.41				
6.	Diogo Franco Martins	01	20Km de Almeirim	6:12.60	252
	50m: 39.80 100m: 1:27.92 400m: 6:12.60				
7.	Joao Antonio Simoes	01	Torres Novas	6:12.74	252
	50m: 38.80 100m: 1:29.08 400m: 6:12.74				
8.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	6:12.85	251
	50m: 40.12 100m: 1:28.53 400m: 6:12.85				
9.	Joao Miguel Marques	01	20Km de Almeirim	6:38.73	206
	50m: 42.06 100m: 1:34.76 400m: 6:38.73				
10.	Tomas Antunes Ribeiro	01	Torres Novas	6:39.65	204
	50m: 44.60 100m: 1:37.76 400m: 6:39.65				

DSQ Joao Francisco Fortunato 01 CLAC-Entroncamento
O nadador na viragem dos 250 metros a bruços na viragem efectuou toque nao simultaneo das mãos

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 3
14-03-2014

Femin., 100m Costas

12 anos e mais velhos
Resultados

INF - A - B 13: 1:33.50 / INF- B - FEM 12: 1:36.50 / JUNIORES - FEM 16 - 17: 1:28.00 / JUV - A - B 15: 1:26.00 / JUV - B - FEM 14: 1:27.50 / SENIORES - FEM 18 +: 1:27.10

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Ana Catarina Travessa 50m: 37.61 100m: 1:20.00	96 Salvaterra de Magos	1:20.00	329
JUNIORES			
1. Ana Filipa Parente 50m: 38.57 100m: 1:21.04	98 Gualdim Pais	1:21.04	316
JUV-A			
1. Sarah Dias 50m: 34.73 100m: 1:11.05	99 CLAC-Entroncamento	1:11.05	469
2. Mariana Soares Martinho 50m: 35.36 100m: 1:12.83	99 20Km de Almeirim	1:12.83	436
3. Maria Beatriz Diogo 50m: 36.06 100m: 1:13.39	99 Nautico Abrantes	1:13.39	426
4. Patricia Silva Conceicao 50m: 36.36 100m: 1:14.89	99 Nautico Abrantes	1:14.89	401
5. Ana Torres Ferreira 50m: 37.71 100m: 1:17.83	99 Nautico Abrantes	1:17.83	357
6. Carolina Miguel Marques 50m: 39.32 100m: 1:20.39	99 Natacao do Tejo	1:20.39	324
7. Mariana Narciso Fidalgo 50m: 41.08 100m: 1:23.32	99 20Km de Almeirim	1:23.32	291
8. Rita Viana Miguel 50m: 40.36 100m: 1:23.83	99 CLAC-Entroncamento	1:23.83	285
9. Ines Fernandes Moutinho 50m: 40.60 100m: 1:24.19	99 CLAC-Entroncamento	1:24.19	282
JUV-B			
1. Patricia Palmeiro Baeta 50m: 35.67 100m: 1:13.92	00 Viver Santarem	1:13.92	417
2. Lara Alexandra Delgado 50m: 36.07 100m: 1:14.76	00 Torres Novas	1:14.76	403
3. Ines Isabel Graca 50m: 36.31 100m: 1:15.63	00 Gualdim Pais	1:15.63	389
4. Ana Catarina Santos 50m: 37.52 100m: 1:16.45	00 Uniao Samorense	1:16.45	377
5. Mafalda Alexandra Cabaca 50m: 39.56 100m: 1:21.81	00 20Km de Almeirim	1:21.81	307
6. Joana Costa Bernardino 50m: 40.70 100m: 1:22.42	00 CLAC-Entroncamento	1:22.42	300
7. Barbara Sofia Claro 50m: 41.64 100m: 1:26.02	00 BUZIOS-Coruche	1:26.02	264

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 3, Femin., 100m Costas, JUV-B

Lugar	Ano	Tempo final	Pts
8. Marta Isabel Silva 50m: 41.87 100m: 1:26.63	00 Viver Santarem	1:26.63	259
9. Mariana Lopes Mendonca <i>FTL</i> 50m: 44.45 100m: 1:31.48	00 BUZIOS-Coruche	1:31.48	220

INF-A

1. Ines Ferreira Duarte 50m: 34.87 100m: 1:11.31	01 Nautico Abrantes	1:11.31	464
2. Rita Sousa Oliveira 50m: 35.54 100m: 1:14.64	01 Torres Novas	1:14.64	405
3. Carolina Luis Amaral 50m: 37.66 100m: 1:18.25	01 BUZIOS-Coruche	1:18.25	351
4. Beatriz Santos Reis 50m: 38.81 100m: 1:20.01	01 Torres Novas	1:20.01	328
5. Rita Daniela Lopes 50m: 40.55 100m: 1:24.27	01 Gualdim Pais	1:24.27	281
6. Ana Rita Carvalho 50m: 41.65 100m: 1:25.41	01 Viver Santarem	1:25.41	270
7. Carolina Polonio Alexandre 50m: 41.17 100m: 1:26.32	01 CLAC-Entroncamento	1:26.32	261
8. Mariana Tome Fidalgo 50m: 43.42 100m: 1:28.07	01 Viver Santarem	1:28.07	246
9. Erica Alexandra Madruga 50m: 42.20 100m: 1:29.45	01 Viver Santarem	1:29.45	235
10. Leonor Chora Gaudencio <i>FTL</i> 50m: 45.71 100m: 1:34.65	01 Torres Novas	1:34.65	198

DNS Marta Sousa Oliveira 01 Torres Novas

INF-B

1. Ana Beatriz Rodrigues 50m: 40.54 100m: 1:21.86	02 Rio Maior	1:21.86	307
2. Rita Morgado Vieira 50m: 40.56 100m: 1:22.81	02 Rio Maior	1:22.81	296
3. Beatriz Maria Duarte 50m: 40.00 100m: 1:22.85	02 Nautico Abrantes	1:22.85	296
4. Filipa Cardigo Fitas 50m: 41.16 100m: 1:24.22	02 20Km de Almeirim	1:24.22	282
5. Carolina Guerra Pisco 50m: 41.06 100m: 1:24.97	02 20Km de Almeirim	1:24.97	274
6. Maria Ines Gabriel 50m: 41.71 100m: 1:25.44	02 Viver Santarem	1:25.44	270
7. Margarida Felicidade Baptista 50m: 41.86 100m: 1:26.83	02 Viver Santarem	1:26.83	257
8. Carolina Lopes Vieira 50m: 42.91 100m: 1:27.74	02 Gualdim Pais	1:27.74	249
9. Ines Ribeiro Novo 50m: 43.73 100m: 1:30.01	02 Torres Novas	1:30.01	231

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 3, Femin., 100m Costas, INF-B

Lugar		Ano		Tempo final	Pts
10.	Andreia Sofia Alves 50m: 43.57 100m: 1:30.13	02	Torres Novas	1:30.13	230
11.	Beatriz Catarino Moura 50m: 43.86 100m: 1:31.39	02	Nautico Abrantes	1:31.39	220
12.	Jessica Andreia Antonio 50m: 45.60 100m: 1:33.52	02	CLAC-Entroncamento	1:33.52	205
DSQ	Clara Bernardo Pereira <i>O nadador chegou na posição ventral</i>	02	BUZIOS-Coruche		
DNS	Carolina Sofia Velez	02	BUZIOS-Coruche		

Prova 4 Masc., 100m Costas 13 anos e mais velhos
14-03-2014 Resultados

INF - A - B 13: 1:31.00 / INF - A - MAS 14: 1:27.00 / JUN+ SEN - MASC 17 +: 1:19.00 / JUV - A - B 15: 1:22.50 / JUV - A 16: 1:19.50

Pontos: FINA 2013

Lugar		Ano		Tempo final	Pts
SENIORES					
1.	Ivo Andre Lopes 50m: 29.67 100m: 1:01.51	94	Viver Santarem	1:01.51	503
2.	Andre Filipe Mendes 50m: 29.91 100m: 1:01.69	92	Nautico Abrantes	1:01.69	499
JUNIORES					
1.	Afonso Filipe Gaspar 50m: 31.20 100m: 1:04.89	97	Nautico Abrantes	1:04.89	429
2.	Joao Pedro Alves 50m: 34.63 100m: 1:11.56	96	Individual Santarem	1:11.56	319
3.	Francisco Redol Dias 50m: 35.18 100m: 1:12.86	96	Gualdim Pais	1:12.86	303
JUV-A					
1.	Frederico Sucena Riachos 50m: 30.78 100m: 1:02.86	98	Nucleo Sportinguista Golega	1:02.86	471
2.	Joao Pedro Marquez 50m: 32.51 100m: 1:07.58	98	Uniao Samorense	1:07.58	379
3.	Sergio Alexandre Batalha 50m: 35.67 100m: 1:12.83	98	Uniao Samorense	1:12.83	303
4.	Miguel Jorge Nunes 50m: 35.93 100m: 1:14.10	98	Uniao Samorense	1:14.10	288
5.	Telmo Pedrosa Rocha 50m: 36.78 100m: 1:14.81	98	Uniao Samorense	1:14.81	279
JUV-B					
1.	Afonso Guilherme Rosa 50m: 30.35 100m: 1:02.56	99	Gualdim Pais	1:02.56	478
2.	Marco Andre Miguel 50m: 30.66 100m: 1:03.36	99	Torres Novas	1:03.36	460

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 4, Masc., 100m Costas, JUV-B

Lugar	Ano	Tempo final	Pts
3. Jose Henriques Luz 50m: 31.73 100m: 1:04.13	99 Nucleo Sportinguista Golega	1:04.13	444
4. Tomas Jose Agostinho 50m: 33.67 100m: 1:09.80	99 BUZIOS-Coruche	1:09.80	344
5. Pedro Pereira Lopes 50m: 34.21 100m: 1:11.00	99 BUZIOS-Coruche	1:11.00	327
6. Goncalo Faria Saldida 50m: 35.53 100m: 1:12.46	99 Gualdim Pais	1:12.46	308
7. Jose Nuno Sousa 50m: 34.79 100m: 1:13.61	99 CLAC-Entroncamento	1:13.61	293
8. Joao Tiago Almeida 50m: 35.72 100m: 1:14.05	99 20Km de Almeirim	1:14.05	288
9. Bernardo Fernandes Aguiar 50m: 36.72 100m: 1:16.00	99 20Km de Almeirim	1:16.00	267
10. Pedro Jorge Silva 50m: 39.83 100m: 1:21.22	99 20Km de Almeirim	1:21.22	218
11. Eliseu Manuel Tavares <i>FTL</i> 50m: 41.05 100m: 1:23.52	99 Uniao Samorense	1:23.52	201
DNS Rodrigo Pereira Damasio	99 Salvaterra de Magos		

INF-A

1. Jose Carlos Burecas 50m: 34.86 100m: 1:12.55	00 BUZIOS-Coruche	1:12.55	306
2. Henrique Miguel Cruz 50m: 36.72 100m: 1:15.16	00 Torres Novas	1:15.16	276
3. Joao Nazario Carvalho 50m: 37.36 100m: 1:16.27	00 Torres Novas	1:16.27	264
4. Miguel Serrao Santos 50m: 38.81 100m: 1:18.60	00 Viver Santarem	1:18.60	241
5. Dan Miloslavschi 50m: 38.46 100m: 1:20.19	00 Nautico Abrantes	1:20.19	227
6. Joao Afonso Goncalves 50m: 39.78 100m: 1:21.97	00 CLAC-Entroncamento	1:21.97	212
7. David Jose Carpinteiro 50m: 40.75 100m: 1:24.34	00 Natacao do Tejo	1:24.34	195
8. Antonio Joao Pestana <i>FTL</i> 50m: 44.70 100m: 1:29.92	00 CLAC-Entroncamento	1:29.92	161

INF-B

1. Joao Jose Calado 50m: 35.32 100m: 1:13.94	01 Nautico Abrantes	1:13.94	289
2. Afonso Pinhal Canto 50m: 36.30 100m: 1:15.17	01 20Km de Almeirim	1:15.17	275
3. Joao Diogo Lopes 50m: 36.92 100m: 1:16.20	01 Viver Santarem	1:16.20	264
4. Ricardo Luis Leal 50m: 37.16 100m: 1:16.69	01 CLAC-Entroncamento	1:16.69	259

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 4, Masc., 100m Costas, INF-B

Lugar	Ano	Tempo final	Pts
5. Diogo Franco Martins 50m: 37.31 100m: 1:18.12	01 20Km de Almeirim	1:18.12	245
6. Diogo Teixeira Mendes 50m: 37.44 100m: 1:18.75	01 Viver Santarem	1:18.75	240
7. Joao Miguel Marques 50m: 40.06 100m: 1:20.25	01 20Km de Almeirim	1:20.25	226
8. Afonso Maria Teodoro 50m: 39.48 100m: 1:20.64	01 Viver Santarem	1:20.64	223
9. Diogo Samouco Dias 50m: 40.94 100m: 1:23.85	01 Torres Novas	1:23.85	198
10. Nuno Pereira Simoes 50m: 40.48 100m: 1:26.26	01 Torres Novas	1:26.26	182
11. Tomas Meliciano Cabeleira 50m: 44.18 100m: 1:30.84	01 CLAC-Entroncamento	1:30.84	156
12. Pedro Manuel Lopes <i>FTL</i> 50m: 45.24 100m: 1:31.04	01 Torres Novas	1:31.04	155

Prova 5
14-03-2014

Femin., 50m Bruços

14 anos e mais velhos
Resultados

JUNIORES - FEM 16 - 17: 46.00 / SENIORES - FEM 18 +: 45.10

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Filipa Robert Rente	96 Gualdim Pais	38.86	407
2. Ana Catarina Travessa	96 Salvaterra de Magos	39.92	375
JUNIORES			
1. Catarina Goncalves Trezentos	98 Gualdim Pais	38.09	432
2. Raquel Sofia Jorge	98 Salvaterra de Magos	38.42	421
3. Patricia Simoes Jorge	97 Salvaterra de Magos	45.45	254
DNS Rute Isabel Leonardo	98 Nautico Abrantes		
JUV-A			
1. Ana Margarida Salgueiro	99 Nautico Abrantes	37.30	460
2. Sofia Alexandra Picao	99 CLAC-Entroncamento	38.92	405
3. Maria Beatriz Diogo	99 Nautico Abrantes	39.16	397
4. Carolina Felicidade Batista	99 Viver Santarem	39.19	396
5. Mariana Narciso Fidalgo	99 20Km de Almeirim	42.57	309
6. Maria Beatriz Leal	99 Rio Maior	44.22	276
JUV-B			
1. Mariana Nunes Domingos	00 20Km de Almeirim	41.04	345
2. Barbara Sofia Claro	00 BUZIOS-Coruche	42.98	300
3. Barbara Sucena Riachos	00 Nucleo Sportinguista Golega	45.64	251

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 7, Femin., 4 x 200m Livres, INF-B

Lugar				Tempo final	Pts
1.	Torres Novas 10	Torres Novas		11:51.41	263
	Ines Cambe Cunha	02	37.56 1:20.15	2:46.78	2:46.78
	Ana Rita Morais	02			
	Ines Ribeiro Novo	02			
	Andreia Sofia Alves	02			

ABS

1.	Viver Santarem 1	Viver Santarem		11:12.88	311
	Mariana Tome Fidalgo	01	35.44 1:15.24	2:33.75	2:33.75
	Margarida Felicidade Baptista	02			
	Ana Rita Carvalho	01			
	Maria Ines Gabriel	02			

Prova 8 Masc., 4 x 200m Livres 13 anos e mais velhos
14-03-2014 Resultados

INF - A - B 13: 12:04.00 / INF - A - MAS 14: 11:55.00 / JUN+ SEN - MASC 17 +: 10:15.00 / JUV - A - B 15: 11:07.00 / JUV - A 16: 10:40.00

Pontos: FINA 2013

Lugar				Tempo final	Pts
JUV-A					

1.	Uniao Samorense 1	Uniao Samorense		9:17.51	394
	Telmo Pedrosa Rocha	98	29.80 1:04.48	2:17.04	2:17.04
	Sergio Alexandre Batalha	98			
	Miguel Jorge Nunes	98			
	Joao Pedro Marquez	98			

JUV-B

1.	20Km de Almeirim 1	20Km de Almeirim		9:27.29	374
	Miguel Carrico Cruz	99	28.13 1:00.92	2:10.36	2:10.36
	Bernardo Fernandes Aguiar	99			
	Pedro Jorge Silva	99			
	Joao Tiago Almeida	99			
2.	BUZIOS-Coruche 2	BUZIOS-Coruche		9:43.52	344
	Tomas Jose Agostinho	99	30.70 1:04.96	2:13.92	2:13.92
	Francisco Miguel Cecilio	99			
	Carlos Afonso Pereira	99			
	Pedro Pereira Lopes	99			

INF-A

1.	Torres Novas 4	Torres Novas		9:35.24	359
	Miguel Goncalves Frade	00	31.92 1:06.14	2:16.89	2:16.89
	Filipe Asseiceira Ramos	00			
	Henrique Miguel Cruz	00			
	Joao Nazario Carvalho	00			

DNS BUZIOS-Coruche 1 BUZIOS-Coruche

INF-B

1.	Torres Novas 5	Torres Novas		10:42.92	257
	Joao Antonio Simoes	01	35.60 1:15.45	2:36.13	2:36.13
	Diogo Samouco Dias	01			
	Tomas Antunes Ribeiro	01			
	Nuno Pereira Simoes	01			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 8, Masc., 4 x 200m Livres

ABS

1. Torres Novas 6		Torres Novas		8:50.25	459
Dario Fausto Matias	98	29.21	1:02.31	2:06.37	2:06.37
Joao Paulo Lopes	98				
Joao Ferreira Santos	98				
Marco Andre Miguel	99				
2. Viver Santarem 2		Viver Santarem		10:15.06	294
Afonso Maria Teodoro	01	33.89	1:11.47	2:26.66	2:26.66
Miguel Serrao Santos	00				
Diogo Teixeira Mendes	01				
Joao Diogo Lopes	01				

2 - 2ª SESSÃO

15-03-2014 - 9:30

Prova 9 **Femin., 800m Livres** **12 anos e mais velhos**
15-03-2014 **Resultados**

INF - A - B 13: 12:20.00 / INF- B - FEM 12: 13:00.00 / JUNIORES - FEM 16 - 17: 12:17.00 / JUV - A - B 15: 11:30.00 / JUV - B - FEM 14: 11:32.50 / SENIORES - FEM 18 +: 12:14.00

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
JUNIORES			
1. Maria Madalena Silva	98	Nautico Abrantes	9:58.08 520
50m: 33.70 100m: 1:10.14 200m: 2:23.02 400m: 4:52.54 800m: 9:58.08			
2. Raquel Sofia Jorge	98	Salvaterra de Magos	10:04.68 503
50m: 34.36 100m: 1:11.23 200m: 2:27.28 400m: 4:59.60 800m: 10:04.68			
3. Ana Carolina Gomes	97	Cartaxo	10:07.61 496
50m: 34.20 100m: 1:11.39 200m: 2:26.96 400m: 5:01.85 800m: 10:07.61			

JUV-A

1. Maria Beatriz Dias	99	Viver Santarem	9:42.48 563
50m: 33.51 100m: 1:09.51 200m: 2:21.80 400m: 4:48.10 800m: 9:42.48			
2. Mariana Soares Martinho	99	20Km de Almeirim	9:46.60 551
50m: 34.02 100m: 1:10.20 200m: 2:23.13 400m: 4:51.13 800m: 9:46.60			
3. Joana Sofia Amado	99	Cartaxo	10:33.38 438
50m: 34.67 100m: 1:12.39 200m: 2:30.26 400m: 5:09.54 800m: 10:33.38			
4. Mariana Narciso Fidalgo	99	20Km de Almeirim	10:38.92 426
50m: 36.32 100m: 1:15.73 200m: 2:36.26 400m: 5:17.26 800m: 10:38.92			
5. Maria Beatriz Leal	99	Rio Maior	11:03.06 381
50m: 36.26 100m: 1:16.82 200m: 2:38.30 400m: 5:25.44 800m: 11:03.06			

JUV-B

1. Patricia Palmeiro Baeta	00	Viver Santarem	10:10.23 489
50m: 33.88 100m: 1:11.32 200m: 2:27.37 400m: 5:01.43 800m: 10:10.23			
2. Mafalda Alexandra Cabaca	00	20Km de Almeirim	10:57.95 390
50m: 35.48 100m: 1:15.20 200m: 2:37.74 400m: 5:25.95 800m: 10:57.95			
3. Marta Isabel Silva	00	Viver Santarem	11:15.74 360
50m: 36.70 100m: 1:17.47 200m: 2:41.04 400m: 5:31.48 800m: 11:15.74			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 9, Femin., 800m Livres

INF-A

1.	Rita Sousa Oliveira	01	Torres Novas	10:32.36	440
	50m: 34.57 100m: 1:14.10 200m: 2:34.36 400m: 5:15.36 800m: 10:32.36				
2.	Beatriz Ribeiro Simoes	01	Torres Novas	10:51.67	402
	50m: 36.61 100m: 1:17.04 200m: 2:38.70 400m: 5:24.51 800m: 10:51.67				
3.	Beatriz Santos Reis	01	Torres Novas	10:58.57	389
	50m: 36.98 100m: 1:17.64 200m: 2:40.19 400m: 5:27.10 800m: 10:58.57				
4.	Mafalda Gilberto Marques	01	Natacao do Tejo	11:04.86	378
	50m: 34.86 100m: 1:15.02 200m: 2:38.67 400m: 5:27.76 800m: 11:04.86				
5.	Rita Daniela Lopes	01	Gualdim Pais	11:05.67	377
	50m: 36.23 100m: 1:17.20 200m: 2:40.23 400m: 5:27.51 800m: 11:05.67				
6.	Mariana Tome Fidalgo	01	Viver Santarem	11:42.22	321
	50m: 35.07 100m: 1:15.66 200m: 2:36.60 400m: 5:43.82 800m: 11:42.22				
7.	Lucia Goncalves Dias	01	Torres Novas	11:50.34	310
	50m: 39.18 100m: 1:22.35 200m: 2:50.92 400m: 5:51.55 800m: 11:50.34				

DNS Marta Sousa Oliveira 01 Torres Novas

INF-B

1.	Filipa Cardigo Fitas	02	20Km de Almeirim	11:02.47	382
	50m: 36.38 100m: 1:16.40 200m: 2:39.89 400m: 5:28.18 800m: 11:02.47				
2.	Carolina Guerra Pisco	02	20Km de Almeirim	11:11.67	367
	50m: 39.73 100m: 1:22.58 200m: 2:49.42 400m: 5:37.98 800m: 11:11.67				
3.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	11:27.49	342
	50m: 39.21 100m: 1:21.04 200m: 2:45.50 400m: 5:38.21 800m: 11:27.49				
4.	Ana Beatriz Rodrigues	02	Rio Maior	11:44.11	318
	50m: 40.06 100m: 1:23.73 200m: 2:53.23 400m: 5:53.79 800m: 11:44.11				
5.	Maria Ines Gabriel	02	Viver Santarem	12:06.06	290
	50m: 38.28 100m: 1:21.82 200m: 2:51.58 400m: 5:59.84 800m: 12:06.06				
6.	Margarida Felicidade Baptista	02	Viver Santarem	12:13.11	282
	50m: 37.33 100m: 1:20.39 200m: 2:50.48 400m: 6:03.58 800m: 12:13.11				
7.	Andreia Sofia Alves	02	Torres Novas	12:13.73	281
	50m: 37.54 100m: 1:21.42 200m: 2:54.32 400m: 6:01.89 800m: 12:13.73				
8.	Carolina Lopes Vieira	02	Gualdim Pais	12:41.36	252
	50m: 40.13 100m: 1:25.95 200m: 3:01.32 400m: 6:14.84 800m: 12:41.36				
9.	Maria Beatriz Silva	02	CLAC-Entroncamento	12:59.82	234
	50m: 40.00 100m: 1:25.65 200m: 3:04.88 400m: 6:21.75 800m: 12:59.82				

Prova 10
15-03-2014

Masc., 400m Livres

13 anos e mais velhos

Resultados

INF - A - B 13: 5:51.00 / INF - A - MAS 14: 5:36.50 / JUN+ SEN - MASC 17 +: 5:22.00 / JUV - A - B 15: 5:23.00 / JUV - A 16: 5:16.00

Pontos: FINA 2013

Lugar	Ano								Tempo final	Pts
SENIORES										
1.	Joao Manuel Ferreira				92	CLAC-Entroncamento			4:38.22	443
	50m:	30.14	100m:	1:03.94	200m:	2:14.53	400m:	4:38.22		
2.	Mario Jorge Nunes				92	Natacao do Tejo			4:44.92	413
	50m:	31.23	100m:	1:05.82	200m:	2:17.73	400m:	4:44.92		

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 10, Masc., 400m Livres, SENIORES

Lugar				Ano				Tempo final	Pts
3.	Mario Jorge Santos			95	Gualdim Pais			4:51.18	387
	50m:	31.28	100m:	1:06.28	200m:	2:20.18	400m:	4:51.18	
4.	Bernardo Jose Campino			95	Cartaxo			4:58.60	359
	50m:	31.79	100m:	1:06.85	200m:	2:22.29	400m:	4:58.60	

JUNIORES

1.	Francisco Redol Dias			96	Gualdim Pais			4:32.39	473
	50m:	31.11	100m:	1:05.51	200m:	2:14.94	400m:	4:32.39	
2.	Joao Pedro Alves			96	Individual Santarem			5:07.33	329
	50m:	31.69	100m:	1:07.08	200m:	2:23.92	400m:	5:07.33	

JUV-A

1.	Dario Fausto Matias			98	Torres Novas			4:21.02	537
	50m:	30.23	100m:	1:03.89	200m:	2:11.57	400m:	4:21.02	
2.	Joao Pedro Marquez			98	Uniao Samorense			4:34.06	464
	50m:	30.53	100m:	1:04.20	200m:	2:12.10	400m:	4:34.06	
3.	Telmo Pedrosa Rocha			98	Uniao Samorense			4:46.33	407
	50m:	30.77	100m:	1:05.09	200m:	2:18.38	400m:	4:46.33	
4.	Sergio Alexandre Batalha			98	Uniao Samorense			4:46.70	405
	50m:	30.32	100m:	1:04.39	200m:	2:15.86	400m:	4:46.70	
5.	Pedro Manuel Nunes			98	CLAC-Entroncamento			4:47.45	402
	50m:	30.95	100m:	1:05.42	200m:	2:18.32	400m:	4:47.45	
6.	Joao Ferreira Santos			98	Torres Novas			4:51.18	387
	50m:	32.37	100m:	1:08.29	200m:	2:22.04	400m:	4:51.18	

JUV-B

1.	Jose Henriques Luz			99	Nucleo Sportinguista Golega			4:19.92	544
	50m:	28.21	100m:	1:00.48	200m:	2:06.64	400m:	4:19.92	
2.	Tiago Filipe Campos			99	Viver Santarem			4:24.32	517
	50m:	29.73	100m:	1:02.54	200m:	2:11.20	400m:	4:24.32	
3.	Afonso Guilherme Rosa			99	Gualdim Pais			4:24.38	517
	50m:	29.16	100m:	1:02.10	200m:	2:09.74	400m:	4:24.38	
4.	Goncalo Faria Saldida			99	Gualdim Pais			4:32.20	474
	50m:	30.67	100m:	1:04.33	200m:	2:13.42	400m:	4:32.20	
5.	Bernardo Jose Dionisio			99	Gualdim Pais			4:37.29	448
	50m:	29.98	100m:	1:03.20	200m:	2:14.42	400m:	4:37.29	
6.	Tomas Jose Agostinho			99	BUZIOS-Coruche			4:41.45	428
	50m:	32.42	100m:	1:08.60	200m:	2:22.48	400m:	4:41.45	
7.	Pedro Pereira Lopes			99	BUZIOS-Coruche			4:49.59	393
	50m:	32.04	100m:	1:08.59	200m:	2:23.69	400m:	4:49.59	
8.	Jose Nuno Sousa			99	CLAC-Entroncamento			4:52.74	381
	50m:	31.46	100m:	1:07.24	200m:	2:21.37	400m:	4:52.74	
9.	Joao Tiago Almeida			99	20Km de Almeirim			4:54.20	375
	50m:	31.67	100m:	1:06.86	200m:	2:22.20	400m:	4:54.20	
10.	Luis Miguel Monteiro			99	Cartaxo			5:01.37	349
	50m:	33.14	100m:	1:09.68	200m:	2:26.15	400m:	5:01.37	
11.	David Antonio Carvalho			99	Natacao do Tejo			5:04.43	338
	50m:	32.55	100m:	1:10.30	200m:	2:29.08	400m:	5:04.43	

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 10, Masc., 400m Livres, JUV-B

Lugar	Ano	Tempo final	Pts
12. Eliseu Manuel Tavares <i>FTL</i> 50m: 35.25 100m: 1:12.72 200m: 2:35.62 400m: 5:25.93	99 Uniao Samorense	5:25.93	276
DNS Rodrigo Pereira Damasio	99 Salvaterra de Magos		

INF-A

1. Miguel Goncalves Frade 50m: 32.22 100m: 1:06.62 200m: 2:17.90 400m: 4:40.93	00 Torres Novas	4:40.93	431
2. Miguel Serrao Santos 50m: 31.00 100m: 1:05.95 200m: 2:19.00 400m: 4:41.39	00 Viver Santarem	4:41.39	429
3. Jose Carlos Burecas 50m: 32.36 100m: 1:08.04 200m: 2:20.95 400m: 4:43.92	00 BUZIOS-Coruche	4:43.92	417
4. Joao Nazario Carvalho 50m: 31.57 100m: 1:06.02 200m: 2:18.57 400m: 4:47.73	00 Torres Novas	4:47.73	401
5. Filipe Asseiceira Ramos 50m: 33.20 100m: 1:09.57 200m: 2:24.07 400m: 4:49.82	00 Torres Novas	4:49.82	392
6. David Antunes Santos 50m: 34.10 100m: 1:12.10 200m: 2:32.10 400m: 5:10.39	00 CLAC-Entroncamento	5:10.39	319
7. Diogo Miguel Teodoro <i>FTL</i> 50m: 39.00 100m: 1:22.82 200m: 2:50.92 400m: 5:39.57	00 BUZIOS-Coruche	5:39.57	244
DSQ Francisco Inacio Rodrigues <i>Falsa Partida</i>	00 Viver Santarem		

INF-B

1. Joao Jose Calado 50m: 30.51 100m: 1:05.48 200m: 2:18.04 400m: 4:41.64	01 Nautico Abrantes	4:41.64	428
2. Joao Diogo Lopes 50m: 30.93 100m: 1:06.03 200m: 2:19.06 400m: 4:42.21	01 Viver Santarem	4:42.21	425
3. Afonso Maria Teodoro 50m: 32.48 100m: 1:08.45 200m: 2:23.86 400m: 5:00.23	01 Viver Santarem	5:00.23	353
4. Diogo Franco Martins 50m: 35.17 100m: 1:13.02 200m: 2:30.70 400m: 5:00.70	01 20Km de Almeirim	5:00.70	351
5. Afonso Pinhal Canto 50m: 33.85 100m: 1:11.35 200m: 2:30.17 400m: 5:09.11	01 20Km de Almeirim	5:09.11	323
6. Ricardo Luis Leal 50m: 34.45 100m: 1:13.64 200m: 2:34.70 400m: 5:13.13	01 CLAC-Entroncamento	5:13.13	311
7. Joao Antonio Simoes 50m: 36.15 100m: 1:16.56 200m: 2:37.53 400m: 5:17.72	01 Torres Novas	5:17.72	298
8. Nuno Pereira Simoes 50m: 36.28 100m: 1:15.98 200m: 2:38.53 400m: 5:24.58	01 Torres Novas	5:24.58	279
9. Diogo Samouco Dias 50m: 37.02 100m: 1:18.80 200m: 2:43.00 400m: 5:29.04	01 Torres Novas	5:29.04	268
10. Joao Miguel Marques 50m: 36.06 100m: 1:17.06 200m: 2:41.66 400m: 5:31.40	01 20Km de Almeirim	5:31.40	262
11. Tomas Antunes Ribeiro <i>FTL</i> 50m: 39.24 100m: 1:24.14 200m: 2:55.18 400m: 5:53.74	01 Torres Novas	5:53.74	216

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 10, Masc., 400m Livres, INF-B

Lugar	Ano	Tempo final	Pts
12. Rodrigo Rosa Cameirao <i>FTL</i> 50m: 41.67 100m: 1:27.52 200m: 3:01.69 400m: 6:08.05	01 Rio Maior	6:08.05	191
DSQ Tiago Manuel Santos <i>Falsa Partida</i>	01 Rio Maior		

Prova 11
15-03-2014

Femin., 200m Bruços

12 anos e mais velhos
Resultados

INF - A - B 13: 3:50.00 / INF- B - FEM 12: 3:59.50 / JUNIORES - FEM 16 - 17: 3:35.00 / JUV - A - B 15: 3:33.00 / JUV - B - FEM 14: 3:36.00 / SENIORES - FEM 18 +: 3:33.70

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
JUNIORES			
1. Catarina Goncalves Trezentos 50m: 40.44 100m: 1:25.43 200m: 2:56.41	98 Gualdim Pais	2:56.41	443
2. Raquel Sofia Jorge 50m: 40.57 100m: 1:26.41 200m: 3:00.82	98 Salvaterra de Magos	3:00.82	412
DNS Rute Isabel Leonardo	98 Nautico Abrantes		

JUV-A

1. Ana Margarida Salgueiro <i>Recorde Distrital JUV-A (02.49.13)</i> 50m: 38.02 100m: 1:21.00 200m: 2:48.36	99 Nautico Abrantes	2:48.36	510
2. Maria Beatriz Diogo 50m: 40.27 100m: 1:26.32 200m: 2:57.04	99 Nautico Abrantes	2:57.04	439
3. Carolina Felicidade Batista 50m: 39.45 100m: 1:23.80 200m: 2:57.89	99 Viver Santarem	2:57.89	432
4. Sofia Alexandra Picao 50m: 40.51 100m: 1:28.70 200m: 3:06.88	99 CLAC-Entroncamento	3:06.88	373
5. Mariana Narciso Fidalgo 50m: 44.60 100m: 1:33.29 200m: 3:11.98	99 20Km de Almeirim	3:11.98	344

JUV-B

1. Mariana Nunes Domingos 50m: 42.16 100m: 1:29.78 200m: 3:07.38	00 20Km de Almeirim	3:07.38	370
2. Maria Beatriz Lopes 50m: 42.00 100m: 1:29.29 200m: 3:09.67	00 Rio Maior	3:09.67	357
3. Barbara Sofia Claro 50m: 45.64 100m: 1:36.64 200m: 3:22.29	00 BUZIOS-Coruche	3:22.29	294
4. Barbara Sucena Riachos <i>FTL</i> 50m: 47.19 100m: 1:42.80 200m: 3:39.74	00 Nucleo Sportinguista Golega	3:39.74	229

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 11, Femin., 200m Bruços

INF-A

1.	Ines Ferreira Duarte	01	Nautico Abrantes	2:56.32	444
	50m: 39.33 100m: 1:24.19 200m: 2:56.32				
2.	Carolina Marques Neves	01	Torres Novas	3:03.67	393
	50m: 41.76 100m: 1:29.36 200m: 3:03.67				
3.	Mafalda Gilberto Marques	01	Natacao do Tejo	3:14.24	332
	50m: 43.14 100m: 1:32.49 200m: 3:14.24				
4.	Ana Rita Carvalho	01	Viver Santarem	3:14.26	332
	50m: 43.48 100m: 1:33.07 200m: 3:14.26				
5.	Constanca Isabel Jose	01	Gualdim Pais	3:17.70	315
	50m: 45.42 100m: 1:36.86 200m: 3:17.70				
6.	Carolina Polonio Alexandre	01	CLAC-Entroncamento	3:27.52	272
	50m: 47.61 100m: 1:41.06 200m: 3:27.52				
7.	Laura Batista Agostinho	01	Rio Maior	3:31.75	256
	50m: 48.06 100m: 1:40.32 200m: 3:31.75				
8.	Ines Isabel Conde	01	Torres Novas	3:35.89	242
	50m: 48.40 100m: 1:42.69 200m: 3:35.89				
9.	Leonor Vitoriano Marques	01	Viver Santarem	3:47.41	207
	50m: 52.06 100m: 1:50.04 200m: 3:47.41				
10.	Leonor Chora Gaudencio	01	Torres Novas	3:54.76	188
	<i>FTL</i>				
	50m: 53.00 100m: 1:52.73 200m: 3:54.76				

INF-B

1.	Ines Cambe Cunha	02	Torres Novas	3:19.23	308
	50m: 44.99 100m: 1:35.82 200m: 3:19.23				
2.	Beatriz Maria Duarte	02	Nautico Abrantes	3:22.73	292
	50m: 45.92 100m: 1:38.29 200m: 3:22.73				
3.	Catia Iordan Agostinho	02	Rio Maior	3:23.20	290
	50m: 45.73 100m: 1:37.95 200m: 3:23.20				
4.	Rita Morgado Vieira	02	Rio Maior	3:23.53	289
	50m: 45.76 100m: 1:37.00 200m: 3:23.53				
5.	Marta Chambel Dias	02	CLAC-Entroncamento	3:29.18	266
	50m: 46.39 100m: 1:39.88 200m: 3:29.18				
6.	Ana Rita Morais	02	Torres Novas	3:40.61	226
	50m: 50.45 100m: 1:47.48 200m: 3:40.61				
7.	Diana Sofia Vital	02	Torres Novas	3:45.66	212
	50m: 51.24 100m: 1:48.58 200m: 3:45.66				
8.	Maria Margarida Graca	02	CLAC-Entroncamento	3:46.41	209
	50m: 50.81 100m: 1:48.91 200m: 3:46.41				
9.	Clara Bernardo Pereira	02	BUZIOS-Coruche	4:44.45	105
	<i>FTL</i>				
	50m: 1:04.32 100m: 1:19.54 200m: 4:44.45				
EXH	Luana Goncalves Dantas	02	Nacional de Natacao	3:21.14	299
	50m: 45.75 100m: 1:37.32 200m: 3:21.14				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 12 15-03-2014	Masc., 200m Costas	13 anos e mais velhos Resultados
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INF - A - B 13: 3:19.00 / INF - A - MAS 14: 3:12.50 / JUN+ SEN - MASC 17 +: 3:03.00 / JUV - A - B 15: 3:08.00 / JUV - A 16: 3:00.00

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
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SENIORES

1.	Ivo Andre Lopes	94	Viver Santarem	2:10.32	539
	50m: 30.20 100m: 1:02.85 200m: 2:10.32				
2.	Andre Filipe Mendes	92	Nautico Abrantes	2:22.00	417
	50m: 32.13 100m: 1:07.13 200m: 2:22.00				
3.	Joao Carlos Bastos	86	Viver Santarem	2:38.23	301
	50m: 37.67 100m: 1:18.39 200m: 2:38.23				

JUNIORES

1.	Afonso Filipe Gaspar	97	Nautico Abrantes	2:21.68	420
	50m: 32.63 100m: 1:08.62 200m: 2:21.68				

JUV-A

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	2:22.76	410
	50m: 32.57 100m: 1:09.04 200m: 2:22.76				
2.	Joao Pedro Marquez	98	Uniao Samoreense	2:33.71	328
	50m: 35.92 100m: 1:15.10 200m: 2:33.71				
3.	Joao Neves Coelho	98	BUZIOS-Coruche	2:47.76	253
	50m: 38.81 100m: 1:21.39 200m: 2:47.76				

JUV-B

1.	Afonso Guilherme Rosa	99	Gualdim Pais	2:17.80	456
	50m: 32.20 100m: 1:07.63 200m: 2:17.80				
2.	Marco Andre Miguel	99	Torres Novas	2:21.57	421
	50m: 33.19 100m: 1:09.18 200m: 2:21.57				
3.	Miguel Carrico Cruz	99	20Km de Almeirim	2:23.92	400
	50m: 32.86 100m: 1:08.82 200m: 2:23.92				
4.	Goncalo Faria Saldida	99	Gualdim Pais	2:32.07	339
	50m: 35.56 100m: 1:14.50 200m: 2:32.07				
5.	Pedro Pereira Lopes	99	BUZIOS-Coruche	2:37.43	306
	50m: 36.34 100m: 1:17.04 200m: 2:37.43				
6.	Jose Nuno Sousa	99	CLAC-Entroncamento	2:38.43	300
	50m: 35.77 100m: 1:16.34 200m: 2:38.43				
7.	Eliseu Manuel Tavares	99	Uniao Samoreense	2:52.23	233
	50m: 40.77 100m: 1:23.88 200m: 2:52.23				

DNS	Rodrigo Pereira Damasio	99	Salvaterra de Magos
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INF-A

1.	Rui Jorge Lopes	00	CLAC-Entroncamento	2:27.64	371
	50m: 34.95 100m: 1:12.45 200m: 2:27.64				
2.	Miguel Goncalves Frade	00	Torres Novas	2:34.34	324
	50m: 37.95 100m: 1:17.10 200m: 2:34.34				
3.	Jose Carlos Burecas	00	BUZIOS-Coruche	2:36.16	313
	50m: 37.26 100m: 1:16.89 200m: 2:36.16				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 12, Masc., 200m Costas, INF-A

Lugar				Ano		Tempo final	Pts
4.	Miguel Serrao Santos	00	Viver Santarem			2:37.15	307
	50m: 37.44 100m: 1:17.42 200m: 2:37.15						
5.	Henrique Miguel Cruz	00	Torres Novas			2:41.45	283
	50m: 37.60 100m: 1:18.65 200m: 2:41.45						
6.	Filipe Asseiceira Ramos	00	Torres Novas			2:46.29	259
	50m: 39.80 100m: 1:22.89 200m: 2:46.29						
7.	Joao Nazario Carvalho	00	Torres Novas			2:46.49	258
	50m: 39.25 100m: 1:21.17 200m: 2:46.49						
8.	Dan Miloslavski	00	Nautico Abrantes			2:49.60	244
	50m: 39.80 100m: 1:23.00 200m: 2:49.60						
9.	Joao Afonso Goncalves	00	CLAC-Entroncamento			2:51.34	237
	50m: 40.40 100m: 1:24.06 200m: 2:51.34						
10.	David Jose Carpinteiro	00	Natacao do Tejo			2:55.68	220
	50m: 40.08 100m: 1:24.56 200m: 2:55.68						

INF-B

1.	Joao Jose Calado	01	Nautico Abrantes			2:33.64	329
	50m: 35.36 100m: 1:15.23 200m: 2:33.64						
2.	Ricardo Luis Leal	01	CLAC-Entroncamento			2:42.48	278
	50m: 36.95 100m: 1:18.13 200m: 2:42.48						
3.	Afonso Pinhal Canto	01	20Km de Almeirim			2:44.95	266
	50m: 39.07 100m: 1:21.30 200m: 2:44.95						
4.	Diogo Franco Martins	01	20Km de Almeirim			2:46.58	258
	50m: 40.21 100m: 1:22.12 200m: 2:46.58						
5.	Joao Miguel Marques	01	20Km de Almeirim			2:49.67	244
	50m: 40.67 100m: 1:24.39 200m: 2:49.67						
6.	Diogo Teixeira Mendes	01	Viver Santarem			2:50.80	239
	50m: 39.45 100m: 1:23.80 200m: 2:50.80						
7.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento			3:06.04	185
	50m: 43.02 100m: 1:30.57 200m: 3:06.04						
8.	Joao Francisco Fortunato	01	CLAC-Entroncamento			3:12.64	167
	50m: 44.29 100m: 1:33.54 200m: 3:12.64						

Prova 13
15-03-2014

Femin., 50m Livres

14 anos e mais velhos
Resultados

JUNIORES - FEM 16 - 17: 36.00 / SENIORES - FEM 18 +: 35.10

Pontos: FINA 2013

Lugar		Ano		Tempo final	Pts
SENIORES					
1.	Filipa Robert Rente	96	Gualdim Pais	28.86	522
2.	Ana Catarina Travessa	96	Salvaterra de Magos	31.56	399
3.	Tatiana Lima Silva	96	Natacao do Tejo	31.65	396

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 13, Femin., 50m Livres

JUNIORES

1.	Ana Filipa Parente	98	Gualdim Pais	31.26	411
2.	Ana Pereira Luis	97	Salvaterra de Magos	31.78	391
3.	Patricia Simoes Jorge	97	Salvaterra de Magos	32.28	373
4.	Sofia Isabel Mendes	97	Salvaterra de Magos	34.98	293
DNS	Rute Isabel Leonardo	98	Nautico Abrantes		

JUV-A

1.	Sarah Dias	99	CLAC-Entroncamento	28.29	555
2.	Patricia Silva Conceicao	99	Nautico Abrantes	30.64	436
3.	Ana Torres Ferreira	99	Nautico Abrantes	31.09	418
4.	Maria Beatriz Leal	99	Rio Maior	31.20	413
5.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	32.16	377
6.	Claudia Maria Marcalo	99	Natacao do Tejo	33.54	333
DNF	Joana Sofia Bica	99	CLAC-Entroncamento		

JUV-B

1.	Maria Beatriz Lopes	00	Rio Maior	31.09	418
2.	Ana Catarina Santos	00	Uniao Samorense	31.39	406
3.	Joana Costa Bernardino	00	CLAC-Entroncamento	33.36	338
4.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	34.45	307
5.	Ines Barata Domingos	00	Natacao do Tejo	35.57	279

Prova 14
15-03-2014

Masc., 50m Livres

15 anos e mais velhos
Resultados

JUN+ SEN - MASC 17 +: 31.00

Pontos: FINA 2013

Lugar	Ano		Tempo final	Pts
SENIORES				
1.	Vladyslav Stasyuk	94	Cartaxo	24.39 576
2.	Andre Filipe Mendes	92	Nautico Abrantes	26.70 439
3.	Ruben Miguel Matos	91	Nautico Abrantes	26.83 433
4.	Nuno Miguel Afonso	91	Natacao do Tejo	27.88 386
DNS	Ivo Andre Lopes	94	Viver Santarem	

JUNIORES

1.	Joao Mauricio Gaspar	97	Nautico Abrantes	27.16	417
2.	Francisco Redol Dias	96	Gualdim Pais	27.21	415
3.	Joao Pedro Alves	96	Individual Santarem	27.71	393
4.	Martim Basilio Gil	97	CLAC-Entroncamento	28.14	375
5.	Joao Rafael Fonseca	97	Rio Maior	28.41	364
6.	Telmo Joao Faria	97	Natacao do Tejo	30.21	303

JUV-A

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	24.64	559
2.	Telmo Pedrosa Rocha	98	Uniao Samorense	26.76	436
3.	Sergio Alexandre Batalha	98	Uniao Samorense	26.77	436
4.	Joao Paulo Lopes	98	Torres Novas	26.95	427
5.	Pedro Manuel Nunes	98	CLAC-Entroncamento	27.16	417
6.	Miguel Jorge Nunes	98	Uniao Samorense	27.60	397
7.	Daniel Sendrea	98	Uniao Samorense	29.01	342

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 14, Masc., 50m Livres, JUV-A

Lugar	Ano		Tempo final	Pts
8. Joao Neves Coelho	98	BUZIOS-Coruche	29.26	333
9. Ruben Alexandre Carvalho	98	Cartaxo	30.45	296
10. Joao Filipe Patricio	98	Nautico Abrantes	31.39	270

JUV-B

1. Jose Henriques Luz	99	Nucleo Sportinguista Golega	26.11	469
2. Bernardo Jose Dionisio	99	Gualdim Pais	26.83	433
3. Miguel Carrico Cruz	99	20Km de Almeirim	26.92	428
4. Tomas Jose Agostinho	99	BUZIOS-Coruche	26.94	427
5. Joao Tiago Almeida	99	20Km de Almeirim	28.54	359
6. Joao Fernando Bento	99	Uniao Samorense	29.34	331
7. Luis Miguel Monteiro	99	Cartaxo	30.04	308

Prova 15
15-03-2014

Femin., 200m Estilos

12 anos e mais velhos
Resultados

INF - A - B 13: 3:18.00 / INF- B - FEM 12: 3:34.00 / JUNIORES - FEM 16 - 17: 3:10.00 / JUV - A - B 15: 3:10.50 / SENIORES - FEM 18 +: 3:08.00 / JUV - B - FEM 14: 3:12.50

Pontos: FINA 2013

Lugar	Ano		Tempo final	Pts
SENIORES				
1. Ana Catarina Travessa	96	Salvaterra de Magos	2:44.68	433
50m: 34.77 200m: 2:44.68				

JUNIORES

1. Ana Claudia Santo	97	Cartaxo	2:49.61	396
50m: 37.06 200m: 2:49.61				
2. Catarina Goncalves Trezentos	98	Gualdim Pais	2:50.16	392
50m: 41.67 200m: 2:50.16				
3. Ana Pereira Luis	97	Salvaterra de Magos	2:52.29	378
50m: 37.77 200m: 2:52.29				
4. Ana Filipa Parente	98	Gualdim Pais	2:53.83	368
50m: 35.34 200m: 2:53.83				

JUV-A

1. Maria Beatriz Dias	99	Viver Santarem	2:34.10	528
50m: 34.51 200m: 2:34.10				
2. Mariana Soares Martinho	99	20Km de Almeirim	2:35.64	513
50m: 33.86 200m: 2:35.64				
3. Ana Margarida Salgueiro	99	Nautico Abrantes	2:37.67	493
50m: 35.89 200m: 2:37.67				
4. Maria Beatriz Diogo	99	Nautico Abrantes	2:42.60	449
50m: 35.91 200m: 2:42.60				
5. Sarah Dias	99	CLAC-Entroncamento	2:46.32	420
50m: 33.76 200m: 2:46.32				
6. Ana Torres Ferreira	99	Nautico Abrantes	2:48.59	403
50m: 37.22 200m: 2:48.59				
7. Patricia Silva Conceicao	99	Nautico Abrantes	2:50.37	391
50m: 37.43 200m: 2:50.37				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 15, Femin., 200m Estilos, JUV-A

Lugar	Ano	Tempo final	Pts
8. Carolina Felicidade Batista 50m: 40.77 200m: 2:50.51	99 Viver Santarem	2:50.51	390
9. Carolina Miguel Marques 50m: 37.36 200m: 2:54.14	99 Natacao do Tejo	2:54.14	366
10. Claudia Maria Marcalo <i>FTL</i> 50m: 41.68 200m: 3:12.01	99 Natacao do Tejo	3:12.01	273

JUV-B

1. Patricia Palmeiro Baeta 50m: 35.20 200m: 2:41.67	00 Viver Santarem	2:41.67	457
2. Mariana Nunes Domingos 50m: 36.19 200m: 2:42.43	00 20Km de Almeirim	2:42.43	451
3. Lara Alexandra Delgado 50m: 35.23 200m: 2:45.80	00 Torres Novas	2:45.80	424
4. Mafalda Alexandra Cabaca 50m: 35.94 200m: 2:46.59	00 20Km de Almeirim	2:46.59	418
5. Ana Catarina Santos 50m: 35.54 200m: 2:46.67	00 Uniao Samorense	2:46.67	417
6. Maria Pinto Goncalves <i>FTL</i> 50m: 47.17 200m: 3:14.23	00 Salvaterra de Magos	3:14.23	264
7. Mariana Lopes Mendonca <i>FTL</i> 50m: 46.16 200m: 3:24.07	00 BUZIOS-Coruche	3:24.07	227
DSQ Ines Isabel Graca <i>O nadador nao completou a prova</i>	00 Gualdim Pais		
DSQ Ines Barata Domingos <i>A nadadora interrompeu o ciclo completo</i>	00 Natacao do Tejo		

INF-A

1. Ines Ferreira Duarte 50m: 35.15 200m: 2:37.89	01 Nautico Abrantes	2:37.89	491
2. Rita Sousa Oliveira 50m: 35.82 200m: 2:44.38	01 Torres Novas	2:44.38	435
3. Beatriz Ribeiro Simoes 50m: 35.74 200m: 2:49.79	01 Torres Novas	2:49.79	395
4. Constanca Isabel Jose 50m: 36.48 200m: 2:54.42	01 Gualdim Pais	2:54.42	364
5. Carolina Luis Amaral 50m: 37.36 200m: 2:54.64	01 BUZIOS-Coruche	2:54.64	363
6. Beatriz Santos Reis 50m: 37.75 200m: 2:55.06	01 Torres Novas	2:55.06	360
7. Rita Daniela Lopes 50m: 41.62 200m: 3:04.94	01 Gualdim Pais	3:04.94	305
8. Carolina Polonio Alexandre 50m: 47.57 200m: 3:12.95	01 CLAC-Entroncamento	3:12.95	269

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 15, Femin., 200m Estilos, INF-A

Lugar		Ano		Tempo final	Pts
9.	Laura Batista Agostinho <i>FTL</i> 50m: 46.29 200m: 3:18.13	01	Rio Maior	3:18.13	248
10.	Ines Isabel Conde <i>FTL</i> 50m: 45.26 200m: 3:19.13	01	Torres Novas	3:19.13	244
DNS	Lucia Goncalves Dias	01	Torres Novas		
DNS	Marta Sousa Oliveira	01	Torres Novas		

INF-B

1.	Carolina Guerra Pisco 50m: 38.89 200m: 2:55.20	02	20Km de Almeirim	2:55.20	359
2.	Filipa Cardigo Fitas 50m: 37.52 200m: 2:56.45	02	20Km de Almeirim	2:56.45	352
3.	Carolina Silverio Carpinteiro 50m: 41.60 200m: 2:58.49	02	Natacao do Tejo	2:58.49	340
4.	Catia Iordan Agostinho 50m: 42.60 200m: 3:00.79	02	Rio Maior	3:00.79	327
5.	Ines Cambe Cunha 50m: 39.84 200m: 3:01.21	02	Torres Novas	3:01.21	325
6.	Beatriz Maria Duarte 50m: 38.39 200m: 3:01.80	02	Nautico Abrantes	3:01.80	321
7.	Ana Beatriz Rodrigues 50m: 42.80 200m: 3:05.48	02	Rio Maior	3:05.48	303
8.	Rita Morgado Vieira 50m: 42.95 200m: 3:06.07	02	Rio Maior	3:06.07	300
9.	Margarida Felicidade Baptista 50m: 43.55 200m: 3:07.62	02	Viver Santarem	3:07.62	292
10.	Carolina Lopes Vieira 50m: 40.38 200m: 3:10.03	02	Gualdim Pais	3:10.03	281
11.	Andreia Sofia Alves 50m: 45.86 200m: 3:16.76	02	Torres Novas	3:16.76	253
12.	Ines Ribeiro Novo 50m: 47.04 200m: 3:18.76	02	Torres Novas	3:18.76	246
13.	Marta Chambel Dias 50m: 49.80 200m: 3:20.97	02	CLAC-Entroncamento	3:20.97	238
14.	Ana Rita Morais 50m: 49.67 200m: 3:21.07	02	Torres Novas	3:21.07	237
15.	Jessica Andreia Antonio 50m: 49.58 200m: 3:23.93	02	CLAC-Entroncamento	3:23.93	228
16.	Maria Beatriz Silva 50m: 46.57 200m: 3:24.26	02	CLAC-Entroncamento	3:24.26	226
DNS	Carolina Sofia Velez	02	BUZIOS-Coruche		

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

3 - 3ª SESSÃO

15-03-2014 - 15:30

Prova 16
15-03-2014

Masc., 200m Livres

13 anos e mais velhos
Resultados

INF - A - B 13: 2:51.50 / INF - A - MAS 14: 2:43.50 / JUN+ SEN - MASC 17 +: 2:31.00 / JUV - A - B 15: 2:35.71 / JUV - A 16: 2:25.50

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Ivo Andre Lopes	94 Viver Santarem	2:03.19	524
50m: 28.39 100m: 59.50 200m: 2:03.19			
2. Andre Filipe Mendes	92 Nautico Abrantes	2:03.47	521
50m: 29.06 100m: 1:01.08 200m: 2:03.47			
3. Joao Luis Baeta	94 Viver Santarem	2:07.59	472
50m: 29.09 100m: 1:01.06 200m: 2:07.59			
4. Mario Jorge Nunes	92 Natacao do Tejo	2:09.38	453
50m: 30.47 100m: 1:03.18 200m: 2:09.38			
5. Joao Manuel Ferreira	92 CLAC-Entroncamento	2:11.26	433
50m: 28.58 100m: 1:02.50 200m: 2:11.26			
6. Ruben Miguel Matos	91 Nautico Abrantes	2:20.96	350
50m: 31.14 100m: 1:06.32 200m: 2:20.96			
7. Mario Jorge Santos	95 Gualdim Pais	2:23.94	329
50m: 31.44 100m: 1:07.11 200m: 2:23.94			

JUNIORES

1. Joao Mauricio Gaspar	97 Nautico Abrantes	2:05.77	493
50m: 29.76 100m: 1:01.63 200m: 2:05.77			
2. Francisco Redol Dias	96 Gualdim Pais	2:10.20	444
50m: 29.92 100m: 1:03.35 200m: 2:10.20			
3. Joao Rafael Fonseca	97 Rio Maior	2:17.44	377
50m: 31.23 100m: 1:06.15 200m: 2:17.44			

JUV-A

1. Dario Fausto Matias	98 Torres Novas	2:03.36	522
50m: 28.89 100m: 1:00.92 200m: 2:03.36			
2. Frederico Sucena Riachos	98 Nucleo Sportinguista Golega	2:06.80	481
50m: 28.82 100m: 1:01.32 200m: 2:06.80			
3. Joao Pedro Marquez	98 Uniao Samorense	2:07.36	474
50m: 28.20 100m: 1:00.20 200m: 2:07.36			
4. Pedro Manuel Nunes	98 CLAC-Entroncamento	2:09.13	455
50m: 29.16 100m: 1:01.10 200m: 2:09.13			
5. Sergio Alexandre Batalha	98 Uniao Samorense	2:11.89	427
50m: 29.67 100m: 1:03.64 200m: 2:11.89			
6. Telmo Pedrosa Rocha	98 Uniao Samorense	2:12.20	424
50m: 29.13 100m: 1:02.26 200m: 2:12.20			
7. Daniel Sendrea	98 Uniao Samorense	2:24.29	326
50m: 32.90 100m: 1:10.18 200m: 2:24.29			
8. Miguel Jorge Nunes	98 Uniao Samorense	2:25.89	316
FTL			
50m: 32.26 100m: 1:08.36 200m: 2:25.89			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 16, Masc., 200m Livres

JUV-B

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	2:01.36	548
	50m: 27.54 100m: 58.26 200m: 2:01.36				
2.	Tiago Filipe Campos	99	Viver Santarem	2:04.84	504
	50m: 29.62 100m: 1:01.25 200m: 2:04.84				
3.	Afonso Guilherme Rosa	99	Gualdim Pais	2:05.32	498
	50m: 28.39 100m: 1:00.60 200m: 2:05.32				
4.	Bernardo Jose Dionisio	99	Gualdim Pais	2:07.12	477
	50m: 28.81 100m: 1:00.88 200m: 2:07.12				
5.	Tomas Jose Agostinho	99	BUZIOS-Coruche	2:11.19	434
	50m: 29.51 100m: 1:03.08 200m: 2:11.19				
6.	Pedro Pereira Lopes	99	BUZIOS-Coruche	2:13.26	414
	50m: 31.04 100m: 1:04.51 200m: 2:13.26				
7.	Goncalo Faria Saldida	99	Gualdim Pais	2:16.92	382
	50m: 31.23 100m: 1:06.08 200m: 2:16.92				
8.	Luis Miguel Monteiro	99	Cartaxo	2:18.46	369
	50m: 31.68 100m: 1:06.71 200m: 2:18.46				
9.	Jose Nuno Sousa	99	CLAC-Entroncamento	2:18.51	369
	50m: 31.08 100m: 1:06.14 200m: 2:18.51				
10.	Joao Tiago Almeida	99	20Km de Almeirim	2:21.39	347
	50m: 31.02 100m: 1:06.48 200m: 2:21.39				
11.	Joao Fernando Bento	99	Uniao Samorense	2:23.57	331
	50m: 32.57 100m: 1:09.13 200m: 2:23.57				
12.	David Antonio Carvalho	99	Natacao do Tejo	2:26.31	313
	50m: 32.28 100m: 1:09.85 200m: 2:26.31				
DNS	Rodrigo Pereira Damasio	99	Salvaterra de Magos		

INF-A

1.	Jose Carlos Burecas	00	BUZIOS-Coruche	2:10.70	439
	50m: 31.02 100m: 1:03.95 200m: 2:10.70				
2.	Miguel Serrao Santos	00	Viver Santarem	2:10.96	436
	50m: 30.18 100m: 1:04.26 200m: 2:10.96				
3.	Rui Jorge Lopes	00	CLAC-Entroncamento	2:11.10	435
	50m: 30.26 100m: 1:04.00 200m: 2:11.10				
4.	Joao Nazario Carvalho	00	Torres Novas	2:15.54	394
	50m: 30.98 100m: 1:04.98 200m: 2:15.54				
5.	Filipe Asseiceira Ramos	00	Torres Novas	2:18.89	366
	50m: 32.92 100m: 1:08.89 200m: 2:18.89				
6.	Henrique Miguel Cruz	00	Torres Novas	2:20.69	352
	50m: 32.64 100m: 1:09.32 200m: 2:20.69				
7.	David Antunes Santos	00	CLAC-Entroncamento	2:24.78	323
	50m: 32.66 100m: 1:09.72 200m: 2:24.78				
8.	Francisco Inacio Rodrigues	00	Viver Santarem	2:25.30	319
	50m: 31.95 100m: 1:08.33 200m: 2:25.30				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 16, Masc., 200m Livres

INF-B

1.	Joao Diogo Lopes	01	Viver Santarem	2:09.72	449
	<i>Recorde Distrital INF-B (02.11.46)</i>				
	50m: 28.51	100m: 1:01.29	200m: 2:09.72		
2.	Joao Jose Calado	01	Nautico Abrantes	2:15.99	390
	50m: 30.75	100m: 1:05.46	200m: 2:15.99		
3.	Diogo Franco Martins	01	20Km de Almeirim	2:21.32	347
	50m: 33.23	100m: 1:09.54	200m: 2:21.32		
4.	Diogo Teixeira Mendes	01	Viver Santarem	2:21.77	344
	50m: 31.34	100m: 1:07.36	200m: 2:21.77		
5.	Tiago Manuel Santos	01	Rio Maior	2:22.91	336
	50m: 32.46	100m: 1:08.27	200m: 2:22.91		
6.	Afonso Maria Teodoro	01	Viver Santarem	2:26.14	314
	50m: 33.26	100m: 1:10.11	200m: 2:26.14		
7.	Ricardo Luis Leal	01	CLAC-Entroncamento	2:26.76	310
	50m: 33.09	100m: 1:10.68	200m: 2:26.76		
8.	Joao Antonio Simoes	01	Torres Novas	2:31.47	282
	50m: 35.16	100m: 1:14.28	200m: 2:31.47		
9.	Joao Miguel Marques	01	20Km de Almeirim	2:32.45	276
	50m: 32.80	100m: 1:08.45	200m: 2:32.45		
10.	Nuno Pereira Simoes	01	Torres Novas	2:32.82	274
	50m: 35.75	100m: 1:14.83	200m: 2:32.82		
11.	Diogo Samouco Dias	01	Torres Novas	2:32.96	274
	50m: 36.74	100m: 1:16.12	200m: 2:32.96		
12.	Marcio Lima Silva	01	Natacao do Tejo	2:41.98	230
	50m: 38.45	100m: 1:21.36	200m: 2:41.98		
13.	Pedro Manuel Lopes	01	Torres Novas	2:44.84	219
	50m: 36.44	100m: 1:18.78	200m: 2:44.84		
14.	Rodrigo Rosa Cameirao	01	Rio Maior	2:56.17	179
	<i>FTL</i>				
	50m: 40.14	100m: 1:24.92	200m: 2:56.17		
15.	Miguel Oliveira Goncalves	01	Uniao Samorense	2:56.77	177
	<i>FTL</i>				
	50m: 38.92	100m: 1:23.39	200m: 2:56.77		

Prova 17

Femin., 100m Livres

12 anos e mais velhos

15-03-2014

Resultados

INF - A - B 13: 1:19.00 / INF- B - FEM 12: 1:25.50 / JUNIORES - FEM 16 - 17: 1:16.00 / JUV - A - B 15: 1:14.25 / JUV - B - FEM 14: 1:15.50 / SENIORES - FEM 18 +: 1:15.80

Pontos: FINA 2013

Lugar					Ano		Tempo final	Pts
SENIORES								
1.	Filipa Robert Rente				96	Gualdim Pais	1:03.80	511
	50m:	30.67	100m:	1:03.80				
2.	Ana Catarina Travessa				96	Salvaterra de Magos	1:10.86	373
	50m:	33.60	100m:	1:10.86				
3.	Tatiana Lima Silva				96	Natacao do Tejo	1:11.07	369
	50m:	33.42	100m:	1:11.07				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 17, Femin., 100m Livres

JUNIORES

1.	Raquel Sofia Jorge	98	Salvaterra de Magos	1:03.41	520
	50m: 30.98 100m: 1:03.41				
2.	Maria Madalena Silva	98	Nautico Abrantes	1:03.78	511
	50m: 31.05 100m: 1:03.78				
3.	Catarina Goncalves Trezentos	98	Gualdim Pais	1:06.86	444
	50m: 32.13 100m: 1:06.86				
4.	Ana Carolina Gomes	97	Cartaxo	1:06.96	442
	50m: 32.65 100m: 1:06.96				
5.	Ana Claudia Santo	97	Cartaxo	1:07.67	428
	50m: 32.23 100m: 1:07.67				
6.	Ana Pereira Luis	97	Salvaterra de Magos	1:08.95	404
	50m: 32.92 100m: 1:08.95				
7.	Ana Filipa Parente	98	Gualdim Pais	1:09.92	388
	50m: 32.92 100m: 1:09.92				
8.	Patricia Simoes Jorge	97	Salvaterra de Magos	1:15.85	304
	50m: 35.64 100m: 1:15.85				
DNS	Rute Isabel Leonardo	98	Nautico Abrantes		

JUV-A

1.	Sarah Dias	99	CLAC-Entroncamento	1:03.16	526
	50m: 30.59 100m: 1:03.16				
2.	Maria Beatriz Dias	99	Viver Santarem	1:04.02	505
	50m: 31.54 100m: 1:04.02				
3.	Mariana Soares Martinho	99	20Km de Almeirim	1:04.60	492
	50m: 30.74 100m: 1:04.60				
4.	Ana Margarida Salgueiro	99	Nautico Abrantes	1:06.29	455
	50m: 32.13 100m: 1:06.29				
5.	Ana Torres Ferreira	99	Nautico Abrantes	1:07.26	436
	50m: 32.86 100m: 1:07.26				
6.	Maria Beatriz Diogo	99	Nautico Abrantes	1:07.37	434
	50m: 32.98 100m: 1:07.37				
7.	Patricia Silva Conceicao	99	Nautico Abrantes	1:08.04	421
	50m: 32.73 100m: 1:08.04				
8.	Joana Sofia Amado	99	Cartaxo	1:08.52	412
	50m: 33.40 100m: 1:08.52				
9.	Carolina Felicidade Batista	99	Viver Santarem	1:10.70	375
	50m: 33.94 100m: 1:10.70				
10.	Mariana Narciso Fidalgo	99	20Km de Almeirim	1:10.84	373
	50m: 34.54 100m: 1:10.84				
11.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	1:12.58	347
	50m: 34.23 100m: 1:12.58				
DSQ	Joana Sofia Bica	99	CLAC-Entroncamento		
	<i>A nadadora nao completou o percurso</i>				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 17, Femin., 100m Livres

JUV-B

1.	Patricia Palmeiro Baeta	00	Viver Santarem	1:04.82	487
	50m: 31.23 100m: 1:04.82				
2.	Lara Alexandra Delgado	00	Torres Novas	1:05.78	466
	50m: 31.72 100m: 1:05.78				
3.	Mariana Nunes Domingos	00	20Km de Almeirim	1:06.15	458
	50m: 31.79 100m: 1:06.15				
4.	Maria Beatriz Lopes	00	Rio Maior	1:07.89	424
	50m: 33.19 100m: 1:07.89				
5.	Mafalda Alexandra Cabaca	00	20Km de Almeirim	1:09.28	399
	50m: 32.75 100m: 1:09.28				
6.	Ana Catarina Santos	00	Uniao Samorense	1:09.84	389
	50m: 33.31 100m: 1:09.84				
7.	Ines Isabel Graca	00	Gualdim Pais	1:10.23	383
	50m: 33.26 100m: 1:10.23				
8.	Marta Isabel Silva	00	Viver Santarem	1:12.41	349
	50m: 35.06 100m: 1:12.41				
9.	Maria Pinto Goncalves	00	Salvaterra de Magos	1:15.77	305
	FTL 50m: 37.44 100m: 1:15.77				
10.	Barbara Sofia Claro	00	BUZIOS-Coruche	1:16.71	294
	FTL 50m: 36.85 100m: 1:16.71				
11.	Barbara Sucena Riachos	00	Nucleo Sportinguista Golega	1:17.64	283
	FTL 50m: 37.48 100m: 1:17.64				
12.	Mariana Lopes Mendonca	00	BUZIOS-Coruche	1:22.31	238
	FTL 50m: 38.10 100m: 1:22.31				
13.	Ines Barata Domingos	00	Natacao do Tejo	1:23.05	231
	FTL 50m: 40.23 100m: 1:23.05				

INF-A

1.	Rita Sousa Oliveira	01	Torres Novas	1:04.57	493
	50m: 31.27 100m: 1:04.57				
2.	Ines Ferreira Duarte	01	Nautico Abrantes	1:06.55	450
	50m: 31.96 100m: 1:06.55				
3.	Carolina Marques Neves	01	Torres Novas	1:08.23	417
	50m: 33.27 100m: 1:08.23				
4.	Carolina Luis Amaral	01	BUZIOS-Coruche	1:10.32	381
	50m: 33.73 100m: 1:10.32				
5.	Mafalda Gilberto Marques	01	Natacao do Tejo	1:11.16	368
	50m: 33.92 100m: 1:11.16				
6.	Mariana Tome Fidalgo	01	Viver Santarem	1:11.28	366
	50m: 35.00 100m: 1:11.28				
7.	Beatriz Santos Reis	01	Torres Novas	1:12.37	350
	50m: 35.10 100m: 1:12.37				
8.	Rita Daniela Lopes	01	Gualdim Pais	1:12.94	342
	50m: 35.52 100m: 1:12.94				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 17, Femin., 100m Livres, INF-A

Lugar	Ano	Tempo final	Pts
9. Constanca Isabel Jose 50m: 43.83 100m: 1:12.96	01 Gualdim Pais	1:12.96	341
10. Erica Alexandra Madruga 50m: 35.39 100m: 1:16.10	01 Viver Santarem	1:16.10	301
11. Leonor Chora Gaudencio <i>FTL</i> 50m: 38.29 100m: 1:20.20	01 Torres Novas	1:20.20	257
12. Leonor Vitoriano Marques <i>FTL</i> 50m: 38.74 100m: 1:20.61	01 Viver Santarem	1:20.61	253
13. Ines Isabel Conde <i>FTL</i> 50m: 39.64 100m: 1:23.16	01 Torres Novas	1:23.16	230
14. Laura Batista Agostinho <i>FTL</i> 50m: 41.72 100m: 1:27.39	01 Rio Maior	1:27.39	198
DSQ Ana Rita Carvalho <i>Falsa Partida</i>	01 Viver Santarem		
DNS Lucia Goncalves Dias	01 Torres Novas		
DNS Marta Sousa Oliveira	01 Torres Novas		

INF-B

1. Ana Beatriz Rodrigues 50m: 34.86 100m: 1:11.39	02 Rio Maior	1:11.39	364
2. Filipa Cardigo Fitas 50m: 34.11 100m: 1:11.81	02 20Km de Almeirim	1:11.81	358
3. Carolina Guerra Pisco 50m: 34.48 100m: 1:12.82	02 20Km de Almeirim	1:12.82	343
4. Beatriz Maria Duarte 50m: 35.66 100m: 1:13.84	02 Nautico Abrantes	1:13.84	329
5. Rita Morgado Vieira 50m: 36.26 100m: 1:14.95	02 Rio Maior	1:14.95	315
6. Ines Cambe Cunha 50m: 36.19 100m: 1:15.49	02 Torres Novas	1:15.49	308
7. Catia Iordan Agostinho 50m: 36.04 100m: 1:15.70	02 Rio Maior	1:15.70	305
8. Margarida Felicidade Baptista 50m: 36.64 100m: 1:17.11	02 Viver Santarem	1:17.11	289
9. Maria Ines Gabriel 50m: 36.54 100m: 1:17.32	02 Viver Santarem	1:17.32	287
10. Maria Beatriz Silva 50m: 37.54 100m: 1:19.60	02 CLAC-Entroncamento	1:19.60	263
11. Ana Rita Morais 50m: 38.86 100m: 1:20.13	02 Torres Novas	1:20.13	257
12. Ines Ribeiro Novo 50m: 38.73 100m: 1:20.44	02 Torres Novas	1:20.44	255
13. Jessica Andreia Antonio 50m: 39.17 100m: 1:20.90	02 CLAC-Entroncamento	1:20.90	250

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 17, Femin., 100m Livres, INF-B

Lugar	Ano	Tempo final	Pts
14. Andreia Sofia Alves 50m: 38.95 100m: 1:22.63	02 Torres Novas	1:22.63	235
15. Carolina Lopes Vieira 50m: 39.66 100m: 1:23.13	02 Gualdim Pais	1:23.13	231
16. Diana Sofia Vital <i>FTL</i> 50m: 40.62 100m: 1:26.98	02 Torres Novas	1:26.98	201
17. Beatriz Catarino Moura <i>FTL</i> 50m: 42.19 100m: 1:29.54	02 Nautico Abrantes	1:29.54	184
18. Clara Bernardo Pereira <i>FTL</i> 50m: 44.48 100m: 1:39.13	02 BUZIOS-Coruche	1:39.13	136
DNS Carolina Sofia Velez	02 BUZIOS-Coruche		
EXH Luana Goncalves Dantas 50m: 36.27 100m: 1:15.01	02 Nacional de Natacao	1:15.01	314

Prova 18
15-03-2014

Masc., 100m Bruços

13 anos e mais velhos
Resultados

JUN+ SEN - MASC 17 +: 1:32.00 / INF - A - B 13: 1:40.50 / JUV - A - B 15: 1:32.50 / JUV - A 16: 1:28.50

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Joao Carlos Bastos 50m: 37.11 100m: 1:17.19	86 Viver Santarem	1:17.19	373
2. Bernardo Jose Campino 50m: 35.93 100m: 1:18.22	95 Cartaxo	1:18.22	359
3. Tiago Andre Matos 50m: 36.34 100m: 1:18.72	95 Nautico Abrantes	1:18.72	352
4. Nuno Miguel Afonso 50m: 37.74 100m: 1:21.92	91 Natacao do Tejo	1:21.92	312
5. Nazar Vershynin 50m: 39.76 100m: 1:25.54	94 Cartaxo	1:25.54	274
JUNIORES			
1. Guilherme Antonio Reis 50m: 32.57 100m: 1:08.91	96 Torres Novas	1:08.91	525
2. Artur Rafael Saramago 50m: 33.45 100m: 1:11.95	97 BUZIOS-Coruche	1:11.95	461
3. Joao Mauricio Gaspar 50m: 36.59 100m: 1:17.21	97 Nautico Abrantes	1:17.21	373

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 18, Masc., 100m Bruços

JUV-A

1.	Joao Paulo Lopes	98	Torres Novas	1:13.60	431
	50m: 34.36 100m: 1:13.60				
2.	Pedro Manuel Nunes	98	CLAC-Entroncamento	1:16.02	391
	50m: 36.32 100m: 1:16.02				
3.	Joao Pedro Marquez	98	Uniao Samoreense	1:16.78	379
	50m: 35.73 100m: 1:16.78				
4.	Joao Ferreira Santos	98	Torres Novas	1:22.22	309
	50m: 38.20 100m: 1:22.22				
5.	Miguel Jorge Nunes	98	Uniao Samoreense	1:31.68	223
	<i>FTL</i>				
	50m: 42.24 100m: 1:31.68				

JUV-B

1.	Miguel Carrico Cruz	99	20Km de Almeirim	1:11.68	466
	50m: 34.13 100m: 1:11.68				
2.	Bernardo Jose Dionisio	99	Gualdim Pais	1:14.37	418
	50m: 35.13 100m: 1:14.37				
3.	Marco Andre Miguel	99	Torres Novas	1:16.97	377
	50m: 36.05 100m: 1:16.97				
4.	Joao Fernando Bento	99	Uniao Samoreense	1:23.66	293
	50m: 38.70 100m: 1:23.66				
5.	Eliseu Manuel Tavares	99	Uniao Samoreense	1:32.98	213
	<i>FTL</i>				
	50m: 43.91 100m: 1:32.98				

DSQ Carlos Afonso Pereira
Falsa partida

DNS Rodrigo Pereira Damasio

INF-A

1.	Miguel Goncalves Frade	00	Torres Novas	1:19.29	344
	50m: 37.70 100m: 1:19.29				
2.	Jose Carlos Burecas	00	BUZIOS-Coruche	1:22.11	310
	50m: 39.12 100m: 1:22.11				
3.	Filipe Asseiceira Ramos	00	Torres Novas	1:26.51	265
	50m: 41.04 100m: 1:26.51				
4.	Dan Miloslavschi	00	Nautico Abrantes	1:30.05	235
	50m: 41.38 100m: 1:30.05				
5.	Diogo Miguel Castro	00	CLAC-Entroncamento	1:32.16	219
	50m: 43.10 100m: 1:32.16				
	David Jose Carpinteiro	00	Natacao do Tejo	1:32.16	219
	50m: 43.39 100m: 1:32.16				

INF-B

1.	Joao Diogo Lopes	01	Viver Santarem	1:15.23	403
	50m: 34.92 100m: 1:15.23				
2.	Diogo Teixeira Mendes	01	Viver Santarem	1:31.09	227
	50m: 43.01 100m: 1:31.09				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 18, Masc., 100m Bruços, INF-B

Lugar	Ano	Tempo final	Pts
3. Ricardo Luis Leal 50m: 44.02 100m: 1:31.89	01 CLAC-Entroncamento	1:31.89	221
4. Diogo Samouco Dias 50m: 45.92 100m: 1:35.66	01 Torres Novas	1:35.66	196
5. Pedro Manuel Lopes 50m: 45.73 100m: 1:37.23	01 Torres Novas	1:37.23	187
6. Nuno Pereira Simoes 50m: 46.89 100m: 1:37.68	01 Torres Novas	1:37.68	184
7. Joao Francisco Fortunato <i>FTL</i> 50m: 48.73 100m: 1:42.60	01 CLAC-Entroncamento	1:42.60	159
8. Diogo Fernando Simas <i>FTL</i> 50m: 49.61 100m: 1:45.62	01 Uniao Samorense	1:45.62	145
9. Tomas Antunes Ribeiro <i>FTL</i> 50m: 50.73 100m: 1:45.67	01 Torres Novas	1:45.67	145
DNS Miguel Oliveira Goncalves	01 Uniao Samorense		

Prova 19 Femin., 200m Mariposa 12 anos e mais velhos
15-03-2014 Resultados

SENIORES - FEM 18 +: 3:22.00 / INF- B - FEM 12: 3:57.50 / INF - A - B 13: 3:44.00 / JUV - A - B 15: 3:23.00

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Tatiana Lima Silva 50m: 35.72 100m: 1:16.25 200m: 2:42.56	96 Natacao do Tejo	2:42.56	410
2. Ana Catarina Travessa 50m: 36.83 100m: 1:20.04 200m: 2:54.70	96 Salvaterra de Magos	2:54.70	330
JUNIORES			
1. Maria Madalena Silva 50m: 33.80 100m: 1:12.14 200m: 2:34.51	98 Nautico Abrantes	2:34.51	477
2. Raquel Sofia Jorge 50m: 37.15 100m: 1:21.22 200m: 2:54.88	98 Salvaterra de Magos	2:54.88	329
DNS Rute Isabel Leonardo	98 Nautico Abrantes		
JUV-A			
1. Mariana Soares Martinho <i>Recorde Distrital JUV-A (02.43.16)</i> 50m: 35.43 100m: 1:15.57 200m: 2:42.85	99 20Km de Almeirim	2:42.85	407
2. Ana Margarida Salgueiro 50m: 37.60 100m: 1:21.37 200m: 2:53.66	99 Nautico Abrantes	2:53.66	336
3. Carolina Miguel Marques 50m: 37.64 100m: 1:21.38 200m: 2:53.98	99 Natacao do Tejo	2:53.98	334
4. Sofia Alexandra Picao 50m: 38.32 100m: 1:25.73 200m: 3:03.92	99 CLAC-Entroncamento	3:03.92	283

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 19, Femin., 200m Mariposa, JUV-A

Lugar	Ano	Tempo final	Pts
5. Claudia Maria Marcalo	99 Natacao do Tejo	3:20.64	218
50m: 43.36 100m: 1:33.67 200m: 3:20.64			

JUV-B

1. Mafalda Alexandra Cabaca	00 20Km de Almeirim	2:51.86	347
50m: 36.96 100m: 1:20.42 200m: 2:51.86			
2. Ana Catarina Santos	00 Uniao Samorensense	2:56.83	318
50m: 39.11 100m: 1:25.30 200m: 2:56.83			
3. Mariana Nunes Domingos	00 20Km de Almeirim	2:59.70	303
50m: 37.67 100m: 1:22.80 200m: 2:59.70			

INF-A

1. Beatriz Ribeiro Simoes	01 Torres Novas	2:49.74	360
50m: 37.02 100m: 1:20.28 200m: 2:49.74			
2. Ines Ferreira Duarte	01 Nautico Abrantes	2:50.15	357
50m: 37.69 100m: 1:21.24 200m: 2:50.15			
3. Constanca Isabel Jose	01 Gualdim Pais	3:00.04	301
50m: 39.23 100m: 1:25.80 200m: 3:00.04			
4. Carolina Luis Amaral	01 BUZIOS-Coruche	3:02.45	290
50m: 39.06 100m: 1:25.51 200m: 3:02.45			
5. Laura Batista Agostinho	01 Rio Maior	3:41.25	162
50m: 47.94 100m: 1:45.16 200m: 3:41.25			

INF-B

1. Filipa Cardigo Fitas	02 20Km de Almeirim	3:04.66	279
50m: 39.97 100m: 1:28.56 200m: 3:04.66			
2. Carolina Silverio Carpinteiro	02 Natacao do Tejo	3:11.07	252
50m: 43.79 100m: 1:36.03 200m: 3:11.07			
3. Beatriz Maria Duarte	02 Nautico Abrantes	3:13.95	241
50m: 40.64 100m: 1:29.35 200m: 3:13.95			
4. Carolina Guerra Pisco	02 20Km de Almeirim	3:17.59	228
50m: 42.80 100m: 1:34.38 200m: 3:17.59			
5. Carolina Lopes Vieira	02 Gualdim Pais	3:28.26	195
50m: 44.92 100m: 1:37.91 200m: 3:28.26			
6. Marta Chambel Dias	02 CLAC-Entroncamento	3:36.36	173
50m: 47.04 100m: 1:43.42 200m: 3:36.36			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 20 15-03-2014	Masc., 100m Mariposa	13 anos e mais velhos Resultados
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JUN+ SEN - MASC 17 +: 1:19.00 / INF - A - B 13: 1:41.00 / JUV - A - B 15: 1:31.00 / JUV - A 16: 1:26.00

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Andre Filipe Mendes 50m: 28.50 100m: 1:01.37	92 Nautico Abrantes	1:01.37	492
2. Joao Luis Baeta 50m: 29.70 100m: 1:04.91	94 Viver Santarem	1:04.91	416
3. Ruben Miguel Matos 50m: 30.14 100m: 1:05.76	91 Nautico Abrantes	1:05.76	400
4. Mario Jorge Santos 50m: 32.71 100m: 1:09.85	95 Gualdim Pais	1:09.85	334
5. Tiago Andre Matos 50m: 35.12 100m: 1:17.62	95 Nautico Abrantes	1:17.62	243
JUNIORES			
1. Afonso Filipe Gaspar 50m: 29.86 100m: 1:04.06	97 Nautico Abrantes	1:04.06	433
2. Artur Rafael Saramago 50m: 30.48 100m: 1:05.26	97 BUZIOS-Coruche	1:05.26	409
3. Francisco Redol Dias 50m: 31.64 100m: 1:08.00	96 Gualdim Pais	1:08.00	362
4. Joao Rafael Fonseca 50m: 31.60 100m: 1:08.46	97 Rio Maior	1:08.46	355
5. Andre Pombo Dias 50m: 33.10 100m: 1:11.51	96 Natacao do Tejo	1:11.51	311
6. Martim Basilio Gil 50m: 31.73 100m: 1:11.70	97 CLAC-Entroncamento	1:11.70	309
7. Joao Pedro Alves 50m: 32.82 100m: 1:12.07	96 Individual Santarem	1:12.07	304
8. Telmo Joao Faria 50m: 34.48 100m: 1:16.08	97 Natacao do Tejo	1:16.08	258
JUV-A			
1. Joao Paulo Lopes 50m: 29.86 100m: 1:04.10	98 Torres Novas	1:04.10	432
2. Dario Fausto Matias 50m: 31.60 100m: 1:06.45	98 Torres Novas	1:06.45	388
3. Telmo Pedrosa Rocha 50m: 31.80 100m: 1:08.04	98 Uniao Samorense	1:08.04	361
4. Frederico Sucena Riachos 50m: 32.20 100m: 1:12.82	98 Nucleo Sportinguista Golega	1:12.82	295
5. Sergio Alexandre Batalha 50m: 35.71 100m: 1:14.91	98 Uniao Samorense	1:14.91	271
6. Joao Ferreira Santos 50m: 35.82 100m: 1:17.04	98 Torres Novas	1:17.04	249
7. Joao Filipe Patricio 50m: 37.37 100m: 1:25.21	98 Nautico Abrantes	1:25.21	184

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 20, Masc., 100m Mariposa

JUV-B

1.	Miguel Carrico Cruz	99	20Km de Almeirim	1:02.77	460
	50m: 29.70 100m: 1:02.77				
2.	Marco Andre Miguel	99	Torres Novas	1:02.82	459
	50m: 29.52 100m: 1:02.82				
3.	Tiago Filipe Campos	99	Viver Santarem	1:04.23	430
	50m: 29.54 100m: 1:04.23				
4.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	1:05.32	408
	50m: 30.58 100m: 1:05.32				
5.	Afonso Guilherme Rosa	99	Gualdim Pais	1:06.14	393
	50m: 30.24 100m: 1:06.14				
6.	Pedro Pereira Lopes	99	BUZIOS-Coruche	1:11.69	309
	50m: 34.31 100m: 1:11.69				
7.	Joao Tiago Almeida	99	20Km de Almeirim	1:14.81	272
	50m: 33.68 100m: 1:14.81				
8.	Jose Nuno Sousa	99	CLAC-Entroncamento	1:17.86	241
	50m: 35.51 100m: 1:17.86				

INF-A

1.	Miguel Serrao Santos	00	Viver Santarem	1:06.72	383
	50m: 31.35 100m: 1:06.72				
2.	Rui Jorge Lopes	00	CLAC-Entroncamento	1:07.60	368
	50m: 31.29 100m: 1:07.60				
3.	Miguel Goncalves Frade	00	Torres Novas	1:12.24	302
	50m: 33.96 100m: 1:12.24				
4.	Francisco Inacio Rodrigues	00	Viver Santarem	1:12.30	301
	50m: 32.67 100m: 1:12.30				
5.	Henrique Miguel Cruz	00	Torres Novas	1:16.77	251
	50m: 35.19 100m: 1:16.77				
6.	Dan Miloslavschi	00	Nautico Abrantes	1:18.36	236
	50m: 36.32 100m: 1:18.36				
7.	Joao Nazario Carvalho	00	Torres Novas	1:19.36	227
	50m: 37.48 100m: 1:19.36				
8.	David Antunes Santos	00	CLAC-Entroncamento	1:21.73	208
	50m: 37.04 100m: 1:21.73				
9.	Diogo Miguel Teodoro	00	BUZIOS-Coruche	1:25.45	182
	50m: 39.04 100m: 1:25.45				
10.	Joao Afonso Goncalves	00	CLAC-Entroncamento	1:25.76	180
	50m: 39.95 100m: 1:25.76				
11.	Antonio Joao Pestana	00	CLAC-Entroncamento	1:40.90	110
	50m: 47.38 100m: 1:40.90				
12.	Miguel Leonardo Grilo	00	BUZIOS-Coruche	1:44.67	99
	50m: 44.30 100m: 1:44.67				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 20, Masc., 100m Mariposa

INF-B

1.	Joao Jose Calado	01	Nautico Abrantes	1:11.60	310
	50m: 32.60 100m: 1:11.60				
2.	Afonso Maria Teodoro	01	Viver Santarem	1:17.36	246
	50m: 36.26 100m: 1:17.36				
3.	Tiago Manuel Santos	01	Rio Maior	1:17.67	243
	50m: 36.69 100m: 1:17.67				
4.	Diogo Franco Martins	01	20Km de Almeirim	1:20.95	214
	50m: 36.60 100m: 1:20.95				
5.	Joao Antonio Simoes	01	Torres Novas	1:22.76	201
	50m: 37.98 100m: 1:22.76				
6.	Joao Miguel Marques	01	20Km de Almeirim	1:23.96	192
	50m: 39.10 100m: 1:23.96				
7.	Marcio Lima Silva	01	Natacao do Tejo	1:29.04	161
	50m: 40.36 100m: 1:29.04				
8.	Tomas Antunes Ribeiro	01	Torres Novas	1:35.67	130
	50m: 43.92 100m: 1:35.67				
9.	Joao Francisco Fortunato	01	CLAC-Entroncamento	1:43.98	101
	<i>FTL</i>				
	50m: 47.25 100m: 1:43.98				
DSQ	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento		
	<i>Falsa Partida</i>				

Prova 21
15-03-2014

Femin., 4 x 100m Estilos

12 anos e mais velhos
Resultados

SENIORES - FEM 18 +: 5:46.00 / INF- B - FEM 12: 6:31.00 / INF - A - B 13: 6:28.00 / JUV - A - B 15: 5:50.50

Pontos: FINA 2013

Lugar					Tempo final	Pts
JUV-A						
1.	Nautico Abrantes 3		Nautico Abrantes		5:02.05	416
	<i>Recorde Distrital JUV-A (05.03.76)</i>					
	Patricia Silva Conceicao	99	36.69	1:15.70	Maria Beatriz Diogo	99
	Ana Margarida Salgueiro	99			Ana Torres Ferreira	99
2.	CLAC-Entroncamento 2		CLAC-Entroncamento		5:28.14	324
	Ines Fernandes Moutinho	99	40.51	1:24.63	Sarah Dias	99
	Sofia Alexandra Picao	99			Joana Sofia Bica	99

INF-A

1.	Torres Novas 11		Torres Novas		5:31.36	315
	Beatriz Santos Reis	01	40.00	1:22.51	Beatriz Ribeiro Simoes	01
	Ines Isabel Conde	01			Rita Sousa Oliveira	01

INF-B

1.	Torres Novas 1		Torres Novas		6:18.36	211
	Ines Ribeiro Novo	02	44.60	1:33.04	Diana Sofia Vital	02
	Ines Cambe Cunha	02			Andreia Sofia Alves	02
2.	CLAC-Entroncamento 1		CLAC-Entroncamento		6:21.25	207
	Maria Beatriz Silva	02	44.24	1:33.82	Marta Chambel Dias	02
	Maria Margarida Graca	02			Jessica Andreia Antonio	02

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 21, Femin., 4 x 100m Estilos

ABS

1. Rio Maior 1				Rio Maior		5:50.64	266
Ana Beatriz Rodrigues	02	40.92	1:23.70	Rita Morgado Vieira	02		
Catia Iordan Agostinho	02			Maria Beatriz Leal	99		
2. Viver Santarem 3				Viver Santarem		5:52.95	261
Maria Ines Gabriel	02	41.82	1:26.45	Mariana Tome Fidalgo	01		
Ana Rita Carvalho	01			Erica Alexandra Madruga	01		

Prova 22
15-03-2014

Masc., 4 x 100m Livres

13 anos e mais velhos
Resultados

JUN+ SEN - MASC 17 +: 4:43.00 / INF - A - B 13: 5:43.00 / JUV - A - B 15: 5:16.00 / JUV - A 16: 5:00.00

Pontos: FINA 2013

Lugar						Tempo final	Pts
JUV-A							

1. Uniao Samorense 1				Uniao Samorense		4:01.90	435
Joao Pedro Marquez	98	28.55	59.95	Miguel Jorge Nunes	98		
Sergio Alexandre Batalha	98			Telmo Pedrosa Rocha	98		

JUV-B

1. BUZIOS-Coruche 2				BUZIOS-Coruche		4:23.82	335
Tomas Jose Agostinho	99	28.10	59.45	Carlos Afonso Pereira	99		
Francisco Miguel Cecilio	99			Pedro Pereira Lopes	99		

INF-A

1. Torres Novas 3				Torres Novas		4:18.80	355
Joao Nazario Carvalho	00	30.82	1:03.67	Filipe Asseiceira Ramos	00		
Henrique Miguel Cruz	00			Miguel Goncalves Frade	00		
2. CLAC-Entroncamento 2				CLAC-Entroncamento		4:29.11	316
Diogo Miguel Castro	00	34.60	1:11.93	Joao Afonso Goncalves	00		
David Antunes Santos	00			Rui Jorge Lopes	00		
3. BUZIOS-Coruche 1				BUZIOS-Coruche		4:47.75	258
Jose Carlos Burecas	00	30.12	1:02.05	Afonso Arrates Rouxinol	00		
Miguel Leonardo Grilo	00			Diogo Miguel Teodoro	00		

INF-B

1. Torres Novas 2				Torres Novas		4:46.92	260
Joao Antonio Simoes	01	33.70	1:11.13	Diogo Samouco Dias	01		
Nuno Pereira Simoes	01			Pedro Manuel Lopes	01		
2. CLAC-Entroncamento 1				CLAC-Entroncamento		5:03.28	220
Ricardo Luis Leal	01	32.29	1:07.63	Hugo Alexandre Sagradas	01		
Joao Francisco Fortunato	01			Tomas Meliciano Cabeleira	01		

ABS

1. Torres Novas 1				Torres Novas		3:59.70	447
Marco Andre Miguel	99	27.58	57.66	Dario Fausto Matias	98		
Joao Paulo Lopes	98			Joao Ferreira Santos	98		
2. Viver Santarem 4				Viver Santarem		5:11.89	202
Afonso Maria Teodoro	01	32.39	1:08.20	Diogo Teixeira Mendes	01		
Joao Diogo Lopes	01			Miguel Serrao Santos	00		

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

4 - 4ª SESSÃO

16-03-2014 - 9:30

Prova 23 Masc., 1500m Livres 13 anos e mais velhos
16-03-2014 Resultados

INF - A - B 13: 23:00.00 / INF - A - MAS 14: 22:30.00 / JUN+ SEN - MASC 17 +: 21:06.00 / JUV - A - B 15: 21:30.00 / JUV - A 16: 21:00.00

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Joao Luis Serrano	91 Cartaxo	16:32.40	628
50m: 29.47 100m: 1:01.94 200m: 2:07.69 400m: 4:19.79 800m: 8:45.40 1500m: 16:32.40			
2. Joao Luis Baeta	94 Viver Santarem	17:58.15	490
50m: 31.43 100m: 1:05.04 200m: 2:14.57 400m: 4:36.36 800m: 9:26.34 1500m: 17:58.15			
3. Joao Francisco Ferreira	93 CLAC-Entroncamento	18:12.50	471
50m: 33.21 100m: 1:09.35 200m: 2:22.52 400m: 4:49.55 800m: 9:41.28 1500m: 18:12.50			
4. Mario Jorge Nunes	92 Natacao do Tejo	18:19.36	462
50m: 32.48 100m: 1:07.42 200m: 2:19.20 400m: 4:45.36 800m: 9:41.82 1500m: 18:19.36			
DNS Bernardo Jose Campino	95 Cartaxo		

JUNIORES

DNF Joao Carlos Gabriel 97 Viver Santarem
O atleta não completou a prova, apenas completou 1300m.

JUV-A

1. Dario Fausto Matias	98 Torres Novas	17:16.26	552
50m: 30.83 100m: 1:04.79 200m: 2:14.06 400m: 4:33.58 800m: 9:11.89 1500m: 17:16.26			
2. Joao Pedro Marquez	98 Uniao Samorense	18:30.54	448
50m: 31.92 100m: 1:07.04 200m: 2:18.92 400m: 4:46.60 800m: 9:47.32 1500m: 18:30.54			
3. Joao Ferreira Santos	98 Torres Novas	18:49.06	426
50m: 33.38 100m: 1:09.29 200m: 2:22.88 400m: 4:52.31 800m: 9:55.60 1500m: 18:49.06			
4. Telmo Pedrosa Rocha	98 Uniao Samorense	19:01.34	413
50m: 32.47 100m: 1:08.13 200m: 2:23.02 400m: 4:56.28 800m: 10:04.09 1500m: 19:01.34			

JUV-B

1. Jose Henriques Luz	99 Nucleo Sportinguista Golega	17:44.67	509
50m: 30.95 100m: 1:04.75 200m: 2:14.54 800m: 9:20.33 1500m: 17:44.67			
2. Goncalo Faria Saldida	99 Gualdim Pais	18:04.32	481
50m: 31.51 100m: 1:05.89 200m: 2:17.86 400m: 4:43.70 750m: 9:37.10 1500m: 18:04.32			
3. Bernardo Fernandes Aguiar	99 20Km de Almeirim	18:54.83	420
50m: 33.87 100m: 1:10.83 200m: 2:27.22 400m: 4:55.18 800m: 9:59.02 1500m: 18:54.83			
4. Pedro Pereira Lopes	99 BUZIOS-Coruche	19:40.64	373
50m: 35.97 100m: 1:15.32 200m: 2:35.86 400m: 5:16.16 800m: 10:34.38 1500m: 19:40.64			
5. Jose Nuno Sousa	99 CLAC-Entroncamento	19:44.16	369
50m: 32.76 100m: 1:11.08 200m: 2:28.88 400m: 5:05.69 800m: 10:27.57 1500m: 19:44.16			
6. Luis Miguel Monteiro	99 Cartaxo	19:56.70	358
50m: 34.13 100m: 1:12.07 200m: 2:29.70 400m: 5:07.42 800m: 10:31.60 1500m: 19:56.70			

DNS Tomas Jose Agostinho 99 BUZIOS-Coruche

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 23, Masc., 1500m Livres

INF-A

1.	Filipe Asseiceira Ramos	00	Torres Novas								18:42.01	434
	50m: 34.56 100m: 1:12.63 200m: 2:28.47 400m: 5:00.49 800m: 10:01.00 1500m: 18:42.01											
2.	Rui Jorge Lopes	00	CLAC-Entroncamento								18:56.02	419
	100m: 1:11.64 200m: 2:27.36 400m: 5:00.02 800m: 10:02.23 1500m: 18:56.02											
3.	Joao Nazario Carvalho	00	Torres Novas								19:09.72	404
	50m: 35.19 100m: 1:12.47 200m: 2:28.70 400m: 5:00.60 800m: 10:04.04 1500m: 19:09.72											
4.	David Antunes Santos	00	CLAC-Entroncamento								20:46.70	317
	50m: 36.67 100m: 1:16.86 200m: 2:38.76 400m: 5:25.42 800m: 11:00.70 1500m: 20:46.70											
5.	Joao Afonso Goncalves	00	CLAC-Entroncamento								20:52.94	312
	50m: 37.00 100m: 1:17.38 200m: 2:40.60 400m: 5:31.16 800m: 11:12.75 1500m: 20:52.94											
6.	Henrique Silveira Jordao	00	Cartaxo								23:00.57	233
	<i>FTL</i> 50m: 42.00 100m: 1:27.51 200m: 2:58.95 400m: 6:04.04 800m: 12:14.36 1500m: 23:00.57											

INF-B

1.	Joao Jose Calado	01	Nautico Abrantes								18:28.64	450
	50m: 32.29 100m: 1:09.04 200m: 2:24.10 400m: 4:54.60 800m: 9:52.70 1500m: 18:28.64											
2.	Diogo Franco Martins	01	20Km de Almeirim								19:48.06	366
	50m: 35.03 100m: 1:15.02 200m: 2:33.45 400m: 5:11.84 800m: 10:32.08 1500m: 19:48.06											
3.	Afonso Pinhal Canto	01	20Km de Almeirim								20:08.44	348
	50m: 35.12 100m: 1:14.15 200m: 2:33.81 400m: 5:17.41 800m: 10:42.72 1500m: 20:08.44											
4.	Tiago Manuel Santos	01	Rio Maior								20:25.61	333
	50m: 35.83 100m: 1:14.64 200m: 2:32.77 400m: 5:11.58 800m: 10:37.11 1500m: 20:25.61											
5.	Joao Antonio Simoes	01	Torres Novas								21:32.81	284
	50m: 38.97 100m: 1:21.92 200m: 2:48.17 400m: 5:39.71 800m: 11:25.78 1500m: 21:32.81											
6.	Joao Miguel Marques	01	20Km de Almeirim								22:17.43	256
	50m: 36.67 100m: 1:17.68 200m: 2:41.59 400m: 5:32.40 800m: 11:30.98 1500m: 22:17.43											
7.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento								22:18.39	256
	50m: 38.20 100m: 1:21.29 200m: 2:51.02 400m: 5:51.23 800m: 11:53.89 1500m: 22:18.39											

Prova 24
16-03-2014

Femin., 400m Livres

12 anos e mais velhos
Resultados

INF - A - B 13: 6:09.00 / INF- B - FEM 12: 6:25.00 / JUNIORES - FEM 16 - 17: 5:42.00 / JUV - A - B 15: 5:40.80 / JUV - B - FEM 14: 5:44.50 / SENIORES - FEM 18 +: 5:41.70

Pontos: FINA 2013

Lugar	Ano								Tempo final	Pts
SENIORES										
1.	Filipa Robert Rente				96	Gualdim Pais			5:04.82	457
	50m:	32.39	100m:	1:08.54	200m:	2:25.32	400m:	5:04.82		
2.	Tatiana Lima Silva				96	Natacao do Tejo			5:26.86	370
	50m:	35.70	100m:	1:15.89	200m:	2:39.13	400m:	5:26.86		
JUNIORES										
1.	Maria Madalena Silva				98	Nautico Abrantes			4:45.53	556
	50m:	32.00	100m:	1:06.70	200m:	2:18.74	400m:	4:45.53		
2.	Ana Carolina Gomes				97	Cartaxo			4:59.37	482
	50m:	33.84	100m:	1:10.66	200m:	2:27.07	400m:	4:59.37		

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 24, Femin., 400m Livres, JUNIORES

Lugar	Ano	Tempo final	Pts
3. Catarina Goncalves Trezentos	98 Gualdim Pais	5:10.72	431
50m: 35.21 100m: 1:14.05 200m: 2:32.25 400m: 5:10.72			

DNS Rute Isabel Leonardo 98 Nautico Abrantes

JUV-A

1. Maria Beatriz Dias	99 Viver Santarem	4:40.86	584
<i>Recorde Distrital JUV-A (4.45.20)</i>			
50m: 32.82 100m: 1:07.89 200m: 2:18.85 400m: 4:40.86			
2. Mariana Soares Martinho	99 20Km de Almeirim	4:42.72	573
50m: 31.93 100m: 1:06.74 200m: 2:18.93 400m: 4:42.72			
3. Joana Sofia Amado	99 Cartaxo	5:03.62	462
50m: 34.08 100m: 1:11.38 200m: 2:29.24 400m: 5:03.62			
4. Carolina Felicidade Batista	99 Viver Santarem	5:14.68	415
50m: 34.60 100m: 1:12.19 200m: 2:30.62 400m: 5:14.68			
5. Mariana Narciso Fidalgo	99 20Km de Almeirim	5:14.73	415
50m: 35.33 100m: 1:14.23 200m: 2:34.23 400m: 5:14.73			
6. Maria Beatriz Leal	99 Rio Maior	5:20.66	392
50m: 35.64 100m: 1:15.06 200m: 2:36.26 400m: 5:20.66			
7. Claudia Maria Marcalo	99 Natacao do Tejo	5:34.86	344
50m: 37.07 100m: 1:18.64 200m: 2:44.00 400m: 5:34.86			

JUV-B

1. Patricia Palmeiro Baeta	00 Viver Santarem	4:51.70	521
50m: 32.10 100m: 1:07.89 200m: 2:22.02 400m: 4:51.70			
2. Lara Alexandra Delgado	00 Torres Novas	5:03.92	461
50m: 34.92 100m: 1:13.36 200m: 2:30.29 400m: 5:03.92			
3. Mariana Nunes Domingos	00 20Km de Almeirim	5:10.26	433
50m: 34.39 100m: 1:13.40 200m: 2:33.09 400m: 5:10.26			
4. Ana Catarina Santos	00 Uniao Samorense	5:11.76	427
50m: 35.29 100m: 1:14.13 200m: 2:33.10 400m: 5:11.76			
5. Ines Isabel Graca	00 Gualdim Pais	5:17.20	405
50m: 33.74 100m: 1:12.30 200m: 2:33.11 400m: 5:17.20			
6. Mafalda Alexandra Cabaca	00 20Km de Almeirim	5:18.80	399
50m: 35.33 100m: 1:15.12 200m: 2:36.22 400m: 5:18.80			
7. Marta Isabel Silva	00 Viver Santarem	5:32.60	352
50m: 36.20 100m: 1:16.23 200m: 2:40.73 400m: 5:32.60			

INF-A

1. Rita Sousa Oliveira	01 Torres Novas	5:04.24	459
50m: 33.96 100m: 1:12.61 200m: 2:31.21 400m: 5:04.24			
2. Carolina Marques Neves	01 Torres Novas	5:11.35	429
50m: 35.24 100m: 1:14.59 200m: 2:34.28 400m: 5:11.35			
3. Ines Ferreira Duarte	01 Nautico Abrantes	5:14.39	416
50m: 34.82 100m: 1:13.73 200m: 2:34.16 400m: 5:14.39			
4. Beatriz Ribeiro Simoes	01 Torres Novas	5:17.07	406
50m: 35.08 100m: 1:14.57 200m: 2:35.47 400m: 5:17.07			
5. Beatriz Santos Reis	01 Torres Novas	5:20.39	393
50m: 36.25 100m: 1:16.43 200m: 2:38.38 400m: 5:20.39			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 24, Femin., 400m Livres, INF-A

Lugar				Ano				Tempo final	Pts
6.	Constanca Isabel Jose	01	Gualdim Pais					5:21.32	390
	50m: 36.29 100m: 1:16.72 200m: 2:40.04 400m: 5:21.32								
7.	Rita Daniela Lopes	01	Gualdim Pais					5:21.88	388
	50m: 36.26 100m: 1:16.04 200m: 2:37.80 400m: 5:21.88								
8.	Mafalda Gilberto Marques	01	Natacao do Tejo					5:26.48	372
	50m: 34.89 100m: 1:14.73 200m: 2:38.20 400m: 5:26.48								
9.	Mariana Tome Fidalgo	01	Viver Santarem					5:26.49	372
	50m: 35.56 100m: 1:16.24 200m: 2:37.03 400m: 5:26.49								
10.	Carolina Luis Amaral	01	BUZIOS-Coruche					5:27.35	369
	50m: 36.17 100m: 1:17.51 200m: 2:41.36 400m: 5:27.35								
11.	Leonor Vitoriano Marques	01	Viver Santarem					5:58.42	281
	50m: 39.67 100m: 1:25.60 200m: 2:57.92 400m: 5:58.42								
DNS	Lucia Goncalves Dias	01	Torres Novas						
DNS	Marta Sousa Oliveira	01	Torres Novas						

INF-B

1.	Filipa Cardigo Fitas	02	20Km de Almeirim					5:22.73	385
	50m: 36.16 100m: 1:16.76 200m: 2:39.51 400m: 5:22.73								
2.	Carolina Guerra Pisco	02	20Km de Almeirim					5:23.07	384
	50m: 36.48 100m: 1:16.70 200m: 2:38.51 400m: 5:23.07								
3.	Catia Iordan Agostinho	02	Rio Maior					5:24.24	379
	50m: 37.12 100m: 1:17.84 200m: 2:40.38 400m: 5:24.24								
4.	Ana Beatriz Rodrigues	02	Rio Maior					5:32.04	353
	50m: 36.76 100m: 1:18.29 200m: 2:44.20 400m: 5:32.04								
5.	Ines Cambe Cunha	02	Torres Novas					5:34.64	345
	50m: 36.23 100m: 1:18.10 200m: 2:43.16 400m: 5:34.64								
6.	Carolina Silverio Carpinteiro	02	Natacao do Tejo					5:36.36	340
	50m: 38.57 100m: 1:21.86 200m: 2:48.36 400m: 5:36.36								
7.	Maria Ines Gabriel	02	Viver Santarem					5:48.80	305
	50m: 37.57 100m: 1:20.57 200m: 2:50.86 400m: 5:48.80								
8.	Rita Morgado Vieira	02	Rio Maior					5:53.73	292
	50m: 38.59 100m: 1:21.39 200m: 2:52.18 400m: 5:53.73								
9.	Maria Beatriz Silva	02	CLAC-Entroncamento					5:54.37	291
	50m: 39.37 100m: 1:23.46 200m: 2:56.08 400m: 5:54.37								
10.	Andreia Sofia Alves	02	Torres Novas					5:55.84	287
	50m: 39.98 100m: 1:24.41 200m: 2:57.18 400m: 5:55.84								

Prova 25
16-03-2014

Masc., 50m Mariposa

15 anos e mais velhos
Resultados

JUN+ SEN - MASC 17 +: 36.00

Pontos: FINA 2013

Lugar				Ano				Tempo final	Pts
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Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 25, Masc., 50m Mariposa

SENIORES

1.	Vladyslav Stasyuk	94	Cartaxo	27.21	514
2.	Andre Filipe Mendes	92	Nautico Abrantes	27.36	505
3.	Diogo Miguel Balsa	95	BUZIOS-Coruche	28.57	444
4.	Ruben Miguel Matos	91	Nautico Abrantes	29.10	420
5.	Mario Jorge Santos	95	Gualdim Pais	30.75	356
6.	Nuno Miguel Afonso	91	Natacao do Tejo	31.10	344

JUNIORES

1.	Joao Mauricio Gaspar	97	Nautico Abrantes	28.88	430
2.	Afonso Filipe Gaspar	97	Nautico Abrantes	29.10	420
3.	Joao Rafael Fonseca	97	Rio Maior	30.04	382
4.	Andre Pombo Dias	96	Natacao do Tejo	31.51	331
5.	Joao Pedro Alves	96	Individual Santarem	32.03	315

JUV-A

1.	Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	27.25	512
2.	Joao Paulo Lopes	98	Torres Novas	29.06	422
3.	Sergio Alexandre Batalha	98	Uniao Samorense	30.00	383
4.	Telmo Pedrosa Rocha	98	Uniao Samorense	30.35	370
5.	Joao Neves Coelho	98	BUZIOS-Coruche	30.64	360
6.	Joao Filipe Patricio	98	Nautico Abrantes	34.51	252

JUV-B

1.	Miguel Carrico Cruz	99	20Km de Almeirim	28.16	463
2.	Marco Andre Miguel	99	Torres Novas	28.31	456
3.	Afonso Guilherme Rosa	99	Gualdim Pais	28.62	441
4.	Tiago Filipe Campos	99	Viver Santarem	29.48	404
5.	Pedro Pereira Lopes	99	BUZIOS-Coruche	31.86	320
6.	Joao Tiago Almeida	99	20Km de Almeirim	32.46	302
7.	Jose Nuno Sousa	99	CLAC-Entroncamento	32.48	302

Prova 26
16-03-2014

Femin., 50m Mariposa

14 anos e mais velhos
Resultados

JUNIORES - FEM 16 - 17: 40.00 / SENIORES - FEM 18 +: 39.00

Pontos: FINA 2013

Lugar	Ano		Tempo final	Pts
SENIORES				
1.	Filipa Robert Rente	96	Gualdim Pais	33.04 401
2.	Ana Catarina Travessa	96	Salvaterra de Magos	33.13 398
3.	Tatiana Lima Silva	96	Natacao do Tejo	34.73 345
JUNIORES				
1.	Ana Filipa Parente	98	Gualdim Pais	32.71 414
2.	Daniela Sofia Serra	98	CLAC-Entroncamento	33.60 382
3.	Raquel Sofia Jorge	98	Salvaterra de Magos	33.67 379
4.	Patricia Simoes Jorge	97	Salvaterra de Magos	35.88 313
5.	Sofia Isabel Mendes	97	Salvaterra de Magos	39.41 236
DNS	Rute Isabel Leonardo	98	Nautico Abrantes	

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 26, Femin., 50m Mariposa

JUV-A

1.	Sarah Dias	99	CLAC-Entroncamento	31.88	447
2.	Maria Beatriz Diogo	99	Nautico Abrantes	33.10	399
3.	Mariana Soares Martinho	99	20Km de Almeirim	33.26	393
4.	Carolina Miguel Marques	99	Natacao do Tejo	34.63	348
5.	Patricia Silva Conceicao	99	Nautico Abrantes	34.95	339
6.	Sofia Alexandra Picao	99	CLAC-Entroncamento	35.29	329
7.	Claudia Maria Marcalo	99	Natacao do Tejo	38.73	249
8.	Joana Sofia Bica	99	CLAC-Entroncamento	38.76	248
9.	Ines Fernandes Moutinho	99	CLAC-Entroncamento	40.38	220

JUV-B

1.	Ana Catarina Santos	00	Uniao Samoreense	32.81	410
2.	Maria Beatriz Lopes	00	Rio Maior	33.43	387
3.	Mafalda Alexandra Cabaca	00	20Km de Almeirim	34.59	350
4.	Ines Barata Domingos	00	Natacao do Tejo	43.45	176

Prova 27
16-03-2014

Masc., 200m Bruços

13 anos e mais velhos
Resultados

INF - A - B 13: 3:40.50 / INF - A - MAS 14: 3:33.00 / JUN+ SEN - MASC 17 +: 3:15.00 / JUV - A - B 15: 3:23.00 / JUV - A 16: 3:14.50

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
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SENIORES

1.	Nuno Miguel Afonso	91	Natacao do Tejo	2:58.48	309
	50m: 39.91 100m: 1:27.34 200m: 2:58.48				
DNS	Joao Carlos Bastos	86	Viver Santarem		

JUNIORES

1.	Guilherme Antonio Reis	96	Torres Novas	2:32.68	493
	50m: 34.18 100m: 1:12.42 200m: 2:32.68				
2.	Artur Rafael Saramago	97	BUZIOS-Coruche	2:41.74	415
	50m: 36.08 100m: 1:16.95 200m: 2:41.74				

JUV-A

1.	Joao Paulo Lopes	98	Torres Novas	2:43.49	402
	50m: 35.24 100m: 1:15.61 200m: 2:43.49				
2.	Pedro Manuel Nunes	98	CLAC-Entroncamento	2:47.60	373
	50m: 35.97 100m: 1:18.16 200m: 2:47.60				
3.	Joao Pedro Marquez	98	Uniao Samoreense	2:51.06	351
	50m: 38.36 100m: 1:22.41 200m: 2:51.06				
4.	Joao Ferreira Santos	98	Torres Novas	2:55.54	324
	50m: 39.08 100m: 1:24.40 200m: 2:55.54				

JUV-B

1.	Miguel Carrico Cruz	99	20Km de Almeirim	2:41.02	420
	50m: 35.44 100m: 1:15.70 200m: 2:41.02				
2.	Bernardo Jose Dionisio	99	Gualdim Pais	2:43.80	399
	50m: 35.92 100m: 1:17.89 200m: 2:43.80				
3.	Joao Fernando Bento	99	Uniao Samoreense	2:59.86	301
	50m: 39.51 100m: 1:24.23 200m: 2:59.86				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 27, Masc., 200m Bruços, JUV-B

Lugar	Ano	Tempo final	Pts
4. Carlos Afonso Pereira	99 BUZIOS-Coruche	3:07.08	268
50m: 39.83 100m: 1:26.23 200m: 3:07.08			

INF-A

1. Miguel Goncalves Frade	00 Torres Novas	2:52.46	342
50m: 38.50 100m: 1:22.21 200m: 2:52.46			
2. Jose Carlos Burecas	00 BUZIOS-Coruche	2:56.17	321
50m: 39.77 100m: 1:24.74 200m: 2:56.17			
3. Filipe Asseiceira Ramos	00 Torres Novas	3:02.31	289
50m: 42.08 100m: 1:29.14 200m: 3:02.31			
4. Henrique Miguel Cruz	00 Torres Novas	3:10.59	253
50m: 42.62 100m: 1:30.78 200m: 3:10.59			
5. David Jose Carpinteiro	00 Natacao do Tejo	3:12.37	246
50m: 42.23 100m: 1:32.01 200m: 3:12.37			
6. Dan Miloslavski	00 Nautico Abrantes	3:13.92	240
50m: 41.29 100m: 1:30.07 200m: 3:13.92			
7. Diogo Miguel Castro	00 CLAC-Entroncamento	3:17.75	227
50m: 44.58 100m: 1:35.67 200m: 3:17.75			

INF-B

1. Joao Diogo Lopes	01 Viver Santarem	2:48.39	368
50m: 36.89 100m: 1:21.07 200m: 2:48.39			
2. Diogo Teixeira Mendes	01 Viver Santarem	3:08.74	261
50m: 42.74 100m: 1:31.42 200m: 3:08.74			
3. Ricardo Luis Leal	01 CLAC-Entroncamento	3:16.71	230
50m: 43.99 100m: 1:35.34 200m: 3:16.71			
4. Diogo Samouco Dias	01 Torres Novas	3:20.10	219
50m: 44.41 100m: 1:35.66 200m: 3:20.10			
5. Pedro Manuel Lopes	01 Torres Novas	3:23.87	207
50m: 45.54 100m: 1:37.06 200m: 3:23.87			
6. Joao Francisco Fortunato	01 CLAC-Entroncamento	3:36.28	173
50m: 49.06 100m: 1:44.31 200m: 3:36.28			
7. Rodrigo Rosa Cameirao	01 Rio Maior	3:43.67	157
FTL 50m: 50.45 100m: 1:48.86 200m: 3:43.67			
8. Tomas Antunes Ribeiro	01 Torres Novas	3:46.23	151
FTL 50m: 52.60 100m: 1:51.02 200m: 3:46.23			
9. Diogo Fernando Simas	01 Uniao Samorense	3:56.51	132
FTL 50m: 50.13 100m: 1:49.64 200m: 3:56.51			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 28
16-03-2014

Femin., 200m Costas

12 anos e mais velhos
Resultados

INF - A - B 13: 3:20.50 / INF- B - FEM 12: 3:27.00 / JUNIORES - FEM 16 - 17: 3:08.00 / JUV - A - B 15: 3:07.30 / JUV - B - FEM 14: 3:10.00 / SENIORES - FEM 18 +: 3:06.70

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Ana Catarina Travessa	96 Salvaterra de Magos	2:46.26	376
50m: 38.93 100m: 1:20.52 200m: 2:46.26			
JUNIORES			
1. Maria Madalena Silva	98 Nautico Abrantes	2:29.62	516
50m: 36.13 100m: 1:13.52 200m: 2:29.62			
2. Daniela Sofia Serra	98 CLAC-Entroncamento	2:42.28	404
50m: 38.09 100m: 1:19.36 200m: 2:42.28			
DNS Ana Claudia Santo	97 Cartaxo		
JUV-A			
1. Maria Beatriz Dias	99 Viver Santarem	2:34.59	468
50m: 37.66 100m: 1:16.97 200m: 2:34.59			
2. Sarah Dias	99 CLAC-Entroncamento	2:35.95	455
50m: 37.79 100m: 1:17.73 200m: 2:35.95			
3. Ana Margarida Salgueiro	99 Nautico Abrantes	2:36.86	448
50m: 37.92 100m: 1:17.86 200m: 2:36.86			
4. Maria Beatriz Diogo	99 Nautico Abrantes	2:42.00	406
50m: 39.08 100m: 1:21.24 200m: 2:42.00			
5. Patricia Silva Conceicao	99 Nautico Abrantes	2:44.82	386
50m: 38.00 100m: 1:20.16 200m: 2:44.82			
6. Carolina Miguel Marques	99 Natacao do Tejo	2:45.57	380
50m: 39.89 100m: 1:21.95 200m: 2:45.57			
7. Ana Torres Ferreira	99 Nautico Abrantes	2:48.39	362
50m: 39.01 100m: 1:21.51 200m: 2:48.39			
8. Mariana Narciso Fidalgo	99 20Km de Almeirim	2:56.48	314
50m: 42.73 100m: 1:27.67 200m: 2:56.48			
JUV-B			
1. Ines Isabel Graca	00 Gualdim Pais	2:38.16	437
50m: 36.51 100m: 1:16.42 200m: 2:38.16			
2. Maria Beatriz Lopes	00 Rio Maior	2:40.76	416
50m: 37.06 100m: 1:17.53 200m: 2:40.76			
3. Mariana Nunes Domingos	00 20Km de Almeirim	2:48.90	358
50m: 39.11 100m: 1:21.65 200m: 2:48.90			
4. Joana Costa Bernardino	00 CLAC-Entroncamento	2:55.36	320
50m: 41.04 100m: 1:25.20 200m: 2:55.36			
5. Marta Isabel Silva	00 Viver Santarem	3:02.63	283
50m: 42.51 100m: 1:28.80 200m: 3:02.63			
6. Barbara Sofia Claro	00 BUZIOS-Coruche	3:06.72	265
50m: 41.44 100m: 1:28.03 200m: 3:06.72			
7. Maria Pinto Goncalves	00 Salvaterra de Magos	3:08.74	257
50m: 45.09 100m: 1:33.94 200m: 3:08.74			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 28, Femin., 200m Costas, JUV-B

Lugar	Ano	Tempo final	Pts
DSQ Patricia Palmeiro Baeta	00 Viver Santarem		
<i>Na viragem dos 75m a atleta perdeu contacto com a parede na posição ventral</i>			

INF-A

1. Ines Ferreira Duarte	01 Nautico Abrantes	2:33.90	474
50m: 36.62 100m: 1:16.04 200m: 2:33.90			
2. Rita Sousa Oliveira	01 Torres Novas	2:49.73	353
50m: 39.39 100m: 1:23.10 200m: 2:49.73			
3. Carolina Luis Amaral	01 BUZIOS-Coruche	2:50.60	348
50m: 38.92 100m: 1:23.00 200m: 2:50.60			
4. Beatriz Santos Reis	01 Torres Novas	2:51.79	341
50m: 40.78 100m: 1:24.12 200m: 2:51.79			
5. Rita Daniela Lopes	01 Gualdim Pais	2:52.98	334
50m: 41.60 100m: 1:25.99 200m: 2:52.98			
6. Mariana Tome Fidalgo	01 Viver Santarem	2:58.53	303
50m: 42.35 100m: 1:28.28 200m: 2:58.53			
7. Laura Batista Agostinho	01 Rio Maior	3:10.40	250
50m: 46.21 100m: 1:34.22 200m: 3:10.40			
8. Erica Alexandra Madruga	01 Viver Santarem	3:13.76	237
50m: 42.56 100m: 1:31.41 200m: 3:13.76			
9. Leonor Chora Gaudencio	01 Torres Novas	3:21.48	211
FTL			
50m: 47.23 100m: 1:38.76 200m: 3:21.48			
DNS Marta Sousa Oliveira	01 Torres Novas		

INF-B

1. Rita Morgado Vieira	02 Rio Maior	2:52.69	335
50m: 41.36 100m: 1:25.74 200m: 2:52.69			
2. Beatriz Maria Duarte	02 Nautico Abrantes	2:53.87	328
50m: 41.75 100m: 1:25.71 200m: 2:53.87			
3. Ana Beatriz Rodrigues	02 Rio Maior	2:54.42	325
50m: 42.04 100m: 1:26.20 200m: 2:54.42			
4. Carolina Silverio Carpinteiro	02 Natacao do Tejo	2:55.42	320
50m: 42.74 100m: 1:27.94 200m: 2:55.42			
5. Carolina Guerra Pisco	02 20Km de Almeirim	2:55.55	319
50m: 42.14 100m: 1:26.88 200m: 2:55.55			
6. Filipa Cardigo Fitas	02 20Km de Almeirim	2:58.20	305
50m: 42.23 100m: 1:27.39 200m: 2:58.20			
7. Margarida Felicidade Baptista	02 Viver Santarem	3:01.59	288
50m: 42.28 100m: 1:27.82 200m: 3:01.59			
8. Carolina Lopes Vieira	02 Gualdim Pais	3:08.50	258
50m: 45.02 100m: 1:33.10 200m: 3:08.50			
9. Jessica Andreia Antonio	02 CLAC-Entroncamento	3:14.26	235
50m: 44.60 100m: 1:33.20 200m: 3:14.26			
10. Ana Rita Morais	02 Torres Novas	3:16.64	227
50m: 47.27 100m: 1:38.91 200m: 3:16.64			
11. Andreia Sofia Alves	02 Torres Novas	3:18.05	222
50m: 47.69 100m: 1:39.27 200m: 3:18.05			

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 28, Femin., 200m Costas, INF-B

Lugar	Ano	Tempo final	Pts
DSQ Ines Ribeiro Novo <i>Falsa Partida</i>	02 Torres Novas		

Prova 29 Masc., 200m Estilos 13 anos e mais velhos
16-03-2014 Resultados

INF - A - B 13: 3:19.00 / INF - A - MAS 14: 3:11.50 / JUN+ SEN - MASC 17 +: 3:00.00 / JUV - A - B 15: 3:02.00 / JUV - A 16: 2:45.50

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
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SENIORES

1. Andre Filipe Mendes 50m: 28.82 200m: 2:17.76	92 Nautico Abrantes	2:17.76	503
2. Mario Jorge Santos 50m: 32.89 200m: 2:36.64	95 Gualdim Pais	2:36.64	342

JUNIORES

1. Artur Rafael Saramago 50m: 30.20 200m: 2:20.74	97 BUZIOS-Coruche	2:20.74	472
2. Joao Rafael Fonseca 50m: 33.36 200m: 2:35.69	97 Rio Maior	2:35.69	349

JUV-A

1. Frederico Sucena Riachos 50m: 29.77 200m: 2:24.86	98 Nucleo Sportinguista Golega	2:24.86	433
2. Dario Fausto Matias 50m: 31.23 200m: 2:25.36	98 Torres Novas	2:25.36	428
3. Sergio Alexandre Batalha 50m: 32.06 200m: 2:36.26	98 Uniao Samorense	2:36.26	345
4. Joao Neves Coelho <i>FTL</i> 50m: 36.43 200m: 2:51.85	98 BUZIOS-Coruche	2:51.85	259

JUV-B

1. Jose Henriques Luz 50m: 30.62 200m: 2:19.46	99 Nucleo Sportinguista Golega	2:19.46	485
2. Tiago Filipe Campos 50m: 30.33 200m: 2:21.83	99 Viver Santarem	2:21.83	461
3. Marco Andre Miguel 50m: 30.76 200m: 2:22.04	99 Torres Novas	2:22.04	459
4. Afonso Guilherme Rosa 50m: 30.40 200m: 2:23.87	99 Gualdim Pais	2:23.87	442
5. Bernardo Jose Dionisio 50m: 31.64 200m: 2:27.98	99 Gualdim Pais	2:27.98	406
6. Tomas Jose Agostinho 50m: 33.54 200m: 2:33.86	99 BUZIOS-Coruche	2:33.86	361
7. Goncalo Faria Saldida 50m: 35.60 200m: 2:38.54	99 Gualdim Pais	2:38.54	330

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 29, Masc., 200m Estilos, JUV-B

Lugar		Ano		Tempo final	Pts
8.	Joao Tiago Almeida 50m: 33.33 200m: 2:41.26	99	20Km de Almeirim	2:41.26	314
9.	David Antonio Carvalho 50m: 36.04 200m: 2:46.67	99	Natacao do Tejo	2:46.67	284

INF-A

1.	Miguel Serrao Santos 50m: 31.82 200m: 2:32.23	00	Viver Santarem	2:32.23	373
2.	Miguel Goncalves Frade 50m: 34.57 200m: 2:32.89	00	Torres Novas	2:32.89	368
3.	Rui Jorge Lopes 50m: 33.22 200m: 2:34.25	00	CLAC-Entroncamento	2:34.25	359
4.	Jose Carlos Burecas 50m: 36.22 200m: 2:37.41	00	BUZIOS-Coruche	2:37.41	337
5.	Henrique Miguel Cruz 50m: 35.29 200m: 2:45.07	00	Torres Novas	2:45.07	292
6.	Francisco Inacio Rodrigues 50m: 33.53 200m: 2:48.85	00	Viver Santarem	2:48.85	273
7.	Joao Nazario Carvalho 50m: 35.42 200m: 2:50.54	00	Torres Novas	2:50.54	265
8.	David Jose Carpinteiro 50m: 42.95 200m: 2:59.29	00	Natacao do Tejo	2:59.29	228

INF-B

1.	Joao Diogo Lopes 50m: 32.75 200m: 2:33.63	01	Viver Santarem	2:33.63	363
2.	Joao Jose Calado 50m: 33.42 200m: 2:34.23	01	Nautico Abrantes	2:34.23	359
3.	Tiago Manuel Santos 50m: 34.22 200m: 2:44.56	01	Rio Maior	2:44.56	295
4.	Ricardo Luis Leal 50m: 37.12 200m: 2:47.62	01	CLAC-Entroncamento	2:47.62	279
5.	Afonso Maria Teodoro 50m: 34.60 200m: 2:47.89	01	Viver Santarem	2:47.89	278
6.	Alexandre Ferreira Ribeiro 50m: 38.72 200m: 2:49.28	01	Rio Maior	2:49.28	271
7.	Joao Miguel Marques 50m: 39.11 200m: 2:49.64	01	20Km de Almeirim	2:49.64	269
8.	Afonso Pinhal Canto 50m: 38.20 200m: 2:51.42	01	20Km de Almeirim	2:51.42	261
9.	Diogo Teixeira Mendes 50m: 37.85 200m: 2:51.49	01	Viver Santarem	2:51.49	261
10.	Diogo Franco Martins 50m: 36.60 200m: 2:54.36	01	20Km de Almeirim	2:54.36	248
11.	Joao Antonio Simoes 50m: 37.08 200m: 2:57.11	01	Torres Novas	2:57.11	237
12.	Diogo Samouco Dias 50m: 40.76 200m: 2:59.70	01	Torres Novas	2:59.70	227

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 29, Masc., 200m Estilos, INF-B

Lugar		Ano		Tempo final	Pts
13.	Tomas Meliciano Cabeleira 50m: 39.22 200m: 3:00.05	01	CLAC-Entroncamento	3:00.05	225
14.	Marcio Lima Silva 50m: 39.72 200m: 3:12.78	01	Natacao do Tejo	3:12.78	183
15.	Tomas Antunes Ribeiro 50m: 44.36 200m: 3:13.94	01	Torres Novas	3:13.94	180
DSQ	Pedro Manuel Lopes <i>O atleta no estilo de mariposa realizou movimento não simultâneo de braços.</i>	01	Torres Novas		

5 - 5ª SESSÃO

16-03-2014 - 15:30

Prova 30
16-03-2014

Femin., 200m Livres

12 anos e mais velhos
Resultados

INF - A - B 13: 2:57.00 / INF- B - FEM 12: 3:06.00 / JUNIORES - FEM 16 - 17: 2:52.00 / JUV - A - B 15: 2:42.50 / JUV - B - FEM 14: 2:45.00 / SENIORES - FEM 18 +: 2:51.40

Pontos: FINA 2013

Lugar		Ano		Tempo final	Pts
SENIORES					
1.	Filipa Robert Rente 50m: 32.42 100m: 1:08.57 200m: 2:23.09	96	Gualdim Pais	2:23.09	468
2.	Tatiana Lima Silva 50m: 35.46 100m: 1:14.96 200m: 2:32.93	96	Natacao do Tejo	2:32.93	384
JUNIORES					
1.	Ana Carolina Gomes 50m: 32.91 100m: 1:08.85 200m: 2:22.91	97	Cartaxo	2:22.91	470
2.	Ana Claudia Santo 50m: 32.64 100m: 1:09.57 200m: 2:29.17	97	Cartaxo	2:29.17	413
3.	Ana Filipa Parente 50m: 34.43 100m: 1:13.76 200m: 2:34.25	98	Gualdim Pais	2:34.25	374
JUV-A					
1.	Maria Beatriz Dias 50m: 32.02 100m: 1:06.23 200m: 2:14.60	99	Viver Santarem	2:14.60	563
2.	Mariana Soares Martinho 50m: 31.75 100m: 1:05.87 200m: 2:15.00	99	20Km de Almeirim	2:15.00	558
3.	Ana Margarida Salgueiro 50m: 32.82 100m: 1:08.37 200m: 2:21.93	99	Nautico Abrantes	2:21.93	480
4.	Joana Sofia Amado 50m: 33.82 100m: 1:11.11 200m: 2:26.55	99	Cartaxo	2:26.55	436
5.	Ana Torres Ferreira 50m: 33.89 100m: 1:11.57 200m: 2:27.39	99	Nautico Abrantes	2:27.39	429
6.	Mariana Narciso Fidalgo 50m: 34.36 100m: 1:12.56 200m: 2:30.35	99	20Km de Almeirim	2:30.35	404
7.	Patricia Silva Conceicao 50m: 34.25 100m: 1:14.19 200m: 2:34.22	99	Nautico Abrantes	2:34.22	374

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 30, Femin., 200m Livres, JUV-A

Lugar				Ano		Tempo final	Pts
8.	Maria Beatriz Leal			99	Rio Maior	2:37.76	349
	50m:	35.86	100m:	1:15.80	200m:	2:37.76	
9.	Claudia Maria Marcalo			99	Natacao do Tejo	2:40.41	332
	50m:	36.48	100m:	1:17.51	200m:	2:40.41	

JUV-B

1.	Patricia Palmeiro Baeta			00	Viver Santarem	2:20.10	499
	50m:	32.05	100m:	1:07.09	200m:	2:20.10	
2.	Lara Alexandra Delgado			00	Torres Novas	2:23.67	463
	50m:	33.00	100m:	1:09.10	200m:	2:23.67	
3.	Maria Beatriz Lopes			00	Rio Maior	2:26.13	440
	50m:	33.80	100m:	1:10.86	200m:	2:26.13	
4.	Mariana Nunes Domingos			00	20Km de Almeirim	2:26.76	434
	50m:	33.02	100m:	1:09.89	200m:	2:26.76	
5.	Mafalda Alexandra Cabaca			00	20Km de Almeirim	2:30.51	402
	50m:	34.14	100m:	1:12.51	200m:	2:30.51	
6.	Ana Catarina Santos			00	Uniao Samorense	2:31.08	398
	50m:	34.90	100m:	1:13.44	200m:	2:31.08	
7.	Ines Isabel Graca			00	Gualdim Pais	2:33.52	379
	50m:	34.04	100m:	1:13.17	200m:	2:33.52	
8.	Marta Isabel Silva			00	Viver Santarem	2:35.79	363
	50m:	35.99	100m:	1:15.74	200m:	2:35.79	
9.	Ines Barata Domingos			00	Natacao do Tejo	2:58.65	240
	<i>FTL</i>						
	50m:	38.41	100m:	1:24.76	200m:	2:58.65	

INF-A

1.	Rita Sousa Oliveira			01	Torres Novas	2:24.16	458
	50m:	32.92	100m:	1:10.54	200m:	2:24.16	
2.	Beatriz Ribeiro Simoes			01	Torres Novas	2:30.27	404
	50m:	34.59	100m:	1:13.07	200m:	2:30.27	
3.	Mafalda Gilberto Marques			01	Natacao do Tejo	2:32.10	390
	50m:	33.69	100m:	1:12.68	200m:	2:32.10	
4.	Carolina Luis Amaral			01	BUZIOS-Coruche	2:33.20	382
	50m:	35.96	100m:	1:15.16	200m:	2:33.20	
5.	Mariana Tome Fidalgo			01	Viver Santarem	2:34.98	369
	50m:	36.36	100m:	1:16.45	200m:	2:34.98	
6.	Beatriz Santos Reis			01	Torres Novas	2:36.34	359
	50m:	35.66	100m:	1:15.46	200m:	2:36.34	
7.	Rita Daniela Lopes			01	Gualdim Pais	2:37.04	354
	50m:	35.92	100m:	1:16.00	200m:	2:37.04	
8.	Erica Alexandra Madruga			01	Viver Santarem	2:45.10	305
	50m:	36.04	100m:	1:17.64	200m:	2:45.10	
9.	Ana Rita Carvalho			01	Viver Santarem	2:47.92	290
	50m:	37.45	100m:	1:19.54	200m:	2:47.92	
10.	Leonor Vitoriano Marques			01	Viver Santarem	2:52.82	266
	50m:	39.20	100m:	1:23.80	200m:	2:52.82	

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 30, Femin., 200m Livres, INF-A

Lugar		Ano		Tempo final	Pts
11.	Laura Batista Agostinho <i>FTL</i>	01	Rio Maior	3:01.07	231
	50m: 42.07 100m: 1:27.26 200m: 3:01.07				
DNS	Lucia Goncalves Dias	01	Torres Novas		
DNS	Marta Sousa Oliveira	01	Torres Novas		

INF-B

1.	Filipa Cardigo Fitas	02	20Km de Almeirim	2:32.04	390
	50m: 34.54 100m: 1:13.52 200m: 2:32.04				
2.	Carolina Silverio Carpinteiro	02	Natacao do Tejo	2:33.08	383
	50m: 36.72 100m: 1:16.74 200m: 2:33.08				
3.	Carolina Guerra Pisco	02	20Km de Almeirim	2:36.23	360
	50m: 35.92 100m: 1:16.51 200m: 2:36.23				
4.	Catia Iordan Agostinho	02	Rio Maior	2:36.43	358
	50m: 35.57 100m: 1:15.68 200m: 2:36.43				
5.	Ana Beatriz Rodrigues	02	Rio Maior	2:36.44	358
	50m: 36.54 100m: 1:17.74 200m: 2:36.44				
6.	Margarida Felicidade Baptista	02	Viver Santarem	2:44.48	308
	50m: 36.80 100m: 1:17.95 200m: 2:44.48				
7.	Maria Ines Gabriel	02	Viver Santarem	2:46.65	296
	50m: 37.15 100m: 1:19.62 200m: 2:46.65				
8.	Maria Beatriz Silva	02	CLAC-Entroncamento	2:51.62	271
	50m: 39.34 100m: 1:23.52 200m: 2:51.62				
9.	Andreia Sofia Alves	02	Torres Novas	2:55.88	252
	50m: 39.87 100m: 1:25.85 200m: 2:55.88				
10.	Ines Ribeiro Novo	02	Torres Novas	2:56.70	249
	50m: 40.23 100m: 1:26.23 200m: 2:56.70				
11.	Carolina Lopes Vieira	02	Gualdim Pais	2:56.73	248
	50m: 40.29 100m: 1:24.98 200m: 2:56.73				
DNS	Carolina Sofia Velez	02	BUZIOS-Coruche		

Prova 31
16-03-2014

Masc., 100m Livres

13 anos e mais velhos
Resultados

INF - A - B 13: 1:20.00 / INF - A - MAS 14: 1:15.50 / JUN+ SEN - MASC 17 +: 1:10.00 / JUV - A - B 15: 1:10.00 / JUV - A 16: 1:08.00

Pontos: FINA 2013

Lugar		Ano		Tempo final	Pts
SENIORES					
1.	Joao Luis Serrano	91	Cartaxo	53.44	594
	50m: 25.74 100m: 53.44				
2.	Vladyslav Stasyuk	94	Cartaxo	59.68	426
	50m: 25.18 100m: 59.68				
3.	Joao Luis Baeta	94	Viver Santarem	1:00.62	407
	50m: 28.30 100m: 1:00.62				
4.	Ruben Miguel Matos	91	Nautico Abrantes	1:00.92	401
	50m: 28.80 100m: 1:00.92				
5.	Tiago Andre Matos	95	Nautico Abrantes	1:03.33	357
	50m: 29.74 100m: 1:03.33				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 31, Masc., 100m Livres, SENIORES

Lugar	Ano	Tempo final	Pts
6. Nazar Vershynin 50m: 31.35 100m: 1:08.67	94 Cartaxo	1:08.67	280
DNS Nuno Miguel Afonso	91 Natacao do Tejo		
DNS Joao Carlos Bastos	86 Viver Santarem		

JUNIORES

1. Artur Rafael Saramago 50m: 27.57 100m: 57.53	97 BUZIOS-Coruche	57.53	476
2. Joao Mauricio Gaspar 50m: 28.25 100m: 58.37	97 Nautico Abrantes	58.37	456
3. Joao Pedro Alves 50m: 28.10 100m: 59.18	96 Individual Santarem	59.18	437
4. Hugo Silva Troca 50m: 29.95 100m: 1:02.89	96 20Km de Almeirim	1:02.89	364
5. Andre Pombo Dias 50m: 31.69 100m: 1:06.99	96 Natacao do Tejo	1:06.99	301

JUV-A

1. Frederico Sucena Riachos 50m: 26.36 100m: 53.83	98 Nucleo Sportinguista Golega	53.83	581
2. Joao Pedro Marquez	98 Uniao Samorense	57.67	473
3. Dario Fausto Matias 50m: 28.20 100m: 58.02	98 Torres Novas	58.02	464
4. Telmo Pedrosa Rocha 50m: 28.02 100m: 59.02	98 Uniao Samorense	59.02	441
5. Pedro Manuel Nunes 50m: 28.93 100m: 1:00.41	98 CLAC-Entroncamento	1:00.41	411
Sergio Alexandre Batalha 50m: 29.00 100m: 1:00.41	98 Uniao Samorense	1:00.41	411
7. Miguel Jorge Nunes 50m: 29.64 100m: 1:03.86	98 Uniao Samorense	1:03.86	348
8. Daniel Sendrea 50m: 31.30 100m: 1:04.32	98 Uniao Samorense	1:04.32	341
9. Joao Ferreira Santos 50m: 31.20 100m: 1:05.66	98 Torres Novas	1:05.66	320
10. Joao Neves Coelho 50m: 32.20 100m: 1:06.95	98 BUZIOS-Coruche	1:06.95	302
11. Ruben Alexandre Carvalho FTL 50m: 32.07 100m: 1:08.82	98 Cartaxo	1:08.82	278
12. Joao Filipe Patricio FTL 50m: 34.22 100m: 1:10.74	98 Nautico Abrantes	1:10.74	256

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 31, Masc., 100m Livres

JUV-B

1.	Jose Henriques Luz	99	Nucleo Sportinguista Golega	55.12	541
	50m: 26.68 100m: 55.12				
2.	Miguel Carrico Cruz	99	20Km de Almeirim	56.82	494
	50m: 27.13 100m: 56.82				
3.	Tiago Filipe Campos	99	Viver Santarem	57.54	476
	50m: 28.07 100m: 57.54				
4.	Afonso Guilherme Rosa	99	Gualdim Pais	57.68	472
	50m: 28.14 100m: 57.68				
5.	Bernardo Jose Dionisio	99	Gualdim Pais	58.08	463
	50m: 28.08 100m: 58.08				
6.	Tomas Jose Agostinho	99	BUZIOS-Coruche	59.89	422
	50m: 28.36 100m: 59.89				
7.	Goncalo Faria Saldida	99	Gualdim Pais	1:01.97	381
	50m: 29.77 100m: 1:01.97				
8.	Joao Tiago Almeida	99	20Km de Almeirim	1:02.86	365
	50m: 29.30 100m: 1:02.86				
9.	Jose Nuno Sousa	99	CLAC-Entroncamento	1:03.12	360
	50m: 30.20 100m: 1:03.12				
10.	Bernardo Fernandes Aguiar	99	20Km de Almeirim	1:05.02	330
	50m: 30.64 100m: 1:05.02				
11.	Joao Fernando Bento	99	Uniao Samorense	1:05.32	325
	50m: 30.98 100m: 1:05.32				
12.	David Antonio Carvalho	99	Natacao do Tejo	1:06.60	307
	50m: 31.89 100m: 1:06.60				
13.	Carlos Afonso Pereira	99	BUZIOS-Coruche	1:07.42	296
	50m: 32.07 100m: 1:07.42				
14.	Pedro Jorge Silva	99	20Km de Almeirim	1:08.85	278
	50m: 32.55 100m: 1:08.85				

INF-A

1.	Jose Carlos Burecas	00	BUZIOS-Coruche	1:00.24	415
	50m: 29.15 100m: 1:00.24				
2.	Miguel Serrao Santos	00	Viver Santarem	1:00.88	402
	50m: 30.02 100m: 1:00.88				
3.	Rui Jorge Lopes	00	CLAC-Entroncamento	1:01.16	396
	50m: 30.06 100m: 1:01.16				
4.	Joao Nazario Carvalho	00	Torres Novas	1:03.72	350
	50m: 30.89 100m: 1:03.72				
5.	Francisco Inacio Rodrigues	00	Viver Santarem	1:04.39	339
	50m: 29.94 100m: 1:04.39				
6.	Henrique Miguel Cruz	00	Torres Novas	1:05.86	317
	50m: 32.02 100m: 1:05.86				
	Filipe Asseiceira Ramos	00	Torres Novas	1:05.86	317
	50m: 31.84 100m: 1:05.86				
8.	David Antunes Santos	00	CLAC-Entroncamento	1:07.15	299
	50m: 32.19 100m: 1:07.15				
9.	Joao Afonso Goncalves	00	CLAC-Entroncamento	1:08.60	281
	50m: 32.60 100m: 1:08.60				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 31, Masc., 100m Livres, INF-A

Lugar	Ano	Tempo final	Pts
10. Dan Miloslavski 50m: 32.44 100m: 1:09.41	00 Nautico Abrantes	1:09.41	271
11. Diogo Miguel Castro 50m: 34.97 100m: 1:13.97	00 CLAC-Entroncamento	1:13.97	224
12. Manuel Maria Potes 50m: 34.55 100m: 1:14.06	00 Nautico Abrantes	1:14.06	223
13. Antonio Joao Pestana <i>FTL</i> 50m: 37.23 100m: 1:16.11	00 CLAC-Entroncamento	1:16.11	205
14. Henrique Silveira Jordao <i>FTL</i> 50m: 37.32 100m: 1:17.89	00 Cartaxo	1:17.89	192
15. Miguel Leonardo Grilo <i>FTL</i> 50m: 36.26 100m: 1:18.89	00 BUZIOS-Coruche	1:18.89	184

INF-B

1. Joao Diogo Lopes <i>Record INF-B (59.71)</i> 50m: 27.59 100m: 58.15	01 Viver Santarem	58.15	461
2. Joao Jose Calado 50m: 30.37 100m: 1:03.30	01 Nautico Abrantes	1:03.30	357
3. Tiago Manuel Santos 50m: 31.36 100m: 1:04.79	01 Rio Maior	1:04.79	333
4. Diogo Franco Martins 50m: 31.36 100m: 1:05.32	01 20Km de Almeirim	1:05.32	325
5. Joao Miguel Marques 50m: 32.82 100m: 1:06.70	01 20Km de Almeirim	1:06.70	305
6. Ricardo Luis Leal 50m: 32.25 100m: 1:06.83	01 CLAC-Entroncamento	1:06.83	304
7. Diogo Teixeira Mendes 50m: 32.40 100m: 1:07.96	01 Viver Santarem	1:07.96	289
8. Afonso Maria Teodoro 50m: 33.02 100m: 1:08.45	01 Viver Santarem	1:08.45	282
9. Afonso Pinhal Canto 50m: 32.19 100m: 1:08.66	01 20Km de Almeirim	1:08.66	280
10. Joao Antonio Simoes 50m: 33.42 100m: 1:09.86	01 Torres Novas	1:09.86	266
11. Alexandre Ferreira Ribeiro 50m: 33.95 100m: 1:11.16	01 Rio Maior	1:11.16	251
12. Nuno Pereira Simoes 50m: 35.53 100m: 1:11.68	01 Torres Novas	1:11.68	246
13. Diogo Samouco Dias 50m: 34.76 100m: 1:12.48	01 Torres Novas	1:12.48	238
14. Pedro Manuel Lopes 50m: 36.82 100m: 1:14.56	01 Torres Novas	1:14.56	218
15. Marcio Lima Silva 50m: 36.37 100m: 1:15.50	01 Natacao do Tejo	1:15.50	210

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 31, Masc., 100m Livres, INF-B

Lugar	Ano	Tempo final	Pts
16. Rodrigo Rosa Cameirao <i>FTL</i> 50m: 38.48 100m: 1:22.61	01 Rio Maior	1:22.61	160

Prova 32 Femin., 100m Bruços 12 anos e mais velhos
16-03-2014 Resultados

INF - A - B 13: 1:49.00 / INF- B - FEM 12: 1:51.40 / JUNIORES - FEM 16 - 17: 1:44.00 / JUV - A - B 15: 1:40.00 / JUV - B - FEM 14: 1:42.00 / SENIORES - FEM 18 +: 1:42.05

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Ana Catarina Travessa 50m: 39.95 100m: 1:25.13	96 Salvaterra de Magos	1:25.13	399
2. Filipa Robert Rente 50m: 40.04 100m: 1:27.10	96 Gualdim Pais	1:27.10	373

JUNIORES

1. Catarina Goncalves Trezentos 50m: 39.14 100m: 1:22.85	98 Gualdim Pais	1:22.85	433
2. Raquel Sofia Jorge 50m: 39.12 100m: 1:23.28	98 Salvaterra de Magos	1:23.28	426
DNS Rute Isabel Leonardo	98 Nautico Abrantes		

JUV-A

1. Ana Margarida Salgueiro 50m: 38.22 100m: 1:20.19	99 Nautico Abrantes	1:20.19	478
2. Carolina Felicidade Batista 50m: 38.39 100m: 1:20.81	99 Viver Santarem	1:20.81	467
3. Maria Beatriz Diogo 50m: 40.02 100m: 1:23.54	99 Nautico Abrantes	1:23.54	422
4. Sofia Alexandra Picao 50m: 39.39 100m: 1:25.20	99 CLAC-Entroncamento	1:25.20	398
5. Ana Torres Ferreira 50m: 42.13 100m: 1:27.89	99 Nautico Abrantes	1:27.89	363
6. Mariana Narciso Fidalgo 50m: 44.06 100m: 1:31.91	99 20Km de Almeirim	1:31.91	317
7. Joana Sofia Bica 50m: 44.89 100m: 1:35.04	99 CLAC-Entroncamento	1:35.04	287
8. Ines Fernandes Moutinho 50m: 45.78 100m: 1:37.27	99 CLAC-Entroncamento	1:37.27	267

JUV-B

1. Mariana Nunes Domingos 50m: 41.51 100m: 1:28.32	00 20Km de Almeirim	1:28.32	357
2. Barbara Sofia Claro 50m: 44.44 100m: 1:34.38	00 BUZIOS-Coruche	1:34.38	293
3. Joana Costa Rodrigues 50m: 44.73 100m: 1:37.58	00 Rio Maior	1:37.58	265

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 32, Femin., 100m Bruços, JUV-B

Lugar	Ano	Tempo final	Pts
4. Barbara Sucena Riachos 50m: 46.94 100m: 1:40.91	00 Nucleo Sportinguista Golega	1:40.91	239
5. Mariana Lopes Mendonca <i>FTL</i> 50m: 48.26 100m: 1:43.26	00 BUZIOS-Coruche	1:43.26	223

INF-A

1. Ines Ferreira Duarte 50m: 38.69 100m: 1:22.40	01 Nautico Abrantes	1:22.40	440
2. Rita Sousa Oliveira 50m: 40.62 100m: 1:24.94	01 Torres Novas	1:24.94	402
3. Carolina Marques Neves 50m: 41.12 100m: 1:26.14	01 Torres Novas	1:26.14	385
4. Mafalda Gilberto Marques 50m: 41.69 100m: 1:28.49	01 Natacao do Tejo	1:28.49	355
5. Ana Rita Carvalho 50m: 43.10 100m: 1:31.02	01 Viver Santarem	1:31.02	326
6. Constanca Isabel Jose 50m: 43.92 100m: 1:31.70	01 Gualdim Pais	1:31.70	319
7. Ines Isabel Conde 50m: 47.16 100m: 1:40.57	01 Torres Novas	1:40.57	242
8. Leonor Vitoriano Marques <i>FTL</i> 50m: 52.64 100m: 1:50.86	01 Viver Santarem	1:50.86	180
9. Leonor Chora Gaudencio <i>FTL</i> 50m: 53.87 100m: 1:54.47	01 Torres Novas	1:54.47	164

DSQ Carolina Polonio Alexandre
Falsa Partida

INF-B

1. Marta Chambel Dias 50m: 43.52 100m: 1:32.79	02 CLAC-Entroncamento	1:32.79	308
2. Rita Morgado Vieira 50m: 44.98 100m: 1:33.53	02 Rio Maior	1:33.53	301
3. Ines Cambe Cunha 50m: 43.73 100m: 1:33.64	02 Torres Novas	1:33.64	300
4. Beatriz Maria Duarte 50m: 45.36 100m: 1:35.66	02 Nautico Abrantes	1:35.66	281
5. Carolina Guerra Pisco 50m: 45.10 100m: 1:35.89	02 20Km de Almeirim	1:35.89	279
6. Jessica Andreia Antonio 50m: 47.59 100m: 1:42.18	02 CLAC-Entroncamento	1:42.18	231
7. Ana Rita Morais 50m: 49.78 100m: 1:43.07	02 Torres Novas	1:43.07	225
8. Maria Margarida Graca 50m: 48.39 100m: 1:43.89	02 CLAC-Entroncamento	1:43.89	219
9. Ines Ribeiro Novo 50m: 50.67 100m: 1:48.51	02 Torres Novas	1:48.51	192

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 32, Femin., 100m Bruços, INF-B

Lugar	Ano	Tempo final	Pts
10. Beatriz Catarino Moura <i>FTL</i> 50m: 55.92 100m: 1:55.32	02 Nautico Abrantes	1:55.32	160
11. Clara Bernardo Pereira <i>FTL</i> 50m: 1:02.51 100m: 2:12.82	02 BUZIOS-Coruche	2:12.82	105
DNS Luana Goncalves Dantas	02 Nacional de Natacao		

Prova 33
16-03-2014

Masc., 200m Mariposa

13 anos e mais velhos
Resultados

INF - A - B 13: 3:54.50 / INF - A - MAS 14: 3:35.00 / JUN+ SEN - MASC 17 +: 2:58.00 / JUV - A - B 15: 3:25.50 / JUV - A 16: 3:12.50

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
SENIORES			
1. Andre Filipe Mendes 50m: 28.89 100m: 1:02.95	92 Nautico Abrantes	2:14.98	528
2. Mario Jorge Santos 50m: 36.57 100m: 1:17.13	95 Gualdim Pais	2:44.07	294

JUNIORES

1. Joao Rafael Fonseca 50m: 34.08 100m: 1:13.20	97 Rio Maior	2:36.48	339
2. Artur Rafael Saramago 50m: 33.62 100m: 1:13.45	97 BUZIOS-Coruche	2:38.21	328

JUV-A

1. Joao Paulo Lopes 50m: 32.20 100m: 1:09.59	98 Torres Novas	2:28.18	399
2. Dario Fausto Matias 50m: 33.74 100m: 1:12.02	98 Torres Novas	2:28.98	392
3. Telmo Pedrosa Rocha 50m: 34.98 100m: 1:15.28	98 Uniao Samorense	2:38.75	324

DSQ Joao Ferreira Santos 98 Torres Novas
O atleta após a viragem dos 150m continuou o percurso no estilo livre.

JUV-B

1. Jose Henriques Luz 50m: 31.40 100m: 1:06.60	99 Nucleo Sportinguista Golega	2:17.52	499
2. Tiago Filipe Campos 50m: 31.20 100m: 1:07.03	99 Viver Santarem	2:19.64	477
3. Marco Andre Miguel 50m: 32.24 100m: 1:09.21	99 Torres Novas	2:24.08	434
4. Pedro Pereira Lopes 50m: 37.79 100m: 1:21.02	99 BUZIOS-Coruche	2:44.06	294
5. Luis Miguel Monteiro 50m: 36.80 100m: 1:22.07	99 Cartaxo	2:58.98	226

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 33, Masc., 200m Mariposa

INF-A

1.	Miguel Serrao Santos	00	Viver Santarem	2:31.38	374
	50m: 34.42 100m: 1:13.20 200m: 2:31.38				
2.	Miguel Goncalves Frade	00	Torres Novas	2:37.42	332
	50m: 34.66 100m: 1:13.70 200m: 2:37.42				
3.	Henrique Miguel Cruz	00	Torres Novas	2:53.23	249
	50m: 36.20 100m: 1:19.48 200m: 2:53.23				
4.	David Antunes Santos	00	CLAC-Entroncamento	3:07.19	198
	50m: 40.07 100m: 1:28.06 200m: 3:07.19				
5.	Joao Afonso Goncalves	00	CLAC-Entroncamento	3:16.87	170
	50m: 43.31 100m: 1:33.75 200m: 3:16.87				
6.	Diogo Miguel Teodoro	00	BUZIOS-Coruche	3:28.86	142
	50m: 43.67 100m: 1:35.51 200m: 3:28.86				

INF-B

1.	Joao Jose Calado	01	Nautico Abrantes	2:35.48	345
	50m: 33.64 100m: 1:13.38 200m: 2:35.48				
2.	Afonso Maria Teodoro	01	Viver Santarem	2:45.89	284
	50m: 36.48 100m: 1:17.67 200m: 2:45.89				
3.	Diogo Franco Martins	01	20Km de Almeirim	3:03.75	209
	50m: 41.84 100m: 1:30.58 200m: 3:03.75				
4.	Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	3:09.04	192
	50m: 40.65 100m: 1:30.31 200m: 3:09.04				
5.	Afonso Pinhal Canto	01	20Km de Almeirim	3:11.78	184
	50m: 41.21 100m: 1:29.86 200m: 3:11.78				
6.	Joao Antonio Simoes	01	Torres Novas	3:12.70	181
	50m: 42.68 100m: 1:35.58 200m: 3:12.70				
7.	Tomas Antunes Ribeiro	01	Torres Novas	3:28.67	142
	50m: 48.08 100m: 1:42.02 200m: 3:28.67				
8.	Joao Francisco Fortunato	01	CLAC-Entroncamento	3:51.09	105
	50m: 48.29 100m: 1:47.10 200m: 3:51.09				

DSQ Joao Miguel Marques 01 20Km de Almeirim
Falsa Partida

Prova 34
16-03-2014

Femin., 100m Mariposa

12 anos e mais velhos
Resultados

JUV - A - B 15: 1:38.00 / INF - A - B 13: 1:48.50 / INF- B - FEM 12: 1:54.00 / JUNIORES - FEM 16 - 17: 1:30.00 / JUV - B - FEM 14: 1:40.00 / SENIORES - FEM 18 +: 1:28.44

Pontos: FINA 2013

Lugar					Ano		Tempo final	Pts
SENIORES								
1.	Tatiana Lima Silva				96	Natacao do Tejo	1:14.30	406
	50m:	34.11	100m:	1:14.30				
2.	Ana Catarina Travessa				96	Salvaterra de Magos	1:18.03	351
	50m:	36.12	100m:	1:18.03				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
Coruche, 14- - 16-3-2014

Prova 34, Femin., 100m Mariposa

JUNIORES

1.	Raquel Sofia Jorge	98	Salvaterra de Magos	1:16.64	370
	50m: 35.80 100m: 1:16.64				
2.	Daniela Sofia Serra	98	CLAC-Entroncamento	1:19.27	334
	50m: 35.36 100m: 1:19.27				
3.	Ana Filipa Parente	98	Gualdim Pais	1:22.16	300
	50m: 36.67 100m: 1:22.16				
DNS	Rute Isabel Leonardo	98	Nautico Abrantes		

JUV-A

1.	Sarah Dias	99	CLAC-Entroncamento	1:12.07	445
	<i>Record Distrital JUV-A (1.14.72)</i>				
	50m: 33.10 100m: 1:12.07				
2.	Mariana Soares Martinho	99	20Km de Almeirim	1:12.56	436
	50m: 33.87 100m: 1:12.56				
3.	Carolina Miguel Marques	99	Natacao do Tejo	1:16.39	374
	50m: 35.02 100m: 1:16.39				
4.	Maria Beatriz Diogo	99	Nautico Abrantes	1:17.21	362
	50m: 36.30 100m: 1:17.21				
5.	Sofia Alexandra Picao	99	CLAC-Entroncamento	1:23.23	289
	50m: 38.16 100m: 1:23.23				
6.	Claudia Maria Marcalo	99	Natacao do Tejo	1:29.06	236
	50m: 40.95 100m: 1:29.06				

JUV-B

1.	Ana Catarina Santos	00	Uniao Samorense	1:16.02	379
	50m: 36.36 100m: 1:16.02				
2.	Mafalda Alexandra Cabaca	00	20Km de Almeirim	1:16.04	379
	50m: 35.06 100m: 1:16.04				
3.	Lara Alexandra Delgado	00	Torres Novas	1:18.08	350
	50m: 35.48 100m: 1:18.08				
4.	Joana Costa Bernardino	00	CLAC-Entroncamento	1:34.79	195
	50m: 42.97 100m: 1:34.79				
5.	Maria Pinto Goncalves	00	Salvaterra de Magos	1:37.48	180
	50m: 44.45 100m: 1:37.48				

INF-A

1.	Ines Ferreira Duarte	01	Nautico Abrantes	1:16.45	373
	50m: 35.06 100m: 1:16.45				
2.	Beatriz Ribeiro Simoes	01	Torres Novas	1:16.91	366
	50m: 35.77 100m: 1:16.91				
3.	Carolina Luis Amaral	01	BUZIOS-Coruche	1:18.42	345
	50m: 36.24 100m: 1:18.42				
4.	Constanca Isabel Jose	01	Gualdim Pais	1:21.43	308
	50m: 37.33 100m: 1:21.43				
5.	Beatriz Santos Reis	01	Torres Novas	1:25.09	270
	50m: 38.69 100m: 1:25.09				
6.	Carolina Marques Neves	01	Torres Novas	1:26.60	256
	50m: 40.27 100m: 1:26.60				

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 34, Femin., 100m Mariposa, INF-A

Lugar	Ano	Tempo final	Pts
7. Rita Daniela Lopes 50m: 41.72 100m: 1:33.63	01 Gualdim Pais	1:33.63	203
DNS Marta Sousa Oliveira	01 Torres Novas		
DNS Mariana Tome Fidalgo	01 Viver Santarem		

INF-B

1. Filipa Cardigo Fitas 50m: 38.13 100m: 1:24.29	02 20Km de Almeirim	1:24.29	278
2. Carolina Silverio Carpinteiro 50m: 40.42 100m: 1:24.51	02 Natacao do Tejo	1:24.51	276
3. Beatriz Maria Duarte 50m: 37.81 100m: 1:25.81	02 Nautico Abrantes	1:25.81	264
4. Ines Cambe Cunha 50m: 38.73 100m: 1:26.17	02 Torres Novas	1:26.17	260
5. Carolina Lopes Vieira 50m: 44.20 100m: 1:33.45	02 Gualdim Pais	1:33.45	204
6. Catia Iordan Agostinho 50m: 43.96 100m: 1:33.78	02 Rio Maior	1:33.78	202
7. Rita Morgado Vieira 50m: 44.76 100m: 1:35.89	02 Rio Maior	1:35.89	189
8. Ana Beatriz Rodrigues 50m: 45.68 100m: 1:38.98	02 Rio Maior	1:38.98	172
DSQ Marta Chambel Dias <i>Falsa Partida</i>	02 CLAC-Entroncamento		
DSQ Maria Beatriz Silva <i>Falsa Partida</i>	02 CLAC-Entroncamento		
DSQ Diana Sofia Vital <i>A atleta efectuou batimento de pernas alternado durante o percurso</i>	02 Torres Novas		

Prova 35 Femin., 50m Costas 14 anos e mais velhos
16-03-2014 Resultados

JUNIORES - FEM 16 - 17: 40.00 / SENIORES - FEM 18 +: 39.70

Pontos: FINA 2013

Lugar	Ano	Tempo final	Pts
JUNIORES			
1. Daniela Sofia Serra	98 CLAC-Entroncamento	35.41	382
2. Ana Claudia Santo	97 Cartaxo	35.54	378
3. Patricia Simoes Jorge	97 Salvaterra de Magos	36.54	347
4. Sofia Isabel Mendes <i>FTL</i>	97 Salvaterra de Magos	40.75	250
JUV-A			
1. Sarah Dias	99 CLAC-Entroncamento	34.10	428
2. Carolina Miguel Marques	99 Natacao do Tejo	35.89	367
3. Patricia Silva Conceicao	99 Nautico Abrantes	36.23	356
4. Joana Sofia Amado	99 Cartaxo	37.76	315

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 35, Femin., 50m Costas

JUV-B

1. Maria Beatriz Lopes	00	Rio Maior	34.17	425
2. Ines Isabel Graca	00	Gualdim Pais	35.34	384
3. Joana Costa Bernardino	00	CLAC-Entroncamento	38.80	290

Prova 36
16-03-2014

Masc., 50m Costas

15 anos e mais velhos
Resultados

JUN+ SEN - MASC 17 +: 36.00

Pontos: FINA 2013

Lugar	Ano		Tempo final	Pts
SENIORES				
1. Andre Filipe Mendes	92	Nautico Abrantes	29.04	471
2. Ruben Miguel Matos	91	Nautico Abrantes	31.11	383
DNS Nuno Miguel Afonso	91	Natacao do Tejo		

JUNIORES

1. Afonso Filipe Gaspar	97	Nautico Abrantes	29.58	446
2. Hugo Silva Troca	96	20Km de Almeirim	35.21	264

JUV-A

1. Frederico Sucena Riachos	98	Nucleo Sportinguista Golega	29.16	466
2. Joao Pedro Marquez	98	Uniao Samorense	31.70	362
3. Sergio Alexandre Batalha	98	Uniao Samorense	33.32	312
4. Joao Neves Coelho	98	BUZIOS-Coruche	34.18	289
5. Miguel Jorge Nunes	98	Uniao Samorense	34.84	273

JUV-B

1. Afonso Guilherme Rosa	99	Gualdim Pais	29.18	465
<i>Record Distrital (29.25)</i>				
2. Marco Andre Miguel	99	Torres Novas	29.92	431
3. Miguel Carrico Cruz	99	20Km de Almeirim	30.78	396
4. Tomas Jose Agostinho	99	BUZIOS-Coruche	33.24	314
5. Goncalo Faria Saldida	99	Gualdim Pais	33.69	302
6. Jose Nuno Sousa	99	CLAC-Entroncamento	33.98	294
7. Luis Miguel Monteiro	99	Cartaxo	34.76	275
8. Pedro Pereira Lopes	99	BUZIOS-Coruche	35.14	266
9. Joao Tiago Almeida	99	20Km de Almeirim	35.32	262
10. Bernardo Fernandes Aguiar	99	20Km de Almeirim	35.42	260

Prova 37
16-03-2014

Masc., 4 x 100m Estilos

13 anos e mais velhos
Resultados

INF - A - B 13: 5:50.00 / INF - A - MAS 14: 5:46.00 / JUN+ SEN - MASC 17 +: 5:30.00 / JUV - A - B 15: 5:46.00 / JUV - A 16: 5:17.00

Pontos: FINA 2013

Lugar					Tempo final	Pts
JUV-A						
1. Uniao Samorense 1				Uniao Samorense	4:53.20	313
Sergio Alexandre Batalha	98	35.71	1:14.12	Telmo Pedrosa Rocha	98	
Joao Pedro Marquez	98			Miguel Jorge Nunes	98	

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 37, Masc., 4 x 100m Estilos

JUV-B

1. 20Km de Almeirim 1				20Km de Almeirim		4:47.22	333
Bernardo Fernandes Aguiar	99	34.77	1:13.26	Joao Tiago Almeida	99		
Miguel Carrico Cruz	99			Pedro Jorge Silva	99		
2. BUZIOS-Coruche 2				BUZIOS-Coruche		5:09.62	266
Tomas Jose Agostinho	99	34.55	1:12.56	Pedro Pereira Lopes	99		
Carlos Afonso Pereira	99			Francisco Miguel Cecilio	99		

INF-A

1. Torres Novas 7				Torres Novas		5:01.04	289
Miguel Goncalves Frade	00	35.88	1:12.60	Henrique Miguel Cruz	00		
Filipe Asseiceira Ramos	00			Joao Nazario Carvalho	00		
2. CLAC-Entroncamento 1				CLAC-Entroncamento		5:12.14	259
Rui Jorge Lopes	00	34.51	1:10.53	David Antunes Santos	00		
Diogo Miguel Castro	00			Joao Afonso Goncalves	00		
3. BUZIOS-Coruche 1				BUZIOS-Coruche		5:41.29	198
Jose Carlos Burecas	00	35.91	1:14.21	Diogo Miguel Teodoro	00		
Afonso Arrates Rouxinol	00			Miguel Leonardo Grilo	00		

INF-B

1. Torres Novas 8				Torres Novas		5:38.42	203
Nuno Pereira Simoes	01	42.29	1:26.95	Joao Antonio Simoes	01		
Diogo Samouco Dias	01			Tomas Antunes Ribeiro	01		
2. CLAC-Entroncamento 6				CLAC-Entroncamento		5:41.46	198
Ricardo Luis Leal	01	37.52	1:18.09	Tomas Meliciano Cabeleira	01		
Joao Francisco Fortunato	01			Hugo Alexandre Sagradas	01		

ABS

1. Torres Novas 1				Torres Novas		4:32.23	391
Marco Andre Miguel	99	31.42	1:05.26	Dario Fausto Matias	98		
Joao Paulo Lopes	98			Joao Ferreira Santos	98		

DSQ Viver Santarem 5

Falsa Rendição do último atleta

Diogo Teixeira Mendes	01			Afonso Maria Teodoro	01		
Joao Diogo Lopes	01			Francisco Inacio Rodrigues	00		

Prova 38
16-03-2014

Femin., 4 x 100m Livres

12 anos e mais velhos
Resultados

JUNIORES - FEM 16 - 17: 5:20.00 / INF - A - B 13: 5:50.00 / INF- B - FEM 12: 6:00.00 / JUV - A - B 15: 5:10.00 / JUV - B - FEM 14: 5:14.50 / SENIORES - FEM 18 +: 5:19.00

Pontos: FINA 2013

Lugar						Tempo final	Pts
JUV-A							
1. Nautico Abrantes 2				Nautico Abrantes		4:28.39	466
Maria Beatriz Diogo	99	32.45	1:07.29	Ana Torres Ferreira	99		
Patricia Silva Conceicao	99			Ana Margarida Salgueiro	99		
2. CLAC-Entroncamento 5				CLAC-Entroncamento		4:41.76	403
Ines Fernandes Moutinho	99	33.48	1:11.73	Sofia Alexandra Picao	99		
Joana Sofia Bica	99			Sarah Dias	99		

Campeonatos Distritais INF/JUV(PC)-JA SEN/JUN Coruche
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Prova 38, Femin., 4 x 100m Livres

INF-A

1. Torres Novas 9				Torres Novas		4:50.30	368
Beatriz Ribeiro Simoes	01	34.18	1:11.20	Leonor Chora Gaudencio	01		
Rita Sousa Oliveira	01			Carolina Marques Neves	01		
2. Viver Santarem 6				Viver Santarem		5:08.81	306
Mariana Tome Fidalgo	01	34.72	1:12.06	Erica Alexandra Madruga	01		
Ana Rita Carvalho	01			Leonor Vitoriano Marques	01		

INF-B

1. Torres Novas 1				Torres Novas		5:23.23	267
Ines Ribeiro Novo	02	39.13	1:21.82	Andreia Sofia Alves	02		
Ana Rita Morais	02			Ines Cambe Cunha	02		
2. CLAC-Entroncamento 9				CLAC-Entroncamento		5:40.60	228
Maria Beatriz Silva	02	38.97	1:22.26	Maria Margarida Graca	02		
Marta Chambel Dias	02			Jessica Andreia Antonio	02		

ABS

1. Rio Maior 1				Rio Maior		5:12.39	296
Laura Batista Agostinho	01	40.85	1:25.51	Rita Morgado Vieira	02		
Ana Beatriz Rodrigues	02			Catia Iordan Agostinho	02		