

## 1 - 1ª SESSÃO

23-01-2022 - 9:30

## Prova 1

## 1500m Livres

## 12 anos e mais velhos

23-01-2022 - 9:30

Resultados

Juv B Masc.: 23:06.00; Juv A Masc.: 22:50.00; Inf B Masc.: 24:58.00; Jun/Sen Masc.: 21:06.00; Inf A Masc.: 23:40.00;

Inf A Femin.: 24:50.00; Juv B Femin.: 24:25.00; Juv A Femin.: 24:00.00; Jun/Sen Femin.: 23:18.00

Pontos: FINA 2021

Lugar					Ano					Tempo final	Pts	
1.	Catarina Isabel Carlota				05	BUZIOS-Coruche				<b>19:05.05</b>	515	
	50m:	32.42	100m:	1:09.70	200m:	2:26.39	400m:	5:00.86	800m:	10:08.45	1500m:	19:05.05
2.	Vitor Sokolovsky				06	Nautico Abrantes				<b>19:13.51</b>	397	
	50m:	32.73	100m:	1:09.32	200m:	2:25.42	400m:	5:00.36	800m:	10:09.50	1500m:	19:13.51
3.	Daniel Santos Carapeto				07	Nautico Abrantes				<b>19:18.56</b>	392	
	50m:	34.31	100m:	1:11.63	200m:	2:28.56	400m:	5:02.88	800m:	10:14.56	1500m:	19:18.56
4.	Rafael Sousa Azevedo				06	Viver Santarem				<b>19:46.54</b>	365	
	50m:	33.00	100m:	1:10.13	200m:	2:26.70	400m:	5:01.89	800m:	10:12.48	1500m:	19:46.54
5.	Rafael Rodrigues Gomes				06	Natacao do Tejo				<b>19:50.62</b>	361	
	50m:	33.37	100m:	1:09.87	200m:	2:26.44	400m:	5:00.94	800m:	10:20.05	1500m:	19:50.62
6.	Mariana Mauricio Coelho				07	BUZIOS-Coruche				<b>20:11.02</b>	435	
	50m:	35.70	100m:	1:15.04	200m:	2:35.33	400m:	5:18.70	800m:	10:46.51	1500m:	20:11.02
7.	Ines Sofia Nunes				03	BUZIOS-Coruche				<b>21:07.25</b>	380	
	50m:	36.10	100m:	1:15.20	200m:	2:35.27	400m:	5:21.10	800m:	11:02.70	1500m:	21:07.25
8.	Ines Filipa Cotovio				05	Nautico Salvaterra Magos				<b>21:16.29</b>	372	
	50m:	36.37	100m:	1:15.40	200m:	2:36.42	400m:	5:21.16	800m:	11:02.74	1500m:	21:16.29
9.	Leonor Sombreiro Martins				10	BUZIOS-Coruche				<b>22:25.57</b>	317	
	50m:	39.17	100m:	1:23.35	200m:	2:53.26	400m:	6:40.46	800m:	11:10.64	1500m:	22:25.57
10.	Joana Silva Januario				06	Nautico Abrantes				<b>25:01.25</b>	228	
	<i>FTL</i>											
	50m:	42.31	100m:	1:31.46	200m:	3:11.04	400m:	6:32.71	800m:	13:21.75	1500m:	25:01.25
11.	Margarida Viegas Medroa				06	Nautico Abrantes				<b>25:01.92</b>	228	
	<i>FTL</i>											
	50m:	42.82	100m:	1:31.73	200m:	3:11.70	400m:	6:32.82	800m:	13:22.39	1500m:	25:01.92
DSQ	Luis Afonso Lopes				03	Viver Santarem						
	<i>SW 4.4 - Falsa partida</i>											
DNS	Lorenzo Muniz Silva				06	BUZIOS-Coruche						
DNS	Tiago Charrua Gago				04	Viver Santarem						

## Prova 2

## Femin., 200m Mariposa

## Absoluto

23-01-2022 - 10:15

Resultados

Inf B: 4:10.00; Inf A: 3:48.00; Juv B: 3:42.00; Juv A: 3:35.00; Jun/Sen: 3:25.00

Pontos: FINA 2021

Lugar					Ano					Tempo final	Pts
1.	Maria Madalena Bento				05	BUZIOS-Coruche				<b>2:28.39</b>	523
	50m:	32.93	100m:	1:10.28	200m:	2:28.39					
2.	Catarina Maria Lopes				08	BUZIOS-Coruche				<b>2:39.24</b>	423
	50m:	35.31	100m:	1:15.57	200m:	2:39.24					
3.	Margarida Miguel Mendes				06	Viver Santarem				<b>2:47.63</b>	363
	50m:	35.23	100m:	1:16.63	200m:	2:47.63					
4.	Beatriz Sofia Conceicao				07	Nautico Abrantes				<b>2:53.06</b>	330
	50m:	36.89	100m:	1:22.92	200m:	2:53.06					

## Prova 2, Femin., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
5. Madalena Nunes Domingos 50m: 37.23 100m: 1:21.39 200m: 2:57.64	07 Viver Santarem	<b>2:57.64</b>	305
6. Eleonor Dias Alves 50m: 39.97 100m: 1:28.69 200m: 3:06.44	06 Nautico Abrantes	<b>3:06.44</b>	264
7. Ines Goncalves Fernandes 50m: 40.26 100m: 1:28.51 200m: 3:07.94	06 Nautico Abrantes	<b>3:07.94</b>	257
8. Marta Chambel Dias 50m: 40.63 100m: 1:29.56 200m: 3:15.48	02 CLAC-Entroncamento	<b>3:15.48</b>	229
9. Leonor Barreto Cruz 50m: 43.36 100m: 1:35.67 200m: 3:20.32	05 Nautico Abrantes	<b>3:20.32</b>	212
10. Carlota Pereira Sousa 50m: 42.81 100m: 1:33.78 200m: 3:22.11	08 Viver Santarem	<b>3:22.11</b>	207
11. Carolina Santos Carrilho 50m: 44.76 100m: 1:37.69 200m: 3:28.87	08 CLAC-Entroncamento	<b>3:28.87</b>	187
12. Beatriz Roseiro Dias 50m: 43.65 100m: 1:37.40 200m: 3:29.34	07 Nautico Abrantes	<b>3:29.34</b>	186
13. Catarina Isabel Galvao 50m: 47.09 100m: 1:42.23 200m: 3:37.16	09 BUZIOS-Coruche	<b>3:37.16</b>	167
14. Monica Ruessink 50m: 46.68 100m: 1:41.68 200m: 3:38.43	09 Nautico Salvaterra Magos	<b>3:38.43</b>	164
DNS Joana Patricia Antunes	06 CLAC-Entroncamento		

## Prova 3

23-01-2022 - 10:25

## Masc., 200m Mariposa

 Absoluto  
Resultados

Inf B: 4:00.00; Inf A: 3:38.00; Juv B: 3:15.00; Juv A: 3:10.00; Jun/Sen: 2:58.00

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Jose Pinto Cabral 50m: 28.75 100m: 1:01.25 200m: 2:10.03	05 Viver Santarem	<b>2:10.03</b>	576
2. Carlos Daniel Nunes 50m: 29.28 100m: 1:02.78 200m: 2:20.40	05 Nautico Salvaterra Magos	<b>2:20.40</b>	458
3. Guilherme Filipe Gaboleiro 50m: 31.82 100m: 1:09.29 200m: 2:31.47	05 Rio Maior	<b>2:31.47</b>	364
4. Joao Marques Ferreira 50m: 31.99 100m: 1:09.52 200m: 2:36.74	04 Viver Santarem	<b>2:36.74</b>	329
5. Rodrigo Cardoso Fernandes 50m: 29.15 100m: 1:04.58 200m: 2:39.18	04 Viver Santarem	<b>2:39.18</b>	314
6. Andre Coelho Pita 50m: 33.08 100m: 1:11.74 200m: 2:40.86	06 Nautico Abrantes	<b>2:40.86</b>	304
7. Duarte Rodrigues Ximenes 50m: 33.70 100m: 1:14.13 200m: 2:44.70	04 Nautico Salvaterra Magos	<b>2:44.70</b>	283
8. Daniel Santos Carapeto 50m: 34.25 100m: 1:15.72 200m: 2:48.82	07 Nautico Abrantes	<b>2:48.82</b>	263
9. Joao Pedro Monteiro 50m: 37.64 100m: 1:21.64 200m: 2:51.14	08 BUZIOS-Coruche	<b>2:51.14</b>	252
10. Rodolfo Charrua Gago 50m: 36.07 100m: 1:20.32 200m: 2:54.80	08 Viver Santarem	<b>2:54.80</b>	237

## Prova 3, Masc., 200m Mariposa, Absoluto

Lugar	Ano	Tempo final	Pts
11. Daniel Silva Bispo <i>FTL</i>	06 Nautico Abrantes	<b>3:11.84</b>	179
50m: 37.52 100m: 1:26.81 200m: 3:11.84			
12. Afonso Dinis Gomes	08 Nautico Abrantes	<b>3:25.81</b>	145
50m: 40.26 100m: 1:32.68 200m: 3:25.81			
13. Gabriel Sa Chambel <i>FTL</i>	09 CLAC-Entroncamento	<b>4:00.62</b>	91
50m: 48.49 100m: 1:49.66 200m: 4:00.62			
DSQ Dinis Maria Garcia	09 Nautico Abrantes		
<i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso</i>			
DNS Martim Pereira Gil	07 Juventude Ouriense		
DNS Tiago Santos Marques	08 Juventude Ouriense		

## Prova 4

## Femin., 200m Costas

## Absoluto

23-01-2022 - 10:35

Resultados

Inf B: 3:45.00; Inf A: 3:26.00; Juv B: 3:21.00; Juv A: 3:15.00; Jun/Sen: 3:02.00

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Maria Madalena Bento	05 BUZIOS-Coruche	<b>2:36.56</b>	438
50m: 36.26 100m: 1:16.16 200m: 2:36.56			
2. Constanca Grincho Sousa	06 Viver Santarem	<b>2:39.13</b>	417
50m: 36.56 100m: 1:16.70 200m: 2:39.13			
3. Ines Goncalves Fernandes	06 Nautico Abrantes	<b>2:41.36</b>	400
50m: 38.76 100m: 1:19.86 200m: 2:41.36			
4. Rita Bernardo Tome	06 Nautico Salvaterra Magos	<b>2:41.84</b>	396
50m: 37.54 100m: 1:18.33 200m: 2:41.84			
5. Beatriz Sofia Conceicao	07 Nautico Abrantes	<b>2:50.53</b>	339
50m: 39.58 100m: 1:23.33 200m: 2:50.53			
6. Laura Prates Morais	09 BUZIOS-Coruche	<b>2:53.16</b>	324
50m: 38.00 100m: 1:22.42 200m: 2:53.16			
7. Beatriz Catarino Moura	02 Nautico Abrantes	<b>2:58.04</b>	298
50m: 40.28 100m: 1:25.81 200m: 2:58.04			
8. Beatriz Roseiro Dias	07 Nautico Abrantes	<b>2:59.26</b>	292
50m: 42.23 100m: 1:28.32 200m: 2:59.26			
9. Eleonor Dias Alves	06 Nautico Abrantes	<b>3:00.02</b>	288
50m: 43.16 100m: 1:28.23 200m: 3:00.02			
10. Maria Beatriz Teixeira	06 Viver Santarem	<b>3:00.39</b>	286
50m: 42.94 100m: 1:27.60 200m: 3:00.39			
11. Mariana Mauricio Coelho	07 BUZIOS-Coruche	<b>3:02.83</b>	275
50m: 44.55 100m: 1:31.30 200m: 3:02.83			
12. Leonor Barreto Cruz <i>FTL</i>	05 Nautico Abrantes	<b>3:09.10</b>	248
50m: 44.48 100m: 1:33.67 200m: 3:09.10			
13. Margarida Viegas Medroa <i>FTL</i>	06 Nautico Abrantes	<b>3:10.06</b>	245
50m: 43.26 100m: 1:31.97 200m: 3:10.06			

## Prova 4, Femin., 200m Costas, Absoluto

Lugar	Ano	Tempo final	Pts
14. Lara Paixao Silva 50m: 47.00 100m: 1:36.00 200m: 3:10.07	10 Rio Maior	<b>3:10.07</b>	245
15. Joana Silva Januario <i>FTL</i> 50m: 45.65 100m: 1:35.72 200m: 3:12.32	06 Nautico Abrantes	<b>3:12.32</b>	236
16. Daniela Santos Carrilho 50m: 45.64 100m: 1:35.17 200m: 3:14.11	08 CLAC-Entroncamento	<b>3:14.11</b>	230
17. Leonor Sombreiro Martins 50m: 45.15 100m: 1:36.11 200m: 3:14.72	10 BUZIOS-Coruche	<b>3:14.72</b>	227
18. Beatrix Lopes Ferreira <i>FTL</i> 50m: 49.36 100m: 1:39.56 200m: 3:20.21	04 BUZIOS-Coruche	<b>3:20.21</b>	209
19. Monica Ruessink 50m: 45.64 100m: 1:35.22 200m: 3:22.13	09 Nautico Salvaterra Magos	<b>3:22.13</b>	203
20. Angela Ruessink <i>FTL</i> 50m: 44.59 100m: 1:36.49 200m: 3:24.92	07 Nautico Salvaterra Magos	<b>3:24.92</b>	195
21. Iris Simoes Martins <i>FTL</i> 50m: 52.94 100m: 1:46.25 200m: 3:25.50	08 Natacao do Tejo	<b>3:25.50</b>	193
22. Angela Maria Pereira 50m: 47.82 100m: 1:40.54 200m: 3:27.45	10 Nautico Salvaterra Magos	<b>3:27.45</b>	188
23. Maria Carmo Rodrigues 50m: 50.66 100m: 1:46.76 200m: 3:38.31	10 BUZIOS-Coruche	<b>3:38.31</b>	161
DSQ Carolina Cupertino Marchante <i>SW 6.4 - O (a) atleta não efectua a viragem dos 150 metros após terminar o movimento contínuo de braços</i>	09 CLAC-Entroncamento		
DNS Barbara Maia Freitas	06 CLAC-Entroncamento		
DNS Matilde Nabeiro Monraia	06 CLAC-Entroncamento		
DNS Erna Sabanovic	04 CLAC-Entroncamento		
DNS Ana Luz Chanca	09 Nautico Salvaterra Magos		
DNS Sofia Feijoca Mesquita	09 Nautico Salvaterra Magos		

## Prova 5

## Masc., 200m Costas

## Absoluto

23-01-2022 - 10:55

Resultados

Inf B: 3:35.00; Inf A: 3:17.00; Juv B: 3:09.00; Juv A: 3:02.00; Jun/Sen: 3:00.00

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Ricardo Filipe Gaboleiro 50m: 33.25 100m: 1:09.78 200m: 2:26.21	05 Rio Maior	<b>2:26.21</b>	377
2. Vitor Sokolovskyy 50m: 34.36 100m: 1:12.36 200m: 2:29.25	06 Nautico Abrantes	<b>2:29.25</b>	354
3. Diogo Miguel Luis 50m: 33.94 100m: 1:11.82 200m: 2:32.10	06 Rio Maior	<b>2:32.10</b>	334
4. Joao Pedro Teixeira 50m: 36.57 100m: 1:16.02 200m: 2:41.76	07 Viver Santarem	<b>2:41.76</b>	278
5. Rafael Rodrigues Gomes 50m: 38.29 100m: 1:18.66 200m: 2:44.81	06 Natacao do Tejo	<b>2:44.81</b>	263

## Prova 5, Masc., 200m Costas, Absoluto

Lugar					Ano		Tempo final	Pts
6.	Andre Coelho Pita				06	Nautico Abrantes	<b>2:47.48</b>	250
	50m: 38.67	100m: 1:22.00	200m: 2:47.48					
7.	Stefan Iordan Chele				09	Rio Maior	<b>2:55.20</b>	219
	50m: 40.71	100m: 1:25.82	200m: 2:55.20					
8.	Diogo Rafael Antunes				04	CLAC-Entroncamento	<b>2:56.76</b>	213
	50m: 40.94	100m: 1:26.69	200m: 2:56.76					
9.	Dimas Pasichnyuk				09	Rio Maior	<b>2:59.67</b>	203
	50m: 42.25	100m: 1:27.95	200m: 2:59.67					
10.	Afonso Dinis Gomes				08	Nautico Abrantes	<b>3:04.65</b>	187
	50m: 41.72	100m: 1:29.22	200m: 3:04.65					
11.	Daniel Silva Bispo				06	Nautico Abrantes	<b>3:08.07</b>	177
	<i>FTL</i>							
	50m: 40.16	100m: 1:28.06	200m: 3:08.07					
12.	Dinis Maria Garcia				09	Nautico Abrantes	<b>3:13.40</b>	162
	50m: 46.81	100m: 1:38.13	200m: 3:13.40					
13.	Gabriel Sa Chambel				09	CLAC-Entroncamento	<b>3:26.87</b>	133
	50m: 47.87	100m: 1:39.30	200m: 3:26.87					
14.	Vicente Sousa Silva				09	Nautico Abrantes	<b>3:29.06</b>	128
	50m: 44.91	100m: 1:37.76	200m: 3:29.06					
15.	Dinis Rodrigues Inacio				09	Nautico Salvaterra Magos	<b>3:32.10</b>	123
	50m: 46.73	100m: 1:40.57	200m: 3:32.10					
16.	Miguel Tomas Amaral				08	Natacao do Tejo	<b>3:41.81</b>	107
	<i>FTL</i>							
	50m: 50.57	100m: 1:47.07	200m: 3:41.81					
DSQ	Rodrigo Duque Dias				09	CLAC-Entroncamento		
	<i>SW 6.2 - O (a) atleta após viragem saiu em posição ventral aos 100 metros</i>							
DSQ	Tomas Jorge Amaral				08	Natacao do Tejo		
	<i>SW 6.5 - O (a) atleta não chegou na posição dorsal</i>							
DNS	Lorenzo Muniz Silva				06	BUZIOS-Coruche		
DNS	Alexandre Miguel Adriano				09	Nautico Salvaterra Magos		
DNS	Martim Pereira Gil				07	Juventude Ouriense		
DNS	Tiago Santos Marques				08	Juventude Ouriense		

## Prova 6

## Femin., 4 x 100m Estilos

## Absoluto

23-01-2022 - 11:10

Resultados

Inf B: 7:07.00; Inf A: 6:52.00; Inf: 7:02.00; Juv B: 6:35.00; Juv A: 5:52.00; Juv: 6:39.00; Jun/Sen: 5:48.00; Abs: 5:48.00

Pontos: FINA 2021

Lugar					Tempo final	Pts
1.	Viver Santarem 1			Viver Santarem	<b>5:12.74</b>	370
	Margarida Miguel Mendes	06	38.27	1:18.85	Madalena Nunes Domingos	07
	Constanca Grincho Sousa	06		1:26.53	Maria Beatriz Teixeira	06
2.	Nautico Abrantes 2			Nautico Abrantes	<b>5:29.00</b>	317
	Beatriz Roseiro Dias	07	39.53	1:23.25	Beatriz Sofia Conceicao	07
	Eleonor Dias Alves	06		1:34.25	Margarida Viegas Medroa	06
3.	Nautico Abrantes 1			Nautico Abrantes	<b>5:32.97</b>	306
	Beatriz Catarino Moura	02	39.06	1:22.14	Ines Goncalves Fernandes	06
	Leonor Barreto Cruz	05		1:35.26	Joana Silva Janeiro	06

## Prova 6, Femin., 4 x 100m Estilos, Absoluto

Lugar					Tempo final	Pts
4.	Nautico Salvaterra Magos 1		Nautico Salvaterra Magos		<b>5:52.57</b>	258
	<i>FTL</i>					
	Rita Bernardo Tome	06	37.60	1:17.54	Ines Filipa Cotovio	05
	Angela Maria Pereira	10		1:52.03	Monica Ruessink	09
5.	CLAC-Entroncamento 1		CLAC-Entroncamento		<b>5:58.88</b>	244
	<i>FTL</i>					
	Daniela Santos Carrilho	08	44.79	1:32.74	Carolina Santos Carrilho	08
	Marta Chambel Dias	02		1:28.39	Carolina Cupertino Marchante	09

## Prova 7

## Masc., 4 x 100m Estilos

## Absoluto

23-01-2022 - 11:15

Resultados

Inf B: 6:59.00; Inf A: 6:40.00; Inf: 6:48.00; Juv B: 5:42.00; Juv A: 5:36.00; Juv: 5:39.00; Jun/Sen: 5:30.00; Abs: 5:30.00

Pontos: FINA 2021

Lugar					Tempo final	Pts
1.	Nautico Abrantes 3		Nautico Abrantes		<b>4:44.62</b>	342
	Andre Coelho Pita	06	36.75	1:16.62	Vitor Sokolovskyy	06
	Daniel Santos Carapeto	07		1:18.32	Daniel Silva Bispo	06
2.	CLAC-Entroncamento 1		CLAC-Entroncamento		<b>6:05.05</b>	162
	<i>FTL</i>					
	Gabriel Sa Chambel	09	46.94	1:37.65	Bernardo Marques Fernandes	07
	Diogo Rafael Antunes	04		1:23.54	Rodrigo Duque Dias	09

DSQ Viver Santarem 2

Viver Santarem

*SW 10.11 - Rendição antecipada do(a) 2 nadador(a)*

Jose Pinto Cabral, Luis Afonso Lopes, Rodrigo Cardoso Fernandes, Joao Marques Ferreira

## 2 - 2ª SESSÃO

23-01-2022 - 15:30

## Prova 8

## 400m Estilos

## 12 anos e mais velhos

23-01-2022 - 15:30

Resultados

Juv B Masc.: 6:48.00; Juv A Masc.: 6:35.00; Inf B Masc.: 7:28.00; Jun/Sen Masc.: 6:30.00; Inf A Masc.: 7:00.00; Inf A Femin.: 7:06.00; Juv B Femin.: 7:00.00; Juv A Femin.: 6:45.00; Jun/Sen Femin.: 6:35.00

Pontos: FINA 2021

Lugar					Ano			Tempo final	Pts
Absoluto, Femin.									
1.	Ines Goncalves Fernandes		06		Nautico Abrantes		<b>5:52.06</b>		397
	50m:	40.64	100m:	1:27.49	200m:	2:56.56	400m:	5:52.06	
2.	Margarida Miguel Mendes		06		Viver Santarem		<b>5:53.14</b>		394
	50m:	35.28	100m:	1:17.71	200m:	2:46.49	400m:	5:53.14	
3.	Madalena Maria Midoes		07		20Km de Almeirim		<b>5:53.79</b>		392
	50m:	39.44	100m:	1:25.79	200m:	2:55.87	400m:	5:53.79	
4.	Rita Bernardo Tome		06		Nautico Salvaterra Magos		<b>5:57.04</b>		381
	50m:	38.86	100m:	1:24.36	200m:	2:52.09	400m:	5:57.04	
5.	Beatriz Sofia Conceicao		07		Nautico Abrantes		<b>5:58.87</b>		375
	50m:	37.37	100m:	1:23.30	200m:	2:55.47	400m:	5:58.87	
6.	Maria Madalena Monteiro		08		Gualdim Pais		<b>6:03.85</b>		360
	50m:	39.38	100m:	1:29.14	200m:	3:01.06	400m:	6:03.85	

## Prova 8, Femin., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
7. Ines Filipa Cotovio 50m: 39.47 100m: 1:25.88 200m: 2:58.25 400m: 6:08.97	05 Nautico Salvaterra Magos	<b>6:08.97</b>	345
8. Eleonor Dias Alves 50m: 40.16 100m: 1:28.09 200m: 3:00.66 400m: 6:12.51	06 Nautico Abrantes	<b>6:12.51</b>	335
9. Beatriz Alexandra Botas 50m: 39.93 100m: 1:28.88 200m: 3:05.90 400m: 6:25.90	07 20Km de Almeirim	<b>6:25.90</b>	302
10. Diana Goncalves Oliveira 50m: 43.51 100m: 1:35.19 200m: 3:10.19 400m: 6:31.37	07 20Km de Almeirim	<b>6:31.37</b>	289
11. Beatriz Roseiro Dias 50m: 43.34 400m: 6:34.34	07 Nautico Abrantes	<b>6:34.34</b>	283
12. Leonor Barreto Cruz 50m: 40.45 100m: 1:31.99 200m: 3:12.06 400m: 6:34.85	05 Nautico Abrantes	<b>6:34.85</b>	282
13. Sofia Lopes Castanheiro 50m: 41.14 100m: 1:33.43 200m: 3:12.14 400m: 6:44.26	08 Gualdim Pais	<b>6:44.26</b>	262
14. Joana Silva Januario <i>FTL</i> 50m: 49.22 100m: 1:48.05 200m: 3:30.22 400m: 6:59.62	06 Nautico Abrantes	<b>6:59.62</b>	234
15. Margarida Viegas Medroa <i>FTL</i> 50m: 47.54 100m: 1:44.79 200m: 3:23.83 400m: 7:02.92	06 Nautico Abrantes	<b>7:02.92</b>	229
16. Carolina Santos Carrilho <i>FTL</i> 50m: 46.70 100m: 1:41.26 200m: 3:34.95 400m: 7:10.16	08 CLAC-Entroncamento	<b>7:10.16</b>	218
17. Carolina Isabel Aurelio 50m: 51.44 100m: 1:51.65 200m: 3:50.51 400m: 7:30.44	10 20Km de Almeirim	<b>7:30.44</b>	189
DSQ Catarina Maria Fragoso <i>SW 8.3 - O (a) atleta efectuou movimento alternado de pernas durante o percurso, subaquático após a partida.</i>	07 20Km de Almeirim		
DSQ Leonor Matilde Oliveira <i>SW 9.1 A atleta nadou mais do que 1/4 da distância no estilo de costas.</i>	10 20Km de Almeirim		
DNS Barbara Maia Freitas	06 CLAC-Entroncamento		
DNS Matilde Nabeiro Monraia	06 CLAC-Entroncamento		

## Absoluto, Masc.

1. Jose Miguel Monteiro 50m: 31.59 100m: 1:07.93 200m: 2:25.76 400m: 5:03.26	04 Gualdim Pais	<b>5:03.26</b>	464
2. Vitor Sokolovskyy 50m: 32.87 100m: 1:11.34 200m: 2:34.44 400m: 5:25.41	06 Nautico Abrantes	<b>5:25.41</b>	375
3. Daniel Santos Carapeto 50m: 34.59 100m: 1:15.91 200m: 2:43.00 400m: 5:32.56	07 Nautico Abrantes	<b>5:32.56</b>	351
4. Goncalo Filipe Ferreira 50m: 34.66 100m: 1:15.91 200m: 2:45.66 400m: 5:43.98	06 20Km de Almeirim	<b>5:43.98</b>	318
5. Simao Rocha Silva 50m: 36.78 100m: 1:21.84 200m: 2:50.71 400m: 5:49.89	07 Gualdim Pais	<b>5:49.89</b>	302
6. Andre Coelho Pita 50m: 35.71 100m: 1:19.34 200m: 2:51.31 400m: 5:53.31	06 Nautico Abrantes	<b>5:53.31</b>	293
7. Miguel Ferreira Cruz 50m: 40.35 100m: 1:30.28 200m: 3:03.46 400m: 6:09.51	08 CLAC-Entroncamento	<b>6:09.51</b>	256

## Prova 8, Masc., 400m Estilos, Absoluto

Lugar	Ano	Tempo final	Pts
8. Daniel Silva Bispo 50m: 34.34 100m: 1:19.76 200m: 3:06.94 400m: 6:21.33	06 Nautico Abrantes	<b>6:21.33</b>	233
9. Afonso Dinis Gomes 50m: 40.72 100m: 1:32.19 200m: 3:10.58 400m: 6:24.00	08 Nautico Abrantes	<b>6:24.00</b>	228
10. Bernardo Marques Fernandes 50m: 43.54 100m: 1:34.79 200m: 3:15.16 400m: 6:38.48	07 CLAC-Entroncamento	<b>6:38.48</b>	204
11. Dinis Maria Garcia 50m: 49.87 100m: 1:51.56 200m: 3:34.73 400m: 6:51.98	09 Nautico Abrantes	<b>6:51.98</b>	185
12. Guilherme Duarte Aurelio <i>FTL</i> 50m: 43.72 100m: 1:34.58 200m: 3:22.36 400m: 6:55.80	07 20Km de Almeirim	<b>6:55.80</b>	180
13. Gabriel Sa Chambel 50m: 50.48 100m: 1:51.13 200m: 3:39.59 400m: 7:23.31	09 CLAC-Entroncamento	<b>7:23.31</b>	148
DNS Martim Pereira Gil	07 Juventude Ouriense		
DNS Tiago Santos Marques	08 Juventude Ouriense		
WDR Joao Miguel Pinto	07 20Km de Almeirim		

## Prova 9

23-01-2022 - 16:10

## Femin., 200m Bruços

 Absoluto  
Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Catarina Maria Lopes 50m: 41.42 100m: 1:27.34 200m: 3:02.34	08 BUZIOS-Coruche	<b>3:02.34</b>	401
2. Catarina Isabel Carlota 50m: 41.50 100m: 1:28.28 200m: 3:03.71	05 BUZIOS-Coruche	<b>3:03.71</b>	393
3. Marta Chambel Dias 50m: 42.29 100m: 1:29.08 200m: 3:05.34	02 CLAC-Entroncamento	<b>3:05.34</b>	382
4. Rita Bernardo Tome 50m: 41.74 100m: 1:30.27 200m: 3:08.74	06 Nautico Salvaterra Magos	<b>3:08.74</b>	362
5. Constanca Grincho Sousa 50m: 41.49 100m: 1:30.40 200m: 3:09.37	06 Viver Santarem	<b>3:09.37</b>	358
6. Ines Sofia Nunes 50m: 43.55 100m: 1:32.47 200m: 3:11.19	03 BUZIOS-Coruche	<b>3:11.19</b>	348
7. Ines Filipa Cotovio 50m: 47.45 100m: 1:42.17 200m: 3:33.92	05 Nautico Salvaterra Magos	<b>3:33.92</b>	248
8. Daniela Santos Carrilho 50m: 49.12 100m: 1:44.67 200m: 3:35.40	08 CLAC-Entroncamento	<b>3:35.40</b>	243
9. Iris Simoes Martins 50m: 46.93 100m: 1:43.62 200m: 3:37.90	08 Natacao do Tejo	<b>3:37.90</b>	235
10. Angela Ruessink 50m: 47.91 100m: 1:44.38 200m: 3:42.73	07 Nautico Salvaterra Magos	<b>3:42.73</b>	220
11. Angela Maria Pereira 50m: 53.28 100m: 1:52.91 200m: 3:48.56	10 Nautico Salvaterra Magos	<b>3:48.56</b>	204
12. Carolina Santos Carrilho 50m: 51.98 100m: 1:51.59 200m: 3:48.80	08 CLAC-Entroncamento	<b>3:48.80</b>	203
13. Carolina Cupertino Marchante 50m: 50.20 100m: 1:49.62 200m: 3:55.70	09 CLAC-Entroncamento	<b>3:55.70</b>	186



## Prova 9, Femin., 200m Bruços, Absoluto

Lugar	Ano	Tempo final	Pts
14. Camila Marques Luis 50m: 53.30 100m: 1:54.87 200m: 3:58.00	08 Torres Novas	<b>3:58.00</b>	180
DNS Joana Patricia Antunes	06 CLAC-Entroncamento		
DNS Barbara Maia Freitas	06 CLAC-Entroncamento		
DNS Matilde Nabeiro Monraia	06 CLAC-Entroncamento		
DNS Ana Luz Chanca	09 Nautico Salvaterra Magos		
DNS Sofia Feijoca Mesquita	09 Nautico Salvaterra Magos		

## Prova 10

23-01-2022 - 16:25

## Masc., 200m Bruços

 Absoluto  
Resultados

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
1. Luis Afonso Lopes 50m: 32.41 100m: 1:09.72 200m: 2:24.18	03 Viver Santarem	<b>2:24.18</b>	578
2. Luis Filipe Viana 50m: 33.97 100m: 1:11.83 200m: 2:31.55	89 CLAC-Entroncamento	<b>2:31.55</b>	498
3. Jose Pinto Cabral 50m: 36.97 100m: 1:19.92 200m: 2:46.18	05 Viver Santarem	<b>2:46.18</b>	378
4. Diogo Rafael Antunes 50m: 41.71 100m: 1:28.68 200m: 3:04.75	04 CLAC-Entroncamento	<b>3:04.75</b>	275
5. Joao Pedro Monteiro 50m: 41.22 100m: 1:28.15 200m: 3:06.07	08 BUZIOS-Coruche	<b>3:06.07</b>	269
6. Miguel Ferreira Cruz 50m: 46.06 100m: 1:36.94 200m: 3:24.92	08 CLAC-Entroncamento	<b>3:24.92</b>	201
7. Bernardo Marques Fernandes 50m: 47.26 100m: 1:40.66 200m: 3:28.76	07 CLAC-Entroncamento	<b>3:28.76</b>	190
8. Miguel Tomas Amaral 50m: 45.53 100m: 1:38.06 200m: 3:31.21	08 Natacao do Tejo	<b>3:31.21</b>	184
9. Tomas Jorge Amaral 50m: 48.87 100m: 1:43.48 200m: 3:35.52	08 Natacao do Tejo	<b>3:35.52</b>	173
10. Dinis Rodrigues Inacio 50m: 48.94 100m: 1:47.44 200m: 3:45.81	09 Nautico Salvaterra Magos	<b>3:45.81</b>	150
11. Vicente Sousa Silva 50m: 51.76 100m: 1:54.02 200m: 4:03.91	09 Nautico Abrantes	<b>4:03.91</b>	119
12. Gabriel Sa Chambel 50m: 53.79 100m: 1:57.59 200m: 4:08.76	09 CLAC-Entroncamento	<b>4:08.76</b>	112
DNS Hugo Miguel Silva	77 BUZIOS-Coruche		
DNS Alexandre Miguel Adriano	09 Nautico Salvaterra Magos		



Abrantes, 23-01-2022

Prova 11  
23-01-2022 - 16:35

400m Livres

12 anos e mais velhos  
Resultados

Juv B Masc.: 5:37.00; Juv A Masc.: 5:27.00; Inf B Masc.: 6:30.00; Jun/Sen Masc.: 5:22.00; Inf A Masc.: 6:07.00; Inf A Femin.: 6:34.00;  
Juv B Femin.: 6:20.00; Juv A Femin.: 6:08.00; Jun/Sen Femin.: 5:42.00

Pontos: FINA 2021

Lugar	Ano	Tempo final	Pts
<b>Absoluto, Femin.</b>			
1. Beatriz Maria Freixeiro	04 Rio Maior	<b>4:47.86</b>	536
50m: 32.24 100m: 1:08.29 200m: 2:21.95 400m: 4:47.86			
2. Catarina Isabel Carlota	05 BUZIOS-Coruche	<b>4:48.25</b>	534
50m: 32.42 100m: 1:08.25 200m: 2:21.27 400m: 4:48.25			
3. Maria Madalena Bento	05 BUZIOS-Coruche	<b>4:48.69</b>	531
50m: 32.44 100m: 1:08.51 200m: 2:22.55 400m: 4:48.69			
4. Catarina Maria Lopes	08 BUZIOS-Coruche	<b>5:00.22</b>	473
50m: 35.05 100m: 1:12.58 200m: 2:28.22 400m: 5:00.22			
5. Ines Goncalves Fernandes	06 Nautico Abrantes	<b>5:03.95</b>	455
50m: 33.14 100m: 1:10.60 200m: 2:27.95 400m: 5:03.95			
6. Madalena Maria Midoes	07 20Km de Almeirim	<b>5:04.50</b>	453
50m: 34.72 100m: 1:12.34 200m: 2:28.25 400m: 5:04.50			
7. Mariana Mauricio Coelho	07 BUZIOS-Coruche	<b>5:06.44</b>	444
50m: 34.44 100m: 1:13.37 200m: 2:31.69 400m: 5:06.44			
8. Ines Sofia Nunes	03 BUZIOS-Coruche	<b>5:14.84</b>	410
50m: 34.99 100m: 1:13.96 200m: 2:33.78 400m: 5:14.84			
9. Beatriz Sofia Conceicao	07 Nautico Abrantes	<b>5:16.78</b>	402
50m: 37.25 100m: 1:17.86 200m: 2:39.93 400m: 5:16.78			
10. Maria Beatriz Teixeira	06 Viver Santarem	<b>5:19.35</b>	393
50m: 35.54 100m: 1:13.50 200m: 2:34.76 400m: 5:19.35			
11. Maria Madalena Monteiro	08 Gualdim Pais	<b>5:21.55</b>	384
50m: 35.44 100m: 1:15.47 200m: 2:37.94 400m: 5:21.55			
12. Leonor Sombreiro Martins	10 BUZIOS-Coruche	<b>5:22.26</b>	382
50m: 37.91 100m: 1:19.69 200m: 2:41.63 400m: 5:22.26			
13. Laura Prates Morais	09 BUZIOS-Coruche	<b>5:28.87</b>	359
50m: 35.25 100m: 1:15.38 200m: 2:38.20 400m: 5:28.87			
14. Joana Silva Januario	06 Nautico Abrantes	<b>5:31.97</b>	349
50m: 38.06 100m: 1:20.82 200m: 2:45.80 400m: 5:31.97			
15. Carolina Manuela Guia	05 Viver Santarem	<b>5:35.31</b>	339
50m: 38.76 100m: 1:20.26 200m: 2:45.59 400m: 5:35.31			
16. Diana Goncalves Oliveira	07 20Km de Almeirim	<b>5:35.84</b>	337
50m: 37.63 100m: 1:19.13 200m: 2:44.99 400m: 5:35.84			
17. Eleonor Dias Alves	06 Nautico Abrantes	<b>5:37.28</b>	333
50m: 37.18 100m: 1:19.28 200m: 2:44.75 400m: 5:37.28			
18. Madalena Nunes Domingos	07 Viver Santarem	<b>5:37.32</b>	333
50m: 38.36 100m: 1:19.97 200m: 2:45.36 400m: 5:37.32			
19. Beatriz Maria Simoes	07 Torres Novas	<b>5:38.11</b>	331
50m: 37.16 100m: 1:19.06 200m: 2:45.10 400m: 5:38.11			
20. Beatriz Alexandra Botas	07 20Km de Almeirim	<b>5:45.40</b>	310
50m: 37.62 100m: 1:19.56 200m: 2:46.09 400m: 5:45.40			
21. Catarina Maria Fragoso	07 20Km de Almeirim	<b>5:52.14</b>	293
50m: 39.15 100m: 1:21.97 200m: 2:50.81 400m: 5:52.14			

## Prova 11, Femin., 400m Livres, Absoluto

Lugar					Ano				Tempo final	Pts
22.	Beatriz Roseiro Dias	07	Nautico Abrantes					<b>5:55.48</b>	284	
	50m: 38.98 100m: 1:23.66 200m: 2:55.31 400m: 5:55.48									
23.	Sofia Lopes Castanheiro	08	Gualdim Pais					<b>5:58.54</b>	277	
	50m: 39.80 100m: 1:24.48 200m: 2:56.29 400m: 5:58.54									
24.	Lara Paixao Silva	10	Rio Maior					<b>5:59.67</b>	275	
	50m: 40.38 100m: 1:26.20 200m: 2:59.10 400m: 5:59.67									
25.	Leonor Barreto Cruz <i>FTL</i>	05	Nautico Abrantes					<b>6:02.06</b>	269	
	50m: 39.60 100m: 1:25.95 200m: 2:57.81 400m: 6:02.06									
26.	Carlota Pereira Sousa	08	Viver Santarem					<b>6:04.02</b>	265	
	50m: 38.91 100m: 1:23.62 200m: 2:56.30 400m: 6:04.02									
27.	Margarida Viegas Medroa <i>FTL</i>	06	Nautico Abrantes					<b>6:05.55</b>	262	
	50m: 39.23 100m: 1:23.34 200m: 2:55.27 400m: 6:05.55									
28.	Margarida Sousa Luis	08	Torres Novas					<b>6:06.94</b>	259	
	50m: 40.19 100m: 1:25.88 200m: 3:00.13 400m: 6:06.94									
29.	Catarina Isabel Galvao	09	BUZIOS-Coruche					<b>6:13.31</b>	246	
	50m: 42.56 100m: 1:27.71 200m: 3:00.34 400m: 6:13.31									
30.	Carolina Isabel Aurelio	10	20Km de Almeirim					<b>6:22.74</b>	228	
	50m: 41.95 100m: 1:30.45 200m: 3:11.10 400m: 6:22.74									
31.	Daniela Santos Carrilho <i>FTL</i>	08	CLAC-Entroncamento					<b>6:26.18</b>	222	
	50m: 42.21 100m: 1:29.84 200m: 3:08.16 400m: 6:26.18									
32.	Monica Ruessink	09	Nautico Salvaterra Magos					<b>6:33.77</b>	209	
	50m: 42.98 100m: 1:30.65 200m: 3:12.13 400m: 6:33.77									
33.	Maria Carmo Rodrigues	10	BUZIOS-Coruche					<b>6:40.78</b>	198	
	50m: 43.03 100m: 1:31.78 200m: 3:14.31 400m: 6:40.78									
34.	Carolina Cupertino Marchante <i>FTL</i>	09	CLAC-Entroncamento					<b>6:43.66</b>	194	
	50m: 43.06 100m: 1:32.23 200m: 3:15.76 400m: 6:43.66									
35.	Leonor Matilde Oliveira	10	20Km de Almeirim					<b>6:56.78</b>	176	
	50m: 46.53 100m: 1:38.97 200m: 3:25.90 400m: 6:56.78									
36.	Angela Maria Pereira	10	Nautico Salvaterra Magos					<b>6:59.27</b>	173	
	50m: 44.31 100m: 1:34.13 200m: 3:19.38 400m: 6:59.27									
DNS	Beatrix Lopes Ferreira	04	BUZIOS-Coruche							
DNS	Joana Patricia Antunes	06	CLAC-Entroncamento							
DNS	Erna Sabanovic	04	CLAC-Entroncamento							
DNS	Ana Luz Chanca	09	Nautico Salvaterra Magos							
DNS	Sofia Feijoca Mesquita	09	Nautico Salvaterra Magos							
DNS	Laura Leocadio Duarte	06	Gualdim Pais							

## Absoluto, Masc.

1.	Luis Afonso Lopes	03	Viver Santarem					<b>4:07.62</b>	629
	50m: 27.57 100m: 57.72 200m: 1:58.79 400m: 4:07.62								
2.	Jose Miguel Monteiro	04	Gualdim Pais					<b>4:21.44</b>	535
	50m: 28.81 100m: 1:00.19 200m: 2:06.41 400m: 4:21.44								
3.	Joao Antonio Pires	05	Torres Novas					<b>4:22.47</b>	528
	50m: 29.75 100m: 1:01.97 200m: 2:08.79 400m: 4:22.47								

## Prova 11, Masc., 400m Livres, Absoluto

Lugar					Ano					Tempo final	Pts
4.	Rodrigo Cardoso Fernandes				04	Viver Santarem				<b>4:33.73</b>	466
	50m:	29.50	100m:	1:02.32	200m:	2:12.09	400m:	4:33.73			
5.	Joao Marques Ferreira				04	Viver Santarem				<b>4:37.20</b>	448
	50m:	30.78	100m:	1:04.73	200m:	2:15.16	400m:	4:37.20			
6.	Guilherme Filipe Gaboleiro				05	Rio Maior				<b>4:44.81</b>	413
	50m:	30.87	100m:	1:05.84	200m:	2:17.59	400m:	4:44.81			
7.	Andre Jesus Gaspar				04	Gualdim Pais				<b>4:45.37</b>	411
	50m:	31.30	100m:	1:06.94	200m:	2:20.19	400m:	4:45.37			
8.	Ricardo Filipe Gaboleiro				05	Rio Maior				<b>4:45.86</b>	409
	50m:	29.83	100m:	1:03.48	200m:	2:17.04	400m:	4:45.86			
9.	Vitor Sokolovskyy				06	Nautico Abrantes				<b>4:46.26</b>	407
	50m:	32.19	100m:	1:07.75	200m:	2:21.30	400m:	4:46.26			
10.	Bernardo Pereira Simoes				07	Torres Novas				<b>4:49.66</b>	393
	50m:	32.86	100m:	1:08.38	200m:	2:22.86	400m:	4:49.66			
11.	Daniel Santos Carapeto				07	Nautico Abrantes				<b>4:50.72</b>	389
	50m:	33.12	100m:	1:08.75	200m:	2:23.05	400m:	4:50.72			
12.	Diogo Miguel Luis				06	Rio Maior				<b>4:52.42</b>	382
	50m:	32.59	100m:	1:09.28	200m:	2:24.31	400m:	4:52.42			
13.	Rafael Rodrigues Gomes				06	Natacao do Tejo				<b>4:54.28</b>	375
	50m:	31.43	100m:	1:05.78	200m:	2:19.00	400m:	4:54.28			
14.	Joao Pedro Monteiro				08	BUZIOS-Coruche				<b>5:02.00</b>	347
	50m:	34.33	100m:	1:11.97	200m:	2:29.25	400m:	5:02.00			
15.	Goncalo Filipe Ferreira				06	20Km de Almeirim				<b>5:03.22</b>	342
	50m:	33.65	100m:	1:10.15	200m:	2:27.83	400m:	5:03.22			
16.	Leonardo Gomes Silva				08	Rio Maior				<b>5:04.55</b>	338
	50m:	34.51	100m:	1:13.94	200m:	2:31.19	400m:	5:04.55			
17.	Daniel Silva Bispo				06	Nautico Abrantes				<b>5:14.16</b>	308
	50m:	32.13	100m:	1:10.23	200m:	2:32.03	400m:	5:14.16			
18.	Simao Rocha Silva				07	Gualdim Pais				<b>5:15.50</b>	304
	50m:	34.93	100m:	1:14.61	200m:	2:34.68	400m:	5:15.50			
19.	Andre Coelho Pita				06	Nautico Abrantes				<b>5:15.84</b>	303
	50m:	34.64	100m:	1:13.67	200m:	2:35.34	400m:	5:15.84			
20.	Stefan Iordan Chele				09	Rio Maior				<b>5:17.40</b>	299
	50m:	35.97	100m:	1:15.75	200m:	2:37.83	400m:	5:17.40			
21.	Joao Pedro Teixeira				07	Viver Santarem				<b>5:25.10</b>	278
	50m:	35.38	100m:	1:14.49	200m:	2:36.27	400m:	5:25.10			
22.	Simao Pedro Oliveira				07	Torres Novas				<b>5:28.94</b>	268
	50m:	36.97	100m:	1:18.83	200m:	2:42.90	400m:	5:28.94			
23.	Dimas Pasichnyuk				09	Rio Maior				<b>5:31.26</b>	263
	50m:	37.38	100m:	1:18.66	200m:	2:44.60	400m:	5:31.26			
24.	Rodolfo Charrua Gago				08	Viver Santarem				<b>5:32.16</b>	260
	50m:	35.47	100m:	1:18.79	200m:	2:42.76	400m:	5:32.16			
25.	Miguel Ferreira Cruz				08	CLAC-Entroncamento				<b>5:35.96</b>	252
	50m:	37.28	100m:	1:19.36	200m:	2:45.28	400m:	5:35.96			
26.	Afonso Dinis Gomes				08	Nautico Abrantes				<b>5:38.66</b>	246
	50m:	36.73	100m:	1:18.66	200m:	2:45.41	400m:	5:38.66			

## Prova 11, Masc., 400m Livres, Absoluto

Lugar	Ano	Tempo final	Pts
27. Diogo Rafael Antunes <i>FTL</i> 50m: 35.99 100m: 1:18.45 200m: 2:44.60 400m: 5:38.92	04 CLAC-Entroncamento	<b>5:38.92</b>	245
28. Guilherme Duarte Aurelio <i>FTL</i> 50m: 38.25 100m: 1:20.94 200m: 2:50.75 400m: 5:50.47	07 20Km de Almeirim	<b>5:50.47</b>	222
29. Tiago Santos Marques <i>FTL</i>	08 Juventude Ouriense	<b>6:16.13</b>	179
Dinis Maria Garcia 50m: 43.60 100m: 1:32.44 200m: 3:10.90 400m: 6:16.13	09 Nautico Abrantes	<b>6:16.13</b>	179
31. Bernardo Marques Fernandes <i>FTL</i> 50m: 39.98 100m: 1:23.94 400m: 6:31.91	07 CLAC-Entroncamento	<b>6:31.91</b>	158
32. Vicente Sousa Silva <i>FTL</i> 50m: 42.39 100m: 1:31.81 200m: 3:14.28 400m: 6:40.28	09 Nautico Abrantes	<b>6:40.28</b>	149
33. Dinis Rodrigues Inacio <i>FTL</i> 50m: 41.55 100m: 1:30.19 200m: 3:15.30 400m: 6:48.37	09 Nautico Salvaterra Magos	<b>6:48.37</b>	140
DSQ Rodrigo Duque Dias <i>SW 10.2 - O (a) atleta não completou o percurso</i>	09 CLAC-Entroncamento		
DNS Lorenzo Muniz Silva	06 BUZIOS-Coruche		
DNS Alexandre Miguel Adriano	09 Nautico Salvaterra Magos		
DNS Afonso Bernardo Evaristo	08 Gualdim Pais		
DNS Martim Pereira Gil	07 Juventude Ouriense		
DNS Rafael Sousa Azevedo	06 Viver Santarem		
DNS Tiago Charrua Gago	04 Viver Santarem		
WDR Joao Miguel Pinto	07 20Km de Almeirim		

## Prova 12

23-01-2022 - 18:05

## Femin., 4 x 100m Livres

Absoluto

Resultados

Pontos: FINA 2021

Lugar	Tempo final	Pts
1. Nautico Abrantes 4 Ines Goncalves Fernandes 06 31.63 1:05.18 Leonor Barreto Cruz 05 Beatriz Sofia Conceicao 07 1:10.08 Joana Silva Janeiro 06	<b>4:41.13</b>	396
2. 20Km de Almeirim 1 Madalena Maria Midoes 07 32.44 1:06.47 Diana Goncalves Oliveira 07 Catarina Maria Fragoso 07 1:16.25 Beatriz Alexandra Botas 07	<b>4:52.55</b>	351
3. Nautico Salvaterra Magos 1 Angela Maria Pereira 10 41.12 1:30.27 Monica Ruessink 09 Ines Filipa Cotovio 05 1:08.13 Rita Bernardo Tome 06	<b>5:10.83</b>	293
4. CLAC-Entroncamento 1 Joana Teixeira Dias 97 35.57 1:15.17 Daniela Santos Carrilho 08 Carolina Cupertino Marchante 09 1:24.86 Marta Chambel Dias 02	<b>5:11.42</b>	291
DNS Gualdim Pais 1	Gualdim Pais	



Abrantes, 23-01-2022

Prova 13  
23-01-2022 - 18:10

Masc., 4 x 100m Livres

Absoluto  
Resultados

Pontos: FINA 2021

Lugar					Tempo final	Pts
1.	Rio Maior 1			Rio Maior	<b>4:02.20</b>	431
	Diogo Miguel Luis	06	28.87	1:00.70	Guilherme Filipe Gaboleiro	05
	Leonardo Gomes Silva	08		1:05.72	Ricardo Filipe Gaboleiro	05
2.	Nautico Abrantes 5			Nautico Abrantes	<b>4:07.65</b>	403
	Vitor Sokolovskyy	06	29.44	1:00.47	Daniel Santos Carapeto	07
	Andre Coelho Pita	06		1:04.50	Daniel Silva Bispo	06
3.	CLAC-Entroncamento 1			CLAC-Entroncamento	<b>4:49.42</b>	252
	Luis Filipe Viana	89	28.87	59.60	Diogo Rafael Antunes	04
	Gabriel Sa Chambel	09		1:26.85	Miguel Ferreira Cruz	08
DNS	Gualdim Pais 1			Gualdim Pais		