

1 - 1ª SESSÃO

11-05-2019 - 9:30

Prova 1 1500m Livres 12 anos e mais velhos
11-05-2019 Resultados

Inf B Femin.: 25:35.00; Inf B Masc.: 25:30.00; Inf A Femin.: 24:35.00; Inf A Masc.: 24:00.00; Juv B Femin.: 23:30.00;
Juv B Masc.: 23:00.00; Juv A Femin.: 23:18.00; Juv A Masc.: 22:35.00; Jun/Sen Femin.: 22:39.50; Jun/Sen Masc.: 21:30.00

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
Absoluto, Femin.			
1. Carolina Silverio Carpinteiro	02 Natacao do Tejo	18:48.64	542
50m: 34.67 300m: 3:42.35	550m: 6:51.19 800m: 10:01.60	1050m: 13:13.00 1300m: 16:23.44	
100m: 1:12.35 350m: 4:20.12	600m: 7:29.14 850m: 10:39.73	1100m: 13:51.18 1350m: 17:00.99	
150m: 1:50.14 400m: 4:58.22	650m: 8:07.13 900m: 11:18.29	1150m: 14:29.56 1400m: 17:38.31	
200m: 2:27.59 450m: 5:35.80	700m: 8:45.43 950m: 11:56.25	1200m: 15:07.34 1450m: 18:14.86	
250m: 3:04.85 500m: 6:13.08	750m: 9:23.46 1000m: 12:34.90	1250m: 15:45.41 1500m: 18:48.64	
2. Carolina Marques Neves	01 Torres Novas	19:19.31	500
50m: 33.37 300m: 3:42.80	550m: 6:57.05 800m: 10:10.33	1050m: 13:27.38 1300m: 16:45.18	
100m: 1:10.45 350m: 4:21.58	600m: 7:35.89 850m: 10:49.60	1100m: 14:06.78 1350m: 17:24.31	
150m: 1:48.55 400m: 4:59.99	650m: 8:14.47 900m: 11:28.92	1150m: 14:46.12 1400m: 18:02.61	
200m: 2:26.42 450m: 5:39.08	700m: 8:52.98 950m: 12:08.34	1200m: 15:25.83 1450m: 18:41.61	
250m: 3:04.87 500m: 6:18.06	750m: 9:31.59 1000m: 12:48.12	1250m: 16:05.58 1500m: 19:19.31	
3. Leonor Maria Mira	04 BUZIOS-Coruche	20:29.41	419
50m: 34.56 300m: 3:47.68	550m: 7:02.64 800m: 10:16.06	1050m: 14:16.26 1300m: 17:49.07	
100m: 1:12.93 350m: 4:26.56	600m: 7:41.32 850m: 11:08.08	1100m: 14:59.59 1350m: 18:31.22	
150m: 1:51.77 400m: 5:04.96	650m: 8:20.19 900m: 11:58.90	1150m: 15:41.80 1400m: 19:11.96	
200m: 2:29.95 450m: 5:44.30	700m: 8:59.27 950m: 12:47.72	1200m: 16:23.86 1450m: 19:51.58	
250m: 3:09.31 500m: 6:23.15	750m: 9:38.95 1000m: 13:32.73	1250m: 17:05.82 1500m: 20:29.41	
4. Beatriz Catarino Moura	02 Nautico Abrantes	22:19.04	324
50m: 38.83 300m: 4:22.93	550m: 8:09.19 800m: 11:56.75	1050m: 15:44.03 1300m: 19:27.36	
100m: 1:22.78 350m: 5:08.12	600m: 8:54.78 850m: 12:42.45	1100m: 16:28.64 1350m: 20:11.77	
150m: 2:07.37 400m: 5:53.42	650m: 9:39.55 900m: 13:28.28	1150m: 17:13.36 1400m: 20:55.38	
200m: 2:52.72 450m: 6:38.13	700m: 10:24.68 950m: 14:14.46	1200m: 17:57.68 1450m: 21:38.28	
250m: 3:37.77 500m: 7:23.71	750m: 11:10.77 1000m: 14:59.71	1250m: 18:42.60 1500m: 22:19.04	
5. Ines Marques Garcia	03 Nautico Abrantes	22:20.46	323
50m: 38.86 300m: 4:23.97	550m: 8:10.28 800m: 11:57.43	1050m: 15:46.56 1300m: 19:30.51	
100m: 1:23.70 350m: 5:09.31	600m: 8:55.75 850m: 12:43.19	1100m: 16:31.74 1350m: 20:14.35	
150m: 2:08.45 400m: 5:54.80	650m: 9:41.28 900m: 13:28.98	1150m: 17:16.52 1400m: 20:57.63	
200m: 2:53.95 450m: 6:39.82	700m: 10:25.96 950m: 14:15.02	1200m: 18:00.60 1450m: 21:40.59	
250m: 3:38.79 500m: 7:25.08	750m: 11:11.68 1000m: 15:00.76	1250m: 18:45.92 1500m: 22:20.46	
6. Matilde Basilio Gil	03 CLAC-Entroncamento	23:05.36	293
<i>FTL</i>			
50m: 39.37 300m: 4:22.98	550m: 8:10.00 800m: 12:05.25	1050m: 16:04.41 1300m: 20:01.92	
100m: 1:23.29 350m: 5:07.67	600m: 8:56.19 850m: 12:53.46	1100m: 16:51.52 1350m: 20:48.80	
150m: 2:08.42 400m: 5:52.02	650m: 9:43.24 900m: 13:40.72	1150m: 17:39.82 1400m: 21:35.20	
200m: 2:53.32 450m: 6:37.28	700m: 10:30.28 950m: 14:29.49	1200m: 18:27.09 1450m: 22:21.33	
250m: 3:38.27 500m: 7:23.18	750m: 11:18.27 1000m: 15:17.40	1250m: 19:15.03 1500m: 23:05.36	
7. Joana Patricia Antunes	06 CLAC-Entroncamento	23:55.13	263
50m: 39.74 300m: 4:31.94	550m: 8:32.02 800m: 12:37.92	1050m: 16:44.55 1300m: 20:49.07	
100m: 1:24.46 350m: 5:19.40	600m: 9:20.64 850m: 13:26.86	1100m: 17:32.97 1350m: 21:36.94	
150m: 2:10.98 400m: 6:07.42	650m: 10:09.72 900m: 14:16.49	1150m: 18:22.38 1400m: 22:25.15	
200m: 2:57.69 450m: 6:55.06	700m: 10:58.41 950m: 15:05.98	1200m: 19:11.88 1450m: 23:10.14	
250m: 3:44.58 500m: 7:43.57	750m: 11:47.80 1000m: 15:55.96	1250m: 20:00.04 1500m: 23:55.13	
WDR Beatriz Goncalves Casal	03 Torres Novas		
WDR Ana Rita Morais	02 Torres Novas		
WDR Rita Sousa Oliveira	01 Torres Novas		
WDR Ines Asseiceira Ramos	03 Torres Novas		

Prova 1, 1500m Livres

Absoluto, Masc.

1. Bernardo Jorge Simoes	02 Torres Novas	18:00.53	523
50m: 30.67	250m: 9:04.87	450m: 12:42.05	650m: 15:07.10
100m: 1:05.05	300m: 3:31.24	500m: 5:59.50	700m: 8:27.70
150m: 5:22.54	350m: 11:23.68	550m: 13:54.80	750m: 16:19.01
200m: 2:17.76	400m: 4:45.38	600m: 7:13.80	800m: 9:41.54
850m: 17:29.05	1000m: 12:06.39	1100m: 13:18.18	1200m: 14:30.82
1300m: 15:43.10	1400m: 16:55.21	1500m: 18:00.53	
2. Tiago Charrua Gago	04 Rio Maior	18:20.15	496
50m: 31.69	300m: 3:34.18	550m: 6:39.88	800m: 9:44.68
100m: 1:07.24	350m: 4:11.50	600m: 7:17.24	850m: 10:21.74
150m: 1:43.67	400m: 4:48.36	650m: 7:53.61	900m: 10:59.39
200m: 2:21.12	450m: 5:24.36	700m: 8:31.17	950m: 11:36.28
250m: 2:57.24	500m: 6:02.54	750m: 9:07.88	1000m: 12:13.49
1050m: 12:50.17	1100m: 13:28.16	1150m: 14:05.37	1200m: 14:42.39
1300m: 15:56.51	1400m: 17:09.57	1450m: 17:45.75	1500m: 18:20.15
3. Diogo Bernardo Tome	03 Salvaterra de Magos	18:22.53	493
50m: 32.45	300m: 3:36.09	550m: 6:41.54	800m: 9:45.96
100m: 1:08.45	350m: 4:13.33	600m: 7:18.58	850m: 10:23.18
150m: 1:45.12	400m: 4:50.63	650m: 7:55.43	900m: 11:00.42
200m: 2:21.99	450m: 5:28.18	700m: 8:32.50	950m: 11:37.38
250m: 2:59.04	500m: 6:05.14	750m: 9:08.87	1000m: 12:14.73
1050m: 12:51.78	1100m: 13:29.03	1150m: 14:05.31	1200m: 14:42.21
1300m: 15:56.02	1350m: 16:32.77	1400m: 17:10.10	1450m: 17:46.70
1500m: 18:22.53			
4. Diogo Miguel Matreno	03 Torres Novas	18:36.32	475
50m: 32.57	300m: 3:36.24	550m: 6:43.25	800m: 9:52.70
100m: 1:08.14	350m: 4:13.56	600m: 7:20.86	850m: 10:29.42
150m: 1:44.94	400m: 4:50.89	650m: 7:59.01	900m: 11:06.90
200m: 2:21.99	450m: 5:28.82	700m: 8:37.00	950m: 11:44.85
250m: 2:59.21	500m: 6:05.92	750m: 9:14.60	1000m: 12:22.59
1050m: 13:00.57	1100m: 13:38.05	1150m: 14:15.98	1200m: 14:53.55
1300m: 16:09.83	1350m: 16:46.75	1400m: 17:24.04	1450m: 18:00.16
1500m: 18:36.32			
5. Pedro Nuno Oliveira	04 Torres Novas	18:46.48	462
50m: 33.59	300m: 3:42.63	550m: 6:57.71	800m: 10:07.61
100m: 1:10.63	350m: 4:21.36	600m: 7:36.44	850m: 10:45.03
150m: 1:48.71	400m: 4:59.63	650m: 8:14.27	900m: 11:22.44
200m: 2:26.34	450m: 5:38.84	700m: 8:51.93	950m: 12:00.93
250m: 3:04.31	500m: 6:18.30	750m: 9:30.11	1000m: 12:38.34
1050m: 13:15.58	1100m: 13:53.54	1150m: 14:30.93	1200m: 15:09.13
1300m: 16:23.80	1350m: 17:00.99	1400m: 17:37.42	1450m: 18:12.75
1500m: 18:46.48			
6. Rodrigo Cardoso Fernandes	04 Cartaxo	19:28.45	414
50m: 32.47	300m: 3:45.11	550m: 7:01.31	800m: 10:16.87
100m: 1:10.49	350m: 4:24.25	600m: 7:40.88	850m: 10:56.32
150m: 1:49.32	400m: 5:04.11	650m: 8:18.85	900m: 11:35.87
200m: 2:28.49	450m: 5:42.54	700m: 8:58.62	950m: 12:15.28
250m: 3:06.19	500m: 6:22.11	750m: 9:37.63	1000m: 12:54.99
1050m: 13:34.77	1100m: 14:14.89	1150m: 14:54.47	1200m: 15:34.52
1300m: 16:54.09	1350m: 17:34.08	1400m: 18:13.51	1450m: 18:50.87
1500m: 19:28.45			
7. Guilherme Filipe Gaboleiro	05 Rio Maior	19:48.31	393
50m: 34.85	300m: 3:52.96	550m: 7:13.04	800m: 10:33.47
100m: 1:14.05	350m: 4:32.47	600m: 7:53.36	850m: 11:13.54
150m: 1:53.15	400m: 5:12.43	650m: 8:32.57	900m: 11:53.25
200m: 2:32.99	450m: 5:52.50	700m: 9:13.11	950m: 12:32.38
250m: 3:12.74	500m: 6:32.83	750m: 9:53.11	1000m: 13:12.08
1050m: 13:51.27	1100m: 14:31.45	1150m: 15:11.17	1200m: 15:51.15
1300m: 17:10.80	1350m: 17:50.59	1400m: 18:30.42	1450m: 19:09.67
1500m: 19:48.31			
8. Pedro Maria Santana	03 Torres Novas	19:51.10	391
50m: 35.84	300m: 3:50.48	550m: 7:07.93	800m: 10:28.07
100m: 1:14.64	350m: 4:29.65	600m: 7:48.30	850m: 11:09.31
150m: 1:53.58	400m: 5:08.77	650m: 8:28.42	900m: 11:49.56
200m: 2:32.10	450m: 5:48.53	700m: 9:08.30	950m: 12:31.51
250m: 3:11.81	500m: 6:28.44	750m: 9:48.36	1000m: 13:11.83
1050m: 13:52.13	1100m: 14:32.66	1150m: 15:12.56	1200m: 15:53.97
1300m: 17:14.27	1350m: 17:54.73	1400m: 18:34.90	1450m: 19:12.55
1500m: 19:51.10			
9. Ricardo Filipe Gaboleiro	05 Rio Maior	19:51.17	390
50m: 35.38	300m: 3:52.88	550m: 7:10.83	800m: 10:33.10
100m: 1:14.50	350m: 4:31.74	600m: 7:51.16	850m: 11:13.75
150m: 1:53.58	400m: 5:11.17	650m: 8:31.35	900m: 11:54.20
200m: 2:32.95	450m: 5:50.73	700m: 9:11.98	950m: 12:33.80
250m: 3:12.63	500m: 6:30.64	750m: 9:52.19	1000m: 13:13.77
1050m: 13:53.93	1100m: 14:34.09	1150m: 15:13.76	1200m: 15:53.98
1300m: 17:14.06	1350m: 17:54.52	1400m: 18:34.20	1450m: 19:13.42
1500m: 19:51.17			
10. Joao Pedro Rosa	90 CLAC-Entroncamento	20:28.06	356
50m: 33.88	300m: 4:02.12	550m: 7:25.32	800m: 10:49.52
100m: 1:11.90	350m: 4:42.17	600m: 8:06.02	850m: 11:30.78
150m: 1:52.64	400m: 5:22.64	650m: 8:46.80	900m: 12:11.84
200m: 2:34.42	450m: 6:04.02	700m: 9:27.41	950m: 12:53.24
250m: 3:21.47	500m: 6:44.35	750m: 10:08.48	1000m: 13:35.07
1050m: 14:16.46	1100m: 14:57.80	1150m: 15:39.47	1200m: 16:20.88
1300m: 17:44.19	1350m: 18:25.63	1400m: 19:06.78	1450m: 19:47.78
1500m: 20:28.06			

Prova 1, Masc., 1500m Livres, Absoluto

Lugar	Ano		Tempo final		Pts
11. Francisco Teixeira Dias	02	CLAC-Entroncamento	20:30.11		355
50m: 34.19	300m: 3:45.19	550m: 7:07.81	800m: 10:44.37	1050m: 14:12.58	1300m: 17:44.13
100m: 1:10.54	350m: 4:25.18	600m: 7:49.57	850m: 11:27.17	1100m: 14:55.39	1350m: 18:26.33
150m: 1:48.77	400m: 5:04.19	650m: 8:33.32	900m: 12:11.10	1150m: 15:36.97	1400m: 19:08.65
200m: 2:26.77	450m: 5:45.06	700m: 9:17.11	950m: 12:51.28	1200m: 16:19.59	1450m: 19:50.68
250m: 3:06.43	500m: 6:25.51	750m: 10:01.04	1000m: 13:32.06	1250m: 17:01.40	1500m: 20:30.11
12. Tomas Antonio Victal	03	Assoc.20km-Almeirim	20:36.49		349
50m: 36.49	300m: 4:06.16	550m: 7:36.26	800m: 11:04.91	1050m: 14:32.71	1300m: 17:58.65
100m: 1:16.84	350m: 4:47.82	600m: 8:18.29	850m: 11:46.66	1100m: 15:14.39	1350m: 18:39.13
150m: 1:58.96	400m: 5:30.36	650m: 9:00.69	900m: 12:28.56	1150m: 15:56.27	1400m: 19:18.77
200m: 2:40.62	450m: 6:12.62	700m: 9:42.31	950m: 13:09.47	1200m: 16:37.44	1450m: 19:57.87
250m: 3:23.65	500m: 6:54.62	750m: 10:23.45	1000m: 13:51.16	1250m: 17:18.64	1500m: 20:36.49
13. Joao Miguel Conrado	05	BUZIOS-Coruche	20:40.37		346
50m: 34.79	300m: 3:59.48	550m: 7:28.53	800m: 10:57.79	1050m: 14:24.83	1300m: 17:54.01
100m: 1:13.89	350m: 4:41.32	600m: 8:10.69	850m: 11:38.93	1100m: 15:06.52	1350m: 18:35.66
150m: 1:54.24	400m: 5:22.90	650m: 8:52.48	900m: 12:20.76	1150m: 15:48.05	1400m: 19:17.45
200m: 2:35.47	450m: 6:04.71	700m: 9:34.27	950m: 13:01.82	1200m: 16:29.89	1450m: 19:58.78
250m: 3:17.79	500m: 6:46.56	750m: 10:15.87	1000m: 13:43.26	1250m: 17:12.00	1500m: 20:40.37
14. Jorge Manuel Narigueta	98	Rio Maior	21:07.41		324
50m: 11:53.71	250m: 14:44.22	450m: 17:36.39	650m: 20:26.92	1000m: 14:01.32	1400m: 19:44.56
100m: 1:17.71	300m: 4:05.30	500m: 6:55.15	700m: 9:45.40	1100m: 15:27.14	1500m: 21:07.41
150m: 13:18.13	350m: 16:10.38	550m: 19:01.96	800m: 11:10.79	1200m: 16:53.12	
200m: 2:40.59	400m: 5:29.93	600m: 8:20.65	900m: 12:35.71	1300m: 18:18.97	
15. Rafael Sousa Azevedo	06	Cartaxo	21:35.64		303
50m: 37.34	300m: 4:05.67	550m: 7:40.94	800m: 11:23.97	1050m: 15:05.80	1300m: 18:47.09
100m: 1:18.57	350m: 4:48.36	600m: 8:24.84	850m: 12:09.46	1100m: 15:50.02	1350m: 19:31.68
150m: 1:59.86	400m: 5:31.04	650m: 9:09.48	900m: 12:53.36	1150m: 16:33.67	1400m: 20:13.97
200m: 2:41.42	450m: 6:14.24	700m: 9:54.78	950m: 13:37.45	1200m: 17:18.22	1450m: 20:56.85
250m: 3:23.72	500m: 6:57.31	750m: 10:39.56	1000m: 14:21.01	1250m: 18:02.41	1500m: 21:35.64
16. Goncalo Maria Mendonca	04	Viver Santarem	21:42.08		299
50m: 37.43	300m: 4:07.25	550m: 7:45.60	800m: 11:27.26	1050m: 15:09.58	1300m: 18:51.25
100m: 1:17.94	350m: 4:50.75	600m: 8:29.64	850m: 12:12.40	1100m: 15:53.70	1350m: 19:34.60
150m: 1:59.59	400m: 5:33.67	650m: 9:13.43	900m: 12:56.74	1150m: 16:38.78	1400m: 20:17.90
200m: 2:42.34	450m: 6:17.53	700m: 9:57.75	950m: 13:40.28	1200m: 17:22.73	1450m: 21:00.71
250m: 3:25.02	500m: 7:01.06	750m: 10:42.42	1000m: 14:24.45	1250m: 18:07.70	1500m: 21:42.08
17. Andre Ferreira Batalha	06	Viver Santarem	22:47.75		258
50m: 38.73	250m: 3:36.28	450m: 8:09.99	650m: 17:22.88	900m: 13:31.07	1300m: 19:42.97
100m: 1:20.65	300m: 4:21.36	500m: 7:23.72	700m: 10:26.73	1000m: 15:03.94	1400m: 21:16.42
150m: 2:05.11	350m: 6:38.09	550m: 9:41.95	750m: 18:56.78	1100m: 16:36.36	1500m: 22:47.75
200m: 2:50.97	400m: 5:52.14	600m: 8:55.54	800m: 11:58.92	1200m: 18:08.94	
WDR Joao Afonso Goncalves	00	CLAC-Entroncamento			
WDR Guilherme Marques Mendes	03	Torres Novas			
WDR Tiago Miguel Mourato	04	Torres Novas			

Prova 2
11-05-2019

Femin., 200m Mariposa

Absoluto
Resultados

Inf B: 4:35.00; Inf A: 4:00.00; Juv B: 3:50.00; Juv A: 3:42.00; Jun/Sen: 3:29.50

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
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Prova 2, Femin., 200m Mariposa

1.	Maria Madalena Bento	05	BUZIOS-Coruche	2:38.61	452
	50m: 33.55 100m: 1:13.08 150m: 1:56.14 200m: 2:38.61				
2.	Catarina Isabel Carlota	05	BUZIOS-Coruche	2:39.55	444
	50m: 35.67 100m: 1:14.68 150m: 1:58.25 200m: 2:39.55				
3.	Ines Asseiceira Ramos	03	Torres Novas	2:53.56	345
	50m: 35.41 100m: 1:16.63 150m: 2:04.62 200m: 2:53.56				
4.	Beatriz Goncalves Casal	03	Torres Novas	2:57.56	322
	50m: 38.37 100m: 1:23.09 150m: 2:12.50 200m: 2:57.56				
5.	Rita Sousa Oliveira	01	Torres Novas	2:58.83	316
	50m: 37.50 100m: 1:22.26 150m: 2:09.66 200m: 2:58.83				
6.	Carolina Manuela Guia	05	Viver Santarem	3:03.18	294
	50m: 39.55 100m: 1:27.40 150m: 2:15.26 200m: 3:03.18				
7.	Joana Margarida Sousa	04	Assoc.20km-Almeirim	3:07.24	275
	50m: 40.39 100m: 1:27.76 150m: 2:17.63 200m: 3:07.24				
8.	Beatriz Staiger Bento	04	Viver Santarem	3:07.36	274
	50m: 40.84 100m: 1:27.96 150m: 2:18.25 200m: 3:07.36				
9.	Ines Filipa Cotovio	05	Salvaterra de Magos	3:13.56	249
	50m: 41.17 100m: 1:30.23 150m: 2:21.88 200m: 3:13.56				
10.	Beatriz Sofia Conceicao	07	Nautico Abrantes	3:15.16	243
	50m: 40.98 100m: 1:33.45 150m: 2:27.75 200m: 3:15.16				
11.	Eleonor Dias Alves	06	Nautico Abrantes	3:17.12	235
	50m: 40.04 100m: 1:30.17 150m: 2:25.51 200m: 3:17.12				
12.	Barbara Maia Freitas	06	CLAC-Entroncamento	3:18.42	231
	50m: 41.21 100m: 1:32.76 150m: 2:25.28 200m: 3:18.42				
	Matilde Basilio Gil	03	CLAC-Entroncamento	3:18.42	231
	50m: 41.99 100m: 1:31.70 150m: 2:27.30 200m: 3:18.42				
14.	Ines Goncalves Fernandes	06	Nautico Abrantes	3:19.34	228
	50m: 45.41 100m: 1:35.36 150m: 2:30.14 200m: 3:19.34				
15.	Rita Bernardo Tome	06	Salvaterra de Magos	3:21.43	221
	50m: 40.76 100m: 1:31.98 150m: 2:25.74 200m: 3:21.43				
16.	Beatriz Alexandra Botas	07	Assoc.20km-Almeirim	3:21.44	221
	50m: 44.41 100m: 1:36.57 150m: 2:30.82 200m: 3:21.44				
17.	Madalena Maria Midoes	07	Assoc.20km-Almeirim	3:24.43	211
	50m: 46.29 100m: 1:38.36 150m: 2:32.64 200m: 3:24.43				
18.	Ines Margarida Gomes	06	Assoc.20km-Almeirim	3:33.64	185
	50m: 45.74 100m: 1:41.36 150m: 2:38.08 200m: 3:33.64				
19.	Margarida Viegas Medroa	06	Nautico Abrantes	3:36.59	177
	50m: 48.34 100m: 1:43.78 150m: 2:41.66 200m: 3:36.59				
20.	Joana Silva Antunes	05	CLAC-Entroncamento	3:45.17	158
	50m: 46.12 100m: 1:43.95 150m: 2:44.74 200m: 3:45.17				
DSQ	Diana Goncalves Oliveira	07	Assoc.20km-Almeirim		
	<i>SW 8.4 - O (a) atleta não tocou com as mãos na parede simultaneamente na viragem aos 100 metros</i>				
DNS	Ana Patricia Oliveira	03	Assoc.20km-Almeirim		
DNS	Joana Silva Januario	06	Nautico Abrantes		

Prova 3
11-05-2019

Masc., 200m Mariposa

Absoluto
Resultados

Inf B: 4:25.50; Inf A: 3:55.00; Juv B: 3:34.50; Juv A: 3:28.50; Jun/Sen: 3:20.00

Pontos: FINA 2019

Lugar					Ano					Tempo final	Pts
1.	50m:	32.79	100m:	1:10.20	03	150m:	1:48.96	200m:	2:27.60	2:27.60	431
Tiago Miguel Jorge Rio Maior											
2.	50m:	34.90	100m:	1:13.95	03	150m:	1:55.66	200m:	2:34.38	2:34.38	376
Duarte Filipe Silva BUZIOS-Coruche											
3.	50m:	34.68	100m:	1:15.18	05	150m:	1:57.05	200m:	2:39.25	2:39.25	343
Carlos Daniel Nunes Salvaterra de Magos											
4.	50m:	32.89	100m:	1:11.71	04	150m:	1:55.57	200m:	2:40.23	2:40.23	337
Miguel Filipe Nunes Cartaxo											
5.	50m:	37.05	100m:	1:17.00	03	150m:	2:00.60	200m:	2:42.49	2:42.49	323
Guilherme Marques Mendes Torres Novas											
6.	50m:	33.69	100m:	1:13.68	97	150m:	1:59.21	200m:	2:45.13	2:45.13	307
Artur Rafael Saramago BUZIOS-Coruche											
7.	50m:	35.77	100m:	1:20.00	03	150m:	2:04.13	200m:	2:47.42	2:47.42	295
Pedro Maria Santana Torres Novas											
8.	50m:	37.27	100m:	1:21.95	04	150m:	2:11.33	200m:	2:56.46	2:56.46	252
Pedro Nuno Oliveira Torres Novas											
9.	50m:	39.49	100m:	1:24.14	04	150m:	2:12.52	200m:	2:59.52	2:59.52	239
Jose Miguel Monteiro Gualdim Pais											
10.	50m:	39.02	100m:	1:28.52	06	150m:	2:21.37	200m:	3:07.68	3:07.68	209
Daniel Silva Bispo Nautico Abrantes											
11.	50m:	40.25	100m:	1:27.46	06	150m:	2:21.34	200m:	3:11.17	3:11.17	198
Vitor Sokolovskyy Nautico Abrantes											
12.	50m:	41.70	100m:	1:31.08	04	150m:	2:22.51	200m:	3:12.07	3:12.07	195
Goncalo Maria Mendonca Viver Santarem											
13.	50m:	43.71	100m:	1:34.88	06	150m:	2:25.83	200m:	3:15.20	3:15.20	186
Bernardo Miguel Evaristo Gualdim Pais											
14.	50m:	39.53	100m:	1:26.63	06	150m:	2:21.59	200m:	3:15.42	3:15.42	185
Rafael Rodrigues Gomes CLAC-Entroncamento											
15.	50m:	42.17	100m:	1:32.57	06	150m:	2:25.45	200m:	3:16.27	3:16.27	183
Andre Coelho Pita Nautico Abrantes											
16.	50m:	40.33	100m:	1:27.20	04	150m:	2:21.85	200m:	3:16.91	3:16.91	181
Andre Sousa Oliveira Juventude Ouriense											
17.	50m:	40.55	100m:	1:28.70	05	150m:	2:23.43	200m:	3:20.08	3:20.08	173
Jaime Casmarrinha Matos Gualdim Pais											
18.	50m:	44.75	100m:	1:37.66	04	200m:	3:27.87			3:27.87	154
Rui Osvaldo Rocha Juventude Ouriense											
19.	50m:	47.95	100m:	1:41.25	06	150m:	2:38.93	200m:	3:30.78	3:30.78	148
Goncalo Filipe Ferreira Assoc.20km-Almeirim											

Prova 4
11-05-2019

Femin., 200m Costas

Absoluto
Resultados

Inf B: 3:47.50; Inf A: 3:32.50; Juv B: 3:25.00; Juv A: 3:22.00; Jun/Sen: 3:12.00

Pontos: FINA 2019

Lugar					Ano				Tempo final	Pts
1.	Lea Alexandra Mendes				03	Gualdim Pais			2:37.70	486
	50m: 37.09	100m: 1:17.59	150m: 1:57.91	200m: 2:37.70						
2.	Ines Ferreira Duarte				01	Nautico Abrantes			2:41.04	457
	50m: 37.93	100m: 1:18.79	150m: 2:00.03	200m: 2:41.04						
3.	Maria Madalena Bento				05	BUZIOS-Coruche			2:42.93	441
	50m: 38.46	100m: 1:19.80	150m: 2:02.31	200m: 2:42.93						
4.	Beatriz Grave Reis				05	Rio Maior			2:44.37	429
	50m: 38.58	100m: 1:20.09	150m: 2:02.64	200m: 2:44.37						
5.	Raquel Canelas Louro				04	Viver Santarem			2:45.18	423
	50m: 39.46	100m: 1:22.73	150m: 2:04.51	200m: 2:45.18						
6.	Rita Bernardo Tome				06	Salvaterra de Magos			2:48.49	399
	50m: 39.94	100m: 1:22.96	150m: 2:06.40	200m: 2:48.49						
7.	Matilde Paulos Branco				05	BUZIOS-Coruche			2:49.38	392
	50m: 39.55	100m: 1:22.49	150m: 2:07.77	200m: 2:49.38						
8.	Matilde Isabel Macharreu				04	BUZIOS-Coruche			2:49.95	388
	50m: 38.18	100m: 1:21.41	150m: 2:06.13	200m: 2:49.95						
9.	Mafalda Magalhaes Costa				03	Gualdim Pais			2:50.33	386
	50m: 39.13	100m: 1:21.88	150m: 2:06.04	200m: 2:50.33						
10.	Maria Ines Paveia				03	Viver Santarem			2:50.60	384
	50m: 39.52	100m: 1:21.76	150m: 2:06.38	200m: 2:50.60						
11.	Ines Marques Garcia				03	Nautico Abrantes			2:52.87	369
	50m: 41.29	100m: 1:24.79	150m: 2:09.26	200m: 2:52.87						
12.	Beatriz Staiger Bento				04	Viver Santarem			2:53.67	364
	50m: 42.88	100m: 1:27.28	150m: 2:12.09	200m: 2:53.67						
13.	Ines Filipa Cotovio				05	Salvaterra de Magos			2:54.17	361
	50m: 41.87	100m: 1:26.10	150m: 2:10.59	200m: 2:54.17						
14.	Joana Margarida Sousa				04	Assoc.20km-Almeirim			2:54.85	357
	50m: 42.32	100m: 1:26.48	150m: 2:11.44	200m: 2:54.85						
15.	Diana Goncalves Oliveira				07	Assoc.20km-Almeirim			2:58.57	335
	50m: 2:14.81	100m: 1:29.28	200m: 2:58.57							
16.	Beatriz Catarino Moura				02	Nautico Abrantes			2:59.43	330
	50m: 41.11	100m: 1:27.02	150m: 2:14.59	200m: 2:59.43						
17.	Filipa Taborda Santos				03	Cartaxo			3:00.18	326
	50m: 40.88	100m: 1:27.44	150m: 2:14.77	200m: 3:00.18						
18.	Barbara Maia Freitas				06	CLAC-Entroncamento			3:00.34	325
	50m: 42.42	100m: 1:29.43	150m: 2:16.99	200m: 3:00.34						
19.	Marta Filipa Nunes				07	Cartaxo			3:01.35	320
	50m: 43.48	100m: 1:30.57	150m: 2:16.21	200m: 3:01.35						
20.	Erna Sabanovic				04	CLAC-Entroncamento			3:02.21	315
	50m: 43.03	100m: 1:29.42	150m: 2:16.77	200m: 3:02.21						
21.	Mariana Nunes Domingos				00	Viver Santarem			3:02.22	315
	50m: 44.39	100m: 1:30.53	150m: 2:16.69	200m: 3:02.22						
22.	Beatriz Sofia Conceicao				07	Nautico Abrantes			3:03.67	308
	50m: 45.29	100m: 1:33.57	150m: 2:22.82	200m: 3:03.67						

Prova 4, Femin., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
23. Maria Neves Silva 50m: 42.95 100m: 1:30.27 150m: 2:19.04 200m: 3:03.95	06 Gualdim Pais	3:03.95	306
24. Ana Rita Morais 50m: 43.89 100m: 1:30.89 150m: 2:17.63 200m: 3:04.50	02 Torres Novas	3:04.50	304
25. Ines Goncalves Fernandes 50m: 46.26 100m: 1:33.47 150m: 2:19.57 200m: 3:04.99	06 Nautico Abrantes	3:04.99	301
26. Ines Marques Pedro 50m: 41.86 100m: 1:28.80 150m: 2:19.13 200m: 3:05.87	01 Viver Santarem	3:05.87	297
27. Carolina Manuela Guia 50m: 44.55 100m: 1:32.11 150m: 2:19.73 200m: 3:07.46	05 Viver Santarem	3:07.46	289
28. Madalena Maria Midoes 50m: 43.24 100m: 1:29.80 150m: 2:17.89 200m: 3:08.84	07 Assoc.20km-Almeirim	3:08.84	283
29. Eleonor Dias Alves 50m: 45.77 100m: 1:33.86 150m: 2:22.98 200m: 3:09.43	06 Nautico Abrantes	3:09.43	280
30. Catarina Filipa Silva 50m: 44.34 100m: 1:32.85 150m: 2:23.29 200m: 3:10.53	03 Natacao do Tejo	3:10.53	276
31. Mariana Timoteo Madeira <i>FTL</i> 50m: 47.40 100m: 1:36.47 150m: 2:25.28 200m: 3:12.30	03 Viver Santarem	3:12.30	268
32. Margarida Viegas Medroa 50m: 46.63 100m: 1:35.28 150m: 2:25.41 200m: 3:15.84	06 Nautico Abrantes	3:15.84	254
33. Beatriz Alexandra Botas 50m: 45.88 100m: 1:37.03 150m: 2:27.72 200m: 3:16.09	07 Assoc.20km-Almeirim	3:16.09	253
34. Mariana Mauricio Coelho 50m: 47.72 100m: 1:38.95 150m: 2:32.36 200m: 3:20.78	07 BUZIOS-Coruche	3:20.78	235
35. Laura Calheiros Frazao 50m: 48.65 100m: 1:41.91 150m: 2:34.12 200m: 3:25.12	07 Rio Maior	3:25.12	221
36. Beatriz Roseiro Dias 50m: 49.60 100m: 1:43.18 150m: 2:38.12 200m: 3:31.69	07 Nautico Abrantes	3:31.69	201
37. Leonor Rodrigues Silva <i>FTL</i> 50m: 45.77 100m: 1:40.11 150m: 2:40.62 200m: 3:38.67	03 Cartaxo	3:38.67	182
38. Angela Ruessink 50m: 49.66 100m: 1:46.01 150m: 2:45.46 200m: 3:44.05	07 Salvaterra de Magos	3:44.05	169
39. Ana Luisa Madeira <i>FTL</i> 50m: 54.02 100m: 1:56.93 150m: 3:01.36 200m: 4:04.14	07 Cartaxo	4:04.14	131
DSQ Ines Margarida Gomes <i>SW 6.4 - O (a) atleta não efectua a viragem dos 100 metros após terminar o movimento contínuo de braços</i>	06 Assoc.20km-Almeirim		
DSQ Beatriz Dias Ferreira <i>SW 4.4 - Falsa partida</i>	06 Cartaxo		
DSQ Joana Silva Antunes <i>SW 6.4 - O (a) atleta não efectua a viragem dos 100 metros após terminar o movimento contínuo de braços</i>	05 CLAC-Entroncamento		
DSQ Matilde Basilio Gil <i>SW 6.3 - O (a) atleta chegou à parede totalmente submerso</i>	03 CLAC-Entroncamento		
DSQ Matilde Nabeiro Monraia <i>SW 4.4 - Falsa partida</i>	06 CLAC-Entroncamento		

Prova 4, Femin., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
DSQ Laura Sousa Oliveira <i>SW 6.5 - O (a) atleta não chegou na posição dorsal</i>	07 Juventude Ouriense		
DNS Leonor Barreto Cruz	05 Nautico Abrantes		
DNS Joana Silva Januario	06 Nautico Abrantes		
DNS Carolina Marques Neves	01 Torres Novas		
DNS Marta Sousa Oliveira	01 Torres Novas		

Prova 5 Masc., 200m Costas Absoluto
11-05-2019 Resultados

Inf B: 3:41.50; Inf A: 3:26.50; Juv B: 3:18.00; Juv A: 3:14.00; Jun/Sen: 3:10.00

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Francisco Teixeira Dias 50m: 34.04 100m: 1:09.91 150m: 1:47.37 200m: 2:25.37	02 CLAC-Entroncamento	2:25.37	456
2. Duarte Filipe Silva 50m: 35.46 100m: 1:12.68 150m: 1:51.24 200m: 2:28.93	03 BUZIOS-Coruche	2:28.93	424
3. Diogo Bernardo Tome 50m: 35.48 100m: 1:13.08 150m: 1:52.26 200m: 2:30.86	03 Salvaterra de Magos	2:30.86	408
4. Diogo Miguel Matreno 50m: 36.67 100m: 1:15.53 150m: 1:55.93 200m: 2:35.60	03 Torres Novas	2:35.60	372
5. Henrique Antonio Martins 50m: 36.12 100m: 1:14.96 150m: 1:55.95 200m: 2:37.30	03 Natacao do Tejo	2:37.30	360
6. Rodrigo Cardoso Fernandes 50m: 37.82 100m: 1:19.70 150m: 2:00.80 200m: 2:41.11	04 Cartaxo	2:41.11	335
7. Ricardo Filipe Gaboleiro 50m: 37.25 100m: 1:18.60 150m: 2:00.80 200m: 2:41.73	05 Rio Maior	2:41.73	331
8. Tiago Charrua Gago 50m: 37.43 100m: 1:18.73 150m: 2:00.82 200m: 2:41.94	04 Rio Maior	2:41.94	330
9. Eduardo Binyas 50m: 38.55 100m: 1:20.34 150m: 2:02.92 200m: 2:44.05	06 Rio Maior	2:44.05	317
10. Miguel Filipe Nunes 50m: 40.56 100m: 1:22.86 150m: 2:06.30 200m: 2:44.44	04 Cartaxo	2:44.44	315
11. Joao Pedro Goncalves 50m: 39.83 100m: 1:22.52 150m: 2:05.43 200m: 2:45.87	01 Torres Novas	2:45.87	307
12. Jose Miguel Monteiro 50m: 40.06 100m: 1:23.06 150m: 2:06.66 200m: 2:48.68	04 Gualdim Pais	2:48.68	292
13. Tiago Miguel Mourato 50m: 38.41 100m: 1:20.81 150m: 2:05.73 200m: 2:50.12	04 Torres Novas	2:50.12	284
14. Joao Pedro Pereira 50m: 38.55 100m: 1:21.16 150m: 2:06.14 200m: 2:50.96	93 BUZIOS-Coruche	2:50.96	280
15. Tiago Joao Vital 50m: 41.12 100m: 1:25.75 150m: 2:10.88 200m: 2:52.32	02 Natacao do Tejo	2:52.32	273
16. Bernardo Miguel Evaristo 50m: 40.84 100m: 1:24.71 150m: 2:09.46 200m: 2:52.69	06 Gualdim Pais	2:52.69	272
17. Vitor Sokolovskyy 50m: 40.21 100m: 1:23.97 150m: 2:09.52 200m: 2:52.75	06 Nautico Abrantes	2:52.75	271
18. Joao Pedro Rosa 50m: 39.91 100m: 1:22.61 150m: 2:08.41 200m: 2:53.30	90 CLAC-Entroncamento	2:53.30	269

Prova 5, Masc., 200m Costas, Absoluto

Lugar					Ano		Tempo final	Pts
19.	Joao Afonso Goncalves	00	CLAC-Entroncamento			2:54.46	264	
	50m: 39.57 100m: 1:23.18 150m: 2:09.25 200m: 2:54.46							
20.	Rafael Rodrigues Gomes	06	CLAC-Entroncamento			2:58.07	248	
	50m: 43.86 100m: 1:29.49 150m: 2:15.61 200m: 2:58.07							
21.	Tomas Antonio Victal	03	Assoc.20km-Almeirim			3:00.36	238	
	50m: 43.65 100m: 1:29.15 150m: 2:15.66 200m: 3:00.36							
22.	Andre Sousa Oliveira	04	Juventude Ouriense			3:02.84	229	
	50m: 42.18 100m: 1:27.82 150m: 2:15.68 200m: 3:02.84							
23.	Jaime Casmarrinha Matos	05	Gualdim Pais			3:04.55	223	
	50m: 45.61 100m: 1:31.57 150m: 2:19.37 200m: 3:04.55							
24.	Hugo Miguel Leitao	03	Natacao do Tejo			3:04.63	222	
	50m: 44.17 100m: 1:31.52 150m: 2:19.26 200m: 3:04.63							
25.	Goncalo Filipe Ferreira	06	Assoc.20km-Almeirim			3:08.47	209	
	50m: 46.64 100m: 1:35.01 150m: 2:23.90 200m: 3:08.47							
26.	Andre Coelho Pita	06	Nautico Abrantes			3:11.69	199	
	50m: 2:23.24 100m: 1:33.29 200m: 3:11.69							
27.	Jose Maria Temudo	06	Rio Maior			3:13.17	194	
	50m: 45.82 100m: 1:35.51 150m: 2:25.39 200m: 3:13.17							
28.	Hugo Miguel Silva <i>FTL</i>	77	BUZIOS-Coruche			3:16.16	185	
	50m: 45.59 100m: 1:37.06 150m: 2:29.78 200m: 3:16.16							
29.	Miguel Diogo Pereira	05	Nautico Abrantes			3:16.57	184	
	50m: 47.09 100m: 1:39.32 150m: 2:30.82 200m: 3:16.57							
30.	David Nunes Carapinha	05	Torres Novas			3:21.34	171	
	50m: 47.87 100m: 1:39.38 150m: 2:32.00 200m: 3:21.34							
31.	Afonso Martinho Roque <i>FTL</i>	05	Torres Novas			3:34.23	142	
	50m: 47.72 100m: 1:42.58 150m: 2:39.26 200m: 3:34.23							
DSQ	Antonio Pedro Martins <i>SW 4.4 - Falsa partida</i>	05	Atletismo Ferreira do Zezere					
DSQ	Ricardo Matias Santos <i>SW 4.4 - Falsa partida</i>	05	Atletismo Ferreira do Zezere					
DSQ	Lorenzo Muniz Silva <i>SW 6.4 - O (a) atleta interrompe o movimento contínuo dos braços , antes da viragem aos 100 metros</i>	06	BUZIOS-Coruche					
DSQ	Yegor Tsurskiy <i>SW 6.4 - O (a) atleta não efectua a viragem dos 100 metros após terminar o movimento contínuo de braços</i>	03	BUZIOS-Coruche					
DSQ	Daniel Silva Bispo <i>SW 6.4 - O (a) atleta não efectua a viragem dos 100 metros após terminar o movimento contínuo de braços</i>	06	Nautico Abrantes					
DSQ	Andre Ferreira Batalha <i>SW 6.4 - O (a) atleta não efectua a viragem dos 100 metros após terminar o movimento contínuo de braços</i>	06	Viver Santarem					
DNS	Francisco Polonio Alexandre	04	CLAC-Entroncamento					

Prova 6 Femin., 4 x 100m Estilos Absoluto Resultados
11-05-2019

Inf B: 6:58.50; Inf A: 6:23.50; Juv B: 6:10.50; Juv A: 6:08.50; Jun/Sen: 6:03.70

Pontos: FINA 2019

Lugar					Tempo final	Pts
1. Gualdim Pais 1	Gualdim Pais				5:19.46	380
Lea Alexandra Mendes	35.41	1:13.35	Maria Neves Silva	+0,64 41.70	1:31.53	
Carolina Lopes Vieira	+0,80 43.32	1:29.97	Mafalda Magalhaes Costa	30.47	1:04.61	
2. Assoc.20km-Almeirim 1	Assoc.20km-Almeirim				5:55.89	275
Diana Goncalves Oliveira	43.06	1:26.92	Beatriz Alexandra Botas	+0,69 46.21	1:37.97	
Ines Margarida Gomes	46.30	1:36.16	Madalena Maria Midoes	36.72	1:14.84	

Prova 7 Masc., 4 x 100m Estilos Absoluto Resultados
11-05-2019

Inf B: 6:23.00; Inf A: 6:18.00; Juv B: 5:24.00; Juv A: 5:14.00; Jun/Sen: 4:56.00

Pontos: FINA 2019

Lugar					Tempo final	Pts
1. Natacao do Tejo 1	Natacao do Tejo				5:03.68	317
Henrique Antonio Martins	03 35.62	1:12.77	David Antonio Carvalho	99 34.93	1:15.64	
Tiago Joao Vital	02 41.51	1:27.85	Hugo Miguel Leitao	03 31.99	1:07.42	
2. Rio Maior 1	Rio Maior				5:08.22	304
Ricardo Filipe Gaboleiro	05 36.36	1:12.98	Eduardo Binyas	06 33.04	1:09.86	
Guilherme Filipe Gaboleiro	05 40.26	1:25.71	Jose Maria Temudo	06 38.35	1:19.67	

2 - 2ª SESSÃO

11-05-2019 - 15:30

Prova 8 400m Estilos 12 anos e mais velhos Resultados
11-05-2019

Inf B Femin.: 7:58.00; Inf B Masc.: 7:43.50; Inf A Femin.: 7:13.00; Inf A Masc.: 7:12.00; Juv B Femin.: 6:57.50; Juv B Masc.: 7:01.00; Juv A Femin.: 6:55.50; Juv A Masc.: 6:49.50; Jun/Sen Femin.: 6:48.50; Jun/Sen Masc.: 6:40.00

Pontos: FINA 2019

Lugar					Ano	Tempo final	Pts
Absoluto, Femin.							
1. Maria Madalena Bento	05 BUZIOS-Coruche					5:40.19	480
50m: 33.65	150m: 1:58.21	250m: 3:35.57	350m: 5:04.80				
100m: 1:14.39	200m: 2:41.81	300m: 4:28.02	400m: 5:40.19				
2. Beatriz Staiger Bento	04 Viver Santarem					6:00.42	403
50m: 39.75	150m: 2:16.28	250m: 3:53.21	350m: 5:22.64				
100m: 1:28.85	200m: 3:03.51	300m: 4:44.48	400m: 6:00.42				
3. Maria Ines Paveia	03 Viver Santarem					6:02.94	395
50m: 42.18	150m: 2:15.35	250m: 3:52.34	350m: 5:24.80				
100m: 1:29.34	200m: 3:02.04	300m: 4:44.12	400m: 6:02.94				
4. Carolina Lopes Vieira	02 Gualdim Pais					6:04.90	388
50m: 39.91	150m: 2:14.99	250m: 3:52.24	350m: 5:24.82				
100m: 1:27.39	200m: 3:02.87	300m: 4:44.13	400m: 6:04.90				
5. Ines Goncalves Fernandes	06 Nautico Abrantes					6:05.94	385
50m: 43.83	150m: 2:19.24	250m: 3:57.67	350m: 5:28.71				
100m: 1:32.67	200m: 3:05.13	300m: 4:48.86	400m: 6:05.94				
6. Matilde Paulos Branco	05 BUZIOS-Coruche					6:10.84	370
50m: 38.44	150m: 3:51.70	250m: 5:29.53	400m: 6:10.84				
100m: 1:25.51	200m: 2:57.85	300m: 4:46.49					

Prova 8, Femin., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
7. Joana Margarida Sousa 50m: 41.21 150m: 2:16.19 100m: 1:29.65 200m: 3:02.93	04 Assoc.20km-Almeirim	6:14.07	361
8. Ines Filipa Cotovio 50m: 43.41 150m: 2:23.62 100m: 1:34.64 200m: 3:09.55	05 Salvaterra de Magos	6:19.79	344
9. Carolina Manuela Guia 50m: 40.04 150m: 2:18.69 100m: 1:27.29 200m: 3:07.66	05 Viver Santarem	6:22.40	337
10. Barbara Maia Freitas 50m: 41.02 150m: 2:21.43 100m: 1:30.16 200m: 3:10.94	06 CLAC-Entroncamento	6:29.44	319
11. Madalena Maria Midoes 50m: 45.45 150m: 2:28.10 100m: 1:39.27 200m: 3:17.22	07 Assoc.20km-Almeirim	6:31.51	314
12. Eleonor Dias Alves 50m: 42.09 150m: 2:23.50 100m: 1:32.01 200m: 3:14.18	06 Nautico Abrantes	6:35.20	306
13. Ines Margarida Gomes 50m: 46.68 150m: 2:37.24 100m: 1:41.79 200m: 3:30.67	06 Assoc.20km-Almeirim	6:40.15	294
14. Beatriz Sofia Conceicao 50m: 45.79 150m: 2:31.68 100m: 1:42.06 200m: 3:22.89	07 Nautico Abrantes	6:44.95	284
15. Joana Patricia Antunes 50m: 45.07 150m: 2:32.98 100m: 1:38.75 200m: 3:26.52	06 CLAC-Entroncamento	6:49.58	275
16. Beatriz Alexandra Botas 50m: 46.72 150m: 2:34.63 100m: 1:43.39 200m: 3:25.56	07 Assoc.20km-Almeirim	6:55.04	264
17. Laura Sousa Oliveira 50m: 53.77 150m: 2:47.45 100m: 1:53.33 200m: 3:40.51	07 Juventude Ouriense	7:35.03	200
DSQ Margarida Viegas Medroa <i>S.W 8.3 - O atleta efetuou uma pernada de bruços antes da viragem dos 100m</i>	06 Nautico Abrantes		
DNS Ana Patricia Oliveira	03 Assoc.20km-Almeirim		
DNS Joana Silva Januario	06 Nautico Abrantes		

Absoluto, Masc.

1. Diogo Bernardo Tome 50m: 33.62 150m: 1:50.65 100m: 1:11.19 200m: 2:29.58	03 Salvaterra de Magos	5:12.59	474
2. Guilherme Filipe Gaboleiro 50m: 34.63 150m: 1:57.69 100m: 1:13.23 200m: 2:41.03	05 Rio Maior	5:32.18	395
3. Ricardo Filipe Gaboleiro 50m: 36.14 150m: 2:00.18 100m: 1:17.19 200m: 2:43.52	05 Rio Maior	5:35.28	384
4. Diogo Daniel Simoes 50m: 36.80 150m: 2:15.24 100m: 1:23.59 200m: 3:05.19	99 Rio Maior	6:10.52	285

Prova 8, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
5. Daniel Silva Bispo 50m: 42.49 150m: 2:20.72 100m: 1:32.44 200m: 3:10.31	06 Nautico Abrantes	6:13.05	279
6. Vitor Sokolovskyy 50m: 40.51 150m: 2:16.90 100m: 1:29.51 200m: 3:03.54	06 Nautico Abrantes	6:17.66	269
7. Andre Coelho Pita 50m: 42.03 150m: 2:20.36 100m: 1:34.30 200m: 3:10.84	06 Nautico Abrantes	6:23.67	256
8. Goncalo Maria Mendonca 50m: 41.14 150m: 2:20.52 100m: 1:30.45 200m: 3:11.46	04 Viver Santarem	6:23.71	256
9. Andre Sousa Oliveira 50m: 38.71 150m: 2:17.51 100m: 1:26.70 200m: 3:07.06	04 Juventude Ouriense	6:26.63	250
10. Rafael Rodrigues Gomes 50m: 39.94 150m: 2:18.19 100m: 1:28.17 200m: 3:06.43	06 CLAC-Entroncamento	6:28.55	247
11. Andre Ferreira Batalha 50m: 42.48 150m: 2:19.94 100m: 1:32.15 200m: 3:09.61	06 Viver Santarem	6:34.04	236
12. Goncalo Filipe Ferreira 50m: 49.05 150m: 2:33.67 100m: 1:44.80 200m: 3:24.54	06 Assoc.20km-Almeirim	6:40.06	226
DSQ Tomas Antonio Victal <i>SW 8.2 - O (a) atleta efectuou movimento alternado de braços durante o percurso</i>	03 Assoc.20km-Almeirim		
DNS Francisco Polonio Alexandre	04 CLAC-Entroncamento		
DNS Francisco Teixeira Dias	02 CLAC-Entroncamento		

Prova 9
11-05-2019

Femin., 200m Bruços

Absoluto
Resultados

Inf B: 4:23.50; Inf A: 3:57.50; Juv B: 3:45.00; Juv A: 3:43.90; Jun/Sen: 3:40.10

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Carolina Silverio Carpinteiro 50m: 41.03 100m: 1:25.15	02 Natacao do Tejo	2:50.16	546
2. Rute Isabel Leonardo 50m: 40.07 100m: 1:24.33	98 Nautico Abrantes	2:52.66	522
3. Beatriz Grave Reis 50m: 40.61 100m: 1:23.92	05 Rio Maior	2:52.99	520
4. Ines Ferreira Duarte 50m: 41.85 100m: 1:29.56	01 Nautico Abrantes	3:02.83	440
5. Catarina Isabel Carlota 50m: 42.98 100m: 1:30.69	05 BUZIOS-Coruche	3:07.80	406
6. Ines Margarida Gomes 50m: 45.08 100m: 1:33.17	06 Assoc.20km-Almeirim	3:10.80	387
7. Leonor Maria Mira 50m: 45.47 100m: 1:33.59	04 BUZIOS-Coruche	3:11.65	382
8. Ines Marques Garcia 50m: 45.20 100m: 1:35.72	03 Nautico Abrantes	3:17.38	350

Prova 9, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
9. Beatriz Catarino Moura 50m: 45.65 100m: 1:36.63	02 Nautico Abrantes 150m: 2:28.60 200m: 3:18.50	3:18.50	344
10. Joana Patricia Antunes 50m: 48.96 100m: 1:42.75	06 CLAC-Entroncamento 150m: 2:36.61 200m: 3:26.04	3:26.04	307
11. Raquel Canelas Louro 50m: 49.10 100m: 1:42.57	04 Viver Santarem 150m: 2:36.97 200m: 3:28.30	3:28.30	297
12. Diana Goncalves Oliveira 50m: 50.69 100m: 1:48.56	07 Assoc.20km-Almeirim 150m: 2:44.29 200m: 3:40.00	3:40.00	252
13. Maria Neves Silva 50m: 53.22 100m: 1:48.07	06 Gualdim Pais 150m: 2:45.05 200m: 3:40.12	3:40.12	252
14. Beatriz Sofia Conceicao 50m: 54.39 100m: 1:52.76	07 Nautico Abrantes 150m: 2:48.48 200m: 3:41.49	3:41.49	247
15. Mariana Timoteo Madeira <i>FTL</i> 50m: 52.07 100m: 1:48.05	03 Viver Santarem 150m: 2:47.14 200m: 3:42.10	3:42.10	245
16. Laura Calheiros Frazao 50m: 52.59 100m: 1:49.72	07 Rio Maior 150m: 2:48.61 200m: 3:43.25	3:43.25	241
17. Matilde Nabeiro Monraia 50m: 51.13 100m: 1:49.59	06 CLAC-Entroncamento 150m: 2:48.21 200m: 3:48.41	3:48.41	225
18. Margarida Viegas Medroa 50m: 54.97 100m: 1:52.76	06 Nautico Abrantes 150m: 2:53.07 200m: 3:50.69	3:50.69	219
19. Beatriz Roseiro Dias 50m: 55.37 100m: 1:57.08	07 Nautico Abrantes 150m: 2:57.58 200m: 3:54.94	3:54.94	207
20. Angela Ruessink 50m: 51.97 100m: 1:51.48	07 Salvaterra de Magos 150m: 2:52.51 200m: 3:54.98	3:54.98	207
21. Beatriz Dias Ferreira <i>FTL</i> 50m: 57.81 100m: 2:01.47	06 Cartaxo 200m: 4:12.15	4:12.15	167
22. Ana Luisa Madeira <i>FTL</i> 50m: 1:09.41 100m: 2:26.41	07 Cartaxo 150m: 3:44.83 200m: 5:02.64	5:02.64	97
DNS Ana Patricia Oliveira	03 Assoc.20km-Almeirim		
DNS Leonor Barreto Cruz	05 Nautico Abrantes		
DNS Joana Silva Januario	06 Nautico Abrantes		

Prova 10
11-05-2019

Masc., 200m Bruços

Absoluto
Resultados

Inf B: 4:17.50; Inf A: 4:00.00; Juv B: 3:44.00; Juv A: 3:38.50; Jun/Sen: 3:28.00

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Tiago Miguel Jorge 50m: 40.45 100m: 1:23.75	03 Rio Maior 150m: 2:08.14 200m: 2:51.40	2:51.40	403
2. Artur Rafael Saramago 50m: 39.49 100m: 1:23.84	97 BUZIOS-Coruche 150m: 2:08.18 200m: 2:52.37	2:52.37	396
3. Guilherme Filipe Gaboleiro 50m: 42.06 100m: 1:29.88	05 Rio Maior 150m: 2:15.49 200m: 3:02.54	3:02.54	334

Prova 10, Masc., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
4. Pedro Marques Carregado 50m: 41.64 100m: 1:28.73	02 BUZIOS-Coruche 150m: 2:15.55 200m: 3:03.60	3:03.60	328
5. Henrique Antonio Martins 50m: 43.87 100m: 1:33.51	03 Natacao do Tejo 150m: 2:22.51 200m: 3:11.79	3:11.79	288
6. Tiago Joao Vital 50m: 43.21 100m: 1:33.35	02 Natacao do Tejo 150m: 2:24.53 200m: 3:12.30	3:12.30	285
7. Joao Afonso Goncalves 50m: 44.91 100m: 1:33.25	00 CLAC-Entroncamento 150m: 2:23.61 200m: 3:12.86	3:12.86	283
8. Joao Miguel Conrado 50m: 43.75 100m: 1:33.96	05 BUZIOS-Coruche 150m: 2:25.23 200m: 3:16.61	3:16.61	267
9. Rui Osvaldo Rocha 50m: 45.49 100m: 1:38.04	04 Juventude Ouriense 150m: 2:29.48 200m: 3:20.42	3:20.42	252
10. Hugo Miguel Silva 50m: 44.47 100m: 1:37.11	77 BUZIOS-Coruche 150m: 2:33.60 200m: 3:25.59	3:25.59	233
11. Hugo Miguel Leitao 50m: 48.54 100m: 1:40.78	03 Natacao do Tejo 150m: 2:33.89 200m: 3:25.90	3:25.90	232
12. Jose Maria Temudo 50m: 52.33 100m: 1:47.63	06 Rio Maior 150m: 2:45.99 200m: 3:40.28	3:40.28	190
13. Miguel Diogo Pereira 50m: 53.79 100m: 1:56.50	05 Nautico Abrantes 150m: 2:58.56 200m: 3:56.88	3:56.88	152
DSQ Eduardo Binyas <i>SW 4.4 - Falsa partida</i>	06 Rio Maior		

Prova 11
11-05-2019

400m Livres

12 anos e mais velhos
Resultados

Inf B Femin.: 7:06.00; Inf B Masc.: 6:38.00; Inf A Femin.: 6:40.00; Inf A Masc.: 6:14.50; Juv B Femin.: 6:12.50; Juv B Masc.: 5:48.00;
Juv A Femin.: 6:10.50; Juv A Masc.: 5:34.00; Jun/Sen Femin.: 5:52.00; Jun/Sen Masc.: 5:30.00

Pontos: FINA 2019

Lugar	Ano	Tempo final	Pts
1. Carolina Silverio Carpinteiro 50m: 32.26 100m: 1:07.48 150m: 1:43.23 200m: 2:18.72	02 Natacao do Tejo 250m: 2:54.31 300m: 3:30.17 350m: 4:06.73 400m: 4:40.20	4:40.20	600
2. Catarina Isabel Carlota 50m: 33.15 100m: 1:10.03 150m: 1:47.78 200m: 2:25.84	05 BUZIOS-Coruche 250m: 3:03.05 300m: 3:40.48 350m: 4:17.18 400m: 4:52.09	4:52.09	530
3. Leonor Maria Mira 50m: 34.46 100m: 1:12.84 150m: 1:51.45 200m: 2:30.37	04 BUZIOS-Coruche 250m: 3:08.73 300m: 3:45.92 350m: 4:21.78 400m: 4:56.44	4:56.44	507
4. Mafalda Magalhaes Costa 50m: 34.84 100m: 1:14.93 150m: 1:54.67 200m: 2:34.32	03 Gualdim Pais 250m: 3:14.12 300m: 3:53.62 350m: 4:32.08 400m: 5:07.80	5:07.80	453
5. Rute Isabel Leonardo 50m: 35.40 100m: 1:15.42 150m: 1:56.33 200m: 2:35.87	98 Nautico Abrantes 250m: 3:16.30 300m: 3:55.62 350m: 4:33.59 400m: 5:07.91	5:07.91	452
6. Beatriz Staiger Bento 50m: 36.32 100m: 1:15.63 150m: 1:56.04 200m: 2:36.57	04 Viver Santarem 250m: 3:17.17 300m: 3:57.68 350m: 4:37.57 400m: 5:15.72	5:15.72	420

Prova 11, Femin., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
7.	Lea Alexandra Mendes				03	Gualdim Pais				5:16.07	418
	50m:	35.12	150m:	1:55.50	250m:	3:17.90	350m:	4:38.49			
	100m:	1:14.85	200m:	2:36.36	300m:	3:59.02	400m:	5:16.07			
8.	Mariana Nunes Domingos				00	Viver Santarem				5:18.87	407
	50m:	36.09	150m:	1:55.08	250m:	3:16.90	350m:	4:39.32			
	100m:	1:15.10	200m:	2:35.75	300m:	3:58.33	400m:	5:18.87			
9.	Maria Ines Paveia				03	Viver Santarem				5:19.33	406
	50m:	35.86	150m:	1:57.43	250m:	3:19.26	350m:	4:41.31			
	100m:	1:16.20	200m:	2:38.22	300m:	4:01.10	400m:	5:19.33			
10.	Rita Bernardo Tome				06	Salvaterra de Magos				5:20.20	402
	50m:	35.92	150m:	1:56.00	250m:	3:18.90	350m:	4:41.84			
	100m:	1:15.28	200m:	2:36.89	300m:	4:00.43	400m:	5:20.20			
11.	Ines Ferreira Duarte				01	Nautico Abrantes				5:22.87	392
	50m:	37.24	150m:	1:58.50	250m:	3:21.71	350m:	4:44.89			
	100m:	1:17.47	200m:	2:39.89	300m:	4:04.03	400m:	5:22.87			
12.	Joana Margarida Sousa				04	Assoc.20km-Almeirim				5:25.60	383
	50m:	36.59	150m:	1:58.12	250m:	3:21.00	350m:	4:44.92			
	100m:	1:16.63	200m:	2:39.30	300m:	4:03.22	400m:	5:25.60			
13.	Marta Filipa Nunes				07	Cartaxo				5:26.68	379
	50m:	35.47	150m:	1:58.66	250m:	3:23.06	350m:	4:46.92			
	100m:	1:16.41	200m:	2:40.84	300m:	4:05.25	400m:	5:26.68			
14.	Ines Marques Garcia				03	Nautico Abrantes				5:26.98	378
	50m:	37.50	150m:	2:00.52	250m:	3:25.35	350m:	4:48.67			
	100m:	1:19.04	200m:	2:42.58	300m:	4:07.37	400m:	5:26.98			
15.	Beatriz Catarino Moura				02	Nautico Abrantes				5:27.20	377
	50m:	35.89	150m:	1:58.94	250m:	3:23.44	350m:	4:47.27			
	100m:	1:16.99	200m:	2:41.28	300m:	4:05.40	400m:	5:27.20			
16.	Ines Filipa Cotovio				05	Salvaterra de Magos				5:27.99	374
	50m:	36.97	150m:	1:58.53	250m:	3:22.50	350m:	4:47.06			
	100m:	1:16.99	200m:	2:40.18	300m:	4:04.61	400m:	5:27.99			
17.	Madalena Maria Midoes				07	Assoc.20km-Almeirim				5:29.05	371
	50m:	38.20	150m:	2:00.92	250m:	3:24.90	350m:	4:49.46			
	100m:	1:19.42	200m:	2:42.66	300m:	4:07.60	400m:	5:29.05			
18.	Matilde Basilio Gil				03	CLAC-Entroncamento				5:29.95	368
	50m:	37.75	150m:	2:00.66	250m:	3:25.55	350m:	4:50.52			
	100m:	1:19.28	200m:	2:42.79	300m:	4:08.07	400m:	5:29.95			
19.	Matilde Paulos Branco				05	BUZIOS-Coruche				5:34.15	354
	50m:	36.40	150m:	2:01.73	250m:	3:28.93	350m:	4:53.12			
	100m:	1:18.08	200m:	2:45.15	300m:	4:12.14	400m:	5:34.15			
20.	Catarina Filipa Silva				03	Natacao do Tejo				5:38.91	339
	50m:	38.36	150m:	2:03.96	250m:	3:30.35	350m:	4:57.23			
	100m:	1:20.33	200m:	2:46.95	300m:	4:13.86	400m:	5:38.91			
21.	Carolina Manuela Guia				05	Viver Santarem				5:43.00	327
	50m:	39.96	150m:	2:08.09	250m:	3:37.22	350m:	5:02.83			
	100m:	1:23.73	200m:	2:53.05	300m:	4:20.86	400m:	5:43.00			
22.	Filipa Taborda Santos				03	Cartaxo				5:44.84	322
	50m:	36.76	150m:	2:05.45	250m:	3:35.44	350m:	5:04.14			
	100m:	1:20.27	200m:	2:50.99	300m:	4:20.17	400m:	5:44.84			
23.	Ines Goncalves Fernandes				06	Nautico Abrantes				5:49.65	309
	50m:	37.83	150m:	2:04.99	250m:	3:35.88	350m:	5:06.73			
	100m:	1:20.15	200m:	2:49.84	300m:	4:21.67	400m:	5:49.65			

Prova 11, Femin., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
24.	Diana Goncalves Oliveira	07	Assoc.20km-Almeirim	5:50.22	307						
	50m: 39.81	150m: 2:08.09	250m: 3:37.62	350m: 5:07.41							
	100m: 1:24.11	200m: 2:53.34	300m: 4:22.26	400m: 5:50.22							
25.	Barbara Maia Freitas	06	CLAC-Entroncamento	5:52.73	301						
	50m: 39.54	150m: 2:11.05	250m: 3:43.09	350m: 5:13.78							
	100m: 1:24.43	200m: 2:56.90	300m: 4:29.19	400m: 5:52.73							
26.	Beatriz Alexandra Botas	07	Assoc.20km-Almeirim	5:53.78	298						
	50m: 40.26	150m: 2:11.55	250m: 3:43.18	350m: 5:12.52							
	100m: 1:25.45	200m: 2:58.43	300m: 4:28.71	400m: 5:53.78							
27.	Ines Marques Pedro	01	Viver Santarem	5:55.93	293						
	<i>FTL</i>										
	50m: 38.73	150m: 2:08.36	250m: 3:41.92	350m: 5:14.45							
	100m: 1:22.27	200m: 2:54.70	300m: 4:28.37	400m: 5:55.93							
28.	Eleonor Dias Alves	06	Nautico Abrantes	5:58.16	287						
	50m: 39.38	150m: 2:10.74	250m: 3:42.63	350m: 5:14.41							
	100m: 1:24.29	200m: 2:56.82	300m: 4:28.76	400m: 5:58.16							
29.	Erna Sabanovic	04	CLAC-Entroncamento	5:58.17	287						
	50m: 39.52	150m: 2:10.15	250m: 3:40.90	350m: 5:14.54							
	100m: 1:24.46	200m: 2:56.21	300m: 4:28.30	400m: 5:58.17							
30.	Mariana Mauricio Coelho	07	BUZIOS-Coruche	6:02.37	277						
	50m: 42.82	150m: 2:15.73	250m: 3:49.12	350m: 5:21.07							
	100m: 1:28.65	200m: 3:02.33	300m: 4:35.93	400m: 6:02.37							
31.	Joana Patricia Antunes	06	CLAC-Entroncamento	6:08.65	263						
	50m: 39.29	150m: 2:14.28	250m: 3:51.43	350m: 5:27.30							
	100m: 1:25.71	200m: 3:01.92	300m: 4:40.91	400m: 6:08.65							
32.	Matilde Nabeiro Monraia	06	CLAC-Entroncamento	6:30.34	222						
	50m: 42.77	150m: 2:22.00	250m: 4:02.07	350m: 5:43.36							
	100m: 1:31.17	200m: 3:11.40	300m: 4:52.75	400m: 6:30.34							
33.	Laura Calheiros Frazao	07	Rio Maior	6:30.73	221						
	50m: 44.88	150m: 2:25.94	250m: 4:06.21	350m: 5:44.34							
	100m: 1:34.93	200m: 3:15.18	300m: 4:55.73	400m: 6:30.73							
34.	Laura Sousa Oliveira	07	Juventude Ouriense	6:41.95	203						
	50m: 45.29	150m: 2:28.74	250m: 4:12.81	350m: 5:55.56							
	100m: 1:35.72	200m: 3:20.15	300m: 5:05.46	400m: 6:41.95							
35.	Leonor Rodrigues Silva	03	Cartaxo	6:44.12	200						
	<i>FTL</i>										
	50m: 41.41	150m: 2:21.32	250m: 4:06.66	350m: 5:54.22							
	100m: 1:31.50	200m: 3:15.13	300m: 5:01.07	400m: 6:44.12							
36.	Beatriz Roseiro Dias	07	Nautico Abrantes	6:54.48	185						
	50m: 48.69	150m: 2:35.18	250m: 4:21.21	350m: 6:04.90							
	100m: 1:42.26	200m: 3:27.56	300m: 5:12.74	400m: 6:54.48							
DNS	Ana Patricia Oliveira	03	Assoc.20km-Almeirim								
DNS	Leonor Barreto Cruz	05	Nautico Abrantes								

Absoluto, Masc.

1.	Tiago Charrua Gago	04	Rio Maior	4:36.72	502
	50m: 31.02	150m: 1:41.48	250m: 2:52.24	350m: 4:02.51	
	100m: 1:06.12	200m: 2:17.34	300m: 3:27.95	400m: 4:36.72	
2.	Duarte Filipe Silva	03	BUZIOS-Coruche	4:37.35	499
	50m: 31.53	150m: 1:41.45	250m: 2:53.08	350m: 4:04.57	
	100m: 1:06.16	200m: 2:17.41	300m: 3:28.61	400m: 4:37.35	

Prova 11, Masc., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
3.	Diogo Bernardo Tome				03	Salvaterra de Magos				4:41.14	479
	50m:	31.28	150m:	1:41.85	250m:	2:54.33	350m:	4:07.48			
	100m:	1:06.06	200m:	2:17.77	300m:	3:30.77	400m:	4:41.14			
4.	Eduardo Binyas				06	Rio Maior				4:48.30	444
	50m:	32.49	150m:	1:45.38	250m:	2:59.69	350m:	4:13.20			
	100m:	1:08.54	200m:	2:22.75	300m:	3:36.52	400m:	4:48.30			
5.	Rodrigo Cardoso Fernandes				04	Cartaxo				4:50.89	433
	50m:	31.65	150m:	1:43.86	250m:	2:59.85	350m:	4:14.99			
	100m:	1:07.60	200m:	2:21.50	300m:	3:36.80	400m:	4:50.89			
6.	Carlos Daniel Nunes				05	Salvaterra de Magos				4:51.42	430
	50m:	34.41	150m:	1:48.96	250m:	3:02.95	350m:	4:16.76			
	100m:	1:12.03	200m:	2:26.28	300m:	3:40.03	400m:	4:51.42			
7.	Miguel Filipe Nunes				04	Cartaxo				4:56.74	407
	50m:	33.07	150m:	1:47.82	250m:	3:04.69	350m:	4:21.83			
	100m:	1:10.09	200m:	2:25.87	300m:	3:43.49	400m:	4:56.74			
8.	Francisco Teixeira Dias				02	CLAC-Entroncamento				5:03.47	381
	50m:	34.58	150m:	1:49.74	250m:	3:06.41	350m:	4:24.53			
	100m:	1:11.40	200m:	2:27.66	300m:	3:45.40	400m:	5:03.47			
9.	Jose Miguel Monteiro				04	Gualdim Pais				5:03.96	379
	50m:	34.12	150m:	1:50.15	250m:	3:08.51	350m:	4:26.67			
	100m:	1:11.59	200m:	2:29.44	300m:	3:47.68	400m:	5:03.96			
10.	Pedro Marques Carregado				02	BUZIOS-Coruche				5:11.30	353
	50m:	34.14	150m:	1:51.23	250m:	3:10.41	350m:	4:32.05			
	100m:	1:12.92	200m:	2:30.19	300m:	3:50.95	400m:	5:11.30			
11.	Rafael Sousa Azevedo				06	Cartaxo				5:16.41	336
	50m:	36.07	150m:	1:56.20	250m:	3:18.60	350m:	4:39.55			
	100m:	1:16.08	200m:	2:37.93	300m:	4:00.18	400m:	5:16.41			
12.	Tomas Antonio Victal				03	Assoc.20km-Almeirim				5:21.53	320
	50m:	35.46	150m:	1:58.41	250m:	3:20.08	350m:	4:42.00			
	100m:	1:15.64	200m:	2:38.65	300m:	4:02.08	400m:	5:21.53			
13.	Joao Miguel Conrado				05	BUZIOS-Coruche				5:22.35	318
	50m:	36.10	150m:	1:58.36	250m:	3:20.99	350m:	4:43.57			
	100m:	1:16.90	200m:	2:39.77	300m:	4:02.81	400m:	5:22.35			
14.	Joao Afonso Goncalves				00	CLAC-Entroncamento				5:23.37	315
	50m:	33.91	150m:	1:51.60	250m:	3:13.24	400m:	5:23.37			
	100m:	1:11.84	200m:	2:31.90	300m:	3:56.32					
15.	Jaime Casmarrinha Matos				05	Gualdim Pais				5:25.11	310
	50m:	35.88	150m:	1:58.36	250m:	3:22.51	350m:	4:45.92			
	100m:	1:16.12	200m:	2:40.27	300m:	4:05.15	400m:	5:25.11			
16.	Vitor Sokolovskyy				06	Nautico Abrantes				5:29.41	298
	50m:	37.42	150m:	2:01.16	250m:	3:27.42	350m:	4:52.60			
	100m:	1:19.16	200m:	2:44.50	300m:	4:09.86	400m:	5:29.41			
17.	Daniel Silva Bispo				06	Nautico Abrantes				5:30.36	295
	50m:	38.69	150m:	2:05.22	250m:	3:31.58	350m:	4:55.98			
	100m:	1:21.63	200m:	2:48.26	300m:	4:13.66	400m:	5:30.36			
18.	Goncalo Maria Mendonca				04	Viver Santarem				5:30.60	294
	50m:	37.53	150m:	2:00.93	250m:	3:26.12	350m:	4:50.95			
	100m:	1:18.49	200m:	2:42.76	300m:	4:08.94	400m:	5:30.60			
19.	Bernardo Miguel Evaristo				06	Gualdim Pais				5:36.51	279
	50m:	37.76	150m:	2:02.20	250m:	3:28.84	350m:	4:55.69			
	100m:	1:18.91	200m:	2:45.68	300m:	4:12.10	400m:	5:36.51			

Prova 11, Masc., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
20.	Goncalo Filipe Ferreira				06	Assoc.20km-Almeirim				5:40.63	269
	50m:	38.59	150m:	2:05.80	250m:	3:34.86	350m:	5:02.05			
	100m:	1:20.99	200m:	2:50.53	300m:	4:20.08	400m:	5:40.63			
21.	Rafael Rodrigues Gomes				06	CLAC-Entroncamento				5:42.26	265
	50m:	35.87	150m:	1:56.13	250m:	3:29.63	350m:	5:02.76			
	100m:	1:15.34	200m:	2:36.39	300m:	4:17.72	400m:	5:42.26			
22.	Andre Ferreira Batalha				06	Viver Santarem				5:43.14	263
	50m:	38.96	150m:	2:06.64	250m:	3:34.46	350m:	5:02.10			
	100m:	1:21.98	200m:	2:49.97	300m:	4:18.13	400m:	5:43.14			
23.	Lorenzo Muniz Silva				06	BUZIOS-Coruche				5:51.25	245
	50m:	41.34	150m:	2:10.09	250m:	3:40.45	350m:	5:09.62			
	100m:	1:25.86	200m:	2:55.16	300m:	4:25.33	400m:	5:51.25			
24.	Andre Coelho Pita				06	Nautico Abrantes				5:53.82	240
	50m:	39.64	150m:	2:11.87	250m:	3:45.15	350m:	5:16.59			
	100m:	1:26.30	200m:	2:57.47	300m:	4:32.35	400m:	5:53.82			
25.	Rui Osvaldo Rocha				04	Juventude Ouriense				6:02.25	224
	<i>FTL</i>										
	50m:	41.64	150m:	2:16.96	250m:	3:51.03	350m:	5:20.74			
	100m:	1:29.01	200m:	3:04.25	300m:	4:37.55	400m:	6:02.25			
26.	Andre Sousa Oliveira				04	Juventude Ouriense				6:02.78	223
	<i>FTL</i>										
	50m:	39.17	150m:	2:10.92	250m:	3:46.10	350m:	5:20.21			
	100m:	1:23.77	200m:	2:58.38	300m:	4:33.37	400m:	6:02.78			
27.	Yegor Tsurskiy				03	BUZIOS-Coruche				6:06.19	217
	<i>FTL</i>										
	50m:	39.20	150m:	2:11.07	250m:	3:45.05	350m:	5:21.03			
	100m:	1:24.51	200m:	2:58.55	300m:	4:32.60	400m:	6:06.19			
28.	Jose Maria Temudo				06	Rio Maior				6:10.51	209
	50m:	42.95	150m:	2:17.21	250m:	3:51.03	350m:	5:26.91			
	100m:	1:29.66	200m:	3:03.48	300m:	4:38.39	400m:	6:10.51			
29.	Miguel Diogo Pereira				05	Nautico Abrantes				6:15.10	201
	<i>FTL</i>										
	50m:	41.01	150m:	2:17.35	250m:	3:55.50	350m:	5:31.98			
	100m:	1:27.43	200m:	3:06.39	300m:	4:44.97	400m:	6:15.10			
DSQ	Antonio Pedro Martins				05	Atletismo Ferreira do Zezere					
	<i>SW 4.4 - Falsa partida</i>										
DSQ	Ricardo Matias Santos				05	Atletismo Ferreira do Zezere					
	<i>SW 4.4 - Falsa partida</i>										
DNS	Francisco Polonio Alexandre				04	CLAC-Entroncamento					

Prova 12 Femin., 4 x 100m Livres Absoluto
11-05-2019 Resultados

Inf B: 6:05.00; Inf A: 5:55.00; Juv B: 5:30.00; Juv A: 5:27.00; Jun/Sen: 5:26.00

Pontos: FINA 2019

Lugar						Tempo final	Pts	
1.	BUZIOS-Coruche 1			BUZIOS-Coruche		4:25.17	497	
	Catarina Isabel Carlota	05	31.83	1:05.55	Leonor Maria Mira	04	32.27	1:07.47
	Matilde Isabel Macharreu	04	31.93	1:07.53	Maria Madalena Bento	05	31.08	1:04.62
2.	Gualdim Pais 1			Gualdim Pais		4:44.22	403	
	Mafalda Magalhaes Costa	03	31.15	1:05.46	Maria Neves Silva	06	37.23	1:18.67
	Carolina Lopes Vieira	02	33.58	1:12.34	Lea Alexandra Mendes	03	31.71	1:07.75
3.	Nautico Abrantes 1			Nautico Abrantes		5:00.48	341	
	Beatriz Sofia Conceicao	07	36.26	1:16.34	Ines Goncalves Fernandes	06	33.82	1:10.66
	Eleonor Dias Alves	06	37.74	1:18.74	Margarida Viegas Medroa	06	35.80	1:14.74
4.	Assoc.20km-Almeirim 1			Assoc.20km-Almeirim		5:17.53	289	
	Ines Margarida Gomes	06	37.08	1:16.79	Beatriz Alexandra Botas	07	39.65	1:22.91
	Diana Goncalves Oliveira	07	40.64	1:22.27	Madalena Maria Midoes	07	36.50	1:15.56

Prova 13 Masc., 4 x 100m Livres Absoluto
11-05-2019 Resultados

Inf B: 5:48.00; Inf A: 5:38.00; Juv B: 5:10.50; Juv A: 4:40.00; Jun/Sen: 4:46.50

Pontos: FINA 2019

Lugar						Tempo final	Pts	
1.	BUZIOS-Coruche 1			BUZIOS-Coruche		4:05.81	449	
	Artur Rafael Saramago	97	28.14	59.05	Joao Pedro Pereira	93	28.89	1:01.45
	Pedro Marques Carregado	02	31.06	1:05.38	Duarte Filipe Silva	03	28.99	59.93
2.	Rio Maior 1			Rio Maior		4:16.99	392	
	Tiago Charrua Gago	04	30.45	1:03.56	Diogo Daniel Simoes	99	31.18	1:07.03
	Jorge Manuel Narigueta	98	31.44	1:03.67	Tiago Miguel Jorge	03	30.45	1:02.73
3.	Natacao do Tejo 1			Natacao do Tejo		4:24.85	359	
	Hugo Miguel Leitao	03	30.59	1:04.19	David Antonio Carvalho	99	30.76	1:05.88
	Tiago Joao Vital	02	32.81	1:09.29	Henrique Antonio Martins	03	31.39	1:05.49
4.	Nautico Abrantes 2			Nautico Abrantes		4:58.84	249	
	Vitor Sokolovskyy	06	34.92	1:12.45	Andre Coelho Pita	06	36.15	1:17.43
	Daniel Silva Bispo	06	34.13	1:10.69	Miguel Diogo Pereira	05	37.22	1:18.27