



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 1	Femin., 400m Estilos				Juvenis
13-12-2013 - 16:00					Resultados
Recorde Nacional (25m) Absoluto	4:41.02	Victoria Kaminskaya	PIMP	Porto	07-12-2012
Recorde Nacional (25m) Juv B	4:57.68	Susana Patricia Miguel	SFUAP	Penafiel	19-03-2004
Recorde Nacional (25m) Juv A	4:51.85	Ana Claudia Santos	SFUAP	Setubal	21-11-2004

Tac-JUVAFem Juv A: 5:37.41 / Tac-JUVBFem Juv B: 5:47.14

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Giovanna Vaz Vargas	00	110957	Nautico Marinha Grande	<b>5:08.73</b>		604		
	50m: 32.87 32.87			150m: 1:50.24 40.52	250m: 3:13.42 44.09	350m: 4:33.62 35.71			
	100m: 1:09.72 36.85			200m: 2:29.33 39.09	300m: 3:57.91 44.49	400m: 5:08.73 35.11			
2.	Raquel Gomes Pereira	00	118469	Alges	<b>5:13.65</b>		576		
	50m: 34.69 34.69			150m: 1:55.70 41.58	250m: 3:19.07 42.17	350m: 4:39.32 36.36			
	100m: 1:14.12 39.43			200m: 2:36.90 41.20	300m: 4:02.96 43.89	400m: 5:13.65 34.33			
3.	Monica Seara Domingues	00	110972	Nautico Marinha Grande	<b>5:13.95</b>		574		
	50m: 34.52 34.52			150m: 1:53.61 40.40	250m: 3:18.49 45.11	350m: 4:39.55 35.96			
	100m: 1:13.21 38.69			200m: 2:33.38 39.77	300m: 4:03.59 45.10	400m: 5:13.95 34.40			
4.	Ines Rocha Silva	00	117806	Alcobaca	<b>5:19.98</b>		542		
	50m: 34.20 34.20			150m: 1:57.99 43.07	250m: 3:21.72 42.21	350m: 4:43.59 36.64			
	100m: 1:14.92 40.72			200m: 2:39.51 41.52	300m: 4:06.95 45.23	400m: 5:19.98 36.39			
5.	Ines Jacinto Henriques	00	120220	Pimpoes/Cimai	<b>5:21.30</b>		536		
	50m: 34.29 34.29			150m: 1:54.76 40.63	250m: 3:22.47 47.37	350m: 4:46.47 36.51			
	100m: 1:14.13 39.84			200m: 2:35.10 40.34	300m: 4:09.96 47.49	400m: 5:21.30 34.83			
6.	Margarida Reconha Marques	00	117868	Nautico Marinha Grande	<b>5:26.15</b>		512		
	50m: 34.43 34.43			150m: 1:56.59 41.97	250m: 3:22.60 45.54	350m: 4:48.67 38.64			
	100m: 1:14.62 40.19			200m: 2:37.06 40.47	300m: 4:10.03 47.43	400m: 5:26.15 37.48			
7.	Mariana Silva Ramos	00	120720	Sporting	<b>5:30.18</b>		494		
	50m: 34.31 34.31			150m: 1:58.07 43.54	250m: 3:28.23 47.16	350m: 4:54.27 37.85			
	100m: 1:14.53 40.22			200m: 2:41.07 43.00	300m: 4:16.42 48.19	400m: 5:30.18 35.91			
8.	Sara Kalinicova Guerreiro	00	120967	FC Ferreiras	<b>5:31.20</b>		489		
	50m: 35.83 35.83			150m: 2:02.97 43.72	250m: 3:28.84 42.64	350m: 4:54.21 39.14			
	100m: 1:19.25 43.42			200m: 2:46.20 43.23	300m: 4:15.07 46.23	400m: 5:31.20 36.99			
9.	Carolina Pastor Escada	00	120238	Aminata	<b>5:33.33</b>		480		
	50m: 34.02 34.02			150m: 1:58.88 45.22	250m: 3:29.62 46.53	350m: 4:56.21 39.04			
	100m: 1:13.66 39.64			200m: 2:43.09 44.21	300m: 4:17.17 47.55	400m: 5:33.33 37.12			
10.	Mariana Figueiras Matos	00	120721	Sporting	<b>5:36.80</b>		465		
	50m: 35.26 35.26			150m: 1:59.73 43.64	250m: 3:30.89 48.65	350m: 4:59.24 38.28			
	100m: 1:16.09 40.83			200m: 2:42.24 42.51	300m: 4:20.96 50.07	400m: 5:36.80 37.56			
11.	Alice Maria Lopes	00	119476	Uniao Piedense	<b>5:38.44</b>		458		
	50m: 37.25 37.25			150m: 2:01.31 41.91	250m: 3:32.86 49.30	350m: 5:00.55 38.05			
	100m: 1:19.40 42.15			200m: 2:43.56 42.25	300m: 4:22.50 49.64	400m: 5:38.44 37.89			
12.	Alice Margarida Sousa	00	117873	Nautico Marinha Grande	<b>5:40.10</b>		452		
	50m: 36.38 36.38			150m: 1:59.52 43.07	250m: 3:33.56 51.06	350m: 5:02.68 37.55			
	100m: 1:16.45 40.07			200m: 2:42.50 42.98	300m: 4:25.13 51.57	400m: 5:40.10 37.42			
13.	Lara Ferreira Martins	00	117834	Nautico Marinha Grande	<b>5:40.25</b>		451		
	50m: 36.55 36.55			150m: 2:01.81 42.19	250m: 3:33.01 50.15	350m: 5:02.18 37.92			
	100m: 1:19.62 43.07			200m: 2:42.86 41.05	300m: 4:24.26 51.25	400m: 5:40.25 38.07			
14.	Mariana Simoes Antunes	00	120871	Sporting	<b>5:40.57</b>		450		
	50m: 34.43 34.43			150m: 2:00.29 44.57	250m: 3:30.65 45.51	350m: 5:00.43 40.11			
	100m: 1:15.72 41.29			200m: 2:45.14 44.85	300m: 4:20.32 49.67	400m: 5:40.57 40.14			
15.	Ana Madalena Mendes	00	124022	Sporting	<b>5:45.65</b>		430		
	50m: 36.76 36.76			150m: 2:04.81 46.02	250m: 3:37.62 49.18	350m: 5:07.46 40.42			
	100m: 1:18.79 42.03			200m: 2:48.44 43.63	300m: 4:27.04 49.42	400m: 5:45.65 38.19			
16.	Ana Rita Correia	00	120723	Sporting	<b>5:45.84</b>		430		
	50m: 39.51 39.51			150m: 2:08.27 42.83	250m: 3:40.87 48.40	350m: 5:07.46 38.44			
	100m: 1:25.44 45.93			200m: 2:52.47 44.20	300m: 4:29.02 48.15	400m: 5:45.84 38.38			



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 1, Femin., 400m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Telma Machado Silva	00	110882	Louletano/ Loule Concelho	<b>5:47.06</b>		425		
	50m: 36.78 36.78			150m: 2:04.33 44.69	50.02	350m: 5:07.57	40.17		
	100m: 1:19.64 42.86			200m: 2:47.56 43.23	49.82	400m: 5:47.06	39.49		
18.	Filipa Andreia Silva	00	117969	Alcobaca	<b>5:49.70</b>		415		
	50m: 35.46 35.46			150m: 2:03.13 44.78	49.65	350m: 5:10.08	40.93		
	100m: 1:18.35 42.89			200m: 2:48.17 45.04	51.33	400m: 5:49.70	39.62		

Juvenis A

1.	Madalena Gomes Azevedo	99	110160	Alges	<b>4:59.92</b>		659		
	50m: 32.52 32.52			150m: 1:48.16 38.65	41.63	350m: 4:26.62	34.38		
	100m: 1:09.51 36.99			200m: 2:26.74 38.58	43.87	400m: 4:59.92	33.30		
2.	Barbara Coimbra Teodosio	99	112716	Nautico Marinha Grande	<b>5:07.44</b>		612		
	50m: 33.26 33.26			150m: 1:51.32 40.40	43.12	350m: 4:34.81	35.53		
	100m: 1:10.92 37.66			200m: 2:31.55 40.23	44.61	400m: 5:07.44	32.63		
3.	Beatriz Barros Carmo	99	107625	Colegio Vasco da Gama	<b>5:15.82</b>		564		
	50m: 35.36 35.36			150m: 1:56.63 40.43	43.57	350m: 4:41.30	35.31		
	100m: 1:16.20 40.84			200m: 2:37.59 40.96	44.83	400m: 5:15.82	34.52		
4.	Sara Costa Guerra	99	117600	Sporting	<b>5:20.02</b>		542		
	50m: 34.25 34.25			150m: 1:54.03 41.61	45.34	350m: 4:43.61	37.45		
	100m: 1:12.42 38.17			200m: 2:34.54 40.51	46.28	400m: 5:20.02	36.41		
5.	Joana Cristina Fernandes	99	120692	Amadora	<b>5:22.30</b>		531		
	50m: 34.04 34.04			150m: 1:55.57 41.78	45.12	350m: 4:46.37	36.27		
	100m: 1:13.79 39.75			200m: 2:36.95 41.38	48.03	400m: 5:22.30	35.93		
6.	Beatriz Paulo Ranito	99	116593	Sporting	<b>5:26.18</b>		512		
	50m: 34.96 34.96			150m: 1:56.73 41.48	47.24	350m: 4:50.01	37.05		
	100m: 1:15.25 40.29			200m: 2:37.87 41.14	47.85	400m: 5:26.18	36.17		
7.	Ana Margarida Salgueiro	99	116616	Nautico Abrantes	<b>5:26.43</b>		511		
	50m: 35.77 35.77			150m: 1:58.06 40.60	44.95	350m: 4:48.96	38.44		
	100m: 1:17.46 41.69			200m: 2:39.30 41.24	46.27	400m: 5:26.43	37.47		
8.	Mariana Frazao Saraiva	99	122371	Alges	<b>5:30.36</b>		493		
	50m: 33.88 33.88			150m: 1:56.40 43.81	48.75	350m: 4:54.33	37.47		
	100m: 1:12.59 38.71			200m: 2:39.52 43.12	48.59	400m: 5:30.36	36.03		
9.	Sara Conceicao Peca	99	116963	Bairro dos Anjos /BOMCAR	<b>5:31.97</b>		486		
	50m: 34.39 34.39			150m: 1:58.23 43.75	46.72	350m: 4:54.03	39.36		
	100m: 1:14.48 40.09			200m: 2:41.09 42.86	46.86	400m: 5:31.97	37.94		
10.	Sara Mafra Rocha	99	112318	Alcobaca	<b>5:32.11</b>		485		
	50m: 35.50 35.50			150m: 2:01.91 45.66	45.26	350m: 4:55.59	38.81		
	100m: 1:16.25 40.75			200m: 2:45.32 43.41	46.20	400m: 5:32.11	36.52		
11.	Ana Claudia Rosa	99	111426	Amadora	<b>5:33.11</b>		481		
	50m: 34.07 34.07			150m: 1:55.26 42.22	49.40	350m: 4:56.10	38.53		
	100m: 1:13.04 38.97			200m: 2:37.95 42.69	50.22	400m: 5:33.11	37.01		
12.	Filipa Sousa Pinheiro	99	117597	Sporting	<b>5:34.81</b>		473		
	50m: 33.79 33.79			150m: 1:57.83 43.80	50.44	350m: 4:57.85	36.74		
	100m: 1:14.03 40.24			200m: 2:39.89 42.06	50.78	400m: 5:34.81	36.96		
13.	Joana Viegas Bento	99	121143	Colegio Bernardette Romeira	<b>5:36.20</b>		468		
	50m: 33.34 33.34			150m: 1:55.94 44.31	48.61	350m: 4:58.93	39.20		
	100m: 1:11.63 38.29			200m: 2:39.94 44.00	51.18	400m: 5:36.20	37.27		



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 2 Masc., 400m Estilos Juvenis  
13-12-2013 - 16:25 Resultados

Recorde Nacional (25m) Absoluto	4:06.83	Diogo Filipe Carvalho	FPN	Istambul (TUR)	11-12-2009
Recorde Nacional (25m) Juv B	4:35.02	Diogo Filipe Carvalho	CGA	Braga	21-03-2003
Recorde Nacional (25m) Juv A	4:28.27	Diogo Filipe Carvalho	CGA	Penafiel	19-03-2004

Tac-JUVAMasc Juv A: 5:13.10 / Tac-JUVBMasc Juv B: 5:18.95

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	<b>4:47.96</b>		546		
	50m: 30.97	30.97	150m: 1:44.37	38.40	250m: 3:02.20	40.53	350m: 4:17.05	32.93	
	100m: 1:05.97	35.00	200m: 2:21.67	37.30	300m: 3:44.12	41.92	400m: 4:47.96	30.91	
2.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	<b>4:48.12</b>		546		
	50m: 30.82	30.82	150m: 1:43.14	37.00	250m: 3:01.77	42.51	350m: 4:17.18	32.82	
	100m: 1:06.14	35.32	200m: 2:19.26	36.12	300m: 3:44.36	42.59	400m: 4:48.12	30.94	
3.	Afonso Meneses Sequeira	99	105711	Naval do Funchal	<b>4:53.91</b>		514		
	50m: 30.69	30.69	150m: 1:43.23	36.50	250m: 3:00.66	40.75	350m: 4:19.88	35.89	
	100m: 1:06.73	36.04	200m: 2:19.91	36.68	300m: 3:43.99	43.33	400m: 4:53.91	34.03	
4.	Rui Miguel Cachopo	99	122064	Colegio Monte Maior	<b>4:58.08</b>		493		
	50m: 31.29	31.29	150m: 1:45.67	37.98	250m: 3:07.25	44.63	350m: 4:25.33	33.58	
	100m: 1:07.69	36.40	200m: 2:22.62	36.95	300m: 3:51.75	44.50	400m: 4:58.08	32.75	
5.	Pedro Ferraz Esteves	99	118772	Amadora	<b>5:00.52</b>		481		
	50m: 32.95	32.95	150m: 1:49.10	39.11	250m: 3:09.07	41.28	350m: 4:26.99	35.32	
	100m: 1:09.99	37.04	200m: 2:27.79	38.69	300m: 3:51.67	42.60	400m: 5:00.52	33.53	
6.	Tiago Cunha Costa	99	120725	Sporting	<b>5:01.35</b>		477		
	50m: 31.34	31.34	150m: 1:46.40	38.72	250m: 3:08.25	43.64	350m: 4:27.49	35.19	
	100m: 1:07.68	36.34	200m: 2:24.61	38.21	300m: 3:52.30	44.05	400m: 5:01.35	33.86	
7.	Antonio Manuel Mendes	99	120726	Sporting	<b>5:01.80</b>		475		
	50m: 31.06	31.06	150m: 1:49.04	41.54	250m: 3:12.40	40.87	350m: 4:28.10	34.33	
	100m: 1:07.50	36.44	200m: 2:31.53	42.49	300m: 3:53.77	41.37	400m: 5:01.80	33.70	
8.	Henrique Lourenco Ferreira	99	112534	Colegio Vasco da Gama	<b>5:03.95</b>		465		
	50m: 31.95	31.95	150m: 1:49.22	40.41	250m: 3:12.51	43.97	350m: 4:31.17	33.98	
	100m: 1:08.81	36.86	200m: 2:28.54	39.32	300m: 3:57.19	44.68	400m: 5:03.95	32.78	
9.	Andre Tavares Grenho	99	120605	Geslours	<b>5:04.06</b>		464		
	50m: 32.24	32.24	150m: 1:49.59	41.24	250m: 3:12.40	43.00	350m: 4:30.59	35.59	
	100m: 1:08.35	36.11	200m: 2:29.40	39.81	300m: 3:55.00	42.60	400m: 5:04.06	33.47	
10.	Sandro Emanuel Francisco	99	117818	Industrial Vieirense	<b>5:04.17</b>		464		
	50m: 30.55	30.55	150m: 1:42.98	37.96	250m: 3:08.61	47.11	350m: 4:30.38	34.98	
	100m: 1:05.02	34.47	200m: 2:21.50	38.52	300m: 3:55.40	46.79	400m: 5:04.17	33.79	
11.	Duarte Filipe Rodrigues	99	118781	Alges	<b>5:08.11</b>		446		
	50m: 32.17	32.17	150m: 1:50.77	41.37	250m: 3:15.11	44.48	350m: 4:34.69	34.52	
	100m: 1:09.40	37.23	200m: 2:30.63	39.86	300m: 4:00.17	45.06	400m: 5:08.11	33.42	
12.	Alexander Carvalho Esteves	99	119273	Amadora	<b>5:10.79</b>		435		
	50m: 32.36	32.36	150m: 1:49.76	39.67	250m: 3:13.57	44.75	350m: 4:35.94	36.72	
	100m: 1:10.09	37.73	200m: 2:28.82	39.06	300m: 3:59.22	45.65	400m: 5:10.79	34.85	
13.	Joao Silverio Duarte	99	111461	Electrico Clube	<b>5:13.79</b>		422		
	50m: 30.92	30.92	150m: 1:46.55	38.48	250m: 3:13.26	47.07	350m: 4:38.41	36.19	
	100m: 1:08.07	37.15	200m: 2:26.19	39.64	300m: 4:02.22	48.96	400m: 5:13.79	35.38	
14.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	<b>5:17.07</b>		409		
	50m: 33.05	33.05	150m: 1:56.91	43.72	250m: 3:21.55	43.13	350m: 4:42.28	37.02	
	100m: 1:13.19	40.14	200m: 2:38.42	41.51	300m: 4:05.26	43.71	400m: 5:17.07	34.79	
15.	Goncalo Faria Saldida	99	116645	Gualdim Pais	<b>5:19.25</b>		401		
	50m: 34.12	34.12	150m: 1:54.92	39.52	250m: 3:21.10	46.37	350m: 4:43.54	34.35	
	100m: 1:15.40	41.28	200m: 2:34.73	39.81	300m: 4:09.19	48.09	400m: 5:19.25	35.71	
DNS	Hugo Filipe Correia	99	118621	Litoral Alentejano					



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 2, Masc., 400m Estilos

Juvenis A

1.	Joao Alexandre Vital	98	110165	Colegio Monte Maior	<b>4:25.04</b>	701
	<i>Rec Nacional</i>					
	50m: 28.25	28.25	150m: 1:32.85	32.46	250m: 2:42.98	38.06
	100m: 1:00.39	32.14	200m: 2:04.92	32.07	300m: 3:21.97	38.99
					350m: 3:53.91	31.94
					400m: 4:25.04	31.13
2.	Hugo Pon	98	110164	Alges	<b>4:34.61</b>	630
	50m: 29.51	29.51	150m: 1:38.82	35.31	250m: 2:51.98	38.02
	100m: 1:03.51	34.00	200m: 2:13.96	35.14	300m: 3:30.83	38.85
					350m: 4:03.20	32.37
					400m: 4:34.61	31.41
3.	Jose Paula Carvalho	98	111450	Uniao Piedense	<b>4:38.93</b>	601
	50m: 29.18	29.18	150m: 1:38.82	36.01	250m: 2:54.07	40.58
	100m: 1:02.18	33.00	200m: 2:13.49	35.30	300m: 3:34.63	40.56
					350m: 4:08.07	33.44
					400m: 4:38.93	30.86
4.	Viktor Kot	98	109062	Nautico Marinha Grande	<b>4:45.28</b>	562
	50m: 29.84	29.84	150m: 1:39.87	36.11	250m: 2:56.30	41.71
	100m: 1:03.76	33.92	200m: 2:14.59	34.72	300m: 3:38.94	42.64
					350m: 4:12.52	33.58
					400m: 4:45.28	32.76
5.	Antonio Fernandes Carrico	98	106926	Pimpoes/Cimai	<b>4:47.21</b>	551
	50m: 30.72	30.72	150m: 1:45.72	38.34	250m: 3:03.37	39.75
	100m: 1:07.38	36.66	200m: 2:23.62	37.90	300m: 3:43.96	40.59
					350m: 4:16.94	32.98
					400m: 4:47.21	30.27
6.	Afonso Ribeiro Bate	98	117180	Alges	<b>4:47.55</b>	549
	50m: 29.28	29.28	150m: 1:43.24	38.79	250m: 3:01.17	39.56
	100m: 1:04.45	35.17	200m: 2:21.61	38.37	300m: 3:41.55	40.38
					350m: 4:15.68	34.13
					400m: 4:47.55	31.87
7.	Afonso Calais Queiroga	98	112311	Uniao Piedense	<b>4:49.92</b>	535
	50m: 29.94	29.94	150m: 1:42.41	38.12	250m: 3:00.37	40.78
	100m: 1:04.29	34.35	200m: 2:19.59	37.18	300m: 3:43.14	42.77
					350m: 4:17.19	34.05
					400m: 4:49.92	32.73
8.	Pedro Trindade Silva	98	111441	Amadora	<b>4:51.32</b>	528
	50m: 30.34	30.34	150m: 1:43.50	37.97	250m: 3:01.64	40.66
	100m: 1:05.53	35.19	200m: 2:20.98	37.48	300m: 3:44.36	42.72
					350m: 4:18.20	33.84
					400m: 4:51.32	33.12
9.	Diogo Vicente Silva	98	107040	Nautico Marinha Grande	<b>4:51.35</b>	528
	50m: 30.78	30.78	150m: 1:42.92	36.77	250m: 2:59.83	40.83
	100m: 1:06.15	35.37	200m: 2:19.00	36.08	300m: 3:41.86	42.03
					350m: 4:17.13	35.27
					400m: 4:51.35	34.22
10.	Goncalo Filipe Patatas	98	117602	Sporting	<b>4:52.94</b>	519
	50m: 30.58	30.58	150m: 1:43.31	38.34	250m: 3:04.70	42.76
	100m: 1:04.97	34.39	200m: 2:21.94	38.63	300m: 3:47.33	42.63
					350m: 4:19.95	32.62
					400m: 4:52.94	32.99
11.	David Miguel Neves	98	111851	Benfica	<b>4:55.08</b>	508
	50m: 30.41	30.41	150m: 1:46.82	40.89	250m: 3:08.03	41.68
	100m: 1:05.93	35.52	200m: 2:26.35	39.53	300m: 3:50.10	42.07
					350m: 4:23.29	33.19
					400m: 4:55.08	31.79
12.	Rafael Ladeiro Santos	98	117122	Gesloures	<b>4:56.95</b>	498
	50m: 31.30	31.30	150m: 1:47.92	39.87	250m: 3:07.54	42.16
	100m: 1:08.05	36.75	200m: 2:25.38	37.46	300m: 3:50.07	42.53
					350m: 4:24.34	34.27
					400m: 4:56.95	32.61
13.	Diogo Nogueira Rebelo	98	117035	Colegio Monte Maior	<b>4:58.15</b>	492
	50m: 30.81	30.81	150m: 1:43.16	37.17	250m: 3:04.99	45.31
	100m: 1:05.99	35.18	200m: 2:19.68	36.52	300m: 3:50.90	45.91
					350m: 4:25.24	34.34
					400m: 4:58.15	32.91
14.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	<b>5:00.25</b>	482
	50m: 29.56	29.56	150m: 1:44.16	39.64	250m: 3:08.63	45.81
	100m: 1:04.52	34.96	200m: 2:22.82	38.66	300m: 3:54.97	46.34
					350m: 4:29.90	34.93
					400m: 5:00.25	30.35
	Filipe Ferreira Luz	98	112320	Gesloures	<b>5:00.25</b>	482
	50m: 33.07	33.07	150m: 1:48.59	37.98	250m: 3:09.54	44.29
	100m: 1:10.61	37.54	200m: 2:25.25	36.66	300m: 3:53.62	44.08
					350m: 4:27.77	34.15
					400m: 5:00.25	32.48
16.	Cesar Barroqueiro Magalhaes	98	117393	Colegio Monte Maior	<b>5:01.51</b>	476
	50m: 31.53	31.53	150m: 1:48.12	40.84	250m: 3:09.08	42.12
	100m: 1:07.28	35.75	200m: 2:26.96	38.84	300m: 3:52.98	43.90
					350m: 4:27.88	34.90
					400m: 5:01.51	33.63
17.	Dario Fausto Matias	98	106690	Torres Novas	<b>5:02.87</b>	470
	50m: 31.94	31.94	150m: 1:49.81	40.67	250m: 3:12.98	44.58
	100m: 1:09.14	37.20	200m: 2:28.40	38.59	300m: 3:58.55	45.57
					350m: 4:30.66	32.11
					400m: 5:02.87	32.21
18.	Andre Pires Faria	98	117961	Amadora	<b>5:05.49</b>	458
	50m: 30.87	30.87	150m: 1:44.41	38.18	250m: 3:07.16	45.57
	100m: 1:06.23	35.36	200m: 2:21.59	37.18	300m: 3:53.59	46.43
					350m: 4:30.71	37.12
					400m: 5:05.49	34.78
19.	Miguel Angelo Martins	98	109564	Aminata	<b>5:06.15</b>	455
	50m: 30.82	30.82	150m: 1:49.43	41.21	250m: 3:09.76	40.99
	100m: 1:08.22	37.40	200m: 2:28.77	39.34	300m: 3:52.88	43.12
					350m: 4:30.73	37.85
					400m: 5:06.15	35.42



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 2, Masc., 400m Estilos, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
20.	Diogo Filipe Rodrigues	98	110927	Bairro dos Anjos /BOMCAR	<b>5:07.06</b>		451		
	50m: 31.31 31.31			150m: 1:47.77 39.72	250m: 3:11.29	43.86	350m: 4:31.75 36.00		
	100m: 1:08.05 36.74			200m: 2:27.43 39.66	300m: 3:55.75	44.46	400m: 5:07.06 35.31		
21.	Rafael Viegas Cruz	98	119647	Sporting	<b>5:09.01</b>		442		
	50m: 32.74 32.74			150m: 1:50.48 40.17	250m: 3:13.29	43.18	350m: 4:34.68 36.98		
	100m: 1:10.31 37.57			200m: 2:30.11 39.63	300m: 3:57.70	44.41	400m: 5:09.01 34.33		
22.	Marius Captari	98	111449	Amadora	<b>5:11.38</b>		432		
	50m: 32.28 32.28			150m: 1:47.97 38.23	250m: 3:11.07	45.29	350m: 4:33.59 37.95		
	100m: 1:09.74 37.46			200m: 2:25.78 37.81	300m: 3:55.64	44.57	400m: 5:11.38 37.79		
DSQ	Jose Diogo Fonseca	98	112714	Nautico Marinha Grande					
	<i>812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 25 m - SW 8.4</i>								

Prova 3

Femin., 100m Costas

Juvenis  
Resultados

13-12-2013 - 17:00

Recorde Nacional (25m) Absoluto	1:00.69	Marta Vieira Marinho	FCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	12-02-2011
Recorde Nacional (25m) Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	17-12-2011

Tac-JUVAFem Juv A: 1:13.80 / Tac-JUVBFem Juv B: 1:15.93

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Laura Sanchez Rodrigues	00	111405	Alges	<b>1:08.04</b>		534		
	50m: 33.49 33.49			100m: 1:08.04 34.55					
2.	Catarina Martins Mestre	00	120724	Sporting	<b>1:08.65</b>		520		
	50m: 33.23 33.23			100m: 1:08.65 35.42					
3.	Sofia Alexandra Nunes	00	112322	Laranjeiro	<b>1:10.13</b>		488		
	50m: 34.43 34.43			100m: 1:10.13 35.70					
4.	Beatriz Jong Rosa	00	124180	Desportivo Nacional	<b>1:10.18</b>		487		
	50m: 32.93 32.93			100m: 1:10.18 37.25					
5.	Matilde Correia Vieira	00	117805	Alcobaca	<b>1:10.83</b>		474		
	50m: 34.37 34.37			100m: 1:10.83 36.46					
6.	Beatriz Valadas Bilro	00	123035	Aminata	<b>1:12.33</b>		445		
	50m: 35.34 35.34			100m: 1:12.33 36.99					
7.	Ines Figueira Santos	00	111277	Uniao Piedense	<b>1:12.99</b>		433		
	50m: 35.41 35.41			100m: 1:12.99 37.58					
8.	Ema Filipa Rosario	00	120561	Natacao do Montijo	<b>1:13.04</b>		432		
	50m: 35.38 35.38			100m: 1:13.04 37.66					
9.	Rita Guedes Moreira	00	110881	Louletano/ Loule Concelho	<b>1:13.77</b>		419		
	50m: 35.85 35.85			100m: 1:13.77 37.92					
10.	Sofia Isabel Gouveia	00	121324	Uniao Piedense	<b>1:14.07</b>		414		
	50m: 35.29 35.29			100m: 1:14.07 38.78					
11.	Filipa Alves Raposeiro	00	120523	Palmela Desporto	<b>1:14.15</b>		413		
	50m: 35.85 35.85			100m: 1:14.15 38.30					
12.	Diana Sofia Mirra	00	119680	Bairro dos Anjos /BOMCAR	<b>1:15.26</b>		395		
	50m: 35.96 35.96			100m: 1:15.26 39.30					
13.	Beatriz Ferreira Rafael	00	123459	Gesloures	<b>1:15.43</b>		392		
	50m: 36.42 36.42			100m: 1:15.43 39.01					
14.	Beatriz Pereira Gomes	00	118766	Amadora	<b>1:15.44</b>		392		
	50m: 36.39 36.39			100m: 1:15.44 39.05					
15.	Ines Gomes Rodrigues	00	118404	Clube Naval Setubalense	<b>1:16.26</b>		379		
	50m: 37.31 37.31			100m: 1:16.26 38.95					





**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 3, Femin., 100m Costas, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
16.	Madalena Frota Carvalho	00	123312	Gesloures	<b>1:16.66</b>		373		
	50m: 37.74 37.74			100m: 1:16.66 38.92					
17.	Lara Alexandra Delgado	00	120773	Torres Novas	<b>1:16.95</b>		369		
	50m: 36.85 36.85			100m: 1:16.95 40.10					
18.	Ines Isabel Graca	00	121283	Gualdim Pais	<b>1:16.98</b>		369		
	50m: 36.65 36.65			100m: 1:16.98 40.33					
19.	Rita Sousa Cardoso	00	118935	Albicastrense	<b>1:17.61</b>		360		
	50m: 37.96 37.96			100m: 1:17.61 39.65					
20.	Joana Silva Ulpiano	00	119425	Laranjeiro	<b>1:18.48</b>		348		
	50m: 37.83 37.83			100m: 1:18.48 40.65					

Juvenis A

1.	Filipa Carreira Alves	99	118479	Uniao Piedense	<b>1:05.40</b>		602		
	50m: 31.59 31.59			100m: 1:05.40 33.81					
2.	Catarina Rego Borges	99	107020	Bombeiros Ponta Delgada	<b>1:06.81</b>		564		
	50m: 32.31 32.31			100m: 1:06.81 34.50					
3.	Maria Ana Monge	99	118400	Sporting	<b>1:07.46</b>		548		
	50m: 32.71 32.71			100m: 1:07.46 34.75					
4.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	<b>1:07.53</b>		547		
	50m: 32.68 32.68			100m: 1:07.53 34.85					
5.	Ines Margarida Costa	99	119474	Sporting	<b>1:08.44</b>		525		
	50m: 33.75 33.75			100m: 1:08.44 34.69					
6.	Margarida Sobral Pimenta	99	118764	Amadora	<b>1:08.54</b>		523		
	50m: 33.26 33.26			100m: 1:08.54 35.28					
7.	Sarah Dias	99	119262	CLAC-Entroncamento	<b>1:08.79</b>		517		
	50m: 33.50 33.50			100m: 1:08.79 35.29					
8.	Rita Maurile Taveira	99	118468	Alges	<b>1:11.26</b>		465		
	50m: 34.35 34.35			100m: 1:11.26 36.91					
9.	Joana Miguel Alexandre	99	111432	Amadora	<b>1:12.32</b>		445		
	50m: 35.46 35.46			100m: 1:12.32 36.86					
10.	Sofia Dias Alves	99	111393	Natacao do Montijo	<b>1:12.95</b>		433		
	50m: 35.37 35.37			100m: 1:12.95 37.58					
11.	Joana Sousa Pereira	99	107295	Bairro dos Anjos /BOMCAR	<b>1:13.51</b>		424		
	50m: 35.01 35.01			100m: 1:13.51 38.50					

Prova 4

Masc., 100m Costas

Juvenis

13-12-2013 - 17:10

Resultados

Recorde Nacional (25m) Absoluto	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	14-12-2013
Recorde Nacional (25m) Juv B	57.38	Gabriel Jose Lopes	CDL	Coimbra	13-05-2012
Recorde Nacional (25m) Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	04-12-2010

Tac-JUVAMasc Juv A: 1:07.23 / Tac-JUVBMasc Juv B: 1:08.48

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Joao Magalhaes Nunes	99	118769	Amadora	<b>1:02.34</b>		483		
	50m: 30.35 30.35			100m: 1:02.34 31.99					
2.	Joao Daniel Machado	99	109714	Uniao Piedense	<b>1:02.67</b>		476		
	50m: 30.53 30.53			100m: 1:02.67 32.14					
	Tiago Pastor Escada	99	108853	Aminata	<b>1:02.67</b>		476		
	50m: 30.32 30.32			100m: 1:02.67 32.35					



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 4, Masc., 100m Costas, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Afonso Guilherme Rosa 50m: 30.55 30.55	99	103331	Gualdim Pais 100m: 1:02.72 32.17	<b>1:02.72</b>		475		
5.	Diogo Alexandre Domingues 50m: 31.08 31.08	99	121328	Naval Amorense 100m: 1:03.95 32.87	<b>1:03.95</b>		448		
6.	Marco Andre Miguel 50m: 30.90 30.90	99	109944	Torres Novas 100m: 1:04.06 33.16	<b>1:04.06</b>		445		
7.	Francisco Ribeiro Constantino 50m: 31.18 31.18	99	105785	Naval da Nazare 100m: 1:04.73 33.55	<b>1:04.73</b>		432		
8.	Bernardo Antonio Alves 50m: 31.53 31.53	99	121075	Louletano/ Loule Concelho 100m: 1:04.89 33.36	<b>1:04.89</b>		429		
9.	Guilherme Duarte Silva 50m: 31.82 31.82	99	104133	Desportivo Nacional 100m: 1:05.17 33.35	<b>1:05.17</b>		423		
10.	Francisco Cortez Viterbo 50m: 31.50 31.50	99	120449	Alges 100m: 1:05.21 33.71	<b>1:05.21</b>		422		
11.	Tomas Silva Coxixo 50m: 30.52 30.52	99	118387	Natacao do Montijo 100m: 1:05.26 34.74	<b>1:05.26</b>		421		
12.	Rui Pedro Brito 50m: 31.71 31.71	99	112717	Nautico Marinha Grande 100m: 1:05.66 33.95	<b>1:05.66</b>		414		
13.	Rodrigo Costa Teixeira 50m: 31.61 31.61	99	108410	Laranjeiro 100m: 1:05.70 34.09	<b>1:05.70</b>		413		
14.	Andre Mendes Batalha 50m: 32.33 32.33	99	107792	Aminata 100m: 1:06.19 33.86	<b>1:06.19</b>		404		
15.	Gil Magalhaes Raposo 50m: 32.16 32.16	99	110076	Lagoa AC 100m: 1:06.21 34.05	<b>1:06.21</b>		403		
16.	Alessandro Antunes Paolinelli 50m: 31.83 31.83	99	108460	Naval do Funchal 100m: 1:06.68 34.85	<b>1:06.68</b>		395		
17.	Nuno Rafael Silva 50m: 32.03 32.03	99	117594	Colegio Monte Maior 100m: 1:06.92 34.89	<b>1:06.92</b>		391		
18.	Andre Santa Rita 50m: 32.17 32.17	99	117781	Portinado 100m: 1:06.97 34.80	<b>1:06.97</b>		390		
19.	Francisco Pereira Pedrosa 50m: 32.69 32.69	99	117816	Industrial Viegense 100m: 1:07.33 34.64	<b>1:07.33</b>		384		
20.	Ricardo Lucas Lopes 50m: 32.58 32.58	99	107556	Louletano/ Loule Concelho 100m: 1:07.69 35.11	<b>1:07.69</b>		377		

Juvenis A

1.	Carlos Afonso Almeida 50m: 28.99 28.99	98	119275	Colegio Vasco da Gama 100m: 59.08 30.09	<b>59.08</b>		568		
2.	Frederico Sucena Riachos 50m: 29.22 29.22	98	121637	Nucleo Sportinguista Golega 100m: 59.71 30.49	<b>59.71</b>		550		
3.	Francisco Carvalho Machado 50m: 29.07 29.07	98	111855	Alges 100m: 1:00.36 31.29	<b>1:00.36</b>		533		
4.	Steve Alexandre Soares 50m: 29.20 29.20	98	111442	Amadora 100m: 1:00.85 31.65	<b>1:00.85</b>		520		
5.	Francisco Rogerio Santos 50m: 29.74 29.74	98	120268	Benedita 100m: 1:01.46 31.72	<b>1:01.46</b>		504		
6.	Miguel Reis Santos 50m: 29.90 29.90	98	110163	Alges 100m: 1:01.68 31.78	<b>1:01.68</b>		499		
7.	Ricardo Goncalves Moura 50m: 29.97 29.97	98	107577	Electrico Clube 100m: 1:01.74 31.77	<b>1:01.74</b>		498		
8.	Filipe Miguel Silveira 50m: 30.40 30.40	98	111440	Amadora 100m: 1:02.17 31.77	<b>1:02.17</b>		487		



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 4, Masc., 100m Costas, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Ricardo Saraiva Pires 50m: 30.75 30.75	98	107651	Laranjeiro 100m: 1:02.84 32.09	<b>1:02.84</b>		472		
10.	Diogo Rosado Leca 50m: 30.32 30.32	98	117034	Colegio Monte Maior 100m: 1:02.85 32.53	<b>1:02.85</b>		472		
11.	Tiago Martins Boleta 50m: 30.03 30.03	98	107597	Louletano/ Loule Concelho 100m: 1:03.08 33.05	<b>1:03.08</b>		466		
12.	Joao Diogo Fernandes 50m: 30.76 30.76	98	121542	Benfica 100m: 1:03.25 32.49	<b>1:03.25</b>		463		
13.	Miguel Cerdeira Freitas 50m: 30.97 30.97	98	111387	Estoris 100m: 1:03.51 32.54	<b>1:03.51</b>		457		
14.	Goncalo Filipe Oliveira 50m: 30.64 30.64	98	112473	Desporto de Setubal 100m: 1:03.85 33.21	<b>1:03.85</b>		450		
15.	Diogo Rodrigues Freitas 50m: 31.03 31.03	98	107680	Uniao Piedense 100m: 1:04.17 33.14	<b>1:04.17</b>		443		
16.	Ruben Duarte Leitao 50m: 30.85 30.85	98	122265	Desporto de Setubal 100m: 1:04.33 33.48	<b>1:04.33</b>		440		
17.	Miguel Martins Baltazar 50m: 31.43 31.43	98	104338	Aminata 100m: 1:04.51 33.08	<b>1:04.51</b>		436		
18.	Diogo Jose Vaz 50m: 30.90 30.90	98	102103	Bombeiros Ponta Delgada 100m: 1:04.89 33.99	<b>1:04.89</b>		429		
19.	Andre Pires Faria 50m: 31.89 31.89	98	117961	Amadora 100m: 1:04.96 33.07	<b>1:04.96</b>		427		
20.	Joao Pedro Costa 50m: 30.93 30.93	98	100988	Desportivo Nacional 100m: 1:05.08 34.15	<b>1:05.08</b>		425		
21.	Marius Captari 50m: 31.67 31.67	98	111449	Amadora 100m: 1:05.31 33.64	<b>1:05.31</b>		420		
22.	Miguel Alexandre Rato 50m: 32.07 32.07	98	102130	Bombeiros Ponta Delgada 100m: 1:05.71 33.64	<b>1:05.71</b>		413		
23.	Tomas Loia Sequeira 50m: 31.61 31.61	98	128571	Armacenenses 100m: 1:06.57 34.96	<b>1:06.57</b>		397		
24.	Daniel Santo Caramujo 50m: 32.50 32.50	98	107729	Colegio Vasco da Gama 100m: 1:07.18 34.68	<b>1:07.18</b>		386		

Prova 5

Femin., 4 x 200m Livres

Juvenis

13-12-2013 - 17:30

Resultados

Recorde Nacional (25m) Absoluto	8:14.13	Futebol Clube do Porto/Dolce Vita	FCP	Porto	05-12-2010
Recorde Nacional (25m) Juv B	8:52.76	Sport Alges e Dafundo	SAD	Algés	04-06-2011
Recorde Nacional (25m) Juv A	8:52.76				

Tac-JUVA Fem Juv A: 9:48.59 / Tac-JUVB Fem Juv B: 9:59.29

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



TOMAR  
CIDADE TEMPLÁRIA

Prova 5, Femin., 4 x 200m Livres

Juvenis B

1. Uniao Piedense-JUV B		Uniao Piedense		<b>9:10.90</b>		566
Margarida Valente Orrico	00	31.12	1:05.55	1:40.91	2:15.88	2:15.88
Mariana Silva Navalho	00	31.95	1:07.11	1:43.35	2:17.68	2:17.68
Ines Figueira Santos	00	31.95	1:07.48	1:43.58	2:18.20	2:18.20
Sofia Isabel Gouveia	00	30.66	1:05.68	1:42.91	2:19.14	2:19.14
2. Nautico Marinha Grande-JUV B		Nautico Marinha Grande		<b>9:20.91</b>		537
Margarida Reconha Marques	00	32.05	1:07.78	1:44.33	2:20.82	2:20.82
Monica Seara Domingues	00	31.76	1:07.29	1:44.23	2:20.35	2:20.35
Giovanna Vaz Vargas	00	30.87	1:05.51	1:41.22	2:16.60	2:16.60
Lara Ferreira Martins	00	32.15	1:09.31	1:47.12	2:23.14	2:23.14
3. Desportivo Nacional-JUV B		Desportivo Nacional		<b>9:21.99</b>		533
Laura Catarina Abreu	00	30.77	1:04.59	1:40.17	2:16.13	2:16.13
Beatriz Jong Rosa	00	31.46	1:07.12	1:44.13	2:17.72	2:17.72
Maria Leonor Gomes	00	31.60	1:07.59	1:44.00	2:17.75	2:17.75
Ana Isabel Viveiros	00	32.39	1:11.08	1:51.44	2:30.39	2:30.39
4. Sporting-JUV B		Sporting		<b>9:30.41</b>		510
Ana Rita Correia	00	33.44	1:10.36	1:49.29	2:28.01	2:28.01
Mariana Figueiras Matos	00	32.57	1:09.13	1:46.30	2:23.00	2:23.00
Mariana Silva Ramos	00	32.00	1:07.68	1:44.68	2:21.26	2:21.26
Catarina Martins Mestre	00	30.56	1:05.14	1:41.70	2:18.14	2:18.14
5. Alcobaca-JUV B		Alcobaca		<b>9:32.05</b>		506
Ines Rocha Silva	00	30.70	1:05.34	1:41.71	2:17.64	2:17.64
Filipa Andreia Silva	00	33.38	1:11.39	1:49.89	2:26.77	2:26.77
Joana Mota Correia	00	32.08	1:08.19	1:46.11	2:25.87	2:25.87
Matilde Correia Vieira	00	32.44	1:08.74	1:46.00	2:21.77	2:21.77
6. Amadora-JUV B		Amadora		<b>9:33.74</b>		501
Maria Tome Fialho	00	32.58	1:07.59	1:44.51	2:21.15	2:21.15
Margarida Rito Reis	00	33.38	1:09.72	1:47.19	2:23.96	2:23.96
Beatriz Pereira Gomes	00	32.67	1:08.82	1:46.56	2:22.06	2:22.06
Raquel Torres Ramos	00	33.00	1:09.94	1:48.01	2:26.57	2:26.57

Juvenis A

1. Sporting-JUV A		Sporting		<b>9:03.24</b>		591
Maria Ana Monge	99	31.18	1:05.40	1:40.23	2:14.82	2:14.82
Ines Margarida Costa	99	20.99	1:05.27	1:39.72	2:14.24	2:14.24
Filipa Sousa Pinheiro	99	30.74	1:05.64	1:41.56	2:17.96	2:17.96
Beatriz Paulo Ranito	99	30.40	1:04.91	1:40.58	2:16.22	2:16.22
2. Amadora-JUV A		Amadora		<b>9:06.70</b>		580
Joana Cristina Fernandes	99	31.26	1:05.62	1:40.45	2:14.78	2:14.78
Ana Oliveira Silva	99	30.92	1:05.72	1:42.09	2:19.22	2:19.22
Margarida Sobral Pimenta	99	30.22	1:04.34	1:39.55	2:14.31	2:14.31
Joana Miguel Alexandre	99	31.17	1:06.39	1:42.31	2:18.39	2:18.39
3. Colegio Bernardette Romeira-JUV A		Colegio Bernardette Romeira		<b>9:23.51</b>		529
Matilde Pereira Martins	99	31.73	1:06.28	1:43.06	2:19.12	2:19.12
Joana Viegas Bento	99	32.45	1:08.30	1:44.68	2:20.14	2:20.14
Carolina Costa Fernandes	99	31.79	1:09.41	1:48.20	2:26.36	2:26.36
Catarina Costa Fernandes	99	31.30	1:06.58	1:42.95	2:17.89	2:17.89



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 6

Masc., 4 x 200m Livres

Juvenis

13-12-2013 - 17:50

Resultados

Recorde Nacional (25m) Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Juv B	8:13.28	Futebol Clube do Porto	FCP	Felgueiras	09-03-2013
Recorde Nacional (25m) Juv A	7:49.50	Associação Naval Amorense	ANAM	Algés	06-07-2012

Tac-JUVAMasc Juv A: 9:02.21 / Tac-JUVBMasc Juv B: 9:22.60

Pontos: FINA 2013

Lugar	NFed	Clube			Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.		<b>Amadora-JUV B</b>			<b>8:34.85</b>		<b>501</b>		
		Afonso Vicente Eva	99	30.55	1:04.23	1:38.12	2:12.63	2:12.63	
		Alexander Carvalho Esteves	99	30.48	1:04.89	1:40.33	2:14.11	2:14.11	
		Joao Magalhaes Nunes	99	27.43	58.21	1:28.56	1:58.64	1:58.64	
		Pedro Ferraz Esteves	99	30.27	1:03.69	1:36.91	2:09.47	2:09.47	
2.		<b>Industrial Viegrense-JUV B</b>			<b>8:38.66</b>		<b>490</b>		
		Sergio Gabriel Lamande	99	29.81	1:04.08	1:40.09	2:15.54	2:15.54	
		Francisco Pereira Pedrosa	99	29.49	1:03.37	1:38.35	2:12.55	2:12.55	
		Andre Lopes Silva	99	28.17	1:00.36	1:34.14	2:07.13	2:07.13	
		Sandro Emanuel Francisco	99	27.88	58.66	1:30.93	2:03.44	2:03.44	
3.		<b>Naval do Funchal-JUV B</b>			<b>8:39.98</b>		<b>486</b>		
		Alessandro Antunes Paolinelli	99	29.30	1:01.74	1:35.35	2:08.70	2:08.70	
		Martim Moniz Silva	99	29.28	1:02.07	1:35.37	2:08.50	2:08.50	
		Joao Nunes Cotrim	99	29.49	1:03.97	1:39.47	2:13.41	2:13.41	
		Afonso Meneses Sequeira	99	27.75	1:00.38	1:34.30	2:09.37	2:09.37	
4.		<b>Uniao Piedense-JUV B</b>			<b>8:55.29</b>		<b>446</b>		
		Filipe Alexandre Silva	99	30.68	1:05.39	1:40.99	2:16.23	2:16.23	
		Joao Daniel Machado	99	28.81	1:01.54	1:34.66	2:07.09	2:07.09	
		Tiago Filipe Freitas	99	30.90	1:05.46	1:41.42	2:17.12	2:17.12	
		Pedro Henrique Matos	99	29.87	1:03.42	1:39.12	2:14.85	2:14.85	
<b>Juvenis A</b>									
1.		<b>Alges-JUV A</b>			<b>8:03.20</b>		<b>606</b>		
		Afonso Sobral Domingues	98	29.35	1:01.36	1:33.44	2:04.65	2:04.65	
		Hugo Pon	98	27.14	58.20	1:28.96	1:59.31	1:59.31	
		Afonso Ribeiro Bate	98	27.76	59.56	1:32.41	2:03.75	2:03.75	
		Francisco Carvalho Machado	98	26.27	56.18	1:26.67	1:55.49	1:55.49	
2.		<b>Naval do Funchal-JUV A</b>			<b>8:03.78</b>		<b>604</b>		
		Henrique Luis Vargas	98	27.28	58.17	1:29.82	2:00.08	2:00.08	
		Francisco Manso Teixeira	98	27.56	58.72	1:30.89	2:02.70	2:02.70	
		Pedro Camacho Sousa	98	28.02	58.48	1:30.22	2:02.26	2:02.26	
		Francisco Aguiar Morganho	98	26.80	57.29	1:28.27	1:58.74	1:58.74	
3.		<b>Amadora-JUV A</b>			<b>8:10.82</b>		<b>578</b>		
		Pedro Trindade Silva	98	28.01	58.59	1:30.10	2:01.02	2:01.02	
		Steve Alexandre Soares	98	27.47	59.84	1:33.46	2:05.18	2:05.18	
		Filipe Miguel Silveira	98	26.95	56.83	1:27.92	1:59.25	1:59.25	
		Joao Sismeiro Pereira	98	28.67	59.77	1:32.11	2:05.37	2:05.37	
4.		<b>Colegio Monte Maior-JUV A</b>			<b>8:14.64</b>		<b>565</b>		
		Diogo Nogueira Rebelo	98	29.10	1:00.91	1:33.45	2:05.01	2:05.01	
		Cesar Barroqueiro Magalhaes	98	27.78	58.97	1:31.80	2:05.39	2:05.39	
		Joao Alexandre Vital	98	25.80	54.69	1:24.38	1:54.27	1:54.27	
		Diogo Rosado Leca	98	28.16	1:00.63	1:35.19	2:09.97	2:09.97	
5.		<b>Uniao Piedense-JUV A</b>			<b>8:15.32</b>		<b>563</b>		
		Afonso Calais Queiroga	98	28.25	59.64	1:31.41	2:02.06	2:02.06	
		Diogo Rodrigues Freitas	98	28.22	59.80	1:32.40	2:05.22	2:05.22	
		Hugo Filipe Torres	98	28.46	1:00.73	1:34.21	2:07.85	2:07.85	
		Jose Paula Carvalho	98	27.37	57.98	1:28.76	2:00.19	2:00.19	
6.		<b>Gesloures-JUV A</b>			<b>8:30.46</b>		<b>514</b>		
		Raul Miguel Matzinger	98	29.69	1:02.49	1:36.18	2:09.67	2:09.67	
		Frederico Pinto Silva	98	29.84	1:02.84	1:36.86	2:09.16	2:09.16	
		Filipe Ferreira Luz	98	29.86	1:02.83	1:36.24	2:08.96	2:08.96	
		Rafael Ladeiro Santos	98	28.07	59.18	1:31.32	2:02.67	2:02.67	



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 6, Masc., 4 x 200m Livres, Juvenis A

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>7. Bairro dos Anjos /BOMCAR-JUV A</b>		<b>Bairro dos Anjos /BOMCAR</b>	<b>8:31.91</b>		<b>510</b>		
Diogo Filipe Rodrigues	98	28.45	1:00.53	1:33.47	2:07.19	2:07.19	
Dmytro Khomenko	98	27.04	59.77	1:34.76	2:10.43	2:10.43	
Goncalo Manuel Repolho	98	28.19	1:01.25	1:35.93	2:10.02	2:10.02	
Bernardo Santos Clemente	98	27.10	58.92	1:31.40	2:04.27	2:04.27	
<b>8. Alcobaca-JUV A</b>		<b>Alcobaca</b>	<b>8:58.18</b>		<b>439</b>		
Andre Pereira Coelho	98	29.88	1:01.89	1:34.84	2:07.52	2:07.52	
Ricardo Pereira Coelho	98	30.79	1:06.61	1:43.97	2:20.56	2:20.56	
Joao Mateus Ferreira	98	29.52	1:05.10	1:43.20	2:18.62	2:18.62	
Diogo Pereira Coelho	98	30.47	1:04.11	1:38.17	2:11.48	2:11.48	

Prova 7  
14-12-2013 - 9:30  
Femin., 800m Livres  
Juvenis Resultados

Recorde Nacional (25m) Absoluto	8:41.65	Angelica Maria Andre	LSC	Porto	09-12-2012
Recorde Nacional (25m) Juv B	9:00.27	Alexandra Maria Silva	FCP		01-01-1981
Recorde Nacional (25m) Juv A	8:46.74	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004

Tac-JUVAFem Juv A: 10:09.47 / Tac-JUVBFem Juv B: 10:27.05

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>1.</b>	<b>Giovanna Vaz Vargas</b>	<b>00</b>	<b>110957</b>	<b>Nautico Marinha Grande</b>	<b>9:40.18</b>		<b>570</b>		
	50m: 32.47 32.47			250m: 2:57.65 36.90	450m: 5:25.06 36.83	650m: 7:51.61 36.86			
	100m: 1:08.08 35.61			300m: 3:34.70 37.05	500m: 6:01.84 36.78	700m: 8:28.23 36.62			
	150m: 1:44.33 36.25			350m: 4:11.44 36.74	550m: 6:38.28 36.44	750m: 9:04.94 36.71			
	200m: 2:20.75 36.42			400m: 4:48.23 36.79	600m: 7:14.75 36.47	800m: 9:40.18 35.24			
<b>2.</b>	<b>Ines Jacinto Henriques</b>	<b>00</b>	<b>120220</b>	<b>Pimpoes/Cimai</b>	<b>9:45.02</b>		<b>556</b>		
	50m: 33.10 33.10			250m: 2:59.12 36.67	450m: 5:26.25 36.99	650m: 7:55.64 36.98			
	100m: 1:09.52 36.42			300m: 3:35.87 36.75	500m: 6:03.62 37.37	700m: 8:32.65 37.01			
	150m: 1:45.85 36.33			350m: 4:12.48 36.61	550m: 6:40.99 37.37	750m: 9:09.72 37.07			
	200m: 2:22.45 36.60			400m: 4:49.26 36.78	600m: 7:18.66 37.67	800m: 9:45.02 35.30			
<b>3.</b>	<b>Monica Seara Domingues</b>	<b>00</b>	<b>110972</b>	<b>Nautico Marinha Grande</b>	<b>9:47.97</b>		<b>547</b>		
	50m: 33.12 33.12			250m: 3:02.98 37.90	450m: 5:33.16 36.74	650m: 7:58.91 36.01			
	100m: 1:09.76 36.64			300m: 3:40.90 37.92	500m: 6:10.00 36.84	700m: 8:36.21 37.30			
	150m: 1:47.06 37.30			350m: 4:18.56 37.66	550m: 6:46.87 36.87	750m: 9:13.37 37.16			
	200m: 2:25.08 38.02			400m: 4:56.42 37.86	600m: 7:22.90 36.03	800m: 9:47.97 34.60			
<b>4.</b>	<b>Margarida Valente Orrico</b>	<b>00</b>	<b>118395</b>	<b>Uniao Piedense</b>	<b>9:49.03</b>		<b>544</b>		
	50m: 33.57 33.57			250m: 3:01.40 37.37	450m: 5:30.81 37.14	650m: 7:59.40 37.44			
	100m: 1:09.75 36.18			300m: 3:39.00 37.60	500m: 6:07.41 36.60	700m: 8:36.00 36.60			
	150m: 1:47.02 37.27			350m: 4:16.02 37.02	550m: 6:44.81 37.40	750m: 9:13.04 37.04			
	200m: 2:24.03 37.01			400m: 4:53.67 37.65	600m: 7:21.96 37.15	800m: 9:49.03 35.99			
<b>5.</b>	<b>Margarida Reconha Marques</b>	<b>00</b>	<b>117868</b>	<b>Nautico Marinha Grande</b>	<b>9:53.83</b>		<b>531</b>		
	50m: 33.68 33.68			250m: 3:01.20 36.84	450m: 5:30.42 37.35	650m: 7:59.75 37.52			
	100m: 1:10.49 36.81			300m: 3:38.09 36.89	500m: 6:07.74 37.32	700m: 8:37.70 37.95			
	150m: 1:47.34 36.85			350m: 4:15.50 37.41	550m: 6:45.04 37.30	750m: 9:16.24 38.54			
	200m: 2:24.36 37.02			400m: 4:53.07 37.57	600m: 7:22.23 37.19	800m: 9:53.83 37.59			
<b>6.</b>	<b>Mariana Silva Navalho</b>	<b>00</b>	<b>120577</b>	<b>Uniao Piedense</b>	<b>10:02.24</b>		<b>509</b>		
	50m: 35.36 35.36			250m: 3:08.10 37.89	450m: 5:39.44 37.55	650m: 8:11.09 37.92			
	100m: 1:13.11 37.75			300m: 3:46.34 38.24	500m: 6:17.13 37.69	700m: 8:49.22 38.13			
	150m: 1:51.65 38.54			350m: 4:24.05 37.71	550m: 6:55.29 38.16	750m: 9:26.70 37.48			
	200m: 2:30.21 38.56			400m: 5:01.89 37.84	600m: 7:33.17 37.88	800m: 10:02.24 35.54			
<b>7.</b>	<b>Maria Leonor Gomes</b>	<b>00</b>	<b>108201</b>	<b>Desportivo Nacional</b>	<b>10:04.53</b>		<b>503</b>		
	50m: 32.52 32.52			250m: 3:02.26 37.92	450m: 5:33.57 38.29	650m: 8:07.67 40.88			
	100m: 1:09.57 37.05			300m: 3:40.11 37.85	500m: 6:11.90 38.33	700m: 8:46.85 39.18			
	150m: 1:46.87 37.30			350m: 4:17.66 37.55	550m: 6:49.92 38.02	750m: 9:26.36 39.51			
	200m: 2:24.34 37.47			400m: 4:55.28 37.62	600m: 7:26.79 36.87	800m: 10:04.53 38.17			



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 7, Femin., 800m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Sofia Isabel Gouveia	00	121324	Uniao Piedense	<b>10:06.90</b>		498		
	50m: 32.83 32.83		250m: 3:02.81 37.78	450m: 5:37.70 39.60	650m: 8:13.42 37.18				
	100m: 1:09.58 36.75		300m: 3:40.75 37.94	500m: 6:17.45 39.75	700m: 8:52.82 39.40				
	150m: 1:47.29 37.71		350m: 4:19.12 38.37	550m: 6:56.63 39.18	750m: 9:32.28 39.46				
	200m: 2:25.03 37.74		400m: 4:58.10 38.98	600m: 7:36.24 39.61	800m: 10:06.90 34.62				
9.	Mariana Silva Ramos	00	120720	Sporting	<b>10:07.85</b>		495		
	50m: 34.05 34.05		250m: 3:03.92 37.57	450m: 5:36.89 38.43	650m: 8:11.40 38.30				
	100m: 1:10.95 36.90		300m: 3:42.18 38.26	500m: 6:15.56 38.67	700m: 8:50.32 38.92				
	150m: 1:48.40 37.45		350m: 4:20.24 38.06	550m: 6:53.66 38.10	750m: 9:28.88 38.56				
	200m: 2:26.35 37.95		400m: 4:58.46 38.22	600m: 7:33.10 39.44	800m: 10:07.85 38.97				
10.	Patricia Palmeiro Baeta	00	112658	Viver Santarem	<b>10:10.85</b>		488		
	50m: 34.76 34.76		250m: 3:07.51 37.84	450m: 5:40.82 38.41	650m: 8:17.47 39.37				
	100m: 1:12.64 37.88		300m: 3:46.03 38.52	500m: 6:19.75 38.93	700m: 8:56.49 39.02				
	150m: 1:51.11 38.47		350m: 4:24.04 38.01	550m: 6:58.83 39.08	750m: 9:33.54 37.05				
	200m: 2:29.67 38.56		400m: 5:02.41 38.37	600m: 7:38.10 39.27	800m: 10:10.85 37.31				
11.	Maria Tome Fialho	00	122346	Amadora	<b>10:11.74</b>		486		
	50m: 34.85 34.85		250m: 3:09.77 39.12	450m: 5:44.82 38.56	650m: 8:20.14 38.75				
	100m: 1:13.03 38.18		300m: 3:48.74 38.97	500m: 6:23.48 38.66	700m: 8:58.38 38.24				
	150m: 1:51.49 38.46		350m: 4:27.25 38.51	550m: 7:02.39 38.91	750m: 9:36.18 37.80				
	200m: 2:30.65 39.16		400m: 5:06.26 39.01	600m: 7:41.39 39.00	800m: 10:11.74 35.56				
12.	Beatriz Pereira Gomes	00	118766	Amadora	<b>10:13.63</b>		481		
	50m: 34.79 34.79		250m: 3:09.74 39.04	450m: 5:45.28 38.96	650m: 8:20.83 39.11				
	100m: 1:13.10 38.31		300m: 3:48.67 38.93	500m: 6:23.71 38.43	700m: 8:59.46 38.63				
	150m: 1:51.47 38.37		350m: 4:27.22 38.55	550m: 7:02.99 39.28	750m: 9:37.44 37.98				
	200m: 2:30.70 39.23		400m: 5:06.32 39.10	600m: 7:41.72 38.73	800m: 10:13.63 36.19				
13.	Alice Margarida Sousa	00	117873	Nautico Marinha Grande	<b>10:13.77</b>		481		
	50m: 35.07 35.07		250m: 3:07.91 38.06	450m: 5:42.08 38.94	650m: 8:19.08 39.34				
	100m: 1:12.92 37.85		300m: 3:46.51 38.60	500m: 6:21.47 39.39	700m: 8:58.04 38.96				
	150m: 1:51.43 38.51		350m: 4:24.43 37.92	550m: 7:00.27 38.80	750m: 9:36.56 38.52				
	200m: 2:29.85 38.42		400m: 5:03.14 38.71	600m: 7:39.74 39.47	800m: 10:13.77 37.21				
14.	Lara Ferreira Martins	00	117834	Nautico Marinha Grande	<b>10:14.29</b>		480		
	50m: 32.74 32.74		250m: 3:04.89 38.67	450m: 5:42.11 39.53	650m: 8:18.21 39.11				
	100m: 1:09.91 37.17		300m: 3:43.94 39.05	500m: 6:20.79 38.68	700m: 8:57.18 38.97				
	150m: 1:47.94 38.03		350m: 4:23.18 39.24	550m: 7:00.09 39.30	750m: 9:36.52 39.34				
	200m: 2:26.22 38.28		400m: 5:02.58 39.40	600m: 7:39.10 39.01	800m: 10:14.29 37.77				
15.	Mariana Figueiras Matos	00	120721	Sporting	<b>10:15.87</b>		476		
	50m: 35.67 35.67		250m: 3:10.28 39.05	450m: 5:44.78 38.32	650m: 8:20.28 39.13				
	100m: 1:13.81 38.14		300m: 3:49.16 38.88	500m: 6:23.12 38.34	700m: 8:59.54 39.26				
	150m: 1:52.39 38.58		350m: 4:27.63 38.47	550m: 7:02.08 38.96	750m: 9:38.11 38.57				
	200m: 2:31.23 38.84		400m: 5:06.46 38.83	600m: 7:41.15 39.07	800m: 10:15.87 37.76				
16.	Ana Rita Correia	00	120723	Sporting	<b>10:20.25</b>		466		
	50m: 34.87 34.87		250m: 3:09.46 39.02	450m: 5:45.90 39.28	650m: 8:22.54 39.53				
	100m: 1:12.91 38.04		300m: 3:48.34 38.88	500m: 6:24.65 38.75	700m: 9:01.88 39.34				
	150m: 1:51.49 38.58		350m: 4:27.35 39.01	550m: 7:03.79 39.14	750m: 9:41.99 40.11				
	200m: 2:30.44 38.95		400m: 5:06.62 39.27	600m: 7:43.01 39.22	800m: 10:20.25 38.26				
17.	Joana Silva Ulpiano	00	119425	Laranjeiro	<b>10:28.11</b>		449		
	50m: 35.89 35.89		250m: 3:14.19 39.67	450m: 5:52.87 39.66	650m: 8:31.31 39.76				
	100m: 1:14.94 39.05		300m: 3:53.77 39.58	500m: 6:32.25 39.38	700m: 9:11.04 39.73				
	150m: 1:54.95 40.01		350m: 4:33.26 39.49	550m: 7:11.99 39.74	750m: 9:50.02 38.98				
	200m: 2:34.52 39.57		400m: 5:13.21 39.95	600m: 7:51.55 39.56	800m: 10:28.11 38.09				
18.	Rita Filipa Paulino	00	118462	Clube Naval Setubalense	<b>10:31.23</b>		442		
	50m: 35.31 35.31		250m: 3:14.44 40.19	450m: 5:55.02 40.08	650m: 8:33.90 39.47				
	100m: 1:14.38 39.07		300m: 3:55.03 40.59	500m: 6:34.84 39.82	700m: 9:13.59 39.69				
	150m: 1:54.41 40.03		350m: 4:35.15 40.12	550m: 7:14.91 40.07	750m: 9:53.26 39.67				
	200m: 2:34.25 39.84		400m: 5:14.94 39.79	600m: 7:54.43 39.52	800m: 10:31.23 37.97				



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 7, Femin., 800m Livres

Juvenis A

1. Barbara Coimbra Teodosio	99 112716	Nautico Marinha Grande	<b>9:16.56</b>	645
50m: 30.86 30.86	250m: 2:50.07 35.25	450m: 5:10.85 35.54	650m: 7:33.24 35.63	
100m: 1:04.98 34.12	300m: 3:25.23 35.16	500m: 5:46.98 36.13	700m: 8:08.12 34.88	
150m: 1:39.89 34.91	350m: 4:00.96 35.73	550m: 6:21.82 34.84	750m: 8:43.62 35.50	
200m: 2:14.82 34.93	400m: 4:35.31 34.35	600m: 6:57.61 35.79	800m: 9:16.56 32.94	
2. Beatriz Barros Carmo	99 107625	Colegio Vasco da Gama	<b>9:31.31</b>	597
50m: 32.55 32.55	250m: 2:55.61 36.12	450m: 5:19.76 36.04	650m: 7:44.27 36.37	
100m: 1:07.78 35.23	300m: 3:31.78 36.17	500m: 5:55.96 36.20	700m: 8:20.42 36.15	
150m: 1:43.65 35.87	350m: 4:07.67 35.89	550m: 6:32.13 36.17	750m: 8:56.49 36.07	
200m: 2:19.49 35.84	400m: 4:43.72 36.05	600m: 7:07.90 35.77	800m: 9:31.31 34.82	
3. Beatriz Paulo Ranito	99 116593	Sporting	<b>9:31.81</b>	595
50m: 31.86 31.86	250m: 2:55.20 36.16	450m: 5:20.23 36.35	650m: 7:45.29 36.05	
100m: 1:06.77 34.91	300m: 3:31.23 36.03	500m: 5:56.45 36.22	700m: 8:21.32 36.03	
150m: 1:42.71 35.94	350m: 4:07.49 36.26	550m: 6:32.72 36.27	750m: 8:56.80 35.48	
200m: 2:19.04 36.33	400m: 4:43.88 36.39	600m: 7:09.24 36.52	800m: 9:31.81 35.01	
4. Maria Beatriz Dias	99 108045	Viver Santarem	<b>9:35.60</b>	583
50m: 33.49 33.49	250m: 2:57.85 36.42	450m: 5:22.80 36.42	650m: 7:48.30 36.41	
100m: 1:09.09 35.60	300m: 3:34.01 36.16	500m: 5:59.08 36.28	700m: 8:24.52 36.22	
150m: 1:45.26 36.17	350m: 4:10.23 36.22	550m: 6:35.51 36.43	750m: 9:01.05 36.53	
200m: 2:21.43 36.17	400m: 4:46.38 36.15	600m: 7:11.89 36.38	800m: 9:35.60 34.55	
5. Tania Cristina Mendes	99 111028	Industrial Veiense	<b>9:40.06</b>	570
50m: 32.23 32.23	250m: 2:53.63 36.14	450m: 5:20.74 36.97	650m: 7:48.95 37.14	
100m: 1:06.49 34.26	300m: 3:29.77 36.14	500m: 5:57.32 36.58	700m: 8:26.01 37.06	
150m: 1:41.80 35.31	350m: 4:06.85 37.08	550m: 6:34.44 37.12	750m: 9:03.93 37.92	
200m: 2:17.49 35.69	400m: 4:43.77 36.92	600m: 7:11.81 37.37	800m: 9:40.06 36.13	
6. Eva Guerreiro Carvalho	99 111392	Uniao Piedense	<b>9:43.05</b>	561
50m: 33.05 33.05	250m: 2:59.30 36.85	450m: 5:27.10 37.13	650m: 7:54.58 36.91	
100m: 1:08.76 35.71	300m: 3:36.16 36.86	500m: 6:04.22 37.12	700m: 8:31.29 36.71	
150m: 1:45.65 36.89	350m: 4:13.01 36.85	550m: 6:40.94 36.72	750m: 9:07.84 36.55	
200m: 2:22.45 36.80	400m: 4:49.97 36.96	600m: 7:17.67 36.73	800m: 9:43.05 35.21	
7. Ana Pires Brito	99 117031	Colegio Monte Maior	<b>9:44.64</b>	557
50m: 32.53 32.53	250m: 2:57.10 36.72	450m: 5:24.47 36.53	650m: 7:53.36 37.24	
100m: 1:07.63 35.10	300m: 3:33.99 36.89	500m: 6:01.48 37.01	700m: 8:30.60 37.24	
150m: 1:43.71 36.08	350m: 4:10.84 36.85	550m: 6:38.79 37.31	750m: 9:07.90 37.30	
200m: 2:20.38 36.67	400m: 4:47.94 37.10	600m: 7:16.12 37.33	800m: 9:44.64 36.74	
8. Filipa Sousa Pinheiro	99 117597	Sporting	<b>9:44.76</b>	556
50m: 32.78 32.78	250m: 2:59.07 36.71	450m: 5:27.21 37.11	650m: 7:55.28 37.12	
100m: 1:08.68 35.90	300m: 3:36.04 36.97	500m: 6:04.18 36.97	700m: 8:32.57 37.29	
150m: 1:45.32 36.64	350m: 4:12.95 36.91	550m: 6:41.14 36.96	750m: 9:09.51 36.94	
200m: 2:22.36 37.04	400m: 4:50.10 37.15	600m: 7:18.16 37.02	800m: 9:44.76 35.25	
9. Catarina Costa Fernandes	99 117253	Colegio Bernardette Romeira	<b>9:46.71</b>	551
50m: 31.98 31.98	250m: 2:56.85 36.89	450m: 5:24.60 37.01	650m: 7:55.97 38.43	
100m: 1:07.11 35.13	300m: 3:33.38 36.53	500m: 6:02.12 37.52	700m: 8:34.32 38.35	
150m: 1:43.53 36.42	350m: 4:10.63 37.25	550m: 6:39.76 37.64	750m: 9:11.90 37.58	
200m: 2:19.96 36.43	400m: 4:47.59 36.96	600m: 7:17.54 37.78	800m: 9:46.71 34.81	
10. Joana Cristina Fernandes	99 120692	Amadora	<b>9:48.77</b>	545
50m: 32.77 32.77	250m: 2:58.61 36.61	450m: 5:26.76 36.81	650m: 7:57.06 37.35	
100m: 1:08.19 35.42	300m: 3:35.67 37.06	500m: 6:03.80 37.04	700m: 8:34.30 37.24	
150m: 1:44.86 36.67	350m: 4:12.65 36.98	550m: 6:41.47 37.67	750m: 9:11.78 37.48	
200m: 2:22.00 37.14	400m: 4:49.95 37.30	600m: 7:19.71 38.24	800m: 9:48.77 36.99	
11. Joana Miguel Alexandre	99 111432	Amadora	<b>9:55.82</b>	526
50m: 33.55 33.55	250m: 3:02.67 37.86	450m: 5:34.21 38.06	650m: 8:05.99 37.82	
100m: 1:09.93 36.38	300m: 3:40.55 37.88	500m: 6:12.35 38.14	700m: 8:44.04 38.05	
150m: 1:47.36 37.43	350m: 4:18.10 37.55	550m: 6:49.91 37.56	750m: 9:20.47 36.43	
200m: 2:24.81 37.45	400m: 4:56.15 38.05	600m: 7:28.17 38.26	800m: 9:55.82 35.35	
12. Maria Ana Monge	99 118400	Sporting	<b>9:59.74</b>	516
50m: 32.86 32.86	250m: 3:00.00 37.03	450m: 5:31.55 38.60	650m: 8:05.96 38.62	
100m: 1:09.13 36.27	300m: 3:37.37 37.37	500m: 6:09.96 38.41	700m: 8:44.31 38.35	
150m: 1:45.74 36.61	350m: 4:14.90 37.53	550m: 6:48.59 38.63	750m: 9:22.58 38.27	
200m: 2:22.97 37.23	400m: 4:52.95 38.05	600m: 7:27.34 38.75	800m: 9:59.74 37.16	





TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 7, Femin., 800m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Ana Claudia Rosa	99	111426	Amadora	<b>10:11.87</b>		485		
	50m: 34.18	34.18	250m: 3:07.25	38.99	450m: 5:42.27	38.43	650m: 8:16.57	38.56	
	100m: 1:11.97	37.79	300m: 3:45.88	38.63	500m: 6:20.77	38.50	700m: 8:55.57	39.00	
	150m: 1:50.05	38.08	350m: 4:25.23	39.35	550m: 6:59.11	38.34	750m: 9:34.37	38.80	
	200m: 2:28.26	38.21	400m: 5:03.84	38.61	600m: 7:38.01	38.90	800m: 10:11.87	37.50	
14.	Ana Oliveira Silva	99	111425	Amadora	<b>10:14.69</b>		479		
	50m: 33.84	33.84	250m: 3:05.48	38.83	450m: 5:40.90	38.61	650m: 8:18.01	39.57	
	100m: 1:10.65	36.81	300m: 3:44.49	39.01	500m: 6:19.78	38.88	700m: 8:57.49	39.48	
	150m: 1:48.34	37.69	350m: 4:23.46	38.97	550m: 6:58.99	39.21	750m: 9:36.51	39.02	
	200m: 2:26.65	38.31	400m: 5:02.29	38.83	600m: 7:38.44	39.45	800m: 10:14.69	38.18	
15.	Maria Joao Domingues	99	110968	Nautico Marinha Grande	<b>10:21.19</b>		464		
	50m: 33.97	33.97	250m: 3:07.70	38.97	450m: 5:44.96	38.84	650m: 8:23.57	39.85	
	100m: 1:11.40	37.43	300m: 3:46.59	38.89	500m: 6:23.94	38.98	700m: 9:02.84	39.27	
	150m: 1:50.13	38.73	350m: 4:25.90	39.31	550m: 7:03.79	39.85	750m: 9:42.86	40.02	
	200m: 2:28.73	38.60	400m: 5:06.12	40.22	600m: 7:43.72	39.93	800m: 10:21.19	38.33	

Prova 8 Masc., 400m Livres Juvenis Resultados  
14-12-2013 - 10:25

Recorde Nacional (25m) Absoluto	3:45.58	Fabio Manuel Pereira	FPN	Istambul (TUR)	10-12-2009
Recorde Nacional (25m) Juv B	4:03.22	Joao Pedro Gil	ANAM	Algés	08-07-2012
Recorde Nacional (25m) Juv A	3:59.31	Joao Carlos Santos	ANAM	Algés	08-07-2012

Tac-JUVAMasc Juv A: 4:33.44 / Tac-JUVBMasc Juv B: 4:38.55

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	<b>4:12.17</b>		596		
	50m: 29.23	29.23	150m: 1:31.88	31.55	250m: 2:36.34	32.41	350m: 3:40.90	32.23	
	100m: 1:00.33	31.10	200m: 2:03.93	32.05	300m: 3:08.67	32.33	400m: 4:12.17	31.27	
2.	Joao Magalhaes Nunes	99	118769	Amadora	<b>4:13.76</b>		585		
	50m: 30.04	30.04	150m: 1:34.72	32.54	250m: 2:39.94	32.18	350m: 3:43.26	31.48	
	100m: 1:02.18	32.14	200m: 2:07.76	33.04	300m: 3:11.78	31.84	400m: 4:13.76	30.50	
3.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	<b>4:18.48</b>		553		
	50m: 29.42	29.42	150m: 1:34.11	32.75	250m: 2:41.23	33.87	350m: 3:47.40	32.62	
	100m: 1:01.36	31.94	200m: 2:07.36	33.25	300m: 3:14.78	33.55	400m: 4:18.48	31.08	
4.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	<b>4:23.15</b>		524		
	50m: 29.56	29.56	150m: 1:35.36	33.86	250m: 2:42.84	33.93	350m: 3:50.46	33.52	
	100m: 1:01.50	31.94	200m: 2:08.91	33.55	300m: 3:16.94	34.10	400m: 4:23.15	32.69	
5.	Sandro Emanuel Francisco	99	117818	Industrial Vieirense	<b>4:24.30</b>		517		
	50m: 30.39	30.39	150m: 1:37.56	33.76	250m: 2:45.31	33.77	350m: 3:51.97	32.41	
	100m: 1:03.80	33.41	200m: 2:11.54	33.98	300m: 3:19.56	34.25	400m: 4:24.30	32.33	
6.	Andre Lopes Silva	99	117819	Industrial Vieirense	<b>4:25.46</b>		511		
	50m: 28.74	28.74	150m: 1:35.63	33.94	250m: 2:44.39	34.31	350m: 3:52.60	33.80	
	100m: 1:01.69	32.95	200m: 2:10.08	34.45	300m: 3:18.80	34.41	400m: 4:25.46	32.86	
7.	Manuel Silva Godinho	99	107866	Louletano/ Loule Concelho	<b>4:26.64</b>		504		
	50m: 29.27	29.27	150m: 1:35.58	33.69	250m: 2:44.36	34.21	350m: 3:53.03	34.02	
	100m: 1:01.89	32.62	200m: 2:10.15	34.57	300m: 3:19.01	34.65	400m: 4:26.64	33.61	
8.	Duarte Filipe Rodrigues	99	118781	Alges	<b>4:27.04</b>		502		
	50m: 29.55	29.55	150m: 1:36.62	34.14	250m: 2:44.64	34.01	350m: 3:53.34	34.31	
	100m: 1:02.48	32.93	200m: 2:10.63	34.01	300m: 3:19.03	34.39	400m: 4:27.04	33.70	
9.	Rui Miguel Cachopo	99	122064	Colegio Monte Maior	<b>4:28.32</b>		494		
	50m: 29.94	29.94	150m: 1:37.94	34.77	250m: 2:47.37	34.35	350m: 3:55.49	33.25	
	100m: 1:03.17	33.23	200m: 2:13.02	35.08	300m: 3:22.24	34.87	400m: 4:28.32	32.83	
10.	Tiago Cunha Costa	99	120725	Sporting	<b>4:30.33</b>		484		
	50m: 30.85	30.85	150m: 1:38.82	34.11	250m: 2:47.54	34.49	350m: 3:57.36	34.88	
	100m: 1:04.71	33.86	200m: 2:13.05	34.23	300m: 3:22.48	34.94	400m: 4:30.33	32.97	



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 8, Masc., 400m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Tiago Filipe Campos	99	116573	Viver Santarem	<b>4:30.46</b>		483		
	50m: 30.13 30.13			150m: 1:38.57 34.85	250m: 2:49.19 35.32	350m: 3:58.63 34.44			
	100m: 1:03.72 33.59			200m: 2:13.87 35.30	300m: 3:24.19 35.00	400m: 4:30.46 31.83			
12.	Diogo Jesus Crespo	99	104132	Desportivo Nacional	<b>4:33.08</b>		469		
	50m: 30.49 30.49			150m: 1:38.37 34.11	250m: 2:48.54 35.42	350m: 3:59.68 35.35			
	100m: 1:04.26 33.77			200m: 2:13.12 34.75	300m: 3:24.33 35.79	400m: 4:33.08 33.40			
13.	Goncalo Faria Saldida	99	116645	Gualdim Pais	<b>4:36.45</b>		452		
	50m: 30.91 30.91			150m: 1:39.89 35.22	250m: 2:50.09 34.49	350m: 4:01.93 36.20			
	100m: 1:04.67 33.76			200m: 2:15.60 35.71	300m: 3:25.73 35.64	400m: 4:36.45 34.52			
14.	Bernardo Antonio Alves	99	121075	Louletano/ Loule Concelho	<b>4:37.60</b>		446		
	50m: 30.94 30.94			150m: 1:39.90 34.70	250m: 2:51.18 35.93	350m: 4:02.75 35.90			
	100m: 1:05.20 34.26			200m: 2:15.25 35.35	300m: 3:26.85 35.67	400m: 4:37.60 34.85			
15.	Bernardo Jose Dionisio	99	123624	Gualdim Pais	<b>4:39.62</b>		437		
	50m: 31.84 31.84			150m: 1:41.81 35.32	250m: 2:54.14 36.38	350m: 4:06.07 35.81			
	100m: 1:06.49 34.65			200m: 2:17.76 35.95	300m: 3:30.26 36.12	400m: 4:39.62 33.55			

Juvenis A

1.	Guilherme Filipe Pina	98	107450	Benedita	<b>4:07.09</b>		633		
	50m: 28.97 28.97			150m: 1:31.52 31.20	250m: 2:34.10 31.17	350m: 3:36.66 31.12			
	100m: 1:00.32 31.35			200m: 2:02.93 31.41	300m: 3:05.54 31.44	400m: 4:07.09 30.43			
2.	Jose Paula Carvalho	98	111450	Uniao Piedense	<b>4:11.44</b>		601		
	50m: 28.73 28.73			150m: 1:32.91 32.68	250m: 2:37.64 31.57	350m: 3:41.89 32.13			
	100m: 1:00.23 31.50			200m: 2:06.07 33.16	300m: 3:09.76 32.12	400m: 4:11.44 29.55			
3.	Tiago Carlos Santos	98	121330	Naval Amorense	<b>4:12.97</b>		590		
	50m: 29.01 29.01			150m: 1:32.39 31.68	250m: 2:35.74 31.50	350m: 3:40.73 32.80			
	100m: 1:00.71 31.70			200m: 2:04.24 31.85	300m: 3:07.93 32.19	400m: 4:12.97 32.24			
4.	Hugo Pon	98	110164	Alges	<b>4:13.79</b>		584		
	50m: 29.09 29.09			150m: 1:33.51 32.29	250m: 2:38.43 32.47	350m: 3:43.09 31.94			
	100m: 1:01.22 32.13			200m: 2:05.96 32.45	300m: 3:11.15 32.72	400m: 4:13.79 30.70			
5.	Tiago Martins Boleta	98	107597	Louletano/ Loule Concelho	<b>4:17.79</b>		558		
	50m: 28.62 28.62			150m: 1:32.42 32.41	250m: 2:38.24 32.58	350m: 3:45.05 33.29			
	100m: 1:00.01 31.39			200m: 2:05.66 33.24	300m: 3:11.76 33.52	400m: 4:17.79 32.74			
6.	Afonso Calais Queiroga	98	112311	Uniao Piedense	<b>4:17.90</b>		557		
	50m: 28.35 28.35			150m: 1:33.03 32.84	250m: 2:39.30 32.85	350m: 3:45.76 33.20			
	100m: 1:00.19 31.84			200m: 2:06.45 33.42	300m: 3:12.56 33.26	400m: 4:17.90 32.14			
7.	Viktor Kot	98	109062	Nautico Marinha Grande	<b>4:18.13</b>		555		
	50m: 29.53 29.53			150m: 1:34.66 33.01	250m: 2:40.85 33.22	350m: 3:46.39 32.87			
	100m: 1:01.65 32.12			200m: 2:07.63 32.97	300m: 3:13.52 32.67	400m: 4:18.13 31.74			
8.	Rafael Ladeiro Santos	98	117122	Gesloures	<b>4:18.25</b>		555		
	50m: 29.69 29.69			150m: 1:34.99 32.94	250m: 2:40.69 32.93	350m: 3:46.20 32.75			
	100m: 1:02.05 32.36			200m: 2:07.76 32.77	300m: 3:13.45 32.76	400m: 4:18.25 32.05			
9.	Pedro Trindade Silva	98	111441	Amadora	<b>4:19.22</b>		548		
	50m: 29.63 29.63			150m: 1:34.59 33.00	250m: 2:40.73 32.69	350m: 3:46.90 33.33			
	100m: 1:01.59 31.96			200m: 2:08.04 33.45	300m: 3:13.57 32.84	400m: 4:19.22 32.32			
10.	Francisco Aguiar Morganho	98	100872	Naval do Funchal	<b>4:21.38</b>		535		
	50m: 29.30 29.30			150m: 1:34.09 32.94	250m: 2:41.35 33.37	350m: 3:48.32 33.36			
	100m: 1:01.15 31.85			200m: 2:07.98 33.89	300m: 3:14.96 33.61	400m: 4:21.38 33.06			
11.	Diogo Rodrigues Freitas	98	107680	Uniao Piedense	<b>4:22.33</b>		529		
	50m: 29.29 29.29			150m: 1:35.03 33.46	250m: 2:42.82 33.96	350m: 3:50.01 33.39			
	100m: 1:01.57 32.28			200m: 2:08.86 33.83	300m: 3:16.62 33.80	400m: 4:22.33 32.32			
12.	Diogo Nogueira Rebelo	98	117035	Colegio Monte Maior	<b>4:22.55</b>		528		
	50m: 29.90 29.90			150m: 1:36.01 33.29	250m: 2:42.89 33.44	350m: 3:50.30 33.74			
	100m: 1:02.72 32.82			200m: 2:09.45 33.44	300m: 3:16.56 33.67	400m: 4:22.55 32.25			
13.	David Miguel Neves	98	111851	Benfica	<b>4:22.69</b>		527		
	50m: 29.65 29.65			150m: 1:35.48 33.55	250m: 2:43.44 34.04	350m: 3:50.89 33.49			
	100m: 1:01.93 32.28			200m: 2:09.40 33.92	300m: 3:17.40 33.96	400m: 4:22.69 31.80			



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 8, Masc., 400m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Miguel Martins Baltazar	98	104338	Aminata	<b>4:23.13</b>		524		
	50m: 30.03 30.03			150m: 1:35.55 33.03	250m: 2:42.98 33.77	350m: 3:50.76 33.76			
	100m: 1:02.52 32.49			200m: 2:09.21 33.66	300m: 3:17.00 34.02	400m: 4:23.13 32.37			
15.	Joao Sismeiro Pereira	98	118767	Amadora	<b>4:23.28</b>		523		
	50m: 29.83 29.83			150m: 1:34.84 32.87	250m: 2:41.79 33.67	350m: 3:50.27 34.35			
	100m: 1:01.97 32.14			200m: 2:08.12 33.28	300m: 3:15.92 34.13	400m: 4:23.28 33.01			
16.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	<b>4:24.33</b>		517		
	50m: 28.34 28.34			150m: 1:34.89 33.72	250m: 2:43.38 34.33	350m: 3:51.90 34.41			
	100m: 1:01.17 32.83			200m: 2:09.05 34.16	300m: 3:17.49 34.11	400m: 4:24.33 32.43			
17.	Dario Fausto Matias	98	106690	Torres Novas	<b>4:25.15</b>		512		
	50m: 28.85 28.85			150m: 1:35.69 34.15	250m: 2:44.60 34.41	350m: 3:53.30 34.34			
	100m: 1:01.54 32.69			200m: 2:10.19 34.50	300m: 3:18.96 34.36	400m: 4:25.15 31.85			
18.	Pedro Camacho Sousa	98	100867	Naval do Funchal	<b>4:25.35</b>		511		
	50m: 30.17 30.17			150m: 1:36.06 33.14	250m: 2:43.46 33.83	350m: 3:52.35 34.41			
	100m: 1:02.92 32.75			200m: 2:09.63 33.57	300m: 3:17.94 34.48	400m: 4:25.35 33.00			
19.	Leonardo Rochinha Pedro	98	111381	Estoris	<b>4:25.52</b>		510		
	50m: 29.53 29.53			150m: 1:36.08 33.95	250m: 2:44.20 34.01	350m: 3:52.95 34.30			
	100m: 1:02.13 32.60			200m: 2:10.19 34.11	300m: 3:18.65 34.45	400m: 4:25.52 32.57			
20.	Jose Diogo Fonseca	98	112714	Nautico Marinha Grande	<b>4:26.63</b>		504		
	50m: 29.21 29.21			150m: 1:35.98 33.77	250m: 2:44.58 34.36	350m: 3:53.44 34.26			
	100m: 1:02.21 33.00			200m: 2:10.22 34.24	300m: 3:19.18 34.60	400m: 4:26.63 33.19			
21.	Filipe Ferreira Luz	98	112320	Geslours	<b>4:28.85</b>		492		
	50m: 31.02 31.02			150m: 1:38.12 33.93	250m: 2:46.65 34.23	350m: 3:55.49 34.51			
	100m: 1:04.19 33.17			200m: 2:12.42 34.30	300m: 3:20.98 34.33	400m: 4:28.85 33.36			
22.	Andre Pereira Coelho	98	111012	Alcobaca	<b>4:28.97</b>		491		
	50m: 30.38 30.38			150m: 1:36.44 33.33	250m: 2:45.46 35.01	350m: 3:54.79 34.53			
	100m: 1:03.11 32.73			200m: 2:10.45 34.01	300m: 3:20.26 34.80	400m: 4:28.97 34.18			
23.	Rafael Viegas Cruz	98	119647	Sporting	<b>4:32.33</b>		473		
	50m: 29.72 29.72			150m: 1:37.48 34.53	250m: 2:47.43 34.76	350m: 3:58.26 35.37			
	100m: 1:02.95 33.23			200m: 2:12.67 35.19	300m: 3:22.89 35.46	400m: 4:32.33 34.07			
24.	Ruben Duarte Leitao	98	122265	Desporto de Setubal	<b>4:34.54</b>		462		
	50m: 29.13 29.13			150m: 1:36.23 34.41	250m: 2:48.25 36.43	350m: 3:59.68 36.25			
	100m: 1:01.82 32.69			200m: 2:11.82 35.59	300m: 3:23.43 35.18	400m: 4:34.54 34.86			
25.	Guilherme Borlido Farias	98	120342	Natacao de Faro	<b>4:38.19</b>		444		
	50m: 30.07 30.07			150m: 1:39.50 35.32	250m: 2:51.28 35.88	350m: 4:03.48 36.78			
	100m: 1:04.18 34.11			200m: 2:15.40 35.90	300m: 3:26.70 35.42	400m: 4:38.19 34.71			

Prova 9

Femin., 200m Bruços

Juvenis

14-12-2013 - 10:55

Resultados

Recorde Nacional (25m) Absoluto	2:25.87	Diana Duarte Gomes	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Juv B	2:34.51	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Juv A	2:32.36	Diana Duarte Gomes	ABVE	Alcobaca	07-02-2004

Tac-JUVA Fem Juv A: 2:59.14 / Tac-JUVB Fem Juv B: 3:02.55

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Raquel Gomes Pereira	00	118469	Alges	<b>2:37.91</b>		618		
	50m: 36.25 36.25			100m: 1:16.23 39.98	150m: 1:57.18 40.95	200m: 2:37.91 40.73			
2.	Laura Catarina Abreu	00	107900	Desportivo Nacional	<b>2:43.10</b>		561		
	50m: 36.84 36.84			100m: 1:17.93 41.09	150m: 2:00.15 42.22	200m: 2:43.10 42.95			
3.	Sara Kalnicova Guerreiro	00	120967	FC Ferreiras	<b>2:51.07</b>		486		
	50m: 38.41 38.41			100m: 1:20.91 42.50	150m: 2:04.85 43.94	200m: 2:51.07 46.22			
4.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>2:52.45</b>		475		
	50m: 36.98 36.98			100m: 1:20.41 43.43	150m: 2:05.84 45.43	200m: 2:52.45 46.61			



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 9, Femin., 200m Bruços, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
5.	Beatriz Martins Avila	00	108723	Terceira Auto Clube	<b>2:53.55</b>		466		
	50m: 38.71 38.71		100m: 1:22.10 43.39	150m: 2:07.64	45.54	200m: 2:53.55	45.91		
6.	Ema Filipa Rosario	00	120561	Natacao do Montijo	<b>2:55.25</b>		452		
	50m: 38.96 38.96		100m: 1:23.00 44.04	150m: 2:09.94	46.94	200m: 2:55.25	45.31		
7.	Carolina Pastor Escada	00	120238	Aminata	<b>2:59.48</b>		421		
	50m: 41.20 41.20		100m: 1:26.49 45.29	150m: 2:12.35	45.86	200m: 2:59.48	47.13		
8.	Ines Bicho Fadista	00	122092	Aminata	<b>3:01.88</b>		405		
	50m: 40.75 40.75		100m: 1:26.88 46.13	150m: 2:14.18	47.30	200m: 3:01.88	47.70		
9.	Beatriz Ferreira Rafael	00	123459	Gesloures	<b>3:10.26</b>		353		
	50m: 41.97 41.97		100m: 1:30.36 48.39	150m: 2:20.23	49.87	200m: 3:10.26	50.03		
DSQ	Ines Rocha Silva	00	117806	Alcobaca					
	<i>703 - Pernada de golfinho após a braçada submarina - SW 7.1</i>								
DSQ	Beatriz Jesus Pereira	00	117772	Natacao do Montijo					
	<i>732 - Não tocou na parede com as mãos separadas ou simultaneamente na viragem aos 50 m - SW 7.6</i>								

Juvenis A

1.	Claudia Ferreira Borges	99	116591	Benfica	<b>2:48.38</b>		510		
	50m: 38.04 38.04		100m: 1:21.28 43.24	150m: 2:05.01	43.73	200m: 2:48.38	43.37		
2.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	<b>2:48.48</b>		509		
	50m: 36.54 36.54		100m: 1:18.93 42.39	150m: 2:04.00	45.07	200m: 2:48.48	44.48		
3.	Ana Margarida Salgueiro	99	116616	Nautico Abrantes	<b>2:49.13</b>		503		
	50m: 38.51 38.51		100m: 1:21.27 42.76	150m: 2:05.19	43.92	200m: 2:49.13	43.94		
4.	Mariana Graca Vasconcelos	99	107648	Estoris	<b>2:52.62</b>		473		
	50m: 39.88 39.88		100m: 1:23.54 43.66	150m: 2:08.38	44.84	200m: 2:52.62	44.24		
5.	Beatriz Antunes Carvalho	99	117036	Colegio Monte Maior	<b>2:52.98</b>		470		
	50m: 39.60 39.60		100m: 1:23.68 44.08	150m: 2:08.58	44.90	200m: 2:52.98	44.40		
6.	Sara Mafra Rocha	99	112318	Alcobaca	<b>2:56.99</b>		439		
	50m: 40.10 40.10		100m: 1:25.14 45.04	150m: 2:10.84	45.70	200m: 2:56.99	46.15		
7.	Margarida Pamplona Evangelh	99	108722	Nucleo Sportinguista Terceira	<b>2:58.39</b>		429		
	50m: 39.19 39.19		100m: 1:24.83 45.64	150m: 2:11.53	46.70	200m: 2:58.39	46.86		
8.	Maria Beatriz Diogo	99	117988	Nautico Abrantes	<b>2:59.99</b>		417		
	50m: 40.46 40.46		100m: 1:26.84 46.38	150m: 2:14.82	47.98	200m: 2:59.99	45.17		
9.	Carolina Felicidade Batista	99	118371	Viver Santarem	<b>3:02.81</b>		398		
	50m: 41.12 41.12		100m: 1:26.32 45.20	150m: 2:13.91	47.59	200m: 3:02.81	48.90		

Prova 10

Masc., 200m Costas

Juvenis  
Resultados

14-12-2013 - 11:15									
Recorde Nacional (25m) Absoluto	1:53.06	Pedro Diogo Oliveira	FPN	Chartres (FRA)					22-11-2012
Recorde Nacional (25m) Juv B	2:04.99	Joao Alexandre Vital	ADRCIMM	Alapraia					09-03-2013
Recorde Nacional (25m) Juv A	2:01.43	Diogo Gomes Sousa	CNCVG	Algés					04-06-2011

Tac-JUVAMasc Juv A: 2:25.28 / Tac-JUVBMasc Juv B: 2:27.99

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Tiago Pastor Escada	99	108853	Aminata	<b>2:11.70</b>		523		
	50m: 31.06 31.06		100m: 1:05.01 33.95	150m: 1:38.09	33.08	200m: 2:11.70	33.61		
2.	Joao Daniel Machado	99	109714	Uniao Piedense	<b>2:14.38</b>		492		
	50m: 31.64 31.64		100m: 1:05.89 34.25	150m: 1:40.40	34.51	200m: 2:14.38	33.98		
3.	Afonso Guilherme Rosa	99	103331	Gualdim Pais	<b>2:17.76</b>		456		
	50m: 31.14 31.14		100m: 1:06.44 35.30	150m: 1:42.57	36.13	200m: 2:17.76	35.19		



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 10, Masc., 200m Costas, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Francisco Cortez Viterbo	99	120449	Alges	<b>2:19.48</b>		440		
	50m: 32.81 32.81			100m: 1:08.33 35.52	150m: 1:44.09	35.76	200m: 2:19.48	35.39	
5.	Guilherme Duarte Silva	99	104133	Desportivo Nacional	<b>2:19.89</b>		436		
	50m: 33.09 33.09			100m: 1:08.38 35.29	150m: 1:44.95	36.57	200m: 2:19.89	34.94	
6.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	<b>2:20.32</b>		432		
	50m: 33.52 33.52			100m: 1:08.76 35.24	150m: 1:45.50	36.74	200m: 2:20.32	34.82	
7.	Tomas Silva Coxixo	99	118387	Natacao do Montijo	<b>2:20.59</b>		429		
	50m: 31.08 31.08			100m: 1:06.19 35.11	150m: 1:43.51	37.32	200m: 2:20.59	37.08	
8.	Rui Pedro Brito	99	112717	Nautico Marinha Grande	<b>2:21.31</b>		423		
	50m: 32.72 32.72			100m: 1:08.11 35.39	150m: 1:44.73	36.62	200m: 2:21.31	36.58	
9.	Marco Andre Miguel	99	109944	Torres Novas	<b>2:21.39</b>		422		
	50m: 33.39 33.39			100m: 1:10.15 36.76	150m: 1:46.38	36.23	200m: 2:21.39	35.01	
10.	Francisco Pereira Pedrosa	99	117816	Industrial Viegense	<b>2:25.19</b>		390		
	50m: 33.64 33.64			100m: 1:10.06 36.42	150m: 1:47.73	37.67	200m: 2:25.19	37.46	
11.	Andre Mendes Batalha	99	107792	Aminata	<b>2:25.33</b>		389		
	50m: 33.25 33.25			100m: 1:09.48 36.23	150m: 1:47.67	38.19	200m: 2:25.33	37.66	
12.	Andre Santa Rita	99	117781	Portinado	<b>2:26.47</b>		380		
	50m: 34.20 34.20			100m: 1:11.13 36.93	150m: 1:49.02	37.89	200m: 2:26.47	37.45	

Juvenis A

1.	Joao Alexandre Vital	98	110165	Colegio Monte Maior	<b>2:01.91</b>		659		
	50m: 28.58 28.58			100m: 59.16 30.58	150m: 1:30.27	31.11	200m: 2:01.91	31.64	
2.	Carlos Afonso Almeida	98	119275	Colegio Vasco da Gama	<b>2:09.99</b>		543		
	50m: 30.95 30.95			100m: 1:04.40 33.45	150m: 1:37.59	33.19	200m: 2:09.99	32.40	
3.	Francisco Carvalho Machado	98	111855	Alges	<b>2:10.37</b>		539		
	50m: 31.17 31.17			100m: 1:04.75 33.58	150m: 1:37.57	32.82	200m: 2:10.37	32.80	
4.	Ricardo Goncalves Moura	98	107577	Electrico Clube	<b>2:11.25</b>		528		
	50m: 30.62 30.62			100m: 1:03.65 33.03	150m: 1:37.90	34.25	200m: 2:11.25	33.35	
5.	Filipe Miguel Silveira	98	111440	Amadora	<b>2:12.03</b>		519		
	50m: 31.33 31.33			100m: 1:04.84 33.51	150m: 1:38.47	33.63	200m: 2:12.03	33.56	
6.	Francisco Rogerio Santos	98	120268	Benedita	<b>2:13.61</b>		500		
	50m: 30.53 30.53			100m: 1:04.77 34.24	150m: 1:39.54	34.77	200m: 2:13.61	34.07	
7.	Viktor Kot	98	109062	Nautico Marinha Grande	<b>2:13.70</b>		499		
	50m: 31.94 31.94			100m: 1:06.01 34.07	150m: 1:40.78	34.77	200m: 2:13.70	32.92	
8.	Miguel Cerdeira Freitas	98	111387	Estoris	<b>2:14.00</b>		496		
	50m: 31.41 31.41			100m: 1:05.49 34.08	150m: 1:40.26	34.77	200m: 2:14.00	33.74	
9.	Ricardo Saraiva Pires	98	107651	Laranjeiro	<b>2:14.72</b>		488		
	50m: 31.94 31.94			100m: 1:06.37 34.43	150m: 1:41.10	34.73	200m: 2:14.72	33.62	
10.	Miguel Reis Santos	98	110163	Alges	<b>2:14.97</b>		485		
	50m: 31.15 31.15			100m: 1:05.02 33.87	150m: 1:40.26	35.24	200m: 2:14.97	34.71	
11.	Frederico Sucena Riachos	98	121637	Nucleo Sportinguista Golega	<b>2:15.08</b>		484		
	50m: 30.34 30.34			100m: 1:03.95 33.61	150m: 1:39.65	35.70	200m: 2:15.08	35.43	
12.	Diogo Rodrigues Freitas	98	107680	Uniao Piedense	<b>2:16.01</b>		474		
	50m: 31.96 31.96			100m: 1:06.06 34.10	150m: 1:41.15	35.09	200m: 2:16.01	34.86	
13.	Diogo Rosado Leca	98	117034	Colegio Monte Maior	<b>2:16.58</b>		468		
	50m: 31.21 31.21			100m: 1:05.48 34.27	150m: 1:41.09	35.61	200m: 2:16.58	35.49	
14.	Steve Alexandre Soares	98	111442	Amadora	<b>2:16.93</b>		465		
	50m: 32.04 32.04			100m: 1:06.44 34.40	150m: 1:41.82	35.38	200m: 2:16.93	35.11	
15.	Miguel Martins Baltazar	98	104338	Aminata	<b>2:17.50</b>		459		
	50m: 32.38 32.38			100m: 1:07.50 35.12	150m: 1:42.90	35.40	200m: 2:17.50	34.60	
16.	Andre Pires Faria	98	117961	Amadora	<b>2:17.95</b>		455		
	50m: 32.79 32.79			100m: 1:07.53 34.74	150m: 1:42.58	35.05	200m: 2:17.95	35.37	





**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 10, Masc., 200m Costas, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Diogo Vicente Silva	98	107040	Nautico Marinha Grande	<b>2:18.34</b>		451		
	50m: 32.19 32.19			100m: 1:07.19 35.00	150m: 1:42.88	35.69	200m: 2:18.34	35.46	
18.	Joao Diogo Fernandes	98	121542	Benfica	<b>2:19.06</b>		444		
	50m: 32.05 32.05			100m: 1:07.30 35.25	150m: 1:43.27	35.97	200m: 2:19.06	35.79	
19.	Filipe Ferreira Luz	98	112320	Gesloures	<b>2:19.34</b>		441		
	50m: 33.42 33.42			100m: 1:08.62 35.20	150m: 1:44.18	35.56	200m: 2:19.34	35.16	
20.	Diogo Jose Vaz	98	102103	Bombeiros Ponta Delgada	<b>2:19.58</b>		439		
	50m: 31.64 31.64			100m: 1:06.83 35.19	150m: 1:43.09	36.26	200m: 2:19.58	36.49	
21.	Diogo Pereira Coelho	98	111011	Alcobaca	<b>2:21.73</b>		419		
	50m: 33.00 33.00			100m: 1:08.65 35.65	150m: 1:45.65	37.00	200m: 2:21.73	36.08	
22.	Goncalo Filipe Oliveira	98	112473	Desporto de Setubal	<b>2:22.08</b>		416		
	50m: 31.94 31.94			100m: 1:08.02 36.08	150m: 1:45.61	37.59	200m: 2:22.08	36.47	
23.	Daniel Santo Caramujo	98	107729	Colegio Vasco da Gama	<b>2:22.63</b>		411		
	50m: 33.48 33.48			100m: 1:09.11 35.63	150m: 1:45.98	36.87	200m: 2:22.63	36.65	
24.	Diogo Miguel Henriques	98	120246	Aminata	<b>2:23.49</b>		404		
	50m: 34.10 34.10			100m: 1:10.00 35.90	150m: 1:47.50	37.50	200m: 2:23.49	35.99	
25.	Marius Captari	98	111449	Amadora	<b>2:23.69</b>		402		
	50m: 33.47 33.47			100m: 1:09.77 36.30	150m: 1:46.72	36.95	200m: 2:23.69	36.97	

Prova 11

Femin., 200m Estilos

Juvenis

14-12-2013 - 11:35

Resultados

Recorde Nacional (25m) Absoluto	2:14.28	Victoria Kaminskaya	PIMP	Porto	08-12-2012
Recorde Nacional (25m) Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	19-12-2009

Tac-JUVA Fem Juv A: 2:39.11 / Tac-JUVBFem Juv B: 2:43.70

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Giovanna Vaz Vargas	00	110957	Nautico Marinha Grande	<b>2:26.57</b>		614		
	50m: 32.15 32.15			100m: 1:10.06 37.91	150m: 1:52.65	42.59	200m: 2:26.57	33.92	
2.	Raquel Gomes Pereira	00	118469	Alges	<b>2:28.80</b>		587		
	50m: 33.00 33.00			100m: 1:12.56 39.56	150m: 1:54.74	42.18	200m: 2:28.80	34.06	
3.	Catarina Martins Mestre	00	120724	Sporting	<b>2:32.24</b>		548		
	50m: 32.39 32.39			100m: 1:09.79 37.40	150m: 1:55.49	45.70	200m: 2:32.24	36.75	
4.	Laura Catarina Abreu	00	107900	Desportivo Nacional	<b>2:34.73</b>		522		
	50m: 33.56 33.56			100m: 1:13.79 40.23	150m: 1:58.52	44.73	200m: 2:34.73	36.21	
5.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>2:35.15</b>		517		
	50m: 34.78 34.78			100m: 1:16.18 41.40	150m: 1:59.51	43.33	200m: 2:35.15	35.64	
6.	Monica Seara Domingues	00	110972	Nautico Marinha Grande	<b>2:36.56</b>		504		
	50m: 34.26 34.26			100m: 1:14.28 40.02	150m: 2:00.41	46.13	200m: 2:36.56	36.15	
7.	Ines Figueira Santos	00	111277	Uniao Piedense	<b>2:38.03</b>		490		
	50m: 36.04 36.04			100m: 1:15.71 39.67	150m: 2:02.88	47.17	200m: 2:38.03	35.15	
	Sofia Alexandra Nunes	00	112322	Laranjeiro	<b>2:38.03</b>		490		
	50m: 34.34 34.34			100m: 1:12.73 38.39	150m: 2:02.78	50.05	200m: 2:38.03	35.25	
9.	Sara Kalinicova Guerreiro	00	120967	FC Ferreiras	<b>2:38.05</b>		489		
	50m: 35.41 35.41			100m: 1:18.48 43.07	150m: 2:01.37	42.89	200m: 2:38.05	36.68	
10.	Carolina Pastor Escada	00	120238	Aminata	<b>2:38.43</b>		486		
	50m: 34.37 34.37			100m: 1:15.19 40.82	150m: 2:03.36	48.17	200m: 2:38.43	35.07	
11.	Margarida Valente Orrico	00	118395	Uniao Piedense	<b>2:38.91</b>		482		
	50m: 34.93 34.93			100m: 1:17.20 42.27	150m: 2:04.20	47.00	200m: 2:38.91	34.71	



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 11, Femin., 200m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Margarida Reconha Marques	00	117868	Nautico Marinha Grande	<b>2:39.48</b>		476		
	50m: 34.69 34.69			100m: 1:15.29 40.60	150m: 2:01.20	45.91	200m: 2:39.48	38.28	
13.	Joana Mota Correia	00	110902	Alcobaca	<b>2:41.42</b>		459		
	50m: 34.56 34.56			100m: 1:13.95 39.39	150m: 2:02.90	48.95	200m: 2:41.42	38.52	
	Alice Maria Lopes	00	119476	Uniao Piedense	<b>2:41.42</b>		459		
	50m: 35.64 35.64			100m: 1:16.40 40.76	150m: 2:05.52	49.12	200m: 2:41.42	35.90	
15.	Mariana Simoes Antunes	00	120871	Sporting	<b>2:41.52</b>		459		
	50m: 33.20 33.20			100m: 1:14.91 41.71	150m: 2:02.19	47.28	200m: 2:41.52	39.33	
16.	Ana Madalena Mendes	00	124022	Sporting	<b>2:42.00</b>		454		
	50m: 34.40 34.40			100m: 1:17.13 42.73	150m: 2:04.55	47.42	200m: 2:42.00	37.45	
17.	Lara Alexandra Delgado	00	120773	Torres Novas	<b>2:47.71</b>		410		
	50m: 36.52 36.52			100m: 1:17.54 41.02	150m: 2:09.38	51.84	200m: 2:47.71	38.33	
DSQ	Ines Rocha Silva	00	117806	Alcobaca					
	<i>732 - Não tocou na parede com as mãos separadas ou simultaneamente na viragem aos 150 m - SW 7.6</i>								

Juvenis A

1.	Madalena Gomes Azevedo	99	110160	Alges	<b>2:21.82</b>		678		
	50m: 30.39 30.39			100m: 1:07.35 36.96	150m: 1:49.13	41.78	200m: 2:21.82	32.69	
2.	Ines Margarida Costa	99	119474	Sporting	<b>2:30.45</b>		568		
	50m: 32.44 32.44			100m: 1:11.14 38.70	150m: 1:55.25	44.11	200m: 2:30.45	35.20	
3.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	<b>2:32.00</b>		550		
	50m: 34.59 34.59			100m: 1:13.14 38.55	150m: 1:57.90	44.76	200m: 2:32.00	34.10	
4.	Filipa Carreira Alves	99	118479	Uniao Piedense	<b>2:32.95</b>		540		
	50m: 33.57 33.57			100m: 1:08.82 35.25	150m: 1:58.30	49.48	200m: 2:32.95	34.65	
5.	Margarida Sobral Pimenta	99	118764	Amadora	<b>2:33.19</b>		538		
	50m: 33.68 33.68			100m: 1:11.40 37.72	150m: 1:58.40	47.00	200m: 2:33.19	34.79	
6.	Sara Costa Guerra	99	117600	Sporting	<b>2:35.44</b>		515		
	50m: 33.54 33.54			100m: 1:15.10 41.56	150m: 2:00.27	45.17	200m: 2:35.44	35.17	
7.	Mariana Freitas Rocha	99	111883	Maritimo	<b>2:39.10</b>		480		
	50m: 34.00 34.00			100m: 1:15.55 41.55	150m: 2:03.06	47.51	200m: 2:39.10	36.04	
8.	Mariana Soares Martinho	99	116575	20Km de Almeirim	<b>2:39.61</b>		475		
	50m: 35.36 35.36			100m: 1:15.95 40.59	150m: 2:03.61	47.66	200m: 2:39.61	36.00	
9.	Ana Margarida Salgueiro	99	116616	Nautico Abrantes	<b>2:39.63</b>		475		
	50m: 36.35 36.35			100m: 1:17.29 40.94	150m: 2:02.95	45.66	200m: 2:39.63	36.68	
10.	Claudia Ferreira Borges	99	116591	Benfica	<b>2:39.97</b>		472		
	50m: 35.60 35.60			100m: 1:18.35 42.75	150m: 2:02.50	44.15	200m: 2:39.97	37.47	
11.	Tania Cristina Mendes	99	111028	Industrial Vieirense	<b>2:40.95</b>		463		
	50m: 35.31 35.31			100m: 1:18.11 42.80	150m: 2:06.08	47.97	200m: 2:40.95	34.87	
12.	Sara Mafra Rocha	99	112318	Alcobaca	<b>2:41.20</b>		461		
	50m: 34.96 34.96			100m: 1:17.86 42.90	150m: 2:03.94	46.08	200m: 2:41.20	37.26	
13.	Sara Conceicao Peca	99	116963	Bairro dos Anjos /BOMCAR	<b>2:41.23</b>		461		
	50m: 33.97 33.97			100m: 1:16.12 42.15	150m: 2:03.45	47.33	200m: 2:41.23	37.78	



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 12

Masc., 200m Livres

Juvenis

14-12-2013 - 16:30

Resultados

Recorde Nacional (25m) Absoluto	1:45.69	Diogo Filipe Carvalho	CGA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Juv B	1:55.53	Diogo Filipe Carvalho	CGA	Ilhavo	01-03-2003
Recorde Nacional (25m) Juv A	1:51.06	Tiago Andre Venancio	CNS	Braga	22-03-2003

Tac-JUVAMasc Juv A: 2:08.36 / Tac-JUVBMasc Juv B: 2:10.76

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	<b>1:58.50</b>		589		
	50m: 27.90 27.90								
	100m: 57.63 29.73								
	150m: 1:28.30								
	200m: 30.67								
	200m: 1:58.50								30.20
2.	Joao Magalhaes Nunes	99	118769	Amadora	<b>2:00.04</b>		567		
	50m: 28.30 28.30								
	100m: 59.36 31.06								
	150m: 1:30.29								
	200m: 30.93								
	200m: 2:00.04								29.75
3.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	<b>2:00.70</b>		558		
	50m: 27.91 27.91								
	100m: 58.72 30.81								
	150m: 1:30.47								
	200m: 31.75								
	200m: 2:00.70								30.23
4.	Diogo Alexandre Domingues	99	121328	Naval Amorense	<b>2:01.92</b>		541		
	50m: 28.04 28.04								
	100m: 59.02 30.98								
	150m: 1:30.33								
	200m: 31.31								
	200m: 2:01.92								31.59
5.	Diogo Jesus Crespo	99	104132	Desportivo Nacional	<b>2:03.84</b>		516		
	50m: 28.99 28.99								
	100m: 1:00.82 31.83								
	150m: 1:32.85								
	200m: 32.03								
	200m: 2:03.84								30.99
6.	Diogo Alexandre Pacheco	99	121684	Bombeiros Ponta Delgada	<b>2:03.95</b>		515		
	50m: 27.71 27.71								
	100m: 58.97 31.26								
	150m: 1:32.09								
	200m: 33.12								
	200m: 2:03.95								31.86
7.	Manuel Silva Godinho	99	107866	Louletano/ Loule Concelho	<b>2:04.20</b>		512		
	50m: 28.42 28.42								
	100m: 59.18 30.76								
	150m: 1:31.59								
	200m: 32.41								
	200m: 2:04.20								32.61
8.	Rui Miguel Cachopo	99	122064	Colegio Monte Maior	<b>2:05.07</b>		501		
	50m: 29.02 29.02								
	100m: 1:01.12 32.10								
	150m: 1:34.06								
	200m: 32.94								
	200m: 2:05.07								31.01
9.	Bernardo Pastor Escada	99	108852	Aminata	<b>2:05.16</b>		500		
	50m: 28.75 28.75								
	100m: 1:00.81 32.06								
	150m: 1:33.45								
	200m: 32.64								
	200m: 2:05.16								31.71
10.	Tiago Pastor Escada	99	108853	Aminata	<b>2:05.31</b>		498		
	50m: 28.75 28.75								
	100m: 1:00.94 32.19								
	150m: 1:34.18								
	200m: 33.24								
	200m: 2:05.31								31.13
11.	Francisco Cortez Viterbo	99	120449	Alges	<b>2:05.46</b>		496		
	50m: 29.23 29.23								
	100m: 1:01.10 31.87								
	150m: 1:33.63								
	200m: 32.53								
	200m: 2:05.46								31.83
12.	Nelson Pereira Malheiros	99	112269	Litoral Alentejano	<b>2:05.83</b>		492		
	50m: 29.20 29.20								
	100m: 1:00.81 31.61								
	150m: 1:33.37								
	200m: 32.56								
	200m: 2:05.83								32.46
13.	Tiago Cunha Costa	99	120725	Sporting	<b>2:05.95</b>		491		
	50m: 29.52 29.52								
	100m: 1:01.24 31.72								
	150m: 1:34.09								
	200m: 32.85								
	200m: 2:05.95								31.86
14.	Joao Daniel Machado	99	109714	Uniao Piedense	<b>2:06.86</b>		480		
	50m: 29.20 29.20								
	100m: 1:01.48 32.28								
	150m: 1:34.62								
	200m: 33.14								
	200m: 2:06.86								32.24
15.	Jaime Daniel Correia	99	111346	Estrelas S. Joao de Brito	<b>2:07.32</b>		475		
	50m: 30.11 30.11								
	100m: 1:03.19 33.08								
	150m: 1:36.39								
	200m: 33.20								
	200m: 2:07.32								30.93
16.	Gabriel Cruz Tocha	99	107865	Natacao de Faro	<b>2:07.92</b>		468		
	50m: 29.64 29.64								
	100m: 1:02.68 33.04								
	150m: 1:35.60								
	200m: 32.92								
	200m: 2:07.92								32.32
17.	Duarte Filipe Rodrigues	99	118781	Alges	<b>2:07.95</b>		468		
	50m: 29.50 29.50								
	100m: 1:01.93 32.43								
	150m: 1:35.46								
	200m: 33.53								
	200m: 2:07.95								32.49
18.	Andre Lopes Silva	99	117819	Industrial Vieirense	<b>2:08.86</b>		458		
	50m: 28.99 28.99								
	100m: 1:01.87 32.88								
	150m: 1:35.46								
	200m: 33.59								
	200m: 2:08.86								33.40
19.	Alessandro Antunes Paolinelli	99	108460	Naval do Funchal	<b>2:08.99</b>		457		
	50m: 29.43 29.43								
	100m: 1:01.82 32.39								
	150m: 1:35.96								
	200m: 34.14								
	200m: 2:08.99								33.03
20.	Tomas Silva Coxixo	99	118387	Natacao do Montijo	<b>2:09.38</b>		453		
	50m: 29.12 29.12								
	100m: 1:01.89 32.77								
	150m: 1:35.78								
	200m: 33.89								
	200m: 2:09.38								33.60
21.	Francisco Ribeiro Constantino	99	105785	Naval da Nazare	<b>2:10.00</b>		446		
	50m: 28.61 28.61								
	100m: 1:01.21 32.60								
	150m: 1:35.37								
	200m: 34.16								
	200m: 2:10.00								34.63
22.	Ricardo Nuno Estevens	99	121159	Laranjeiro	<b>2:10.07</b>		445		
	50m: 29.82 29.82								
	100m: 1:02.42 32.60								
	150m: 1:36.15								
	200m: 33.73								
	200m: 2:10.07								33.92



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 12, Masc., 200m Livres

Juvenis A

1.	Joao Alexandre Vital	98	110165	Colegio Monte Maior	<b>1:54.13</b>	660
	50m: 26.64 26.64		100m: 55.61 28.97	150m: 1:24.93	29.32	200m: 1:54.13 29.20
2.	Francisco Carvalho Machado	98	111855	Alges	<b>1:54.57</b>	652
	50m: 27.07 27.07		100m: 56.21 29.14	150m: 1:25.53	29.32	200m: 1:54.57 29.04
3.	Guilherme Filipe Pina	98	107450	Benedita	<b>1:57.16</b>	610
	50m: 27.32 27.32		100m: 57.05 29.73	150m: 1:27.00	29.95	200m: 1:57.16 30.16
4.	Francisco Manso Teixeira	98	108803	Naval do Funchal	<b>2:00.04</b>	567
	50m: 27.44 27.44		100m: 58.10 30.66	150m: 1:29.40	31.30	200m: 2:00.04 30.64
5.	Tiago Carlos Santos	98	121330	Naval Amorense	<b>2:00.44</b>	561
	50m: 27.79 27.79		100m: 58.44 30.65	150m: 1:29.86	31.42	200m: 2:00.44 30.58
6.	Ricardo Goncalves Moura	98	107577	Electrico Clube	<b>2:00.62</b>	559
	50m: 28.33 28.33		100m: 58.89 30.56	150m: 1:30.76	31.87	200m: 2:00.62 29.86
7.	Afonso Calais Queiroga	98	112311	Uniao Piedense	<b>2:01.03</b>	553
	50m: 27.54 27.54		100m: 58.13 30.59	150m: 1:29.65	31.52	200m: 2:01.03 31.38
8.	Francisco Aguiar Morganho	98	100872	Naval do Funchal	<b>2:01.15</b>	551
	50m: 28.10 28.10		100m: 58.84 30.74	150m: 1:30.49	31.65	200m: 2:01.15 30.66
9.	Frederico Sucena Riachos	98	121637	Nucleo Sportinguista Golega	<b>2:01.24</b>	550
	50m: 26.92 26.92		100m: 57.27 30.35	150m: 1:29.74	32.47	200m: 2:01.24 31.50
10.	Pedro Camacho Sousa	98	100867	Naval do Funchal	<b>2:02.27</b>	536
	50m: 28.42 28.42		100m: 59.10 30.68	150m: 1:30.82	31.72	200m: 2:02.27 31.45
11.	Rafael Ladeiro Santos	98	117122	Geslours	<b>2:02.36</b>	535
	50m: 28.32 28.32		100m: 59.34 31.02	150m: 1:31.27	31.93	200m: 2:02.36 31.09
12.	Carlos Afonso Almeida	98	119275	Colegio Vasco da Gama	<b>2:02.53</b>	533
	50m: 28.62 28.62		100m: 1:00.69 32.07	150m: 1:32.42	31.73	200m: 2:02.53 30.11
13.	Ruben Duarte Leitao	98	122265	Desporto de Setubal	<b>2:03.91</b>	515
	50m: 27.65 27.65		100m: 59.27 31.62	150m: 1:32.42	33.15	200m: 2:03.91 31.49
14.	Francisco Rogerio Santos	98	120268	Benedita	<b>2:04.08</b>	513
	50m: 28.04 28.04		100m: 59.73 31.69	150m: 1:32.10	32.37	200m: 2:04.08 31.98
15.	Bernardo Santos Clemente	98	109157	Bairro dos Anjos /BOMCAR	<b>2:04.20</b>	512
	50m: 27.89 27.89		100m: 1:00.15 32.26	150m: 1:32.97	32.82	200m: 2:04.20 31.23
16.	David Miguel Neves	98	111851	Benfica	<b>2:04.23</b>	511
	50m: 28.40 28.40		100m: 59.91 31.51	150m: 1:32.48	32.57	200m: 2:04.23 31.75
17.	Afonso Sobral Domingues	98	118390	Alges	<b>2:04.80</b>	504
	50m: 29.58 29.58		100m: 1:01.39 31.81	150m: 1:33.51	32.12	200m: 2:04.80 31.29
18.	Dario Fausto Matias	98	106690	Torres Novas	<b>2:05.53</b>	496
	50m: 28.40 28.40		100m: 1:00.17 31.77	150m: 1:33.16	32.99	200m: 2:05.53 32.37
19.	Steve Alexandre Soares	98	111442	Amadora	<b>2:05.83</b>	492
	50m: 29.68 29.68		100m: 1:02.23 32.55	150m: 1:34.65	32.42	200m: 2:05.83 31.18
20.	Leonardo Rochinha Pedro	98	111381	Estoris	<b>2:05.99</b>	490
	50m: 28.68 28.68		100m: 1:01.15 32.47	150m: 1:33.88	32.73	200m: 2:05.99 32.11
21.	Jose Diogo Fonseca	98	112714	Nautico Marinha Grande	<b>2:06.60</b>	483
	50m: 29.14 29.14		100m: 1:01.54 32.40	150m: 1:34.62	33.08	200m: 2:06.60 31.98
22.	Andre Pereira Coelho	98	111012	Alcobaca	<b>2:06.76</b>	481
	50m: 29.29 29.29		100m: 1:01.47 32.18	150m: 1:34.57	33.10	200m: 2:06.76 32.19



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 13

Femin., 100m Livres

Juvenis

14-12-2013 - 16:50

Resultados

Recorde Nacional (25m) Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	20-12-2009
Recorde Nacional (25m) Juv B	59.33	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Juv A	58.04	Ines Camacho Fernandes	SCP	Mealhada	18-12-2011

Tac-JUVAFem Juv A: 1:05.10 / Tac-JUVBFem Juv B: 1:06.98

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Laura Sanchez Rodrigues	00	111405	Alges	<b>1:00.01</b>		614		
	50m: 29.15 29.15		100m: 1:00.01 30.86						
2.	Ines Jacinto Henriques	00	120220	Pimpoes/Cimai	<b>1:01.36</b>		574		
	50m: 29.91 29.91		100m: 1:01.36 31.45						
3.	Laura Catarina Abreu	00	107900	Desportivo Nacional	<b>1:01.79</b>		562		
	50m: 29.79 29.79		100m: 1:01.79 32.00						
4.	Ines Silva Bernardo	00	122689	Colegio Monte Maior	<b>1:02.55</b>		542		
	50m: 29.98 29.98		100m: 1:02.55 32.57						
5.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>1:02.76</b>		536		
	50m: 30.16 30.16		100m: 1:02.76 32.60						
6.	Sofia Alexandra Nunes	00	112322	Laranjeiro	<b>1:03.10</b>		528		
	50m: 30.54 30.54		100m: 1:03.10 32.56						
7.	Vera Ines Aguilar	00	112452	Desportivo Nacional	<b>1:03.50</b>		518		
	50m: 29.99 29.99		100m: 1:03.50 33.51						
8.	Sofia Isabel Gouveia	00	121324	Uniao Piedense	<b>1:03.61</b>		515		
	50m: 30.80 30.80		100m: 1:03.61 32.81						
9.	Ema Filipa Rosario	00	120561	Natacao do Montijo	<b>1:03.64</b>		514		
	50m: 31.01 31.01		100m: 1:03.64 32.63						
10.	Ines Figueira Santos	00	111277	Uniao Piedense	<b>1:04.00</b>		506		
	50m: 31.60 31.60		100m: 1:04.00 32.40						
11.	Rita Guedes Moreira	00	110881	Louletano/ Loule Concelho	<b>1:04.35</b>		498		
	50m: 30.95 30.95		100m: 1:04.35 33.40						
12.	Catarina Martins Mestre	00	120724	Sporting	<b>1:04.48</b>		495		
	50m: 31.39 31.39		100m: 1:04.48 33.09						
13.	Matilde Correia Vieira	00	117805	Alcobaca	<b>1:04.53</b>		493		
	50m: 31.14 31.14		100m: 1:04.53 33.39						
14.	Maria Leonor Gomes	00	108201	Desportivo Nacional	<b>1:05.11</b>		480		
	50m: 31.47 31.47		100m: 1:05.11 33.64						
15.	Lara Alexandra Delgado	00	120773	Torres Novas	<b>1:05.20</b>		478		
	50m: 31.39 31.39		100m: 1:05.20 33.81						
16.	Maria Tome Fialho	00	122346	Amadora	<b>1:05.83</b>		465		
	50m: 32.14 32.14		100m: 1:05.83 33.69						
17.	Tatiana Henriques Simoes	00	119109	Clube Monteges	<b>1:05.99</b>		461		
	50m: 32.21 32.21		100m: 1:05.99 33.78						
18.	Mariana Silva Navalho	00	120577	Uniao Piedense	<b>1:06.01</b>		461		
	50m: 32.05 32.05		100m: 1:06.01 33.96						
	Beatriz Ferreira Rafael	00	123459	Gesloures	<b>1:06.01</b>		461		
	50m: 31.45 31.45		100m: 1:06.01 34.56						
20.	Rita Filipa Paulino	00	118462	Clube Naval Setubalense	<b>1:06.24</b>		456		
	50m: 32.49 32.49		100m: 1:06.24 33.75						
21.	Mariana Silva Ramos	00	120720	Sporting	<b>1:06.31</b>		455		
	50m: 32.04 32.04		100m: 1:06.31 34.27						
22.	Margarida Valente Orrico	00	118395	Uniao Piedense	<b>1:06.40</b>		453		
	50m: 31.82 31.82		100m: 1:06.40 34.58						





**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 13, Femin., 100m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
23.	Madalena Frota Carvalho	00	123312	Gesloures	<b>1:06.46</b>		452		
	50m: 31.95 31.95			100m: 1:06.46 34.51					

Juvenis A

1.	Filipa Carreira Alves	99	118479	Uniao Piedense	<b>59.65</b>		625		
	50m: 28.81 28.81			100m: 59.65 30.84					
2.	Sarah Dias	99	119262	CLAC-Entroncamento	<b>59.74</b>		622		
	50m: 28.69 28.69			100m: 59.74 31.05					
3.	Madalena Gomes Azevedo	99	110160	Alges	<b>59.82</b>		620		
	50m: 29.08 29.08			100m: 59.82 30.74					
4.	Beatriz Barros Carmo	99	107625	Colegio Vasco da Gama	<b>1:01.05</b>		583		
	50m: 29.96 29.96			100m: 1:01.05 31.09					
5.	Margarida Sobral Pimenta	99	118764	Amadora	<b>1:01.88</b>		560		
	50m: 29.80 29.80			100m: 1:01.88 32.08					
6.	Ines Margarida Costa	99	119474	Sporting	<b>1:01.93</b>		558		
	50m: 30.12 30.12			100m: 1:01.93 31.81					
7.	Catarina Rego Borges	99	107020	Bombeiros Ponta Delgada	<b>1:02.15</b>		552		
	50m: 29.75 29.75			100m: 1:02.15 32.40					
8.	Ana Pires Brito	99	117031	Colegio Monte Maior	<b>1:02.57</b>		541		
	50m: 30.16 30.16			100m: 1:02.57 32.41					
9.	Joana Cristina Fernandes	99	120692	Amadora	<b>1:03.01</b>		530		
	50m: 30.74 30.74			100m: 1:03.01 32.27					
10.	Mariana Freitas Rocha	99	111883	Maritimo	<b>1:03.15</b>		527		
	50m: 30.58 30.58			100m: 1:03.15 32.57					
11.	Ana Sofia Ferreira	99	109040	Pimpoes/Cimai	<b>1:03.34</b>		522		
	50m: 31.50 31.50			100m: 1:03.34 31.84					
12.	Tania Cristina Mendes	99	111028	Industrial Viegense	<b>1:03.37</b>		521		
	50m: 30.50 30.50			100m: 1:03.37 32.87					
13.	Maria Ana Monge	99	118400	Sporting	<b>1:03.95</b>		507		
	50m: 30.65 30.65			100m: 1:03.95 33.30					
14.	Filipa Sousa Pinheiro	99	117597	Sporting	<b>1:04.09</b>		504		
	50m: 30.78 30.78			100m: 1:04.09 33.31					
15.	Beatriz Paulo Ranito	99	116593	Sporting	<b>1:04.39</b>		497		
	50m: 31.14 31.14			100m: 1:04.39 33.25					
16.	Mariana Perna Lima	99	109606	Naval do Funchal	<b>1:04.64</b>		491		
	50m: 30.60 30.60			100m: 1:04.64 34.04					



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 14

Masc., 100m Bruços

Juvenis

14-12-2013 - 17:00

Resultados

Recorde Nacional (25m) Absoluto	58.19	Carlos Esteves Almeida	FPN	Chatres (FRA)	22-11-2012
Recorde Nacional (25m) Juv B	1:04.22	Andre Goncalo Santos	LSC	Braga	04-03-2012
Recorde Nacional (25m) Juv A	1:03.39	Andre Goncalo Santos	LSC	S. António Cavaleiros	21-12-2012

Tac-JUVAMasc Juv A: 1:14.16 / Tac-JUVBMasc Juv B: 1:15.54

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juvenis B

1.	Antonio Manuel Mendes	99	120726	Sporting	<b>1:09.98</b>		501		
	50m: 33.70 33.70		100m: 1:09.98 36.28						
2.	Miguel Carrico Cruz	99	108681	20Km de Almeirim	<b>1:10.07</b>		499		
	50m: 32.73 32.73		100m: 1:10.07 37.34						
3.	Andre Tavares Grenho	99	120605	Gesloures	<b>1:10.35</b>		493		
	50m: 33.56 33.56		100m: 1:10.35 36.79						
4.	Joao Miguel Barrulas	99	109565	Aminata	<b>1:11.06</b>		479		
	50m: 33.68 33.68		100m: 1:11.06 37.38						
5.	Sandro Emanuel Francisco	99	117818	Industrial Viegense	<b>1:11.35</b>		473		
	50m: 34.22 34.22		100m: 1:11.35 37.13						
6.	Joao Pedro Teves	99	107150	Bombeiros Ponta Delgada	<b>1:11.85</b>		463		
	50m: 33.72 33.72		100m: 1:11.85 38.13						
7.	Francisco Carreiro Rego	99	102102	Bombeiros Ponta Delgada	<b>1:13.03</b>		441		
	50m: 34.34 34.34		100m: 1:13.03 38.69						
8.	Nuno Rafael Silva	99	117594	Colegio Monte Maior	<b>1:13.99</b>		424		
	50m: 34.44 34.44		100m: 1:13.99 39.55						
9.	Joao Nunes Cotrim	99	112166	Naval do Funchal	<b>1:14.06</b>		423		
	50m: 34.27 34.27		100m: 1:14.06 39.79						

Juvenis A

1.	Hugo Pon	98	110164	Alges	<b>1:06.57</b>		582		
	50m: 31.86 31.86		100m: 1:06.57 34.71						
2.	Antonio Fernandes Carrico	98	106926	Pimpoes/Cimai	<b>1:07.10</b>		569		
	50m: 32.14 32.14		100m: 1:07.10 34.96						
3.	Afonso Ribeiro Bate	98	117180	Alges	<b>1:07.91</b>		549		
	50m: 32.20 32.20		100m: 1:07.91 35.71						
4.	Guilherme Assis Ramos	98	100274	Fisica Torres Vedras	<b>1:08.45</b>		536		
	50m: 31.76 31.76		100m: 1:08.45 36.69						
5.	Joao Sismeiro Pereira	98	118767	Amadora	<b>1:08.70</b>		530		
	50m: 32.67 32.67		100m: 1:08.70 36.03						
6.	Martim Silveira Rodrigues	98	104097	Maritimo	<b>1:09.23</b>		518		
	50m: 32.38 32.38		100m: 1:09.23 36.85						
7.	Diogo Filipe Rodrigues	98	110927	Bairro dos Anjos /BOMCAR	<b>1:10.90</b>		482		
	50m: 32.85 32.85		100m: 1:10.90 38.05						
8.	Rafael Viegas Cruz	98	119647	Sporting	<b>1:12.11</b>		458		
	50m: 33.67 33.67		100m: 1:12.11 38.44						
9.	Tiago Manuel Azinheirinha	98	123043	Atletico Montemor	<b>1:13.11</b>		440		
	50m: 33.72 33.72		100m: 1:13.11 39.39						
10.	Pedro Manuel Nunes	98	100643	CLAC-Entroncamento	<b>1:16.31</b>		387		
	50m: 35.22 35.22		100m: 1:16.31 41.09						



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 15

Femin., 200m Mariposa

Juvenis

14-12-2013 - 17:15

Resultados

Recorde Nacional (25m) Absoluto	2:08.54	Sara Freitas Oliveira	FPN	Dubai (UAE)	15-12-2010
Recorde Nacional (25m) Juv B	2:19.06	Susana Patricia Miguel	SFUAP	Penafiel	20-03-2004
Recorde Nacional (25m) Juv A	2:17.51	Raquel Maria Felgueiras			01-01-1995

Tac-JUVAFem Juv A: 2:36.63 / Tac-JUVBFem Juv B: 2:39.61

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Giovanna Vaz Vargas	00	110957	Nautico Marinha Grande	<b>2:25.35</b>		573		
	50m: 32.70 32.70								
	100m: 1:09.41 36.71								
	150m: 1:47.11 37.70								
	200m: 2:25.35 38.24								
2.	Monica Seara Domingues	00	110972	Nautico Marinha Grande	<b>2:34.16</b>		480		
	50m: 34.45 34.45								
	100m: 1:13.91 39.46								
	150m: 1:54.51 40.60								
	200m: 2:34.16 39.65								
3.	Alice Maria Lopes	00	119476	Uniao Piedense	<b>2:34.99</b>		473		
	50m: 36.28 36.28								
	100m: 1:16.68 40.40								
	150m: 1:56.39 39.71								
	200m: 2:34.99 38.60								
4.	Mariana Simoes Antunes	00	120871	Sporting	<b>2:41.06</b>		421		
	50m: 35.93 35.93								
	100m: 1:16.66 40.73								
	150m: 1:58.70 42.04								
	200m: 2:41.06 42.36								
5.	Ana Madalena Mendes	00	124022	Sporting	<b>2:44.79</b>		393		
	50m: 36.33 36.33								
	100m: 1:18.67 42.34								
	150m: 2:01.72 43.05								
	200m: 2:44.79 43.07								

Juvenis A

1.	Barbara Coimbra Teodosio	99	112716	Nautico Marinha Grande	<b>2:28.87</b>		534		
	50m: 33.82 33.82								
	100m: 1:11.75 37.93								
	150m: 1:50.60 38.85								
	200m: 2:28.87 38.27								
2.	Sara Costa Guerra	99	117600	Sporting	<b>2:29.78</b>		524		
	50m: 34.58 34.58								
	100m: 1:13.35 38.77								
	150m: 1:51.83 38.48								
	200m: 2:29.78 37.95								
3.	Joana Viegas Bento	99	121143	Colegio Bernardette Romeira	<b>2:31.70</b>		504		
	50m: 32.63 32.63								
	100m: 1:10.96 38.33								
	150m: 1:51.65 40.69								
	200m: 2:31.70 40.05								
4.	Mariana Frazao Saraiva	99	122371	Alges	<b>2:32.03</b>		501		
	50m: 34.06 34.06								
	100m: 1:13.75 39.69								
	150m: 1:52.64 38.89								
	200m: 2:32.03 39.39								
5.	Sara Mafra Rocha	99	112318	Alcobaca	<b>2:36.24</b>		461		
	50m: 34.86 34.86								
	100m: 1:14.49 39.63								
	150m: 1:55.19 40.70								
	200m: 2:36.24 41.05								
6.	Sara Conceicao Peca	99	116963	Bairro dos Anjos /BOMCAR	<b>2:36.65</b>		458		
	50m: 34.79 34.79								
	100m: 1:14.83 40.04								
	150m: 1:55.71 40.88								
	200m: 2:36.65 40.94								
7.	Mariana Soares Martinho	99	116575	20Km de Almeirim	<b>2:44.03</b>		399		
	50m: 35.42 35.42								
	100m: 1:15.97 40.55								
	150m: 1:59.04 43.07								
	200m: 2:44.03 44.99								

Prova 16

Masc., 100m Mariposa

Juvenis

14-12-2013 - 17:25

Resultados

Recorde Nacional (25m) Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	11-11-2009
Recorde Nacional (25m) Juv B	57.32	Diogo Filipe Carvalho	CGA		
Recorde Nacional (25m) Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	05-12-2010

Tac-JUVAMasc Juv A: 1:05.09 / Tac-JUVBMasc Juv B: 1:06.27

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Hugo Filipe Correia	99	118621	Litoral Alentejano	<b>1:01.32</b>		494		
	50m: 28.28 28.28								
	100m: 1:01.32 33.04								
2.	Afonso Meneses Sequeira	99	105711	Naval do Funchal	<b>1:01.79</b>		482		
	50m: 28.79 28.79								
	100m: 1:01.79 33.00								
3.	Joao Silverio Duarte	99	111461	Electrico Clube	<b>1:02.49</b>		466		
	50m: 29.00 29.00								
	100m: 1:02.49 33.49								



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 16, Masc., 100m Mariposa, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
4.	Miguel Carrico Cruz 50m: 28.85 28.85	99	108681	20Km de Almeirim 100m: 1:03.01 34.16	<b>1:03.01</b>		455		
5.	Afonso Guilherme Rosa 50m: 28.96 28.96	99	103331	Gualdim Pais 100m: 1:03.12 34.16	<b>1:03.12</b>		453		
6.	Bernardo Antonio Alves 50m: 29.72 29.72	99	121075	Louletano/ Loule Concelho 100m: 1:03.18 33.46	<b>1:03.18</b>		451		
7.	Gil Magalhaes Raposo 50m: 30.10 30.10	99	110076	Lagoa AC 100m: 1:03.33 33.23	<b>1:03.33</b>		448		
8.	Diogo Jesus Crespo 50m: 29.49 29.49	99	104132	Desportivo Nacional 100m: 1:03.45 33.96	<b>1:03.45</b>		446		
9.	Francisco Ribeiro Constantino 50m: 29.76 29.76	99	105785	Naval da Nazare 100m: 1:03.46 33.70	<b>1:03.46</b>		445		
10.	Antonio Manuel Mendes 50m: 29.76 29.76	99	120726	Sporting 100m: 1:03.58 33.82	<b>1:03.58</b>		443		
11.	Henrique Lourenco Ferreira 50m: 29.31 29.31	99	112534	Colegio Vasco da Gama 100m: 1:03.66 34.35	<b>1:03.66</b>		441		
12.	Martim Moniz Silva 50m: 30.02 30.02	99	108808	Naval do Funchal 100m: 1:04.27 34.25	<b>1:04.27</b>		429		
13.	Pedro Galvao Gouveia 50m: 29.86 29.86	99	112722	Desportivo Nacional 100m: 1:04.61 34.75	<b>1:04.61</b>		422		
14.	Tiago Filipe Campos 50m: 30.20 30.20	99	116573	Viver Santarem 100m: 1:05.10 34.90	<b>1:05.10</b>		412		

Juvenis A

1.	Henrique Luis Vargas 50m: 26.62 26.62	98	105713	Naval do Funchal 100m: 58.18 31.56	<b>58.18</b>		578		
2.	Tiago Martins Boleta 50m: 27.59 27.59	98	107597	Louletano/ Loule Concelho 100m: 58.62 31.03	<b>58.62</b>		565		
3.	Bernardo Santos Clemente 50m: 27.19 27.19	98	109157	Bairro dos Anjos /BOMCAR 100m: 59.03 31.84	<b>59.03</b>		553		
4.	Ricardo Goncalves Moura 50m: 27.84 27.84	98	107577	Electrico Clube 100m: 59.76 31.92	<b>59.76</b>		533		
5.	Jose Paula Carvalho 50m: 28.61 28.61	98	111450	Uniao Piedense 100m: 1:00.17 31.56	<b>1:00.17</b>		523		
6.	Goncalo Filipe Patatas 50m: 29.04 29.04	98	117602	Sporting 100m: 1:01.48 32.44	<b>1:01.48</b>		490		
7.	Diogo Rodrigues Freitas 50m: 28.68 28.68	98	107680	Uniao Piedense 100m: 1:02.00 33.32	<b>1:02.00</b>		478		
8.	Ruben Duarte Leitao 50m: 28.81 28.81	98	122265	Desporto de Setubal 100m: 1:02.10 33.29	<b>1:02.10</b>		475		
9.	Eduardo Manuel Goncalves 50m: 29.52 29.52	98	112562	Nucleo Sportinguista Terceira 100m: 1:02.24 32.72	<b>1:02.24</b>		472		
10.	Joao Paulo Lopes 50m: 29.39 29.39	98	107490	Torres Novas 100m: 1:02.55 33.16	<b>1:02.55</b>		465		
11.	Bernardo Stephen Henriques 50m: 30.10 30.10	98	100863	Desportivo Nacional 100m: 1:04.43 34.33	<b>1:04.43</b>		426		
12.	Pedro Antonio Zilhao 50m: 30.28 30.28	98	120187	Nacional de Natacao 100m: 1:06.03 35.75	<b>1:06.03</b>		395		



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 17

Femin., 4 x 100m Estilos

Juvenis

14-12-2013 - 17:40

Resultados

Recorde Nacional (25m) Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv B	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Recorde Nacional (25m) Juv A	4:33.40				

Tac-JUVA Fem Juv A: 5:09.33 / Tac-JUVB Fem Juv B: 5:15.95

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juvenis B

<b>1. Desportivo Nacional-JUV B</b>		<b>Desportivo Nacional</b>	<b>4:43.49</b>		<b>503</b>		
Vera Ines Aguilar	00	33.59	1:13.85	Beatriz Jong Rosa	00	30.20	1:08.24
Laura Catarina Abreu	00	35.88	1:16.92	Maria Leonor Gomes	00	30.55	1:04.48
<b>2. Alcobaca-JUV B</b>		<b>Alcobaca</b>	<b>4:48.74</b>		<b>476</b>		
Matilde Correia Vieira	00	34.32	1:10.45	Filipa Andreia Silva	00	34.80	1:16.25
Ines Rocha Silva	00	36.32	1:17.75	Joana Mota Correia	00	30.29	1:04.29
<b>3. Nautico Marinha Grande-JUV B</b>		<b>Nautico Marinha Grande</b>	<b>4:50.16</b>		<b>469</b>		
Margarida Reconha Marques	00	34.86	1:11.98	Giovanna Vaz Vargas	00	31.71	1:07.40
Monica Seara Domingues	00	39.84	1:24.26	Lara Ferreira Martins	00	31.38	1:06.52
<b>4. Sporting-JUV B</b>		<b>Sporting</b>	<b>4:56.95</b>		<b>438</b>		
Catarina Martins Mestre	00	33.89	1:10.22	Mariana Figueiras Matos	00	34.17	1:15.82
Mariana Simoes Antunes	00	38.74	1:24.43	Mariana Silva Ramos	00	31.39	1:06.48
<b>5. Uniao Piedense-JUV B</b>		<b>Uniao Piedense</b>	<b>4:58.75</b>		<b>430</b>		
Sofia Isabel Gouveia	00	36.25	1:15.03	Alice Maria Lopes	00	34.41	1:13.06
Ines Figueira Santos	00	40.27	1:24.88	Margarida Valente Orrico	00	31.10	1:05.78
<b>6. Amadora-JUV B</b>		<b>Amadora</b>	<b>5:01.46</b>		<b>418</b>		
Beatriz Pereira Gomes	00	36.70	1:15.47	Maria Tome Fialho	00	34.70	1:14.25
Margarida Rito Reis	00	38.78	1:23.03	Raquel Torres Ramos	00	32.33	1:08.71
<b>7. Aminata-JUV B</b>		<b>Aminata</b>	<b>5:02.36</b>		<b>415</b>		
Beatriz Valadas Bilro	00	34.72	1:10.95	Carolina Pastor Escada	00	34.28	1:14.46
Ines Bicho Fadista	00	40.05	1:26.19	Ana Margarida Cruz	00	33.83	1:10.76
<b>8. Natacao do Montijo-JUV B</b>		<b>Natacao do Montijo</b>	<b>5:06.77</b>		<b>397</b>		
Beatriz Jesus Pereira	00	37.21	1:16.52	Catarina Barco Quendera	00	37.06	1:18.87
Ema Filipa Rosario	00	38.06	1:21.57	Ana Fernandes Costa	00	32.97	1:09.81

Juvenis A

<b>1. Sporting-JUV A</b>		<b>Sporting</b>	<b>4:38.79</b>		<b>529</b>		
Maria Ana Monge	99	33.05	1:07.70	Sara Costa Guerra	99	32.87	1:10.58
Ines Margarida Costa	99	36.39	1:17.72	Filipa Sousa Pinheiro	99	30.07	1:02.79
<b>2. Amadora-JUV A</b>		<b>Amadora</b>	<b>4:49.68</b>		<b>472</b>		
Margarida Sobral Pimenta	99	33.60	1:09.72	Ana Claudia Rosa	99	32.80	1:10.31
Joana Cristina Fernandes	99	39.78	1:25.60	Joana Miguel Alexandre	99	30.34	1:04.05
<b>3. Colegio Bernardette Romeira-JUV A</b>		<b>Colegio Bernardette Romeira</b>	<b>4:50.04</b>		<b>470</b>		
Carolina Costa Fernandes	99	37.82	1:18.83	Joana Viegas Bento	99	31.79	1:09.35
Matilde Pereira Martins	99	36.39	1:17.77	Catarina Costa Fernandes	99	30.50	1:04.09
<b>4. Nautico de Abrantes-JUV A</b>		<b>Nautico Abrantes</b>	<b>5:03.76</b>		<b>409</b>		
Patricia Silva Conceicao	99	37.76	1:18.03	Ana Margarida Salgueiro	99	34.29	1:16.04
Maria Beatriz Diogo	99	39.29	1:22.78	Ana Torres Ferreira	99	31.84	1:06.91





**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 18

Masc., 4 x 100m Livres

Juvenis

14-12-2013 - 17:50

Resultados

Recorde Nacional (25m) Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv B	3:43.53	Futebol Clube do Porto	FCP	Braga	04-03-2012
Recorde Nacional (25m) Juv A	3:36.95	Associacao Naval Amorense	ANAM	Algés	07-07-2012

Tac-JUVAMasc Juv A: 4:08.68 / Tac-JUVBMasc Juv B: 4:18.37

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>							
1.		<b>Amadora-JUV B</b>					
		Afonso Vicente Eva	99 28.74 1:00.96	Joao Magalhaes Nunes	99	26.52	55.23
		Alexander Carvalho Esteves	99 28.94 1:00.44	Pedro Ferraz Esteves	99	28.22	59.46
2.		<b>Industrial Vieirense-JUV B</b>					
		Sergio Gabriel Lamande	99 29.58 1:01.95	Andre Lopes Silva	99	28.23	59.14
		Francisco Pereira Pedrosa	99 28.28 59.44	Sandro Emanuel Francisco	99	26.59	55.86
3.		<b>Aminata-JUV B</b>					
		Bernardo Pastor Escada	99 27.78 57.65	Andre Mendes Batalha	99	28.69	1:00.02
		Joao Miguel Barrulas	99 30.13 1:02.62	Tiago Pastor Escada	99	27.34	57.17
4.		<b>Naval do Funchal-JUV B</b>					
		Alessandro Antunes Paolinelli	99 28.87 1:00.01	Joao Nunes Cotrim	99	28.51	1:00.84
		Martim Moniz Silva	99 28.10 59.16	Afonso Meneses Sequeira	99	26.57	57.49
5.		<b>Uniao Piedense-JUV B</b>					
		Pedro Henrique Matos	99 29.21 1:01.41	Joao Daniel Machado	99	27.50	57.81
		Tiago Filipe Freitas	99 30.30 1:04.29	Filipe Alexandre Silva	99	30.03	1:03.22
<b>Juvenis A</b>							
1.		<b>Naval do Funchal-JUV A</b>					
		Francisco Manso Teixeira	98 26.34 55.16	Francisco Aguiar Morganho	98	26.20	54.74
		Pedro Camacho Sousa	98 25.99 54.34	Henrique Luis Vargas	98	25.31	53.35
2.		<b>Alges-JUV A</b>					
		Francisco Carvalho Machado	98 25.67 53.46	Miguel Reis Santos	98	26.90	56.71
		Hugo Pon	98 26.73 56.00	Afonso Ribeiro Bate	98	26.70	56.70
3.		<b>Amadora-JUV A</b>					
		Filipe Miguel Silveira	98 26.77 55.82	Steve Alexandre Soares	98	25.80	54.46
		Pedro Trindade Silva	98 25.77 55.31	Joao Sismeiro Pereira	98	27.34	57.35
4.		<b>Bairro dos Anjos /BOMCAR-JUV A</b>					
		Bernardo Santos Clemente	98 26.70 55.32	Goncalo Manuel Repolho	98	27.33	58.04
		Diogo Filipe Rodrigues	98 26.52 56.07	Dmytro Khomenko	98	27.34	58.51
5.		<b>Colegio Monte Maior-JUV A</b>					
		Cesar Barroqueiro Magalhaes	98 28.01 58.23	Diogo Rosado Leca	98	27.51	58.44
		Diogo Nogueira Rebelo	98 28.08 58.20	Joao Alexandre Vital	98	25.34	53.75
6.		<b>Gesloures-JUV A</b>					
		Raul Miguel Matzinger	98 28.74 1:00.44	Filipe Ferreira Luz	98	28.84	1:00.10
		Frederico Pinto Silva	98 28.51 58.87	Rafael Ladeiro Santos	98	26.95	56.77
7.		<b>Bombeiros Ponta Delgada-JUV A</b>					
		Luis Monteiro Cabral	98 28.79 1:00.77	Diogo Jose Vaz	98	27.81	58.82
		Rodrigo Sousa Costa	98 28.79 1:01.85	Miguel Alexandre Rato	98	27.67	59.48
8.		<b>FC Ferreiras-JUV A</b>					
		Bernardo Gameiro Agapito	98 28.64 1:00.60	Rodrigo Martins Gomes	98	27.57	59.09
		Cristian Toma	98 26.64 57.43	Rafael Feliciano Duarte	98	31.38	1:05.77
DSQ		<b>Uniao Piedense-JUV A</b>					
		<b>403 - Falsa partida - SW 4.4</b>					
		Hugo Filipe Torres, Afonso Calais Queiroga, Diogo Rodrigues Freitas, Jose Paula Carvalho					



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 19

Masc., 1500m Livres

Juvenis

15-12-2013 - 9:00

Resultados

Recorde Nacional (25m) Absoluto	15:04.78	Fernando Eurico Costa	FPN	Trieste (ITA)	10-12-2005
Recorde Nacional (25m) Juv B	16:09.71	Luis Miguel Monteiro	FCP	Felgueiras	01-03-1998
Recorde Nacional (25m) Juv A	15:36.31	Rui Filipe Costa	VSC		04-03-2007

Tac-JUVAMasc Juv A: 18:23.49 / Tac-JUVBMasc Juv B: 18:44.12

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	<b>Tomas Gomes Oliveira</b>	99	112715	Nautico Marinha Grande	<b>16:35.26</b>		623		
	50m: 29.64	29.64	450m: 4:52.49	33.42	850m: 9:19.36	33.19	1250m: 13:48.88	33.82	
	100m: 1:01.14	31.50	500m: 5:25.88	33.39	900m: 9:52.61	33.25	1300m: 14:22.74	33.86	
	150m: 1:33.31	32.17	550m: 5:59.39	33.51	950m: 10:26.08	33.47	1350m: 14:56.47	33.73	
	200m: 2:06.14	32.83	600m: 6:32.45	33.06	1000m: 10:59.86	33.78	1400m: 15:29.99	33.52	
	250m: 2:39.32	33.18	650m: 7:06.22	33.77	1050m: 11:33.35	33.49	1450m: 16:03.74	33.75	
	300m: 3:12.35	33.03	700m: 7:39.61	33.39	1100m: 12:07.36	34.01	1500m: 16:35.26	31.52	
	350m: 3:45.74	33.39	750m: 8:12.74	33.13	1150m: 12:41.54	34.18			
	400m: 4:19.07	33.33	800m: 8:46.17	33.43	1200m: 13:15.06	33.52			
2.	<b>Duarte Filipe Rodrigues</b>	99	118781	Alges	<b>17:11.47</b>		559		
	50m: 30.85	30.85	450m: 5:03.75	34.28	850m: 9:39.71	34.59	1250m: 14:18.37	35.21	
	100m: 1:04.35	33.50	500m: 5:38.24	34.49	900m: 10:14.31	34.60	1300m: 14:53.41	35.04	
	150m: 1:38.45	34.10	550m: 6:12.71	34.47	950m: 10:49.29	34.98	1350m: 15:28.66	35.25	
	200m: 2:12.58	34.13	600m: 6:47.37	34.66	1000m: 11:24.03	34.74	1400m: 16:03.85	35.19	
	250m: 2:46.66	34.08	650m: 7:21.81	34.44	1050m: 11:58.53	34.50	1450m: 16:38.74	34.89	
	300m: 3:20.78	34.12	700m: 7:56.17	34.36	1100m: 12:33.28	34.75	1500m: 17:11.47	32.73	
	350m: 3:55.09	34.31	750m: 8:30.88	34.71	1150m: 13:08.27	34.99			
	400m: 4:29.47	34.38	800m: 9:05.12	34.24	1200m: 13:43.16	34.89			
3.	<b>Manuel Silva Godinho</b>	99	107866	Louletano/ Loule Concelho	<b>17:11.92</b>		559		
	50m: 30.30	30.30	450m: 5:06.35	34.74	850m: 9:45.94	35.45	1250m: 14:23.53	34.03	
	100m: 1:03.65	33.35	500m: 5:41.24	34.89	900m: 10:20.98	35.04	1300m: 14:57.83	34.30	
	150m: 1:38.08	34.43	550m: 6:16.20	34.96	950m: 10:55.42	34.44	1350m: 15:31.93	34.10	
	200m: 2:12.68	34.60	600m: 6:50.67	34.47	1000m: 11:30.36	34.94	1400m: 16:06.03	34.10	
	250m: 2:47.65	34.97	650m: 7:25.59	34.92	1050m: 12:05.05	34.69	1450m: 16:39.65	33.62	
	300m: 3:22.27	34.62	700m: 8:00.68	35.09	1100m: 12:39.76	34.71	1500m: 17:11.92	32.27	
	350m: 3:56.96	34.69	750m: 8:35.55	34.87	1150m: 13:14.38	34.62			
	400m: 4:31.61	34.65	800m: 9:10.49	34.94	1200m: 13:49.50	35.12			
4.	<b>Nelson Pereira Malheiros</b>	99	112269	Litoral Alentejano	<b>17:22.00</b>		543		
	50m: 31.28	31.28	450m: 5:04.16	34.46	850m: 9:41.94	34.66	1250m: 14:26.23	35.12	
	100m: 1:04.82	33.54	500m: 5:38.96	34.80	900m: 10:16.71	34.77	1300m: 15:02.03	35.80	
	150m: 1:38.31	33.49	550m: 6:13.70	34.74	950m: 10:52.46	35.75	1350m: 15:37.28	35.25	
	200m: 2:12.27	33.96	600m: 6:47.97	34.27	1000m: 11:28.27	35.81	1400m: 16:12.29	35.01	
	250m: 2:46.37	34.10	650m: 7:23.22	35.25	1050m: 12:03.83	35.56	1450m: 16:47.31	35.02	
	300m: 3:20.73	34.36	700m: 7:58.06	34.84	1100m: 12:39.36	35.53	1500m: 17:22.00	34.69	
	350m: 3:54.87	34.14	750m: 8:32.62	34.56	1150m: 13:15.48	36.12			
	400m: 4:29.70	34.83	800m: 9:07.28	34.66	1200m: 13:51.11	35.63			
5.	<b>Tiago Cunha Costa</b>	99	120725	Sporting	<b>17:30.46</b>		529		
	50m: 31.03	31.03	450m: 5:10.96	35.44	850m: 9:53.31	35.71	1250m: 14:36.76	35.52	
	100m: 1:05.27	34.24	500m: 5:46.46	35.50	900m: 10:28.54	35.23	1300m: 15:11.91	35.15	
	150m: 1:39.96	34.69	550m: 6:21.53	35.07	950m: 11:03.90	35.36	1350m: 15:47.00	35.09	
	200m: 2:15.14	35.18	600m: 6:56.73	35.20	1000m: 11:39.07	35.17	1400m: 16:22.07	35.07	
	250m: 2:50.12	34.98	650m: 7:31.90	35.17	1050m: 12:14.41	35.34	1450m: 16:56.89	34.82	
	300m: 3:25.28	35.16	700m: 8:07.09	35.19	1100m: 12:49.59	35.18	1500m: 17:30.46	33.57	
	350m: 4:00.28	35.00	750m: 8:42.43	35.34	1150m: 13:25.32	35.73			
	400m: 4:35.52	35.24	800m: 9:17.60	35.17	1200m: 14:01.24	35.92			
6.	<b>Pedro Ferraz Esteves</b>	99	118772	Amadora	<b>17:48.00</b>		504		
	50m: 32.33	32.33	450m: 5:18.82	35.96	850m: 10:04.95	36.07	1250m: 14:51.21	36.10	
	100m: 1:07.53	35.20	500m: 5:54.68	35.86	900m: 10:40.56	35.61	1300m: 15:27.20	35.99	
	150m: 1:43.15	35.62	550m: 6:30.63	35.95	950m: 11:16.32	35.76	1350m: 16:02.64	35.44	
	200m: 2:19.15	36.00	600m: 7:06.29	35.66	1000m: 11:51.96	35.64	1400m: 16:38.84	36.20	
	250m: 2:55.20	36.05	650m: 7:42.03	35.74	1050m: 12:28.15	36.19	1450m: 17:14.24	35.40	
	300m: 3:31.06	35.86	700m: 8:17.75	35.72	1100m: 13:04.17	36.02	1500m: 17:48.00	33.76	
	350m: 4:07.14	36.08	750m: 8:53.37	35.62	1150m: 13:39.29	35.12			
	400m: 4:42.86	35.72	800m: 9:28.88	35.51	1200m: 14:15.11	35.82			



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 19, Masc., 1500m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Goncalo Faria Saldida	99	116645	Gualdim Pais	<b>18:09.54</b>		474		
	50m: 31.64	31.64	450m: 5:15.66	35.53	850m: 10:07.82	36.57	1250m: 15:07.17	37.01	
	100m: 1:06.25	34.61	500m: 5:51.71	36.05	900m: 10:45.28	37.46	1300m: 15:44.68	37.51	
	150m: 1:41.48	35.23	550m: 6:27.98	36.27	950m: 11:23.68	38.40	1350m: 16:21.79	37.11	
	200m: 2:16.76	35.28	600m: 7:04.42	36.44	1000m: 12:00.10	36.42	1400m: 16:59.30	37.51	
	250m: 2:51.81	35.05	650m: 7:41.09	36.67	1050m: 12:39.01	38.91	1450m: 17:34.32	35.02	
	300m: 3:27.70	35.89	700m: 8:17.49	36.40	1100m: 13:17.38	38.37	1500m: 18:09.54	35.22	
	350m: 4:04.01	36.31	750m: 8:54.20	36.71	1150m: 13:53.10	35.72			
	400m: 4:40.13	36.12	800m: 9:31.25	37.05	1200m: 14:30.16	37.06			
8.	Rui Pedro Brito	99	112717	Nautico Marinha Grande	<b>18:37.58</b>		440		
	50m: 33.32	33.32	450m: 5:27.43	37.16	850m: 10:27.02	37.38	1250m: 15:29.81	38.03	
	100m: 1:09.22	35.90	500m: 6:04.64	37.21	900m: 11:04.67	37.65	1300m: 16:07.77	37.96	
	150m: 1:45.71	36.49	550m: 6:41.95	37.31	950m: 11:42.38	37.71	1350m: 16:45.55	37.78	
	200m: 2:22.59	36.88	600m: 7:19.23	37.28	1000m: 12:20.10	37.72	1400m: 17:23.67	38.12	
	250m: 2:59.29	36.70	650m: 7:56.70	37.47	1050m: 12:57.88	37.78	1450m: 18:01.47	37.80	
	300m: 3:36.34	37.05	700m: 8:34.45	37.75	1100m: 13:35.81	37.93	1500m: 18:37.58	36.11	
	350m: 4:13.17	36.83	750m: 9:11.71	37.26	1150m: 14:13.53	37.72			
	400m: 4:50.27	37.10	800m: 9:49.64	37.93	1200m: 14:51.78	38.25			
9.	Alexander Carvalho Esteves	99	119273	Amadora	<b>18:48.29</b>		427		
	50m: 33.74	33.74	450m: 5:29.85	37.88	850m: 10:35.61	38.11	1250m: 15:40.63	38.34	
	100m: 1:09.49	35.75	500m: 6:07.67	37.82	900m: 11:13.70	38.09	1300m: 16:19.19	38.56	
	150m: 1:46.05	36.56	550m: 6:45.67	38.00	950m: 11:51.98	38.28	1350m: 16:57.62	38.43	
	200m: 2:23.40	37.35	600m: 7:23.76	38.09	1000m: 12:29.99	38.01	1400m: 17:35.84	38.22	
	250m: 2:59.95	36.55	650m: 8:01.86	38.10	1050m: 13:07.97	37.98	1450m: 18:13.34	37.50	
	300m: 3:37.07	37.12	700m: 8:40.48	38.62	1100m: 13:45.94	37.97	1500m: 18:48.29	34.95	
	350m: 4:14.18	37.11	750m: 9:18.93	38.45	1150m: 14:24.02	38.08			
	400m: 4:51.97	37.79	800m: 9:57.50	38.57	1200m: 15:02.29	38.27			

Juvenis A

1.	Guilherme Filipe Pina	98	107450	Benedita	<b>16:09.48</b>		674		
	50m: 28.73	28.73	450m: 4:46.48	32.78	850m: 9:08.33	32.93	1250m: 13:28.26	32.62	
	100m: 59.83	31.10	500m: 5:18.91	32.43	900m: 9:40.88	32.55	1300m: 14:00.92	32.66	
	150m: 1:31.60	31.77	550m: 5:51.55	32.64	950m: 10:13.34	32.46	1350m: 14:33.73	32.81	
	200m: 2:03.89	32.29	600m: 6:24.36	32.81	1000m: 10:45.81	32.47	1400m: 15:06.52	32.79	
	250m: 2:36.46	32.57	650m: 6:57.18	32.82	1050m: 11:17.97	32.16	1450m: 15:38.79	32.27	
	300m: 3:08.72	32.26	700m: 7:29.94	32.76	1100m: 11:50.53	32.56	1500m: 16:09.48	30.69	
	350m: 3:41.21	32.49	750m: 8:02.64	32.70	1150m: 12:22.99	32.46			
	400m: 4:13.70	32.49	800m: 8:35.40	32.76	1200m: 12:55.64	32.65			
2.	Viktor Kot	98	109062	Nautico Marinha Grande	<b>16:34.34</b>		624		
	50m: 29.12	29.12	450m: 4:51.21	33.42	850m: 9:17.61	33.48	1250m: 13:47.59	34.25	
	100m: 1:00.85	31.73	500m: 5:24.09	32.88	900m: 9:50.89	33.28	1300m: 14:21.09	33.50	
	150m: 1:33.38	32.53	550m: 5:57.45	33.36	950m: 10:24.52	33.63	1350m: 14:54.96	33.87	
	200m: 2:06.23	32.85	600m: 6:30.59	33.14	1000m: 10:57.94	33.42	1400m: 15:28.74	33.78	
	250m: 2:39.02	32.79	650m: 7:04.12	33.53	1050m: 11:31.87	33.93	1450m: 16:02.39	33.65	
	300m: 3:11.83	32.81	700m: 7:37.61	33.49	1100m: 12:05.52	33.65	1500m: 16:34.34	31.95	
	350m: 3:44.68	32.85	750m: 8:10.97	33.36	1150m: 12:39.27	33.75			
	400m: 4:17.79	33.11	800m: 8:44.13	33.16	1200m: 13:13.34	34.07			
3.	Rafael Ladeiro Santos	98	117122	Geslourses	<b>16:43.11</b>		608		
	50m: 30.20	30.20	450m: 5:01.57	34.00	850m: 9:33.45	33.69	1250m: 14:00.12	33.21	
	100m: 1:03.18	32.98	500m: 5:35.47	33.90	900m: 10:07.06	33.61	1300m: 14:32.95	32.83	
	150m: 1:36.44	33.26	550m: 6:09.74	34.27	950m: 10:40.72	33.66	1350m: 15:06.02	33.07	
	200m: 2:10.29	33.85	600m: 6:43.64	33.90	1000m: 11:14.35	33.63	1400m: 15:38.87	32.85	
	250m: 2:44.12	33.83	650m: 7:17.78	34.14	1050m: 11:47.44	33.09	1450m: 16:11.64	32.77	
	300m: 3:18.43	34.31	700m: 7:51.73	33.95	1100m: 12:20.48	33.04	1500m: 16:43.11	31.47	
	350m: 3:52.90	34.47	750m: 8:25.94	34.21	1150m: 12:53.51	33.03			
	400m: 4:27.57	34.67	800m: 8:59.76	33.82	1200m: 13:26.91	33.40			
4.	Tiago Carlos Santos	98	121330	Naval Amorense	<b>16:49.94</b>		596		
	50m: 29.41	29.41	450m: 4:51.16	33.37	850m: 9:22.95	34.73	1250m: 13:59.56	34.47	
	100m: 1:00.87	31.46	500m: 5:24.35	33.19	900m: 9:57.95	35.00	1300m: 14:33.63	34.07	
	150m: 1:33.13	32.26	550m: 5:57.72	33.37	950m: 10:32.84	34.89	1350m: 15:08.49	34.86	
	200m: 2:05.76	32.63	600m: 6:31.52	33.80	1000m: 11:07.51	34.67	1400m: 15:43.71	35.22	
	250m: 2:38.37	32.61	650m: 7:05.44	33.92	1050m: 11:41.89	34.38	1450m: 16:17.72	34.01	
	300m: 3:11.28	32.91	700m: 7:39.59	34.15	1100m: 12:16.54	34.65	1500m: 16:49.94	32.22	
	350m: 3:44.42	33.14	750m: 8:14.07	34.48	1150m: 12:50.88	34.34			
	400m: 4:17.79	33.37	800m: 8:48.22	34.15	1200m: 13:25.09	34.21			



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
5.	<b>Pedro Trindade Silva</b>	98	111441	Amadora	<b>17:05.54</b>		<b>569</b>		
	50m: 31.34	31.34	450m: 5:06.28	34.14	850m: 9:41.64	34.21	1250m: 14:14.23	34.26	
	100m: 1:05.50	34.16	500m: 5:41.09	34.81	900m: 10:15.88	34.24	1300m: 14:48.44	34.53	
	150m: 1:39.82	34.32	550m: 6:15.71	34.62	950m: 10:50.23	34.35	1350m: 15:22.79	34.35	
	200m: 2:14.11	34.29	600m: 6:50.05	34.34	1000m: 11:24.03	33.80	1400m: 15:57.00	34.21	
	250m: 2:48.72	34.61	650m: 7:24.24	34.19	1050m: 11:57.81	33.78	1450m: 16:31.52	34.52	
	300m: 3:23.27	34.55	700m: 7:58.63	34.39	1100m: 12:32.06	34.25	1500m: 17:05.54	34.02	
	350m: 3:58.17	34.90	750m: 8:33.06	34.43	1150m: 13:06.09	34.03			
	400m: 4:32.14	33.97	800m: 9:07.43	34.37	1200m: 13:39.97	33.88			
6.	<b>Diogo Rosado Leca</b>	98	117034	Colegio Monte Maior	<b>17:13.07</b>		<b>557</b>		
	50m: 31.14	31.14	450m: 5:07.50	34.68	850m: 9:44.36	34.84	1250m: 14:21.11	34.64	
	100m: 1:04.92	33.78	500m: 5:41.92	34.42	900m: 10:19.13	34.77	1300m: 14:55.64	34.53	
	150m: 1:39.46	34.54	550m: 6:16.66	34.74	950m: 10:53.88	34.75	1350m: 15:30.44	34.80	
	200m: 2:14.21	34.75	600m: 6:51.36	34.70	1000m: 11:28.21	34.33	1400m: 16:05.49	35.05	
	250m: 2:49.01	34.80	650m: 7:25.98	34.62	1050m: 12:02.88	34.67	1450m: 16:40.05	34.56	
	300m: 3:23.44	34.43	700m: 8:00.48	34.50	1100m: 12:37.53	34.65	1500m: 17:13.07	33.02	
	350m: 3:58.30	34.86	750m: 8:34.85	34.37	1150m: 13:11.93	34.40			
	400m: 4:32.82	34.52	800m: 9:09.52	34.67	1200m: 13:46.47	34.54			
7.	<b>Dario Fausto Matias</b>	98	106690	Torres Novas	<b>17:14.22</b>		<b>555</b>		
	50m: 30.72	30.72	450m: 5:08.26	34.78	850m: 9:46.22	34.52	1250m: 14:23.86	34.67	
	100m: 1:04.89	34.17	500m: 5:43.16	34.90	900m: 10:20.58	34.36	1300m: 14:58.91	35.05	
	150m: 1:39.74	34.85	550m: 6:18.15	34.99	950m: 10:55.43	34.85	1350m: 15:33.29	34.38	
	200m: 2:14.43	34.69	600m: 6:52.30	34.15	1000m: 11:30.31	34.88	1400m: 16:07.89	34.60	
	250m: 2:48.97	34.54	650m: 7:27.36	35.06	1050m: 12:04.81	34.50	1450m: 16:42.74	34.85	
	300m: 3:23.95	34.98	700m: 8:02.48	35.12	1100m: 12:39.57	34.76	1500m: 17:14.22	31.48	
	350m: 3:58.83	34.88	750m: 8:36.81	34.33	1150m: 13:14.59	35.02			
	400m: 4:33.48	34.65	800m: 9:11.70	34.89	1200m: 13:49.19	34.60			
8.	<b>Filipe Ferreira Luz</b>	98	112320	Gesloures	<b>17:19.30</b>		<b>547</b>		
	50m: 31.82	31.82	450m: 5:10.26	34.82	850m: 9:49.95	34.90	1250m: 14:28.55	34.83	
	100m: 1:06.39	34.57	500m: 5:45.20	34.94	900m: 10:25.01	35.06	1300m: 15:03.29	34.74	
	150m: 1:41.00	34.61	550m: 6:20.37	35.17	950m: 10:59.78	34.77	1350m: 15:37.85	34.56	
	200m: 2:15.52	34.52	600m: 6:55.46	35.09	1000m: 11:34.90	35.12	1400m: 16:12.20	34.35	
	250m: 2:50.31	34.79	650m: 7:30.32	34.86	1050m: 12:09.59	34.69	1450m: 16:46.34	34.14	
	300m: 3:25.20	34.89	700m: 8:05.07	34.75	1100m: 12:44.24	34.65	1500m: 17:19.30	32.96	
	350m: 4:00.07	34.87	750m: 8:39.83	34.76	1150m: 13:18.89	34.65			
	400m: 4:35.44	35.37	800m: 9:15.05	35.22	1200m: 13:53.72	34.83			
9.	<b>Miguel Martins Baltazar</b>	98	104338	Aminata	<b>17:21.91</b>		<b>543</b>		
	50m: 31.26	31.26	450m: 5:09.12	35.25	850m: 9:49.18	34.90	1250m: 14:29.21	35.46	
	100m: 1:04.96	33.70	500m: 5:44.58	35.46	900m: 10:24.36	35.18	1300m: 15:03.25	35.04	
	150m: 1:39.62	34.66	550m: 6:19.52	34.94	950m: 10:59.11	34.75	1350m: 15:39.08	34.83	
	200m: 2:14.29	34.67	600m: 6:54.34	34.82	1000m: 11:34.39	35.28	1400m: 16:14.03	34.95	
	250m: 2:49.15	34.86	650m: 7:29.21	34.87	1050m: 12:09.03	34.64	1450m: 16:48.78	34.75	
	300m: 3:24.05	34.90	700m: 8:03.94	34.73	1100m: 12:43.71	34.68	1500m: 17:21.91	33.13	
	350m: 3:59.14	35.09	750m: 8:38.84	34.90	1150m: 13:18.74	35.03			
	400m: 4:33.87	34.73	800m: 9:14.28	35.44	1200m: 13:53.75	35.01			
10.	<b>Diogo Nogueira Rebelo</b>	98	117035	Colegio Monte Maior	<b>17:23.24</b>		<b>541</b>		
	50m: 31.35	31.35	450m: 5:07.99	34.99	850m: 9:46.81	34.55	1250m: 14:27.68	35.58	
	100m: 1:05.67	34.32	500m: 5:43.06	35.07	900m: 10:21.39	34.58	1300m: 15:03.35	35.67	
	150m: 1:39.69	34.02	550m: 6:17.93	34.87	950m: 10:56.03	34.64	1350m: 15:38.81	35.46	
	200m: 2:14.00	34.31	600m: 6:52.88	34.95	1000m: 11:30.88	34.85	1400m: 16:14.30	35.49	
	250m: 2:48.46	34.46	650m: 7:27.60	34.72	1050m: 12:05.88	35.00	1450m: 16:49.60	35.30	
	300m: 3:22.87	34.41	700m: 8:02.52	34.92	1100m: 12:41.34	35.46	1500m: 17:23.24	33.64	
	350m: 3:57.71	34.84	750m: 8:37.23	34.71	1150m: 13:16.81	35.47			
	400m: 4:33.00	35.29	800m: 9:12.26	35.03	1200m: 13:52.10	35.29			
11.	<b>Jose Diogo Fonseca</b>	98	112714	Nautico Marinha Grande	<b>17:26.44</b>		<b>536</b>		
	50m: 30.03	30.03	450m: 5:04.32	34.94	850m: 9:47.02	35.30	1250m: 14:29.46	35.51	
	100m: 1:02.96	32.93	500m: 5:39.73	35.41	900m: 10:22.13	35.11	1300m: 15:05.40	35.94	
	150m: 1:36.77	33.81	550m: 6:15.14	35.41	950m: 10:57.79	35.66	1350m: 15:41.85	36.45	
	200m: 2:10.94	34.17	600m: 6:50.58	35.44	1000m: 11:32.60	34.81	1400m: 16:17.86	36.01	
	250m: 2:45.48	34.54	650m: 7:26.08	35.50	1050m: 12:07.56	34.96	1450m: 16:52.95	35.09	
	300m: 3:20.31	34.83	700m: 8:01.41	35.33	1100m: 12:42.92	35.36	1500m: 17:26.44	33.49	
	350m: 3:54.73	34.42	750m: 8:37.51	36.10	1150m: 13:18.11	35.19			
	400m: 4:29.38	34.65	800m: 9:11.72	34.21	1200m: 13:53.95	35.84			



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts			
12.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	<b>17:32.06</b>		527					
	50m:	30.16	30.16	450m:	5:06.86	35.45	850m:	9:49.37	35.71	1250m:	14:35.04	35.57
	100m:	1:04.12	33.96	500m:	5:42.00	35.14	900m:	10:25.11	35.74	1300m:	15:10.67	35.63
	150m:	1:38.72	34.60	550m:	6:17.10	35.10	950m:	11:00.81	35.70	1350m:	15:46.72	36.05
	200m:	2:12.86	34.14	600m:	6:52.01	34.91	1000m:	11:36.62	35.81	1400m:	16:22.00	35.28
	250m:	2:47.52	34.66	650m:	7:27.29	35.28	1050m:	12:12.61	35.99	1450m:	16:57.38	35.38
	300m:	3:21.95	34.43	700m:	8:02.67	35.38	1100m:	12:48.50	35.89	1500m:	17:32.06	34.68
	350m:	3:56.49	34.54	750m:	8:37.89	35.22	1150m:	13:24.23	35.73			
	400m:	4:31.41	34.92	800m:	9:13.66	35.77	1200m:	13:59.47	35.24			
13.	Joao Sismeiro Pereira	98	118767	Amadora	<b>17:32.14</b>		527					
	50m:	31.55	31.55	450m:	5:11.06	35.31	850m:	9:52.25	34.46	1250m:	14:36.25	35.46
	100m:	1:05.41	33.86	500m:	5:46.17	35.11	900m:	10:28.06	35.81	1300m:	15:12.30	36.05
	150m:	1:39.99	34.58	550m:	6:21.74	35.57	950m:	11:03.45	35.39	1350m:	15:48.18	35.88
	200m:	2:14.96	34.97	600m:	6:56.68	34.94	1000m:	11:38.94	35.49	1400m:	16:23.79	35.61
	250m:	2:50.14	35.18	650m:	7:32.09	35.41	1050m:	12:14.19	35.25	1450m:	16:59.32	35.53
	300m:	3:25.69	35.55	700m:	8:07.25	35.16	1100m:	12:49.86	35.67	1500m:	17:32.14	32.82
	350m:	4:00.66	34.97	750m:	8:42.68	35.43	1150m:	13:25.72	35.86			
	400m:	4:35.75	35.09	800m:	9:17.79	35.11	1200m:	14:00.79	35.07			
14.	Andre Pereira Coelho	98	111012	Alcobaca	<b>17:36.97</b>		520					
	50m:	31.22	31.22	450m:	5:09.41	35.39	850m:	9:54.24	35.58	1250m:	14:40.14	36.28
	100m:	1:04.90	33.68	500m:	5:44.68	35.27	900m:	10:30.17	35.93	1300m:	15:16.36	36.22
	150m:	1:39.39	34.49	550m:	6:20.13	35.45	950m:	11:06.19	36.02	1350m:	15:52.29	35.93
	200m:	2:13.95	34.56	600m:	6:55.44	35.31	1000m:	11:42.07	35.88	1400m:	16:27.94	35.65
	250m:	2:48.73	34.78	650m:	7:31.42	35.98	1050m:	12:17.37	35.30	1450m:	17:03.52	35.58
	300m:	3:23.89	35.16	700m:	8:06.89	35.47	1100m:	12:52.83	35.46	1500m:	17:36.97	33.45
	350m:	3:58.68	34.79	750m:	8:42.82	35.93	1150m:	13:28.46	35.63			
	400m:	4:34.02	35.34	800m:	9:18.66	35.84	1200m:	14:03.86	35.40			
15.	Guilherme Borlido Farias	98	120342	Natacao de Faro	<b>17:53.22</b>		496					
	50m:	29.90	29.90	450m:	5:16.09	36.79	850m:	10:07.49	35.35	1250m:	14:56.24	36.70
	100m:	1:04.82	34.92	500m:	5:52.51	36.42	900m:	10:43.99	36.50	1300m:	15:33.26	37.02
	150m:	1:40.18	35.36	550m:	6:28.68	36.17	950m:	11:20.42	36.43	1350m:	16:08.79	35.53
	200m:	2:15.91	35.73	600m:	7:05.60	36.92	1000m:	11:55.66	35.24	1400m:	16:43.84	35.05
	250m:	2:51.66	35.75	650m:	7:42.68	37.08	1050m:	12:32.01	36.35	1450m:	17:19.54	35.70
	300m:	3:26.99	35.33	700m:	8:19.24	36.56	1100m:	13:08.13	36.12	1500m:	17:53.22	33.68
	350m:	4:03.23	36.24	750m:	8:55.38	36.14	1150m:	13:43.71	35.58			
	400m:	4:39.30	36.07	800m:	9:32.14	36.76	1200m:	14:19.54	35.83			
16.	Leonardo Rochinha Pedro	98	111381	Estoris	<b>17:57.29</b>		491					
	50m:	31.61	31.61	450m:	5:15.15	35.96	850m:	10:06.40	36.60	1250m:	14:57.13	36.37
	100m:	1:06.09	34.48	500m:	5:51.62	36.47	900m:	10:42.70	36.30	1300m:	15:33.73	36.60
	150m:	1:41.08	34.99	550m:	6:27.86	36.24	950m:	11:18.79	36.09	1350m:	16:09.86	36.13
	200m:	2:16.40	35.32	600m:	7:04.43	36.57	1000m:	11:55.37	36.58	1400m:	16:46.27	36.41
	250m:	2:52.06	35.66	650m:	7:41.13	36.70	1050m:	12:31.89	36.52	1450m:	17:21.14	34.87
	300m:	3:27.71	35.65	700m:	8:17.63	36.50	1100m:	13:06.63	34.74	1500m:	17:57.29	36.15
	350m:	4:03.44	35.73	750m:	8:53.81	36.18	1150m:	13:43.75	37.12			
	400m:	4:39.19	35.75	800m:	9:29.80	35.99	1200m:	14:20.76	37.01			
17.	Diogo Pereira Coelho	98	111011	Alcobaca	<b>17:58.79</b>		489					
	50m:	31.67	31.67	450m:	5:16.51	36.34	850m:	10:07.14	35.90	1250m:	14:57.98	36.58
	100m:	1:06.05	34.38	500m:	5:52.82	36.31	900m:	10:43.07	35.93	1300m:	15:34.54	36.56
	150m:	1:41.28	35.23	550m:	6:29.49	36.67	950m:	11:19.02	35.95	1350m:	16:10.87	36.33
	200m:	2:16.48	35.20	600m:	7:06.29	36.80	1000m:	11:55.62	36.60	1400m:	16:47.24	36.37
	250m:	2:51.90	35.42	650m:	7:42.75	36.46	1050m:	12:32.58	36.96	1450m:	17:23.64	36.40
	300m:	3:27.23	35.33	700m:	8:19.22	36.47	1100m:	13:08.62	36.04	1500m:	17:58.79	35.15
	350m:	4:04.03	36.80	750m:	8:55.30	36.08	1150m:	13:45.12	36.50			
	400m:	4:40.17	36.14	800m:	9:31.24	35.94	1200m:	14:21.40	36.28			
18.	Tiago Jorge Jose	98	111743	Colegio Bernardette Romeira	<b>18:05.48</b>		480					
	50m:	29.53	29.53	450m:	5:18.81	37.23	850m:	10:12.71	36.89	1250m:	15:07.34	36.56
	100m:	1:04.25	34.72	500m:	5:54.44	35.63	900m:	10:49.43	36.72	1300m:	15:43.74	36.40
	150m:	1:40.07	35.82	550m:	6:31.26	36.82	950m:	11:26.98	37.55	1350m:	16:19.78	36.04
	200m:	2:16.91	36.84	600m:	7:07.69	36.43	1000m:	12:03.13	36.15	1400m:	16:55.56	35.78
	250m:	2:52.08	35.17	650m:	7:44.81	37.12	1050m:	12:40.06	36.93	1450m:	17:32.06	36.50
	300m:	3:28.51	36.43	700m:	8:22.53	37.72	1100m:	13:17.29	37.23	1500m:	18:05.48	33.42
	350m:	4:05.71	37.20	750m:	8:58.95	36.42	1150m:	13:53.70	36.41			
	400m:	4:41.58	35.87	800m:	9:35.82	36.87	1200m:	14:30.78	37.08			





TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 19, Masc., 1500m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
19.	Joao Eduardo Ilha	98	109749	Natacao de Olhao	<b>18:09.13</b>		475		
	50m: 31.95	31.95	450m: 5:23.91	35.97	850m: 10:19.03	35.84	1250m: 15:10.50	36.81	
	100m: 1:08.45	36.50	500m: 6:01.26	37.35	900m: 10:55.62	36.59	1300m: 15:46.49	35.99	
	150m: 1:44.56	36.11	550m: 6:38.30	37.04	950m: 11:32.27	36.65	1350m: 16:23.03	36.54	
	200m: 2:21.06	36.50	600m: 7:14.42	36.12	1000m: 12:08.48	36.21	1400m: 17:00.54	37.51	
	250m: 2:58.17	37.11	650m: 7:51.52	37.10	1050m: 12:44.85	36.37	1450m: 17:35.85	35.31	
	300m: 3:34.37	36.20	700m: 8:27.83	36.31	1100m: 13:20.50	35.65	1500m: 18:09.13	33.28	
	350m: 4:10.79	36.42	750m: 9:05.85	38.02	1150m: 13:57.36	36.86			
	400m: 4:47.94	37.15	800m: 9:43.19	37.34	1200m: 14:33.69	36.33			
20.	Rodrigo Martins Gomes	98	121195	FC Ferreiras	<b>18:46.65</b>		429		
	50m: 32.36	32.36	450m: 5:32.98	38.52	850m: 10:41.29	38.93	1250m: 15:42.39	37.60	
	100m: 1:08.10	35.74	500m: 6:11.21	38.23	900m: 11:18.89	37.60	1300m: 16:19.73	37.34	
	150m: 1:44.97	36.87	550m: 6:49.66	38.45	950m: 11:56.24	37.35	1350m: 16:56.89	37.16	
	200m: 2:22.68	37.71	600m: 7:28.50	38.84	1000m: 12:33.80	37.56	1400m: 17:33.17	36.28	
	250m: 2:59.39	36.71	650m: 8:07.12	38.62	1050m: 13:11.37	37.57	1450m: 18:10.81	37.64	
	300m: 3:37.71	38.32	700m: 8:45.65	38.53	1100m: 13:49.39	38.02	1500m: 18:46.65	35.84	
	350m: 4:15.81	38.10	750m: 9:23.54	37.89	1150m: 14:27.10	37.71			
	400m: 4:54.46	38.65	800m: 10:02.36	38.82	1200m: 15:04.79	37.69			

Prova 20  
15-12-2013 - 10:15  
Femin., 400m Livres  
Juvenis Resultados

Recorde Nacional (25m) Absoluto	4:13.97	Sara Beatriz Loureiro	FCP	Leiria	05-12-2009
Recorde Nacional (25m) Juv B	4:23.08	Susana Patricia Miguel	SFUAP	Alhandra	15-05-2004
Recorde Nacional (25m) Juv A	4:18.39	Ana Claudia Santos	SFUAP	Cantanhede	20-12-2004

Tac-JUVA Fem Juv A: 4:57.35 / Tac-JUVB Fem Juv B: 5:05.93

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Juvenis B									
1.	Ines Jacinto Henriques	00	120220	Pimpoes/Cimai	<b>4:43.36</b>		569		
	50m: 32.25	32.25	150m: 1:43.51	35.70	250m: 2:55.98	36.33	350m: 4:08.69	36.56	
	100m: 1:07.81	35.56	200m: 2:19.65	36.14	300m: 3:32.13	36.15	400m: 4:43.36	34.67	
2.	Ines Rocha Silva	00	117806	Alcobaca	<b>4:44.56</b>		562		
	50m: 30.78	30.78	150m: 1:42.71	36.71	250m: 2:55.65	36.52	350m: 4:09.95	37.18	
	100m: 1:06.00	35.22	200m: 2:19.13	36.42	300m: 3:32.77	37.12	400m: 4:44.56	34.61	
3.	Raquel Gomes Pereira	00	118469	Alges	<b>4:46.83</b>		548		
	50m: 32.06	32.06	150m: 1:43.74	36.14	250m: 2:57.16	36.89	350m: 4:11.87	37.00	
	100m: 1:07.60	35.54	200m: 2:20.27	36.53	300m: 3:34.87	37.71	400m: 4:46.83	34.96	
4.	Margarida Valente Orrico	00	118395	Uniao Piedense	<b>4:47.52</b>		544		
	50m: 32.57	32.57	150m: 1:45.14	36.83	250m: 2:58.78	36.40	350m: 4:12.65	36.93	
	100m: 1:08.31	35.74	200m: 2:22.38	37.24	300m: 3:35.72	36.94	400m: 4:47.52	34.87	
5.	Sofia Isabel Gouveia	00	121324	Uniao Piedense	<b>4:51.33</b>		523		
	50m: 31.72	31.72	150m: 1:45.47	37.67	250m: 3:00.21	37.18	350m: 4:15.27	37.61	
	100m: 1:07.80	36.08	200m: 2:23.03	37.56	300m: 3:37.66	37.45	400m: 4:51.33	36.06	
6.	Mariana Silva Navalho	00	120577	Uniao Piedense	<b>4:51.50</b>		522		
	50m: 33.35	33.35	150m: 1:47.01	37.19	250m: 3:01.88	37.49	350m: 4:16.52	37.00	
	100m: 1:09.82	36.47	200m: 2:24.39	37.38	300m: 3:39.52	37.64	400m: 4:51.50	34.98	
7.	Maria Leonor Gomes	00	108201	Desportivo Nacional	<b>4:52.59</b>		517		
	50m: 31.94	31.94	150m: 1:45.68	37.61	250m: 3:00.36	37.59	350m: 4:16.38	38.47	
	100m: 1:08.07	36.13	200m: 2:22.77	37.09	300m: 3:37.91	37.55	400m: 4:52.59	36.21	
8.	Carolina Pastor Escada	00	120238	Aminata	<b>4:53.49</b>		512		
	50m: 33.55	33.55	150m: 1:46.77	36.69	250m: 3:01.02	37.29	350m: 4:17.04	37.86	
	100m: 1:10.08	36.53	200m: 2:23.73	36.96	300m: 3:39.18	38.16	400m: 4:53.49	36.45	
9.	Maria Tome Fialho	00	122346	Amadora	<b>4:54.95</b>		504		
	50m: 33.54	33.54	150m: 1:49.40	38.08	250m: 3:04.28	37.19	350m: 4:19.37	37.39	
	100m: 1:11.32	37.78	200m: 2:27.09	37.69	300m: 3:41.98	37.70	400m: 4:54.95	35.58	
10.	Mariana Silva Ramos	00	120720	Sporting	<b>4:55.04</b>		504		
	50m: 32.96	32.96	150m: 1:46.01	37.09	250m: 3:01.51	37.96	350m: 4:18.12	38.57	
	100m: 1:08.92	35.96	200m: 2:23.55	37.54	300m: 3:39.55	38.04	400m: 4:55.04	36.92	



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 20, Femin., 400m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Sara Kalinovicova Guerreiro	00	120967	FC Ferreiras	<b>4:55.16</b>		503		
	50m: 33.01 33.01		150m: 1:47.99 38.05	250m: 3:04.13 37.66	350m: 4:19.74 37.83				
	100m: 1:09.94 36.93		200m: 2:26.47 38.48	300m: 3:41.91 37.78	400m: 4:55.16 35.42				
12.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>4:55.70</b>		500		
	50m: 32.19 32.19		150m: 1:44.86 36.93	250m: 3:00.99 38.26	350m: 4:18.21 38.66				
	100m: 1:07.93 35.74		200m: 2:22.73 37.87	300m: 3:39.55 38.56	400m: 4:55.70 37.49				
13.	Patricia Palmeiro Baeta	00	112658	Viver Santarem	<b>4:56.76</b>		495		
	50m: 32.78 32.78		150m: 1:46.52 36.84	250m: 3:02.49 38.55	350m: 4:18.98 38.01				
	100m: 1:09.68 36.90		200m: 2:23.94 37.42	300m: 3:40.97 38.48	400m: 4:56.76 37.78				
14.	Mariana Figueiras Matos	00	120721	Sporting	<b>4:58.50</b>		487		
	50m: 34.09 34.09		150m: 1:49.93 38.38	250m: 3:06.50 37.99	350m: 4:21.97 37.79				
	100m: 1:11.55 37.46		200m: 2:28.51 38.58	300m: 3:44.18 37.68	400m: 4:58.50 36.53				
15.	Laura Catarina Abreu	00	107900	Desportivo Nacional	<b>4:58.58</b>		486		
	50m: 31.74 31.74		150m: 1:44.63 37.26	250m: 3:01.67 38.89	350m: 4:20.67 39.77				
	100m: 1:07.37 35.63		200m: 2:22.78 38.15	300m: 3:40.90 39.23	400m: 4:58.58 37.91				
16.	Ana Madalena Mendes	00	124022	Sporting	<b>5:00.62</b>		476		
	50m: 34.25 34.25		150m: 1:50.85 38.84	250m: 3:06.87 37.68	350m: 4:24.50 38.53				
	100m: 1:12.01 37.76		200m: 2:29.19 38.34	300m: 3:45.97 39.10	400m: 5:00.62 36.12				
17.	Joana Silva Ulpiano	00	119425	Laranjeiro	<b>5:00.83</b>		475		
	50m: 34.10 34.10		150m: 1:49.90 38.37	250m: 3:07.60 38.91	350m: 4:23.98 38.43				
	100m: 1:11.53 37.43		200m: 2:28.69 38.79	300m: 3:45.55 37.95	400m: 5:00.83 36.85				
18.	Lara Ferreira Martins	00	117834	Nautico Marinha Grande	<b>5:01.15</b>		474		
	50m: 32.48 32.48		150m: 1:48.80 38.61	250m: 3:06.34 39.14	350m: 4:24.09 39.53				
	100m: 1:10.19 37.71		200m: 2:27.20 38.40	300m: 3:44.56 38.22	400m: 5:01.15 37.06				
19.	Beatriz Pereira Gomes	00	118766	Amadora	<b>5:01.23</b>		473		
	50m: 34.35 34.35		150m: 1:49.82 38.36	250m: 3:06.32 38.21	350m: 4:22.74 38.38				
	100m: 1:11.46 37.11		200m: 2:28.11 38.29	300m: 3:44.36 38.04	400m: 5:01.23 38.49				
20.	Rita Filipa Paulino	00	118462	Clube Naval Setubalense	<b>5:01.30</b>		473		
	50m: 33.15 33.15		150m: 1:49.20 38.50	250m: 3:07.17 39.24	350m: 4:25.11 38.90				
	100m: 1:10.70 37.55		200m: 2:27.93 38.73	300m: 3:46.21 39.04	400m: 5:01.30 36.19				
21.	Rita Guedes Moreira	00	110881	Louletano/ Loule Concelho	<b>5:01.53</b>		472		
	50m: 33.50 33.50		150m: 1:50.07 38.65	250m: 3:06.72 37.84	350m: 4:25.17 39.42				
	100m: 1:11.42 37.92		200m: 2:28.88 38.81	300m: 3:45.75 39.03	400m: 5:01.53 36.36				
22.	Alice Maria Lopes	00	119476	Uniao Piedense	<b>5:02.27</b>		469		
	50m: 34.82 34.82		150m: 1:51.15 38.57	250m: 3:08.21 38.13	350m: 4:25.47 38.70				
	100m: 1:12.58 37.76		200m: 2:30.08 38.93	300m: 3:46.77 38.56	400m: 5:02.27 36.80				
23.	Lara Alexandra Delgado	00	120773	Torres Novas	<b>5:06.09</b>		451		
	50m: 35.57 35.57		150m: 1:52.61 38.95	250m: 3:09.88 38.28	350m: 4:27.80 39.26				
	100m: 1:13.66 38.09		200m: 2:31.60 38.99	300m: 3:48.54 38.66	400m: 5:06.09 38.29				
24.	Gabriela Silva Godinho	00	118453	Laranjeiro	<b>5:06.13</b>		451		
	50m: 35.01 35.01		150m: 1:51.11 38.49	250m: 3:08.62 38.75	350m: 4:27.54 39.59				
	100m: 1:12.62 37.61		200m: 2:29.87 38.76	300m: 3:47.95 39.33	400m: 5:06.13 38.59				
25.	Ema Filipa Rosario	00	120561	Natacao do Montijo	<b>5:09.76</b>		435		
	50m: 34.01 34.01		150m: 1:51.40 39.19	250m: 3:10.51 39.36	350m: 4:30.85 40.87				
	100m: 1:12.21 38.20		200m: 2:31.15 39.75	300m: 3:49.98 39.47	400m: 5:09.76 38.91				
26.	Ines Isabel Graca	00	121283	Gualdim Pais	<b>5:25.56</b>		375		
	50m: 34.81 34.81		150m: 1:56.38 41.56	250m: 3:21.37 41.80	350m: 4:45.17 41.84				
	100m: 1:14.82 40.01		200m: 2:39.57 43.19	300m: 4:03.33 41.96	400m: 5:25.56 40.39				

Juvenis A

1.	Madalena Gomes Azevedo	99	110160	Alges	<b>4:27.07</b>		679		
	50m: 30.53 30.53		150m: 1:37.35 33.95	250m: 2:46.09 34.43	350m: 3:54.11 33.13				
	100m: 1:03.40 32.87		200m: 2:11.66 34.31	300m: 3:20.98 34.89	400m: 4:27.07 32.96				
2.	Barbara Coimbra Teodosio	99	112716	Nautico Marinha Grande	<b>4:34.23</b>		628		
	50m: 31.44 31.44		150m: 1:41.31 35.30	250m: 2:50.97 35.03	350m: 4:00.71 35.12				
	100m: 1:06.01 34.57		200m: 2:15.94 34.63	300m: 3:25.59 34.62	400m: 4:34.23 33.52				



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 20, Femin., 400m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
3.	Beatriz Barros Carmo	99	107625	Colegio Vasco da Gama	<b>4:35.92</b>		616		
	50m: 31.70 31.70			150m: 1:41.16 34.86	250m: 2:51.14 34.93	350m: 4:01.49 35.08			
	100m: 1:06.30 34.60			200m: 2:16.21 35.05	300m: 3:26.41 35.27	400m: 4:35.92 34.43			
4.	Beatriz Paulo Ranito	99	116593	Sporting	<b>4:38.02</b>		602		
	50m: 31.27 31.27			150m: 1:40.93 35.07	250m: 2:51.40 35.04	350m: 4:02.67 35.68			
	100m: 1:05.86 34.59			200m: 2:16.36 35.43	300m: 3:26.99 35.59	400m: 4:38.02 35.35			
5.	Tania Cristina Mendes	99	111028	Industrial Viegrense	<b>4:43.69</b>		567		
	50m: 31.49 31.49			150m: 1:41.11 35.27	250m: 2:53.65 36.68	350m: 4:07.64 36.86			
	100m: 1:05.84 34.35			200m: 2:16.97 35.86	300m: 3:30.78 37.13	400m: 4:43.69 36.05			
6.	Ana Pires Brito	99	117031	Colegio Monte Maior	<b>4:43.90</b>		566		
	50m: 31.59 31.59			150m: 1:41.55 35.59	250m: 2:54.23 36.54	350m: 4:07.93 36.64			
	100m: 1:05.96 34.37			200m: 2:17.69 36.14	300m: 3:31.29 37.06	400m: 4:43.90 35.97			
7.	Mariana Soares Martinho	99	116575	20Km de Almeirim	<b>4:46.87</b>		548		
	50m: 32.56 32.56			150m: 1:44.57 36.52	250m: 2:58.12 36.53	350m: 4:11.43 36.52			
	100m: 1:08.05 35.49			200m: 2:21.59 37.02	300m: 3:34.91 36.79	400m: 4:46.87 35.44			
8.	Filipa Sousa Pinheiro	99	117597	Sporting	<b>4:46.95</b>		548		
	50m: 32.27 32.27			150m: 1:43.70 36.04	250m: 2:57.66 37.06	350m: 4:11.69 36.58			
	100m: 1:07.66 35.39			200m: 2:20.60 36.90	300m: 3:35.11 37.45	400m: 4:46.95 35.26			
9.	Joana Miguel Alexandre	99	111432	Amadora	<b>4:47.00</b>		547		
	50m: 32.77 32.77			150m: 1:45.24 36.73	250m: 2:58.76 36.54	350m: 4:11.97 36.31			
	100m: 1:08.51 35.74			200m: 2:22.22 36.98	300m: 3:35.66 36.90	400m: 4:47.00 35.03			
10.	Joana Cristina Fernandes	99	120692	Amadora	<b>4:47.26</b>		546		
	50m: 31.70 31.70			150m: 1:42.84 35.88	250m: 2:56.71 36.65	350m: 4:10.85 37.06			
	100m: 1:06.96 35.26			200m: 2:20.06 37.22	300m: 3:33.79 37.08	400m: 4:47.26 36.41			
11.	Eva Guerreiro Carvalho	99	111392	Uniao Piedense	<b>4:47.53</b>		544		
	50m: 32.01 32.01			150m: 1:43.26 36.18	250m: 2:56.58 36.84	350m: 4:11.57 37.44			
	100m: 1:07.08 35.07			200m: 2:19.74 36.48	300m: 3:34.13 37.55	400m: 4:47.53 35.96			
12.	Sara Costa Guerra	99	117600	Sporting	<b>4:48.74</b>		538		
	50m: 33.81 33.81			150m: 1:47.96 37.43	250m: 3:01.14 35.95	350m: 4:13.59 36.27			
	100m: 1:10.53 36.72			200m: 2:25.19 37.23	300m: 3:37.32 36.18	400m: 4:48.74 35.15			
13.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	<b>4:50.98</b>		525		
	50m: 32.07 32.07			150m: 1:44.76 36.95	250m: 2:59.85 37.70	350m: 4:15.23 37.64			
	100m: 1:07.81 35.74			200m: 2:22.15 37.39	300m: 3:37.59 37.74	400m: 4:50.98 35.75			
14.	Joana Sousa Pereira	99	107295	Bairro dos Anjos /BOMCAR	<b>4:51.85</b>		521		
	50m: 33.12 33.12			150m: 1:46.32 37.16	250m: 3:00.49 36.78	350m: 4:15.40 37.46			
	100m: 1:09.16 36.04			200m: 2:23.71 37.39	300m: 3:37.94 37.45	400m: 4:51.85 36.45			
15.	Ana Sofia Ferreira	99	109040	Pimpoes/Cimai	<b>4:52.72</b>		516		
	50m: 32.47 32.47			150m: 1:45.14 36.69	250m: 3:00.32 37.49	350m: 4:16.17 37.90			
	100m: 1:08.45 35.98			200m: 2:22.83 37.69	300m: 3:38.27 37.95	400m: 4:52.72 36.55			
16.	Ana Oliveira Silva	99	111425	Amadora	<b>4:55.96</b>		499		
	50m: 32.83 32.83			150m: 1:46.51 37.07	250m: 3:01.15 37.26	350m: 4:17.94 38.33			
	100m: 1:09.44 36.61			200m: 2:23.89 37.38	300m: 3:39.61 38.46	400m: 4:55.96 38.02			
17.	Sara Mafra Rocha	99	112318	Alcobaca	<b>4:59.12</b>		483		
	50m: 33.25 33.25			150m: 1:48.39 38.11	250m: 3:04.48 38.22	350m: 4:21.79 38.46			
	100m: 1:10.28 37.03			200m: 2:26.26 37.87	300m: 3:43.33 38.85	400m: 4:59.12 37.33			
18.	Maria Joao Domingues	99	110968	Nautico Marinha Grande	<b>5:00.34</b>		478		
	50m: 33.05 33.05			150m: 1:47.52 37.36	250m: 3:04.95 39.01	350m: 4:22.84 38.79			
	100m: 1:10.16 37.11			200m: 2:25.94 38.42	300m: 3:44.05 39.10	400m: 5:00.34 37.50			



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 21

Masc., 200m Bruços

Juvenis

15-12-2013 - 10:55

Resultados

Recorde Nacional (25m) Absoluto	2:05.59	Carlos Esteves Almeida	FPN	Chartres (FRA)	25-11-2012
Recorde Nacional (25m) Juv B	2:20.22	Andre Goncalo Santos	LSC	Braga	03-03-2012
Recorde Nacional (25m) Juv A	2:18.22	Andre Goncalo Santos	LSC	Felgueiras	08-03-2013

Tac-JUVAMasc Juv A: 2:41.26 / Tac-JUVBMasc Juv B: 2:44.27

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Antonio Manuel Mendes	99	120726	Sporting	<b>2:28.69</b>		534		
	50m: 34.78 34.78		100m: 1:11.55 36.77	150m: 1:49.85	38.30	200m: 2:28.69	38.84		
2.	Andre Tavares Grenho	99	120605	Gesloures	<b>2:34.35</b>		477		
	50m: 35.13 35.13		100m: 1:14.32 39.19	150m: 1:53.86	39.54	200m: 2:34.35	40.49		
3.	Joao Pedro Teves	99	107150	Bombeiros Ponta Delgada	<b>2:35.47</b>		467		
	50m: 34.72 34.72		100m: 1:13.73 39.01	150m: 1:54.28	40.55	200m: 2:35.47	41.19		
4.	Nuno Rafael Silva	99	117594	Colegio Monte Maior	<b>2:35.93</b>		463		
	50m: 34.31 34.31		100m: 1:13.90 39.59	150m: 1:55.03	41.13	200m: 2:35.93	40.90		
5.	Tiago Pastor Escada	99	108853	Aminata	<b>2:36.84</b>		455		
	50m: 34.12 34.12		100m: 1:15.03 40.91	150m: 1:55.52	40.49	200m: 2:36.84	41.32		
6.	Miguel Carrico Cruz	99	108681	20Km de Almeirim	<b>2:37.31</b>		451		
	50m: 34.12 34.12		100m: 1:13.45 39.33	150m: 1:54.87	41.42	200m: 2:37.31	42.44		
7.	Francisco Carreiro Rego	99	102102	Bombeiros Ponta Delgada	<b>2:43.05</b>		405		
	50m: 35.60 35.60		100m: 1:16.82 41.22	150m: 1:59.73	42.91	200m: 2:43.05	43.32		
8.	Gabriel Cruz Tocha	99	107865	Natacao de Faro	<b>2:43.34</b>		403		
	50m: 36.70 36.70		100m: 1:18.53 41.83	150m: 2:01.21	42.68	200m: 2:43.34	42.13		
<b>Juvenis A</b>									
1.	Hugo Pon	98	110164	Alges	<b>2:23.65</b>		592		
	50m: 32.53 32.53		100m: 1:08.78 36.25	150m: 1:46.20	37.42	200m: 2:23.65	37.45		
2.	Antonio Fernandes Carrico	98	106926	Pimpoes/Cimai	<b>2:25.45</b>		571		
	50m: 33.25 33.25		100m: 1:10.13 36.88	150m: 1:47.54	37.41	200m: 2:25.45	37.91		
3.	Afonso Ribeiro Bate	98	117180	Alges	<b>2:27.14</b>		551		
	50m: 33.18 33.18		100m: 1:10.59 37.41	150m: 1:49.09	38.50	200m: 2:27.14	38.05		
4.	Martim Silveira Rodrigues	98	104097	Maritimo	<b>2:33.38</b>		486		
	50m: 34.83 34.83		100m: 1:14.19 39.36	150m: 1:53.97	39.78	200m: 2:33.38	39.41		
5.	Miguel Angelo Martins	98	109564	Aminata	<b>2:35.90</b>		463		
	50m: 34.20 34.20		100m: 1:13.09 38.89	150m: 1:54.30	41.21	200m: 2:35.90	41.60		
6.	Diogo Vicente Silva	98	107040	Nautico Marinha Grande	<b>2:37.61</b>		448		
	50m: 35.02 35.02		100m: 1:15.24 40.22	150m: 1:56.52	41.28	200m: 2:37.61	41.09		
7.	Rafael Viegas Cruz	98	119647	Sporting	<b>2:38.09</b>		444		
	50m: 35.43 35.43		100m: 1:15.82 40.39	150m: 1:56.80	40.98	200m: 2:38.09	41.29		
8.	Joao Sismeiro Pereira	98	118767	Amadora	<b>2:39.27</b>		434		
	50m: 35.00 35.00		100m: 1:14.88 39.88	150m: 1:57.05	42.17	200m: 2:39.27	42.22		
9.	Tiago Manuel Azinheirinha	98	123043	A Atletico Montemor	<b>2:43.31</b>		403		
	50m: 35.03 35.03		100m: 1:16.08 41.05	150m: 1:59.31	43.23	200m: 2:43.31	44.00		
DSQ	Miguel Cerdeira Freitas	98	111387	Estoris					
	<i>732 - Não tocou na parede com as mãos separadas ou simultaneamente na viragem aos ... m - SW 7.6</i>								



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 22

Femin., 200m Costas

Juvenis

15-12-2013 - 11:15

Resultados

Recorde Nacional (25m) Absoluto	2:12.00	Ana Antas Barros	SAD	Algés	14-05-1993
Recorde Nacional (25m) Juv B	2:17.86	Catia Raquel Martinheira	LDC	Sines	21-12-2008
Recorde Nacional (25m) Juv A	2:16.30	Petra Quintela Chaves	SAD		01-01-1993

Tac-JUVAFem Juv A: 2:38.58 / Tac-JUVBFem Juv B: 2:43.15

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Monica Seara Domingues	00	110972	Nautico Marinha Grande	<b>2:27.38</b>		540		
	50m: 35.11 35.11		100m: 1:12.92 37.81	150m: 1:50.84	37.92	200m: 2:27.38	36.54		
2.	Laura Sanchez Rodrigues	00	111405	Alges	<b>2:28.25</b>		530		
	50m: 34.31 34.31		100m: 1:11.97 37.66	150m: 1:50.81	38.84	200m: 2:28.25	37.44		
3.	Catarina Martins Mestre	00	120724	Sporting	<b>2:29.62</b>		516		
	50m: 34.46 34.46		100m: 1:11.95 37.49	150m: 1:51.38	39.43	200m: 2:29.62	38.24		
4.	Sofia Alexandra Nunes	00	112322	Laranjeiro	<b>2:32.38</b>		488		
	50m: 36.20 36.20		100m: 1:15.44 39.24	150m: 1:54.25	38.81	200m: 2:32.38	38.13		
5.	Beatriz Valadas Bilro	00	123035	Aminata	<b>2:33.52</b>		477		
	50m: 36.41 36.41		100m: 1:15.65 39.24	150m: 1:55.42	39.77	200m: 2:33.52	38.10		
6.	Ines Figueira Santos	00	111277	Uniao Piedense	<b>2:33.97</b>		473		
	50m: 36.01 36.01		100m: 1:15.43 39.42	150m: 1:55.38	39.95	200m: 2:33.97	38.59		
7.	Margarida Reconha Marques	00	117868	Nautico Marinha Grande	<b>2:33.99</b>		473		
	50m: 36.15 36.15		100m: 1:15.23 39.08	150m: 1:55.11	39.88	200m: 2:33.99	38.88		
8.	Matilde Correia Vieira	00	117805	Alcobaca	<b>2:35.24</b>		462		
	50m: 35.74 35.74		100m: 1:14.83 39.09	150m: 1:54.50	39.67	200m: 2:35.24	40.74		
9.	Lara Ferreira Martins	00	117834	Nautico Marinha Grande	<b>2:38.98</b>		430		
	50m: 38.04 38.04		100m: 1:18.08 40.04	150m: 1:58.65	40.57	200m: 2:38.98	40.33		
10.	Joana Mota Correia	00	110902	Alcobaca	<b>2:39.95</b>		422		
	50m: 37.16 37.16		100m: 1:17.36 40.20	150m: 1:58.55	41.19	200m: 2:39.95	41.40		
11.	Beatriz Jesus Pereira	00	117772	Natacao do Montijo	<b>2:40.74</b>		416		
	50m: 37.88 37.88		100m: 1:17.55 39.67	150m: 1:59.01	41.46	200m: 2:40.74	41.73		
12.	Luisa Ribeiro Lino	00	120340	Natacao de Faro	<b>2:41.15</b>		413		
	50m: 36.35 36.35		100m: 1:16.81 40.46	150m: 1:59.58	42.77	200m: 2:41.15	41.57		
13.	Beatriz Ferreira Rafael	00	123459	Geslours	<b>2:42.37</b>		403		
	50m: 36.96 36.96		100m: 1:18.30 41.34	150m: 2:00.59	42.29	200m: 2:42.37	41.78		
14.	Ines Bicho Fadista	00	122092	Aminata	<b>2:42.40</b>		403		
	50m: 39.17 39.17		100m: 1:19.50 40.33	150m: 2:00.97	41.47	200m: 2:42.40	41.43		
15.	Diana Sofia Mirra	00	119680	Bairro dos Anjos /BOMCAR	<b>2:43.20</b>		397		
	50m: 36.76 36.76		100m: 1:18.85 42.09	150m: 2:02.41	43.56	200m: 2:43.20	40.79		
16.	Rita Sousa Cardoso	00	118935	Albicastrense	<b>2:43.94</b>		392		
	50m: 37.68 37.68		100m: 1:19.23 41.55	150m: 2:02.13	42.90	200m: 2:43.94	41.81		
17.	Ines Isabel Graca	00	121283	Gualdim Pais	<b>2:44.21</b>		390		
	50m: 37.78 37.78		100m: 1:19.40 41.62	150m: 2:02.48	43.08	200m: 2:44.21	41.73		
18.	Maria Beatriz Lopes	00	119187	Rio Maior	<b>2:44.85</b>		386		
	50m: 37.92 37.92		100m: 1:19.16 41.24	150m: 2:02.31	43.15	200m: 2:44.85	42.54		
19.	Joana Alves Anastacio	00	118486	Electrico Clube	<b>2:45.92</b>		378		
	50m: 38.19 38.19		100m: 1:19.99 41.80	150m: 2:02.97	42.98	200m: 2:45.92	42.95		
DSQ	Tatiana Henriques Simoes	00	119109	Clube Monteges					
	<i>403 - Falsa partida - SW 4.4</i>								
DNS	Beatriz Jong Rosa	00	124180	Desportivo Nacional					
DNS	Madalena Frota Carvalho	00	123312	Geslours					





**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 22, Femin., 200m Costas

Juvenis A

1.	Maria Ana Monge	99	118400	Sporting	<b>2:21.14</b>	615
	50m: 33.43 33.43	100m: 1:08.88 35.45	150m: 1:45.11 36.23	200m: 2:21.14 36.03		
2.	Filipa Carreira Alves	99	118479	Uniao Piedense	<b>2:25.05</b>	566
	50m: 32.70 32.70	100m: 1:09.16 36.46	150m: 1:47.15 37.99	200m: 2:25.05 37.90		
3.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	<b>2:25.38</b>	562
	50m: 34.04 34.04	100m: 1:11.14 37.10	150m: 1:48.84 37.70	200m: 2:25.38 36.54		
4.	Margarida Sobral Pimenta	99	118764	Amadora	<b>2:28.89</b>	523
	50m: 34.11 34.11	100m: 1:11.35 37.24	150m: 1:50.02 38.67	200m: 2:28.89 38.87		
5.	Catarina Rego Borges	99	107020	Bombeiros Ponta Delgada	<b>2:29.50</b>	517
	50m: 33.70 33.70	100m: 1:10.98 37.28	150m: 1:50.66 39.68	200m: 2:29.50 38.84		
6.	Ines Margarida Costa	99	119474	Sporting	<b>2:30.82</b>	504
	50m: 35.26 35.26	100m: 1:13.47 38.21	150m: 1:52.83 39.36	200m: 2:30.82 37.99		
7.	Maria Beatriz Dias	99	108045	Viver Santarem	<b>2:31.47</b>	497
	50m: 35.97 35.97	100m: 1:13.82 37.85	150m: 1:53.23 39.41	200m: 2:31.47 38.24		
8.	Sarah Dias	99	119262	CLAC-Entroncamento	<b>2:33.97</b>	473
	50m: 35.35 35.35	100m: 1:14.53 39.18	150m: 1:54.54 40.01	200m: 2:33.97 39.43		
9.	Sofia Dias Alves	99	111393	Natacao do Montijo	<b>2:34.14</b>	472
	50m: 35.59 35.59	100m: 1:14.84 39.25	150m: 1:55.42 40.58	200m: 2:34.14 38.72		
10.	Joana Miguel Alexandre	99	111432	Amadora	<b>2:35.11</b>	463
	50m: 36.46 36.46	100m: 1:15.38 38.92	150m: 1:55.93 40.55	200m: 2:35.11 39.18		
11.	Rita Maurile Taveira	99	118468	Alges	<b>2:36.77</b>	448
	50m: 35.28 35.28	100m: 1:14.51 39.23	150m: 1:55.91 41.40	200m: 2:36.77 40.86		
12.	Catarina Filipa Mosca	99	118243	Naval Amorense	<b>2:39.45</b>	426
	50m: 36.73 36.73	100m: 1:16.79 40.06	150m: 1:58.37 41.58	200m: 2:39.45 41.08		

Prova 23

Masc., 200m Estilos

Juvenis

15-12-2013 - 11:35

Resultados

Recorde Nacional (25m) Absoluto	1:54.58	Diogo Filipe Carvalho	FPN	Istambul (TUR)	10-12-2009
Recorde Nacional (25m) Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	10-05-2003
Recorde Nacional (25m) Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	15-05-2004

Tac-JUVAMasc Juv A: 2:28.06 / Tac-JUVBMasc Juv B: 2:30.83

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Joao Magalhaes Nunes	99	118769	Amadora	<b>2:14.07</b>		546		
	50m: 29.45 29.45	100m: 1:02.57 33.12	150m: 1:42.92 40.35	200m: 2:14.07 31.15					
2.	Tiago Pastor Escada	99	108853	Aminata	<b>2:18.44</b>		496		
	50m: 30.11 30.11	100m: 1:04.92 34.81	150m: 1:46.66 41.74	200m: 2:18.44 31.78					
3.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	<b>2:18.47</b>		496		
	50m: 30.40 30.40	100m: 1:05.96 35.56	150m: 1:47.96 42.00	200m: 2:18.47 30.51					
4.	Afonso Meneses Sequeira	99	105711	Naval do Funchal	<b>2:18.98</b>		490		
	50m: 29.06 29.06	100m: 1:04.52 35.46	150m: 1:46.51 41.99	200m: 2:18.98 32.47					
5.	Sandro Emanuel Francisco	99	117818	Industrial Viegense	<b>2:19.50</b>		485		
	50m: 29.65 29.65	100m: 1:03.96 34.31	150m: 1:46.22 42.26	200m: 2:19.50 33.28					
6.	Joao Daniel Machado	99	109714	Uniao Piedense	<b>2:19.63</b>		484		
	50m: 30.49 30.49	100m: 1:04.56 34.07	150m: 1:46.41 41.85	200m: 2:19.63 33.22					
7.	Francisco Cortez Viterbo	99	120449	Alges	<b>2:20.55</b>		474		
	50m: 31.04 31.04	100m: 1:06.19 35.15	150m: 1:47.70 41.51	200m: 2:20.55 32.85					
8.	Afonso Guilherme Rosa	99	103331	Gualdim Pais	<b>2:21.23</b>		467		
	50m: 29.69 29.69	100m: 1:04.75 35.06	150m: 1:49.12 44.37	200m: 2:21.23 32.11					



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 23, Masc., 200m Estilos, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Hugo Filipe Correia 50m: 29.14 29.14	99	118621	Litoral Alentejano	<b>2:22.40</b> 42.07	200m:	456 2:22.40	32.83	
10.	Henrique Lourenco Ferreira 50m: 30.57 30.57	99	112534	Colegio Vasco da Gama	<b>2:23.15</b> 41.34	200m:	449 2:23.15	32.60	
11.	Guilherme Duarte Silva 50m: 31.35 31.35	99	104133	Desportivo Nacional	<b>2:23.77</b> 43.21	200m:	443 2:23.77	33.89	
12.	Andre Tavares Grenho 50m: 31.32 31.32	99	120605	Gesloures	<b>2:23.96</b> 40.47	200m:	441 2:23.96	33.38	
13.	Gabriel Cruz Tocha 50m: 32.35 32.35	99	107865	Natacao de Faro	<b>2:24.31</b> 42.22	200m:	438 2:24.31	32.36	
14.	Pedro Ferraz Esteves 50m: 31.87 31.87	99	118772	Amadora	<b>2:24.79</b> 41.33	200m:	434 2:24.79	33.79	
15.	Tomas Silva Coxixo 50m: 30.72 30.72	99	118387	Natacao do Montijo	<b>2:24.90</b> 44.06	200m:	433 2:24.90	34.64	
16.	Miguel Carrico Cruz 50m: 30.28 30.28	99	108681	20Km de Almeirim	<b>2:25.32</b> 41.74	200m:	429 2:25.32	36.98	
17.	Gil Magalhaes Raposo 50m: 30.87 30.87	99	110076	Lagoa AC	<b>2:26.22</b> 44.99	200m:	421 2:26.22	34.27	
18.	Rui Pedro Brito 50m: 31.98 31.98	99	112717	Nautico Marinha Grande	<b>2:27.53</b> 44.37	200m:	410 2:27.53	34.02	
19.	Diogo Jesus Crespo 50m: 29.51 29.51	99	104132	Desportivo Nacional	<b>2:27.58</b> 44.26	200m:	409 2:27.58	34.62	
20.	Bernardo Jose Dionisio 50m: 31.44 31.44	99	123624	Gualdim Pais	<b>2:28.14</b> 42.94	200m:	405 2:28.14	35.22	
21.	Bernardo Pastor Escada 50m: 31.20 31.20	99	108852	Aminata	<b>2:30.05</b> 44.58	200m:	390 2:30.05	36.93	
22.	Francisco Carreiro Rego 50m: 31.85 31.85	99	102102	Bombeiros Ponta Delgada	<b>2:32.94</b> 42.27	200m:	368 2:32.94	37.43	
DSQ	Marco Andre Miguel <i>403 - Falsa partida - SW 4.4</i>	99	109944	Torres Novas					
DSQ	Bernardo Antonio Alves <i>732 - Não tocou na parede com as mãos separadas ou simultaneamente na viragem aos 150 m - SW 7.6</i>	99	121075	Louletano/ Loule Concelho					

Juvenis A

1.	Joao Alexandre Vital 50m: 28.31 28.31	98	110165	Colegio Monte Maior	<b>2:07.81</b> 37.45	200m:	631 2:07.81	30.59	
2.	Hugo Pon 50m: 28.91 28.91	98	110164	Alges	<b>2:13.20</b> 38.75	200m:	557 2:13.20	30.72	
3.	Jose Paula Carvalho 50m: 29.13 29.13	98	111450	Uniao Piedense	<b>2:15.28</b> 39.73	200m:	532 2:15.28	31.63	
4.	Filipe Miguel Silveira 50m: 29.77 29.77	98	111440	Amadora	<b>2:16.61</b> 41.90	200m:	516 2:16.61	31.38	
5.	Carlos Afonso Almeida 50m: 30.20 30.20	98	119275	Colegio Vasco da Gama	<b>2:16.76</b> 42.08	200m:	515 2:16.76	30.64	
6.	Viktor Kot 50m: 29.07 29.07	98	109062	Nautico Marinha Grande	<b>2:17.39</b> 41.83	200m:	508 2:17.39	31.64	
7.	Afonso Calais Queiroga 50m: 29.79 29.79	98	112311	Uniao Piedense	<b>2:17.88</b> 40.32	200m:	502 2:17.88	31.16	
8.	Afonso Ribeiro Bate 50m: 29.59 29.59	98	117180	Alges	<b>2:17.94</b> 39.26	200m:	502 2:17.94	31.86	
9.	Antonio Fernandes Carrico 50m: 30.70 30.70	98	106926	Pimpoes/Cimai	<b>2:18.56</b> 39.51	200m:	495 2:18.56	32.06	



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 23, Masc., 200m Estilos, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
10.	Diogo Vicente Silva	98	107040	Nautico Marinha Grande	<b>2:18.97</b>		490		
	50m: 30.88 30.88			100m: 1:06.34 35.46	150m: 1:46.24	39.90	200m: 2:18.97	32.73	
11.	Pedro Trindade Silva	98	111441	Amadora	<b>2:19.24</b>		488		
	50m: 29.66 29.66			100m: 1:06.33 36.67	150m: 1:48.15	41.82	200m: 2:19.24	31.09	
12.	Goncalo Filipe Patatas	98	117602	Sporting	<b>2:19.88</b>		481		
	50m: 29.69 29.69			100m: 1:05.53 35.84	150m: 1:47.78	42.25	200m: 2:19.88	32.10	
13.	Miguel Martins Baltazar	98	104338	Aminata	<b>2:20.41</b>		475		
	50m: 29.78 29.78			100m: 1:05.18 35.40	150m: 1:47.15	41.97	200m: 2:20.41	33.26	
14.	Diogo Filipe Rodrigues	98	110927	Bairro dos Anjos /BOMCAR	<b>2:21.26</b>		467		
	50m: 28.90 28.90			100m: 1:06.42 37.52	150m: 1:48.56	42.14	200m: 2:21.26	32.70	
15.	Miguel Cerdeira Freitas	98	111387	Estoris	<b>2:21.29</b>		467		
	50m: 31.18 31.18			100m: 1:06.56 35.38	150m: 1:47.51	40.95	200m: 2:21.29	33.78	
16.	Cesar Barroqueiro Magalhaes	98	117393	Colegio Monte Maior	<b>2:22.65</b>		453		
	50m: 29.70 29.70			100m: 1:06.62 36.92	150m: 1:48.57	41.95	200m: 2:22.65	34.08	
17.	Steve Alexandre Soares	98	111442	Amadora	<b>2:23.13</b>		449		
	50m: 30.86 30.86			100m: 1:06.67 35.81	150m: 1:50.86	44.19	200m: 2:23.13	32.27	
18.	Francisco Rogerio Santos	98	120268	Benedita	<b>2:23.56</b>		445		
	50m: 29.56 29.56			100m: 1:04.62 35.06	150m: 1:51.32	46.70	200m: 2:23.56	32.24	
19.	Raul Miguel Matzinger	98	112316	Gesloures	<b>2:25.59</b>		426		
	50m: 30.10 30.10			100m: 1:07.55 37.45	150m: 1:49.43	41.88	200m: 2:25.59	36.16	
20.	Miguel Reis Santos	98	110163	Alges	<b>2:27.50</b>		410		
	50m: 32.53 32.53			100m: 1:08.51 35.98	150m: 1:53.48	44.97	200m: 2:27.50	34.02	
DSQ	Marius Captari	98	111449	Amadora	<i>732 - Não tocou na parede com as mãos separadas ou simultaneamente na viragem aos 150 m - SW 7.6</i>				
DSQ	Joao Paulo Lopes	98	107490	Torres Novas	<i>704 - Pernada de golfinho antes iniciar a braçada submarina após viragem aos ... m - SW 7.1</i>				

Prova 24

Femin., 200m Livres

Juvenis

15-12-2013 - 15:30

Resultados

Recorde Nacional (25m) Absoluto	2:00.20	Marta Vieira Marinho	FCP	Porto	04-12-2010
Recorde Nacional (25m) Juv B	2:06.53	Ana Claudia Santos	SFUAP	Mealhada	17-04-2004
Recorde Nacional (25m) Juv A	2:04.62	Ana Claudia Santos	SFUAP	Cantanhede	19-12-2004

Tac-JUVAFem Juv A: 2:21.16 / Tac-JUVBFem Juv B: 2:25.23

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Laura Sanchez Rodrigues	00	111405	Alges	<b>2:11.60</b>		602		
	50m: 30.77 30.77			100m: 1:04.39 33.62	150m: 1:38.13	33.74	200m: 2:11.60	33.47	
2.	Ines Jacinto Henriques	00	120220	Pimpoes/Cimai	<b>2:13.97</b>		571		
	50m: 31.09 31.09			100m: 1:05.22 34.13	150m: 1:40.04	34.82	200m: 2:13.97	33.93	
3.	Ines Figueira Santos	00	111277	Uniao Piedense	<b>2:16.49</b>		540		
	50m: 32.51 32.51			100m: 1:07.08 34.57	150m: 1:42.51	35.43	200m: 2:16.49	33.98	
4.	Maria Leonor Gomes	00	108201	Desportivo Nacional	<b>2:16.99</b>		534		
	50m: 31.42 31.42			100m: 1:06.58 35.16	150m: 1:42.81	36.23	200m: 2:16.99	34.18	
5.	Margarida Valente Orrico	00	118395	Uniao Piedense	<b>2:17.33</b>		530		
	50m: 31.25 31.25			100m: 1:06.33 35.08	150m: 1:42.35	36.02	200m: 2:17.33	34.98	
6.	Sofia Isabel Gouveia	00	121324	Uniao Piedense	<b>2:17.78</b>		525		
	50m: 31.58 31.58			100m: 1:06.81 35.23	150m: 1:42.97	36.16	200m: 2:17.78	34.81	
7.	Sofia Alexandra Nunes	00	112322	Laranjeiro	<b>2:17.79</b>		525		
	50m: 31.71 31.71			100m: 1:06.86 35.15	150m: 1:42.23	35.37	200m: 2:17.79	35.56	



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 24, Femin., 200m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Maria Tome Fialho 50m: 33.90 33.90	00	122346	Amadora	<b>2:19.46</b> 35.74 200m: 2:19.46		506	35.31	
9.	Rita Guedes Moreira 50m: 32.75 32.75	00	110881	Louletano/ Loule Concelho	<b>2:19.73</b> 36.57 200m: 2:19.73		503	34.83	
10.	Mariana Silva Ramos 50m: 32.71 32.71	00	120720	Sporting	<b>2:20.35</b> 36.39 200m: 2:20.35		496	35.96	
11.	Patricia Palmeiro Baeta 50m: 31.49 31.49	00	112658	Viver Santarem	<b>2:21.45</b> 37.55 200m: 2:21.45		485	36.32	
12.	Carolina Pastor Escada 50m: 32.63 32.63	00	120238	Aminata	<b>2:21.50</b> 36.72 200m: 2:21.50		484	36.67	
13.	Margarida Reconha Marques 50m: 32.87 32.87	00	117868	Nautico Marinha Grande	<b>2:21.99</b> 36.68 200m: 2:21.99		479	36.33	
14.	Tatiana Henriques Simoes 50m: 33.38 33.38	00	119109	Clube Monteges	<b>2:22.83</b> 37.34 200m: 2:22.83		471	36.27	
15.	Lara Alexandra Delgado 50m: 33.45 33.45	00	120773	Torres Novas	<b>2:23.25</b> 36.91 200m: 2:23.25		467	37.01	
16.	Beatriz Pereira Gomes 50m: 34.09 34.09	00	118766	Amadora	<b>2:23.55</b> 36.76 200m: 2:23.55		464	36.37	
17.	Joana Silva Ulpiano 50m: 33.92 33.92	00	119425	Laranjeiro	<b>2:23.69</b> 37.00 200m: 2:23.69		463	35.80	
18.	Rita Filipa Paulino 50m: 33.57 33.57	00	118462	Clube Naval Setubalense	<b>2:24.19</b> 37.57 200m: 2:24.19		458	35.95	
19.	Alice Maria Lopes 50m: 33.52 33.52	00	119476	Uniao Piedense	<b>2:24.87</b> 37.75 200m: 2:24.87		451	36.84	
20.	Beatriz Ferreira Rafael 50m: 32.54 32.54	00	123459	Gesloures	<b>2:25.82</b> 38.14 200m: 2:25.82		443	39.00	
21.	Lara Ferreira Martins 50m: 32.12 32.12	00	117834	Nautico Marinha Grande	<b>2:26.12</b> 38.69 200m: 2:26.12		440	38.00	
22.	Ines Isabel Graca 50m: 33.16 33.16	00	121283	Gualdim Pais	<b>2:27.49</b> 39.15 200m: 2:27.49		428	37.66	
23.	Mariana Figueiras Matos 50m: 33.56 33.56	00	120721	Sporting	<b>2:27.57</b> 38.69 200m: 2:27.57		427	38.15	
DSQ	Mariana Silva Navalho 403 - Falsa partida - SW 4.4	00	120577	Uniao Piedense					
DNS	Madalena Frota Carvalho	00	123312	Gesloures					

Juvenis A

1.	Filipa Carreira Alves 50m: 30.06 30.06	99	118479	Uniao Piedense	<b>2:10.46</b> 33.53 200m: 2:10.46		618	33.71	
2.	Beatriz Barros Carmo 50m: 31.00 31.00	99	107625	Colegio Vasco da Gama	<b>2:12.71</b> 34.52 200m: 2:12.71		587	33.67	
3.	Barbara Coimbra Teodosio 50m: 31.13 31.13	99	112716	Nautico Marinha Grande	<b>2:12.90</b> 35.08 200m: 2:12.90		585	32.25	
4.	Beatriz Paulo Ranito 50m: 31.34 31.34	99	116593	Sporting	<b>2:14.47</b> 34.93 200m: 2:14.47		565	33.88	
5.	Maria Ana Monge 50m: 31.47 31.47	99	118400	Sporting	<b>2:14.66</b> 34.87 200m: 2:14.66		562	34.02	
6.	Margarida Sobral Pimenta 50m: 31.96 31.96	99	118764	Amadora	<b>2:15.28</b> 35.11 200m: 2:15.28		554	33.86	
7.	Ana Pires Brito 50m: 31.04 31.04	99	117031	Colegio Monte Maior	<b>2:15.36</b> 35.10 200m: 2:15.36		553	35.46	



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 24, Femin., 200m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Tania Cristina Mendes	99	111028	Industrial Vieirense	<b>2:15.41</b>		553		
	50m: 30.75 30.75			100m: 1:04.49 33.74	150m: 1:39.88	35.39	200m: 2:15.41	35.53	
9.	Maria Beatriz Dias	99	108045	Viver Santarem	<b>2:15.43</b>		553		
	50m: 31.83 31.83			100m: 1:06.36 34.53	150m: 1:41.63	35.27	200m: 2:15.43	33.80	
10.	Joana Cristina Fernandes	99	120692	Amadora	<b>2:15.54</b>		551		
	50m: 31.29 31.29			100m: 1:05.97 34.68	150m: 1:41.09	35.12	200m: 2:15.54	34.45	
11.	Filipa Sousa Pinheiro	99	117597	Sporting	<b>2:16.05</b>		545		
	50m: 31.88 31.88			100m: 1:06.36 34.48	150m: 1:41.49	35.13	200m: 2:16.05	34.56	
12.	Catarina Rego Borges	99	107020	Bombeiros Ponta Delgada	<b>2:18.55</b>		516		
	50m: 31.87 31.87			100m: 1:07.45 35.58	150m: 1:43.75	36.30	200m: 2:18.55	34.80	
13.	Ana Sofia Ferreira	99	109040	Pimpoes/Cimai	<b>2:18.64</b>		515		
	50m: 32.72 32.72			100m: 1:07.36 34.64	150m: 1:43.65	36.29	200m: 2:18.64	34.99	
14.	Joana Miguel Alexandre	99	111432	Amadora	<b>2:18.84</b>		513		
	50m: 32.67 32.67			100m: 1:08.11 35.44	150m: 1:43.84	35.73	200m: 2:18.84	35.00	
15.	Catarina Costa Fernandes	99	117253	Colegio Bernardette Romeira	<b>2:19.65</b>		504		
	50m: 32.42 32.42			100m: 1:07.74 35.32	150m: 1:44.17	36.43	200m: 2:19.65	35.48	
16.	Eva Guerreiro Carvalho	99	111392	Uniao Piedense	<b>2:20.10</b>		499		
	50m: 32.49 32.49			100m: 1:08.07 35.58	150m: 1:44.65	36.58	200m: 2:20.10	35.45	
17.	Rita Maurile Taveira	99	118468	Alges	<b>2:20.44</b>		496		
	50m: 32.65 32.65			100m: 1:08.19 35.54	150m: 1:44.45	36.26	200m: 2:20.44	35.99	

Prova 25 Masc., 100m Livres

Juvenis Resultados

Recorde Nacional (25m) Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	11-12-2009
Recorde Nacional (25m) Juv B	52.59	Diogo Gomes Sousa	CNCVCG	Ponte de Sôr	13-12-2009
Recorde Nacional (25m) Juv A	50.82	Tiago Andre Venancio	CNS	Braga	23-03-2003

Tac-JUVAMasc Juv A: 58.97 / Tac-JUVBMasc Juv B: 1:00.07

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Diogo Alexandre Pacheco	99	121684	Bombeiros Ponta Delgada	<b>55.05</b>		544		
	50m: 26.40 26.40			100m: 55.05 28.65					
2.	Tomas Gomes Oliveira	99	112715	Nautico Marinha Grande	<b>55.46</b>		532		
	50m: 27.11 27.11			100m: 55.46 28.35					
3.	Diogo Alexandre Domingues	99	121328	Naval Amorense	<b>55.52</b>		530		
	50m: 26.56 26.56			100m: 55.52 28.96					
4.	Sandro Emanuel Francisco	99	117818	Industrial Vieirense	<b>56.75</b>		496		
	50m: 27.30 27.30			100m: 56.75 29.45					
5.	Manuel Silva Godinho	99	107866	Louletano/ Loule Concelho	<b>56.77</b>		496		
	50m: 27.31 27.31			100m: 56.77 29.46					
6.	Diogo Jesus Crespo	99	104132	Desportivo Nacional	<b>56.98</b>		490		
	50m: 27.18 27.18			100m: 56.98 29.80					
7.	Rui Miguel Cachopo	99	122064	Colegio Monte Maior	<b>57.24</b>		483		
	50m: 27.76 27.76			100m: 57.24 29.48					
8.	Gil Magalhaes Raposo	99	110076	Lagoa AC	<b>57.55</b>		476		
	50m: 27.78 27.78			100m: 57.55 29.77					
9.	Afonso Guilherme Rosa	99	103331	Gualdim Pais	<b>57.61</b>		474		
	50m: 27.85 27.85			100m: 57.61 29.76					
10.	Marco Andre Miguel	99	109944	Torres Novas	<b>57.79</b>		470		
	50m: 28.07 28.07			100m: 57.79 29.72					





**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 25, Masc., 100m Livres, Juvenis B

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Jaime Daniel Correia 50m: 27.93 27.93	99	111346	Estrelas S. Joao de Brito 100m: 57.87 29.94	<b>57.87</b>		468		
12.	Bernardo Jose Dionisio 50m: 28.42 28.42	99	123624	Gualdim Pais 100m: 57.89 29.47	<b>57.89</b>		467		
13.	Miguel Carrico Cruz 50m: 27.55 27.55	99	108681	20Km de Almeirim 100m: 58.08 30.53	<b>58.08</b>		463		
14.	Bernardo Pastor Escada 50m: 28.10 28.10	99	108852	Aminata 100m: 58.11 30.01	<b>58.11</b>		462		
	Afonso Meneses Sequeira 50m: 27.28 27.28	99	105711	Naval do Funchal 100m: 58.11 30.83	<b>58.11</b>		462		
16.	Francisco Cortez Viterbo 50m: 28.26 28.26	99	120449	Alges 100m: 58.48 30.22	<b>58.48</b>		453		
17.	Nuno Rafael Silva 50m: 28.09 28.09	99	117594	Colegio Monte Maior 100m: 58.59 30.50	<b>58.59</b>		451		
18.	Rodrigo Costa Teixeira 50m: 28.10 28.10	99	108410	Laranjeiro 100m: 58.64 30.54	<b>58.64</b>		450		
19.	Alessandro Antunes Paolinelli 50m: 28.36 28.36	99	108460	Naval do Funchal 100m: 58.74 30.38	<b>58.74</b>		447		
20.	Joao Daniel Machado 50m: 28.43 28.43	99	109714	Uniao Piedense 100m: 58.77 30.34	<b>58.77</b>		447		
21.	Tiago Cunha Costa 50m: 28.54 28.54	99	120725	Sporting 100m: 59.03 30.49	<b>59.03</b>		441		
22.	Gabriel Cruz Tocha 50m: 28.74 28.74	99	107865	Natacao de Faro 100m: 59.41 30.67	<b>59.41</b>		432		
23.	Francisco Pereira Pedrosa 50m: 28.76 28.76	99	117816	Industrial Vieirense 100m: 59.68 30.92	<b>59.68</b>		426		
24.	Ricardo Nuno Estevens 50m: 29.49 29.49	99	121159	Laranjeiro 100m: 1:00.77 31.28	<b>1:00.77</b>		404		
25.	Tomas Silva Coxixo 50m: 29.35 29.35	99	118387	Natacao do Montijo 100m: 1:01.21 31.86	<b>1:01.21</b>		395		

Juvenis A

1.	Frederico Sucena Riachos 50m: 25.74 25.74	98	121637	Nucleo Sportinguista Golega 100m: 52.62 26.88	<b>52.62</b>		622		
2.	Francisco Carvalho Machado 50m: 25.25 25.25	98	111855	Alges 100m: 53.52 28.27	<b>53.52</b>		592		
3.	Henrique Luis Vargas 50m: 25.95 25.95	98	105713	Naval do Funchal 100m: 54.37 28.42	<b>54.37</b>		564		
4.	Bernardo Santos Clemente 50m: 26.00 26.00	98	109157	Bairro dos Anjos /BOMCAR 100m: 54.46 28.46	<b>54.46</b>		561		
5.	Guilherme Filipe Pina 50m: 26.76 26.76	98	107450	Benedita 100m: 55.15 28.39	<b>55.15</b>		541		
6.	Tiago Martins Boleta 50m: 26.39 26.39	98	107597	Louletano/ Loule Concelho 100m: 55.18 28.79	<b>55.18</b>		540		
7.	Guilherme Assis Ramos 50m: 26.69 26.69	98	100274	Fisica Torres Vedras 100m: 55.36 28.67	<b>55.36</b>		534		
8.	Francisco Manso Teixeira 50m: 26.81 26.81	98	108803	Naval do Funchal 100m: 55.53 28.72	<b>55.53</b>		530		
9.	Carlos Afonso Almeida 50m: 27.36 27.36	98	119275	Colegio Vasco da Gama 100m: 55.60 28.24	<b>55.60</b>		528		
10.	Ricardo Goncalves Moura 50m: 26.62 26.62	98	107577	Electrico Clube 100m: 55.65 29.03	<b>55.65</b>		526		



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 25, Masc., 100m Livres, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Pedro Camacho Sousa 50m: 26.63 26.63	98	100867	Naval do Funchal 100m: 55.80 29.17	<b>55.80</b>		522		
12.	Afonso Calais Queiroga 50m: 26.65 26.65	98	112311	Uniao Piedense 100m: 55.86 29.21	<b>55.86</b>		520		
13.	Francisco Aguiar Morganho 50m: 27.27 27.27	98	100872	Naval do Funchal 100m: 56.25 28.98	<b>56.25</b>		509		
14.	Tiago Carlos Santos 50m: 27.52 27.52	98	121330	Naval Amorense 100m: 56.40 28.88	<b>56.40</b>		505		
15.	Filipe Miguel Silveira 50m: 27.57 27.57	98	111440	Amadora 100m: 56.76 29.19	<b>56.76</b>		496		
16.	Joao Diogo Fernandes 50m: 27.41 27.41	98	121542	Benfica 100m: 56.79 29.38	<b>56.79</b>		495		
17.	Rafael Ladeiro Santos 50m: 27.25 27.25	98	117122	Gesloures 100m: 56.92 29.67	<b>56.92</b>		492		
18.	Steve Alexandre Soares 50m: 27.58 27.58	98	111442	Amadora 100m: 57.14 29.56	<b>57.14</b>		486		
19.	Miguel Filipe Arvana 50m: 27.32 27.32	98	108856	Estremoz / Estremozcarnes 100m: 57.21 29.89	<b>57.21</b>		484		
20.	Francisco Rogerio Santos 50m: 27.49 27.49	98	120268	Benedita 100m: 57.30 29.81	<b>57.30</b>		482		
21.	Ruben Duarte Leitao 50m: 27.49 27.49	98	122265	Desporto de Setubal 100m: 57.45 29.96	<b>57.45</b>		478		
22.	Cristian Toma 50m: 27.70 27.70	98	121201	FC Ferreiras 100m: 57.52 29.82	<b>57.52</b>		476		
23.	Martim Silveira Rodrigues 50m: 27.60 27.60	98	104097	Maritimo 100m: 57.68 30.08	<b>57.68</b>		472		
24.	David Miguel Neves 50m: 27.58 27.58	98	111851	Benfica 100m: 57.89 30.31	<b>57.89</b>		467		
25.	Eduardo Luis Mendes 50m: 28.23 28.23	98	104098	Maritimo 100m: 58.59 30.36	<b>58.59</b>		451		
26.	Rodolfo Valentino Felix 50m: 28.10 28.10	98	111344	Benfica 100m: 58.60 30.50	<b>58.60</b>		451		
27.	Frederico Pinto Silva 50m: 28.40 28.40	98	123636	Gesloures 100m: 58.84 30.44	<b>58.84</b>		445		
28.	Fabrice Almeida Monteiro 50m: 27.63 27.63	98	107764	Natacao Guarda 100m: 58.86 31.23	<b>58.86</b>		445		
29.	Miguel Reis Santos 50m: 27.92 27.92	98	110163	Alges 100m: 58.95 31.03	<b>58.95</b>		443		
30.	Pedro Antonio Zilhao 50m: 28.49 28.49	98	120187	Nacional de Natacao 100m: 59.51 31.02	<b>59.51</b>		430		



Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 26

Femin., 100m Bruços

Juvenis

15-12-2013 - 16:05

Resultados

Recorde Nacional (25m) Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	28-06-2003
Recorde Nacional (25m) Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	13-03-2004

Tac-JUVAFem Juv A: 1:22.99 / Tac-JUVBFem Juv B: 1:24.57

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
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Juvenis B

1.	Laura Catarina Abreu	00	107900	Desportivo Nacional	<b>1:13.68</b>		616		
	50m: 35.21 35.21		100m: 1:13.68 38.47						
2.	Raquel Gomes Pereira	00	118469	Alges	<b>1:14.23</b>		602		
	50m: 35.40 35.40		100m: 1:14.23 38.83						
3.	Ines Silva Bernardo	00	122689	Colegio Monte Maior	<b>1:17.13</b>		537		
	50m: 36.30 36.30		100m: 1:17.13 40.83						
4.	Carolina Maeiro Augusto	00	109750	Natacao de Olhao	<b>1:17.72</b>		525		
	50m: 36.70 36.70		100m: 1:17.72 41.02						
5.	Ines Rocha Silva	00	117806	Alcobaca	<b>1:17.80</b>		523		
	50m: 37.79 37.79		100m: 1:17.80 40.01						
6.	Sara Kalinicova Guerreiro	00	120967	FC Ferreiras	<b>1:18.98</b>		500		
	50m: 36.92 36.92		100m: 1:18.98 42.06						
7.	Ema Filipa Rosario	00	120561	Natacao do Montijo	<b>1:19.98</b>		481		
	50m: 37.98 37.98		100m: 1:19.98 42.00						
8.	Beatriz Martins Avila	00	108723	Terceira Auto Clube	<b>1:20.12</b>		479		
	50m: 37.81 37.81		100m: 1:20.12 42.31						
9.	Mariana Simoes Antunes	00	120871	Sporting	<b>1:22.68</b>		436		
	50m: 38.16 38.16		100m: 1:22.68 44.52						

Juvenis A

1.	Matilde Pereira Martins	99	109578	Colegio Bernardette Romeira	<b>1:17.19</b>		535		
	50m: 36.49 36.49		100m: 1:17.19 40.70						
2.	Ana Margarida Salgueiro	99	116616	Nautico Abrantes	<b>1:19.50</b>		490		
	50m: 37.35 37.35		100m: 1:19.50 42.15						
3.	Claudia Ferreira Borges	99	116591	Benfica	<b>1:20.38</b>		474		
	50m: 37.49 37.49		100m: 1:20.38 42.89						
4.	Mariana Freitas Rocha	99	111883	Maritimo	<b>1:20.46</b>		473		
	50m: 38.11 38.11		100m: 1:20.46 42.35						
5.	Mariana Graca Vasconcelos	99	107648	Estoris	<b>1:20.52</b>		472		
	50m: 38.40 38.40		100m: 1:20.52 42.12						
6.	Beatriz Antunes Carvalho	99	117036	Colegio Monte Maior	<b>1:20.74</b>		468		
	50m: 38.04 38.04		100m: 1:20.74 42.70						
7.	Maria Beatriz Diogo	99	117988	Nautico Abrantes	<b>1:22.53</b>		438		
	50m: 39.02 39.02		100m: 1:22.53 43.51						
8.	Carolina Felicidade Batista	99	118371	Viver Santarem	<b>1:25.06</b>		400		
	50m: 40.31 40.31		100m: 1:25.06 44.75						
9.	Sofia Alexandra Picao	99	111292	CLAC-Entroncamento	<b>1:26.72</b>		377		
	50m: 39.74 39.74		100m: 1:26.72 46.98						



TOMAR  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 27

Masc., 200m Mariposa

Juvenis

15-12-2013 - 16:25

Resultados

Recorde Nacional (25m) Absoluto	1:53.39	Diogo Filipe Carvalho	FPN	Istambul (TUR)	12-12-2009
Recorde Nacional (25m) Juv B	2:07.06	Pedro Diogo Oliveira	CNRM	Entroncamento	24-05-2003
Recorde Nacional (25m) Juv A	2:03.38	Diogo Parrilha da Silva	CNAL	Alcobaça	13-06-2009

Tac-JUVAMasc Juv A: 2:26.36 / Tac-JUVBMasc Juv B: 2:29.02

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Jose Henriques Luz	99	119266	Nucleo Sportinguista Golega	<b>2:18.00</b>		494		
	50m: 30.66 30.66			100m: 1:05.50 34.84	150m: 1:41.88 36.38	200m: 2:18.00 36.12			
2.	Joao Silverio Duarte	99	111461	Electrico Clube	<b>2:18.41</b>		489		
	50m: 30.35 30.35			100m: 1:05.80 35.45	150m: 1:41.28 35.48	200m: 2:18.41 37.13			
3.	Bernardo Antonio Alves	99	121075	Louletano/ Loule Concelho	<b>2:18.87</b>		485		
	50m: 30.72 30.72			100m: 1:05.38 34.66	150m: 1:41.85 36.47	200m: 2:18.87 37.02			
4.	Pedro Galvao Gouveia	99	112722	Desportivo Nacional	<b>2:20.27</b>		470		
	50m: 31.39 31.39			100m: 1:07.18 35.79	150m: 1:44.10 36.92	200m: 2:20.27 36.17			
5.	Marco Andre Miguel	99	109944	Torres Novas	<b>2:20.75</b>		465		
	50m: 32.62 32.62			100m: 1:08.72 36.10	150m: 1:45.27 36.55	200m: 2:20.75 35.48			
6.	Antonio Manuel Mendes	99	120726	Sporting	<b>2:20.94</b>		463		
	50m: 31.72 31.72			100m: 1:07.30 35.58	150m: 1:44.10 36.80	200m: 2:20.94 36.84			
7.	Joao Magalhaes Nunes	99	118769	Amadora	<b>2:20.99</b>		463		
	50m: 31.28 31.28			100m: 1:06.67 35.39	150m: 1:43.53 36.86	200m: 2:20.99 37.46			
8.	Hugo Filipe Correia	99	118621	Litoral Alentejano	<b>2:21.26</b>		460		
	50m: 29.38 29.38			100m: 1:03.64 34.26	150m: 1:41.76 38.12	200m: 2:21.26 39.50			
9.	Francisco Ribeiro Constantino	99	105785	Naval da Nazare	<b>2:23.15</b>		442		
	50m: 31.35 31.35			100m: 1:07.31 35.96	150m: 1:44.72 37.41	200m: 2:23.15 38.43			
10.	Tiago Filipe Campos	99	116573	Viver Santarem	<b>2:23.53</b>		439		
	50m: 30.52 30.52			100m: 1:07.06 36.54	150m: 1:44.84 37.78	200m: 2:23.53 38.69			
DSQ	Henrique Lourenco Ferreira	99	112534	Colegio Vasco da Gama					
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>								

Juvenis A

1.	Joao Alexandre Vital	98	110165	Colegio Monte Maior	<b>2:07.56</b>		625		
	50m: 28.42 28.42			100m: 1:00.55 32.13	150m: 1:33.56 33.01	200m: 2:07.56 34.00			
2.	Jose Paula Carvalho	98	111450	Uniao Piedense	<b>2:09.49</b>		598		
	50m: 28.84 28.84			100m: 1:01.49 32.65	150m: 1:35.34 33.85	200m: 2:09.49 34.15			
3.	Tiago Martins Boleta	98	107597	Louletano/ Loule Concelho	<b>2:10.34</b>		586		
	50m: 28.53 28.53			100m: 1:00.80 32.27	150m: 1:35.02 34.22	200m: 2:10.34 35.32			
4.	Eduardo Manuel Goncalves	98	112562	Nucleo Sportinguista Terceira	<b>2:15.97</b>		516		
	50m: 29.40 29.40			100m: 1:03.55 34.15	150m: 1:39.85 36.30	200m: 2:15.97 36.12			
5.	Diogo Filipe Rodrigues	98	110927	Bairro dos Anjos /BOMCAR	<b>2:16.27</b>		513		
	50m: 31.29 31.29			100m: 1:06.83 35.54	150m: 1:41.67 34.84	200m: 2:16.27 34.60			
6.	Goncalo Filipe Patatas	98	117602	Sporting	<b>2:16.41</b>		511		
	50m: 30.35 30.35			100m: 1:04.56 34.21	150m: 1:40.74 36.18	200m: 2:16.41 35.67			
7.	Diogo Rodrigues Freitas	98	107680	Uniao Piedense	<b>2:17.70</b>		497		
	50m: 30.88 30.88			100m: 1:06.34 35.46	150m: 1:41.69 35.35	200m: 2:17.70 36.01			
8.	Afonso Ribeiro Bate	98	117180	Alges	<b>2:18.36</b>		490		
	50m: 30.74 30.74			100m: 1:06.64 35.90	150m: 1:43.30 36.66	200m: 2:18.36 35.06			
9.	Diogo Vicente Silva	98	107040	Nautico Marinha Grande	<b>2:18.69</b>		486		
	50m: 30.70 30.70			100m: 1:06.70 36.00	150m: 1:42.54 35.84	200m: 2:18.69 36.15			
10.	Pedro Trindade Silva	98	111441	Amadora	<b>2:18.95</b>		484		
	50m: 30.82 30.82			100m: 1:05.76 34.94	150m: 1:41.77 36.01	200m: 2:18.95 37.18			



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 27, Masc., 200m Mariposa, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
11.	Diogo Nogueira Rebelo	98	117035	Colegio Monte Maior	<b>2:19.10</b>		482		
	50m: 30.30 30.30			100m: 1:05.51 35.21 150m: 1:42.07	36.56	200m: 2:19.10	37.03		
12.	Jose Diogo Fonseca	98	112714	Nautico Marinha Grande	<b>2:20.38</b>		469		
	50m: 30.88 30.88			100m: 1:07.03 36.15 150m: 1:43.75	36.72	200m: 2:20.38	36.63		
13.	Guilherme Filipe Pina	98	107450	Benedita	<b>2:23.71</b>		437		
	50m: 32.08 32.08			100m: 1:08.42 36.34 150m: 1:45.68	37.26	200m: 2:23.71	38.03		
14.	Bernardo Santos Clemente	98	109157	Bairro dos Anjos /BOMCAR	<b>2:23.83</b>		436		
	50m: 30.52 30.52			100m: 1:06.01 35.49 150m: 1:44.87	38.86	200m: 2:23.83	38.96		
15.	Joao Paulo Lopes	98	107490	Torres Novas	<b>2:26.69</b>		411		
	50m: 31.42 31.42			100m: 1:07.88 36.46 150m: 1:46.77	38.89	200m: 2:26.69	39.92		
16.	Dario Fausto Matias	98	106690	Torres Novas	<b>2:30.23</b>		383		
	50m: 33.06 33.06			100m: 1:11.63 38.57 150m: 1:51.40	39.77	200m: 2:30.23	38.83		
DSQ	Bernardo Stephen Henriques	98	100863	Desportivo Nacional					
	<i>809 - Movimento alternado de pernas durante o percurso - SW 8.3</i>								

Prova 28

Femin., 100m Mariposa

Juvenis

15-12-2013 - 16:35

Resultados

Recorde Nacional (25m) Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	18-12-2010
Recorde Nacional (25m) Juv B	1:04.12	Mariana Cunha Guerra	ASSSCC	Cantanhede	11-12-2011
Recorde Nacional (25m) Juv A	1:03.14	Ana Rita Francisco	SFUAP		01-01-1995

Tac-JUVA Fem Juv A: 1:11.34 / Tac-JUVB Fem Juv B: 1:12.70

Pontos: FINA 2013

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>									
1.	Laura Sanchez Rodrigues	00	111405	Alges	<b>1:05.89</b>		583		
	50m: 31.07 31.07			100m: 1:05.89 34.82					
2.	Giovanna Vaz Vargas	00	110957	Nautico Marinha Grande	<b>1:07.22</b>		549		
	50m: 31.99 31.99			100m: 1:07.22 35.23					
3.	Beatriz Jong Rosa	00	124180	Desportivo Nacional	<b>1:07.65</b>		538		
	50m: 31.34 31.34			100m: 1:07.65 36.31					
4.	Catarina Martins Mestre	00	120724	Sporting	<b>1:10.09</b>		484		
	50m: 32.64 32.64			100m: 1:10.09 37.45					
5.	Ines Silva Bernardo	00	122689	Colegio Monte Maior	<b>1:11.70</b>		452		
	50m: 33.47 33.47			100m: 1:11.70 38.23					
6.	Daniela Eleuterio Correia	00	119110	Clube Monteges	<b>1:16.09</b>		378		
	50m: 35.43 35.43			100m: 1:16.09 40.66					

Juvenis A

1.	Madalena Gomes Azevedo	99	110160	Alges	<b>1:04.74</b>		614		
	50m: 30.13 30.13			100m: 1:04.74 34.61					
2.	Ines Margarida Costa	99	119474	Sporting	<b>1:07.48</b>		542		
	50m: 31.76 31.76			100m: 1:07.48 35.72					
3.	Joana Viegas Bento	99	121143	Colegio Bernardette Romeira	<b>1:09.72</b>		492		
	50m: 32.31 32.31			100m: 1:09.72 37.41					
4.	Sara Conceicao Peca	99	116963	Bairro dos Anjos /BOMCAR	<b>1:10.24</b>		481		
	50m: 32.97 32.97			100m: 1:10.24 37.27					
5.	Sara Costa Guerra	99	117600	Sporting	<b>1:10.49</b>		476		
	50m: 33.54 33.54			100m: 1:10.49 36.95					
6.	Ana Claudia Rosa	99	111426	Amadora	<b>1:10.50</b>		476		
	50m: 33.29 33.29			100m: 1:10.50 37.21					





Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013



Prova 28, Femin., 100m Mariposa, Juvenis A

Lugar	Nome	Ano	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Catarina Rego Borges 50m: 32.76 32.76	99	107020	Bombeiros Ponta Delgada 100m: 1:10.71 37.95	<b>1:10.71</b>		471		
8.	Mariana Frazao Saraiva 50m: 33.43 33.43	99	122371	Alges 100m: 1:11.75 38.32	<b>1:11.75</b>		451		
9.	Mariana Soares Martinho 50m: 34.63 34.63	99	116575	20Km de Almeirim 100m: 1:14.72 40.09	<b>1:14.72</b>		399		

Prova 29

Masc., 4 x 100m Estilos

Juvenis

15-12-2013 - 16:50

Resultados

Recorde Nacional (25m) Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Recorde Nacional (25m) Juv B	4:09.04	Futebol Clube do Porto	FCP	Braga	03-03-2012
Recorde Nacional (25m) Juv A	4:03.10	Clube de Natacao Colegio Vasco da	CVGna	Braga	23-03-2003

Tac-JUVAMasc Juv A: 4:40.28 / Tac-JUVBMasc Juv B: 4:51.49

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>							
1.		Aminata	<b>4:18.44</b>		457		
	99	30.50	1:02.92	Bernardo Pastor Escada	99	30.95	1:06.24
	99	32.95	1:11.28	Andre Mendes Batalha	99	27.48	58.00
2.		Naval do Funchal	<b>4:21.31</b>		442		
	99	30.46	1:04.42	Martim Moniz Silva	99	29.36	1:03.72
	99	33.57	1:15.46	Alessandro Antunes Paolinelli	99	27.73	57.71
3.		Amadora	<b>4:24.95</b>		424		
	99	30.56	1:02.49	Alexander Carvalho Esteves	99	31.66	1:08.41
	99	34.60	1:14.07	Afonso Vicente Eva	99	27.81	59.98
4.		Industrial Vieirense	<b>4:28.85</b>		406		
	99	32.85	1:07.33	Sandro Emanuel Francisco	99	29.51	1:03.83
	99	36.41	1:19.04	Andre Lopes Silva	99	27.98	58.65
5.		Uniao Piedense	<b>4:35.35</b>		378		
	99	33.06	1:08.38	Pedro Henrique Matos	99	30.82	1:07.21
	99	34.93	1:14.66	Tiago Filipe Freitas	99	30.70	1:05.10

Juvenis A

1.		Alges	<b>4:01.13</b>		563		
		<i>Rec Nacional</i>					
	98	30.19	1:01.85	Afonso Ribeiro Bate	98	27.88	1:01.06
	98	31.01	1:05.86	Francisco Carvalho Machado	98	24.53	52.36
2.		Naval do Funchal	<b>4:11.58</b>		496		
	98	31.01	1:03.43	Henrique Luis Vargas	98	26.70	58.34
	98	34.91	1:14.98	Pedro Camacho Sousa	98	26.09	54.83
3.		Uniao Piedense	<b>4:13.78</b>		483		
	98	31.45	1:04.45	Jose Paula Carvalho	98	29.08	1:01.30
	98	32.18	1:09.16	Hugo Filipe Torres	98	27.83	58.87
4.		Colegio Monte Maior	<b>4:14.22</b>		480		
	98	30.62	1:02.85	Cesar Barroqueiro Magalhaes	98	28.86	1:04.36
	98	31.71	1:08.49	Diogo Nogueira Rebelo	98	27.89	58.52
5.		Bairro dos Anjos /BOMCAR	<b>4:15.21</b>		475		
	98	32.12	1:06.80	Bernardo Santos Clemente	98	27.11	59.49
	98	32.74	1:10.98	Goncalo Manuel Repolho	98	27.64	57.94
6.		Gesloures	<b>4:23.76</b>		430		
	98	31.17	1:04.38	Rafael Ladeiro Santos	98	31.05	1:07.82
	98	33.84	1:12.71	Frederico Pinto Silva	98	28.16	58.85



**TOMAR**  
CIDADE TEMPLÁRIA

Torneio Zonal de Juvenis (Zona Sul)  
Tomar, 13- - 15-12-2013

Prova 29, Masc., 4 x 100m Estilos, Juvenis A

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.		Bombeiros Ponta Delgada-JUV A	<b>4:29.82</b>		402		
	98	Miguel Alexandre Rato	1:06.11	98	30.71	1:07.38	
	98	Luis Monteiro Cabral	1:15.31	98	28.43	1:01.02	
DSQ		Amadora-JUV A					
		<i>111 - Rendição antecipada do(a) 4 nadador(a) - SW 10.11</i>					
	98	Steve Alexandre Soares	1:01.27	98	28.09	1:02.28	
	98	Joao Sismeiro Pereira	1:07.92	98			

Prova 30  
15-12-2013 - 17:00

Femin., 4 x 100m Livres

Juvenis Resultados

Recorde Nacional (25m) Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Recorde Nacional (25m) Juv B	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Recorde Nacional (25m) Juv A	4:08.36				

Tac-JUVA Fem Juv A: 4:31.62 / Tac-JUVB Fem Juv B: 4:36.71

Pontos: FINA 2013

Lugar	NFed	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Juvenis B</b>							
1.		Desportivo Nacional-JUV B	<b>4:12.63</b>		559		
	00	Vera Ines Aguilar	1:04.08	00	30.42	1:03.77	
	00	Laura Catarina Abreu	1:02.19	00	29.51	1:02.59	
2.		Uniao Piedense-JUV B	<b>4:18.09</b>		525		
	00	Ines Figueira Santos	1:03.45	00	30.38	1:03.83	
	00	Mariana Silva Navalho	1:06.09	00	30.62	1:04.72	
3.		Nautico Marinha Grande-JUV B	<b>4:19.94</b>		513		
	00	Lara Ferreira Martins	1:06.54	00	31.59	1:05.88	
	00	Monica Seara Domingues	1:05.30	00	30.00	1:02.22	
4.		Alcobaca-JUV B	<b>4:20.90</b>		508		
	00	Matilde Correia Vieira	1:04.28	00	30.58	1:04.43	
	00	Filipa Andreia Silva	1:09.46	00	29.97	1:02.73	
5.		Sporting-JUV B	<b>4:25.94</b>		479		
	00	Mariana Silva Ramos	1:06.22	00	32.01	1:07.90	
	00	Mariana Figueiras Matos	1:08.27	00	30.69	1:03.55	
6.		Amadora-JUV B	<b>4:27.44</b>		471		
	00	Maria Tome Fialho	1:05.24	00	31.55	1:06.19	
	00	Beatriz Pereira Gomes	1:07.41	00	32.19	1:08.60	
7.		Natacao do Montijo-JUV B	<b>4:29.09</b>		463		
	00	Laura Castico Moreira	1:09.19	00	32.98	1:08.15	
	00	Ema Filipa Rosario	1:03.33	00	32.28	1:08.42	

Juvenis A

1.		Sporting-JUV A	<b>4:10.10</b>		577		
	99	Ines Margarida Costa	1:01.76	99	29.45	1:02.43	
	99	Beatriz Paulo Ranito	1:02.88	99	30.27	1:03.03	
2.		Amadora-JUV A	<b>4:14.33</b>		548		
	99	Margarida Sobral Pimenta	1:02.66	99	29.84	1:02.83	
	99	Ana Oliveira Silva	1:04.05	99	31.20	1:04.79	
3.		Colegio Bernardette Romeira-JUV A	<b>4:22.02</b>		501		
	99	Matilde Pereira Martins	1:04.40	99	31.21	1:06.86	
	99	Joana Viegas Bento	1:05.05	99	31.09	1:05.71	
4.		Nautico de Abrantes-JUV A	<b>4:28.05</b>		468		
	99	Ana Margarida Salgueiro	1:06.08	99	32.46	1:07.42	
	99	Patricia Silva Conceicao	1:08.14	99	31.76	1:06.41	