

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

1 - 1ª SESSÃO

24-06-2016 - 16:00

Prova 1	Masc., 400m Livres					Absolutos
24-06-2016 - 16:00						Resultados
Recorde Distrital ANDS 50m Absoluto	3:57.15	Gustavo Manuel Santa	CNLA	Helsinquia (FIN)	14-07-2010	
Recorde Distrital ANDS 50m Jun	3:57.15	Gustavo Manuel Santa	CNLA	Helsinquia (FIN)	14-07-2010	
Recorde Distrital ANDS 50m Sen	4:02.43	Pedro Diogo Oliveira	INDADS	Atlanta (USA)	01-12-2011	
MAS : 5:06.00						

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Tiago Filipe Campos				99	Scalabiswim				<b>4:15.41</b>	639
	50m:	28.77	150m:	1:32.87	250m:	2:38.12	350m:	3:43.70			
	100m:	1:00.59	200m:	2:05.60	300m:	3:10.83	400m:	4:15.41			
2.	Afonso Guilherme Rosa				99	Torres Novas				<b>4:20.74</b>	601
	50m:	29.01	150m:	1:33.48	250m:	2:39.18	350m:	3:47.74			
	100m:	1:01.02	200m:	2:06.38	300m:	3:13.21	400m:	4:20.74			
3.	Dario Fausto Matias				98	Torres Novas				<b>4:26.77</b>	561
	50m:	31.20	150m:	1:38.99	250m:	2:46.87	350m:	3:53.68			
	100m:	1:04.91	200m:	2:12.80	300m:	3:20.66	400m:	4:26.77			
4.	Goncalo Faria Saldida				99	Natacao do Tejo				<b>4:27.61</b>	556
	50m:	29.60	150m:	1:37.09	250m:	2:46.41	350m:	3:55.14			
	100m:	1:02.53	200m:	2:11.94	300m:	3:21.82	400m:	4:27.61			
5.	Bernardo Jose Dionisio				99	Gualdim Pais				<b>4:35.05</b>	512
	50m:	31.68	150m:	1:42.10	250m:	2:52.32	350m:	4:00.46			
	100m:	1:06.49	200m:	2:17.98	300m:	3:25.99	400m:	4:35.05			
6.	Joao Manuel Ferreira				92	CLAC-Entroncamento				<b>4:51.32</b>	431
	50m:	31.28	150m:	1:43.02	250m:	2:57.83	350m:	4:14.09			
	100m:	1:06.45	200m:	2:20.28	300m:	3:35.89	400m:	4:51.32			
7.	Joao Teodoro Lopes				98	20Km de Almeirim				<b>4:57.96</b>	402
	50m:	31.98	150m:	1:45.50	250m:	3:02.62	350m:	4:20.77			
	100m:	1:08.23	200m:	2:24.10	300m:	3:41.64	400m:	4:57.96			
8.	Jose Nuno Sousa				99	CLAC-Entroncamento				<b>5:00.95</b>	391
	50m:	32.57	150m:	1:49.89	250m:	3:08.41	350m:	4:23.01			
	100m:	1:10.11	200m:	2:29.46	300m:	3:46.48	400m:	5:00.95			
9.	Pedro Manuel Nunes				98	CLAC-Entroncamento				<b>5:02.24</b>	386
	50m:	31.45	150m:	1:43.95	250m:	3:03.01	350m:	4:23.34			
	100m:	1:06.66	200m:	2:22.79	300m:	3:43.00	400m:	5:02.24			

Prova 1	Masc., 400m Livres					Juvenis
24-06-2016 - 16:00						Resultados
Recorde Distrital ANDS 50m Absoluto	3:57.15	Gustavo Manuel Santa	CNLA	Helsinquia (FIN)	14-07-2010	
Recorde Distrital ANDS 50m Juv B	4:12.63	Jose Henriques Luz	NSCG	Oeiras	26-07-2014	
Recorde Distrital ANDS 50m Juv A	3:59.38	Gustavo Manuel Santa	CNLA	Tampere (FIN)	23-07-2009	
MAS : 5:20.00						

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Ricardo Luis Leal				01	CLAC-Entroncamento				<b>4:29.93</b>	541
	50m:	30.91	150m:	1:41.24	250m:	2:50.95	350m:	3:58.07			
	100m:	1:05.42	200m:	2:16.67	300m:	3:25.08	400m:	4:29.93			
2.	Diogo Franco Martins				01	20Km de Almeirim				<b>4:30.76</b>	536
	50m:	30.30	150m:	1:37.29	250m:	2:47.22	350m:	3:57.45			
	100m:	1:03.31	200m:	2:11.48	300m:	3:22.13	400m:	4:30.76			
3.	Joao Jose Calado				01	Nautico Abrantes				<b>4:33.05</b>	523
	50m:	29.46	150m:	1:37.58	250m:	2:48.86	350m:	3:59.80			
	100m:	1:02.60	200m:	2:12.63	300m:	3:24.23	400m:	4:33.05			

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 1, Masc., 400m Livres, Juvenis

Lugar					Ano					Tempo final	Pts
4.	Rui Jorge Lopes				00	CLAC-Entroncamento				<b>4:33.55</b>	520
	50m:	31.36	150m:	1:39.97	250m:	2:50.96	350m:	4:00.37			
	100m:	1:04.95	200m:	2:15.05	300m:	3:26.66	400m:	4:33.55			
5.	Filipe Asseiceira Ramos				00	Torres Novas				<b>4:35.02</b>	512
	50m:	30.17	150m:	1:38.98	250m:	2:49.28	350m:	4:00.90			
	100m:	1:04.38	200m:	2:14.13	300m:	3:25.00	400m:	4:35.02			
6.	Joao Miguel Marques				01	20Km de Almeirim				<b>4:38.03</b>	495
	50m:	30.45	150m:	1:41.12	250m:	2:54.92	350m:	4:06.05			
	100m:	1:04.90	200m:	2:17.82	300m:	3:31.53	400m:	4:38.03			
7.	Afonso Maria Teodoro				01	Cartaxo				<b>4:41.63</b>	477
	50m:	30.86	150m:	1:40.78	250m:	2:54.30	350m:	4:08.75			
	100m:	1:04.91	200m:	2:17.41	300m:	3:31.57	400m:	4:41.63			
8.	Diogo Teixeira Mendes				01	Scalabiswim				<b>4:42.48</b>	472
	50m:	30.91	150m:	1:40.90	250m:	2:54.67	350m:	4:07.87			
	100m:	1:05.00	200m:	2:18.00	300m:	3:31.56	400m:	4:42.48			
9.	Miguel Serrao Santos				00	Salvaterra de Magos				<b>4:44.31</b>	463
	50m:	30.22	150m:	1:40.82	250m:	2:54.52	350m:	4:08.49			
	100m:	1:04.68	200m:	2:17.05	300m:	3:31.81	400m:	4:44.31			
10.	Tomas Meliciano Cabeleira				01	CLAC-Entroncamento				<b>5:03.41</b>	381
	50m:	33.05	150m:	1:51.72	250m:	3:09.14	350m:	4:25.89			
	100m:	1:12.10	200m:	2:30.51	300m:	3:47.79	400m:	5:03.41			
11.	Afonso Pinhal Canto				01	20Km de Almeirim				<b>5:06.97</b>	368
	50m:	33.37	150m:	1:49.43	250m:	3:09.50	350m:	4:28.96			
	100m:	1:10.51	200m:	2:28.62	300m:	3:49.96	400m:	5:06.97			
12.	Daniel Filipe Oliveira <i>FTL</i>				01	Natacao do Tejo				<b>5:25.78</b>	308
	50m:	34.89	150m:	1:56.26	250m:	3:19.86	350m:	4:45.03			
	100m:	1:14.64	200m:	2:38.31	300m:	4:02.40	400m:	5:25.78			
13.	Joao Rafael Protasio <i>FTL</i>				01	CLAC-Entroncamento				<b>5:30.77</b>	294
	50m:	35.89	150m:	1:56.74	250m:	3:22.69	350m:	4:50.18			
	100m:	1:15.80	200m:	2:39.19	300m:	4:06.95	400m:	5:30.77			

Prova 1

Masc., 400m Livres

Infantis

24-06-2016 - 16:00

Resultados

Recorde Distrital ANDS 50m Absoluto	3:57.15	Gustavo Manuel Santa	CNLA	Helsinguia (FIN)	14-07-2010
Recorde Distrital ANDS 50m Inf B	4:38.50	João Paulo Paias	CNLA	Voimbra	23-07-2005
Recorde Distrital ANDS 50m Inf A	4:24.78	Gustavo Manuel Santa	CNLA	Faro	21-07-2007

MAS Inf B: 5:51.00; Inf A: 5:36.50

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Bernardo Jorge Simoes				02	Torres Novas				<b>4:26.71</b>	561
	50m:	29.92	150m:	1:37.06	250m:	2:46.85	350m:	3:55.75			
	100m:	1:02.56	200m:	2:11.98	300m:	3:21.47	400m:	4:26.71			
2.	Francisco Costa Nunes				02	Salvaterra de Magos				<b>4:37.83</b>	496
	50m:	30.19	150m:	1:40.50	250m:	2:52.13	350m:	4:04.98			
	100m:	1:04.79	200m:	2:16.62	300m:	3:28.81	400m:	4:37.83			
3.	Alexandre Miguel Silva				02	Natacao do Tejo				<b>4:44.65</b>	462
	50m:	31.68	150m:	1:41.93	250m:	2:55.09	350m:	4:08.85			
	100m:	1:06.33	200m:	2:18.22	300m:	3:31.87	400m:	4:44.65			
4.	Paulo Vakulyuk				03	Torres Novas				<b>4:55.24</b>	414
	50m:	33.73	150m:	1:48.57	250m:	3:04.30	350m:	4:19.72			
	100m:	1:10.36	200m:	2:26.45	300m:	3:41.26	400m:	4:55.24			

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 1, Masc., 400m Livres, Infantis

Lugar					Ano					Tempo final	Pts
5.	Rui Chagas Alves				03	Viver Santarem				<b>4:57.22</b>	405
	50m:	34.84	150m:	1:49.29	250m:	3:05.99	350m:	4:22.17			
	100m:	1:11.15	200m:	2:27.44	300m:	3:44.22	400m:	4:57.22			
6.	Diogo Bernardo Tome				03	Salvaterra de Magos				<b>4:59.35</b>	397
	50m:	33.18	150m:	1:48.13	250m:	3:04.71	350m:	4:22.40			
	100m:	1:10.41	200m:	2:26.27	300m:	3:43.42	400m:	4:59.35			
7.	Luis Afonso Lopes				03	Viver Santarem				<b>5:01.93</b>	387
	50m:	33.22	150m:	1:49.84	250m:	3:07.51	350m:	4:24.93			
	100m:	1:10.63	200m:	2:28.41	300m:	3:46.13	400m:	5:01.93			
8.	Guilherme Pereira Coutinho				03	Viver Santarem				<b>5:05.99</b>	372
	50m:	35.68	150m:	1:54.52	250m:	3:13.11	350m:	4:30.04			
	100m:	1:14.71	200m:	2:34.11	300m:	3:51.53	400m:	5:05.99			
9.	Bernardo Correa Clavinho				02	Scalabiswim				<b>5:10.72</b>	355
	50m:	33.50	150m:	1:50.58	250m:	3:11.12	350m:	4:31.88			
	100m:	1:10.99	200m:	2:30.42	300m:	3:51.12	400m:	5:10.72			
10.	Miguel Monsanto Cotrim				03	Viver Santarem				<b>5:11.18</b>	353
	50m:	35.73	150m:	1:55.14	250m:	3:14.62	350m:	4:33.81			
	100m:	1:14.96	200m:	2:34.71	300m:	3:54.07	400m:	5:11.18			
11.	Tomas Miguel Felicio				03	Rio Maior				<b>5:11.92</b>	351
	50m:	35.11	150m:	1:52.46	250m:	3:11.76	350m:	4:32.06			
	100m:	1:13.60	200m:	2:31.87	300m:	3:52.38	400m:	5:11.92			
12.	Goncalo Magalhaes Cristovao				03	20Km de Almeirim				<b>5:16.11</b>	337
	50m:	36.23	150m:	1:56.77	250m:	3:18.89	350m:	4:39.41			
	100m:	1:16.47	200m:	2:37.95	300m:	3:59.46	400m:	5:16.11			
13.	Afonso Miguel Silva				03	Viver Santarem				<b>5:16.46</b>	336
	50m:	36.25	150m:	1:55.40	250m:	3:16.06	350m:	4:38.41			
	100m:	1:15.15	200m:	2:35.72	300m:	3:57.25	400m:	5:16.46			
14.	Joao Vasco Canadas				03	Rio Maior				<b>5:19.16</b>	327
	50m:	35.26	150m:	1:56.37	250m:	3:19.08	350m:	4:40.38			
	100m:	1:14.85	200m:	2:37.64	300m:	3:59.57	400m:	5:19.16			
15.	Francisco Manuel Mendonca				02	Uniao Samorense				<b>5:22.03</b>	319
	50m:	35.25	150m:	1:54.64	250m:	3:18.34	350m:	4:41.62			
	100m:	1:13.95	200m:	2:35.93	300m:	4:00.01	400m:	5:22.03			
16.	Tiago Miguel Jorge				03	Rio Maior				<b>5:22.35</b>	318
	50m:	36.35	150m:	1:57.95	250m:	3:20.26	350m:	4:42.03			
	100m:	1:16.31	200m:	2:38.98	300m:	3:59.91	400m:	5:22.35			

Prova 2  
24-06-2016 - 16:30

Femin., 1500m Livres

Absolutos  
Resultados

Recorde Distrital ANDS 50m Absoluto	17:48.44	Julia Matos Lopes	VS	Rio Maior	25-05-2013
Recorde Distrital ANDS 50m Jun	18:34.52	Maria Beatriz Dias	SCNS	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Sen	17:48.44	Julia Matos Lopes	VS	Rio Maior	25-05-2013

FEM : 22:20.40

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts	
1.	Patricia Palmeiro Baeta				00	Scalabiswim				<b>18:33.75</b>	573	
	<i>RECORDE DISTRITAL</i>											
	50m:	33.83	300m:	3:37.00	550m:	6:43.65	800m:	9:53.05	1050m:	13:02.00	1300m:	16:10.38
	100m:	1:10.02	350m:	4:13.47	600m:	7:21.81	850m:	10:30.13	1100m:	13:39.55	1350m:	16:45.96
	150m:	1:46.39	400m:	4:50.81	650m:	7:59.58	900m:	11:08.13	1150m:	14:17.12	1400m:	17:22.62
	200m:	2:23.44	450m:	5:28.32	700m:	8:37.71	950m:	11:46.05	1200m:	14:55.40	1450m:	17:58.06
	250m:	2:59.78	500m:	6:06.39	750m:	9:15.94	1000m:	12:24.44	1250m:	15:33.14	1500m:	18:33.75

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 2, Femin., 1500m Livres, Absolutos

Lugar	Ano		Tempo final		Pts
2.	Maria Beatriz Dias		99	Scalabiswim	<b>18:38.68</b> 566
	50m: 33.06	300m: 3:34.83	550m: 6:41.79	800m: 9:50.69	1050m: 13:00.00
	100m: 1:08.69	350m: 4:11.61	600m: 7:19.47	850m: 10:28.13	1100m: 13:37.65
	150m: 1:44.72	400m: 4:48.80	650m: 7:57.03	900m: 11:06.26	1150m: 14:15.53
	200m: 2:21.35	450m: 5:26.36	700m: 8:34.74	950m: 11:44.21	1200m: 14:53.38
	250m: 2:58.05	500m: 6:04.07	750m: 9:12.78	1000m: 12:22.35	1250m: 15:31.26
					1300m: 16:09.15
					1350m: 16:46.30
					1400m: 17:23.62
					1450m: 18:00.91
					1500m: 18:38.68

Prova 2  
24-06-2016 - 16:30

Femin., 1500m Livres

Juvenis  
Resultados

Recorde Distrital ANDS 50m Absoluto	17:48.44	Julia Matos Lopes	VS	Rio Maior	25-05-2013
Recorde Distrital ANDS 50m Juv B	18:55.62	Maria Beatriz Dias	VS	Rio Maior	25-05-2013
Recorde Distrital ANDS 50m Juv A	18:32.42	Maria Beatriz Dias	VS	Coimbra	06-04-2014

FEM : 22:44.40

Pontos: FINA 2016

Lugar	Ano		Tempo final		Pts
1.	Carolina Silverio Carpinteiro		02	Natacao do Tejo	<b>20:05.45</b> 452
	50m: 34.20	300m: 3:48.30	550m: 7:10.15	800m: 10:38.30	1050m: 14:05.59
	100m: 1:12.44	350m: 4:27.51	600m: 7:52.28	850m: 11:19.90	1100m: 14:46.99
	150m: 1:51.42	400m: 5:07.18	650m: 8:34.08	900m: 12:01.03	1150m: 15:27.72
	200m: 2:30.62	450m: 5:46.72	700m: 9:16.13	950m: 12:42.44	1200m: 16:07.88
	250m: 3:09.27	500m: 6:28.36	750m: 9:57.17	1000m: 13:23.78	1250m: 16:47.83
					1300m: 17:27.69
					1350m: 18:07.77
					1400m: 18:48.11
					1450m: 19:27.41
					1500m: 20:05.45
2.	Beatriz Catarino Moura		02	Nautico Abrantes	<b>20:11.17</b> 446
	50m: 35.53	300m: 3:59.13	550m: 7:23.24	800m: 10:46.31	1050m: 14:09.94
	100m: 1:15.40	350m: 4:39.76	600m: 8:04.11	850m: 11:26.89	1100m: 14:50.18
	150m: 1:56.21	400m: 5:20.95	650m: 8:44.86	900m: 12:07.73	1150m: 15:30.31
	200m: 2:36.82	450m: 6:01.71	700m: 9:25.67	950m: 12:48.18	1200m: 16:10.48
	250m: 3:17.55	500m: 6:42.61	750m: 10:05.48	1000m: 13:29.53	1250m: 16:51.32
					1300m: 17:31.64
					1350m: 18:11.72
					1400m: 18:52.18
					1450m: 19:32.38
					1500m: 20:11.17
3.	Carolina Lopes Vieira		02	Gualdim Pais	<b>20:53.25</b> 402
	50m: 35.66	350m: 4:40.04	600m: 8:10.67	850m: 11:42.67	1100m: 15:15.38
	100m: 1:15.00	400m: 5:21.64	650m: 8:53.21	900m: 12:25.49	1150m: 15:57.98
	200m: 2:36.14	450m: 6:03.92	700m: 9:35.50	950m: 13:07.76	1200m: 16:40.38
	250m: 3:17.25	500m: 6:46.03	750m: 10:17.50	1000m: 13:49.98	1250m: 17:23.00
	300m: 3:58.74	550m: 7:28.42	800m: 10:59.86	1050m: 14:32.61	1300m: 18:05.49
					1350m: 18:47.66
					1400m: 19:29.87
					1450m: 20:12.23
					1500m: 20:53.25
4.	Leonor Vitoriano Marques		01	Scalabiswim	<b>21:19.33</b> 378
	50m: 38.36	300m: 4:08.83	550m: 7:41.07	800m: 11:13.70	1050m: 14:47.48
	100m: 1:18.95	350m: 4:51.02	600m: 8:23.79	850m: 11:56.47	1100m: 15:30.72
	150m: 2:01.29	400m: 5:32.98	650m: 9:06.59	900m: 12:38.85	1150m: 16:13.81
	200m: 2:43.70	450m: 6:15.61	700m: 9:49.28	950m: 13:21.82	1200m: 16:58.02
	250m: 3:26.34	500m: 6:58.37	750m: 10:31.40	1000m: 14:05.00	1250m: 17:41.97
					1300m: 18:26.26
					1350m: 19:09.60
					1400m: 19:53.27
					1450m: 20:36.38
					1500m: 21:19.33
EXH	Luana Correia Rodrigues		01	Individual ANL	<b>19:21.12</b> 506
	50m: 35.23	300m: 3:48.38	550m: 7:01.45	800m: 10:17.23	1050m: 13:34.69
	100m: 1:12.76	350m: 4:27.37	600m: 7:40.17	850m: 10:56.47	1100m: 14:13.69
	150m: 1:51.78	400m: 5:05.33	650m: 8:19.37	900m: 11:35.97	1150m: 14:52.93
	200m: 2:30.38	450m: 5:44.04	700m: 8:58.09	950m: 12:15.59	1200m: 15:32.27
	250m: 3:09.54	500m: 6:22.35	750m: 9:37.79	1000m: 12:55.01	1250m: 16:11.93
					1300m: 16:50.93
					1350m: 17:29.80
					1400m: 18:07.39
					1450m: 18:45.02
					1500m: 19:21.12
EXH	Mafalda Sofia Rosa		03	Rio Maior	<b>18:05.56</b> 619
	<i>RECORDE NACIONAL, RECORDE DISTRITAL INF-A</i>				
	50m: 33.57	300m: 3:33.79	550m: 6:35.01	800m: 9:36.23	1050m: 12:37.33
	100m: 1:09.29	350m: 4:10.05	600m: 7:11.07	850m: 10:12.57	1100m: 13:13.55
	150m: 1:45.31	400m: 4:46.08	650m: 7:47.41	900m: 10:48.73	1150m: 13:50.01
	200m: 2:21.36	450m: 5:22.47	700m: 8:23.84	950m: 11:25.21	1200m: 14:26.20
	250m: 2:57.72	500m: 5:58.64	750m: 9:00.34	1000m: 12:01.11	1250m: 15:03.11
					1300m: 15:39.66
					1350m: 16:16.99
					1400m: 16:53.88
					1450m: 17:30.13
					1500m: 18:05.56

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 3 Masc., 50m Bruços Absolutos  
24-06-2016 - 16:55 Resultados

Recorde Distrital ANDS 50m Absoluto	31.83	Hugo Miguel Nunes	CNTEJO	Coimbra	25-05-2013
Recorde Distrital ANDS 50m Juv B	32.46	Miguel Carrico Cruz	AVQA	Rio Maior	14-06-2014
Recorde Distrital ANDS 50m Juv A	32.96	Fabio Miguel Samouco	CNTN	Póvoa do Varzim	04-08-2011
Recorde Distrital ANDS 50m Jun	31.90	Fabio Miguel Samouco	CNTN	Coimbra	07-04-2012
Recorde Distrital ANDS 50m Sen	31.83	Hugo Miguel Nunes	CNTEJO	Coimbra	25-05-2013

MAS Juv: 38.00; Abs: 38.00

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1. Bernardo Jose Dionisio	99	Gualdim Pais	<b>33.03</b>	511
2. Miguel Goncalves Frade	00	Torres Novas	<b>33.28</b>	500
3. Artur Rafael Saramago	97	BUZIOS-Coruche	<b>33.74</b>	480
4. Joao Paulo Lopes	98	Torres Novas	<b>33.89</b>	473
5. Joao Mauricio Gaspar	97	Nautico Abrantes	<b>34.36</b>	454
6. Joao Manuel Ferreira	92	CLAC-Entroncamento	<b>34.85</b>	435
7. Goncalo Catarino Dias	00	Rio Maior	<b>34.95</b>	431
8. Ruben Miguel Matos	91	Nautico Abrantes	<b>34.96</b>	431
9. Joao Diogo Lopes	01	Cartaxo	<b>35.09</b>	426
10. Marco Andre Miguel	99	Torres Novas	<b>35.31</b>	418
DNS Miguel Carrico Cruz	99	Cartaxo		
EXH Goncalo Silveirinha Caldeira	01	Individual ANL	<b>34.35</b>	455

Prova 4 Femin., 50m Bruços Absolutos  
24-06-2016 - 16:55 Resultados

Recorde Distrital ANDS 50m Absoluto	33.17	Maria Madalena Silva	CNAB	Coimbra	24-07-2015
Recorde Distrital ANDS 50m Juv B	35.68	Ana Rita Boavista	CNLA	Oeiras	25-07-2002
Recorde Distrital ANDS 50m Juv A	37.05	Ines Ferreira Duarte	CNTEJO	Rio Maior	18-06-2016
Recorde Distrital ANDS 50m Jun	33.17	Maria Madalena Silva	CNAB	Coimbra	24-07-2015
Recorde Distrital ANDS 50m Sen	34.17	Maria Madalena Silva	CNAB	Oeiras	13-03-2016

FEM Juv: 44.00; Jun/Sen: 44.00

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1. Maria Madalena Silva	98	Nautico Abrantes	<b>35.61</b>	567
2. Ines Ferreira Duarte	01	Natacao do Tejo	<b>36.93</b>	508
<i>RECORDE DISTRITAL, JUV-A</i>				
3. Mafalda Gilberto Marques	01	Natacao do Tejo	<b>38.05</b>	465
4. Catia Iordan Agostinho	02	Rio Maior	<b>38.82</b>	437
5. Ana Claudia Santo	97	Cartaxo	<b>39.40</b>	418
6. Rita Sousa Oliveira	01	Torres Novas	<b>40.31</b>	391
7. Carolina Guerra Pisco	02	20Km de Almeirim	<b>40.53</b>	384
8. Marta Chambel Dias	02	CLAC-Entroncamento	<b>40.98</b>	372
9. Catarina Goncalves Trezentos	98	Gualdim Pais	<b>41.42</b>	360
10. Mariana Narciso Fidalgo	99	20Km de Almeirim	<b>42.20</b>	340
11. Maria Beatriz Leal	99	Rio Maior	<b>42.24</b>	339
12. Carolina Lopes Vieira	02	Gualdim Pais	<b>42.72</b>	328
13. Diana Sofia Vital	02	Torres Novas	<b>44.27</b>	295
<i>FTL</i>				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 5 Masc., 200m Estilos Absolutos Resultados  
24-06-2016 - 17:00

Recorde Distrital ANDS 50m Absoluto	2:09.39	Pedro Diogo Oliveira	CNRM	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Jun	2:09.79	Pedro Diogo Oliveira	CNRM	Coimbra	30-07-2006
Recorde Distrital ANDS 50m Sen	2:09.39	Pedro Diogo Oliveira	CNRM	Coimbra	01-08-2010

MAS : 2:46.50

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Tiago Filipe Campos	99	Scalabiswim			<b>2:18.09</b>	562
50m: 28.72 100m: 1:04.66	150m: 1:46.83	200m: 2:18.09				
2. Tomas Jose Agostinho	99	BUZIOS-Coruche			<b>2:28.47</b>	452
50m: 29.47 100m: 1:08.26	150m: 1:55.62	200m: 2:28.47				
3. Joao Tiago Almeida	99	20Km de Almeirim			<b>2:42.66</b>	344
50m: 34.17 100m: 1:15.33	150m: 2:05.02	200m: 2:42.66				

Prova 5 Masc., 200m Estilos Juvenis Resultados  
24-06-2016 - 17:00

Recorde Distrital ANDS 50m Absoluto	2:09.39	Pedro Diogo Oliveira	CNRM	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Juv B	2:17.93	Paulo Bruno Janeiro	CNLA	Faro	21-07-2007
Recorde Distrital ANDS 50m Juv A	2:16.09	Paulo Bruno Janeiro	CNLA	Coimbra	01-08-2010

MAS : 2:50.70

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Miguel Goncalves Frade	00	Torres Novas			<b>2:19.80</b>	542
50m: 31.94 100m: 1:06.68	150m: 1:47.64	200m: 2:19.80				
2. Ricardo Luis Leal	01	CLAC-Entroncamento			<b>2:25.29</b>	483
50m: 30.18 100m: 1:07.36	150m: 1:52.87	200m: 2:25.29				
3. Jose Carlos Burecas	00	BUZIOS-Coruche			<b>2:26.57</b>	470
50m: 30.39 100m: 1:08.29	150m: 1:52.94	200m: 2:26.57				
4. Rui Jorge Lopes	00	CLAC-Entroncamento			<b>2:27.41</b>	462
50m: 31.19 100m: 1:07.62	150m: 1:53.67	200m: 2:27.41				
5. Joao Jose Calado	01	Nautico Abrantes			<b>2:27.88</b>	458
50m: 30.20 100m: 1:09.33	150m: 1:54.99	200m: 2:27.88				
6. Miguel Serrao Santos	00	Salvaterra de Magos			<b>2:30.68</b>	433
50m: 30.71 100m: 1:10.20	150m: 1:58.53	200m: 2:30.68				
7. Henrique Miguel Cruz	00	Torres Novas			<b>2:34.83</b>	399
100m: 1:12.28 150m: 1:59.06	200m: 2:34.83					
8. Diogo Teixeira Mendes	01	Scalabiswim			<b>2:37.31</b>	380
50m: 32.71 100m: 1:15.67	150m: 2:04.82	200m: 2:37.31				
9. Tomas Meliciano Cabeleira	01	CLAC-Entroncamento			<b>2:38.27</b>	373
50m: 33.43 100m: 1:16.64	150m: 2:03.21	200m: 2:38.27				
10. Joao Antonio Simoes	01	Torres Novas			<b>2:39.30</b>	366
50m: 32.47 100m: 1:15.78	150m: 2:02.44	200m: 2:39.30				
11. Joao Diogo Lopes	01	Cartaxo			<b>2:43.97</b>	336
50m: 34.30 100m: 1:18.10	150m: 2:07.17	200m: 2:43.97				
12. Marcio Lima Silva	01	Natacao do Tejo			<b>2:47.30</b>	316
50m: 33.18 100m: 1:19.54	150m: 2:10.19	200m: 2:47.30				
13. David Jose Carpinteiro	00	Natacao do Tejo			<b>2:55.96</b>	271
<i>FTL</i>						
50m: 36.40 100m: 1:21.94	150m: 2:17.02	200m: 2:55.96				



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 5, Masc., 200m Estilos, Juvenis

Lugar	Ano	Tempo final	Pts
DSQ Goncalo Catarino Dias	00 Rio Maior		
<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina, na viragem dos 100 m</i>			
DSQ Joao Miguel Marques	01 20Km de Almeirim		
<i>SW 10.3 - O (a) atleta nadou noutra pista sem ser onde partiu</i>			

Prova 5 Masc., 200m Estilos Infantis  
24-06-2016 - 17:00 Resultados

Recorde Distrital ANDS 50m Absoluto	2:09.39	Pedro Diogo Oliveira	CNRM	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Inf B	2:30.77	Miguel Carrico Cruz	SCALAB	Rio Maior	22-07-2012
Recorde Distrital ANDS 50m Inf A	2:23.71	Miguel Carrico Cruz	VS	S. Joao da Madeira	14-07-2013
MAS Inf B: 3:20.00; Inf A: 3:14.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Francisco Costa Nunes	02 Salvaterra de Magos	<b>2:29.03</b>	447
50m: 31.67 100m: 1:12.77 150m: 1:55.65 200m: 2:29.03			
2. Bernardo Jorge Simoes	02 Torres Novas	<b>2:30.07</b>	438
50m: 32.54 100m: 1:13.72 150m: 1:59.22 200m: 2:30.07			
3. Paulo Vakulyuk	03 Torres Novas	<b>2:39.66</b>	364
50m: 33.11 100m: 1:15.26 150m: 2:05.49 200m: 2:39.66			
4. Alexandre Miguel Silva	02 Natacao do Tejo	<b>2:41.03</b>	354
50m: 36.42 100m: 1:18.60 150m: 2:06.13 200m: 2:41.03			
5. Luis Afonso Lopes	03 Viver Santarem	<b>2:41.29</b>	353
50m: 35.33 100m: 1:18.45 150m: 2:04.42 200m: 2:41.29			
6. Francisco Manuel Mendonca	02 Uniao Samorense	<b>2:41.84</b>	349
50m: 34.10 100m: 1:16.36 150m: 2:06.88 200m: 2:41.84			
7. Diogo Bernardo Tome	03 Salvaterra de Magos	<b>2:41.94</b>	348
50m: 36.49 100m: 1:15.37 150m: 2:06.03 200m: 2:41.94			
8. Tomas Miguel Felicio	03 Rio Maior	<b>2:48.05</b>	312
50m: 36.35 100m: 1:20.49 150m: 2:09.72 200m: 2:48.05			
9. Rui Chagas Alves	03 Viver Santarem	<b>2:48.94</b>	307
50m: 37.97 100m: 1:22.32 150m: 2:14.29 200m: 2:48.94			
10. Bernardo Correa Clavinho	02 Scalabiswim	<b>2:52.57</b>	288
50m: 34.72 100m: 1:22.24 150m: 2:15.50 200m: 2:52.57			
11. Goncalo Magalhaes Cristovao	03 20Km de Almeirim	<b>2:54.96</b>	276
50m: 37.42 100m: 1:22.59 150m: 2:18.52 200m: 2:54.96			
12. Afonso Miguel Silva	03 Viver Santarem	<b>2:56.10</b>	271
50m: 37.54 100m: 1:21.38 150m: 2:17.14 200m: 2:56.10			
13. Joao Diogo Correia	02 CLAC-Entroncamento	<b>2:57.31</b>	265
50m: 37.57 100m: 1:26.41 150m: 2:17.24 200m: 2:57.31			
14. Guilherme Pereira Coutinho	03 Viver Santarem	<b>2:58.89</b>	258
50m: 38.90 100m: 1:26.01 150m: 2:22.62 200m: 2:58.89			
15. Daniel Francisco Carvalho	02 Natacao do Tejo	<b>2:58.92</b>	258
50m: 39.95 100m: 1:27.13 150m: 2:17.65 200m: 2:58.92			
16. Miguel Monsanto Cotrim	03 Viver Santarem	<b>2:59.72</b>	255
50m: 42.67 100m: 1:29.13 150m: 2:21.24 200m: 2:59.72			
17. Miguel Silva Pereira	03 Viver Santarem	<b>2:59.76</b>	255
50m: 36.80 100m: 1:23.77 150m: 2:19.84 200m: 2:59.76			

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 5, Masc., 200m Estilos, Infantis

Lugar	Ano	Tempo final	Pts
18. Joao Monteiro Rodrigues 50m: 39.38 100m: 1:25.91 150m: 2:20.90 200m: 3:01.81	03 Gualdim Pais	<b>3:01.81</b>	246
19. Andriy Dyakiv 50m: 37.04 100m: 1:23.37 150m: 2:19.92 200m: 3:03.40	02 Uniao Samorense	<b>3:03.40</b>	240
20. Pedro Maria Santana 50m: 43.70 100m: 1:33.96 150m: 2:24.91 200m: 3:04.63	03 Torres Novas	<b>3:04.63</b>	235
21. Guilherme Marques Mendes 50m: 42.40 100m: 1:29.81 150m: 2:27.30 200m: 3:04.97	03 Torres Novas	<b>3:04.97</b>	234
22. Nuno Francisco Neves 50m: 40.34 100m: 1:30.67 150m: 2:27.74 200m: 3:06.37	02 Torres Novas	<b>3:06.37</b>	228
23. Diogo Miguel Matreno 50m: 42.87 100m: 1:29.22 150m: 2:28.45 200m: 3:06.40	03 Torres Novas	<b>3:06.40</b>	228
DSQ Tiago Miguel Jorge <i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 150 metros</i>	03 Rio Maior		
EXH Goncalo Silveirinha Caldeira 50m: 32.40 100m: 1:14.12 150m: 1:57.17 200m: 2:33.21	01 Individual ANL	<b>2:33.21</b>	411

Prova 6 Femin., 200m Estilos Absolutos  
24-06-2016 - 17:25 Resultados

Recorde Distrital ANDS 50m Absoluto	2:25.08	Maria Madalena Silva	CNAB	Oeiras	11-04-2015
Recorde Distrital ANDS 50m Jun	2:25.08	Maria Madalena Silva	CNAB	Oeiras	11-04-2015
Recorde Distrital ANDS 50m Sen	2:28.32	Maria Madalena Silva	CNAB	Oeiras	07-02-2016

FEM : 3:12.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva 50m: 31.91 100m: 1:11.22 150m: 1:56.09 200m: 2:31.05	98 Nautico Abrantes	<b>2:31.05</b>	582
2. Maria Beatriz Dias 50m: 34.16 100m: 1:15.02 150m: 2:03.02 200m: 2:38.28	99 Scalabiswim	<b>2:38.28</b>	505
3. Ana Catarina Santos 50m: 35.37 100m: 1:17.79 150m: 2:09.51 200m: 2:47.08	00 Uniao Samorense	<b>2:47.08</b>	430
4. Mariana Nunes Domingos 50m: 35.53 100m: 1:20.46 150m: 2:09.49 200m: 2:48.19	00 20Km de Almeirim	<b>2:48.19</b>	421
5. Mariana Narciso Fidalgo 50m: 40.76 100m: 1:28.17 150m: 2:16.36 200m: 2:54.91	99 20Km de Almeirim	<b>2:54.91</b>	374



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 6, Femin., 200m Estilos

Prova 6	Femin., 200m Estilos				Juvenis
24-06-2016 - 17:25					Resultados
Recorde Distrital ANDS 50m Absoluto	2:25.08	Maria Madalena Silva	CNAB	Oeiras	11-04-2015
Recorde Distrital ANDS 50m Juv B	2:32.63	Mariana Veloso Vitoria	CNAB	Povoa de Varzim	24-03-2012
Recorde Distrital ANDS 50m Juv A	2:37.63	Maria Beatriz Dias	VS	OEIRAS	27-07-2014

FEM : 3:14.50

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Carolina Marques Neves				01	Torres Novas				<b>2:34.18</b>	547
	<i>RECORDE DISTRITAL, JUV-A</i>										
	50m:	32.84	100m:	1:14.98	150m:	2:00.45	200m:	2:34.18			
2.	Catia Iordan Agostinho				02	Rio Maior				<b>2:36.93</b>	519
	50m:	35.72	100m:	1:15.67	150m:	2:02.60	200m:	2:36.93			
3.	Ines Ferreira Duarte				01	Natacao do Tejo				<b>2:38.65</b>	502
	50m:	32.81	100m:	1:11.89	150m:	1:59.85	200m:	2:38.65			
4.	Ines Cambe Cunha				02	Torres Novas				<b>2:44.75</b>	448
	50m:	36.05	100m:	1:19.32	150m:	2:08.58	200m:	2:44.75			
5.	Filipa Cardigo Fitas				02	20Km de Almeirim				<b>2:45.53</b>	442
	50m:	34.48	100m:	1:17.43	150m:	2:09.42	200m:	2:45.53			
6.	Beatriz Maria Duarte				02	Nautico Abrantes				<b>2:45.63</b>	441
	50m:	36.87	100m:	1:18.91	150m:	2:08.01	200m:	2:45.63			
7.	Mafalda Gilberto Marques				01	Natacao do Tejo				<b>2:45.92</b>	439
	50m:	34.87	100m:	1:20.48	150m:	2:06.36	200m:	2:45.92			
8.	Ana Beatriz Rodrigues				02	Rio Maior				<b>2:49.52</b>	411
	50m:	35.03	100m:	1:18.22	150m:	2:11.32	200m:	2:49.52			
9.	Carolina Guerra Pisco				02	20Km de Almeirim				<b>2:49.66</b>	410
	50m:	38.30	100m:	1:22.31	150m:	2:11.06	200m:	2:49.66			
10.	Carolina Silverio Carpinteiro				02	Natacao do Tejo				<b>2:53.89</b>	381
	50m:	35.66	100m:	1:22.88	150m:	2:13.19	200m:	2:53.89			
11.	Beatriz Santos Reis				01	Torres Novas				<b>2:54.47</b>	377
	50m:	35.70	100m:	1:21.11	150m:	2:16.40	200m:	2:54.47			
12.	Ana Rita Morais				02	Torres Novas				<b>2:58.78</b>	351
	50m:	39.25	100m:	1:25.81	150m:	2:18.46	200m:	2:58.78			
13.	Marta Chambel Dias				02	CLAC-Entroncamento				<b>2:59.35</b>	347
	100m:	1:28.21	200m:	2:59.35							
14.	Ines Ribeiro Novo				02	Torres Novas				<b>2:59.99</b>	344
	50m:	39.83	100m:	1:24.62	150m:	2:18.67	200m:	2:59.99			
15.	Maria Eduarda Ferreira				01	BUZIOS-Coruche				<b>3:13.83</b>	275
	100m:	1:36.58	200m:	3:13.83							
16.	Ines Isabel Conde				01	Torres Novas				<b>3:16.63</b>	263
	<i>FTL</i>										
	50m:	45.29	100m:	1:34.57	150m:	2:30.06	200m:	3:16.63			
17.	Andreia Sofia Alves				02	Torres Novas				<b>3:17.47</b>	260
	<i>FTL</i>										
	100m:	1:36.61	200m:	3:17.47							

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 6, Femin., 200m Estilos

Prova 6	Femin., 200m Estilos				Infantis
24-06-2016 - 17:25					Resultados
Recorde Distrital ANDS 50m Absoluto	2:25.08	Maria Madalena Silva	CNAB	Oeiras	11-04-2015
Recorde Distrital ANDS 50m Inf B	2:44.13	Mariana Veloso Vitoria	CNAB	Porto	24-07-2010
Recorde Distrital ANDS 50m Inf A	2:33.32	Mariana Veloso Vitoria	CNAB	Oeiras	23-07-2011
FEM Inf B: 3:30.00; Inf A: 3:23.50					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Ines Asseiceira Ramos	03	Torres Novas		<b>2:42.27</b>	469	
50m: 36.50 100m: 1:17.34	150m: 2:06.87	200m: 2:42.27				
2. Lea Alexandra Mendes	03	Gualdim Pais		<b>2:45.47</b>	442	
50m: 34.84 100m: 1:17.23	150m: 2:07.45	200m: 2:45.47				
3. Beatriz Goncalves Casal	03	Torres Novas		<b>2:47.91</b>	423	
50m: 37.68 100m: 1:21.49	150m: 2:09.65	200m: 2:47.91				
4. Mafalda Sofia Rosa	03	Rio Maior		<b>2:49.47</b>	412	
50m: 39.77 100m: 1:22.86	150m: 2:14.98	200m: 2:49.47				
5. Beatriz Staiger Bento	04	20Km de Almeirim		<b>2:50.21</b>	406	
50m: 37.00 100m: 1:20.71	150m: 2:12.95	200m: 2:50.21				
6. Mafalda Magalhaes Costa	03	Gualdim Pais		<b>2:50.28</b>	406	
50m: 35.88 100m: 1:19.69	150m: 2:13.76	200m: 2:50.28				
7. Secile Liu Wang	03	Uniao Samorense		<b>2:52.44</b>	391	
50m: 36.14 100m: 1:21.05	150m: 2:13.34	200m: 2:52.44				
8. Ines Marques Garcia	03	Nautico Abrantes		<b>2:56.50</b>	364	
50m: 40.19 100m: 1:24.80	150m: 2:17.49	200m: 2:56.50				
9. Ana Beatriz Pereira	04	Salvaterra de Magos		<b>2:57.24</b>	360	
50m: 37.09 100m: 1:23.00	150m: 2:17.22	200m: 2:57.24				
10. Ines Arraiolos Matos	03	Scalabiswim		<b>2:59.56</b>	346	
50m: 39.30 100m: 1:24.62	150m: 2:19.55	200m: 2:59.56				
11. Rita Carrico Cruz	04	Viver Santarem		<b>3:00.98</b>	338	
100m: 1:27.38 200m: 3:00.98						
12. Maria Ines Paveia	03	20Km de Almeirim		<b>3:01.46</b>	335	
100m: 1:28.29 200m: 3:01.46						
13. Matilde Basilio Gil	03	CLAC-Entroncamento		<b>3:02.74</b>	328	
100m: 1:30.04 200m: 3:02.74						
14. Constanca Basilio Gil	03	CLAC-Entroncamento		<b>3:02.90</b>	327	
100m: 1:31.55 200m: 3:02.90						
15. Joana Margarida Sousa	04	20Km de Almeirim		<b>3:06.78</b>	307	
50m: 40.62 100m: 1:26.84	150m: 2:26.25	200m: 3:06.78				
16. Gabriela Graco Duarte	04	20Km de Almeirim		<b>3:08.24</b>	300	
100m: 1:33.13 200m: 3:08.24						
17. Matilde Isabel Macharreu	04	BUZIOS-Coruche		<b>3:09.15</b>	296	
50m: 42.21 100m: 1:30.02	150m: 2:27.87	200m: 3:09.15				
18. Rafaela Canano Silva	04	Cartaxo		<b>3:10.30</b>	291	
50m: 46.06 100m: 1:34.32	150m: 2:30.64	200m: 3:10.30				
19. Raquel Canelas Louro	04	Viver Santarem		<b>3:17.38</b>	260	
50m: 49.12 100m: 1:38.95	150m: 2:37.10	200m: 3:17.38				
20. Catarina Fernandes Moutinho	04	CLAC-Entroncamento		<b>3:18.24</b>	257	
50m: 45.84 100m: 1:36.70	150m: 2:35.89	200m: 3:18.24				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 6, Femin., 200m Estilos, Infantis

Lugar	Ano	Tempo final	Pts
21. Patricia Nogueira Silva FTL	03 Cartaxo	<b>3:25.70</b>	230
50m: 49.65 100m: 1:42.01 150m: 2:37.67 200m: 3:25.70			
22. Maria Ines Dias FTL	04 Scalabiswim	<b>3:39.14</b>	190
50m: 52.61 100m: 1:48.82 150m: 2:53.36 200m: 3:39.14			
DSQ Beatriz Moreira Carvalho	03 Rio Maior		
<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 150 metros</i>			
DSQ Erica Neves Leote	03 Torres Novas		
<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina</i>			
DSQ Diana Filipa Amado	04 Cartaxo		
<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, de 50m</i>			
DNS Carolina Calado Coelho	04 Nautico Abrantes		
EXH Luana Correia Rodrigues	01 Individual ANL	<b>2:45.19</b>	445
50m: 40.99 100m: 1:21.86 150m: 2:08.42 200m: 2:45.19			
EXH Lidiana Correia Rodrigues	04 Individual ANL	<b>2:43.89</b>	455
50m: 36.05 100m: 1:21.33 150m: 2:08.37 200m: 2:43.89			

Prova 7

Masc., 4 x 50m Livres

Absolutos

24-06-2016 - 18:05

Resultados

Recorde Distrital ANDS 50m Absoluto	1:41.08	CNLA	CNLA	Faro	21-07-2009
Recorde Distrital ANDS 50m Juv B	2:07.59	GDFE	GDFE	Évora	25-06-2005
Recorde Distrital ANDS 50m Juv	1:54.47	SFUS	SFUS	Rio Maior	04-07-2014
Recorde Distrital ANDS 50m Juv A	2:04.64	CNTEJO	CNTEJO	Évora	25-06-2006
Recorde Distrital ANDS 50m Jun	1:49.46	CLAC	CLAC	Rio Maior	03-07-2009
Recorde Distrital ANDS 50m Sen					

MAS Juv: 1:58.00; Abs: 1:58.00

Pontos: FINA 2016

Lugar	Tempo final	Pts
1. Torres Novas 1 <i>RECORDE DISTRITAL, JUN</i>	<b>1:43.59</b>	549
Dario Fausto Matias 98 27.05 Marco Andre Miguel 99 25.15		
Joao Paulo Lopes 98 26.57 Afonso Guilherme Rosa 99 24.82		
2. BUZIOS-Coruche 1 BUZIOS-Coruche	<b>1:44.42</b>	536
Tomas Jose Agostinho 99 25.77 Artur Rafael Saramago 97 +0,43 25.67		
Pedro Pereira Lopes 99 26.70 Jose Carlos Burecas 00 26.28		
3. CLAC-Entroncamento 1 CLAC-Entroncamento	<b>1:45.29</b>	523
Ricardo Luis Leal 01 26.84 Rui Jorge Lopes 00 27.00		
Miguel Martins Barroqueiro 91 25.93 Joao Manuel Ferreira 92 25.52		
4. Nautico Abrantes 1 <i>RECORDE DISTRITAL, SEN</i>	<b>1:45.59</b>	518
Joao Mauricio Gaspar 97 26.49 Andre Filipe Mendes 92 +0,28 25.33		
Ruben Miguel Matos 91 27.30 Afonso Filipe Gaspar 97 26.47		
5. Natacao do Tejo 2 Natacao do Tejo	<b>1:54.91</b>	402
Hugo Alexandre Sagradas 01 29.14 David Antonio Carvalho 99 +0,64 29.84		
Tiago Emanuel Pires 94 28.71 Goncalo Faria Saldida 99 27.22		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 7, Masc., 4 x 50m Livres, Absolutos

Lugar					Tempo final	Pts
6.	20Km de Almeirim 1		20Km de Almeirim		<b>1:57.01</b>	381
	<i>RECORDE DISTRITAL, JUV-B</i>					
	Joao Miguel Marques	01	26.99	Afonso Pinhal Canto	01	+0,73 31.74
	Manuel Tomas Andrade	01	29.59	Diogo Franco Martins	01	28.69

Prova 8  
24-06-2016 - 18:05

Femin., 4 x 50m Livres

Absolutos  
Resultados

Recorde Distrital ANDS 50m Absoluto	1:54.68	Selecao da Assoc. Natacao de SaSANDS	Porto	08-06-2014
Recorde Distrital ANDS 50m Juv B	2:01.09	Clube de Natacao de Torres Novas CNTN	Rio Maior	10-07-2015
Recorde Distrital ANDS 50m Juv A				
Recorde Distrital ANDS 50m Jun	2:00.24	CNAB	CNAB Rio Maior	04-07-2014
Recorde Distrital ANDS 50m Sen				
FEM Juv: 2:16.00; Jun/Sen: 2:16.00				

Pontos: FINA 2016

Lugar					Tempo final	Pts
1.	Natacao do Tejo 1		Natacao do Tejo		<b>2:02.17</b>	494
	Ines Ferreira Duarte	01	30.17	Mafalda Gilberto Marques	01	31.32
	Carolina Miguel Marques	99	31.33	Carolina Silverio Carpinteiro	02	29.35
2.	Torres Novas 1		Torres Novas		<b>2:02.24</b>	493
	Rita Sousa Oliveira	01		Ana Rita Morais	02	+0,20 32.44
	Beatriz Santos Reis	01		Carolina Marques Neves	01	28.10

2 - 2ª SESSÃO

25-06-2016 - 9:30

Prova 9  
25-06-2016 - 9:30

Masc., 1500m Livres

Absolutos  
Resultados

Recorde Distrital ANDS 50m Absoluto	15:45.55	Gustavo Manuel Santa	CNLA	TAMPERE (FIN)	23-07-2009
Recorde Distrital ANDS 50m Jun	15:51.43	Gustavo Manuel Santa	CNLA	Helsinki (FIN)	15-07-2010
Recorde Distrital ANDS 50m Sen	15:57.77	Pedro Diogo Oliveira	CNRM	Coimbra	17-05-2008
MAS : 20:16.00					

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Tiago Filipe Campos		99		Scalabiswim					<b>17:01.99</b>	619
	100m:	1:02.45	400m:	4:25.88	700m:	7:50.94	1000m:	11:16.08	1300m:	14:43.29	
	200m:	2:09.52	500m:	5:34.42	800m:	8:59.17	1100m:	12:24.71	1400m:	15:53.18	
	300m:	3:17.59	600m:	6:42.77	900m:	10:07.62	1200m:	13:33.93	1500m:	17:01.99	
2.	Dario Fausto Matias		98		Torres Novas					<b>17:31.47</b>	568
	100m:	1:06.72	400m:	4:36.89	700m:	8:08.42	1000m:	11:39.07	1300m:	15:10.98	
	200m:	2:17.42	500m:	5:46.63	800m:	9:19.15	1100m:	12:50.39	1400m:	16:21.80	
	300m:	3:27.33	600m:	6:57.03	900m:	10:28.82	1200m:	14:00.74	1500m:	17:31.47	
3.	Goncalo Faria Saldida		99		Natacao do Tejo					<b>17:43.42</b>	549
	100m:	1:05.28	400m:	4:36.57	700m:	8:10.62	1000m:	11:43.03	1300m:	15:16.44	
	200m:	2:15.00	500m:	5:47.26	800m:	9:20.96	1100m:	12:53.86	1400m:	16:30.14	
	300m:	3:25.65	600m:	6:59.14	900m:	10:31.62	1200m:	14:04.03	1500m:	17:43.42	

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 9, Masc., 1500m Livres

Prova 9	Masc., 1500m Livres				Juvenis
25-06-2016 - 9:30					Resultados
Recorde Distrital ANDS 50m Absoluto	15:45.55	Gustavo Manuel Santa	CNLA	TAMPERE (FIN)	23-07-2009
Recorde Distrital ANDS 50m Juv B	16:37.19	Gustavo Manuel Santa	CNLA	Oeiras	29-07-2008
Recorde Distrital ANDS 50m Juv A	15:45.55	Gustavo Manuel Santa	CNLA	TAMPERE (FIN)	23-07-2009
MAS : 21:31.00					

Pontos: FINA 2016

Lugar	Ano		Tempo final		Pts
1. Joao Jose Calado	01	Nautico Abrantes	<b>18:06.98</b>		514
100m: 1:06.91 200m: 2:17.76	400m: 4:40.96	800m: 9:33.13	1500m: 18:06.98		
2. Diogo Franco Martins	01	20Km de Almeirim	<b>18:13.62</b>		505
100m: 1:06.00 400m: 4:41.23	700m: 8:22.90	1000m: 12:03.70	1300m: 15:45.74		
200m: 2:17.36 500m: 5:54.00	800m: 9:36.90	1100m: 13:17.50	1400m: 16:59.96		
300m: 3:29.00 600m: 7:08.21	900m: 10:49.97	1200m: 14:31.51	1500m: 18:13.62		
3. Filipe Asseiceira Ramos	00	Torres Novas	<b>18:28.25</b>		485
50m: 32.31 350m: 4:10.00	550m: 6:37.72	750m: 9:06.81	1100m: 13:29.84	1500m: 18:28.25	
100m: 1:07.56 400m: 4:46.59	600m: 7:14.65	800m: 9:43.76	1200m: 14:45.72		
200m: 2:19.59 450m: 5:23.80	650m: 7:51.83	900m: 10:58.56	1300m: 16:01.89		
300m: 3:32.51 500m: 6:00.45	700m: 8:29.11	1000m: 12:14.69	1400m: 17:15.86		
4. Joao Antonio Simoes	01	Torres Novas	<b>18:39.57</b>		470
100m: 1:08.70 400m: 4:50.48	700m: 8:36.95	1000m: 12:24.32	1300m: 16:11.07		
200m: 2:21.86 500m: 6:06.32	800m: 9:52.95	1100m: 13:40.48	1400m: 17:26.16		
300m: 3:35.76 600m: 7:21.51	900m: 11:08.42	1200m: 14:55.29	1500m: 18:39.57		
5. Miguel Goncalves Frade	00	Torres Novas	<b>19:11.47</b>		432
100m: 1:10.40 200m: 2:23.37	400m: 4:53.02	800m: 10:01.65	1500m: 19:11.47		
6. Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	<b>20:15.07</b>		368
50m: 34.13 300m: 3:51.80	550m: 7:17.64	800m: 10:45.88	1050m: 14:12.60	1300m: 17:38.92	
100m: 1:11.87 350m: 4:31.56	600m: 7:59.23	850m: 11:25.35	1100m: 14:53.69	1350m: 18:19.25	
150m: 1:51.70 400m: 5:12.61	650m: 8:40.92	900m: 12:06.08	1150m: 15:35.18	1400m: 18:59.94	
200m: 2:30.67 450m: 5:54.18	700m: 9:22.64	950m: 12:47.69	1200m: 16:17.59	1450m: 19:39.04	
250m: 3:10.34 500m: 6:35.39	750m: 10:04.55	1000m: 13:30.58	1250m: 16:57.96	1500m: 20:15.07	
7. Joao Afonso Goncalves	00	CLAC-Entroncamento	<b>20:38.94</b>		347
50m: 34.39 300m: 3:54.77	550m: 7:24.63	800m: 10:56.81	1050m: 14:27.96	1300m: 17:58.17	
100m: 1:12.32 350m: 4:36.64	600m: 8:06.71	850m: 11:39.15	1100m: 15:10.16	1350m: 18:39.60	
150m: 1:51.81 400m: 5:18.66	650m: 8:49.71	900m: 12:21.54	1150m: 15:52.06	1400m: 19:20.75	
200m: 2:32.11 450m: 6:00.49	700m: 9:32.50	950m: 13:03.72	1200m: 16:34.20	1450m: 20:01.08	
250m: 3:13.24 500m: 6:42.52	750m: 10:14.29	1000m: 13:45.74	1250m: 17:16.71	1500m: 20:38.94	

Prova 9	Masc., 1500m Livres				Infantis
25-06-2016 - 9:30					Resultados
Recorde Distrital ANDS 50m Absoluto	15:45.55	Gustavo Manuel Santa	CNLA	TAMPERE (FIN)	23-07-2009
Recorde Distrital ANDS 50m Inf B	18:10.13	Paulo Bruno Janeiro	CNLA	Rio Maior	06-07-2007
Recorde Distrital ANDS 50m Inf A	17:23.48	Gustavo Manuel Santa	CNLA	Faro	21-07-2007
MAS Inf B: 23:14.00; Inf A: 22:46.00					

Pontos: FINA 2016

Lugar	Ano		Tempo final		Pts
1. Bernardo Jorge Simoes	02	Torres Novas	<b>18:05.19</b>		517
50m: 31.24 300m: 3:30.83	550m: 6:32.23	800m: 9:35.39	1050m: 12:39.05	1300m: 15:43.64	
100m: 1:06.17 350m: 4:07.11	600m: 7:08.68	850m: 10:12.15	1100m: 13:15.73	1350m: 16:20.10	
150m: 1:42.57 400m: 4:43.23	650m: 7:45.31	900m: 10:48.94	1150m: 13:52.78	1400m: 16:56.02	
200m: 2:18.25 450m: 5:19.79	700m: 8:21.26	950m: 11:25.23	1200m: 14:30.14	1450m: 17:30.99	
250m: 2:54.25 500m: 5:55.89	750m: 8:58.15	1000m: 12:01.89	1250m: 15:06.89	1500m: 18:05.19	
2. Alexandre Miguel Silva	02	Natacao do Tejo	<b>18:41.78</b>		468
50m: 32.19 300m: 3:35.85	550m: 6:44.70	800m: 9:53.82	1050m: 13:03.26	1300m: 16:12.56	
100m: 1:07.41 350m: 4:13.58	600m: 7:22.45	850m: 10:31.77	1100m: 13:41.02	1350m: 16:50.71	
150m: 1:43.71 400m: 4:51.17	650m: 8:00.29	900m: 11:09.72	1150m: 14:18.77	1400m: 17:28.18	
200m: 2:20.75 450m: 5:29.10	700m: 8:37.92	950m: 11:47.71	1200m: 14:56.71	1450m: 18:05.47	
250m: 2:58.16 500m: 6:06.86	750m: 9:15.81	1000m: 12:25.45	1250m: 15:34.55	1500m: 18:41.78	

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 9, Masc., 1500m Livres, Infantis

Lugar					Ano					Tempo final	Pts	
3.	Luis Afonso Lopes				03	Viver Santarem				<b>19:23.79</b>	419	
	50m:	33.83	300m:	3:46.93	550m:	7:02.64	800m:	10:19.45	1050m:	13:35.70	1300m:	16:50.72
	100m:	1:11.69	350m:	4:25.86	600m:	7:41.51	850m:	10:58.94	1100m:	14:14.87	1350m:	17:29.59
	150m:	1:50.60	400m:	5:05.30	650m:	8:20.95	900m:	11:37.39	1150m:	14:53.73	1400m:	18:08.49
	200m:	2:28.83	450m:	5:44.33	700m:	9:00.65	950m:	12:17.01	1200m:	15:33.13	1450m:	18:47.72
	250m:	3:08.37	500m:	6:23.59	750m:	9:40.48	1000m:	12:56.43	1250m:	16:12.21	1500m:	19:23.79
4.	Diogo Bernardo Tome				03	Salvaterra de Magos				<b>19:35.90</b>	406	
	50m:	33.98	300m:	3:48.06	550m:	7:06.06	800m:	10:24.44	1050m:	13:41.83	1300m:	16:59.18
	100m:	1:11.55	350m:	4:27.53	600m:	7:45.72	850m:	11:04.20	1100m:	14:21.20	1350m:	17:38.99
	150m:	1:50.35	400m:	5:07.03	650m:	8:25.60	900m:	11:43.48	1150m:	15:01.10	1400m:	18:18.50
	200m:	2:28.99	450m:	5:46.59	700m:	9:04.79	950m:	12:23.24	1200m:	15:40.29	1450m:	18:57.93
	250m:	3:08.48	500m:	6:26.13	750m:	9:44.69	1000m:	13:02.36	1250m:	16:19.73	1500m:	19:35.90
5.	Bernardo Correa Clavinho				02	Scalabiswim				<b>20:15.74</b>	367	
	50m:	34.70	300m:	3:53.53	550m:	7:19.01	800m:	10:45.43	1050m:	14:12.23	1300m:	17:38.00
	100m:	1:12.99	350m:	4:35.18	600m:	7:59.84	850m:	11:26.76	1100m:	14:53.58	1350m:	18:18.73
	150m:	1:52.67	400m:	5:15.50	650m:	8:41.59	900m:	12:07.77	1150m:	15:35.33	1400m:	18:58.73
	200m:	2:32.72	450m:	5:56.70	700m:	9:22.57	950m:	12:49.31	1200m:	16:16.16	1450m:	19:37.86
	250m:	3:13.49	500m:	6:37.41	750m:	10:04.42	1000m:	13:30.35	1250m:	16:57.08	1500m:	20:15.74
6.	Tomas Miguel Felicio				03	Rio Maior				<b>20:31.68</b>	353	
	50m:	36.17	300m:	4:00.11	550m:	7:26.69	800m:	10:54.33	1050m:	14:23.61	1500m:	20:31.68
	100m:	1:16.67	350m:	4:41.59	600m:	8:08.35	850m:	11:36.38	1100m:	15:05.04		
	150m:	1:57.73	400m:	5:22.86	650m:	8:50.19	900m:	12:17.68	1200m:	16:27.22		
	200m:	2:38.51	450m:	6:04.16	700m:	9:31.81	950m:	13:00.64	1300m:	17:49.50		
	250m:	3:19.51	500m:	6:45.30	750m:	10:13.16	1000m:	13:41.99	1400m:	19:11.99		
7.	Miguel Monsanto Cotrim				03	Viver Santarem				<b>20:37.98</b>	348	
	50m:	36.86	300m:	4:01.92	550m:	7:28.50	800m:	10:57.78	1050m:	14:26.27	1500m:	20:37.98
	100m:	1:17.32	350m:	4:43.10	600m:	8:10.14	850m:	11:39.15	1100m:	15:07.77		
	150m:	1:58.52	400m:	5:24.59	650m:	8:52.59	900m:	12:21.22	1200m:	16:31.52		
	200m:	2:39.59	450m:	6:05.38	700m:	9:34.09	950m:	13:02.83	1300m:	17:55.44		
	250m:	3:20.56	500m:	6:46.85	750m:	10:15.94	1000m:	13:44.76	1400m:	19:18.71		
8.	Francisco Manuel Mendonca				02	Uniao Samorense				<b>20:46.29</b>	341	
	100m:	1:13.45	400m:	5:21.92	700m:	9:35.45	1000m:	13:47.10	1300m:	18:01.45		
	200m:	2:35.02	500m:	6:47.04	800m:	10:59.54	1100m:	15:11.32	1400m:	19:26.20		
	300m:	3:58.02	600m:	8:11.16	900m:	12:23.16	1200m:	16:36.39	1500m:	20:46.29		
9.	Joao Vasco Canadas				03	Rio Maior				<b>20:52.08</b>	336	
	50m:	36.37	300m:	4:02.66	550m:	7:33.65	800m:	11:04.31	1050m:	14:35.37	1500m:	20:52.08
	100m:	1:16.66	350m:	4:45.16	600m:	8:16.01	850m:	11:46.79	1100m:	15:17.57		
	150m:	1:57.98	400m:	5:27.65	650m:	8:58.31	900m:	12:28.82	1200m:	16:41.91		
	200m:	2:39.17	450m:	6:09.59	700m:	9:39.96	950m:	13:10.88	1300m:	18:06.02		
	250m:	3:20.89	500m:	6:51.57	750m:	10:22.79	1000m:	13:53.17	1400m:	19:29.67		
10.	Tiago Miguel Jorge				03	Rio Maior				<b>21:11.42</b>	321	
	50m:	38.93	300m:	4:08.57	550m:	7:39.15	800m:	11:09.88	1050m:	14:44.30	1500m:	21:11.42
	100m:	1:21.07	350m:	4:50.57	600m:	8:21.36	850m:	11:52.81	1100m:	15:27.92		
	150m:	2:03.25	400m:	5:32.85	650m:	9:03.49	900m:	12:35.76	1200m:	16:53.26		
	200m:	2:45.94	450m:	6:14.84	700m:	9:45.50	950m:	13:18.42	1300m:	18:19.11		
	250m:	3:27.14	500m:	6:57.56	750m:	10:27.65	1000m:	14:01.19	1400m:	19:45.00		
11.	Daniel Mocanu				02	Uniao Samorense				<b>22:17.18</b>	276	
	50m:	35.42	300m:	4:08.57	550m:	7:55.61	800m:	11:43.55	1100m:	16:17.27		
	100m:	1:17.35	350m:	4:53.21	600m:	8:41.36	850m:	12:28.56	1200m:	17:50.14		
	150m:	2:00.63	400m:	5:38.60	650m:	9:27.27	900m:	13:13.85	1300m:	19:22.33		
	200m:	2:42.80	450m:	6:24.21	700m:	10:12.24	950m:	13:59.93	1400m:	20:52.37		
	250m:	3:26.83	500m:	7:09.81	750m:	10:57.82	1000m:	14:45.35	1500m:	22:17.18		
EXH	Joao Afonso Pacau				02	Gualdim Pais				<b>19:24.01</b>	419	
	50m:	31.49	300m:	3:42.07	550m:	6:59.12	800m:	10:18.04	1050m:	13:35.09	1400m:	18:09.47
	100m:	1:07.50	350m:	4:20.60	600m:	7:38.98	850m:	10:57.38	1100m:	14:14.49	1500m:	19:24.01
	150m:	1:46.21	400m:	4:59.73	650m:	8:18.47	900m:	11:37.27	1150m:	14:54.14		
	200m:	2:25.32	450m:	5:40.01	700m:	8:58.08	950m:	12:16.68	1200m:	15:33.63		
	250m:	3:03.66	500m:	6:19.54	750m:	9:38.00	1000m:	12:55.92	1300m:	16:52.52		



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 10 Femin., 400m Estilos Absolutos Resultados  
25-06-2016 - 10:35

Recorde Distrital ANDS 50m Absoluto	5:13.15	Maria Madalena Silva	CNAB	Oeiras	12-04-2015
Recorde Distrital ANDS 50m Jun	5:13.15	Maria Madalena Silva	CNAB	Oeiras	12-04-2015
Recorde Distrital ANDS 50m Sen	5:22.88	Julia Matos Lopes	SCALAB	Rio Maior	07-07-2012

FEM : 6:27.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva <i>RECORDE DISTRITAL, SEN</i>	98 Nautico Abrantes	<b>5:22.84</b>	574
50m: 33.58 150m: 1:52.97 250m: 3:20.81 350m: 4:44.30			
100m: 1:10.27 200m: 2:34.78 300m: 4:04.80 400m: 5:22.84			
2. Maria Beatriz Dias	99 Scalabiswim	<b>5:37.03</b>	505
50m: 36.33 150m: 2:02.45 250m: 3:33.70 350m: 4:59.91			
100m: 1:19.49 200m: 2:44.00 300m: 4:22.99 400m: 5:37.03			

Prova 10 Femin., 400m Estilos Juvenis Resultados  
25-06-2016 - 10:35

Recorde Distrital ANDS 50m Absoluto	5:13.15	Maria Madalena Silva	CNAB	Oeiras	12-04-2015
Recorde Distrital ANDS 50m Juv B	5:24.18	Cátia Iordan Agostinho	CNRM	Coimbra	29-05-2016
Recorde Distrital ANDS 50m Juv A	5:29.40	Ana Margarida Salgueiro	CNAB	Oeiras	25-07-2014

FEM : 6:30.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Catia Iordan Agostinho	02 Rio Maior	<b>5:34.11</b>	518
50m: 36.20 150m: 2:00.72 250m: 3:32.43 350m: 4:57.18			
100m: 1:17.62 200m: 2:43.28 300m: 4:19.83 400m: 5:34.11			
2. Ines Ferreira Duarte	01 Natacao do Tejo	<b>5:41.60</b>	485
50m: 34.75 150m: 1:58.31 250m: 3:30.23 350m: 5:01.09			
100m: 1:15.10 200m: 2:41.47 300m: 4:18.99 400m: 5:41.60			
3. Carolina Silverio Carpinteiro	02 Natacao do Tejo	<b>5:45.56</b>	468
50m: 37.07 150m: 2:05.38 250m: 3:39.16 350m: 5:08.19			
100m: 1:20.06 200m: 2:49.59 300m: 4:28.61 400m: 5:45.56			
4. Mafalda Gilberto Marques	01 Natacao do Tejo	<b>5:47.94</b>	459
50m: 36.21 150m: 2:07.50 250m: 3:41.27 350m: 5:08.08			
100m: 1:18.96 200m: 2:54.74 300m: 4:26.36 400m: 5:47.94			
5. Ines Cambe Cunha	02 Torres Novas	<b>5:48.70</b>	456
50m: 38.49 150m: 2:06.44 250m: 3:41.49 350m: 5:10.36			
100m: 1:20.51 200m: 2:50.98 300m: 4:30.18 400m: 5:48.70			
6. Filipa Cardigo Fitas	02 20Km de Almeirim	<b>5:51.83</b>	444
50m: 35.34 150m: 2:03.65 250m: 3:40.91 350m: 5:13.67			
100m: 1:17.57 200m: 2:49.31 300m: 4:33.36 400m: 5:51.83			
7. Beatriz Maria Duarte	02 Nautico Abrantes	<b>5:59.48</b>	416
50m: 37.87 150m: 2:09.62 250m: 3:47.21 350m: 5:19.04			
100m: 1:22.02 200m: 2:55.01 300m: 4:38.13 400m: 5:59.48			
8. Beatriz Santos Reis	01 Torres Novas	<b>6:03.17</b>	403
50m: 38.32 150m: 2:06.79 250m: 3:48.14 350m: 5:23.97			
100m: 1:20.70 200m: 2:51.06 300m: 4:43.80 400m: 6:03.17			
9. Carolina Lopes Vieira	02 Gualdim Pais	<b>6:04.98</b>	397
50m: 38.62 150m: 2:12.07 250m: 3:49.89 350m: 5:24.56			
100m: 1:24.16 200m: 2:59.49 300m: 4:40.95 400m: 6:04.98			
10. Marta Chambel Dias	02 CLAC-Entroncamento	<b>6:28.12</b>	330
50m: 41.57 150m: 2:24.86 250m: 4:08.86 350m: 5:45.66			
100m: 1:31.50 200m: 3:15.76 300m: 5:00.32 400m: 6:28.12			

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 10, Femin., 400m Estilos

Prova 10 Femin., 400m Estilos Infantis  
25-06-2016 - 10:35 Resultados

Recorde Distrital ANDS 50m Absoluto	5:13.15	Maria Madalena Silva	CNAB	Oeiras	12-04-2015
Recorde Distrital ANDS 50m Inf B	5:42.07	Mariana Veloso Vitoria	CNAB	Porto	23-07-2010
Recorde Distrital ANDS 50m Inf A	5:22.11	Mariana Veloso Vitoria	CNAB	Lisboa	22-07-2011
FEM Inf B: 7:16.50; Inf A: 7:09.00					

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Mafalda Sofia Rosa				03	Rio Maior				<b>5:42.92</b>	479
	50m:	40.23	150m:	2:10.87	250m:	3:42.41	350m:	5:07.51			
	100m:	1:27.56	200m:	2:52.00	300m:	4:31.05	400m:	5:42.92			
2.	Ines Asseiceira Ramos				03	Torres Novas				<b>5:43.22</b>	478
	50m:	36.87	150m:	2:03.56	250m:	3:35.66	350m:	5:05.31			
	100m:	1:19.72	200m:	2:47.14	300m:	4:27.76	400m:	5:43.22			
3.	Beatriz Moreira Carvalho				03	Rio Maior				<b>5:47.35</b>	461
	50m:	38.57	150m:	2:07.86	250m:	3:41.40	350m:	5:09.79			
	100m:	1:22.51	200m:	2:51.19	300m:	4:31.04	400m:	5:47.35			
4.	Beatriz Staiger Bento				04	20Km de Almeirim				<b>6:08.04</b>	387
	50m:	38.65	150m:	2:13.87	250m:	3:54.31	350m:	5:29.11			
	100m:	1:26.32	200m:	3:00.38	300m:	4:48.68	400m:	6:08.04			
5.	Ana Patricia Oliveira				03	20Km de Almeirim				<b>6:13.48</b>	371
	50m:	40.91	150m:	2:17.60	250m:	4:00.04	350m:	5:32.62			
	100m:	1:27.63	200m:	3:09.09	300m:	4:50.11	400m:	6:13.48			
6.	Ines Marques Garcia				03	Nautico Abrantes				<b>6:14.60</b>	367
	50m:	39.70	150m:	2:14.93	250m:	3:56.92	350m:	5:33.30			
	100m:	1:27.01	200m:	3:01.78	300m:	4:51.87	400m:	6:14.60			
7.	Secile Liu Wang				03	Uniao Samorense				<b>6:16.34</b>	362
	50m:	38.10	150m:	2:12.80	250m:	3:56.86	350m:	5:34.57			
	100m:	1:24.57	200m:	3:00.43	300m:	4:50.66	400m:	6:16.34			
8.	Constanca Basilio Gil				03	CLAC-Entroncamento				<b>6:42.03</b>	297
	50m:	46.33	150m:	2:33.71	250m:	4:22.28	350m:	6:00.66			
	100m:	1:40.82	200m:	3:24.71	300m:	5:17.48	400m:	6:42.03			
9.	Gabriela Graco Duarte				04	20Km de Almeirim				<b>6:50.18</b>	280
	50m:	47.41	150m:	2:37.00	250m:	4:18.93	350m:	6:03.71			
	100m:	1:44.24	200m:	3:27.37	300m:	5:15.95	400m:	6:50.18			
EXH	Luana Correia Rodrigues				01	Individual ANL				<b>5:45.63</b>	468
	50m:	42.50	150m:	2:14.87	250m:	3:44.75	350m:	5:09.27			
	100m:	1:32.55	200m:	2:56.73	300m:	4:30.79	400m:	5:45.63			
EXH	Lidiana Correia Rodrigues				04	Individual ANL				<b>5:47.10</b>	462
	50m:	38.55	150m:	2:07.60	250m:	3:40.54	350m:	5:09.11			
	100m:	1:23.19	200m:	2:53.22	300m:	4:29.82	400m:	5:47.10			

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 11	Masc., 50m Livres					Absolutos
25-06-2016 - 10:55						Resultados
Recorde Distrital ANDS 50m Absoluto	23.75	Frederico Sucena Riachos	NSCG	Coimbra	28-05-2016	
Recorde Distrital ANDS 50m Juv B	25.20	Paulo Bruno Janeiro	CNLA	Faro	21-07-2009	
Recorde Distrital ANDS 50m Juv A	24.30	Frederico Sucena Riachos	NSCG	Oeiras	26-07-2014	
Recorde Distrital ANDS 50m Jun	23.75	Frederico Sucena Riachos	NSCG	Coimbra	28-05-2016	
Recorde Distrital ANDS 50m Sen	24.82	Andre Jorge Vieira	CNTN	Lisboa	25-03-2006	

MAS Juv: 29.50; Abs: 29.50

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1.	99	Gualdim Pais	<b>25.90</b>	526
2.	99	BUZIOS-Coruche	<b>26.01</b>	519
3.	95	Gualdim Pais	<b>26.02</b>	518
4.	99	Cartaxo	<b>26.11</b>	513
5.	97	BUZIOS-Coruche	<b>26.28</b>	503
6.	97	Nautico Abrantes	<b>26.37</b>	498
7.	92	CLAC-Entroncamento	<b>26.50</b>	491
8.	98	Torres Novas	<b>26.61</b>	485
9.	99	Torres Novas	<b>26.69</b>	480
10.	01	Cartaxo	<b>26.86</b>	471
11.	98	Cartaxo	<b>27.05</b>	461
12.	01	20Km de Almeirim	<b>27.15</b>	456
13.	98	CLAC-Entroncamento	<b>27.53</b>	438
14.	01	Cartaxo	<b>27.74</b>	428
15.	00	Torres Novas	<b>28.23</b>	406
16.	90	CLAC-Entroncamento	<b>28.25</b>	405
17.	98	20Km de Almeirim	<b>29.00</b>	374
18.	99	20Km de Almeirim	<b>29.27</b>	364
19.	01	20Km de Almeirim	<b>29.61</b>	352
<i>FTL</i>				
20.	99	Natacao do Tejo	<b>29.63</b>	351
<i>FTL</i>				
21.	01	Natacao do Tejo	<b>29.72</b>	348
<i>FTL</i>				
EXH	01	Individual ANL	<b>28.40</b>	399

Prova 12	Femin., 50m Livres					Absolutos
25-06-2016 - 11:00						Resultados
Recorde Distrital ANDS 50m Absoluto	27.64	Sarah Dias	CLAC	Coimbra	25-07-2015	
Recorde Distrital ANDS 50m Juv B	28.38	Sarah Dias	CLAC	Famalicao	20-07-2013	
Recorde Distrital ANDS 50m Juv A	28.54	Sarah Dias	CLAC	Oeiras	26-07-2014	
Recorde Distrital ANDS 50m Jun	27.64	Sarah Dias	CLAC	Coimbra		
Recorde Distrital ANDS 50m Sen	27.80	Ana Catarina Boavista	CNLA	Aveiro	29-07-2007	

FEM Juv: 34.50; Jun/Sen: 34.50

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1.	01	Torres Novas	<b>28.43</b>	581
<i>RECORDE DISTRITAL, JUV-A</i>				
2.	00	Scalabiswim	<b>28.67</b>	567
3.	99	Scalabiswim	<b>29.32</b>	530
4.	99	Rio Maior	<b>29.33</b>	529
5.	01	Torres Novas	<b>29.81</b>	504
6.	02	Rio Maior	<b>30.45</b>	473

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 12, Femin., 50m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
7. Raquel Sofia Jorge	98 Salvaterra de Magos	<b>30.92</b>	452
8. Carolina Guerra Pisco	02 20Km de Almeirim	<b>31.04</b>	446
9. Beatriz Catarino Moura	02 Nautico Abrantes	<b>31.56</b>	425
10. Mariana Nunes Domingos	00 20Km de Almeirim	<b>31.71</b>	419
11. Catarina Goncalves Trezentos	98 Gualdim Pais	<b>32.17</b>	401
12. Joana Sofia Amado	99 Cartaxo	<b>32.61</b>	385
13. Beatriz Maria Duarte	02 Nautico Abrantes	<b>32.66</b>	383
14. Ana Rita Morais	02 Torres Novas	<b>33.12</b>	367
15. Mafalda Alexandra Cabaca	00 20Km de Almeirim	<b>33.16</b>	366
16. Maria Matilde Santana	98 Torres Novas	<b>33.37</b>	359
DNS Marta Sousa Oliveira	01 Torres Novas		

Prova 13

Masc., 200m Costas

Absolutos

25-06-2016 - 11:05

Resultados

Recorde Distrital ANDS 50m Absoluto	1:58.83	Pedro Diogo Oliveira	INDADS	London (GBR)	01-08-2012
Recorde Distrital ANDS 50m Jun	2:02.21	Pedro Diogo Oliveira	CNRM	Coimbra	28-07-2006
Recorde Distrital ANDS 50m Sen	1:58.83	Pedro Diogo Oliveira	INDADS	London (GBR)	01-08-2012

MAS : 2:53.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Afonso Guilherme Rosa 50m: 31.82 100m: 1:05.75 150m: 1:39.71 200m: 2:11.67	99 Torres Novas	<b>2:11.67</b>	614
2. Tomas Jose Agostinho 50m: 33.83 100m: 1:10.90 150m: 1:49.76 200m: 2:27.35	99 BUZIOS-Coruche	<b>2:27.35</b>	438
3. Goncalo Faria Saldida 100m: 1:13.87 150m: 1:51.57 200m: 2:28.31	99 Natacao do Tejo	<b>2:28.31</b>	429
4. Afonso Filipe Gaspar 50m: 34.65 100m: 1:12.43 150m: 1:51.74 200m: 2:30.36	97 Nautico Abrantes	<b>2:30.36</b>	412
5. Miguel Martins Barroqueiro 100m: 1:13.08 150m: 1:54.76 200m: 2:36.10	91 CLAC-Entroncamento	<b>2:36.10</b>	368
6. Bernardo Fernandes Aguiar 100m: 1:19.24 150m: 2:01.07 200m: 2:41.04	99 20Km de Almeirim	<b>2:41.04</b>	335
7. Jose Nuno Sousa 50m: 37.96 100m: 1:18.36 150m: 2:00.14 200m: 2:42.59	99 CLAC-Entroncamento	<b>2:42.59</b>	326
8. Ruben Alexandre Carvalho 100m: 1:22.62 150m: 2:05.55 200m: 2:45.30	98 Cartaxo	<b>2:45.30</b>	310
9. Bruno Miguel Nunes FTL 50m: 39.28 100m: 1:22.13 200m: 2:53.88	99 BUZIOS-Coruche	<b>2:53.88</b>	266

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 13, Masc., 200m Costas

Prova 13	Masc., 200m Costas				Juvenis
25-06-2016 - 11:05					Resultados
Recorde Distrital ANDS 50m Absoluto	1:58.83	Pedro Diogo Oliveira	INDADS	London (GBR)	01-08-2012
Recorde Distrital ANDS 50m Juv B	2:09.41	Pedro Diogo Oliveira	CNRM	Paris (FRA)	28-07-2003
Recorde Distrital ANDS 50m Juv A	2:06.92	Pedro Diogo Oliveira	CNRM	Jamor	30-07-2004
MAS : 3:04.00					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Ricardo Luis Leal	01	CLAC-Entroncamento		<b>2:22.51</b>	484	
50m: 34.64 100m: 1:10.80	150m: 1:47.10	200m: 2:22.51				
2. Rui Jorge Lopes	00	CLAC-Entroncamento		<b>2:23.36</b>	475	
50m: 35.45 100m: 1:12.15	150m: 1:48.22	200m: 2:23.36				
3. Jose Carlos Burecas	00	BUZIOS-Coruche		<b>2:31.03</b>	406	
50m: 36.13 100m: 1:13.72	150m: 1:53.03	200m: 2:31.03				
4. Miguel Goncalves Frade	00	Torres Novas		<b>2:31.26</b>	405	
50m: 35.77 100m: 1:14.10	150m: 1:53.38	200m: 2:31.26				
5. Joao Miguel Marques	01	20Km de Almeirim		<b>2:32.69</b>	393	
100m: 1:17.10 150m: 1:55.74	200m: 2:32.69					
6. Miguel Serrao Santos	00	Salvaterra de Magos		<b>2:43.62</b>	320	
50m: 38.23 100m: 1:19.48	150m: 2:02.02	200m: 2:43.62				
7. Manuel Tomas Andrade	01	20Km de Almeirim		<b>2:43.86</b>	318	
50m: 38.64 100m: 1:20.14	150m: 2:02.33	200m: 2:43.86				
8. Antonio Joao Pestana	00	CLAC-Entroncamento		<b>2:48.73</b>	291	
50m: 39.98 100m: 1:23.53	150m: 2:06.77	200m: 2:48.73				
9. Joao Afonso Goncalves	00	CLAC-Entroncamento		<b>2:49.12</b>	289	
50m: 39.50 100m: 1:22.53	150m: 2:06.70	200m: 2:49.12				
10. Daniel Filipe Oliveira	01	Natacao do Tejo		<b>2:56.77</b>	253	
50m: 41.36 100m: 1:26.22	150m: 2:11.60	200m: 2:56.77				
11. Manuel Jorge Franco	01	Cartaxo		<b>3:01.46</b>	234	
50m: 42.02 100m: 1:26.13	150m: 2:13.38	200m: 3:01.46				
12. David Jose Carpinteiro	00	Natacao do Tejo		<b>3:04.53</b>	223	
<i>FTL</i>						
50m: 42.53 100m: 1:29.70	150m: 2:16.48	200m: 3:04.53				
13. Tomas Antunes Ribeiro	01	Torres Novas		<b>3:05.16</b>	220	
<i>FTL</i>						
50m: 44.23 100m: 1:30.73	150m: 2:18.31	200m: 3:05.16				
14. Hugo Alexandre Sagradas	01	Natacao do Tejo		<b>3:10.84</b>	201	
<i>FTL</i>						
50m: 44.55 100m: 1:33.63	150m: 2:23.98	200m: 3:10.84				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 13, Masc., 200m Costas

Prova 13		Masc., 200m Costas				Infantis
25-06-2016 - 11:05						Resultados
Recorde Distrital ANDS 50m Absoluto	1:58.83	Pedro Diogo Oliveira	INDADS	London (GBR)	01-08-2012	
Recorde Distrital ANDS 50m Inf B	2:25.69	Paulo Bruno Janeiro	CNLA	Rio Maior	08-07-2007	
Recorde Distrital ANDS 50m Inf A	2:15.87	Pedro Diogo Oliveira	CNRM	Campanhã-Porto	05-06-2002	
MAS Inf B: 3:20.00; Inf A: 3:16.50						

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Francisco Costa Nunes				02	Salvaterra de Magos				<b>2:35.86</b>	370
	50m: 35.79	100m: 1:14.93	150m: 1:56.54	200m: 2:35.86							
2.	Paulo Vakulyuk				03	Torres Novas				<b>2:36.90</b>	362
	100m: 1:18.82	150m: 1:59.28	200m: 2:36.90								
3.	Diogo Bernardo Tome				03	Salvaterra de Magos				<b>2:40.11</b>	341
	50m: 38.04	100m: 1:18.90	150m: 2:00.31	200m: 2:40.11							
4.	Francisco Manuel Mendonca				02	Uniao Samorense				<b>2:43.91</b>	318
	100m: 1:19.49	150m: 2:02.94	200m: 2:43.91								
5.	Tomas Miguel Felicio				03	Rio Maior				<b>2:46.16</b>	305
	50m: 40.19	100m: 1:22.17	150m: 2:04.58	200m: 2:46.16							
6.	Afonso Miguel Silva				03	Viver Santarem				<b>2:52.67</b>	272
	50m: 39.94	100m: 1:23.58	150m: 2:09.41	200m: 2:52.67							
7.	Goncalo Magalhaes Cristovao				03	20Km de Almeirim				<b>2:53.69</b>	267
	50m: 41.03	100m: 1:24.70	150m: 2:09.12	200m: 2:53.69							
8.	Joao Diogo Correia				02	CLAC-Entroncamento				<b>2:58.60</b>	246
	50m: 41.78	100m: 1:27.65	150m: 2:13.31	200m: 2:58.60							
9.	Andriy Dyakiv				02	Uniao Samorense				<b>2:59.87</b>	240
	50m: 41.09	100m: 1:26.36	150m: 2:13.83	200m: 2:59.87							
10.	Diogo Miguel Matreno				03	Torres Novas				<b>3:01.08</b>	236
	50m: 42.44	100m: 1:28.30	150m: 2:15.84	200m: 3:01.08							
11.	Daniel Francisco Carvalho				02	Natacao do Tejo				<b>3:01.94</b>	232
	50m: 43.22	100m: 1:30.00	150m: 2:16.71	200m: 3:01.94							
12.	Duarte Filipe Silva				03	BUZIOS-Coruche				<b>3:03.97</b>	225
	50m: 43.79	100m: 1:30.76	150m: 2:18.04	200m: 3:03.97							
DSQ	Alexandre Miguel Silva				02	Natacao do Tejo					
	<i>SW 6.4 - O (a) atleta não efectua a viragem dos 150 metros após terminar o movimento contínuo de braços</i>										
EXH	Goncalo Silveirinha Caldeira				01	Individual ANL				<b>2:44.58</b>	314
	50m: 38.84	100m: 1:19.49	150m: 2:02.21	200m: 2:44.58							



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 14 Femin., 200m Costas Absolutos  
25-06-2016 - 11:25 Resultados

Recorde Distrital ANDS 50m Absoluto	2:25.40	Mariana Veloso Vitoria	CNAB	Coimbra	28-03-2013
Recorde Distrital ANDS 50m Jun	2:25.40	Mariana Veloso Vitoria	CNAB	Coimbra	28-03-2013
Recorde Distrital ANDS 50m Sen	2:33.02	Ana Catarina Boavista	CNLA	Aveiro	29-07-2007

FEM : 3:08.00

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts
1.	Patricia Palmeiro Baeta				00	Scalabiswim			<b>2:34.22</b>	520
	50m: 37.59	100m: 1:18.60	150m: 1:57.17	200m: 2:34.22						
2.	Ana Catarina Santos				00	Uniao Samorense			<b>2:45.31</b>	422
	50m: 39.45	100m: 1:22.33	150m: 2:05.07	200m: 2:45.31						
3.	Ana Claudia Santo				97	Cartaxo			<b>2:49.21</b>	394
	50m: 38.37	100m: 1:20.96	150m: 2:05.25	200m: 2:49.21						
4.	Carolina Miguel Marques				99	Natacao do Tejo			<b>2:56.67</b>	346
	50m: 42.33	100m: 1:26.50	150m: 2:12.39	200m: 2:56.67						

Prova 14 Femin., 200m Costas Juvenis  
25-06-2016 - 11:25 Resultados

Recorde Distrital ANDS 50m Absoluto	2:25.40	Mariana Veloso Vitoria	CNAB	Coimbra	28-03-2013
Recorde Distrital ANDS 50m Juv B	2:29.39	Mariana Veloso Vitoria	CNAB	Povoia de Varzim	25-03-2012
Recorde Distrital ANDS 50m Juv A	2:33.89	Maria Beatriz Dias	VS	OEIRAS	25-07-2014

FEM : 3:12.00

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts
1.	Ines Ferreira Duarte				01	Natacao do Tejo			<b>2:40.36</b>	463
	50m: 37.48	100m: 1:18.57	150m: 2:00.17	200m: 2:40.36						
2.	Ana Beatriz Rodrigues				02	Rio Maior			<b>2:47.02</b>	409
	50m: 39.12	100m: 1:21.61	150m: 2:04.90	200m: 2:47.02						
3.	Rita Daniela Lopes				01	Gualdim Pais			<b>2:52.50</b>	371
	50m: 40.61	100m: 1:24.05	150m: 2:08.53	200m: 2:52.50						
4.	Carolina Guerra Pisco				02	20Km de Almeirim			<b>2:55.79</b>	351
	50m: 41.05	100m: 1:25.28	150m: 2:10.84	200m: 2:55.79						
5.	Ines Ribeiro Novo				02	Torres Novas			<b>2:59.19</b>	331
	50m: 41.90	100m: 1:27.03	150m: 2:13.56	200m: 2:59.19						
6.	Carolina Polonio Alexandre				01	CLAC-Entroncamento			<b>3:04.13</b>	305
	50m: 41.60	100m: 1:28.64	150m: 2:17.15	200m: 3:04.13						

Prova 14 Femin., 200m Costas Infantis  
25-06-2016 - 11:25 Resultados

Recorde Distrital ANDS 50m Absoluto	2:25.40	Mariana Veloso Vitoria	CNAB	Coimbra	28-03-2013
Recorde Distrital ANDS 50m Inf B	2:43.02	Raquel Mendes Poço	CNTN	EUL-Lisboa	03-08-1999
Recorde Distrital ANDS 50m Inf A	2:31.34	Mariana Veloso Vitoria	CNAB	Lisboa	24-07-2011

FEM Inf B: 3:25.00; Inf A: 3:18.50

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts
1.	Lea Alexandra Mendes				03	Gualdim Pais			<b>2:43.62</b>	435
	50m: 38.03	100m: 1:19.68	150m: 2:02.11	200m: 2:43.62						
2.	Erica Neves Leote				03	Torres Novas			<b>2:44.76</b>	426
	50m: 39.33	100m: 1:20.81	150m: 2:03.02	200m: 2:44.76						
3.	Mafalda Magalhaes Costa				03	Gualdim Pais			<b>2:47.90</b>	403
	50m: 39.41	100m: 1:21.65	150m: 2:05.13	200m: 2:47.90						

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 14, Femin., 200m Costas, Infantis

Lugar	Ano	Tempo final	Pts
4. Beatriz Moreira Carvalho 50m: 41.33 100m: 1:23.62 150m: 2:06.47 200m: 2:48.56	03 Rio Maior	<b>2:48.56</b>	398
5. Mafalda Sofia Rosa 50m: 40.06 100m: 1:22.40 150m: 2:08.38 200m: 2:50.70	03 Rio Maior	<b>2:50.70</b>	383
6. Ines Arraiolos Matos 50m: 41.95 100m: 1:25.99 150m: 2:11.81 200m: 2:55.66	03 Scalabiswim	<b>2:55.66</b>	352
7. Maria Ines Paveia 50m: 41.86 100m: 1:26.60 150m: 2:12.04 200m: 2:56.04	03 20Km de Almeirim	<b>2:56.04</b>	349
8. Ana Beatriz Pereira 50m: 41.54 100m: 1:27.08 150m: 2:12.76 200m: 2:57.13	04 Salvaterra de Magos	<b>2:57.13</b>	343
9. Mariana Oliveira Figueiredo 50m: 43.81 100m: 1:30.11 150m: 2:16.28 200m: 3:02.59	04 Salvaterra de Magos	<b>3:02.59</b>	313
10. Ines Marques Garcia 50m: 43.50 100m: 1:30.88 150m: 2:19.24 200m: 3:06.16	03 Nautico Abrantes	<b>3:06.16</b>	295
11. Catarina Fernandes Moutinho 50m: 45.49 100m: 1:33.61 150m: 2:22.08 200m: 3:07.71	04 CLAC-Entroncamento	<b>3:07.71</b>	288
12. Rafaela Canano Silva 50m: 44.66 100m: 1:32.80 150m: 2:22.33 200m: 3:09.29	04 Cartaxo	<b>3:09.29</b>	281
13. Raquel Canelas Louro 50m: 45.26 100m: 1:33.68 150m: 2:24.24 200m: 3:09.99	04 Viver Santarem	<b>3:09.99</b>	278
14. Joana Margarida Sousa 50m: 45.32 100m: 1:34.04 150m: 2:23.20 200m: 3:10.74	04 20Km de Almeirim	<b>3:10.74</b>	275
DSQ Matilde Basilio Gil <i>SW 4.4 - Falsa partida</i>	03 CLAC-Entroncamento		
DNS Carolina Calado Coelho	04 Nautico Abrantes		
EXH Luana Correia Rodrigues 50m: 38.92 100m: 1:19.50 150m: 2:00.44 200m: 2:40.49	01 Individual ANL	<b>2:40.49</b>	461
EXH Lidiana Correia Rodrigues 50m: 41.49 100m: 1:25.18 150m: 2:08.69 200m: 2:49.93	04 Individual ANL	<b>2:49.93</b>	389

Prova 15

25-06-2016 - 11:40

Masc., 100m Mariposa

Absolutos

Resultados

Recorde Distrital ANDS 50m Absoluto	55.11	Pedro Diogo Oliveira	CNRM	Faro	20-07-2009
Recorde Distrital ANDS 50m Jun	55.84	Pedro Diogo Oliveira	CNRM	Coimbra	29-07-2006
Recorde Distrital ANDS 50m Sen	55.11	Pedro Diogo Oliveira	CNRM	Faro	20-07-2009

MAS : 1:16.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Marco Andre Miguel 50m: 27.65 100m: 58.71	99 Torres Novas	<b>58.71</b>	611
2. Tiago Filipe Campos 50m: 28.52 100m: 1:01.75	99 Scalabiswim	<b>1:01.75</b>	525
3. Pedro Pereira Lopes 50m: 29.44 100m: 1:03.17	99 BUZIOS-Coruche	<b>1:03.17</b>	490
4. Bernardo Jose Dionisio 50m: 29.76 100m: 1:04.98	99 Gualdim Pais	<b>1:04.98</b>	450

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 15, Masc., 100m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
5. Ruben Miguel Matos 50m: 29.06 100m: 1:05.14	91 Nautico Abrantes	<b>1:05.14</b>	447
6. Joao Paulo Lopes 50m: 31.12 100m: 1:05.37	98 Torres Novas	<b>1:05.37</b>	442
7. Joao Manuel Ferreira 50m: 30.01 100m: 1:05.96	92 CLAC-Entroncamento	<b>1:05.96</b>	430
8. Dario Fausto Matias 50m: 31.49 100m: 1:07.42	98 Torres Novas	<b>1:07.42</b>	403
9. Artur Rafael Saramago 50m: 30.92 100m: 1:08.00	97 BUZIOS-Coruche	<b>1:08.00</b>	393
10. Joao Pedro Rosa 50m: 31.71 100m: 1:09.06	90 CLAC-Entroncamento	<b>1:09.06</b>	375
11. Miguel Martins Barroqueiro DNS Joao Tiago Neves	91 CLAC-Entroncamento 94 Belenenses	<b>1:09.10</b>	374

Prova 15  
25-06-2016 - 11:40

Masc., 100m Mariposa

Juvenis  
Resultados

Recorde Distrital ANDS 50m Absoluto	55.11	Pedro Diogo Oliveira	CNRM	Faro	20-07-2009
Recorde Distrital ANDS 50m Juv B	58.03	Pedro Diogo Oliveira	CNRM	Lisboa	17-05-2003
Recorde Distrital ANDS 50m Juv A	56.11	Pedro Diogo Oliveira	CNRM	Jamor	29-07-2004

MAS : 1:19.80

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Miguel Serrao Santos 50m: 29.63 100m: 1:03.48	00 Salvaterra de Magos	<b>1:03.48</b>	483
2. Joao Jose Calado 50m: 30.06 100m: 1:05.34	01 Nautico Abrantes	<b>1:05.34</b>	443
3. Rui Jorge Lopes 50m: 31.31 100m: 1:06.10	00 CLAC-Entroncamento	<b>1:06.10</b>	428
4. Diogo Franco Martins 50m: 31.59 100m: 1:08.27	01 20Km de Almeirim	<b>1:08.27</b>	388
5. Afonso Maria Teodoro 50m: 31.69 100m: 1:08.44	01 Cartaxo	<b>1:08.44</b>	385
6. Goncalo Catarino Dias 50m: 31.62 100m: 1:08.81	00 Rio Maior	<b>1:08.81</b>	379
7. Henrique Miguel Cruz 50m: 32.16 100m: 1:09.09	00 Torres Novas	<b>1:09.09</b>	374
8. Marcio Lima Silva 50m: 33.99 100m: 1:10.32	01 Natacao do Tejo	<b>1:10.32</b>	355
9. Tomas Meliciano Cabeleira 50m: 32.39 100m: 1:10.94	01 CLAC-Entroncamento	<b>1:10.94</b>	346
10. Ricardo Luis Leal 50m: 33.56 100m: 1:12.94	01 CLAC-Entroncamento	<b>1:12.94</b>	318
11. Joao Antonio Simoes 50m: 32.76 100m: 1:13.13	01 Torres Novas	<b>1:13.13</b>	316
12. Filipe Asseiceira Ramos 50m: 34.79 100m: 1:15.81	00 Torres Novas	<b>1:15.81</b>	283
13. Tiago Miguel Lucas 50m: 35.08 100m: 1:16.19	00 BUZIOS-Coruche	<b>1:16.19</b>	279

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 15, Masc., 100m Mariposa, Juvenis

Lugar	Ano	Tempo final	Pts
14. Joao Diogo Lopes 50m: 32.60 100m: 1:16.51	01 Cartaxo	<b>1:16.51</b>	276
15. Dinis Neves Silva 50m: 36.03 100m: 1:17.06	00 Gualdim Pais	<b>1:17.06</b>	270
16. David Antunes Santos <i>FTL</i> 50m: 36.29 100m: 1:24.04	00 CLAC-Entroncamento	<b>1:24.04</b>	208

Prova 15 Masc., 100m Mariposa Infantis  
25-06-2016 - 11:40 Resultados

Recorde Distrital ANDS 50m Absoluto	55.11	Pedro Diogo Oliveira	CNRM	Faro	20-07-2009
Recorde Distrital ANDS 50m Inf B	1:06.59	Fabio Miguel Samouco	CNTN	Famalicao	19-07-2008
Recorde Distrital ANDS 50m Inf A	1:01.99	Pedro Diogo Oliveira	CNRM	EUL-Lisboa	18-05-2002
MAS Inf B: 1:35.00; Inf A: 1:28.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Bernardo Jorge Simoes 50m: 32.41 100m: 1:07.99	02 Torres Novas	<b>1:07.99</b>	393
2. Francisco Costa Nunes 50m: 30.58 100m: 1:09.44	02 Salvaterra de Magos	<b>1:09.44</b>	369
3. Paulo Vakulyuk 50m: 34.37 100m: 1:10.99	03 Torres Novas	<b>1:10.99</b>	345
4. Joao Afonso Pacau 50m: 33.26 100m: 1:11.82	02 Gualdim Pais	<b>1:11.82</b>	333
5. Bernardo Correa Clavinho 50m: 33.79 100m: 1:15.17	02 Scalabiswim	<b>1:15.17</b>	291
6. Rui Chagas Alves 50m: 36.02 100m: 1:16.30	03 Viver Santarem	<b>1:16.30</b>	278
7. Luis Afonso Lopes 50m: 35.70 100m: 1:17.71	03 Viver Santarem	<b>1:17.71</b>	263
8. Tiago Miguel Jorge 50m: 36.95 100m: 1:19.45	03 Rio Maior	<b>1:19.45</b>	246
9. Goncalo Magalhaes Cristovao 50m: 39.62 100m: 1:25.33	03 20Km de Almeirim	<b>1:25.33</b>	199
10. Afonso Miguel Silva 50m: 40.24 100m: 1:26.09	03 Viver Santarem	<b>1:26.09</b>	193
11. Joao Vasco Canadas 50m: 40.50 100m: 1:26.44	03 Rio Maior	<b>1:26.44</b>	191
12. Nuno Francisco Neves 50m: 41.33 100m: 1:27.53	02 Torres Novas	<b>1:27.53</b>	184
13. Joao Monteiro Rodrigues 50m: 40.74 100m: 1:29.59	03 Gualdim Pais	<b>1:29.59</b>	171
14. Guilherme Marques Mendes 50m: 42.10 100m: 1:33.30	03 Torres Novas	<b>1:33.30</b>	152
15. Pedro Maria Santana 50m: 42.94 100m: 1:34.71	03 Torres Novas	<b>1:34.71</b>	145
DSQ Daniel Mocanu <i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>	02 Uniao Samorense		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 15, Masc., 100m Mariposa, Infantis

Lugar	Ano	Tempo final	Pts
DSQ Guilherme Pereira Coutinho <i>SW 4.4 - Falsa partida</i>	03 Viver Santarem		
DSQ Miguel Silva Pereira <i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>	03 Viver Santarem		
EXH Afonso Mateus Ribeiro 50m: 28.10 100m: 1:00.43	95 Belenenses	<b>1:00.43</b>	560
EXH Miguel Carrico Cruz 50m: 28.23 100m: 1:01.30	99 Cartaxo	<b>1:01.30</b>	536

Prova 16

Femin., 100m Mariposa

Absolutos  
Resultados

25-06-2016 - 11:55

Recorde Distrital ANDS 50m Absoluto	1:06.47	Mariana Veloso Vitoria	CNAB	Coimbra	30-03-2013
Recorde Distrital ANDS 50m Jun	1:06.47	Mariana Veloso Vitoria	CNAB	Coimbra	30-03-2013
Recorde Distrital ANDS 50m Sen	1:08.27	Daniela Filipa Felicio	CNRM	Aveiro	28-07-2007

FEM : 1:36.30

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva 50m: 32.33 100m: 1:08.31	98 Nautico Abrantes	<b>1:08.31</b>	540
2. Ana Catarina Santos 50m: 35.01 100m: 1:17.26	00 Uniao Samorense	<b>1:17.26</b>	373
3. Raquel Sofia Jorge 50m: 36.00 100m: 1:20.60	98 Salvaterra de Magos	<b>1:20.60</b>	328
4. Carolina Miguel Marques 50m: 37.95 100m: 1:23.32	99 Natacao do Tejo	<b>1:23.32</b>	297
5. Ana Teresa Nunes 50m: 38.53 100m: 1:23.58	88 Natacao do Tejo	<b>1:23.58</b>	295
6. Joana Sofia Amado 50m: 40.81 100m: 1:29.82	99 Cartaxo	<b>1:29.82</b>	237

Prova 16

Femin., 100m Mariposa

Juvenis  
Resultados

25-06-2016 - 11:55

Recorde Distrital ANDS 50m Absoluto	1:06.47	Mariana Veloso Vitoria	CNAB	Coimbra	30-03-2013
Recorde Distrital ANDS 50m Juv B	1:07.62	Mariana Veloso Vitoria	CNAB	Povoa de Varzim	25-03-2012
Recorde Distrital ANDS 50m Juv A	1:11.61	Carolina Marques Neves	CNTN	Vila Franca de Xira	14-05-2016

FEM : 1:37.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carolina Marques Neves 50m: 33.10 100m: 1:11.80	01 Torres Novas	<b>1:11.80</b>	465
2. Constanca Isabel Jose 50m: 34.17 100m: 1:13.74	01 Gualdim Pais	<b>1:13.74</b>	429
3. Beatriz Santos Reis 50m: 36.35 100m: 1:14.45	01 Torres Novas	<b>1:14.45</b>	417
4. Filipa Cardigo Fitas 50m: 35.31 100m: 1:15.88	02 20Km de Almeirim	<b>1:15.88</b>	394
5. Carolina Silverio Carpinteiro 50m: 36.05 100m: 1:16.06	02 Natacao do Tejo	<b>1:16.06</b>	391

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 16, Femin., 100m Mariposa, Juvenis

Lugar	Ano	Tempo final	Pts
6. Catia Iordan Agostinho 50m: 36.13 100m: 1:16.79	02 Rio Maior	<b>1:16.79</b>	380
7. Rita Sousa Oliveira 50m: 35.97 100m: 1:18.37	01 Torres Novas	<b>1:18.37</b>	357
8. Mafalda Gilberto Marques 50m: 35.98 100m: 1:18.46	01 Natacao do Tejo	<b>1:18.46</b>	356
9. Ines Cambe Cunha 50m: 38.27 100m: 1:20.64	02 Torres Novas	<b>1:20.64</b>	328
10. Marta Chambel Dias 50m: 39.00 100m: 1:23.56	02 CLAC-Entroncamento	<b>1:23.56</b>	295
11. Ana Rita Morais 50m: 40.09 100m: 1:27.20	02 Torres Novas	<b>1:27.20</b>	259
12. Leonor Vitoriano Marques 50m: 42.66 100m: 1:30.21	01 Scalabiswim	<b>1:30.21</b>	234
13. Maria Beatriz Silva 50m: 39.98 100m: 1:33.06	02 CLAC-Entroncamento	<b>1:33.06</b>	213
14. Diana Sofia Vital 50m: 43.31 100m: 1:33.96	02 Torres Novas	<b>1:33.96</b>	207
15. Andreia Sofia Alves FTL 50m: 43.68 100m: 1:37.52	02 Torres Novas	<b>1:37.52</b>	185
16. Ines Isabel Conde FTL 50m: 44.72 100m: 1:40.77	01 Torres Novas	<b>1:40.77</b>	168

Prova 16 Femin., 100m Mariposa Infantis Resultados  
25-06-2016 - 11:55

Recorde Distrital ANDS 50m Absoluto	1:06.47	Mariana Veloso Vitoria	CNAB	Coimbra	30-03-2013
Recorde Distrital ANDS 50m Inf B	1:13.83	Mariana Veloso Vitoria	CNAB	Porto	25-07-2010
Recorde Distrital ANDS 50m Inf A	1:08.02	Mariana Veloso Vitoria	CNAB	Lisboa	24-07-2011

FEM Inf B: 1:43.50; Inf A: 1:50.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Lea Alexandra Mendes 50m: 35.02 100m: 1:16.31	03 Gualdim Pais	<b>1:16.31</b>	387
2. Ines Asseiceira Ramos 50m: 35.49 100m: 1:17.16	03 Torres Novas	<b>1:17.16</b>	374
3. Secile Liu Wang 50m: 38.13 100m: 1:19.75	03 Uniao Samorense	<b>1:19.75</b>	339
4. Mafalda Magalhaes Costa 50m: 37.53 100m: 1:21.09	03 Gualdim Pais	<b>1:21.09</b>	323
5. Ana Beatriz Pereira 50m: 36.97 100m: 1:21.65	04 Salvaterra de Magos	<b>1:21.65</b>	316
6. Beatriz Staiger Bento 50m: 38.58 100m: 1:22.38	04 20Km de Almeirim	<b>1:22.38</b>	308
7. Ana Patricia Oliveira 50m: 39.14 100m: 1:22.62	03 20Km de Almeirim	<b>1:22.62</b>	305



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 16, Femin., 100m Mariposa, Infantis

Lugar	Ano	Tempo final	Pts
8. Rita Carrico Cruz	04 Viver Santarem	<b>1:26.85</b>	262
9. Matilde Isabel Macharreu 50m: 41.35 100m: 1:28.89	04 BUZIOS-Coruche	<b>1:28.89</b>	245
10. Joana Margarida Sousa 50m: 42.68 100m: 1:30.08	04 20Km de Almeirim	<b>1:30.08</b>	235
11. Maria Ines Almeida 50m: 42.18 100m: 1:31.55	03 CLAC-Entroncamento	<b>1:31.55</b>	224
12. Constanca Basilio Gil 50m: 46.65 100m: 1:39.64	03 CLAC-Entroncamento	<b>1:39.64</b>	174
13. Laura Maria Ferreira 50m: 48.18 100m: 1:49.13	03 Gualdim Pais	<b>1:49.13</b>	132

Prova 17

Masc., 4 x 200m Livres

Absolutos  
Resultados

25-06-2016 - 12:20

Recorde Distrital ANDS 50m Absoluto	8:14.35	CNLA	CNLA	Faro	21-07-2009
Recorde Distrital ANDS 50m Jun	9:15.52	SCALABISPORT	SCALABIS	Rio Maior	09-07-2011
Recorde Distrital ANDS 50m Sen	8:56.68	CNTN	CNTN	Rio Maior	10-07-2010

MAS : 10:10.00

Pontos: FINA 2016

Lugar	Tempo final	Pts
1. Torres Novas 1 <i>RECORDE DISTRITAL, JUN</i>	<b>8:32.17</b>	545
Joao Paulo Lopes	98 1:03.20	2:12.06 2:12.06
Afonso Guilherme Rosa	99 58.39	2:03.30 2:03.30
Marco Andre Miguel	99 1:01.50	2:10.78 2:10.78
Dario Fausto Matias	98 1:01.25	2:06.03 2:06.03
2. BUZIOS-Coruche 1	<b>9:03.02</b>	457
Artur Rafael Saramago	97 1:06.16	2:17.57 2:17.57
Pedro Pereira Lopes	99 1:01.11	2:07.63 2:07.63
Bruno Miguel Nunes	99 1:10.31	2:30.69 2:30.69
Tomas Jose Agostinho	99 1:00.93	2:07.13 2:07.13
3. CLAC-Entroncamento 1	<b>9:19.23</b>	419
Jose Nuno Sousa	99 1:06.36	2:21.20 2:21.20
Pedro Manuel Nunes	98 1:05.10	2:19.00 2:19.00
Joao Pedro Rosa	90 1:06.34	2:21.03 2:21.03
Joao Manuel Ferreira	92 1:05.07	2:18.00 2:18.00

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 17, Masc., 4 x 200m Livres

Prova 17	Masc., 4 x 200m Livres					Juvenis
25-06-2016 - 12:20						Resultados
Recorde Distrital ANDS 50m Absoluto	8:14.35	CNLA	CNLA	Faro		21-07-2009
Recorde Distrital ANDS 50m Juv B	8:34.79	CNTN	CNTN	Coimbra		29-07-2010
Recorde Distrital ANDS 50m Juv	8:58.87	Clube de Natacao de Torres Novas	CNTN	Rio Maior		11-07-2015
Recorde Distrital ANDS 50m Juv A	8:31.10	CNTN	CNTN	Oeiras		25-03-2011
MAS : 11:00.00						

Pontos: FINA 2016

Lugar					Tempo final	Pts
<b>1. CLAC-Entroncamento 2</b>	<b>CLAC-Entroncamento</b>				<b>9:02.84</b>	<b>458</b>
Rui Jorge Lopes	00	1:02.40	2:10.75	2:10.75		
Tomas Meliciano Cabeleira	01	1:06.90	2:21.47	2:21.47		
Joao Afonso Goncalves	00	1:06.37	2:23.88	2:23.88		
Ricardo Luis Leal	01	1:00.83	2:06.74	2:06.74		
<b>2. Torres Novas 2</b>	<b>Torres Novas</b>				<b>9:04.77</b>	<b>453</b>
Filipe Asseiceira Ramos	00	1:04.40	2:12.06	2:12.06		
Henrique Miguel Cruz	00	1:06.12	2:20.75	2:20.75		
Joao Antonio Simoes	01	1:05.31	2:17.71	2:17.71		
Miguel Goncalves Frade	00	1:04.56	2:14.25	2:14.25		
<b>3. 20Km de Almeirim 1</b>	<b>20Km de Almeirim</b>				<b>9:18.46</b>	<b>420</b>
Diogo Franco Martins	01	1:02.37	2:10.37	2:10.37		
Afonso Pinhal Canto	01	1:09.94	2:28.35	2:28.35		
Manuel Tomas Andrade	01	1:09.62	2:29.33	2:29.33		
Joao Miguel Marques	01	1:03.70	2:10.41	2:10.41		
<b>4. Natacao do Tejo 2</b>	<b>Natacao do Tejo</b>				<b>10:07.16</b>	<b>327</b>
Marcio Lima Silva	01	1:09.04	2:24.57	2:24.57		
Daniel Filipe Oliveira	01	1:12.29	2:31.16	2:31.16		
David Jose Carpinteiro	00	1:11.13	2:38.00	2:38.00		
Hugo Alexandre Sagradas	01	1:10.91	2:33.43	2:33.43		

Prova 17	Masc., 4 x 200m Livres					Infantis
25-06-2016 - 12:20						Resultados
Recorde Distrital ANDS 50m Absoluto	8:14.35	CNLA	CNLA	Faro		21-07-2009
Recorde Distrital ANDS 50m Inf B	9:47.89	SCALABISPORT	SCALABIS	Rio Maior		22-07-2012
Recorde Distrital ANDS 50m Inf	9:20.57	VS	VS	Rio Maior		05-07-2014
Recorde Distrital ANDS 50m Inf A	8:54.40	CNTN	CNTN	S. João da Madeira		26-07-2009
MAS Inf B: 11:39.00; Inf A: 11:39.00						

Pontos: FINA 2016

Lugar					Tempo final	Pts
<b>1. Viver Santarem 1</b>	<b>Viver Santarem</b>				<b>9:47.76</b>	<b>361</b>
<i>RECORDE DISTRITAL, INF-B</i>						
Rui Chagas Alves	03	1:09.13	2:22.97	2:22.97		
Miguel Monsanto Cotrim	03	1:13.07	2:32.03	2:32.03		
Guilherme Pereira Coutinho	03	1:12.70	2:26.95	2:26.95		
Luis Afonso Lopes	03	1:10.81	2:25.81	2:25.81		
<b>2. Torres Novas 3</b>	<b>Torres Novas</b>				<b>9:52.05</b>	<b>353</b>
Paulo Vakulyuk	03	32.45 1:08.11	1:46.23	2:21.79	2:21.79	
Nuno Francisco Neves	02	36.70 1:17.75	2:00.83	2:42.94	2:42.94	
Guilherme Marques Mendes	03	36.86 1:16.87	1:57.85	2:36.93	2:36.93	
Bernardo Jorge Simoes	02	29.55 1:03.06	1:38.47	2:10.39	2:10.39	
<b>3. Uniao Samorense 1</b>	<b>Uniao Samorense</b>				<b>10:22.27</b>	<b>304</b>
Daniel Mocanu	02	34.17 1:10.96	1:51.63	2:31.47	2:31.47	
Andriy Dyakiv	02	37.16 1:20.03	2:05.02	2:48.83	2:48.83	
Alexandre Manuel Jesus	02	33.25 1:11.52	1:53.61	2:36.04	2:36.04	
Francisco Manuel Mendonca	02	32.65 1:10.11	1:48.80	2:25.93	2:25.93	

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 17, Masc., 4 x 200m Livres, Infantis

Lugar						Tempo final	Pts
<b>4. Natacao do Tejo 3</b>		<b>Natacao do Tejo</b>				<b>10:51.13</b>	<b>265</b>
Alexandre Miguel Silva	02	31.84	1:06.53	1:41.84	2:17.06	2:17.06	
Hugo Miguel Leitao	03	37.37	1:23.26	2:13.27	3:01.12	3:01.12	
Henrique Antonio Martins	03	36.46	1:20.14	2:06.13	2:49.47	2:49.47	
Daniel Francisco Carvalho	02	36.67	1:19.02	2:02.22	2:43.48	2:43.48	

Prova 18  
25-06-2016 - 12:40

Femin., 4 x 200m Livres

Juvenis  
Resultados

Recorde Distrital ANDS 50m Absoluto	9:31.66	CNAB	CNAB	Oeiras	12-04-2015
Recorde Distrital ANDS 50m Juv B	9:48.67	Clube de Natacao de Torres Novas	CNTN	Rio Maior	11-07-2015
Recorde Distrital ANDS 50m Juv A	10:14.59	CNAB	CNAB	Rio Maior	05-07-2014

FEM : 11:40.00

Pontos: FINA 2016

Lugar						Tempo final	Pts
<b>1. Torres Novas 1</b>		<b>Torres Novas</b>				<b>10:20.76</b>	<b>412</b>
Ana Rita Morais	02	36.21	1:16.52	1:58.77	2:40.08	2:40.08	
Beatriz Santos Reis	01	34.03	1:12.77	1:52.57	2:32.62	2:32.62	
Ines Cambe Cunha	02	34.53	1:13.61	1:53.23	2:31.92	2:31.92	
Ines Ribeiro Novo	02	34.47	1:13.86	1:55.39	2:36.14	2:36.14	
<b>2. Natacao do Tejo 1</b>		<b>Natacao do Tejo</b>				<b>10:21.12</b>	<b>411</b>
Ines Ferreira Duarte	01	33.22	1:10.77	1:50.93	2:30.39	2:30.39	
Jessica Alexandra Camelo	01	39.84	1:24.05	2:12.69	3:00.94	3:00.94	
Mafalda Gilberto Marques	01	33.20	1:11.24	1:51.65	2:31.25	2:31.25	
Carolina Silverio Carpinteiro	02	31.64	1:07.33	1:44.42	2:18.54	2:18.54	

Prova 18  
25-06-2016 - 12:40

Femin., 4 x 200m Livres

Infantis  
Resultados

Recorde Distrital ANDS 50m Absoluto	9:31.66	CNAB	CNAB	Oeiras	12-04-2015
Recorde Distrital ANDS 50m Inf B	10:12.46	CNTN	CNTN	S. João da Madeira	12-07-2013
Recorde Distrital ANDS 50m Inf	9:21.98	CNRM	CNRM	Oeiras	17-07-2015
Recorde Distrital ANDS 50m Inf A	10:06.20	CNLA	CNLA	Coimbra	23-07-2005

FEM Inf B: 12:20.00; Inf A: 12:20.00

Pontos: FINA 2016

Lugar						Tempo final	Pts
<b>1. Torres Novas 2</b>		<b>Torres Novas</b>				<b>10:13.57</b>	<b>427</b>
Erica Neves Leote	03	34.47	1:12.81	1:52.74	2:31.41	2:31.41	
Beatriz Goncalves Casal	03	32.43	1:10.21	1:50.08	2:29.18	2:29.18	
Margarida Mateus Morais	04	37.88	1:22.92	2:07.42	2:51.35	2:51.35	
Ines Asseiceira Ramos	03	32.36	1:08.02	1:44.83	2:21.63	2:21.63	
<b>2. 20Km de Almeirim 1</b>		<b>20Km de Almeirim</b>				<b>10:42.15</b>	<b>372</b>
Ana Patricia Oliveira	03	36.69	1:18.02	2:01.76	2:43.05	2:43.05	
Joana Margarida Sousa	04	36.70	1:18.25	2:01.35	2:43.08	2:43.08	
Maria Ines Paveia	03	35.65	1:16.23	1:59.21	2:41.70	2:41.70	
Beatriz Staiger Bento	04	35.71	1:15.22	1:56.96	2:34.32	2:34.32	

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

3 - 3ª SESSÃO

25-06-2016 - 15:30

Prova 19	Masc., 400m Estilos				Absolutos
25-06-2016 - 15:30					Resultados
Recorde Distrital ANDS 50m Absoluto	4:27.51	Pedro Diogo Oliveira	CNRM	Faro	19-07-2009
Recorde Distrital ANDS 50m Jun	4:42.17	Gustavo Manuel Santa	CNLA	Coimbra	10-04-2010
Recorde Distrital ANDS 50m Sen	4:27.51	Pedro Diogo Oliveira	CNRM	Faro	19-07-2009
MAS : 6:03.00					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Tiago Filipe Campos	99	Scalabiswim			<b>4:50.17</b>	593
50m: 29.60	150m: 1:41.61	250m: 3:02.27	350m: 4:18.75			
100m: 1:03.51	200m: 2:19.27	300m: 3:46.52	400m: 4:50.17			
2. Dario Fausto Matias	98	Torres Novas			<b>5:10.36</b>	484
50m: 31.92	150m: 1:53.06	250m: 3:19.89	350m: 4:39.49			
100m: 1:08.43	200m: 2:34.00	300m: 4:06.05	400m: 5:10.36			
3. Goncalo Faria Saldida	99	Natacao do Tejo			<b>5:10.47</b>	484
50m: 34.30	150m: 1:55.53	250m: 3:21.32	350m: 4:39.09			
100m: 1:12.64	200m: 2:37.04	300m: 4:05.86	400m: 5:10.47			
4. Jose Nuno Sousa	99	CLAC-Entroncamento			<b>5:53.74</b>	327
50m: 37.56	150m: 2:07.23	250m: 3:43.94	350m: 5:14.34			
100m: 1:21.95	200m: 2:52.55	300m: 4:35.74	400m: 5:53.74			
5. David Antonio Carvalho	99	Natacao do Tejo			<b>5:57.84</b>	316
50m: 35.29	150m: 2:08.96	250m: 3:49.45	350m: 5:20.15			
100m: 1:18.39	200m: 2:57.12	300m: 4:40.96	400m: 5:57.84			

Prova 19	Masc., 400m Estilos				Juvenis
25-06-2016 - 15:30					Resultados
Recorde Distrital ANDS 50m Absoluto	4:27.51	Pedro Diogo Oliveira	CNRM	Faro	19-07-2009
Recorde Distrital ANDS 50m Juv B	4:56.32	Jose Henriques Luz	NSCG	Coimbra	05-04-2014
Recorde Distrital ANDS 50m Juv A	4:42.47	Gustavo Manuel Santa	CNLA	Póvoa do Varzim	15-03-2009
MAS : 6:18.00					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Miguel Goncalves Frade	00	Torres Novas			<b>5:02.99</b>	521
50m: 32.66	150m: 1:51.57	250m: 3:11.96	350m: 4:29.50			
100m: 1:10.93	200m: 2:30.04	300m: 3:55.09	400m: 5:02.99			
2. Joao Jose Calado	01	Nautico Abrantes			<b>5:10.02</b>	486
50m: 30.23	150m: 1:47.53	250m: 3:13.69	350m: 4:36.20			
100m: 1:06.03	200m: 2:27.53	300m: 4:00.32	400m: 5:10.02			
3. Joao Miguel Marques	01	20Km de Almeirim			<b>5:21.14</b>	437
50m: 33.48	150m: 1:56.20	250m: 3:26.04	350m: 4:47.26			
100m: 1:12.04	200m: 2:37.89	300m: 4:11.77	400m: 5:21.14			
4. Rui Jorge Lopes	00	CLAC-Entroncamento			<b>5:21.28</b>	437
50m: 33.01	150m: 1:54.53	250m: 3:23.03	350m: 4:46.85			
100m: 1:12.06	200m: 2:35.31	300m: 4:10.10	400m: 5:21.28			
5. Tomas Meliciano Cabeleira	01	CLAC-Entroncamento			<b>5:36.55</b>	380
50m: 34.53	150m: 2:02.15	250m: 3:34.23	350m: 5:02.30			
100m: 1:17.23	200m: 2:45.60	300m: 4:23.26	400m: 5:36.55			
6. Joao Afonso Goncalves	00	CLAC-Entroncamento			<b>5:55.98</b>	321
50m: 39.00	150m: 2:11.19	250m: 3:48.79	350m: 5:21.45			
100m: 1:23.00	200m: 2:58.42	300m: 4:39.55	400m: 5:55.98			

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 19, Masc., 400m Estilos, Juvenis

Lugar	Ano	Tempo final	Pts
7. Antonio Joao Pestana FTL	00 CLAC-Entroncamento	<b>6:18.71</b>	266
50m: 45.86 150m: 2:26.14 250m: 4:05.08 350m: 5:40.56	100m: 1:41.72 200m: 3:10.23 300m: 4:58.34 400m: 6:18.71		
8. David Jose Carpinteiro FTL	00 Natacao do Tejo	<b>6:25.16</b>	253
50m: 39.99 150m: 2:25.28 250m: 4:11.97 350m: 5:45.57	100m: 1:32.65 200m: 3:16.07 300m: 5:05.88 400m: 6:25.16		
9. David Antunes Santos FTL	00 CLAC-Entroncamento	<b>6:31.25</b>	242
50m: 40.23 150m: 2:22.66 250m: 4:10.21 350m: 5:49.02	100m: 1:28.70 200m: 3:15.50 300m: 5:05.31 400m: 6:31.25		
DSQ Daniel Filipe Oliveira	01 Natacao do Tejo		
<i>SW 7.6 - O (a) atleta tocou com uma mão na parede na viragem aos 300 metros</i>			
DNS Jose Carlos Burecas	00 BUZIOS-Coruche		

Prova 19

Masc., 400m Estilos

Infantis

25-06-2016 - 15:30

Resultados

Recorde Distrital ANDS 50m Absoluto	4:27.51	Pedro Diogo Oliveira	CNRM	Faro	19-07-2009
Recorde Distrital ANDS 50m Inf B	5:18.16	Joao Jose Calado	CNAB	Rio Maior	05-07-2014
Recorde Distrital ANDS 50m Inf A	5:04.40	Gustavo Manuel Santa	CNLA	Faro	21-07-2007
MAS Inf B: 6:54.50; Inf A: 6:45.00					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Francisco Costa Nunes	02 Salvaterra de Magos	<b>5:16.01</b>	459
50m: 32.92 150m: 1:56.73 250m: 3:23.15 350m: 4:42.41	100m: 1:12.97 200m: 2:39.66 300m: 4:06.80 400m: 5:16.01		
2. Bernardo Jorge Simoes	02 Torres Novas	<b>5:26.19</b>	417
50m: 33.75 150m: 1:58.52 250m: 3:28.10 350m: 4:51.52	100m: 1:13.68 200m: 2:41.25 300m: 4:15.60 400m: 5:26.19		
3. Paulo Vakulyuk	03 Torres Novas	<b>5:35.61</b>	383
50m: 34.20 150m: 1:57.99 250m: 3:31.00 350m: 4:59.99	100m: 1:14.37 200m: 2:39.86 300m: 4:20.23 400m: 5:35.61		
4. Diogo Bernardo Tome	03 Salvaterra de Magos	<b>5:41.98</b>	362
50m: 37.24 150m: 2:03.06 250m: 3:35.82 350m: 5:03.77	100m: 1:20.48 200m: 2:45.64 300m: 4:24.88 400m: 5:41.98		
5. Joao Afonso Pacau	02 Gualdim Pais	<b>5:45.45</b>	351
50m: 37.80 150m: 2:06.18 250m: 3:42.78 350m: 5:10.21	100m: 1:21.28 200m: 2:49.86 300m: 4:33.33 400m: 5:45.45		
6. Alexandre Miguel Silva	02 Natacao do Tejo	<b>5:45.71</b>	350
50m: 39.67 150m: 2:12.14 250m: 3:44.93 350m: 5:13.02	100m: 1:26.49 200m: 2:55.52 300m: 4:33.45 400m: 5:45.71		
7. Francisco Manuel Mendonca	02 Uniao Samorense	<b>5:47.97</b>	344
100m: 2:06.02 200m: 2:49.82 300m: 4:31.44 400m: 5:47.97	150m: 2:06.02 250m: 3:41.23 350m: 5:11.01		
8. Tomas Miguel Felicio	03 Rio Maior	<b>5:51.15</b>	334
50m: 37.94 150m: 2:06.52 250m: 3:40.98 350m: 5:12.39	100m: 1:21.16 200m: 2:50.54 300m: 4:31.44 400m: 5:51.15		
9. Bernardo Correa Clavinho	02 Scalabiswim	<b>6:05.06</b>	298
50m: 35.45 150m: 2:10.48 250m: 3:53.18 350m: 5:28.07	100m: 1:19.11 200m: 2:59.20 300m: 4:47.86 400m: 6:05.06		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 19, Masc., 400m Estilos, Infantis

Lugar			Ano			Tempo final	Pts	
10.	Tiago Miguel Jorge		03	Rio Maior		<b>6:12.65</b>	280	
	50m:	38.92	150m:	2:13.25	250m:	3:53.73	350m:	5:32.77
	100m:	1:25.56	200m:	2:57.90	300m:	4:50.28	400m:	6:12.65
11.	Goncalo Magalhaes Cristovao		03	20Km de Almeirim		<b>6:15.26</b>	274	
	50m:	39.63	150m:	2:16.92	250m:	3:58.43	350m:	5:36.46
	100m:	1:28.64	200m:	3:05.18	300m:	4:53.99	400m:	6:15.26
12.	Afonso Miguel Silva		03	Viver Santarem		<b>6:18.37</b>	267	
	50m:	40.94	150m:	2:19.13	250m:	4:00.65	350m:	5:39.45
	100m:	1:32.19	200m:	3:03.77	300m:	4:57.76	400m:	6:18.37
13.	Joao Diogo Correia		02	CLAC-Entroncamento		<b>6:19.10</b>	266	
	50m:	42.31	150m:	2:24.61	250m:	4:04.67	350m:	5:38.98
	100m:	1:36.36	200m:	3:12.86	300m:	4:57.54	400m:	6:19.10
14.	Pedro Maria Santana		03	Torres Novas		<b>6:29.61</b>	245	
	50m:	44.21	150m:	2:29.07	250m:	4:11.68	350m:	5:47.10
	100m:	1:38.34	200m:	3:18.13	300m:	5:02.94	400m:	6:29.61
15.	Daniel Francisco Carvalho		02	Natacao do Tejo		<b>6:32.70</b>	239	
	50m:	46.64	150m:	2:30.66	250m:	4:13.11	350m:	5:49.02
	100m:	1:40.06	200m:	3:20.10	300m:	5:03.86	400m:	6:32.70
16.	Guilherme Marques Mendes		03	Torres Novas		<b>6:42.10</b>	223	
	50m:	46.09	150m:	2:30.36	250m:	4:19.88	350m:	6:02.24
	100m:	1:36.52	200m:	3:22.10	300m:	5:19.45	400m:	6:42.10

Prova 20

Femin., 800m Livres

Absolutos

25-06-2016 - 16:00

Resultados

Recorde Distrital ANDS 50m Absoluto	9:23.06	Julia Matos Lopes	VS	Famalicao	18-07-2013
Recorde Distrital ANDS 50m Jun	9:38.59	Joana Catarina Santa	CNLA	Aveiro	26-07-2007
Recorde Distrital ANDS 50m Sen	9:23.06	Julia Matos Lopes	VS	Famalicao	18-07-2013

FEM : 11:45.00

Pontos: FINA 2016

Lugar			Ano			Tempo final	Pts	
1.	Patricia Palmeiro Baeta		00	Scalabiswim		<b>9:42.61</b>	585	
	50m:	34.32	200m:	2:25.00	350m:	4:16.20	500m:	6:07.68
	100m:	1:10.78	250m:	3:01.97	400m:	4:53.76	550m:	6:43.70
	150m:	1:48.33	300m:	3:38.98	450m:	5:30.79	600m:	7:20.12
					750m:	9:08.22	800m:	9:42.61
2.	Maria Beatriz Dias		99	Scalabiswim		<b>9:47.80</b>	570	
	50m:	33.67	200m:	2:24.20	350m:	4:16.08	500m:	6:08.22
	100m:	1:09.97	250m:	3:01.35	400m:	4:53.64	550m:	6:45.34
	150m:	1:47.14	300m:	3:38.65	450m:	5:30.98	600m:	7:21.87
					750m:	9:10.95	800m:	9:47.80
3.	Joana Sofia Amado		99	Cartaxo		<b>10:48.49</b>	424	
	50m:	35.17	200m:	2:34.37	350m:	4:37.90	500m:	6:42.59
	100m:	1:14.10	250m:	3:15.14	400m:	5:19.46	550m:	7:23.98
	150m:	1:54.07	300m:	3:56.34	450m:	6:00.90	600m:	8:05.14
					750m:	10:08.53	800m:	10:48.49



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 20, Femin., 800m Livres

Prova 20  
25-06-2016 - 16:00

Femin., 800m Livres

Juvenis

Resultados

Recorde Distrital ANDS 50m Absoluto	9:23.06	Julia Matos Lopes	VS	Famalicao	18-07-2013
Recorde Distrital ANDS 50m Juv B	9:35.05	Ana Rita Boavista	CNLA	EUL-Lisboa (AUS)	27-02-2002
Recorde Distrital ANDS 50m Juv A	9:45.56	Maria Beatriz Dias	VS	Rio Maior	05-07-2014

FEM : 12:07.50

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts	
1.	Catia Iordan Agostinho				02	Rio Maior				<b>10:00.29</b>	535	
	50m:	34.66	200m:	2:28.13	350m:	4:21.92	500m:	6:14.30	650m:	8:08.87	800m:	10:00.29
	100m:	1:12.08	250m:	3:06.45	400m:	4:59.35	550m:	6:52.77	700m:	8:46.75		
	150m:	1:50.12	300m:	3:44.22	450m:	5:36.32	600m:	7:30.77	750m:	9:24.50		
2.	Filipa Cardigo Fitas				02	20Km de Almeirim				<b>10:22.33</b>	480	
	50m:	35.14	200m:	2:33.11	350m:	4:31.41	500m:	6:29.13	650m:	8:27.43	800m:	10:22.33
	100m:	1:13.75	250m:	3:12.76	400m:	5:10.74	550m:	7:08.47	700m:	9:06.70		
	150m:	1:53.64	300m:	3:51.80	450m:	5:50.01	600m:	7:47.89	750m:	9:45.24		
3.	Carolina Lopes Vieira				02	Gualdim Pais				<b>10:29.60</b>	463	
	50m:	35.47	200m:	2:33.34	350m:	4:32.55	500m:	6:33.44	650m:	8:34.21	800m:	10:29.60
	100m:	1:14.06	250m:	3:12.93	400m:	5:12.83	550m:	7:13.76	700m:	9:13.99		
	150m:	1:53.57	300m:	3:52.67	450m:	5:53.01	600m:	7:54.37	750m:	9:52.98		
4.	Beatriz Maria Duarte				02	Nautico Abrantes				<b>10:30.72</b>	461	
	50m:	35.87	200m:	2:35.36	350m:	4:35.42	500m:	6:35.70	650m:	8:34.77	800m:	10:30.72
	100m:	1:15.08	250m:	3:15.36	400m:	5:15.67	550m:	7:15.85	700m:	9:14.11		
	150m:	1:55.58	300m:	3:56.13	450m:	5:55.23	600m:	7:54.85	750m:	9:53.34		
5.	Beatriz Catarino Moura				02	Nautico Abrantes				<b>10:40.49</b>	440	
	50m:	35.26	200m:	2:35.40	350m:	4:37.60	500m:	6:40.11	650m:	8:41.65	800m:	10:40.49
	100m:	1:14.40	250m:	3:16.28	400m:	5:18.71	550m:	7:20.32	700m:	9:22.00		
	150m:	1:54.99	300m:	3:56.79	450m:	5:59.55	600m:	8:00.78	750m:	10:01.77		
6.	Carolina Silverio Carpinteiro				02	Natacao do Tejo				<b>10:40.50</b>	440	
	50m:	35.45	200m:	2:33.43	350m:	4:36.05	500m:	6:38.11	650m:	8:40.80	800m:	10:40.50
	100m:	1:14.42	250m:	3:13.82	400m:	5:17.44	550m:	7:19.11	700m:	9:21.24		
	150m:	1:54.16	300m:	3:54.49	450m:	5:57.63	600m:	7:59.96	750m:	10:01.65		
7.	Rita Daniela Lopes				01	Gualdim Pais				<b>10:48.49</b>	424	
	50m:	37.02	200m:	2:39.71	350m:	4:43.26	500m:	6:46.02	650m:	8:48.84	800m:	10:48.49
	100m:	1:17.51	250m:	3:20.95	400m:	5:24.07	550m:	7:27.20	700m:	9:29.56		
	150m:	1:58.80	300m:	4:01.79	450m:	6:05.30	600m:	8:08.04	750m:	10:09.65		
8.	Leonor Vitoriano Marques				01	Scalabiswim				<b>10:57.91</b>	406	
	50m:	37.74	200m:	2:41.90	350m:	4:46.68	500m:	6:51.30	650m:	8:55.37	800m:	10:57.91
	100m:	1:18.84	250m:	3:23.40	400m:	5:27.88	550m:	7:32.46	700m:	9:37.45		
	150m:	2:00.62	300m:	4:04.97	450m:	6:09.70	600m:	8:13.91	750m:	10:17.73		
9.	Ana Rita Morais				02	Torres Novas				<b>11:11.08</b>	383	
	50m:	38.30	200m:	2:44.81	350m:	4:52.16	500m:	6:59.78	650m:	9:06.88	800m:	11:11.08
	100m:	1:20.95	250m:	3:27.23	400m:	5:35.31	550m:	7:42.13	700m:	9:49.15		
	150m:	2:02.78	300m:	4:10.10	450m:	6:17.51	600m:	8:24.97	750m:	10:30.69		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 20, Femin., 800m Livres

Prova 20  
25-06-2016 - 16:00

Femin., 800m Livres

Infantis  
Resultados

Recorde Distrital ANDS 50m Absoluto	9:23.06	Julia Matos Lopes	VS	Famalicao	18-07-2013
Recorde Distrital ANDS 50m Inf B	9:48.49	Mafalda Sofia Rosa	CNRM	Oeiras	18-07-2015
Recorde Distrital ANDS 50m Inf A	9:36.23	Mafalda Sofia Rosa	CNRM	Rio Maior	24-06-2016

FEM Inf B: 13:22.00; Inf A: 12:52.00

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	<b>Mafalda Sofia Rosa</b>				03	<b>Rio Maior</b>				<b>9:55.22</b>	<b>549</b>
	50m: 34.35	200m: 2:28.33	350m: 4:21.62	500m: 6:12.93	650m: 8:04.85	800m: 9:55.22					
	100m: 1:12.02	250m: 3:06.30	400m: 4:58.77	550m: 6:50.40	700m: 8:42.03						
	150m: 1:50.42	300m: 3:44.11	450m: 5:35.88	600m: 7:27.58	750m: 9:19.01						
2.	<b>Ines Asseiceira Ramos</b>				03	<b>Torres Novas</b>				<b>10:12.84</b>	<b>503</b>
	50m: 35.28	200m: 2:28.90	350m: 4:24.50	500m: 6:20.82	650m: 8:17.77	800m: 10:12.84					
	100m: 1:13.31	250m: 3:07.44	400m: 5:03.26	550m: 6:59.73	700m: 8:56.36						
	150m: 1:50.88	300m: 3:45.53	450m: 5:42.22	600m: 7:38.40	750m: 9:35.21						
3.	<b>Beatriz Moreira Carvalho</b>				03	<b>Rio Maior</b>				<b>10:37.45</b>	<b>446</b>
	50m: 35.35	200m: 2:32.83	350m: 4:33.26	500m: 6:35.00	650m: 8:37.35	800m: 10:37.45					
	100m: 1:14.08	250m: 3:13.00	400m: 5:13.82	550m: 7:15.81	700m: 9:17.91						
	150m: 1:53.34	300m: 3:53.05	450m: 5:54.60	600m: 7:56.57	750m: 9:58.31						
4.	<b>Constanca Basilio Gil</b>				03	<b>CLAC-Entroncamento</b>				<b>10:41.53</b>	<b>438</b>
	50m: 36.06	200m: 2:35.68	350m: 4:37.05	500m: 6:40.85	650m: 8:43.51	800m: 10:41.53					
	100m: 1:15.47	250m: 3:15.88	400m: 5:17.96	550m: 7:21.94	700m: 9:24.07						
	150m: 1:55.81	300m: 3:55.86	450m: 5:59.66	600m: 8:02.31	750m: 10:04.49						
5.	<b>Mafalda Magalhaes Costa</b>				03	<b>Gualdim Pais</b>				<b>10:53.39</b>	<b>415</b>
	50m: 36.12	200m: 2:40.86	350m: 4:46.10	500m: 6:50.61	650m: 8:53.73	800m: 10:53.39					
	100m: 1:17.46	250m: 3:23.14	400m: 5:28.57	550m: 7:31.85	700m: 9:34.64						
	150m: 1:58.95	300m: 4:03.91	450m: 6:09.94	600m: 8:12.99	750m: 10:14.72						
6.	<b>Rita Carrico Cruz</b>				04	<b>Viver Santarem</b>				<b>11:04.41</b>	<b>394</b>
	50m: 38.27	200m: 2:42.71	350m: 4:48.08	500m: 6:55.52	650m: 9:02.90	800m: 11:04.41					
	100m: 1:19.61	250m: 3:24.11	400m: 5:30.35	550m: 7:37.95	700m: 9:45.10						
	150m: 2:01.79	300m: 4:05.66	450m: 6:13.14	600m: 8:20.25	750m: 10:25.29						
7.	<b>Ana Beatriz Pereira</b>				04	<b>Salvaterra de Magos</b>				<b>11:31.93</b>	<b>349</b>
	50m: 37.94	200m: 2:50.22	350m: 5:02.21	500m: 7:14.30	650m: 9:27.73	800m: 11:31.93					
	100m: 1:21.75	250m: 3:33.40	400m: 5:46.67	550m: 7:59.46	700m: 10:12.03						
	150m: 2:05.46	300m: 4:17.87	450m: 6:31.04	600m: 8:44.46	750m: 10:52.27						
8.	<b>Joana Margarida Sousa</b>				04	<b>20Km de Almeirim</b>				<b>11:35.67</b>	<b>343</b>
	50m: 39.78	200m: 2:51.29	350m: 5:04.35	500m: 7:18.33	650m: 9:29.21	800m: 11:35.67					
	100m: 1:23.46	250m: 3:35.47	400m: 5:49.12	550m: 8:02.35	700m: 10:11.97						
	150m: 2:07.20	300m: 4:19.64	450m: 6:33.36	600m: 8:46.22	750m: 10:54.35						
9.	<b>Rafaela Canano Silva</b>				04	<b>Cartaxo</b>				<b>12:00.27</b>	<b>309</b>
	50m: 39.27	200m: 2:52.16	350m: 5:09.84	500m: 7:28.26	650m: 9:46.74	800m: 12:00.27					
	100m: 1:22.50	250m: 3:38.00	400m: 5:56.14	550m: 8:14.72	700m: 10:31.44						
	150m: 2:06.96	300m: 4:23.66	450m: 6:42.17	600m: 9:01.19	750m: 11:16.36						
10.	<b>Catarina Fernandes Moutinho</b>				04	<b>CLAC-Entroncamento</b>				<b>12:41.23</b>	<b>262</b>
	50m: 41.60	200m: 3:03.61	350m: 5:27.90	500m: 7:54.44	650m: 10:20.45	800m: 12:41.23					
	100m: 1:28.16	250m: 3:51.20	400m: 6:16.57	550m: 8:43.65	700m: 11:08.09						
	150m: 2:15.69	300m: 4:39.31	450m: 7:05.94	600m: 9:32.10	750m: 11:55.73						
EXH	<b>Luana Correia Rodrigues</b>				01	<b>Individual ANL</b>				<b>10:00.53</b>	<b>534</b>
	50m: 34.58	200m: 2:26.43	350m: 4:20.75	500m: 6:15.42	650m: 8:09.68	800m: 10:00.53					
	100m: 1:11.61	250m: 3:04.27	400m: 4:58.95	550m: 6:53.37	700m: 8:47.85						
	150m: 1:49.14	300m: 3:42.75	450m: 5:36.95	600m: 7:31.56	750m: 9:24.85						
EXH	<b>Lidiana Correia Rodrigues</b>				04	<b>Individual ANL</b>				<b>10:30.33</b>	<b>462</b>
	50m: 36.17	200m: 2:35.08	350m: 4:34.51	500m: 6:33.63	650m: 8:33.29	800m: 10:30.33					
	100m: 1:15.56	250m: 3:14.90	400m: 5:14.37	550m: 7:13.69	700m: 9:14.08						
	150m: 1:54.94	300m: 3:54.64	450m: 5:53.89	600m: 7:53.35	750m: 9:53.19						

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 21 Absolutos  
25-06-2016 - 16:35 Resultados

Masc., 100m Bruços

Recorde Distrital ANDES 50m Absoluto	1:09.27	Hugo Miguel Nunes	CNTEJO	Coimbra	26-05-2013
Recorde Distrital ANDES 50m Jun	1:11.27	Bernardo José Dionísio	SFGP	Oeiras	12-03-2016
Recorde Distrital ANDES 50m Sen	1:09.27	Hugo Miguel Nunes	CNTEJO	Coimbra	26-05-2013

MAS : 1:27.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Bernardo Jose Dionisio 50m: 34.22 100m: 1:12.25	99 Gualdim Pais	<b>1:12.25</b>	515
2. Artur Rafael Saramago 50m: 35.07 100m: 1:15.23	97 BUZIOS-Coruche	<b>1:15.23</b>	456
3. Joao Paulo Lopes 50m: 36.35 100m: 1:16.32	98 Torres Novas	<b>1:16.32</b>	437
4. Joao Manuel Ferreira 50m: 36.49 100m: 1:17.28	92 CLAC-Entroncamento	<b>1:17.28</b>	421
DNS Afonso Mateus Ribeiro	95 Belenenses		
DNS Miguel Carrico Cruz	99 Cartaxo		

Prova 21 Juvenis  
25-06-2016 - 16:35 Resultados

Masc., 100m Bruços

Recorde Distrital ANDES 50m Absoluto	1:09.27	Hugo Miguel Nunes	CNTEJO	Coimbra	26-05-2013
Recorde Distrital ANDES 50m Juv B	1:10.06	Miguel Carrico Cruz	AVQA	Oeiras	24-07-2014
Recorde Distrital ANDES 50m Juv A	1:10.55	Fabio Miguel Samouco	CNTN	Povoa de Varzim	04-08-2011

MAS : 1:31.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Miguel Goncalves Frade 50m: 35.51 100m: 1:14.64	00 Torres Novas	<b>1:14.64</b>	467
2. Goncalo Catarino Dias 50m: 35.92 100m: 1:15.53	00 Rio Maior	<b>1:15.53</b>	450
3. Filipe Asseiceira Ramos 50m: 37.15 100m: 1:19.23	00 Torres Novas	<b>1:19.23</b>	390
4. Joao Miguel Marques 50m: 38.36 100m: 1:20.99	01 20Km de Almeirim	<b>1:20.99</b>	365
5. Joao Diogo Lopes 50m: 37.73 100m: 1:21.32	01 Cartaxo	<b>1:21.32</b>	361
6. Joao Antonio Simoes 50m: 39.33 100m: 1:23.41	01 Torres Novas	<b>1:23.41</b>	334
7. Afonso Maria Teodoro 50m: 40.43 100m: 1:23.80	01 Cartaxo	<b>1:23.80</b>	330
8. Henrique Miguel Cruz 50m: 40.42 100m: 1:23.85	00 Torres Novas	<b>1:23.85</b>	329
9. Joao Afonso Goncalves 50m: 41.01 100m: 1:27.07	00 CLAC-Entroncamento	<b>1:27.07</b>	294
10. Ricardo Luis Leal 50m: 41.07 100m: 1:27.46	01 CLAC-Entroncamento	<b>1:27.46</b>	290
11. Miguel Serrao Santos 50m: 41.11 100m: 1:28.04	00 Salvaterra de Magos	<b>1:28.04</b>	284
12. Pedro Manuel Lopes 50m: 42.25 100m: 1:28.06	01 Torres Novas	<b>1:28.06</b>	284

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 21, Masc., 100m Bruços, Juvenis

Lugar	Ano	Tempo final	Pts
13. Daniel Filipe Oliveira FTL 50m: 42.24 100m: 1:32.09	01 Natacao do Tejo	<b>1:32.09</b>	248
14. David Emanuel Carrapo FTL 50m: 42.58 100m: 1:32.28	00 BUZIOS-Coruche	<b>1:32.28</b>	247

Prova 21

Masc., 100m Bruços

Infantis

25-06-2016 - 16:35

Resultados

Recorde Distrital ANDS 50m Absoluto	1:09.27	Hugo Miguel Nunes	CNTEJO	Coimbra	26-05-2013
Recorde Distrital ANDS 50m Inf B	1:14.02	Joao Diogo Lopes	VS	Loule	19-07-2014
Recorde Distrital ANDS 50m Inf A	1:11.36	Miguel Carrico Cruz	VS	S. Joao da Madeira	13-07-2013

MAS Inf B: 1:43.00; Inf A: 1:35.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Francisco Costa Nunes 50m: 35.62 100m: 1:15.30	02 Salvaterra de Magos	<b>1:15.30</b>	455
2. Alexandre Miguel Silva 50m: 40.36 100m: 1:24.99	02 Natacao do Tejo	<b>1:24.99</b>	316
3. Luis Afonso Lopes 50m: 42.07 100m: 1:26.76	03 Viver Santarem	<b>1:26.76</b>	297
4. Diogo Bernardo Tome 50m: 42.76 100m: 1:29.24	03 Salvaterra de Magos	<b>1:29.24</b>	273
5. Francisco Manuel Mendonca 50m: 42.40 100m: 1:29.47	02 Uniao Samorense	<b>1:29.47</b>	271
6. Rui Chagas Alves 50m: 43.46 100m: 1:30.14	03 Viver Santarem	<b>1:30.14</b>	265
7. Tomas Miguel Felicio 50m: 43.28 100m: 1:30.89	03 Rio Maior	<b>1:30.89</b>	258
8. Joao Diogo Correia 50m: 44.22 100m: 1:33.42	02 CLAC-Entroncamento	<b>1:33.42</b>	238
9. Daniel Francisco Carvalho 50m: 44.03 100m: 1:33.76	02 Natacao do Tejo	<b>1:33.76</b>	235
10. Pedro Maria Santana 50m: 47.29 100m: 1:37.27	03 Torres Novas	<b>1:37.27</b>	211
11. Miguel Monsanto Cotrim 50m: 47.80 100m: 1:38.12	03 Viver Santarem	<b>1:38.12</b>	205
12. Miguel Silva Pereira 50m: 48.40 100m: 1:39.88	03 Viver Santarem	<b>1:39.88</b>	195
EXH Goncalo Silveirinha Caldeira 50m: 35.44 100m: 1:14.94	01 Individual ANL	<b>1:14.94</b>	461

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 22 Femin., 100m Bruços Absolutos  
25-06-2016 - 16:50 Resultados

Recorde Distrital ANDS 50m Absoluto	1:14.63	Maria Madalena Silva	CNAB	Coimbra	01-04-2015
Recorde Distrital ANDS 50m Jun	1:14.63	Maria Madalena Silva	CNAB	Coimbra	01-04-2015
Recorde Distrital ANDS 50m Sen	1:16.76	Ana Catarina Serra	CNTEJO	S. Joao da Madeira	06-07-2013

FEM : 1:39.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva 50m: 39.03 100m: 1:20.57	98 Nautico Abrantes	<b>1:20.57</b>	509
2. Catarina Goncalves Trezentos 50m: 41.55 100m: 1:26.85	98 Gualdim Pais	<b>1:26.85</b>	406
3. Ana Claudia Santo 50m: 41.35 100m: 1:27.46	97 Cartaxo	<b>1:27.46</b>	398
4. Mariana Narciso Fidalgo 50m: 43.84 100m: 1:30.89	99 20Km de Almeirim	<b>1:30.89</b>	354
5. Mariana Nunes Domingos 50m: 43.54 100m: 1:34.34	00 20Km de Almeirim	<b>1:34.34</b>	317

Prova 22 Femin., 100m Bruços Juvenis  
25-06-2016 - 16:50 Resultados

Recorde Distrital ANDS 50m Absoluto	1:14.63	Maria Madalena Silva	CNAB	Coimbra	01-04-2015
Recorde Distrital ANDS 50m Juv B	1:19.46	Ana Margarida Salgueiro	CNAB	Famalicao	18-07-2013
Recorde Distrital ANDS 50m Juv A	1:18.56	Ana Margarida Salgueiro	CNAB	Oeiras	24-07-2014

FEM : 1:41.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carolina Marques Neves 50m: 38.82 100m: 1:21.63	01 Torres Novas	<b>1:21.63</b>	489
2. Mafalda Gilberto Marques 50m: 39.18 100m: 1:22.00	01 Natacao do Tejo	<b>1:22.00</b>	483
3. Ines Ferreira Duarte 50m: 39.34 100m: 1:23.10	01 Natacao do Tejo	<b>1:23.10</b>	464
4. Constanca Isabel Jose 50m: 41.82 100m: 1:26.52	01 Gualdim Pais	<b>1:26.52</b>	411
5. Catia Jordan Agostinho 50m: 43.19 100m: 1:28.91	02 Rio Maior	<b>1:28.91</b>	379
6. Carolina Guerra Pisco 50m: 41.43 100m: 1:29.16	02 20Km de Almeirim	<b>1:29.16</b>	375
7. Marta Chambel Dias 50m: 43.78 100m: 1:29.21	02 CLAC-Entroncamento	<b>1:29.21</b>	375
8. Ines Cambe Cunha 50m: 42.65 100m: 1:31.03	02 Torres Novas	<b>1:31.03</b>	353
9. Carolina Lopes Vieira 50m: 44.24 100m: 1:32.41	02 Gualdim Pais	<b>1:32.41</b>	337
10. Beatriz Catarino Moura 50m: 45.14 100m: 1:35.27	02 Nautico Abrantes	<b>1:35.27</b>	308
11. Diana Sofia Vital 50m: 45.42 100m: 1:36.47	02 Torres Novas	<b>1:36.47</b>	296
12. Ines Ribeiro Novo 50m: 45.99 100m: 1:36.77	02 Torres Novas	<b>1:36.77</b>	294

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 22, Femin., 100m Bruços, Juvenis

Lugar	Ano	Tempo final	Pts
13. Ines Isabel Conde 50m: 46.24 100m: 1:37.92	01 Torres Novas	<b>1:37.92</b>	283
14. Maria Beatriz Silva 50m: 47.14 100m: 1:38.63	02 CLAC-Entroncamento	<b>1:38.63</b>	277
15. Carolina Polonio Alexandre 50m: 47.28 100m: 1:39.62	01 CLAC-Entroncamento	<b>1:39.62</b>	269
16. Andreia Sofia Alves <i>FTL</i> 50m: 48.08 100m: 1:42.52	02 Torres Novas	<b>1:42.52</b>	247
DNS Maria Eduarda Ferreira	01 BUZIOS-Coruche		

Prova 22  
25-06-2016 - 16:50

Femin., 100m Bruços

Infantis  
Resultados

Recorde Distrital ANDS 50m Absoluto	1:14.63	Maria Madalena Silva	CNAB	Coimbra	01-04-2015
Recorde Distrital ANDS 50m Inf B	1:24.06	Joana Filipa Vilhena	CNLA	Rio Maior	11-07-2004
Recorde Distrital ANDS 50m Inf A	1:21.64	Joana Filipa Vilhena	CNLA	EUL-Lisboa	28-05-2005
FEM Inf B: 1:53.00; Inf A: 1:39.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Beatriz Goncalves Casal 50m: 43.90 100m: 1:28.73	03 Torres Novas	<b>1:28.73</b>	381
2. Ana Patricia Oliveira 50m: 44.74 100m: 1:30.91	03 20Km de Almeirim	<b>1:30.91</b>	354
3. Erica Neves Leote 50m: 45.20 100m: 1:30.95	03 Torres Novas	<b>1:30.95</b>	354
4. Margarida Mateus Morais 50m: 45.28 100m: 1:32.19	04 Torres Novas	<b>1:32.19</b>	340
5. Gabriela Graco Duarte 50m: 44.22 100m: 1:32.30	04 20Km de Almeirim	<b>1:32.30</b>	338
6. Beatriz Staiger Bento 50m: 44.71 100m: 1:33.20	04 20Km de Almeirim	<b>1:33.20</b>	329
7. Ines Arraiolos Matos 50m: 44.67 100m: 1:33.61	03 Scalabiswim	<b>1:33.61</b>	324
8. Lea Alexandra Mendes 50m: 45.64 100m: 1:35.24	03 Gualdim Pais	<b>1:35.24</b>	308
9. Secile Liu Wang 50m: 46.33 100m: 1:35.66	03 Uniao Samorense	<b>1:35.66</b>	304
10. Beatriz Moreira Carvalho 50m: 45.42 100m: 1:36.28	03 Rio Maior	<b>1:36.28</b>	298
11. Maria Ines Paveia 50m: 47.63 100m: 1:36.75	03 20Km de Almeirim	<b>1:36.75</b>	294
12. Ana Beatriz Pereira 50m: 47.47 100m: 1:38.32	04 Salvaterra de Magos	<b>1:38.32</b>	280
13. Ines Marques Garcia <i>FTL</i> 50m: 46.94 100m: 1:40.35	03 Nautico Abrantes	<b>1:40.35</b>	263
14. Constanca Basilio Gil <i>FTL</i>	03 CLAC-Entroncamento	<b>1:41.28</b>	256



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 22, Femin., 100m Bruços, Infantis

Lugar	Ano	Tempo final	Pts
50m: 49.08 100m: 1:41.28			
15. Raquel Canelas Louro	04 Viver Santarem	<b>1:42.49</b>	247
50m: 50.71 100m: 1:42.49			
16. Patricia Pinheiro Costa	04 Salvaterra de Magos	<b>1:46.18</b>	222
50m: 51.04 100m: 1:46.18			
DSQ Leonor Narciso Jourdan <i>SW 4.4 - Falsa partida</i>	04 20Km de Almeirim		
DNS Matilde Isabel Macharreu	04 BUZIOS-Coruche		
DNS Carolina Calado Coelho	04 Nautico Abrantes		
EXH Luana Correia Rodrigues	01 Individual ANL	<b>1:21.09</b>	499
50m: 39.26 100m: 1:21.09			
EXH Lidiana Correia Rodrigues	04 Individual ANL	<b>1:30.15</b>	363
50m: 44.66 100m: 1:30.15			

Prova 23

Masc., 50m Mariposa

Absolutos

25-06-2016 - 17:05

Resultados

Recorde Distrital ANDS 50m Absoluto	24.97	Pedro Diogo Oliveira	CNRM	Faro	18-07-2009
Recorde Distrital ANDS 50m Juv B	27.80	Miguel Carrico Cruz	AVQA	Rio Maior	14-06-2014
Recorde Distrital ANDS 50m Juv A	26.87	Pedro Diogo Oliveira	CNRM	Loule	13-06-2004
Recorde Distrital ANDS 50m Jun	25.99	Pedro Diogo Oliveira	CNRM	Famalicao	28-07-2005
Recorde Distrital ANDS 50m Sen	24.97	Pedro Diogo Oliveira	CNRM	Faro	18-07-2009

MAS Juv: 34.00; Abs: 34.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Afonso Guilherme Rosa	99 Torres Novas	<b>26.47</b>	608
2. Marco Andre Miguel	99 Torres Novas	<b>26.60</b>	599
3. Tiago Filipe Campos	99 Scalabiswim	<b>27.15</b>	563
4. Daniel Ribeiro Sousa	95 Gualdim Pais	<b>27.57</b>	538
5. Bernardo Jose Dionisio	99 Gualdim Pais	<b>27.82</b>	524
6. Afonso Filipe Gaspar	97 Nautico Abrantes	<b>28.09</b>	509
7. Artur Rafael Saramago	97 BUZIOS-Coruche	<b>28.24</b>	501
8. Ruben Miguel Matos	91 Nautico Abrantes	<b>28.61</b>	481
9. Tomas Jose Agostinho	99 BUZIOS-Coruche	<b>28.66</b>	479
10. Joao Mauricio Gaspar	97 Nautico Abrantes	<b>28.79</b>	472
11. Miguel Serrao Santos	00 Salvaterra de Magos	<b>28.86</b>	469
12. Joao Manuel Ferreira	92 CLAC-Entroncamento	<b>28.97</b>	464
13. Joao Paulo Lopes	98 Torres Novas	<b>29.34</b>	446
14. Rui Jorge Lopes	00 CLAC-Entroncamento	<b>29.42</b>	443
15. Joao Pedro Rosa	90 CLAC-Entroncamento	<b>29.65</b>	432
16. Afonso Maria Teodoro	01 Cartaxo	<b>29.72</b>	429
Miguel Martins Barroqueiro	91 CLAC-Entroncamento	<b>29.72</b>	429
18. Ricardo Luis Leal	01 CLAC-Entroncamento	<b>29.73</b>	429
19. Dario Fausto Matias	98 Torres Novas	<b>30.13</b>	412
20. Ruben Alexandre Carvalho	98 Cartaxo	<b>30.15</b>	411
21. Henrique Miguel Cruz	00 Torres Novas	<b>30.90</b>	382
22. Diogo Franco Martins	01 20Km de Almeirim	<b>31.10</b>	375
23. Pedro Manuel Nunes	98 CLAC-Entroncamento	<b>31.12</b>	374
24. Tomas Meliciano Cabeleira	01 CLAC-Entroncamento	<b>31.55</b>	359
25. Marcio Lima Silva	01 Natacao do Tejo	<b>31.64</b>	356
26. Joao Diogo Lopes	01 Cartaxo	<b>32.40</b>	331

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 23, Masc., 50m Mariposa, Absolutos

Lugar	Ano	Tempo final	Pts
27. David Antonio Carvalho	99 Natacao do Tejo	<b>32.73</b>	321
28. Dinis Neves Silva	00 Gualdim Pais	<b>33.62</b>	296
29. Joao Tiago Almeida	99 20Km de Almeirim	<b>33.77</b>	293
DNS Joao Tiago Neves	94 Belenenses		
EXH Goncalo Silveirinha Caldeira	01 Individual ANL	<b>31.21</b>	371
EXH Miguel Carrico Cruz	99 Cartaxo	<b>27.23</b>	558

Prova 24

Femin., 50m Mariposa

Absolutos

25-06-2016 - 17:10

Resultados

Recorde Distrital ANDS 50m Absoluto	29.76	Sarah Dias	FRA	Toulouse (FRA)	06-03-2016
Recorde Distrital ANDS 50m Juv B	30.67	Marta Filipa Vinagre	CNTN	Rio Maior	20-06-2009
Recorde Distrital ANDS 50m Juv A	31.44	Sarah Dias	CLAC	Oeiras	09-02-2014
Recorde Distrital ANDS 50m Jun	29.76	Sarah Dias	CLAC	Toulouse (FRA)	06-03-2016
Recorde Distrital ANDS 50m Sen	30.38	Marta Filipa Vinagre	CLAC	Oeiras	09-02-2014

FEM Juv: 38.00; Jun/Sen: 38.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva <i>RECORDE DISTRITAL, SEN</i>	98 Nautico Abrantes	<b>30.29</b>	524
2. Carolina Marques Neves	01 Torres Novas	<b>31.71</b>	457
3. Ana Beatriz Rodrigues	02 Rio Maior	<b>32.55</b>	422
4. Patricia Palmeiro Baeta	00 Scalabiswim	<b>32.69</b>	417
5. Ines Ferreira Duarte	01 Natacao do Tejo	<b>32.71</b>	416
6. Maria Beatriz Dias	99 Scalabiswim	<b>32.85</b>	411
7. Constanca Isabel Jose	01 Gualdim Pais	<b>33.10</b>	402
Rita Sousa Oliveira	01 Torres Novas	<b>33.10</b>	402
9. Carolina Silverio Carpinteiro	02 Natacao do Tejo	<b>33.25</b>	396
10. Beatriz Santos Reis	01 Torres Novas	<b>33.37</b>	392
11. Beatriz Maria Duarte	02 Nautico Abrantes	<b>33.80</b>	377
12. Ana Catarina Santos	00 Uniao Samorense	<b>33.84</b>	376
13. Filipa Cardigo Fitas	02 20Km de Almeirim	<b>34.04</b>	369
14. Raquel Sofia Jorge	98 Salvaterra de Magos	<b>34.18</b>	365
15. Carolina Miguel Marques	99 Natacao do Tejo	<b>34.38</b>	358
16. Mafalda Gilberto Marques	01 Natacao do Tejo	<b>34.49</b>	355
17. Mafalda Alexandra Cabaca	00 20Km de Almeirim	<b>36.21</b>	307
18. Maria Beatriz Leal	99 Rio Maior	<b>36.36</b>	303
19. Marta Chambel Dias	02 CLAC-Entroncamento	<b>36.78</b>	293
20. Maria Matilde Santana	98 Torres Novas	<b>37.17</b>	283
21. Joana Sofia Amado	99 Cartaxo	<b>37.34</b>	280
DNS Marta Sousa Oliveira	01 Torres Novas		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 25 Masc., 4 x 100m Livres Absolutos  
25-06-2016 - 17:25 Resultados

Recorde Distrital ANDS 50m Absoluto	3:42.86	CNLA	CNLA\	Faro	21-07-2009
Recorde Distrital ANDS 50m Jun	4:10.16	ALDESP	ALDESP	Rio Maior	11-07-2004
Recorde Distrital ANDS 50m Sen	3:50.37	CNLA	CNLA	Rio Maior	24-02-2007

MAS : 4:35.00

Pontos: FINA 2016

Lugar					Tempo final	Pts	
1. Torres Novas 1	Torres Novas				<b>3:49.99</b>	548	
	<i>RECORDE DISTRITAL, JUN</i>						
Afonso Guilherme Rosa	99	26.78	55.77	Dario Fausto Matias	98	27.97	58.89
Joao Paulo Lopes	98	28.18	58.42	Marco Andre Miguel	99	26.88	56.91
2. BUZIOS-Coruche 1	BUZIOS-Coruche				<b>4:00.44</b>	479	
Tomas Jose Agostinho	99	27.27	56.53	Artur Rafael Saramago	97	27.38	57.89
Bruno Miguel Nunes	99	30.72	1:07.93	Pedro Pereira Lopes	99	27.56	58.09
3. CLAC-Entroncamento 1	CLAC-Entroncamento				<b>4:02.83</b>	465	
Joao Pedro Rosa	90	29.16	1:01.19	Miguel Martins Barroqueiro	91	28.79	1:01.29
Pedro Manuel Nunes	98	28.75	59.82	Joao Manuel Ferreira	92	27.55	1:00.53
4. 20Km de Almeirim 2	20Km de Almeirim				<b>4:23.95</b>	362	
Bernardo Fernandes Aguiar	99	31.81	1:08.36	Pedro Jorge Silva	99	32.48	1:08.74
Joao Tiago Almeida	99	30.19	1:02.89	Joao Teodoro Lopes	98	30.59	1:03.96

Prova 25 Masc., 4 x 100m Livres Juvenis  
25-06-2016 - 17:25 Resultados

Recorde Distrital ANDS 50m Absoluto	3:42.86	CNLA	CNLA\	Faro	21-07-2009
Recorde Distrital ANDS 50m Juv B	3:53.84	CNTN	CNTN	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Juv	4:01.37	Clube de Natacao de Torres Novas	CNTN	Rio Maior	11-07-2015
Recorde Distrital ANDS 50m Juv A	3:50.62	CNTN	CNTN	Póvoa do Varzim	05-08-2011

MAS : 5:10.00

Pontos: FINA 2016

Lugar					Tempo final	Pts	
1. Torres Novas 2	Torres Novas				<b>4:06.67</b>	444	
Miguel Goncalves Frade	00	29.06	1:00.31	Joao Antonio Simoes	01	30.30	1:03.44
Henrique Miguel Cruz	00	29.90	1:01.47	Filipe Asseiceira Ramos	00	29.37	1:01.45
2. CLAC-Entroncamento 2	CLAC-Entroncamento				<b>4:09.96</b>	427	
Ricardo Luis Leal	01	29.83	1:02.44	Joao Afonso Goncalves	00	29.77	1:03.29
Tomas Meliciano Cabeleira	01	30.48	1:04.68	Rui Jorge Lopes	00	28.09	59.55
3. BUZIOS-Coruche	BUZIOS-Coruche				<b>4:12.55</b>	414	
Jose Carlos Burecas	00	28.35	58.92	David Emanuel Carrapo	00	30.73	1:04.76
Jaime Miguel Saramago	01	30.75	1:05.31	Tiago Miguel Lucas	00	29.30	1:03.56
4. 20Km de Almeirim 1	20Km de Almeirim				<b>4:15.21</b>	401	
Diogo Franco Martins	01	29.35	1:00.88	Afonso Pinhal Canto	01	33.08	1:09.28
Manuel Tomas Andrade	01	30.57	1:05.99	Joao Miguel Marques	01		59.06
5. Natacao do Tejo 1	Natacao do Tejo				<b>4:34.70</b>	321	
Hugo Alexandre Sagradas	01	31.78	1:07.15	Daniel Filipe Oliveira	01	33.83	1:12.01
David Jose Carpinteiro	00	33.11	1:10.53	Marcio Lima Silva	01	31.27	1:05.01

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 25, Masc., 4 x 100m Livres

Prova 25		Masc., 4 x 100m Livres				Infantis
25-06-2016 - 17:25						Resultados
Recorde Distrital ANDS 50m Absoluto	3:42.86	CNLA	CNLA\	Faro	21-07-2009	
Recorde Distrital ANDS 50m Inf B	4:26.87	SCALABISPORT	SCALABIS	Rio Maior	22-07-2012	
Recorde Distrital ANDS 50m Inf	4:11.34	VS	VS	Rio Maior	05-07-2014	
Recorde Distrital ANDS 50m Inf A	4:01.98	CNTN	CNTN	S. João da Madeira	26-07-2009	
MAS Inf B: 5:38.00; Inf A: 5:38.00						

Pontos: FINA 2016

Lugar					Tempo final	Pts	
<b>1. Viver Santarem 2</b>	<b>Viver Santarem</b>				<b>4:28.77</b>	<b>343</b>	
Luis Afonso Lopes	03	33.22	1:08.75	Guilherme Pereira Coutinho	03	32.88	1:07.42
Miguel Silva Pereira	03	32.99	1:08.76	Rui Chagas Alves	03	31.36	1:03.84
<b>2. Torres Novas 3</b>	<b>Torres Novas</b>				<b>4:32.28</b>	<b>330</b>	
Paulo Vakulyuk	03	30.96	1:05.78	Diogo Miguel Matreno	03	35.78	1:16.06
Guilherme Marques Mendes	03	33.62	1:10.65	Bernardo Jorge Simoes	02	28.78	59.79
<b>3. Uniao Samorense 1</b>	<b>Uniao Samorense</b>				<b>4:36.98</b>	<b>313</b>	
Alexandre Manuel Jesus	02	33.42	1:12.14	Andriy Dyakiv	02	35.18	1:14.44
Daniel Mocanu	02	34.08	1:08.96	Francisco Manuel Mendonca	02	29.91	1:01.44
<b>4. Salvaterra de Magos 1</b>	<b>Salvaterra de Magos</b>				<b>4:40.55</b>	<b>302</b>	
Jose Oliveira Cordeiro	03	35.31	1:15.57	Diogo Bernardo Tome	03	32.16	1:07.25
Joao Andre Serafim	02	35.69	1:17.36	Francisco Costa Nunes	02	28.73	1:00.37
<b>5. Natacao do Tejo 2</b>	<b>Natacao do Tejo</b>				<b>4:55.66</b>	<b>258</b>	
Alexandre Miguel Silva	02	29.81	1:02.70	Henrique Antonio Martins	03	36.37	1:16.61
Hugo Miguel Leitao	03	36.77	1:20.46	Daniel Francisco Carvalho	02	36.11	1:15.89

Prova 26		Femin., 4 x 100m Livres				Juvenis
25-06-2016 - 17:40						Resultados
Recorde Distrital ANDS 50m Absoluto	4:17.62	CNAB	CNAB	Oeiras	11-04-2015	
Recorde Distrital ANDS 50m Juv B	4:22.30	Clube de Natacao de Torres Novas	CNTN	Rio Maior	11-07-2015	
Recorde Distrital ANDS 50m Juv	4:22.95	CNTN	CNTN	Vila Franca de Xira	14-05-2016	
Recorde Distrital ANDS 50m Juv A	4:36.14	CNAB	ROU	Rio Maior	05-07-2014	

FEM : 5:16.00

Pontos: FINA 2016

Lugar					Tempo final	Pts	
<b>1. Torres Novas</b>	<b>Torres Novas</b>				<b>4:29.87</b>	<b>477</b>	
Rita Sousa Oliveira	01	31.83	1:06.52	Ines Cambe Cunha	02	34.39	1:11.47
Beatriz Santos Reis	01	34.15	1:10.44	Carolina Marques Neves	01	29.57	1:01.44
<b>2. Natacao do Tejo 1</b>	<b>Natacao do Tejo</b>				<b>4:48.27</b>	<b>392</b>	
Ines Ferreira Duarte	01	33.98	1:08.56	Mafalda Gilberto Marques	01	32.83	1:08.59
Jessica Alexandra Camelo	01	39.32	1:23.92	Carolina Silverio Carpinteiro	02	32.36	1:07.20

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 26, Femin., 4 x 100m Livres

Prova 26	Femin., 4 x 100m Livres				Infantis
25-06-2016 - 17:40					Resultados
Recorde Distrital ANDS 50m Absoluto	4:17.62	CNAB	CNAB	Oeiras	11-04-2015
Recorde Distrital ANDS 50m Inf B	4:45.23	CNTN	CNTN	S. João da Madeira	14-07-2013
Recorde Distrital ANDS 50m Inf	4:26.96	CNRM	CNRM	Oeiras	19-07-2015
Recorde Distrital ANDS 50m Inf A	4:25.82	CNTN	CNTN	Loulé	20-07-2014
FEM Inf B: 5:55.00; Inf A: 5:55.00					

Pontos: FINA 2016

Lugar					Tempo final	Pts
<b>1. Torres Novas 1</b>	<b>Torres Novas</b>				<b>4:43.29</b>	<b>413</b>
Erica Neves Leote	03	33.70	1:09.90	Margarida Mateus Morais	04	37.87
Beatriz Goncalves Casal	03	31.99	1:06.63	Ines Asseiceira Ramos	03	31.89
<b>2. 20Km de Almeirim 1</b>	<b>20Km de Almeirim</b>				<b>4:52.00</b>	<b>377</b>
Beatriz Staiger Bento	04	33.49	1:09.38	Joana Margarida Sousa	04	36.04
Ana Patricia Oliveira	03	34.48	1:12.82	Maria Ines Paveia	03	34.95

4 - 4ª SESSÃO

26-06-2016 - 9:30

Prova 27	Masc., 800m Livres				Absolutos
26-06-2016 - 9:30					Resultados
Recorde Distrital ANDS 50m Absoluto	8:13.49	Gustavo Manuel Santa	CNLA	Helsinqia (FIN)	18-07-2010
Recorde Distrital ANDS 50m Jun	8:13.49	Gustavo Manuel Santa	CNLA	Helsinqia (FIN)	18-07-2010
Recorde Distrital ANDS 50m Sen	8:27.18	Pedro Diogo Oliveira	CNRM	Coimbra	17-05-2008
MAS : 10:16.30					

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
<b>1. Tiago Filipe Campos</b>					<b>99</b>	<b>Scalabiswim</b>				<b>8:55.48</b>	<b>601</b>
50m:	30.25	200m:	2:10.86	350m:	3:52.95	500m:	5:34.52	650m:	7:16.94	800m:	8:55.48
100m:	1:03.36	250m:	2:44.88	400m:	4:26.36	550m:	6:08.58	700m:	7:50.92		
150m:	1:37.25	300m:	3:19.00	450m:	5:00.41	600m:	6:42.90	750m:	8:24.95		
<b>2. Dario Fausto Matias</b>					<b>98</b>	<b>Torres Novas</b>				<b>9:14.06</b>	<b>543</b>
50m:	32.39	200m:	2:18.21	350m:	4:04.27	500m:	5:49.06	650m:	7:34.77	800m:	9:14.06
100m:	1:07.19	250m:	2:53.90	400m:	4:39.60	550m:	6:24.53	700m:	8:09.07		
150m:	1:42.81	300m:	3:28.97	450m:	5:14.30	600m:	6:59.78	750m:	8:43.24		
<b>3. Goncalo Faria Saldida</b>					<b>99</b>	<b>Natacao do Tejo</b>				<b>9:17.31</b>	<b>533</b>
50m:	32.61	200m:	2:17.83	350m:	4:03.10	500m:	5:48.34	650m:	7:35.26	800m:	9:17.31
100m:	1:07.66	250m:	2:52.70	400m:	4:38.05	550m:	6:24.18	700m:	8:11.05		
150m:	1:42.61	300m:	3:27.66	450m:	5:13.05	600m:	6:59.97	750m:	8:44.96		
<b>4. Bernardo Jose Dionisio</b>					<b>99</b>	<b>Gualdim Pais</b>				<b>9:49.68</b>	<b>450</b>
50m:	30.88	200m:	2:19.06	350m:	4:09.68	500m:	6:01.68	650m:	7:59.91	800m:	9:49.68
100m:	1:05.88	250m:	2:55.56	400m:	4:46.56	550m:	6:40.89	700m:	8:38.35		
150m:	1:42.47	300m:	3:32.21	450m:	5:23.37	600m:	7:20.53	750m:	9:16.47		
<b>5. David Antonio Carvalho</b>					<b>99</b>	<b>Natacao do Tejo</b>				<b>10:45.78</b>	<b>343</b>
<b>FTL</b>											
50m:	33.62	200m:	2:34.69	350m:	4:38.48	500m:	6:43.17	650m:	8:45.11	800m:	10:45.78
100m:	1:12.46	250m:	3:16.02	400m:	5:19.87	550m:	7:24.07	700m:	9:26.75		
150m:	1:54.45	300m:	3:57.41	450m:	6:00.95	600m:	8:05.14	750m:	10:07.13		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 27, Masc., 800m Livres

Prova 27  
26-06-2016 - 9:30 Masc., 800m Livres Juvenis Resultados

Recorde Distrital ANDS 50m Absoluto	8:13.49	Gustavo Manuel Santa	CNLA	Helsinki (FIN)	18-07-2010
Recorde Distrital ANDS 50m Juv B	8:48.15	Gustavo Manuel Santa	CNLA	Oeiras	24-07-2008
Recorde Distrital ANDS 50m Juv A	8:23.54	Gustavo Manuel Santa	CNLA	Tampere (FIN)	23-07-2009
MAS :	10:42.70				

Pontos: FINA 2016

Lugar	Ano		Tempo final		Pts
1. Diogo Franco Martins	01	20Km de Almeirim	<b>9:29.06</b>		501
50m: 31.54	200m: 2:20.60	350m: 4:08.40	500m: 5:55.26	650m: 7:43.02	800m: 9:29.06
100m: 1:07.19	250m: 2:56.82	400m: 4:43.66	550m: 6:31.48	700m: 8:19.09	
150m: 1:43.88	300m: 3:33.10	450m: 5:19.22	600m: 7:07.53	750m: 8:54.37	
2. Joao Jose Calado	01	Nautico Abrantes	<b>9:30.24</b>		498
50m: 30.67	200m: 2:14.31	350m: 4:02.07	500m: 5:52.53	650m: 7:43.07	800m: 9:30.24
100m: 1:04.22	250m: 2:49.75	400m: 4:38.28	550m: 6:29.68	700m: 8:20.19	
150m: 1:38.84	300m: 3:25.70	450m: 5:15.12	600m: 7:07.06	750m: 8:55.58	
3. Rui Jorge Lopes	00	CLAC-Entroncamento	<b>9:49.93</b>		450
50m: 32.85	200m: 2:24.45	350m: 4:17.30	500m: 6:08.80	650m: 8:01.39	800m: 9:49.93
100m: 1:09.14	250m: 3:01.91	400m: 4:55.09	550m: 6:46.32	700m: 8:38.84	
150m: 1:46.52	300m: 3:39.41	450m: 5:31.41	600m: 7:23.81	750m: 9:16.61	
4. Miguel Serrao Santos	00	Salvaterra de Magos	<b>10:20.48</b>		386
50m: 32.32	200m: 2:26.71	350m: 4:25.46	500m: 6:25.02	650m: 8:24.68	800m: 10:20.48
100m: 1:09.26	250m: 3:07.30	400m: 5:04.94	550m: 7:05.96	700m: 9:03.59	
150m: 1:47.96	300m: 3:46.08	450m: 5:45.43	600m: 7:44.93	750m: 9:42.45	
5. Tomas Meliciano Cabeleira	01	CLAC-Entroncamento	<b>10:31.49</b>		366
50m: 34.39	200m: 2:33.62	350m: 4:34.29	500m: 6:36.34	650m: 8:37.02	800m: 10:31.49
100m: 1:13.65	250m: 3:14.08	400m: 5:14.67	550m: 7:17.11	700m: 9:17.13	
150m: 1:53.84	300m: 3:54.43	450m: 5:54.91	600m: 7:57.13	750m: 9:56.18	
6. Ricardo Luis Leal	01	CLAC-Entroncamento	<b>10:33.41</b>		363
100m: 1:11.48	300m: 3:51.60	500m: 6:35.12	700m: 9:15.21		
200m: 2:30.63	400m: 5:13.82	600m: 7:56.50	800m: 10:33.41		
7. Afonso Pinhal Canto	01	20Km de Almeirim	<b>10:34.43</b>		361
50m: 34.69	200m: 2:32.88	350m: 4:34.75	500m: 6:36.71	650m: 8:36.53	800m: 10:34.43
100m: 1:13.43	250m: 3:13.48	400m: 5:15.65	550m: 7:16.71	700m: 9:16.89	
150m: 1:52.81	300m: 3:54.08	450m: 5:56.04	600m: 7:56.90	750m: 9:56.02	

Prova 28  
26-06-2016 - 9:55 Femin., 400m Livres Absolutos Resultados

Recorde Distrital ANDS 50m Absoluto	4:38.09	Ana Catarina Boavista	CNLA	Aveiro	28-07-2007
Recorde Distrital ANDS 50m Jun	4:39.25	Patrícia Palmeiro Baeta	SCSN	Oeiras	12-03-2016
Recorde Distrital ANDS 50m Sen	4:38.09	Ana Catarina Boavista	CNLA	Aveiro	28-07-2007
FEM :	5:41.00				

Pontos: FINA 2016

Lugar	Ano		Tempo final		Pts
1. Patricia Palmeiro Baeta	00	Scalabiswim	<b>4:41.96</b>		604
50m: 33.15	150m: 1:44.86	250m: 2:55.59	350m: 4:07.05		
100m: 1:09.00	200m: 2:20.31	300m: 3:31.41	400m: 4:41.96		
2. Maria Beatriz Dias	99	Scalabiswim	<b>4:49.11</b>		560
50m: 33.19	150m: 1:46.55	250m: 3:00.46	350m: 4:14.28		
100m: 1:09.61	200m: 2:24.08	300m: 3:37.24	400m: 4:49.11		
3. Mariana Narciso Fidalgo	99	20Km de Almeirim	<b>5:12.21</b>		445
50m: 35.21	150m: 1:53.84	250m: 3:13.78	350m: 4:33.32		
100m: 1:13.75	200m: 2:33.74	300m: 3:53.50	400m: 5:12.21		



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 28, Femin., 400m Livres, Absolutos

Lugar	Ano	Tempo final	Pts
4. Joana Sofia Amado	99 Cartaxo	<b>5:16.79</b>	426
50m: 35.05 150m: 1:53.57	250m: 3:14.61 350m: 4:36.21		
100m: 1:13.45 200m: 2:33.76	300m: 3:55.01 400m: 5:16.79		

Prova 28 Femin., 400m Livres Juvenis  
26-06-2016 - 9:55 Resultados

Recorde Distrital ANDS 50m Absoluto	4:38.09	Ana Catarina Boavista	CNLA	Aveiro	28-07-2007
Recorde Distrital ANDS 50m Juv B	4:38.83	Ana Rita Boavista	CNLA	Lisboa	19-05-2002
Recorde Distrital ANDS 50m Juv A	4:46.11	Carolina Marques Neves	SANDS	Porto	04-06-2016

FEM : 5:46.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carolina Marques Neves	01 Torres Novas	<b>4:48.59</b>	563
50m: 33.12 150m: 1:47.28	250m: 3:01.44 350m: 4:14.16		
100m: 1:10.02 200m: 2:24.58	300m: 3:37.79 400m: 4:48.59		
2. Catia Iordan Agostinho	02 Rio Maior	<b>4:56.41</b>	520
50m: 33.72 150m: 1:48.48	250m: 3:03.99 350m: 4:19.56		
100m: 1:10.42 200m: 2:26.40	300m: 3:41.51 400m: 4:56.41		
3. Carolina Silverio Carpinteiro	02 Natacao do Tejo	<b>4:59.15</b>	505
50m: 33.63 150m: 1:48.56	250m: 3:06.27 350m: 4:23.26		
100m: 1:10.29 200m: 2:27.19	300m: 3:44.73 400m: 4:59.15		
4. Filipa Cardigo Fitas	02 20Km de Almeirim	<b>5:06.24</b>	471
50m: 34.51 150m: 1:51.13	250m: 3:09.65 350m: 4:28.04		
100m: 1:12.41 200m: 2:30.40	300m: 3:48.98 400m: 5:06.24		
5. Carolina Guerra Pisco	02 20Km de Almeirim	<b>5:11.68</b>	447
50m: 34.32 150m: 1:50.97	250m: 3:10.84 350m: 4:32.19		
100m: 1:11.83 200m: 2:30.66	300m: 3:51.81 400m: 5:11.68		
6. Beatriz Santos Reis	01 Torres Novas	<b>5:13.32</b>	440
50m: 36.17 150m: 1:55.79	250m: 3:16.01 350m: 4:35.72		
100m: 1:16.23 200m: 2:36.32	300m: 3:56.13 400m: 5:13.32		
7. Ana Beatriz Rodrigues	02 Rio Maior	<b>5:13.92</b>	437
50m: 35.76 150m: 1:55.74	250m: 3:15.75 350m: 4:34.62		
100m: 1:14.81 200m: 2:36.21	300m: 3:55.52 400m: 5:13.92		
8. Beatriz Maria Duarte	02 Nautico Abrantes	<b>5:15.51</b>	431
50m: 35.55 150m: 1:54.03	250m: 3:14.97 350m: 4:35.41		
100m: 1:14.02 200m: 2:34.21	300m: 3:55.16 400m: 5:15.51		
9. Carolina Lopes Vieira	02 Gualdim Pais	<b>5:17.67</b>	422
50m: 34.54 150m: 1:53.70	250m: 3:16.27 350m: 4:38.43		
100m: 1:13.14 200m: 2:34.83	300m: 3:57.30 400m: 5:17.67		
10. Beatriz Catarino Moura	02 Nautico Abrantes	<b>5:19.00</b>	417
50m: 35.27 150m: 1:55.85	250m: 3:18.09 350m: 4:40.31		
100m: 1:15.38 200m: 2:36.90	300m: 3:59.23 400m: 5:19.00		
11. Rita Daniela Lopes	01 Gualdim Pais	<b>5:22.71</b>	403
50m: 36.66 150m: 1:58.79	250m: 3:22.45 350m: 4:44.47		
100m: 1:17.00 200m: 2:40.18	300m: 4:03.70 400m: 5:22.71		
12. Ana Rita Morais	02 Torres Novas	<b>5:27.60</b>	385
50m: 36.49 150m: 1:58.88	250m: 3:22.57 350m: 4:46.76		
100m: 1:16.77 200m: 2:40.53	300m: 4:04.55 400m: 5:27.60		
13. Leonor Vitoriano Marques	01 Scalabiswim	<b>5:27.93</b>	384
50m: 37.00 150m: 1:58.88	250m: 3:22.90 350m: 4:46.68		
100m: 1:17.42 200m: 2:40.90	300m: 4:04.85 400m: 5:27.93		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 28, Femin., 400m Livres

Prova 28  
26-06-2016 - 9:55

Femin., 400m Livres

Infantis  
Resultados

Recorde Distrital ANDS 50m Absoluto	4:38.09	Ana Catarina Boavista	CNLA	Aveiro	28-07-2007
Recorde Distrital ANDS 50m Inf B	4:50.36	Mafalda Sofia Rosa	CNRM	Oeiras	19-07-2015
Recorde Distrital ANDS 50m Inf A	4:42.92	Mafalda Sofia Rosa	CNRM	Porto	04-06-2016

FEM Inf B: 6:26.00; Inf A: 6:11.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Mafalda Sofia Rosa <i>RECORDE DISTRITAL, INF-A</i> 50m: 33.34 150m: 1:44.29 250m: 2:55.53 350m: 4:07.19 100m: 1:08.66 200m: 2:20.02 300m: 3:31.42 400m: 4:42.46	03 Rio Maior	<b>4:42.46</b>	601
2. Ines Asseiceira Ramos 50m: 33.68 150m: 1:48.61 250m: 3:06.47 350m: 4:23.53 100m: 1:10.74 200m: 2:27.38 300m: 3:44.88 400m: 4:59.90	03 Torres Novas	<b>4:59.90</b>	502
3. Beatriz Moreira Carvalho 50m: 34.11 150m: 1:50.40 250m: 3:09.45 350m: 4:27.94 100m: 1:11.06 200m: 2:29.45 300m: 3:48.24 400m: 5:05.39	03 Rio Maior	<b>5:05.39</b>	475
4. Lea Alexandra Mendes 50m: 34.48 150m: 1:50.88 250m: 3:10.68 350m: 4:30.83 100m: 1:12.36 200m: 2:30.75 300m: 3:50.77 400m: 5:09.05	03 Gualdim Pais	<b>5:09.05</b>	458
5. Mafalda Magalhaes Costa 50m: 34.65 150m: 1:55.33 250m: 3:15.24 350m: 4:34.96 100m: 1:15.05 200m: 2:35.55 300m: 3:55.27 400m: 5:12.74	03 Gualdim Pais	<b>5:12.74</b>	442
6. Constanca Basilio Gil 50m: 34.88 150m: 1:54.71 250m: 3:17.37 350m: 4:40.69 100m: 1:13.91 200m: 2:36.48 300m: 3:59.47 400m: 5:18.34	03 CLAC-Entroncamento	<b>5:18.34</b>	419
7. Beatriz Goncalves Casal 50m: 36.38 150m: 1:56.96 250m: 3:19.52 350m: 4:42.03 100m: 1:15.70 200m: 2:37.70 300m: 4:00.85 400m: 5:20.24	03 Torres Novas	<b>5:20.24</b>	412
8. Beatriz Staiger Bento 50m: 35.49 150m: 1:54.16 250m: 3:15.55 350m: 4:39.43 100m: 1:14.17 200m: 2:34.81 300m: 3:57.16 400m: 5:20.78	04 20Km de Almeirim	<b>5:20.78</b>	410
9. Ines Marques Garcia 50m: 36.63 150m: 1:58.66 250m: 3:21.39 350m: 4:44.05 100m: 1:16.98 200m: 2:39.88 300m: 4:02.75 400m: 5:22.93	03 Nautico Abrantes	<b>5:22.93</b>	402
10. Rita Carrico Cruz 50m: 37.23 150m: 1:59.65 250m: 3:22.74 350m: 4:45.12 100m: 1:18.01 200m: 2:41.28 300m: 4:04.12 400m: 5:24.04	04 Viver Santarem	<b>5:24.04</b>	398
11. Ines Arraiolos Matos 50m: 36.83 150m: 1:59.87 250m: 3:25.02 350m: 4:51.19 100m: 1:17.31 200m: 2:42.15 300m: 4:08.03 400m: 5:31.78	03 Scalabiswim	<b>5:31.78</b>	370
12. Ana Beatriz Pereira 50m: 36.42 150m: 1:59.06 250m: 3:25.12 350m: 4:52.22 100m: 1:16.89 200m: 2:41.67 300m: 4:09.24 400m: 5:32.82	04 Salvaterra de Magos	<b>5:32.82</b>	367
13. Maria Ines Paveia 50m: 36.93 150m: 2:00.21 250m: 3:26.39 350m: 4:52.99 100m: 1:17.76 200m: 2:42.70 300m: 4:09.52 400m: 5:35.45	03 20Km de Almeirim	<b>5:35.45</b>	358
14. Ana Patricia Oliveira 50m: 36.81 150m: 2:00.80 250m: 3:26.65 350m: 4:53.42 100m: 1:17.74 200m: 2:43.15 300m: 4:09.22 400m: 5:37.26	03 20Km de Almeirim	<b>5:37.26</b>	353
15. Rafaela Canano Silva 50m: 38.19 150m: 2:05.83 250m: 3:35.27 350m: 5:03.44 100m: 1:21.26 200m: 2:50.13 300m: 4:19.83 400m: 5:45.11	04 Cartaxo	<b>5:45.11</b>	329

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 28, Femin., 400m Livres, Infantis

Lugar	Ano	Tempo final	Pts
16. Joana Margarida Sousa 50m: 38.46 150m: 2:05.78 100m: 1:21.43 200m: 2:50.22	04 20Km de Almeirim	<b>5:45.81</b>	327
17. Matilde Isabel Macharreu 50m: 38.47 150m: 2:06.67 100m: 1:21.70 200m: 2:52.25	04 BUZIOS-Coruche	<b>5:55.30</b>	301
18. Gabriela Graco Duarte 50m: 38.36 150m: 2:08.24 100m: 1:22.37 200m: 2:55.05	04 20Km de Almeirim	<b>5:57.76</b>	295
19. Raquel Canelas Louro 50m: 39.25 150m: 2:09.98 100m: 1:24.35 200m: 2:56.35	04 Viver Santarem	<b>5:58.17</b>	294
20. Catarina Fernandes Moutinho 50m: 42.82 150m: 2:18.61 100m: 1:30.35 200m: 3:06.14	04 CLAC-Entroncamento	<b>6:14.01</b>	258
21. Maria Ines Dias 50m: 44.24 150m: 2:20.11 100m: 1:31.72 200m: 3:08.80	04 Scalabiswim	<b>6:25.50</b>	236
DNS Diana Filipa Amado	04 Cartaxo		
EXH Lidiana Correia Rodrigues 50m: 37.43 150m: 1:57.20 100m: 1:16.32 200m: 2:37.87	04 Individual ANL	<b>5:17.41</b>	423

Prova 29

Masc., 200m Bruços

Absolutos

26-06-2016 - 10:25

Resultados

Recorde Distrital ANDS 50m Absoluto	2:31.13	Hugo Miguel Nunes	CNTEJO	Rio Maior	10-03-2013
Recorde Distrital ANDS 50m Jun	2:34.48	Bernardo José Dionísio	SFGP	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Sen	2:31.13	Hugo Miguel Nunes	CNTEJO	Rio Maior	10-03-2013

MAS : 3:10.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Bernardo Jose Dionisio 50m: 39.46 100m: 1:21.44	99 Gualdim Pais	<b>2:46.14</b>	446
2. Joao Manuel Ferreira 50m: 37.50 100m: 1:19.87	92 CLAC-Entroncamento	<b>2:47.48</b>	436
3. Joao Paulo Lopes 50m: 37.67 100m: 1:19.76	98 Torres Novas	<b>2:47.69</b>	434
4. Artur Rafael Saramago 50m: 38.08 100m: 1:21.39	97 BUZIOS-Coruche	<b>2:51.30</b>	407
DNS Miguel Carrico Cruz	99 Cartaxo		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 29, Masc., 200m Bruços

Prova 29	Masc., 200m Bruços				Juvenis
26-06-2016 - 10:25					Resultados
Recorde Distrital ANDS 50m Absoluto	2:31.13	Hugo Miguel Nunes	CNTEJO	Rio Maior	10-03-2013
Recorde Distrital ANDS 50m Juv B	2:37.90	Miguel Carrico Cruz	AVQA	Rio Maior	21-06-2014
Recorde Distrital ANDS 50m Juv A	2:34.82	Miguel Gonçalves Frade	CNTN	Oeiras	11-03-2016
MAS : 3:18.00					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Miguel Goncalves Frade	00	Torres Novas		<b>2:38.23</b>	517	
50m: 35.72 100m: 1:15.34	150m: 1:56.59	200m: 2:38.23				
2. Goncalo Catarino Dias	00	Rio Maior		<b>2:47.65</b>	434	
50m: 37.28 100m: 1:19.47	150m: 2:03.93	200m: 2:47.65				
3. Filipe Asseiceira Ramos	00	Torres Novas		<b>2:50.58</b>	412	
50m: 38.08 100m: 1:21.83	150m: 2:06.56	200m: 2:50.58				
4. Joao Antonio Simoes	01	Torres Novas		<b>2:57.40</b>	366	
50m: 40.28 100m: 1:26.00	150m: 2:12.33	200m: 2:57.40				
5. Joao Diogo Lopes	01	Cartaxo		<b>2:58.94</b>	357	
50m: 39.04 100m: 1:24.92	150m: 2:14.88	200m: 2:58.94				
6. Rui Jorge Lopes	00	CLAC-Entroncamento		<b>3:03.11</b>	333	
50m: 41.76 100m: 1:29.32	150m: 2:18.23	200m: 3:03.11				
7. Tomas Meliciano Cabeleira	01	CLAC-Entroncamento		<b>3:05.74</b>	319	
50m: 42.25 100m: 1:30.42	150m: 2:19.22	200m: 3:05.74				
8. Joao Miguel Marques	01	20Km de Almeirim		<b>3:06.05</b>	318	
50m: 43.67 100m: 1:31.43	150m: 2:20.59	200m: 3:06.05				
9. Joao Francisco Fortunato	01	CLAC-Entroncamento		<b>3:09.51</b>	301	
50m: 43.58 100m: 1:31.83	150m: 2:21.14	200m: 3:09.51				
10. Joao Afonso Goncalves	00	CLAC-Entroncamento		<b>3:09.68</b>	300	
50m: 43.55 100m: 1:31.77	150m: 2:21.79	200m: 3:09.68				
11. Daniel Filipe Oliveira	01	Natacao do Tejo		<b>3:09.74</b>	299	
50m: 42.78 100m: 1:31.40	150m: 2:20.73	200m: 3:09.74				
DNS Joao Rafael Protasio	01	CLAC-Entroncamento				

Prova 29	Masc., 200m Bruços				Infantis
26-06-2016 - 10:25					Resultados
Recorde Distrital ANDS 50m Absoluto	2:31.13	Hugo Miguel Nunes	CNTEJO	Rio Maior	10-03-2013
Recorde Distrital ANDS 50m Inf B	2:44.51	Miguel Carrico Cruz	SCALAB	Rio Maior	22-07-2012
Recorde Distrital ANDS 50m Inf A	2:38.81	Miguel Carrico Cruz	VS	S. Joao da Madeira	14-07-2013
MAS Inf B: 3:40.50; Inf A: 3:30.00					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Francisco Costa Nunes	02	Salvaterra de Magos		<b>2:45.69</b>	450	
50m: 38.05 100m: 1:21.55	150m: 2:05.46	200m: 2:45.69				
2. Bernardo Jorge Simoes	02	Torres Novas		<b>3:00.42</b>	348	
50m: 41.58 100m: 1:28.01	150m: 2:15.15	200m: 3:00.42				
3. Alexandre Miguel Silva	02	Natacao do Tejo		<b>3:04.86</b>	324	
50m: 41.32 100m: 1:28.59	150m: 2:17.23	200m: 3:04.86				
4. Luis Afonso Lopes	03	Viver Santarem		<b>3:05.41</b>	321	
50m: 42.72 100m: 1:30.03	150m: 2:19.75	200m: 3:05.41				
5. Diogo Bernardo Tome	03	Salvaterra de Magos		<b>3:08.51</b>	305	
50m: 44.23 100m: 1:31.48	150m: 2:22.19	200m: 3:08.51				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 29, Masc., 200m Bruços, Infantis

Lugar	Ano	Tempo final	Pts
6. Bernardo Correa Clavinho 50m: 44.19 100m: 1:34.65 150m: 2:26.10 200m: 3:14.76	02 Scalabiswim	<b>3:14.76</b>	277
7. Tomas Miguel Felicio 50m: 44.27 100m: 1:34.34 150m: 2:26.27 200m: 3:16.05	03 Rio Maior	<b>3:16.05</b>	271
8. Rui Chagas Alves 50m: 47.25 100m: 1:38.14 150m: 2:28.48 200m: 3:16.33	03 Viver Santarem	<b>3:16.33</b>	270
9. Daniel Francisco Carvalho 50m: 47.05 100m: 1:37.77 150m: 2:30.36 200m: 3:18.35	02 Natacao do Tejo	<b>3:18.35</b>	262
10. Pedro Maria Santana 50m: 46.95 100m: 1:38.78 150m: 2:31.67 200m: 3:20.86	03 Torres Novas	<b>3:20.86</b>	252
11. Joao Diogo Correia 50m: 47.97 100m: 1:39.16 150m: 2:31.19 200m: 3:21.03	02 CLAC-Entroncamento	<b>3:21.03</b>	252
12. Miguel Monsanto Cotrim 50m: 48.11 100m: 1:41.92 150m: 2:36.02 200m: 3:29.02	03 Viver Santarem	<b>3:29.02</b>	224
13. Joao Andre Serafim 50m: 47.05 100m: 1:40.82 150m: 2:35.93 200m: 3:29.83	02 Salvaterra de Magos	<b>3:29.83</b>	221
DSQ Joao Afonso Pacau <i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 50 metros</i>	02 Gualdim Pais		
EXH Goncalo Silveirinha Caldeira 50m: 36.19 100m: 1:16.06 150m: 1:58.86 200m: 2:42.01	01 Individual ANL	<b>2:42.01</b>	481

Prova 30

Femin., 200m Bruços

Absolutos

26-06-2016 - 10:45

Resultados

Recorde Distrital ANDS 50m Absoluto	2:39.54	Maria Madalena Silva	CNAB	Coimbra	03-04-2015
Recorde Distrital ANDS 50m Jun	2:39.54	Maria Madalena Silva	CNAB	Coimbra	03-04-2015
Recorde Distrital ANDS 50m Sen	2:42.76	Maria Madalena Silva	CNAB	Oeiras	11-03-2016

FEM : 3:27.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva 50m: 41.67 100m: 1:24.14 150m: 2:09.32 200m: 2:52.09	98 Nautico Abrantes	<b>2:52.09</b>	528
2. Catarina Goncalves Trezentos 50m: 44.06 100m: 1:32.20 150m: 2:20.45 200m: 3:09.17	98 Gualdim Pais	<b>3:09.17</b>	397
3. Mariana Narciso Fidalgo 50m: 45.23 100m: 1:34.76 150m: 2:25.17 200m: 3:15.25	99 20Km de Almeirim	<b>3:15.25</b>	361
4. Mariana Nunes Domingos 50m: 44.13 100m: 1:34.16 150m: 2:26.46 200m: 3:21.27	00 20Km de Almeirim	<b>3:21.27</b>	330

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 30, Femin., 200m Bruços

Prova 30	Femin., 200m Bruços				Juvenis
26-06-2016 - 10:45					Resultados
Recorde Distrital ANDS 50m Absoluto	2:39.54	Maria Madalena Silva	CNAB	Coimbra	03-04-2015
Recorde Distrital ANDS 50m Juv B	2:51.21	Ana Rita Boavista	CNLA	Oeiras	28-07-2002
Recorde Distrital ANDS 50m Juv A	2:49.86	Mafalda Gilberto Marques	CNTEJO	Oeiras	11-03-2016
FEM : 3:30.50					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Mafalda Gilberto Marques	01	Natacao do Tejo		<b>2:53.60</b>	514	
50m: 40.81 100m: 1:23.74	150m: 2:09.43	200m: 2:53.60				
2. Constanca Isabel Jose	01	Gualdim Pais		<b>3:03.00</b>	439	
50m: 43.68 100m: 1:29.40	150m: 2:17.60	200m: 3:03.00				
3. Catia Iordan Agostinho	02	Rio Maior		<b>3:07.98</b>	405	
50m: 44.61 100m: 1:32.62	150m: 2:21.42	200m: 3:07.98				
4. Carolina Silverio Carpinteiro	02	Natacao do Tejo		<b>3:10.04</b>	392	
50m: 45.51 100m: 1:33.42	150m: 2:24.13	200m: 3:10.04				
5. Marta Chambel Dias	02	CLAC-Entroncamento		<b>3:15.10</b>	362	
50m: 46.28 100m: 1:35.64	150m: 2:27.71	200m: 3:15.10				
6. Carolina Guerra Pisco	02	20Km de Almeirim		<b>3:16.64</b>	354	
50m: 44.82 100m: 1:34.50	150m: 2:26.40	200m: 3:16.64				
7. Ines Cambe Cunha	02	Torres Novas		<b>3:16.65</b>	353	
50m: 44.99 100m: 1:34.90	150m: 2:25.74	200m: 3:16.65				
8. Ines Ribeiro Novo	02	Torres Novas		<b>3:25.01</b>	312	
50m: 46.39 100m: 1:36.70	150m: 2:31.96	200m: 3:25.01				
9. Beatriz Catarino Moura	02	Nautico Abrantes		<b>3:27.10</b>	303	
50m: 48.20 100m: 1:39.97	150m: 2:35.25	200m: 3:27.10				
10. Diana Sofia Vital	02	Torres Novas		<b>3:32.72</b>	279	
<i>FTL</i>						
50m: 47.20 100m: 1:40.13	150m: 2:36.37	200m: 3:32.72				
11. Ines Isabel Conde	01	Torres Novas		<b>3:33.05</b>	278	
<i>FTL</i>						
50m: 49.70 100m: 1:44.21	150m: 2:39.30	200m: 3:33.05				
DSQ Carolina Lopes Vieira	02	Gualdim Pais				
<i>SW 7.6 - O (a) atleta não tocou com as mãos na parede separadas e simultâneamente na viragem aos 150 metros</i>						
DNS Maria Eduarda Ferreira	01	BUZIOS-Coruche				
doente Ines Ferreira Duarte	01	Natacao do Tejo				



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 30, Femin., 200m Bruços

Prova 30	Femin., 200m Bruços				Infantis
26-06-2016 - 10:45					Resultados
Recorde Distrital ANDS 50m Absoluto	2:39.54	Maria Madalena Silva	CNAB	Coimbra	03-04-2015
Recorde Distrital ANDS 50m Inf B	2:58.44	Joana Filipa Vilhena	CNLA	Rio Maior	10-07-2004
Recorde Distrital ANDS 50m Inf A	2:50.83	Catia Iordan Agostinho	CNRM	Oeiras	18-07-2015
FEM Inf B: 3:55.50; Inf A: 3:46.00					

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Ana Patricia Oliveira	03	20Km de Almeirim		<b>3:11.76</b>	381	
50m: 44.86 100m: 1:34.08	150m: 2:24.09	200m: 3:11.76				
2. Beatriz Goncalves Casal	03	Torres Novas		<b>3:12.45</b>	377	
50m: 45.86 100m: 1:34.74	150m: 2:26.17	200m: 3:12.45				
3. Erica Neves Leote	03	Torres Novas		<b>3:15.36</b>	361	
50m: 47.08 100m: 1:35.92	150m: 2:27.87	200m: 3:15.36				
4. Margarida Mateus Morais	04	Torres Novas		<b>3:15.81</b>	358	
50m: 46.76 100m: 1:37.02	150m: 2:28.78	200m: 3:15.81				
5. Beatriz Staiger Bento	04	20Km de Almeirim		<b>3:26.42</b>	306	
50m: 47.53 100m: 1:40.41	150m: 2:34.61	200m: 3:26.42				
6. Constanca Basilio Gil	03	CLAC-Entroncamento		<b>3:27.79</b>	300	
50m: 49.78 100m: 1:42.55	150m: 2:38.29	200m: 3:27.79				
7. Ana Beatriz Pereira	04	Salvaterra de Magos		<b>3:28.24</b>	298	
50m: 47.45 100m: 1:40.21	150m: 2:34.63	200m: 3:28.24				
8. Gabriela Graco Duarte	04	20Km de Almeirim		<b>3:28.63</b>	296	
50m: 47.55 100m: 1:38.61	150m: 2:34.77	200m: 3:28.63				
9. Matilde Basilio Gil	03	CLAC-Entroncamento		<b>3:33.80</b>	275	
50m: 50.23 100m: 1:43.30	150m: 2:39.41	200m: 3:33.80				
10. Rita Carrico Cruz	04	Viver Santarem		<b>3:39.29</b>	255	
50m: 51.74 100m: 1:46.24	150m: 2:43.96	200m: 3:39.29				
11. Leonor Narciso Jourdan	04	20Km de Almeirim		<b>3:46.95</b>	230	
50m: 53.04 100m: 1:50.19	150m: 2:50.94	200m: 3:46.95				
12. Catarina Fernandes Moutinho	04	CLAC-Entroncamento		<b>3:53.38</b>	211	
50m: 55.32 100m: 1:53.74	150m: 2:54.88	200m: 3:53.38				
DNS Carolina Calado Coelho	04	Nautico Abrantes				
EXH Luana Correia Rodrigues	01	Individual ANL		<b>2:54.09</b>	510	
50m: 40.19 100m: 1:24.74	150m: 2:10.28	200m: 2:54.09				
EXH Lidiana Correia Rodrigues	04	Individual ANL		<b>3:12.83</b>	375	
50m: 44.93 100m: 1:36.05	150m: 2:24.56	200m: 3:12.83				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 31 Absolutos  
26-06-2016 - 11:05 Resultados

Masc., 50m Costas

Recorde Distrital ANDS 50m Absoluto	26.25	Pedro Diogo Oliveira	INDADS	Charlotte (USA)	10-05-2013
Recorde Distrital ANDS 50m Juv B	28.74	Pedro Diogo Oliveira	CNRM	Lisboa	18-05-2003
Recorde Distrital ANDS 50m Juv A	29.26	Frederico Sucena Riachos	NSCG	Oeiras	08-02-2014
Recorde Distrital ANDS 50m Jun	27.49	Pedro Diogo Oliveira	CNRM	Coimbra	29-07-2006
Recorde Distrital ANDS 50m Sen	26.25	Pedro Diogo Oliveira	INDADS	Charlotte (USA)	10-05-2013

MAS Juv: 36.90; Abs: 36.50

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1.	99	Afonso Guilherme Rosa Torres Novas	<b>28.47</b>	602
2.	97	Afonso Filipe Gaspar Nautico Abrantes	<b>29.39</b>	547
3.	95	Daniel Ribeiro Sousa Gualdim Pais	<b>29.40</b>	546
4.	99	Marco Andre Miguel Torres Novas	<b>29.43</b>	545
5.	01	Ricardo Luis Leal CLAC-Entroncamento	<b>31.05</b>	464
6.	00	Miguel Goncalves Frade Torres Novas	<b>31.38</b>	449
7.	01	Joao Miguel Marques 20Km de Almeirim	<b>31.74</b>	434
8.	91	Ruben Miguel Matos Nautico Abrantes	<b>31.96</b>	425
9.	98	Ruben Alexandre Carvalho Cartaxo	<b>32.17</b>	417
10.	91	Miguel Martins Barroqueiro CLAC-Entroncamento	<b>32.51</b>	404
11.	99	Jose Nuno Sousa CLAC-Entroncamento	<b>34.20</b>	347
12.	01	Diogo Franco Martins 20Km de Almeirim	<b>34.76</b>	330
13.	90	Joao Pedro Rosa CLAC-Entroncamento	<b>35.03</b>	323
14.	00	Miguel Serrao Santos Salvaterra de Magos	<b>35.50</b>	310
15.	00	Henrique Miguel Cruz Torres Novas	<b>35.86</b>	301
EXH	01	Goncalo Silveirinha Caldeira Individual ANL	<b>34.23</b>	346

Prova 32 Absolutos  
26-06-2016 - 11:10 Resultados

Femin., 50m Costas

Recorde Distrital ANDS 50m Absoluto	31.99	Mariana Veloso Vitoria	CNAB	Jamor	10-02-2013
Recorde Distrital ANDS 50m Juv B	32.97	Mariana Veloso Vitoria	CNAB	Rio Maior	09-06-2012
Recorde Distrital ANDS 50m Juv A	33.16	Sarah Dias	SANDS	Campanhã-Porto	07-06-2014
Recorde Distrital ANDS 50m Jun	31.99	Mariana Veloso Vitoria	CNAB	Jamor	10-02-2013
Recorde Distrital ANDS 50m Sen	32.72	Marta Filipa Vinagre	CLAC	Oeiras	09-02-2014

FEM Juv: 40.50; Jun/Sen: 40.50

Pontos: FINA 2016

Lugar	Ano		Tempo final	Pts
1.	98	Maria Madalena Silva Nautico Abrantes	<b>33.17</b>	542
2.	01	Ines Ferreira Duarte Natacao do Tejo	<b>34.38</b>	487
3.	00	Patricia Palmeiro Baeta Scalabiswim	<b>34.51</b>	482
4.	00	Ana Catarina Santos Uniao Samorense	<b>34.69</b>	474
5.	02	Ana Beatriz Rodrigues Rio Maior	<b>35.05</b>	460
6.	01	Rita Sousa Oliveira Torres Novas	<b>36.09</b>	421
7.	97	Ana Claudia Santo Cartaxo	<b>36.76</b>	398
8.	02	Filipa Cardigo Fitas 20Km de Almeirim	<b>37.49</b>	376
9.	98	Raquel Sofia Jorge Salvaterra de Magos	<b>38.36</b>	351
10.	98	Maria Matilde Santana Torres Novas	<b>38.48</b>	347
11.	01	Beatriz Santos Reis Torres Novas	<b>38.55</b>	345
12.	99	Maria Beatriz Leal Rio Maior	<b>38.85</b>	337
13.	01	Carolina Polonio Alexandre CLAC-Entroncamento	<b>39.95</b>	310
DNS	01	Marta Sousa Oliveira Torres Novas		
EXH	01	Luana Correia Rodrigues Individual ANL	<b>34.87</b>	467

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 33					Masc., 4 x 50m Estilos		Absolutos
26-06-2016 - 11:25							Resultados
Recorde Distrital ANDS 50m Absoluto	1:53.11	Clube Nautico de Abrantes	CNAB	Coimbra			25-07-2015
Recorde Distrital ANDS 50m Juv B	2:17.26	Buzios-Assoc Nadadores Salvador	BUZIOS	SoruRio Maior			12-07-2015
Recorde Distrital ANDS 50m Juv	2:19.50	Tempo Limite					
Recorde Distrital ANDS 50m Juv A	2:19.50	Tempo Limite					
Recorde Distrital ANDS 50m Jun	2:02.88	CCD Pessoal Municipio Salvaterra	dCCDSMs	Lisboa			29-03-2009
Recorde Distrital ANDS 50m Sen	1:57.23	CNTN	CNTN	Rio Maior			05-03-2011
MAS Juv: 2:19.50; Abs: 2:19.50							

Pontos: FINA 2016

Lugar					Tempo final	Pts
1. Torres Novas 1	Torres Novas				<b>1:58.40</b>	491
<i>RECORDE DISTRITAL, JUN</i>						
Afonso Guilherme Rosa	99	28.73	Marco Andre Miguel	99		27.14
Joao Paulo Lopes	98	35.40	Dario Fausto Matias	98		27.13
2. CLAC-Entroncamento 1	CLAC-Entroncamento				<b>2:00.49</b>	466
Ricardo Luis Leal	01	31.11	Rui Jorge Lopes	00		28.76
Joao Manuel Ferreira	92	34.07	Miguel Martins Barroqueiro	91		26.55
3. BUZIOS-Coruche 1	BUZIOS-Coruche				<b>2:00.51</b>	466
Jose Carlos Burecas	00	32.78	Pedro Pereira Lopes	99		28.27
Artur Rafael Saramago	97	34.08	Tomas Jose Agostinho	99		25.38
4. 20Km de Almeirim 1	20Km de Almeirim				<b>2:13.05</b>	346
<i>RECORDE DISTRITAL, JUV-B</i>						
Afonso Pinhal Canto	01	36.12	Diogo Franco Martins	01		31.43
Joao Miguel Marques	01	36.64	Manuel Tomas Andrade	01		28.86
5. Natacao do Tejo 1	Natacao do Tejo				<b>2:16.50</b>	320
Goncalo Faria Saldida	99	34.03	David Antonio Carvalho	99		33.66
Tiago Emanuel Pires	94	38.73	Hugo Alexandre Sagradas	01		30.08

Prova 34					Femin., 4 x 50m Estilos		Absolutos
26-06-2016 - 11:25							Resultados
Recorde Distrital ANDS 50m Absoluto	2:08.68	CNAB	CNAB	Coimbra			30-05-2015
Recorde Distrital ANDS 50m Juv B	2:17.80	Clube de Natacao de Torres Novas	CNTN	Rio Maior			12-07-2015
Recorde Distrital ANDS 50m Juv A							
Recorde Distrital ANDS 50m Jun	2:08.68	CNAB	CNAB	Coimbra			30-05-2015
Recorde Distrital ANDS 50m Sen	2:25.88	CNTEJO	CNTEJO	S. João da Madeira			06-07-2013
FEM Juv: 2:36.50; Jun/Sen: 2:36.50							

Pontos: FINA 2016

Lugar					Tempo final	Pts
1. Natacao do Tejo 1	Natacao do Tejo				<b>2:19.07</b>	445
Ines Ferreira Duarte	01	34.40	Carolina Silverio Carpinteiro	02		32.88
Mafalda Gilberto Marques	01	38.16	Ana Teresa Nunes	88		33.63
2. Torres Novas 1	Torres Novas				<b>2:20.42</b>	433
Ines Ribeiro Novo	02	37.94	Beatriz Santos Reis	01	+0.49	33.68
Rita Sousa Oliveira	01	40.45	Carolina Marques Neves	01		28.35

5 - 5ª SESSÃO

26-06-2016 - 15:30

Prova 35	Masc., 100m Livres				Absolutos
26-06-2016 - 15:30					Resultados
Recorde Distrital ANDS 50m Absoluto	52.55	Frederico Sucena Riachos	NSCG	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Jun	52.55	Frederico Sucena Riachos	NSCG	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Sen	54.15	Pedro Diogo Oliveira	CNRM	Rio Maior	20-06-2009
MAS : 1:06.00					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Bernardo Jose Dionisio 50m: 27.19 100m: 55.69	99 Gualdim Pais	<b>55.69</b>	597
2. Tomas Jose Agostinho 50m: 27.23 100m: 56.44	99 BUZIOS-Coruche	<b>56.44</b>	574
3. Miguel Carrico Cruz 50m: 27.17 100m: 56.48	99 Cartaxo	<b>56.48</b>	572
4. Joao Mauricio Gaspar 50m: 27.30 100m: 57.31	97 Nautico Abrantes	<b>57.31</b>	548
5. Artur Rafael Saramago 50m: 27.35 100m: 57.63	97 BUZIOS-Coruche	<b>57.63</b>	539
6. Dario Fausto Matias 50m: 28.26 100m: 58.22	98 Torres Novas	<b>58.22</b>	523
7. Joao Paulo Lopes 50m: 28.44 100m: 59.19	98 Torres Novas	<b>59.19</b>	497
8. Ruben Alexandre Carvalho 50m: 28.83 100m: 59.22	98 Cartaxo	<b>59.22</b>	497
9. Pedro Manuel Nunes 50m: 28.58 100m: 59.31	98 CLAC-Entroncamento	<b>59.31</b>	494
10. Joao Manuel Ferreira 50m: 27.95 100m: 59.94	92 CLAC-Entroncamento	<b>59.94</b>	479
11. Goncalo Faria Saldida 50m: 29.14 100m: 1:00.80	99 Natacao do Tejo	<b>1:00.80</b>	459
12. Joao Pedro Rosa 50m: 29.12 100m: 1:01.02	90 CLAC-Entroncamento	<b>1:01.02</b>	454
13. Joao Teodoro Lopes 50m: 30.91 100m: 1:03.48	98 20Km de Almeirim	<b>1:03.48</b>	403
14. Joao Tiago Almeida 50m: 30.65 100m: 1:03.76	99 20Km de Almeirim	<b>1:03.76</b>	398
15. David Antonio Carvalho 50m: 31.47 100m: 1:04.71	99 Natacao do Tejo	<b>1:04.71</b>	380

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 35, Masc., 100m Livres

Prova 35	Masc., 100m Livres				Juvenis
26-06-2016 - 15:30					Resultados
Recorde Distrital ANDS 50m Absoluto	52.55	Frederico Sucena Riachos	NSCG	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Juv B	55.07	Paulo Bruno Janeiro	CNLA	Faro	21-07-2009
Recorde Distrital ANDS 50m Juv A	53.17	Gustavo Manuel Santa	CNLA	TAMPERE (FRA)	23-07-2009
MAS : 1:09.00					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ricardo Luis Leal 50m: 28.28 100m: 57.96	01 CLAC-Entroncamento	<b>57.96</b>	530
2. Joao Miguel Marques 50m: 28.48 100m: 58.51	01 20Km de Almeirim	<b>58.51</b>	515
3. Jose Carlos Burecas 50m: 28.26 100m: 58.70	00 BUZIOS-Coruche	<b>58.70</b>	510
4. Afonso Maria Teodoro 50m: 28.43 100m: 59.31	01 Cartaxo	<b>59.31</b>	494
5. Goncalo Catarino Dias 50m: 28.80 100m: 59.63	00 Rio Maior	<b>59.63</b>	486
6. Joao Diogo Lopes 50m: 28.07 100m: 59.99	01 Cartaxo	<b>59.99</b>	478
7. Miguel Serrao Santos 50m: 29.34 100m: 1:00.14	00 Salvaterra de Magos	<b>1:00.14</b>	474
8. Filipe Asseiceira Ramos 50m: 29.96 100m: 1:01.57	00 Torres Novas	<b>1:01.57</b>	442
9. Henrique Miguel Cruz 50m: 29.72 100m: 1:01.95	00 Torres Novas	<b>1:01.95</b>	434
10. Joao Antonio Simoes 50m: 30.35 100m: 1:02.76	01 Torres Novas	<b>1:02.76</b>	417
11. Joao Afonso Goncalves 50m: 30.36 100m: 1:03.09	00 CLAC-Entroncamento	<b>1:03.09</b>	411
12. Tomas Meliciano Cabeleira 50m: 30.61 100m: 1:03.88	01 CLAC-Entroncamento	<b>1:03.88</b>	396
13. David Emanuel Carrapo 50m: 30.33 100m: 1:04.25	00 BUZIOS-Coruche	<b>1:04.25</b>	389
14. Tiago Miguel Lucas 50m: 30.60 100m: 1:05.29	00 BUZIOS-Coruche	<b>1:05.29</b>	370
15. Manuel Tomas Andrade 50m: 30.62 100m: 1:05.50	01 20Km de Almeirim	<b>1:05.50</b>	367
16. Hugo Alexandre Sagradas 50m: 31.29 100m: 1:05.76	01 Natacao do Tejo	<b>1:05.76</b>	363
17. Jaime Miguel Saramago 50m: 32.97 100m: 1:07.12	01 BUZIOS-Coruche	<b>1:07.12</b>	341
18. Pedro Manuel Lopes 50m: 32.16 100m: 1:07.48	01 Torres Novas	<b>1:07.48</b>	335
19. Dinis Neves Silva 50m: 32.89 100m: 1:07.63	00 Gualdim Pais	<b>1:07.63</b>	333
20. Joao Rafael Protasio FTL 50m: 34.94 100m: 1:10.55	01 CLAC-Entroncamento	<b>1:10.55</b>	293

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 35, Masc., 100m Livres, Juvenis

Lugar	Ano	Tempo final	Pts
21. Marcio Lima Silva FTL 50m: 34.38 100m: 1:10.97	01 Natacao do Tejo	<b>1:10.97</b>	288
22. Daniel Filipe Oliveira FTL 50m: 34.24 100m: 1:13.51	01 Natacao do Tejo	<b>1:13.51</b>	259

Prova 35

Masc., 100m Livres

Infantis

26-06-2016 - 15:30

Resultados

Recorde Distrital ANDS 50m Absoluto	52.55	Frederico Sucena Riachos	NSCG	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Inf B	58.96	Joao Diogo Lopes	VS	Loule	20-07-2014
Recorde Distrital ANDS 50m Inf A	56.98	Frederico Sucena Riachos	NSCG	Rio Maior	22-07-2012

MAS Inf B: 1:19.00; Inf A: 1:14.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Bernardo Jorge Simoes 50m: 28.56 100m: 57.29	02 Torres Novas	<b>57.29</b>	548
2. Francisco Costa Nunes 50m: 28.72 100m: 59.27	02 Salvaterra de Magos	<b>59.27</b>	495
3. Joao Afonso Pacau 50m: 29.47 100m: 1:00.88	02 Gualdim Pais	<b>1:00.88</b>	457
4. Francisco Manuel Mendonca 50m: 30.06 100m: 1:01.69	02 Uniao Samorense	<b>1:01.69</b>	439
5. Alexandre Miguel Silva 50m: 29.72 100m: 1:02.02	02 Natacao do Tejo	<b>1:02.02</b>	432
6. Rui Chagas Alves 50m: 31.03 100m: 1:03.14	03 Viver Santarem	<b>1:03.14</b>	410
7. Bernardo Correa Clavinho 50m: 31.70 100m: 1:04.84	02 Scalabiswim	<b>1:04.84</b>	378
8. Diogo Bernardo Tome 50m: 32.00 100m: 1:06.39	03 Salvaterra de Magos	<b>1:06.39</b>	352
9. Daniel Mocanu 50m: 33.33 100m: 1:06.57	02 Uniao Samorense	<b>1:06.57</b>	349
10. Goncalo Magalhaes Cristovao 50m: 32.53 100m: 1:06.76	03 20Km de Almeirim	<b>1:06.76</b>	346
11. Luis Afonso Lopes 50m: 32.22 100m: 1:07.30	03 Viver Santarem	<b>1:07.30</b>	338
12. Guilherme Pereira Coutinho 50m: 32.74 100m: 1:07.61	03 Viver Santarem	<b>1:07.61</b>	334
13. Tomas Miguel Felicio 50m: 32.53 100m: 1:09.00	03 Rio Maior	<b>1:09.00</b>	314
14. Joao Vasco Canadas 50m: 34.26 100m: 1:10.44	03 Rio Maior	<b>1:10.44</b>	295
15. Miguel Silva Pereira 50m: 34.01 100m: 1:10.56	03 Viver Santarem	<b>1:10.56</b>	293
16. Miguel Monsanto Cotrim 50m: 34.50 100m: 1:10.64	03 Viver Santarem	<b>1:10.64</b>	292



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 35, Masc., 100m Livres, Infantis

Lugar	Ano	Tempo final	Pts
17. Tiago Miguel Jorge 50m: 34.27 100m: 1:11.18	03 Rio Maior	<b>1:11.18</b>	286
18. Alexandre Manuel Jesus 50m: 33.64 100m: 1:11.19	02 Uniao Samorense	<b>1:11.19</b>	286
19. Nuno Francisco Neves 50m: 35.06 100m: 1:12.10	02 Torres Novas	<b>1:12.10</b>	275
20. Guilherme Marques Mendes 50m: 35.67 100m: 1:12.64	03 Torres Novas	<b>1:12.64</b>	269
21. Joao Monteiro Rodrigues 50m: 35.91 100m: 1:13.28	03 Gualdim Pais	<b>1:13.28</b>	262
22. Duarte Miguel Costa 50m: 37.34 100m: 1:17.82	03 Torres Novas	<b>1:17.82</b>	219
23. Tomas Antonio Victal 50m: 37.89 100m: 1:18.23	03 20Km de Almeirim	<b>1:18.23</b>	215
DNS Ruben Filipe Carreira	03 Rio Maior		

Prova 36

Femin., 100m Livres

Absolutos

26-06-2016 - 15:45

Resultados

Recorde Distrital ANDS 50m Absoluto	1:00.30	Carolina Marques Neves	CNTN	Vila Franca de Xira	15-05-2016
Recorde Distrital ANDS 50m Jun	1:01.79	Sarah Dias	CLAC	Limoges (FRA)	20-03-2016
Recorde Distrital ANDS 50m Sen	1:00.92	Julia Matos Lopes	VS	Rio Maior	16-06-2013

FEM : 1:14.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Patricia Palmeiro Baeta 50m: 30.10 100m: 1:01.84	00 Scalabiswim	<b>1:01.84</b>	596
2. Maria Beatriz Leal 50m: 30.54 100m: 1:04.67	99 Rio Maior	<b>1:04.67</b>	521
3. Raquel Sofia Jorge 50m: 32.08 100m: 1:07.58	98 Salvaterra de Magos	<b>1:07.58</b>	457
4. Mariana Nunes Domingos 50m: 32.41 100m: 1:08.08	00 20Km de Almeirim	<b>1:08.08</b>	447
5. Ana Claudia Santo 50m: 33.04 100m: 1:09.74	97 Cartaxo	<b>1:09.74</b>	416
6. Joana Sofia Amado 50m: 33.84 100m: 1:09.84	99 Cartaxo	<b>1:09.84</b>	414
7. Mariana Narciso Fidalgo 50m: 34.32 100m: 1:10.41	99 20Km de Almeirim	<b>1:10.41</b>	404
8. Catarina Goncalves Trezentos 50m: 33.62 100m: 1:11.37	98 Gualdim Pais	<b>1:11.37</b>	388
9. Mafalda Alexandra Cabaca 50m: 35.02 100m: 1:14.04	00 20Km de Almeirim	<b>1:14.04</b>	347
10. Ines Fernandes Moutinho <i>FTL</i> 50m: 35.51 100m: 1:16.87	99 CLAC-Entroncamento	<b>1:16.87</b>	310

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 36, Femin., 100m Livres

Prova 36	Femin., 100m Livres				Juvenis
26-06-2016 - 15:45					Resultados
Recorde Distrital ANDS 50m Absoluto	1:00.30	Carolina Marques Neves	CNTN	Vila Franca de Xira	15-05-2016
Recorde Distrital ANDS 50m Juv B	1:02.04	Sarah Dias	CLAC	V. Nova de Famalicão	21-07-2013
Recorde Distrital ANDS 50m Juv A	1:00.30	Carolina Marques Neves	CNTN	Vila Franca de Xira	15-05-2016
FEM : 1:16.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Carolina Marques Neves 50m: 30.03 100m: 1:01.71	01 Torres Novas	<b>1:01.71</b>	600
2. Rita Sousa Oliveira 50m: 31.46 100m: 1:05.23	01 Torres Novas	<b>1:05.23</b>	508
3. Carolina Silverio Carpinteiro 50m: 31.75 100m: 1:05.24	02 Natacao do Tejo	<b>1:05.24</b>	508
4. Filipa Cardigo Fitas 50m: 31.76 100m: 1:05.51	02 20Km de Almeirim	<b>1:05.51</b>	502
5. Constanca Isabel Jose 50m: 33.43 100m: 1:07.40	01 Gualdim Pais	<b>1:07.40</b>	461
6. Mafalda Gilberto Marques 50m: 32.91 100m: 1:07.60	01 Natacao do Tejo	<b>1:07.60</b>	457
7. Beatriz Maria Duarte 50m: 33.43 100m: 1:08.40	02 Nautico Abrantes	<b>1:08.40</b>	441
8. Carolina Guerra Pisco 50m: 32.71 100m: 1:08.71	02 20Km de Almeirim	<b>1:08.71</b>	435
9. Beatriz Catarino Moura 50m: 33.58 100m: 1:09.13	02 Nautico Abrantes	<b>1:09.13</b>	427
10. Carolina Lopes Vieira 50m: 34.08 100m: 1:09.55	02 Gualdim Pais	<b>1:09.55</b>	419
11. Leonor Vitoriano Marques 50m: 35.35 100m: 1:13.12	01 Scalabiswim	<b>1:13.12</b>	361
12. Ana Rita Morais 50m: 34.61 100m: 1:13.22	02 Torres Novas	<b>1:13.22</b>	359
13. Jessica Andreia Antonio 50m: 34.68 100m: 1:13.48	02 CLAC-Entroncamento	<b>1:13.48</b>	355
DNS Maria Eduarda Ferreira	01 BUZIOS-Coruche		

Prova 36	Femin., 100m Livres				Infantis
26-06-2016 - 15:45					Resultados
Recorde Distrital ANDS 50m Absoluto	1:00.30	Carolina Marques Neves	CNTN	Vila Franca de Xira	15-05-2016
Recorde Distrital ANDS 50m Inf B	1:05.93	Ana Lucia Geraldés	SFUS	EUL-Lisboa	03-08-1999
Recorde Distrital ANDS 50m Inf A	1:04.33	Mariana Veloso Vitoria	CNAB	Rio Maior	10-07-2011
FEM Inf B: 1:25.00; Inf A: 1:19.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ines Asseiceira Ramos 50m: 31.77 100m: 1:05.74	03 Torres Novas	<b>1:05.74</b>	496
2. Mafalda Sofia Rosa 50m: 32.40 100m: 1:05.90	03 Rio Maior	<b>1:05.90</b>	493
3. Mafalda Magalhaes Costa 50m: 31.45 100m: 1:06.56	03 Gualdim Pais	<b>1:06.56</b>	478

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 36, Femin., 100m Livres, Infantis

Lugar	Ano	Tempo final	Pts
4. Beatriz Goncalves Casal 50m: 32.11 100m: 1:06.75	03 Torres Novas	<b>1:06.75</b>	474
5. Beatriz Staiger Bento 50m: 33.12 100m: 1:07.89	04 20Km de Almeirim	<b>1:07.89</b>	451
6. Beatriz Moreira Carvalho 50m: 32.75 100m: 1:07.93	03 Rio Maior	<b>1:07.93</b>	450
7. Constanca Basilio Gil 50m: 33.98 100m: 1:09.55	03 CLAC-Entroncamento	<b>1:09.55</b>	419
8. Secile Liu Wang 50m: 33.74 100m: 1:11.26	03 Uniao Samorense	<b>1:11.26</b>	390
9. Ana Beatriz Pereira 50m: 34.28 100m: 1:11.60	04 Salvaterra de Magos	<b>1:11.60</b>	384
10. Matilde Basilio Gil 50m: 35.50 100m: 1:13.92	03 CLAC-Entroncamento	<b>1:13.92</b>	349
11. Maria Ines Paveia 50m: 36.09 100m: 1:14.38	03 20Km de Almeirim	<b>1:14.38</b>	343
12. Patricia Pinheiro Costa 50m: 37.07 100m: 1:14.79	04 Salvaterra de Magos	<b>1:14.79</b>	337
13. Rafaela Canano Silva 50m: 36.48 100m: 1:15.19	04 Cartaxo	<b>1:15.19</b>	332
14. Joana Margarida Sousa 50m: 36.53 100m: 1:15.71	04 20Km de Almeirim	<b>1:15.71</b>	325
15. Raquel Canelas Louro 50m: 36.64 100m: 1:15.86	04 Viver Santarem	<b>1:15.86</b>	323
16. Margarida Mateus Morais 50m: 37.19 100m: 1:16.50	04 Torres Novas	<b>1:16.50</b>	315
17. Matilde Isabel Macharreu 50m: 36.30 100m: 1:17.95	04 BUZIOS-Coruche	<b>1:17.95</b>	298
18. Gabriela Graco Duarte 50m: 37.37 100m: 1:19.02	04 20Km de Almeirim	<b>1:19.02</b>	286
19. Leonor Narciso Jourdan 50m: 37.96 100m: 1:20.34	04 20Km de Almeirim	<b>1:20.34</b>	272
DNS Carolina Calado Coelho	04 Nautico Abrantes		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 37 Absolutos  
26-06-2016 - 16:00 Resultados

Recorde Distrital ANDS 50m Absoluto	55.83	Pedro Diogo Oliveira	INDADS	Debrecen (HUN)	21-05-2012
Recorde Distrital ANDS 50m Jun	58.13	Pedro Diogo Oliveira	CNRM	Coimbra	27-07-2006
Recorde Distrital ANDS 50m Sen	55.83	Pedro Diogo Oliveira	INDADS	Debrecen (HUN)	21-05-2012

MAS : 1:19.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Afonso Guilherme Rosa 50m: 29.72 100m: 1:01.20	99 Torres Novas	<b>1:01.20</b>	611
2. Daniel Ribeiro Sousa 50m: 31.63 100m: 1:04.28	95 Gualdim Pais	<b>1:04.28</b>	527
3. Afonso Filipe Gaspar 50m: 31.63 100m: 1:05.69	97 Nautico Abrantes	<b>1:05.69</b>	494
4. Tomas Jose Agostinho 50m: 33.39 100m: 1:08.03	99 BUZIOS-Coruche	<b>1:08.03</b>	445
5. Ruben Miguel Matos 50m: 33.69 100m: 1:09.16	91 Nautico Abrantes	<b>1:09.16</b>	423
6. Miguel Martins Barroqueiro 50m: 34.08 100m: 1:11.94	91 CLAC-Entroncamento	<b>1:11.94</b>	376
7. Bernardo Fernandes Aguiar 50m: 36.58 100m: 1:14.27	99 20Km de Almeirim	<b>1:14.27</b>	342
8. Ruben Alexandre Carvalho 50m: 37.27 100m: 1:14.33	98 Cartaxo	<b>1:14.33</b>	341

Prova 37 Juvenis  
26-06-2016 - 16:00 Resultados

Recorde Distrital ANDS 50m Absoluto	55.83	Pedro Diogo Oliveira	INDADS	Debrecen (HUN)	21-05-2012
Recorde Distrital ANDS 50m Juv B	1:01.02	Pedro Diogo Oliveira	CNRM	Paris (FRA)	01-08-2003
Recorde Distrital ANDS 50m Juv A	59.46	Pedro Diogo Oliveira	CNRM	Jamor	01-08-2004

MAS : 1:23.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Rui Jorge Lopes 50m: 33.18 100m: 1:06.88	00 CLAC-Entroncamento	<b>1:06.88</b>	468
2. Miguel Goncalves Frade 50m: 35.16 100m: 1:11.37	00 Torres Novas	<b>1:11.37</b>	385
3. Jose Carlos Burecas 50m: 37.74 100m: 1:13.18	00 BUZIOS-Coruche	<b>1:13.18</b>	357
4. Afonso Pinhal Canto 50m: 36.72 100m: 1:14.89	01 20Km de Almeirim	<b>1:14.89</b>	333
5. Manuel Tomas Andrade 50m: 37.54 100m: 1:16.16	01 20Km de Almeirim	<b>1:16.16</b>	317
6. Antonio Joao Pestana 50m: 38.88 100m: 1:18.57	00 CLAC-Entroncamento	<b>1:18.57</b>	288
7. David Jose Carpinteiro 50m: 39.56 100m: 1:20.95	00 Natacao do Tejo	<b>1:20.95</b>	264
8. Manuel Jorge Franco FTL 50m: 41.36 100m: 1:26.41	01 Cartaxo	<b>1:26.41</b>	217

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 37, Masc., 100m Costas

Prova 37		Masc., 100m Costas			Infantis
26-06-2016 - 16:00					Resultados
Recorde Distrital ANDS 50m Absoluto	55.83	Pedro Diogo Oliveira	INDADS	Debrecen (HUN)	21-05-2012
Recorde Distrital ANDS 50m Inf B	1:08.75	João Paulo Paias	CNLA	Rio Maior	09-07-2005
Recorde Distrital ANDS 50m Inf A	1:03.85	Pedro Diogo Oliveira	CNRM	Campanhã-Porto	15-06-2002
MAS Inf B: 1:31.00; Inf A: 1:28.00					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Paulo Vakulyuk 50m: 36.22 100m: 1:12.20	03 Torres Novas	<b>1:12.20</b>	372
2. Joao Andre Menino 50m: 37.66 100m: 1:17.19	02 CLAC-Entroncamento	<b>1:17.19</b>	304
3. Afonso Miguel Silva 50m: 38.12 100m: 1:18.65	03 Viver Santarem	<b>1:18.65</b>	288
4. Goncalo Magalhaes Cristovao 50m: 40.02 100m: 1:20.21	03 20Km de Almeirim	<b>1:20.21</b>	271
5. Andriy Dyakiv 50m: 39.22 100m: 1:21.77	02 Uniao Samorense	<b>1:21.77</b>	256
6. Diogo Miguel Matreno 50m: 42.14 100m: 1:25.18	03 Torres Novas	<b>1:25.18</b>	226
7. Duarte Filipe Silva 50m: 43.85 100m: 1:27.86	03 BUZIOS-Coruche	<b>1:27.86</b>	206
EXH Goncalo Silveirinha Caldeira 50m: 38.22 100m: 1:18.49	01 Individual ANL	<b>1:18.49</b>	289

Prova 38		Femin., 100m Costas			Absolutos
26-06-2016 - 16:10					Resultados
Recorde Distrital ANDS 50m Absoluto	1:08.21	Mariana Veloso Vitoria	CNAB	Coimbra	25-05-2013
Recorde Distrital ANDS 50m Jun	1:08.21	Mariana Veloso Vitoria	CNAB	Coimbra	25-05-2013
Recorde Distrital ANDS 50m Sen	1:12.32	Maria Madalena Silva	CNAB	Rio Maior	18-06-2016
FEM : 1:26.00					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Silva <i>RECORDE DISTRITAL, SEN</i> 50m: 35.44 100m: 1:11.56	98 Nautico Abrantes	<b>1:11.56</b>	535
2. Maria Beatriz Dias 50m: 36.92 100m: 1:15.21	99 Scalabiswim	<b>1:15.21</b>	461
3. Ana Catarina Santos 50m: 37.28 100m: 1:15.60	00 Uniao Samorense	<b>1:15.60</b>	454
4. Ana Claudia Santo 50m: 38.88 100m: 1:19.16	97 Cartaxo	<b>1:19.16</b>	395
5. Maria Matilde Santana 50m: 40.62 100m: 1:21.63	98 Torres Novas	<b>1:21.63</b>	360

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 38, Femin., 100m Costas

Prova 38	Femin., 100m Costas				Juvenis
26-06-2016 - 16:10					Resultados
Recorde Distrital ANDS 50m Absoluto	1:08.21	Mariana Veloso Vitoria	CNAB	Coimbra	25-05-2013
Recorde Distrital ANDS 50m Juv B	1:09.06	Mariana Veloso Vitoria	CNAB	Oeiras	28-07-2012
Recorde Distrital ANDS 50m Juv A	1:11.15	Inês Ferreira Duarte Duarte	CNTEJO	Vila Franca de Xira	14-05-2016
FEM : 1:28.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ines Ferreira Duarte 50m: 36.25 100m: 1:13.63	01 Natacao do Tejo	<b>1:13.63</b>	491
2. Ana Beatriz Rodrigues 50m: 37.51 100m: 1:17.88	02 Rio Maior	<b>1:17.88</b>	415
3. Carolina Guerra Pisco 50m: 40.62 100m: 1:22.36	02 20Km de Almeirim	<b>1:22.36</b>	351
4. Rita Daniela Lopes 50m: 40.37 100m: 1:22.57	01 Gualdim Pais	<b>1:22.57</b>	348
5. Ines Ribeiro Novo 50m: 40.96 100m: 1:23.61	02 Torres Novas	<b>1:23.61</b>	335
6. Carolina Polonio Alexandre 50m: 40.72 100m: 1:25.14	01 CLAC-Entroncamento	<b>1:25.14</b>	318
DNS Marta Sousa Oliveira	01 Torres Novas		

Prova 38	Femin., 100m Costas				Infantis
26-06-2016 - 16:10					Resultados
Recorde Distrital ANDS 50m Absoluto	1:08.21	Mariana Veloso Vitoria	CNAB	Coimbra	25-05-2013
Recorde Distrital ANDS 50m Inf B	1:16.72	Raquel Mendes Poço	CNTN	EUL-Lisboa	03-08-1999
Recorde Distrital ANDS 50m Inf A	1:12.85	Mariana Veloso Vitoria	CNAB	Rio Maior	25-06-2011
FEM Inf B: 1:35.50; Inf A: 1:34.50					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Lea Alexandra Mendes 50m: 36.98 100m: 1:15.50	03 Gualdim Pais	<b>1:15.50</b>	456
2. Erica Neves Leote 50m: 38.77 100m: 1:18.22	03 Torres Novas	<b>1:18.22</b>	410
3. Ines Arraiolos Matos 50m: 39.52 100m: 1:20.08	03 Scalabiswim	<b>1:20.08</b>	382
4. Mariana Oliveira Figueiredo 50m: 41.03 100m: 1:21.74	04 Salvaterra de Magos	<b>1:21.74</b>	359
5. Ana Beatriz Pereira 50m: 40.48 100m: 1:21.97	04 Salvaterra de Magos	<b>1:21.97</b>	356
6. Maria Ines Paveia 50m: 41.79 100m: 1:24.29	03 20Km de Almeirim	<b>1:24.29</b>	327
7. Ines Marques Garcia 50m: 41.06 100m: 1:25.45	03 Nautico Abrantes	<b>1:25.45</b>	314
8. Joana Margarida Sousa 50m: 44.09 100m: 1:28.53	04 20Km de Almeirim	<b>1:28.53</b>	282
9. Catarina Fernandes Moutinho 50m: 43.84 100m: 1:28.81	04 CLAC-Entroncamento	<b>1:28.81</b>	280
10. Raquel Canelas Louro 50m: 44.45 100m: 1:29.50	04 Viver Santarem	<b>1:29.50</b>	273



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 38, Femin., 100m Costas, Infantis

Lugar	Ano	Tempo final	Pts
DNS Carolina Calado Coelho	04 Nautico Abrantes		
EXH Luana Correia Rodrigues 50m: 36.61 100m: 1:14.61	01 Individual ANL	<b>1:14.61</b>	472
EXH Lidiana Correia Rodrigues 50m: 41.82 100m: 1:23.74	04 Individual ANL	<b>1:23.74</b>	334

Prova 39 Masc., 200m Mariposa Absolutos Resultados

26-06-2016 - 16:20					
Recorde Distrital ANDS 50m Absoluto	1:56.17	Pedro Diogo Oliveira	CNRM	Rome (ITA)	28-07-2009
Recorde Distrital ANDS 50m Jun	2:01.46	Pedro Diogo Oliveira	CNRM	Palma de Mallorca (ESP)	08-07-2006
Recorde Distrital ANDS 50m Sen	1:56.17	Pedro Diogo Oliveira	CNRM	Rome (ITA)	28-07-2009

MAS : 2:56.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Tiago Filipe Campos 50m: 28.86 100m: 1:01.78 150m: 1:36.53 200m: 2:10.30	99 Scalabiswim	<b>2:10.30</b>	626
2. Marco Andre Miguel 50m: 31.81 100m: 1:06.91 150m: 1:44.97 200m: 2:22.65	99 Torres Novas	<b>2:22.65</b>	477
3. Joao Paulo Lopes 50m: 33.44 100m: 1:09.73 150m: 1:49.81 200m: 2:29.93	98 Torres Novas	<b>2:29.93</b>	411
4. Joao Pedro Rosa 50m: 33.88 100m: 1:12.97 150m: 1:55.68 200m: 2:38.79	90 CLAC-Entroncamento	<b>2:38.79</b>	346

Prova 39 Masc., 200m Mariposa Juvenis Resultados

26-06-2016 - 16:20					
Recorde Distrital ANDS 50m Absoluto	1:56.17	Pedro Diogo Oliveira	CNRM	Rome (ITA)	28-07-2009
Recorde Distrital ANDS 50m Juv B	2:16.71	João José Calado	CNAB	Oeiras	11-03-2016
Recorde Distrital ANDS 50m Juv A	2:03.76	Pedro Diogo Oliveira	CNRM	Jamor	31-07-2004

MAS : 3:12.50

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Miguel Serrao Santos 50m: 31.50 100m: 1:08.02 150m: 1:47.37 200m: 2:27.51	00 Salvaterra de Magos	<b>2:27.51</b>	431
2. Diogo Franco Martins 50m: 33.57 100m: 1:13.01 150m: 1:54.98 200m: 2:38.59	01 20Km de Almeirim	<b>2:38.59</b>	347
3. Tomas Meliciano Cabeleira 50m: 33.60 100m: 1:13.44 150m: 1:57.21 200m: 2:39.60	01 CLAC-Entroncamento	<b>2:39.60</b>	341
4. Marcio Lima Silva 50m: 36.19 100m: 1:17.40 150m: 1:58.47 200m: 2:39.91	01 Natacao do Tejo	<b>2:39.91</b>	339
DSQ Tiago Miguel Lucas <i>SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 150 metros</i>	00 BUZIOS-Coruche		
doente Joao Jose Calado	01 Nautico Abrantes		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 39, Masc., 200m Mariposa

Prova 39					Masc., 200m Mariposa	Infantis
26-06-2016 - 16:20						Resultados
Recorde Distrital ANDS 50m Absoluto	1:56.17	Pedro Diogo Oliveira	CNRM	Rome (ITA)	28-07-2009	
Recorde Distrital ANDS 50m Inf B	2:30.37	Joao Jose Calado	CNAB	Loule	20-07-2014	
Recorde Distrital ANDS 50m Inf A	2:20.36	Joao Jose Calado	CNAB	Oeiras	19-07-2015	
MAS Inf B: 3:50.50; Inf A: 3:40.00						

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Joao Afonso Pacau	02	Gualdim Pais			<b>2:48.26</b>	291
50m: 37.09 100m: 1:20.11	150m: 2:06.78	200m: 2:48.26				
2. Paulo Vakulyuk	03	Torres Novas			<b>2:50.77</b>	278
50m: 38.45 100m: 1:23.84	150m: 2:11.34	200m: 2:50.77				
3. Francisco Manuel Mendonca	02	Uniao Samorense			<b>2:54.71</b>	260
50m: 37.58 100m: 1:22.48	150m: 2:11.17	200m: 2:54.71				
4. Tiago Miguel Jorge	03	Rio Maior			<b>2:55.66</b>	255
50m: 39.58 100m: 1:24.09	150m: 2:12.21	200m: 2:55.66				
5. Guilherme Pereira Coutinho	03	Viver Santarem			<b>3:04.75</b>	219
50m: 40.68 100m: 1:28.43	150m: 2:18.41	200m: 3:04.75				
6. Joao Monteiro Rodrigues	03	Gualdim Pais			<b>3:24.09</b>	163
50m: 46.36 100m: 1:38.87	150m: 2:33.00	200m: 3:24.09				
7. Joao Diogo Correia	02	CLAC-Entroncamento			<b>3:29.71</b>	150
50m: 46.68 100m: 1:43.01	150m: 2:41.44	200m: 3:29.71				
8. Guilherme Marques Mendes	03	Torres Novas			<b>3:30.56</b>	148
50m: 48.59 100m: 1:42.54	150m: 2:40.08	200m: 3:30.56				

Prova 40					Femin., 200m Mariposa	Absolutos
26-06-2016 - 16:30						Resultados
Recorde Distrital ANDS 50m Absoluto	2:27.85	Julia Matos Lopes	SCALAB	Coimbra	06-04-2012	
Recorde Distrital ANDS 50m Jun	2:28.29	Mariana Veloso Vitoria	CNAB	Coimbra	29-03-2013	
Recorde Distrital ANDS 50m Sen	2:27.85	Julia Matos Lopes	SCALAB	Coimbra	06-04-2012	
FEM : 3:17.50						

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Maria Beatriz Dias	99	Scalabiswim			<b>2:56.84</b>	326
50m: 37.93 100m: 1:22.48	150m: 2:09.53	200m: 2:56.84				

Prova 40					Femin., 200m Mariposa	Juvenis
26-06-2016 - 16:30						Resultados
Recorde Distrital ANDS 50m Absoluto	2:27.85	Julia Matos Lopes	SCALAB	Coimbra	06-04-2012	
Recorde Distrital ANDS 50m Juv B	2:30.38	Mariana Veloso Vitoria	CNAB	Rio Maior	08-07-2012	
Recorde Distrital ANDS 50m Juv A	2:42.30	Mariana Soares Martinho	AVQA	Rio Maior	06-07-2014	
FEM : 3:30.00						

Pontos: FINA 2016

Lugar	Ano				Tempo final	Pts
1. Constanca Isabel Jose	01	Gualdim Pais			<b>2:41.43</b>	429
<i>RECORDE DISTRITAL, JUV-A</i>						
50m: 37.85 100m: 1:18.65	150m: 2:03.11	200m: 2:41.43				
2. Catia Iordan Agostinho	02	Rio Maior			<b>2:41.55</b>	428
50m: 37.93 100m: 1:17.78	150m: 2:01.25	200m: 2:41.55				

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 40, Femin., 200m Mariposa, Juvenis

Lugar	Ano	Tempo final	Pts
3. Mafalda Gilberto Marques 50m: 36.14 100m: 1:17.26 150m: 2:02.33 200m: 2:46.01	01 Natacao do Tejo	<b>2:46.01</b>	395
4. Filipa Cardigo Fitas 50m: 37.17 100m: 1:19.39 150m: 2:05.79 200m: 2:49.21	02 20Km de Almeirim	<b>2:49.21</b>	373
5. Beatriz Santos Reis 50m: 38.70 100m: 1:21.95 150m: 2:08.36 200m: 2:51.55	01 Torres Novas	<b>2:51.55</b>	357
6. Ines Cambe Cunha 50m: 39.08 100m: 1:21.95 150m: 2:08.62 200m: 2:51.75	02 Torres Novas	<b>2:51.75</b>	356
7. Marta Chambel Dias 50m: 40.89 100m: 1:32.72 150m: 2:25.32 200m: 3:15.83	02 CLAC-Entroncamento	<b>3:15.83</b>	240
DNS Ines Ferreira Duarte	01 Natacao do Tejo		

Prova 40  
26-06-2016 - 16:30

Femin., 200m Mariposa

Infantis  
Resultados

Recorde Distrital ANDS 50m Absoluto	2:27.85	Julia Matos Lopes	SCALAB	Coimbra	06-04-2012
Recorde Distrital ANDS 50m Inf B	2:41.09	Mariana Veloso Vitoria	CNAB	Porto	24-07-2010
Recorde Distrital ANDS 50m Inf A	2:31.73	Mariana Veloso Vitoria	CNAB	Lisboa	23-07-2011
FEM Inf B: 3:57.50; Inf A: 4:00.00					

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Ana Patricia Oliveira 50m: 39.00 100m: 1:23.69 150m: 2:10.32 200m: 2:57.58	03 20Km de Almeirim	<b>2:57.58</b>	322
2. Secile Liu Wang 50m: 39.63 100m: 1:23.90 150m: 2:14.45 200m: 3:05.30	03 Uniao Samorense	<b>3:05.30</b>	284
3. Beatriz Staiger Bento 50m: 43.41 100m: 1:31.49 150m: 2:25.37 200m: 3:15.12	04 20Km de Almeirim	<b>3:15.12</b>	243
4. Matilde Isabel Macharreu 50m: 43.09 100m: 1:31.87 150m: 2:26.09 200m: 3:19.02	04 BUZIOS-Coruche	<b>3:19.02</b>	229
5. Maria Ines Almeida 50m: 44.97 100m: 1:35.77 150m: 2:27.67 200m: 3:19.70	03 CLAC-Entroncamento	<b>3:19.70</b>	226
6. Rita Carrico Cruz 50m: 44.17 100m: 1:36.05 150m: 2:30.78 200m: 3:20.48	04 Viver Santarem	<b>3:20.48</b>	224
7. Matilde Basilio Gil 50m: 48.50 100m: 1:47.32 150m: 2:50.57 200m: 3:50.19	03 CLAC-Entroncamento	<b>3:50.19</b>	148

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 41 Masc., 200m Livres Absolutos  
26-06-2016 - 16:40 Resultados

Recorde Distrital ANDS 50m Absoluto	1:53.32	Gustavo Manuel Santa	CNLA	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Jun	1:53.32	Gustavo Manuel Santa	CNLA	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Sen	1:53.72	Pedro Diogo Oliveira	INDADS	Greensboro (USA)	13-07-2012

MAS : 2:23.00

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts
1.	Tiago Filipe Campos				99	Scalabiswim			<b>1:59.52</b>	621
	50m:	28.83	100m:	59.18	150m:	1:29.19	200m:	1:59.52		
2.	Afonso Guilherme Rosa				99	Torres Novas			<b>2:03.55</b>	562
	50m:	28.71	100m:	1:00.15	150m:	1:31.29	200m:	2:03.55		
3.	Bernardo Jose Dionisio				99	Gualdim Pais			<b>2:04.72</b>	547
	50m:	28.63	100m:	58.92	150m:	1:31.49	200m:	2:04.72		
4.	Dario Fausto Matias				98	Torres Novas			<b>2:06.15</b>	528
	50m:	30.11	100m:	1:01.99	150m:	1:34.86	200m:	2:06.15		
5.	Miguel Carrico Cruz				99	Cartaxo			<b>2:07.05</b>	517
	50m:	29.00	100m:	1:01.41	150m:	1:34.21	200m:	2:07.05		
6.	Pedro Pereira Lopes				99	BUZIOS-Coruche			<b>2:10.11</b>	481
	50m:	29.55	100m:	1:01.48	150m:	1:34.94	200m:	2:10.11		
7.	Goncalo Faria Saldida				99	Natacao do Tejo			<b>2:14.52</b>	435
	50m:	31.69	100m:	1:06.76	150m:	1:40.68	200m:	2:14.52		
8.	Pedro Manuel Nunes				98	CLAC-Entroncamento			<b>2:17.48</b>	408
	50m:	32.49	100m:	1:08.07	150m:	1:43.07	200m:	2:17.48		
9.	Jose Nuno Sousa				99	CLAC-Entroncamento			<b>2:17.57</b>	407
	50m:	32.23	100m:	1:08.02	150m:	1:42.07	200m:	2:17.57		
10.	Joao Manuel Ferreira				92	CLAC-Entroncamento			<b>2:21.48</b>	374
	50m:	32.84	100m:	1:08.50	150m:	1:44.58	200m:	2:21.48		
11.	Joao Teodoro Lopes				98	20Km de Almeirim			<b>2:24.70</b>	350
	<i>FTL</i>									
	50m:	32.09	100m:	1:08.35	150m:	1:46.38	200m:	2:24.70		
12.	David Antonio Carvalho				99	Natacao do Tejo			<b>2:24.89</b>	348
	<i>FTL</i>									
	50m:	32.71	100m:	1:09.27	150m:	1:47.86	200m:	2:24.89		
13.	Joao Tiago Almeida				99	20Km de Almeirim			<b>2:25.14</b>	347
	<i>FTL</i>									
	50m:	33.17	100m:	1:10.17	150m:	1:49.65	200m:	2:25.14		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 41, Masc., 200m Livres

Prova 41	Masc., 200m Livres				Juvenis
26-06-2016 - 16:40					Resultados
Recorde Distrital ANDS 50m Absoluto	1:53.32	Gustavo Manuel Santa	CNLA	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Juv B	1:58.26	Paulo Bruno Janeiro	CNLA	Faro	21-07-2009
Recorde Distrital ANDS 50m Juv A	1:54.18	Gustavo Manuel Santa	CNLA	TAMPERE (FRA)	23-07-2009
MAS : 2:30.00					

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Ricardo Luis Leal				01	CLAC-Entroncamento				<b>2:07.17</b>	515
	50m: 29.66	100m: 1:02.23	150m: 1:35.59	200m: 2:07.17							
2.	Diogo Franco Martins				01	20Km de Almeirim				<b>2:08.55</b>	499
	50m: 30.67	100m: 1:02.37	150m: 1:35.36	200m: 2:08.55							
3.	Joao Miguel Marques				01	20Km de Almeirim				<b>2:08.96</b>	494
	50m: 30.57	100m: 1:03.77	150m: 1:37.17	200m: 2:08.96							
4.	Filipe Asseiceira Ramos				00	Torres Novas				<b>2:11.72</b>	464
	50m: 31.19	100m: 1:06.11	150m: 1:39.16	200m: 2:11.72							
5.	Afonso Maria Teodoro				01	Cartaxo				<b>2:12.46</b>	456
	50m: 29.43	100m: 1:02.46	150m: 1:38.10	200m: 2:12.46							
6.	Goncalo Catarino Dias				00	Rio Maior				<b>2:12.66</b>	454
	50m: 30.40	100m: 1:03.50	150m: 1:37.82	200m: 2:12.66							
7.	Miguel Goncalves Frade				00	Torres Novas				<b>2:15.87</b>	423
	50m: 31.78	100m: 1:05.38	150m: 1:40.34	200m: 2:15.87							
8.	Joao Antonio Simoes				01	Torres Novas				<b>2:17.52</b>	408
	50m: 32.15	100m: 1:07.02	150m: 1:42.94	200m: 2:17.52							
9.	Rui Jorge Lopes				00	CLAC-Entroncamento				<b>2:19.10</b>	394
	50m: 32.72	100m: 1:08.58	150m: 1:45.53	200m: 2:19.10							
10.	Joao Afonso Goncalves				00	CLAC-Entroncamento				<b>2:22.52</b>	366
	50m: 32.48	100m: 1:09.63	150m: 1:47.60	200m: 2:22.52							
11.	Joao Diogo Lopes				01	Cartaxo				<b>2:22.56</b>	366
	50m: 28.26	100m: 1:03.67	150m: 1:43.56	200m: 2:22.56							
12.	Dinis Neves Silva				00	Gualdim Pais				<b>2:31.47</b>	305
	<i>FTL</i>										
	50m: 35.20	100m: 1:15.17	150m: 1:54.17	200m: 2:31.47							
13.	Joao Rafael Protasio				01	CLAC-Entroncamento				<b>2:39.36</b>	262
	<i>FTL</i>										
	50m: 36.44	100m: 1:19.37	150m: 2:01.67	200m: 2:39.36							
14.	Daniel Filipe Oliveira				01	Natacao do Tejo				<b>2:46.90</b>	228
	<i>FTL</i>										
	50m: 38.57	100m: 1:20.97	150m: 2:03.86	200m: 2:46.90							
doente	Joao Jose Calado				01	Nautico Abrantes					

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 41, Masc., 200m Livres

Prova 41	Masc., 200m Livres				Infantis
26-06-2016 - 16:40					Resultados
Recorde Distrital ANDS 50m Absoluto	1:53.32	Gustavo Manuel Santa	CNLA	Coimbra	01-08-2010
Recorde Distrital ANDS 50m Inf B	2:12.41	Paulo Bruno Janeiro	CNLA	Faro	21-07-2007
Recorde Distrital ANDS 50m Inf A	2:04.74	Diogo Antonio Lopes	CNTN	S. Joao da Madeira	25-07-2009
MAS Inf B: 2:51.50; Inf A: 2:42.50					

Pontos: FINA 2016

Lugar					Ano					Tempo final	Pts
1.	Bernardo Jorge Simoes				02	Torres Novas				<b>2:07.27</b>	514
	50m: 30.71	100m: 1:03.08	150m: 1:36.04	200m: 2:07.27							
2.	Francisco Costa Nunes				02	Salvaterra de Magos				<b>2:11.94</b>	462
	50m: 30.19	100m: 1:04.76	150m: 1:40.58	200m: 2:11.94							
3.	Alexandre Miguel Silva				02	Natacao do Tejo				<b>2:17.78</b>	405
	50m: 32.52	100m: 1:07.56	150m: 1:43.21	200m: 2:17.78							
4.	Bernardo Correa Clavinho				02	Scalabiswim				<b>2:21.00</b>	378
	50m: 32.79	100m: 1:08.85	150m: 1:46.53	200m: 2:21.00							
5.	Luis Afonso Lopes				03	Viver Santarem				<b>2:21.99</b>	370
	50m: 33.01	100m: 1:09.41	150m: 1:46.29	200m: 2:21.99							
6.	Diogo Bernardo Tome				03	Salvaterra de Magos				<b>2:23.21</b>	361
	50m: 33.17	100m: 1:09.27	150m: 1:46.13	200m: 2:23.21							
7.	Rui Chagas Alves				03	Viver Santarem				<b>2:23.77</b>	357
	50m: 34.99	100m: 1:12.53	150m: 1:49.85	200m: 2:23.77							
8.	Tomas Miguel Felicio				03	Rio Maior				<b>2:28.19</b>	326
	50m: 34.75	100m: 1:12.76	150m: 1:50.43	200m: 2:28.19							
9.	Daniel Mocanu				02	Uniao Samorense				<b>2:29.04</b>	320
	50m: 34.79	100m: 1:12.67	150m: 1:52.32	200m: 2:29.04							
10.	Miguel Monsanto Cotrim				03	Viver Santarem				<b>2:29.72</b>	316
	50m: 35.19	100m: 1:13.26	150m: 1:52.42	200m: 2:29.72							
11.	Joao Andre Menino				02	CLAC-Entroncamento				<b>2:30.74</b>	309
	50m: 35.25	100m: 1:15.41	150m: 1:55.57	200m: 2:30.74							
12.	Joao Vasco Canadas				03	Rio Maior				<b>2:31.12</b>	307
	50m: 35.09	100m: 1:13.55	150m: 1:53.00	200m: 2:31.12							
13.	Afonso Miguel Silva				03	Viver Santarem				<b>2:32.18</b>	301
	50m: 35.35	100m: 1:14.63	150m: 1:53.87	200m: 2:32.18							
14.	Nuno Francisco Neves				02	Torres Novas				<b>2:37.68</b>	270
	50m: 37.45	100m: 1:17.89	150m: 1:59.01	200m: 2:37.68							
15.	Alexandre Manuel Jesus				02	Uniao Samorense				<b>2:37.82</b>	269
	50m: 34.87	100m: 1:15.02	150m: 1:57.16	200m: 2:37.82							
16.	Diogo Miguel Matreno				03	Torres Novas				<b>2:38.26</b>	267
	50m: 37.13	100m: 1:17.83	150m: 1:59.60	200m: 2:38.26							
17.	Miguel Silva Pereira				03	Viver Santarem				<b>2:39.36</b>	262
	50m: 35.68	100m: 1:16.41	150m: 1:59.04	200m: 2:39.36							
18.	Tomas Antonio Victal				03	20Km de Almeirim				<b>2:49.22</b>	219
	50m: 39.49	100m: 1:23.46	150m: 2:06.66	200m: 2:49.22							
DNS	Ruben Filipe Carreira				03	Rio Maior					
EXH	Goncalo Silveirinha Caldeira				01	Individual ANL				<b>2:20.63</b>	381
	50m: 31.14	100m: 1:06.12	150m: 1:42.75	200m: 2:20.63							



Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 42 Femin., 200m Livres Absolutos  
26-06-2016 - 17:00 Resultados

Recorde Distrital ANDS 50m Absoluto	2:08.04	Julia Matos Lopes	VS	Famalicao	19-07-2013
Recorde Distrital ANDS 50m Jun	2:13.54	Ana Rita Boavista	CNLA	Restelo-Lisboa	28-03-2003
Recorde Distrital ANDS 50m Sen	2:08.04	Julia Matos Lopes	VS	Famalicao	19-07-2013

FEM : 2:46.00

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts
1.	Patricia Palmeiro Baeta				00	Scalabiswim			<b>2:13.88</b>	600
	50m: 31.68	100m: 1:06.40	150m: 1:40.69	200m: 2:13.88						
2.	Maria Beatriz Leal				99	Rio Maior			<b>2:24.49</b>	478
	50m: 32.88	100m: 1:08.71	150m: 1:46.62	200m: 2:24.49						
3.	Mariana Narciso Fidalgo				99	20Km de Almeirim			<b>2:28.44</b>	440
	50m: 34.55	100m: 1:12.30	150m: 1:50.84	200m: 2:28.44						
4.	Joana Sofia Amado				99	Cartaxo			<b>2:31.13</b>	417
	50m: 34.72	100m: 1:13.19	150m: 1:52.53	200m: 2:31.13						
5.	Ana Teresa Nunes				88	Natacao do Tejo			<b>2:38.07</b>	365
	50m: 36.77	100m: 1:17.41	150m: 1:58.24	200m: 2:38.07						

Prova 42 Femin., 200m Livres Juvenis  
26-06-2016 - 17:00 Resultados

Recorde Distrital ANDS 50m Absoluto	2:08.04	Julia Matos Lopes	VS	Famalicao	19-07-2013
Recorde Distrital ANDS 50m Juv B	2:13.66	Ana Rita Boavista	CNLA	EUL-Lisboa	27-07-2002
Recorde Distrital ANDS 50m Juv A	2:11.80	Carolina Marques Neves	SANDS	Porto	05-06-2016

FEM : 2:47.00

Pontos: FINA 2016

Lugar					Ano				Tempo final	Pts
1.	Carolina Marques Neves				01	Torres Novas			<b>2:14.25</b>	596
	50m: 31.73	100m: 1:06.64	150m: 1:40.97	200m: 2:14.25						
2.	Catia Jordan Agostinho				02	Rio Maior			<b>2:22.50</b>	498
	50m: 33.87	100m: 1:09.68	150m: 1:46.89	200m: 2:22.50						
3.	Rita Sousa Oliveira				01	Torres Novas			<b>2:27.81</b>	446
	50m: 33.19	100m: 1:10.74	150m: 1:50.07	200m: 2:27.81						
4.	Carolina Lopes Vieira				02	Gualdim Pais			<b>2:28.35</b>	441
	50m: 34.53	100m: 1:12.11	150m: 1:50.88	200m: 2:28.35						
5.	Beatriz Maria Duarte				02	Nautico Abrantes			<b>2:28.62</b>	439
	50m: 34.34	100m: 1:12.64	150m: 1:51.16	200m: 2:28.62						
6.	Carolina Silverio Carpinteiro				02	Natacao do Tejo			<b>2:30.01</b>	427
	50m: 34.60	100m: 1:12.05	150m: 1:51.67	200m: 2:30.01						
7.	Ana Beatriz Rodrigues				02	Rio Maior			<b>2:30.45</b>	423
	50m: 34.02	100m: 1:12.36	150m: 1:51.86	200m: 2:30.45						
8.	Ines Cambe Cunha				02	Torres Novas			<b>2:31.21</b>	417
	50m: 35.42	100m: 1:13.77	150m: 1:53.33	200m: 2:31.21						
9.	Leonor Vitoriano Marques				01	Scalabiswim			<b>2:33.73</b>	396
	50m: 36.54	100m: 1:15.65	150m: 1:55.15	200m: 2:33.73						
10.	Rita Daniela Lopes				01	Gualdim Pais			<b>2:34.21</b>	393
	50m: 35.04	100m: 1:14.11	150m: 1:54.58	200m: 2:34.21						
11.	Ana Rita Morais				02	Torres Novas			<b>2:37.98</b>	365
	50m: 36.85	100m: 1:16.61	150m: 1:57.81	200m: 2:37.98						
12.	Ines Ribeiro Novo				02	Torres Novas			<b>2:41.79</b>	340
	50m: 37.32	100m: 1:18.23	150m: 2:01.00	200m: 2:41.79						

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 42, Femin., 200m Livres, Juvenis

Lugar	Ano	Tempo final	Pts
13. Jessica Andreia Antonio 50m: 37.83 100m: 1:19.66	02 CLAC-Entroncamento 150m: 2:03.77 200m: 2:44.39	<b>2:44.39</b>	324

Prova 42 Femin., 200m Livres Infantis  
26-06-2016 - 17:00 Resultados

Recorde Distrital ANDS 50m Absoluto	2:08.04	Julia Matos Lopes	VS	Famalicao	19-07-2013
Recorde Distrital ANDS 50m Inf B	2:20.85	Mafalda Sofia Rosa	CNRM	Oeiras	19-07-2015
Recorde Distrital ANDS 50m Inf A	2:16.98	Andreia Machado	CNRM	EUL-Lisboa	03-08-1999

FEM Inf B: 3:07.00; Inf A: 3:00.00

Pontos: FINA 2016

Lugar	Ano	Tempo final	Pts
1. Mafalda Sofia Rosa 50m: 32.58 100m: 1:07.01	03 Rio Maior 150m: 1:42.38 200m: 2:17.71	<b>2:17.71</b>	552
2. Ines Asseiceira Ramos 50m: 33.19 100m: 1:08.85	03 Torres Novas 150m: 1:46.25 200m: 2:23.48	<b>2:23.48</b>	488
3. Beatriz Moreira Carvalho 50m: 33.60 100m: 1:10.10	03 Rio Maior 150m: 1:47.65 200m: 2:24.08	<b>2:24.08</b>	482
4. Beatriz Goncalves Casal 50m: 34.57 100m: 1:13.14	03 Torres Novas 150m: 1:52.31 200m: 2:28.88	<b>2:28.88</b>	437
5. Lea Alexandra Mendes 50m: 34.90 100m: 1:13.50	03 Gualdim Pais 150m: 1:52.87 200m: 2:30.76	<b>2:30.76</b>	420
6. Constanca Basilio Gil 50m: 35.01 100m: 1:13.83	03 CLAC-Entroncamento 150m: 1:53.49 200m: 2:31.15	<b>2:31.15</b>	417
7. Mafalda Magalhaes Costa 50m: 35.16 100m: 1:13.94	03 Gualdim Pais 150m: 1:53.73 200m: 2:32.56	<b>2:32.56</b>	406
8. Erica Neves Leote 50m: 35.37 100m: 1:13.88	03 Torres Novas 150m: 1:53.90 200m: 2:33.31	<b>2:33.31</b>	400
9. Ines Marques Garcia 50m: 36.59 100m: 1:16.94	03 Nautico Abrantes 150m: 1:58.08 200m: 2:37.67	<b>2:37.67</b>	367
10. Rita Carrico Cruz 50m: 38.41 100m: 1:18.88	04 Viver Santarem 150m: 2:00.89 200m: 2:38.84	<b>2:38.84</b>	359
11. Ines Arraiolos Matos 50m: 36.71 100m: 1:17.63	03 Scalabiswim 150m: 1:59.80 200m: 2:39.47	<b>2:39.47</b>	355
12. Ana Patricia Oliveira 50m: 37.26 100m: 1:18.24	03 20Km de Almeirim 150m: 1:59.71 200m: 2:40.62	<b>2:40.62</b>	348
13. Rafaela Canano Silva 50m: 38.25 100m: 1:21.38	04 Cartaxo 150m: 2:04.77 200m: 2:45.01	<b>2:45.01</b>	320
14. Margarida Mateus Morais 50m: 39.30 100m: 1:23.09	04 Torres Novas 150m: 2:07.27 200m: 2:49.08	<b>2:49.08</b>	298
15. Catarina Filipa Silva 50m: 37.80 100m: 1:20.77	03 Natacao do Tejo 150m: 2:05.89 200m: 2:49.98	<b>2:49.98</b>	293
16. Patricia Pinheiro Costa 50m: 40.21 100m: 1:26.25	04 Salvaterra de Magos 150m: 2:10.32 200m: 2:50.19	<b>2:50.19</b>	292
17. Mariana Oliveira Figueiredo 50m: 41.57 100m: 1:25.10	04 Salvaterra de Magos 150m: 2:10.14 200m: 2:50.22	<b>2:50.22</b>	292
18. Gabriela Graco Duarte 50m: 38.40 100m: 1:21.24	04 20Km de Almeirim 150m: 2:07.12 200m: 2:50.39	<b>2:50.39</b>	291
19. Catarina Fernandes Moutinho 50m: 41.24 100m: 1:27.38	04 CLAC-Entroncamento 150m: 2:13.53 200m: 2:57.58	<b>2:57.58</b>	257

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 42, Femin., 200m Livres, Infantis

Lugar	Ano	Tempo final	Pts
20. Mariana Timoteo Madeira 50m: 39.88 100m: 1:25.05 150m: 2:12.29 200m: 2:57.71	03 Viver Santarem	<b>2:57.71</b>	256
21. Maria Ines Dias 50m: 44.01 100m: 1:30.74 150m: 2:18.43 200m: 3:03.45	04 Scalabiswim	<b>3:03.45</b>	233
WDR Raquel Canelas Louro	04 Viver Santarem		
EXH Luana Correia Rodrigues 50m: 33.69 100m: 1:09.83 150m: 1:47.16 200m: 2:23.08	01 Individual ANL	<b>2:23.08</b>	492
EXH Lidiana Correia Rodrigues 50m: 35.99 100m: 1:14.69 150m: 1:54.38 200m: 2:31.93	04 Individual ANL	<b>2:31.93</b>	411
EXH Beatriz Catarino Moura 50m: 35.37 100m: 1:14.23 150m: 1:54.05 200m: 2:32.87	02 Nautico Abrantes	<b>2:32.87</b>	403

Prova 43 Masc., 4 x 100m Estilos Absolutos  
26-06-2016 - 17:35 Resultados

Recorde Distrital ANDS 50m Absoluto	4:08.13	Clube Natacao de Rio Maior	CNRM	Aveiro	29-07-2007
Recorde Distrital ANDS 50m Jun	4:37.86	CCD Pessoal Municipio Salvaterra	dCCDSMs	Rio Maior	05-07-2009
Recorde Distrital ANDS 50m Sen	4:15.65	CNLA	CNLA	Lisboa	21-12-2003

MAS : 5:00.00

Pontos: FINA 2016

Lugar	Tempo final	Pts
1. Torres Novas 1 <i>RECORDE DISTRITAL, JUN</i> Torres Novas	<b>4:20.18</b>	505
Afonso Guilherme Rosa 99 30.22 1:01.75 Marco Andre Miguel 99 29.63 1:01.24 Joao Paulo Lopes 98 37.17 1:18.20 Dario Fausto Matias 98 28.41 58.99		
2. BUZIOS-Coruche 1 BUZIOS-Coruche	<b>4:34.56</b>	430
Tomas Jose Agostinho 99 32.43 1:07.75 Pedro Pereira Lopes 99 29.49 1:02.82 Artur Rafael Saramago 97 35.02 1:16.35 Bruno Miguel Nunes 99 30.68 1:07.64		
3. CLAC-Entroncamento 1 CLAC-Entroncamento	<b>4:41.10</b>	400
Miguel Martins Barroqueiro 91 34.67 1:14.28 Joao Pedro Rosa 90 30.91 1:08.68 Joao Manuel Ferreira 92 35.61 1:17.67 Pedro Manuel Nunes 98 29.77 1:00.47		

Prova 43 Masc., 4 x 100m Estilos Juvenis  
26-06-2016 - 17:35 Resultados

Recorde Distrital ANDS 50m Absoluto	4:08.13	Clube Natacao de Rio Maior	CNRM	Aveiro	29-07-2007
Recorde Distrital ANDS 50m Juv B	4:31.48	Clube de Natacao de Torres Novas CNTN		Coimbra	01-08-2010
Recorde Distrital ANDS 50m Juv	4:23.97	Clube de Natacao de Torres Novas CNTN		Coimbra	26-07-2015
Recorde Distrital ANDS 50m Juv A	4:25.00	Clube de Natacao de Torres Novas CNTN		Póvoa do Varzim	07-08-2011

MAS : 5:25.00

Pontos: FINA 2016

Lugar	Tempo final	Pts
1. Torres Novas 2 Torres Novas	<b>4:36.62</b>	420
Miguel Goncalves Frade 00 32.19 1:05.39 Joao Antonio Simoes 01 31.52 1:09.91 Filipe Asseiceira Ramos 00 37.69 1:20.63 Henrique Miguel Cruz 00 28.86 1:00.69		
2. CLAC-Entroncamento 2 CLAC-Entroncamento	<b>4:42.86</b>	393
Ricardo Luis Leal 01 33.64 1:08.53 Rui Jorge Lopes 00 30.52 1:05.68 Joao Afonso Goncalves 00 39.39 1:23.71 Tomas Meliciano Cabeleira 01 30.74 1:04.94		
3. 20Km de Almeirim 1 20Km de Almeirim	<b>4:54.68</b>	348
Afonso Pinhal Canto 01 36.44 1:14.97 Diogo Franco Martins 01 31.98 1:10.88 Joao Miguel Marques 01 39.64 1:21.49 Manuel Tomas Andrade 01 31.23 1:07.34		

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 43, Masc., 4 x 100m Estilos, Juvenis

Lugar					Tempo final	Pts	
<b>4. BUZIOS-Coruche</b>	<b>BUZIOS-Coruche</b>				<b>5:02.76</b>	<b>320</b>	
Jose Carlos Burecas	00	34.97	1:10.59	Tiago Miguel Lucas	00	32.80	1:13.55
David Emanuel Carrapo	00	43.32	1:32.64	Jaime Miguel Saramago	01	31.18	1:05.98
<b>5. Natacao do Tejo 2</b>	<b>Natacao do Tejo</b>				<b>5:11.17</b>	<b>295</b>	
David Jose Carpinteiro	00	40.35	1:23.43	Marcio Lima Silva	01	33.64	1:13.06
Daniel Filipe Oliveira	01	40.93	1:28.74	Hugo Alexandre Sagradas	01	30.57	1:05.94

Prova 43 Masc., 4 x 100m Estilos Infantis  
26-06-2016 - 17:35 Resultados

Recorde Distrital ANDS 50m Absoluto	4:08.13	Clube Natacao de Rio Maior	CNRM	Aveiro	29-07-2007
Recorde Distrital ANDS 50m Inf B	5:02.59	SCALABISPORT	SCALABIS	Rio Maior	08-07-2012
Recorde Distrital ANDS 50m Inf	4:53.29	VS	VS	Rio Maior	06-07-2014
Recorde Distrital ANDS 50m Inf A	4:49.14	Clube de Natacao de Torres Novas CNTN	S. João da Madeira	26-07-2009	

MAS Inf B: 5:55.00; Inf A: 5:55.00

Pontos: FINA 2016

Lugar					Tempo final	Pts	
<b>1. Torres Novas 3</b>	<b>Torres Novas</b>				<b>5:04.37</b>	<b>315</b>	
Paulo Vakulyuk	03	36.71	1:15.09	Bernardo Jorge Simoes	02	31.58	1:06.71
Pedro Maria Santana	03	44.59	1:32.11	Guilherme Marques Mendes	03	34.61	1:10.46
<b>2. Viver Santarem 3</b>	<b>Viver Santarem</b>				<b>5:12.93</b>	<b>290</b>	
Afonso Miguel Silva	03	38.84	1:19.64	Guilherme Pereira Coutinho	03	36.92	1:20.79
Luis Afonso Lopes	03	41.45	1:28.40	Rui Chagas Alves	03	30.94	1:04.10
<b>3. Uniao Samorense 1</b>	<b>Uniao Samorense</b>				<b>5:24.13</b>	<b>261</b>	
Andriy Dyakiv	02	39.77	1:21.51	Francisco Manuel Mendonca	02	34.32	1:15.13
Alexandre Manuel Jesus	02	45.75	1:38.60	Daniel Mocanu	02	33.20	1:08.89
<b>4. Natacao do Tejo 1</b>	<b>Natacao do Tejo</b>				<b>5:46.94</b>	<b>213</b>	
Henrique Antonio Martins	03	42.21	1:27.12	Daniel Francisco Carvalho	02	45.62	1:36.35
Alexandre Miguel Silva	02	41.07	1:26.68	Joel Silva Mota	02	35.08	1:16.79

DSQ Salvaterra de Magos 1 Salvaterra de Magos  
*SW 10.11 - Rendição antecipada do(a) 4 nadador(a)*  
Guilherme Casal Sardinha, Francisco Costa Nunes, Diogo Bernardo Tome, Joao Andre Serafim

Prova 44 Femin., 4 x 100m Estilos Juvenis  
26-06-2016 - 17:45 Resultados

Recorde Distrital ANDS 50m Absoluto	4:48.83	Clube Nautico de Abrantes	CNAB	Jamor	09-02-2013
Recorde Distrital ANDS 50m Juv B	4:57.19	CNTN	CNTN	Coimbra	04-04-2015
Recorde Distrital ANDS 50m Juv A	5:11.36	CNAB	CNAB	Rio Maior	06-07-2014

FEM : 6:00.40

Pontos: FINA 2016

Lugar					Tempo final	Pts	
<b>1. Torres Novas 1</b>	<b>Torres Novas</b>				<b>5:09.71</b>	<b>420</b>	
Carolina Marques Neves	01	37.49	1:16.26	Beatriz Santos Reis	01	35.34	1:15.91
Ines Cambe Cunha	02	44.15	1:33.23	Rita Sousa Oliveira	01	30.35	1:04.31
<b>2. Natacao do Tejo 1</b>	<b>Natacao do Tejo</b>				<b>5:14.16</b>	<b>402</b>	
Ines Ferreira Duarte	01	37.02	1:14.89	Carolina Silverio Carpinteiro	02	36.09	1:16.31
Mafalda Gilberto Marques	01	38.93	1:22.19	Jessica Alexandra Camelo	01	38.00	1:20.77

Campeonatos Distritais de Verão de Infantis, Juvenis e Absolutos- Rio Maior  
Rio Maior, 24-25 e 26 de Junho 2016

Prova 44, Femin., 4 x 100m Estilos

Prova 44	Femin., 4 x 100m Estilos					Infantis
26-06-2016 - 17:45						Resultados
Recorde Distrital ANDS 50m Absoluto	4:48.83	Clube Nautico de Abrantes	CNAB	Jamor		09-02-2013
Recorde Distrital ANDS 50m Inf B	5:24.11	CNTN	CNTN	S. João da Madeira		13-07-2013
Recorde Distrital ANDS 50m Inf	5:04.21	CNRM	CNRM	Oeiras		18-07-2015
Recorde Distrital ANDS 50m Inf A	5:12.97	CNLA	CNLA	Rio Maior		10-07-2005

FEM Inf B: 6:28.00; Inf A: 6:28.00

Pontos: FINA 2016

Lugar					Tempo final	Pts
<b>1. Torres Novas 2</b>	<b>Torres Novas</b>				<b>5:20.14</b>	<b>380</b>
Erica Neves Leote	03	39.82	1:21.05	Ines Asseiceira Ramos	03 36.13	1:20.08
Margarida Mateus Morais	04	43.77	1:31.12	Beatriz Goncalves Casal	03 32.24	1:07.89
<b>2. 20Km de Almeirim 1</b>	<b>20Km de Almeirim</b>				<b>5:36.96</b>	<b>326</b>
Maria Ines Paveia	03	42.24	1:25.37	Ana Patricia Oliveira	03 38.31	1:23.34
Gabriela Graco Duarte	04	45.18	1:36.02	Beatriz Staiger Bento	04 34.10	1:12.23