

Campeonato Nacional Clubes 3ª Divisão  
 Cantanhede, 10- - 11-12-2011

 Prova 1  
 10-12-2011 - 16:00

Masc., 100m Mariposa

 Absoluto  
 Resultados

Rec. Nac. 25m Absoluto	51.45	Diogo Filipe CARVALHO	FPN	Estocolmo (SWE)	11-11-2009
Rec. Nac. 25m Inf B	1:01.78	Fabio Parrilha SILVA	CNAL	Penafiel	01-04-2000
Rec. Nac. 25m Inf A	59.56	Fabio Parrilha SILVA	CNAL	Leiria	07-04-2001
Rec. Nac. 25m Juv B	57.32	Diogo Filipe CARVALHO	CGA	Estarreja	10-07-2003
Rec. Nac. 25m Juv A	55.60	Diogo Gomes SOUSA	CNCVG	Porto	05-12-2010
Rec. Nac. 25m Jun	53.87	Tiago Andre VENANCIO	CNS	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	51.45	Diogo Filipe CARVALHO	FPN	Estocolmo (SWE)	11-11-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Diogo Gomes SOUSA	95	Colegio Vasco da Gama	<b>56.46</b>	+0,75	633		25
	50m: 26.67 26.67	100m: 56.46 29.79						
2.	Miguel Cordeiro SARAIVA	93	Belenenses	<b>57.07</b>	+0,78	613		23
	50m: 26.80 26.80	100m: 57.07 30.27						
3.	Ricardo Amorim REGO	84	Natacao de Vila Real	<b>57.43</b>	+0,82	601		22
	50m: 26.38 26.38	100m: 57.43 31.05						
4.	Emanuel Augusto PINHO	93	Feirense	<b>57.97</b>	+0,70	584		21
	50m: 27.20 27.20	100m: 57.97 30.77						
5.	Fernando Jorge ROSADO	88	Lisnave	<b>58.07</b>	+0,81	581		20
	50m: 26.88 26.88	100m: 58.07 31.19						
6.	Joao Duarte SANTOS	95	Natacao de Olhao	<b>58.19</b>	+0,74	578		19
	50m: 27.07 27.07	100m: 58.19 31.12						
7.	Frederico Manuel MOEDA	95	Estrelas S. Joao de Brito	<b>58.23</b>	+0,82	577		18
	50m: 27.07 27.07	100m: 58.23 31.16						
8.	Antonio Fraga FRAGOSO	95	Bombeiros Ponta Delgada	<b>58.33</b>	+0,79	574		17
	50m: 26.93 26.93	100m: 58.33 31.40						
9.	Carlos Fernandes QUEIROS	86	Ginasio de Vila Real	<b>58.90</b>	+0,77	557		16
	50m: 27.55 27.55	100m: 58.90 31.35						
10.	Pedro Cunha CAETANO	90	Aminata	<b>59.09</b>	+0,74	552		15
	50m: 27.76 27.76	100m: 59.09 31.33						
11.	Diogo Fontes MOREIRA	93	Leixoes	<b>59.25</b>	+0,89	547		14
	50m: 27.41 27.41	100m: 59.25 31.84						
12.	Miguel Angelo ALVES	96	Naval Amorense	<b>1:00.09</b>	+0,77	525		13
	50m: 27.85 27.85	100m: 1:00.09 32.24						
13.	Tiago Joao MEIRA	96	Viana Natacao	<b>1:01.16</b>	+0,89	498		12
	50m: 28.64 28.64	100m: 1:01.16 32.52						
14.	Pedro Miguel COSTA	92	Sporting de Espinho	<b>1:01.85</b>	+0,81	481		11
	50m: 27.79 27.79	100m: 1:01.85 34.06						
15.	Andre Ferreira FERNANDES	88	Natacao da Maia	<b>1:02.14</b>	+0,87	474		10
	50m: 28.63 28.63	100m: 1:02.14 33.51						
16.	Ricardo Filipe CARRILHO	90	Nautica do Seixal	<b>1:03.05</b>	+0,91	454		9
	50m: 29.10 29.10	100m: 1:03.05 33.95						

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## Prova 1, Masc., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Luis Antonio TARQUINIO	94	Benedita	<b>1:03.15</b>	+0,91	452		8
	50m: 29.68 29.68	100m: 1:03.15 33.47						
18.	Carlos Cunha COSTA	95	Fafe	<b>1:03.28</b>	+0,83	449		7
	50m: 28.96 28.96	100m: 1:03.28 34.32						
19.	Joao Carlos PEREIRA	94	BUZIOS-Coruche	<b>1:04.22</b>	+1,01	430		6
	50m: 29.87 29.87	100m: 1:04.22 34.35						
20.	Gil Vasco GONCALVES	97	Litoral Alentejano	<b>1:04.40</b>	+0,91	426		5
	50m: 29.91 29.91	100m: 1:04.40 34.49						
21.	Ricardo Daniel LUCAS	94	Scalabisport	<b>1:05.53</b>	+0,95	404		4
	50m: 30.22 30.22	100m: 1:05.53 35.31						
22.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	<b>1:05.66</b>	+0,74	402		3
	50m: 30.21 30.21	100m: 1:05.66 35.45						
23.	Joaquim Paixao BARROSO	76	Kainagua	<b>1:06.32</b>	+0,82	390		2
	50m: 28.99 28.99	100m: 1:06.32 37.33						
24.	Joao Antonio OLIVEIRA	95	Ginasio Figueirense	<b>1:06.51</b>	+0,90	387		1
	50m: 30.05 30.05	100m: 1:06.51 36.46						

## Prova 2

## Femin., 200m Mariposa

## Absoluto

10-12-2011 - 16:05

Resultados

Rec. Nac. 25m Absoluto	2:08.54	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	15-12-2010
Rec. Nac. 25m Inf B	2:31.64	tempo limite			
Rec. Nac. 25m Inf A	2:25.40	tempo limite			
Rec. Nac. 25m Juv	2:19.06	Susana Patricia MIGUEL	SFUAP	Penafiel	20-03-2004
Rec. Nac. 25m Jun	2:13.60	Ana Rita FRANCISCO	FPN	Gelsenkirchen (GER)	11-02-1996
Rec. Nac. 25m Sen	2:08.54	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	15-12-2010

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Mariana Cunha GUERRA	98	SCC/Oryzon Energias	<b>2:23.06</b>	+0,87	601	25	
	50m: 30.37 30.37	100m: 1:05.73 35.36	150m: 1:43.58 37.85	200m: 2:23.06 39.48				
2.	Bruna Elisabete PAULINO	97	Alcobaca	<b>2:24.92</b>	+0,88	578	23	
	50m: 31.95 31.95	100m: 1:08.91 36.96	150m: 1:47.12 38.21	200m: 2:24.92 37.80				
3.	Carolina Santos SILVA	86	Natacao da Maia	<b>2:25.69</b>	+0,79	569	22	
	50m: 32.53 32.53	100m: 1:08.90 36.37	150m: 1:46.84 37.94	200m: 2:25.69 38.85				
4.	Mariana Sousa MARTINS	95	Feirense	<b>2:27.35</b>	+0,79	550	21	
	50m: 31.80 31.80	100m: 1:08.12 36.32	150m: 1:46.64 38.52	200m: 2:27.35 40.71				
5.	Julia Matos LOPES	94	Scalabisport	<b>2:28.04</b>	+0,85	543	20	
	50m: 33.22 33.22	100m: 1:10.47 37.25	150m: 1:48.64 38.17	200m: 2:28.04 39.40				
6.	Ana Margarida RODRIGUES	96	Galitos	<b>2:28.53</b>	+0,85	537	19	
	50m: 32.24 32.24	100m: 1:08.68 36.44	150m: 1:47.80 39.12	200m: 2:28.53 40.73				
7.	Filipa Mendes PINHEIRO	92	Desportiva de Viana	<b>2:28.62</b>	+0,77	536	18	
	50m: 31.33 31.33	100m: 1:08.11 36.78	150m: 1:46.62 38.51	200m: 2:28.62 42.00				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Ana Isabel CUNHA	96	Foca	<b>2:29.32</b>	+0,82	529	17	
	50m: 33.80 33.80	100m: 1:11.56 37.76	150m: 1:50.11 38.55	200m: 2:29.32		39.21		
9.	Teresa Manuela AIRES	96	Sporting de Espinho	<b>2:33.28</b>	+0,79	489	16	
	50m: 31.87 31.87	100m: 1:09.78 37.91	150m: 1:50.83 41.05	200m: 2:33.28		42.45		
10.	Patricia Miguel MENDES	96	Naval Amorense	<b>2:33.36</b>	+0,71	488	15	
	50m: 32.18 32.18	100m: 1:10.83 38.65	150m: 1:52.17 41.34	200m: 2:33.36		41.19		
11.	Luana Raquel ALVES	97	Viana Natacao	<b>2:33.76</b>	+0,95	484	14	
	50m: 33.03 33.03	100m: 1:11.57 38.54	150m: 1:52.34 40.77	200m: 2:33.76		41.42		
12.	Carolina Francisco GOMES	95	Naval da Nazare	<b>2:34.15</b>	+1,03	481	13	
	50m: 33.25 33.25	100m: 1:12.47 39.22	150m: 1:53.83 41.36	200m: 2:34.15		40.32		
13.	Isa Morais PENAS	96	Benedita	<b>2:35.24</b>	+0,99	470	12	
	50m: 33.74 33.74	100m: 1:12.13 38.39	150m: 1:53.06 40.93	200m: 2:35.24		42.18		
14.	Rute Sofia TEIXEIRA	90	Ginasio de Santo Tirso	<b>2:35.75</b>	+0,88	466	11	
	50m: 33.09 33.09	100m: 1:10.97 37.88	150m: 1:51.54 40.57	200m: 2:35.75		44.21		
15.	Marcia Filipa CARVALHO	96	Torres Novas	<b>2:36.13</b>	+0,96	462	10	
	50m: 34.36 34.36	100m: 1:13.75 39.39	150m: 1:54.33 40.58	200m: 2:36.13		41.80		
16.	Ana Paula GRILO	69	Beja	<b>2:37.86</b>	+1,05	447	9	
	50m: 36.59 36.59	100m: 1:16.75 40.16	150m: 1:57.17 40.42	200m: 2:37.86		40.69		
17.	Filipa Silva CRUZ	92	Lisnave	<b>2:38.66</b>	+0,87	441	8	
	50m: 34.36 34.36	100m: 1:12.84 38.48	150m: 1:54.33 41.49	200m: 2:38.66		44.33		
18.	Ana Estevinha SILVA	99	Ginasio Figueirense	<b>2:38.88</b>	+0,97	439	7	
	50m: 34.09 34.09	100m: 1:14.08 39.99	150m: 1:55.99 41.91	200m: 2:38.88		42.89		
19.	Raquel Bartolo VITOR	93	Academica de Coimbra	<b>2:39.02</b>	+0,77	438	6	
	50m: 35.25 35.25	100m: 1:15.55 40.30	150m: 1:57.71 42.16	200m: 2:39.02		41.31		
20.	Claudia Almeida COSTA	95	Aminata	<b>2:39.45</b>	+0,77	434	5	
	50m: 33.43 33.43	100m: 1:13.22 39.79	150m: 1:56.85 43.63	200m: 2:39.45		42.60		
21.	Ana Sofia RAMOS	97	Fafe	<b>2:42.21</b>	+0,94	412	4	
	50m: 34.53 34.53	100m: 1:15.41 40.88	150m: 1:58.24 42.83	200m: 2:42.21		43.97		
22.	Rita Figueiredo ALMEIDA	97	Natacao de Faro	<b>2:44.86</b>	+1,08	393	3	
	50m: 34.43 34.43	100m: 1:14.66 40.23	150m: 1:57.94 43.28	200m: 2:44.86		46.92		
23.	Maria Carolina GASPAS	98	Alhandra	<b>2:48.14</b>	+0,94	370	2	
	50m: 36.62 36.62	100m: 1:19.53 42.91	150m: 2:03.37 43.84	200m: 2:48.14		44.77		
24.	Barbara Rodrigues PEREIRA	98	Natacao do Montijo	<b>2:51.31</b>	+1,04	350	1	
	50m: 35.80 35.80	100m: 1:17.76 41.96	150m: 2:03.88 46.12	200m: 2:51.31		47.43		

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Prova 3		Masc., 100m Bruços				Absoluto
10-12-2011 - 16:20						Resultados
Rec. Nac. 25m Absoluto	59.31	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	19-12-2009	
Rec. Nac. 25m Inf B	1:09.54	Andre Goncalo SANTOS	LSC	Lousada	15-05-2010	
Rec. Nac. 25m Inf A	1:07.92	Andre Goncalo SANTOS	LSC	Viseu	12-03-2011	
Rec. Nac. 25m Juv B	1:05.85	Luis Manuel FERNANDES	GDNVNF	Paços de Ferreira	14-11-2009	
Rec. Nac. 25m Juv A	1:04.84	Luis Manuel FERNANDES	GDNVNF	Paços de Ferreira	12-12-2010	
Rec. Nac. 25m Jun	1:01.25	Pedro Miguel AGOSTINHO	SCP	S. António Cavaleiros	19-12-2009	
Rec. Nac. 25m Sen	59.31	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	19-12-2009	

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Nuno Goncalo QUINTANILHA	87	Colegio Vasco da Gama	<b>1:03.21</b>	+0,76	680		25
	50m: 29.73 29.73	100m: 1:03.21 33.48						
2.	Fabio Andre DIAS	92	Naval Amorense	<b>1:05.18</b>	+0,80	621		23
	50m: 30.97 30.97	100m: 1:05.18 34.21						
3.	Bruno Daniel MONTEIRO	88	Ginasio de Vila Real	<b>1:05.49</b>	+0,77	612		22
	50m: 29.43 29.43	100m: 1:05.49 36.06						
4.	Joni Antunes VINAGRE	89	Belenenses	<b>1:05.74</b>	+0,70	605		21
	50m: 29.99 29.99	100m: 1:05.74 35.75						
5.	Rui Manuel RIBEIRO	82	Fafe	<b>1:05.75</b>	+0,83	605		20
	50m: 30.11 30.11	100m: 1:05.75 35.64						
6.	Andre Goncalo SANTOS	97	Leixoes	<b>1:06.03</b>	+0,77	597		19
	50m: 31.06 31.06	100m: 1:06.03 34.97						
7.	Mauro Filipe VIEGAS	95	Natacao de Olhao	<b>1:06.82</b>	+0,71	576		18
	50m: 31.40 31.40	100m: 1:06.82 35.42						
8.	Goncalo Pereira SA	95	Feirense	<b>1:07.07</b>	+0,71	569		17
	50m: 31.29 31.29	100m: 1:07.07 35.78						
9.	Tiago Sobral COELHO	95	Ginasio de Santo Tirso	<b>1:07.34</b>	+0,90	563		16
	50m: 31.82 31.82	100m: 1:07.34 35.52						
10.	Thiago Duarte GONCALVES	89	Estrelas S. Joao de Brito	<b>1:08.13</b>	+0,82	543		15
	50m: 31.21 31.21	100m: 1:08.13 36.92						
11.	Ivan Monteiro SIMOES	91	Natacao de Vila Real	<b>1:08.62</b>	+0,83	532		14
	50m: 30.59 30.59	100m: 1:08.62 38.03						
12.	Rodrigo Marques COSTA	76	Litoral Alentejano	<b>1:08.85</b>	+0,86	526		13
	50m: 32.87 32.87	100m: 1:08.85 35.98						
13.	Rui Pedro HORTA	94	Lisnave	<b>1:09.14</b>	+0,85	520		12
	50m: 32.59 32.59	100m: 1:09.14 36.55						
14.	Uriel Jorge MATEUS	88	Nautica do Seixal	<b>1:09.87</b>	+0,86	504		11
	50m: 32.27 32.27	100m: 1:09.87 37.60						
15.	Joao Carlos PEREIRA	94	BUZIOS-Coruche	<b>1:09.97</b>	+0,95	502		10
	50m: 32.78 32.78	100m: 1:09.97 37.19						
16.	Leonardo Cardoso FIGUEIREDO	96	Natacao da Maia	<b>1:10.29</b>	+0,71	495		9
	50m: 32.89 32.89	100m: 1:10.29 37.40						

Campeonato Nacional Clubes 3ª Divisão  
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## Prova 3, Masc., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Andre Machado VALE	95	Viana Natacao	<b>1:10.51</b>	+0,85	490		8
	50m: 33.08 33.08	100m: 1:10.51 37.43						
18.	Miguel Rego BORGES	95	Bombeiros Ponta Delgada	<b>1:10.64</b>	+0,71	487		7
	50m: 32.80 32.80	100m: 1:10.64 37.84						
19.	Manuel Almeida ELISEU	92	Kainagua	<b>1:11.94</b>	+0,92	461		6
	50m: 33.55 33.55	100m: 1:11.94 38.39						
20.	Joao Paulo BAPTISTA	96	Sporting de Espinho	<b>1:12.91</b>	+0,95	443		5
	50m: 33.75 33.75	100m: 1:12.91 39.16						
21.	Diogo Serrao SANTOS	96	Scalabisport	<b>1:14.45</b>	+0,80	416		4
	50m: 35.14 35.14	100m: 1:14.45 39.31						
22.	Andre Fialho MARQUES	95	Benedita	<b>1:15.60</b>	+0,92	398		3
	50m: 34.81 34.81	100m: 1:15.60 40.79						
	Joao Goncalves FIGUEIREDO	96	Ginasio Figueirense	<b>1:15.60</b>	+0,78	398		3
	50m: 35.25 35.25	100m: 1:15.60 40.35						
24.	Miguel Martins BALTAZAR	98	Aminata	<b>1:22.33</b>	+0,86	308		1
	50m: 38.40 38.40	100m: 1:22.33 43.93						

 Prova 4  
 10-12-2011 - 16:25
 

Femin., 200m Bruços  
 Absoluto Resultados

Rec. Nac. 25m Absoluto	2:25.87	Diana Duarte GOMES	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	2:46.41	tempo limite			
Rec. Nac. 25m Inf A	2:42.50	Filipa Vilas RUIVO	DNMG	Nazaré	22-05-2010
Rec. Nac. 25m Juv	2:34.51	Diana Duarte GOMES	ABVE	Reboleira	28-06-2003
Rec. Nac. 25m Jun	2:29.56	Ana Rita SANTOS	FPN	Dublin (IRL)	13-12-2003
Rec. Nac. 25m Sen	2:25.87	Diana Duarte GOMES	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Joana Marques MAIA	91	Natacao da Maia	<b>2:39.60</b>	+0,86	599	25	
	50m: 35.31 35.31	100m: 1:16.48 41.17	150m: 1:58.16 41.68	200m: 2:39.60 41.44				
2.	Ana Filipa TEIXEIRA	95	Viana Natacao	<b>2:45.87</b>	+0,76	533	23	
	50m: 37.70 37.70	100m: 1:19.56 41.86	150m: 2:02.20 42.64	200m: 2:45.87 43.67				
3.	Patricia Fonseca SILVA	93	Feirense	<b>2:46.31</b>	+0,89	529	22	
	50m: 37.92 37.92	100m: 1:19.68 41.76	150m: 2:02.57 42.89	200m: 2:46.31 43.74				
4.	Ines Simoes RODRIGUES	96	Scalabisport	<b>2:46.56</b>	+0,98	527	21	
	50m: 37.90 37.90	100m: 1:19.82 41.92	150m: 2:02.60 42.78	200m: 2:46.56 43.96				
5.	Daniela Maria LEIRIA	92	Naval Amorense	<b>2:49.98</b>	+0,87	496	20	
	50m: 37.17 37.17	100m: 1:19.95 42.78	150m: 2:04.85 44.90	200m: 2:49.98 45.13				
6.	Joana Isabel LAMPREIA	96	Beja	<b>2:52.35</b>	+0,80	476	19	
	50m: 37.59 37.59	100m: 1:20.49 42.90	150m: 2:05.78 45.29	200m: 2:52.35 46.57				
7.	Cristiana Silva ULPIANO	95	Lisnave	<b>2:52.41</b>	+0,98	475	18	
	50m: 38.85 38.85	100m: 1:22.11 43.26	150m: 2:06.76 44.65	200m: 2:52.41 45.65				



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
8.	Ana Filipa MARTINS	97	Foca	<b>2:55.18</b>	+0,84	453	17	
	50m: 38.61 38.61	100m: 1:22.65 44.04	150m: 2:08.51 45.86	200m: 2:55.18		46.67		
9.	Ines Serra DUARTE	98	Naval da Nazare	<b>2:55.98</b>	+0,94	447	16	
	50m: 38.81 38.81	100m: 1:22.77 43.96	150m: 2:09.18 46.41	200m: 2:55.98		46.80		
10.	Ines Ataide DIAS	94	Sporting de Espinho	<b>2:56.16</b>	+0,93	445	15	
	50m: 39.32 39.32	100m: 1:24.08 44.76	150m: 2:10.26 46.18	200m: 2:56.16		45.90		
11.	Ines Evangelista BASTOS	98	Fafe	<b>2:56.21</b>	+1,02	445	14	
	50m: 39.58 39.58	100m: 1:23.56 43.98	150m: 2:09.30 45.74	200m: 2:56.21		46.91		
12.	Ana Miguel REIS	00	SCC/Oryzon Energias	<b>2:57.10</b>	+0,85	438	13	
	50m: 40.13 40.13	100m: 1:25.12 44.99	150m: 2:11.16 46.04	200m: 2:57.10		45.94		
13.	Margarida Peixoto PELAIO	98	Ginasio Figueirense	<b>2:58.34</b>	+0,87	429	12	
	50m: 39.96 39.96	100m: 1:25.14 45.18	150m: 2:11.49 46.35	200m: 2:58.34		46.85		
14.	Erica Filipa COSTA	96	Academica de Coimbra	<b>2:58.55</b>	+0,87	428	11	
	50m: 39.87 39.87	100m: 1:25.04 45.17	150m: 2:11.44 46.40	200m: 2:58.55		47.11		
15.	Carolina Lourenco MATOS	98	Benedita	<b>2:59.22</b>	+0,87	423	10	
	50m: 40.80 40.80	100m: 1:26.45 45.65	150m: 2:13.45 47.00	200m: 2:59.22		45.77		
16.	Sara Mafra ROCHA	99	Alcobaca	<b>3:01.93</b>	+0,90	404	9	
	50m: 41.67 41.67	100m: 1:28.34 46.67	150m: 2:15.68 47.34	200m: 3:01.93		46.25		
17.	Joana Aparicio TEJO	97	Aminata	<b>3:04.77</b>	+0,93	386	8	
	50m: 41.61 41.61	100m: 1:28.72 47.11	150m: 2:17.15 48.43	200m: 3:04.77		47.62		
18.	Rita Costa AMADOR	99	Galitos	<b>3:05.08</b>	+0,89	384	7	
	50m: 41.82 41.82	100m: 1:28.63 46.81	150m: 2:17.11 48.48	200m: 3:05.08		47.97		
19.	Catarina Isabel BRANCO	99	Ginasio de Santo Tirso	<b>3:08.19</b>	+0,94	365	6	
	50m: 42.68 42.68	100m: 1:30.47 47.79	150m: 2:19.15 48.68	200m: 3:08.19		49.04		
20.	Catarina Almeida GARCIA	97	Natacao de Faro	<b>3:08.56</b>	+0,87	363	5	
	50m: 39.66 39.66	100m: 1:27.02 47.36	150m: 2:17.77 50.75	200m: 3:08.56		50.79		
21.	Catarina Neves CONCEICAO	97	Torres Novas	<b>3:09.34</b>	+0,95	359	4	
	50m: 41.68 41.68	100m: 1:29.03 47.35	150m: 2:18.64 49.61	200m: 3:09.34		50.70		
22.	Marta Rita FREIXO	93	Desportiva de Viana	<b>3:10.89</b>	+1,02	350	3	
	50m: 42.55 42.55	100m: 1:30.22 47.67	150m: 2:20.13 49.91	200m: 3:10.89		50.76		
23.	Carolina Louro PINHEIRO	98	Alhandra	<b>3:14.91</b>	+0,98	329	2	
	50m: 42.96 42.96	100m: 1:31.49 48.53	150m: 2:22.71 51.22	200m: 3:14.91		52.20		
24.	Ema Filipa ROSARIO	00	Natacao do Montijo	<b>3:17.64</b>	+1,13	315	1	
	50m: 43.06 43.06	100m: 1:33.73 50.67	150m: 2:27.01 53.28	200m: 3:17.64		50.63		

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 Prova 5 Masc., 50m Livres Absoluto  
 10-12-2011 - 16:35 Resultados

Rec. Nac. 25m Absoluto	21.64	Alexandre Escudier AGOSTINHO	PORTIN	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf B	26.73	tempo limite			
Rec. Nac. 25m Inf A	25.33	Tiago Filipe PEREIRA	ADBA	Leiria	14-05-2005
Rec. Nac. 25m Juv B	23.96	Diogo Gomes SOUSA	CNCVG	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Juv A	24.16	David Miguel FERRO	SFUAP	Algés	12-02-2000
Rec. Nac. 25m Jun	22.33	Tiago Andre VENANCIO	FPN	Viena (AUT)	16-05-2003
Rec. Nac. 25m Sen	21.64	Alexandre Escudier AGOSTINHO	PORTIN	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Ivan Monteiro SIMOES	91	Natacao de Vila Real	<b>23.37</b>	+0,64	655		25
2.	David Miguel LEIRIA	93	Naval Amorense	<b>23.43</b>	+0,74	650		23
3.	Miguel Cordeiro SARAIVA	93	Belenenses	<b>24.12</b>	+0,76	596		22
4.	Vasco Vieira LOPES	84	Leixoes	<b>24.14</b>	+0,74	594		21
5.	Carlos Fernandes QUEIROS	86	Ginasio de Vila Real	<b>24.33</b>	+0,72	580		20
6.	Jose Joao BICA	87	Colegio Vasco da Gama	<b>24.56</b>	+0,76	564		19
7.	Fabio Aleixo FERNANDES	90	Nautica do Seixal	<b>24.67</b>	+0,86	557		18
8.	Daciano Egidio SOUSA	93	Ginasio Figueirense	<b>24.92</b>	+0,88	540		17
9.	Rogério Pina TAVARES	92	Litoral Alentejano	<b>24.98</b>	+1,10	536		16
10.	Emanuel Augusto PINHO	93	Feirense	<b>24.99</b>	+0,72	536		15
11.	Rui Manuel RIBEIRO	82	Fafe	<b>25.02</b>	+0,79	534		14
12.	Andre Pascoal SARGENTO	87	Lisnave	<b>25.15</b>	+0,70	525		13
13.	Filipe Maria FERREIRA	95	Natacao de Olhao	<b>25.34</b>	+0,69	514		12
14.	Joao Monteiro PITEIRA	93	Kainagua	<b>25.49</b>	+0,83	505		11
15.	Miguel Filipe PINTO	96	Ginasio de Santo Tirso	<b>25.60</b>	+0,86	498		10
16.	Diogo Miguel Balsa	95	BUZIOS-Coruche	<b>25.64</b>	+0,78	496		9
17.	Tiago Joao MEIRA	96	Viana Natacao	<b>25.65</b>	+0,88	495		8
	Rui Miguel AIRES	91	Sporting de Espinho	<b>25.65</b>	+0,87	495		8
19.	Joao Ricardo SANTOS	94	Estrelas S. Joao de Brito	<b>25.87</b>	+0,78	483		6
20.	Miguel Maria ROSADO	95	Aminata	<b>25.98</b>	+0,88	477		5
21.	Andre Ferreira FERNANDES	88	Natacao da Maia	<b>26.13</b>	+0,80	468		4
22.	Henrique Jose MARQUES	93	Benedita	<b>26.50</b>	+0,81	449		3
23.	Fabricio Jose TOMAZ	91	Scalabisport	<b>27.14</b>	+0,79	418		2
24.	Julio Joao SILVA	94	Bombeiros Ponta Delgada	<b>27.15</b>	+0,82	418		1

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Prova 6		Femin., 100m Livres				Absoluto
10-12-2011 - 16:40						Resultados
Rec. Nac. 25m	Absoluto	55.43	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m	Inf B	1:01.63	Ines Camacho FERNANDES	SCP	Lisboa	05-04-2009
Rec. Nac. 25m	Inf A	59.20	Ines Camacho FERNANDES	SCP	Tavira	07-03-2010
Rec. Nac. 25m	Juv	59.70	Harriet Larcher SMITH	CFB	Setubal	28-02-2003
Rec. Nac. 25m	Jun	56.78	Maria Carolina ROSA	SCP	Leiria	04-12-2009
Rec. Nac. 25m	Sen	55.43	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Marisa Alexandra LAGE	94	Viana Natacao	<b>59.50</b>	+0,86	630	25	
	50m: 28.48 28.48	100m: 59.50 31.02						
2.	Ana Filipa MARTINS	97	Foca	<b>1:00.99</b>	+0,86	585	23	
	50m: 29.18 29.18	100m: 1:00.99 31.81						
3.	Carolina Saraiva PIRES	96	Lisnave	<b>1:01.59</b>	+0,94	568	22	
	50m: 30.16 30.16	100m: 1:01.59 31.43						
4.	Paula Cristina MELO	93	Natacao de Faro	<b>1:01.94</b>	+0,88	558	21	
	50m: 29.65 29.65	100m: 1:01.94 32.29						
5.	Sofia Prates SILVESTRE	95	Naval Amorense	<b>1:02.02</b>	+0,78	556	20	
	50m: 29.53 29.53	100m: 1:02.02 32.49						
6.	Sofia Isabel TEIXEIRA	95	Beja	<b>1:02.37</b>	+0,91	547	19	
	50m: 29.71 29.71	100m: 1:02.37 32.66						
7.	Florabela Cavaco MACHADO	96	SCC/Oryzon Energias	<b>1:02.75</b>	+0,88	537	18	
	50m: 30.35 30.35	100m: 1:02.75 32.40						
8.	Lais Domingues VELHA	97	Galitos	<b>1:03.63</b>	+0,93	515	17	
	50m: 30.66 30.66	100m: 1:03.63 32.97						
9.	Mafalda Jesus PEREIRA	95	Natacao do Montijo	<b>1:03.96</b>	+0,94	507	16	
	50m: 30.86 30.86	100m: 1:03.96 33.10						
10.	Maria Joao JOSE	90	Ginasio de Santo Tirso	<b>1:04.33</b>	+0,92	498	15	
	50m: 31.34 31.34	100m: 1:04.33 32.99						
11.	Laura Miranda ROSADO	97	Aminata	<b>1:04.42</b>	+0,87	496	14	
	50m: 30.98 30.98	100m: 1:04.42 33.44						
12.	Helena Rafaela TOME	98	Alhandra	<b>1:04.55</b>	+0,79	493	13	
	50m: 31.11 31.11	100m: 1:04.55 33.44						
13.	Bruna Miguel PEREIRA	94	Academica de Coimbra	<b>1:04.71</b>	+1,01	489	12	
	50m: 30.88 30.88	100m: 1:04.71 33.83						
14.	Maria Miguel OLIVEIRA	97	Natacao da Maia	<b>1:04.73</b>	+0,87	489	11	
	50m: 30.86 30.86	100m: 1:04.73 33.87						
15.	Ines Simoes RODRIGUES	96	Scalabisport	<b>1:05.33</b>	+0,92	476	10	
	50m: 31.18 31.18	100m: 1:05.33 34.15						
16.	Maria Lima RODRIGUES	94	Desportiva de Viana	<b>1:05.92</b>	+0,88	463	9	
	50m: 31.13 31.13	100m: 1:05.92 34.79						
17.	Maria Joao OLIVEIRA	95	Sporting de Espinho	<b>1:06.85</b>	+0,95	444	8	
	50m: 31.61 31.61	100m: 1:06.85 35.24						



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## Prova 6, Femin., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Mara Casimiro RIBEIRO	97	Alcobaca	<b>1:07.40</b>	+0,90	433	7	
	50m: 32.23 32.23	100m: 1:07.40 35.17						
19.	Isabel Rovisco MONTEIRO	93	Fafe	<b>1:07.62</b>	+0,86	429	6	
	50m: 31.63 31.63	100m: 1:07.62 35.99						
20.	Mariana Anastacio CRUZ	96	Torres Novas	<b>1:07.74</b>	+0,84	427	5	
	50m: 31.84 31.84	100m: 1:07.74 35.90						
21.	Mariana Costa SEBASTIAO	95	Ginasio Figueirense	<b>1:08.29</b>	+1,02	416	4	
	50m: 32.27 32.27	100m: 1:08.29 36.02						
22.	Patricia Sousa PAULO	96	Benedita	<b>1:08.70</b>	+0,77	409	3	
	50m: 32.58 32.58	100m: 1:08.70 36.12						
23.	Ana Catarina OLIVEIRA	97	Feirense	<b>1:12.05</b>	+0,91	354	2	
	50m: 34.03 34.03	100m: 1:12.05 38.02						
24.	Cassandra Pereira MACATRAO	98	Naval da Nazare	<b>1:17.24</b>	+1,05	288	1	
	50m: 36.70 36.70	100m: 1:17.24 40.54						

## Prova 7

## Masc., 100m Costas

Absoluto  
Resultados

10-12-2011 - 16:50

Rec. Nac. 25m Absoluto	53.04	Nuno Filipe LAURENTINO	FPN	Moscovo (RUS)	03-04-2002
Rec. Nac. 25m Inf B	1:04.76	Alexandre Lages RIBAS	EDV	Ponte da Barca	09-05-2010
Rec. Nac. 25m Inf A	1:00.97	Alexandre Lages RIBAS	EDV	Viseu	11-03-2011
Rec. Nac. 25m Juv B	58.65	Pedro Diogo OLIVEIRA	CNRM	Tomar	10-05-2003
Rec. Nac. 25m Juv A	56.45	Diogo Gomes SOUSA	CNCVG	Porto	04-12-2010
Rec. Nac. 25m Jun	53.88	Alexis Manacas SANTOS	SCP	Leiria	05-12-2009
Rec. Nac. 25m Sen	53.04	Nuno Filipe LAURENTINO	FPN	Moscovo (RUS)	03-04-2002

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Diogo Gomes SOUSA	95	Colegio Vasco da Gama	<b>57.12</b>	+0,63	628		25
	50m: 28.06 28.06	100m: 57.12 29.06						
2.	David Miguel LEIRIA	93	Naval Amorense	<b>59.27</b>	+0,66	562		23
	50m: 28.98 28.98	100m: 59.27 30.29						
3.	Filipe Maria FERREIRA	95	Natacao de Olhao	<b>1:00.31</b>	+0,60	534		22
	50m: 29.04 29.04	100m: 1:00.31 31.27						
	Ivo Andre LOPES	94	Scalabisport	<b>1:00.31</b>	+0,69	534		22
	50m: 29.30 29.30	100m: 1:00.31 31.01						
5.	Antonio Sampaio REBOLO	94	Belenenses	<b>1:00.61</b>	+0,63	526		20
	50m: 28.60 28.60	100m: 1:00.61 32.01						
6.	Pedro Cunha CAETANO	90	Aminata	<b>1:01.66</b>	+0,69	500		19
	50m: 29.82 29.82	100m: 1:01.66 31.84						
7.	Antonio Miguel VITORINO	96	Viana Natacao	<b>1:02.38</b>	+1,20	482		18
	50m: 30.08 30.08	100m: 1:02.38 32.30						
8.	Dario Almeida SANTOS	93	Leixoes	<b>1:02.39</b>	+1,16	482		17
	50m: 29.77 29.77	100m: 1:02.39 32.62						

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## Prova 7, Masc., 100m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Job Santos SILVA	96	Feirense	<b>1:02.42</b>	+0,70	481		16
	50m: 30.64 30.64	100m: 1:02.42 31.78						
10.	Christophe Pereira FERNANDES	98	Natacao de Vila Real	<b>1:02.68</b>	+0,69	475		15
	50m: 30.20 30.20	100m: 1:02.68 32.48						
11.	Frederico Manuel MOEDA	95	Estrelas S. Joao de Brito	<b>1:02.70</b>	+0,74	475		14
	50m: 30.53 30.53	100m: 1:02.70 32.17						
12.	Paulo Gabriel MAGALHAES	96	Fafe	<b>1:02.99</b>		469		13
	50m: 30.07 30.07	100m: 1:02.99 32.92						
13.	Rui Miguel AIRES	91	Sporting de Espinho	<b>1:03.05</b>	+0,77	467		12
	50m: 30.70 30.70	100m: 1:03.05 32.35						
14.	Tiago Ramos GOMES	94	Bombeiros Ponta Delgada	<b>1:03.06</b>	+0,68	467		11
	50m: 30.19 30.19	100m: 1:03.06 32.87						
15.	Rui Goncalves OLIVEIRA	93	Natacao da Maia	<b>1:03.08</b>	+0,65	466		10
	50m: 30.45 30.45	100m: 1:03.08 32.63						
16.	Diogo Moreira SILVEIRA	94	Lisnave	<b>1:03.09</b>	+0,81	466		9
	50m: 30.62 30.62	100m: 1:03.09 32.47						
17.	Luis Antonio TARQUINIO	94	Benedita	<b>1:03.47</b>	+0,77	458		8
	50m: 31.11 31.11	100m: 1:03.47 32.36						
18.	Joao Manuel BORGES	94	Ginasio Figueirense	<b>1:03.74</b>	+0,67	452		7
	50m: 30.30 30.30	100m: 1:03.74 33.44						
19.	Diogo Miguel Balsa	95	BUZIOS-Coruche	<b>1:04.18</b>	+0,69	443		6
	50m: 31.81 31.81	100m: 1:04.18 32.37						
20.	Diogo Andre CATITA	88	Nautica do Seixal	<b>1:05.27</b>	+1,17	421		5
	50m: 31.24 31.24	100m: 1:05.27 34.03						
21.	Joao Pedro BARROSO	95	Ginasio de Santo Tirso	<b>1:05.61</b>	+0,70	415		4
	50m: 31.43 31.43	100m: 1:05.61 34.18						
22.	Jorge Miguel TELO	95	Litoral Alentejano	<b>1:05.86</b>	+0,67	410		3
	50m: 31.67 31.67	100m: 1:05.86 34.19						
23.	Marc Francis MOREIRA	85	Ginasio de Vila Real	<b>1:05.88</b>	+0,66	409		2
	50m: 31.72 31.72	100m: 1:05.88 34.16						
24.	Nuno Monteiro PITEIRA	88	Kainagua	<b>1:07.08</b>	+0,69	388		1
	50m: 32.39 32.39	100m: 1:07.08 34.69						

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Prova 8			Femin., 200m Costas			Absoluto
10-12-2011 - 16:55						Resultados
Rec. Nac. 25m	Absoluto	2:12.00	Ana Antas BARROS	SAD	Algés	14-05-1993
Rec. Nac. 25m	Inf B	2:27.92	Keissy Joselin SOUSA	FCP	Alcobaça	16-03-1997
Rec. Nac. 25m	Inf A	2:22.25	Keissy Joselin SOUSA	FCP	Algés	15-03-1998
Rec. Nac. 25m	Juv	2:17.86	Catia Raquel MARTINHEIRA	LDC	Sines	21-12-2008
Rec. Nac. 25m	Jun	2:12.80	Petra Quintela CHAVES	SAD	Algés	31-05-1994
Rec. Nac. 25m	Sen	2:12.00	Ana Antas BARROS	SAD	Algés	14-05-1993

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Maria Malaguerra COSTA	98	SCC/Oryzon Energias	<b>2:20.50</b>	+0,60	625	25	
	50m: 31.70 31.70	100m: 1:06.63 34.93	150m: 1:43.70 37.07	200m: 2:20.50		36.80		
2.	Vania Soares NEVES	90	Viana Natacao	<b>2:21.98</b>	+0,61	606	23	
	50m: 32.50 32.50	100m: 1:07.67 35.17	150m: 1:44.45 36.78	200m: 2:21.98		37.53		
3.	Tania Filipa HENRIQUES	93	Naval Amorense	<b>2:25.16</b>		567	22	
	50m: 32.49 32.49	100m: 1:08.19 35.70	150m: 1:46.76 38.57	200m: 2:25.16		38.40		
4.	Ana Margarida ALMEIDA	94	Galitos	<b>2:25.91</b>	+0,63	558	21	
	50m: 33.22 33.22	100m: 1:09.75 36.53	150m: 1:47.73 37.98	200m: 2:25.91		38.18		
5.	Filipa Vicente CUSTOIAS	97	Benedita	<b>2:26.36</b>	+0,60	553	20	
	50m: 33.95 33.95	100m: 1:10.45 36.50	150m: 1:48.60 38.15	200m: 2:26.36		37.76		
6.	Sara Sa ESPADILHA	94	Lisnave	<b>2:26.77</b>	+0,66	549	19	
	50m: 34.04 34.04	100m: 1:10.67 36.63	150m: 1:48.35 37.68	200m: 2:26.77		38.42		
7.	Ana Raquel FERREIRA	98	Ginasio Figueirense	<b>2:27.35</b>	+0,99	542	18	
	50m: 34.44 34.44	100m: 1:11.35 36.91	150m: 1:49.36 38.01	200m: 2:27.35		37.99		
8.	Claudia Isabel SEMIAO	97	Aminata	<b>2:29.10</b>	+0,71	523	17	
	50m: 34.72 34.72	100m: 1:12.47 37.75	150m: 1:51.50 39.03	200m: 2:29.10		37.60		
9.	Susana Patricia MIGUEL	90	Academica de Coimbra	<b>2:29.70</b>	+0,77	517	16	
	50m: 34.66 34.66	100m: 1:11.95 37.29	150m: 1:50.94 38.99	200m: 2:29.70		38.76		
10.	Juliana Lima FREIXO	97	Desportiva de Viana	<b>2:30.02</b>	+0,73	514	15	
	50m: 33.52 33.52	100m: 1:10.84 37.32	150m: 1:50.59 39.75	200m: 2:30.02		39.43		
11.	Carla Sofia CRUZ	96	Sporting de Espinho	<b>2:30.63</b>	+0,73	507	14	
	50m: 34.49 34.49	100m: 1:12.70 38.21	150m: 1:51.93 39.23	200m: 2:30.63		38.70		
12.	Vanessa Carolina VALENTE	94	Alhandra	<b>2:31.05</b>	+0,68	503	13	
	50m: 34.67 34.67	100m: 1:12.31 37.64	150m: 1:52.04 39.73	200m: 2:31.05		39.01		
13.	Sofia Cunha SOUSA	96	Foca	<b>2:31.47</b>	+0,75	499	12	
	50m: 34.72 34.72	100m: 1:12.61 37.89	150m: 1:51.83 39.22	200m: 2:31.47		39.64		
14.	Ana Paula ARAUJO	96	Ginasio de Santo Tirso	<b>2:32.68</b>	+0,76	487	11	
	50m: 36.01 36.01	100m: 1:13.78 37.77	150m: 1:53.09 39.31	200m: 2:32.68		39.59		
15.	Marta Filipa VINAGRE	95	Scalabisport	<b>2:34.77</b>	+0,67	468	10	
	50m: 33.85 33.85	100m: 1:12.20 38.35	150m: 1:53.43 41.23	200m: 2:34.77		41.34		
16.	Rita Figueiredo ALMEIDA	97	Natacao de Faro	<b>2:36.26</b>	+0,84	454	9	
	50m: 36.21 36.21	100m: 1:15.59 39.38	150m: 1:56.12 40.53	200m: 2:36.26		40.14		
17.	Sofia Dias ALVES	99	Natacao do Montijo	<b>2:36.49</b>	+0,82	452	8	
	50m: 36.71 36.71	100m: 1:16.41 39.70	150m: 1:57.40 40.99	200m: 2:36.49		39.09		

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## Prova 8, Femin., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Ana Beatriz MEIRELES	98	Fafe	<b>2:37.21</b>	+0,83	446	7	
	50m: 36.26 36.26	100m: 1:15.95 39.69	150m: 1:56.89 40.94	200m: 2:37.21 40.32				
19.	Matilde Correia VIEIRA	00	Alcobaca	<b>2:37.69</b>	+0,74	442	6	
	50m: 37.45 37.45	100m: 1:18.10 40.65	150m: 1:59.25 41.15	200m: 2:37.69 38.44				
20.	Maria Beatriz RIBEIRO	97	Natacao da Maia	<b>2:40.58</b>	+0,63	419	5	
	50m: 37.72 37.72	100m: 1:18.96 41.24	150m: 2:00.33 41.37	200m: 2:40.58 40.25				
21.	Ana Paula GRILO	69	Beja	<b>2:41.84</b>	+0,92	409	4	
	50m: 38.83 38.83	100m: 1:20.43 41.60	150m: 2:01.88 41.45	200m: 2:41.84 39.96				
22.	Maria Ines COELHO	98	Feirense	<b>2:44.14</b>	+0,93	392	3	
	50m: 38.90 38.90	100m: 1:19.62 40.72	150m: 2:02.27 42.65	200m: 2:44.14 41.87				
23.	Carolina Leal SERRA	99	Torres Novas	<b>2:45.47</b>	+0,86	383	2	
	50m: 39.31 39.31	100m: 1:21.35 42.04	150m: 2:04.55 43.20	200m: 2:45.47 40.92				
24.	Barbara Amaro CEREJO	97	Naval da Nazare	<b>2:46.03</b>	+0,79	379	1	
	50m: 37.96 37.96	100m: 1:19.51 41.55	150m: 2:02.74 43.23	200m: 2:46.03 43.29				

## Prova 9

## Masc., 400m Livres

## Absoluto

10-12-2011 - 17:05

Resultados

Rec. Nac. 25m Absoluto	3:45.58	Fabio Manuel PEREIRA	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	4:21.95	Pedro Fontoura OLIVEIRA	CFB	Santarém	04-04-2003
Rec. Nac. 25m Inf A	4:13.24	Pedro Fontoura OLIVEIRA	CFB	Reboleira	05-06-2004
Rec. Nac. 25m Juv B	4:05.91	Diogo Filipe CARVALHO	CGA	Braga	22-03-2002
Rec. Nac. 25m Juv A	3:59.33	Gustavo Manuel SANTA	CNLA	Entroncamento	16-05-2009
Rec. Nac. 25m Jun	3:50.52	Adriano Miguel NIZ	CFV	Fafe	26-06-2004
Rec. Nac. 25m Sen	3:45.58	Fabio Manuel PEREIRA	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Absoluto</b>								
1.	Nuno Goncalo QUINTANILHA	87	Colegio Vasco da Gama	<b>4:03.32</b>	+0,75	668		25
	50m: 27.50 27.50	150m: 1:30.28 31.81	250m: 2:33.22 30.95	350m: 3:33.67 29.70				
	100m: 58.47 30.97	200m: 2:02.27 31.99	300m: 3:03.97 30.75	400m: 4:03.32 29.65				
2.	Rui Miguel LOPES	94	Natacao de Olhao	<b>4:04.45</b>	+0,77	659		23
	50m: 27.67 27.67	150m: 1:29.72 31.19	250m: 2:32.23 31.21	350m: 3:34.45 31.03				
	100m: 58.53 30.86	200m: 2:01.02 31.30	300m: 3:03.42 31.19	400m: 4:04.45 30.00				
3.	Joao Carlos SANTOS	96	Naval Amorense	<b>4:05.06</b>	+0,74	654		22
	50m: 28.35 28.35	150m: 1:31.29 31.94	250m: 2:33.54 30.37	350m: 3:34.57 29.91				
	100m: 59.35 31.00	200m: 2:03.17 31.88	300m: 3:04.66 31.12	400m: 4:05.06 30.49				
4.	Tiago Silva OLIVEIRA	94	Leixoes	<b>4:08.16</b>	+0,90	630		21
	50m: 27.70 27.70	150m: 1:30.67 31.81	250m: 2:33.69 30.96	350m: 3:37.21 32.07				
	100m: 58.86 31.16	200m: 2:02.73 32.06	300m: 3:05.14 31.45	400m: 4:08.16 30.95				
5.	Miguel Prata SANTOS	96	Viana Natacao	<b>4:11.64</b>	+0,86	604		20
	50m: 27.97 27.97	150m: 1:30.36 31.58	250m: 2:34.94 32.01	350m: 3:40.12 32.62				
	100m: 58.78 30.81	200m: 2:02.93 32.57	300m: 3:07.50 32.56	400m: 4:11.64 31.52				

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## Prova 9, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Tiago Manuel TEIXEIRA	96	Fafe	<b>4:12.51</b>	+0,71	598		19
	50m: 28.11 28.11	150m: 1:31.31 32.16	250m: 2:35.07 31.54	350m: 3:40.81 33.28				
	100m: 59.15 31.04	200m: 2:03.53 32.22	300m: 3:07.53 32.46	400m: 4:12.51 31.70				
7.	Bruno Daniel MONTEIRO	88	Ginasio de Vila Real	<b>4:16.36</b>	+0,81	571		18
	50m: 27.76 27.76	150m: 1:30.57 31.93	250m: 2:36.24 32.96	350m: 3:43.07 33.51				
	100m: 58.64 30.88	200m: 2:03.28 32.71	300m: 3:09.56 33.32	400m: 4:16.36 33.29				
8.	Miguel Duarte MOREIRA	96	Belenenses	<b>4:18.95</b>	+0,81	554		17
	50m: 28.50 28.50	150m: 1:33.85 32.91	250m: 2:40.22 32.88	350m: 3:47.28 33.87				
	100m: 1:00.94 32.44	200m: 2:07.34 33.49	300m: 3:13.41 33.19	400m: 4:18.95 31.67				
9.	Joao Pedro NEVES	96	Aminata	<b>4:19.09</b>	+0,84	553		16
	50m: 28.87 28.87	150m: 1:33.75 32.88	250m: 2:39.82 32.48	350m: 3:47.08 33.64				
	100m: 1:00.87 32.00	200m: 2:07.34 33.59	300m: 3:13.44 33.62	400m: 4:19.09 32.01				
10.	Daciano Egidio SOUSA	93	Ginasio Figueirense	<b>4:20.43</b>	+0,94	545		15
	50m: 29.42 29.42	150m: 1:35.58 33.41	250m: 2:43.32 33.75	350m: 3:49.13 33.01				
	100m: 1:02.17 32.75	200m: 2:09.57 33.99	300m: 3:16.12 32.80	400m: 4:20.43 31.30				
11.	Alexandre Miguel MENDES	86	Estrelas S. Joao de Brito	<b>4:21.11</b>	+0,86	541		14
	50m: 28.14 28.14	150m: 1:30.72 31.69	250m: 2:37.19 33.55	350m: 3:46.14 34.87				
	100m: 59.03 30.89	200m: 2:03.64 32.92	300m: 3:11.27 34.08	400m: 4:21.11 34.97				
12.	Antonio Fraga FRAGOSO	95	Bombeiros Ponta Delgada	<b>4:24.03</b>	+0,92	523		13
	50m: 28.63 28.63	150m: 1:34.06 33.14	250m: 2:41.62 34.04	350m: 3:50.07 34.49				
	100m: 1:00.92 32.29	200m: 2:07.58 33.52	300m: 3:15.58 33.96	400m: 4:24.03 33.96				
13.	Leonardo Peralta REIS	96	Benedita	<b>4:27.16</b>	+0,94	505		12
	50m: 28.69 28.69	150m: 1:34.00 33.24	250m: 2:41.42 34.16	350m: 3:52.37 35.78				
	100m: 1:00.76 32.07	200m: 2:07.26 33.26	300m: 3:16.59 35.17	400m: 4:27.16 34.79				
14.	Bruno Rafael MEIRELES	96	Lisnave	<b>4:27.30</b>	+0,82	504		11
	50m: 28.75 28.75	150m: 1:35.68 34.09	250m: 2:45.07 34.69	350m: 3:54.51 34.28				
	100m: 1:01.59 32.84	200m: 2:10.38 34.70	300m: 3:20.23 35.16	400m: 4:27.30 32.79				
15.	Joao Bernardo SARAGOCA	95	Scalabisport	<b>4:29.12</b>	+0,85	494		10
	50m: 28.87 28.87	150m: 1:34.71 33.80	250m: 2:44.16 34.62	350m: 3:54.19 34.88				
	100m: 1:00.91 32.04	200m: 2:09.54 34.83	300m: 3:19.31 35.15	400m: 4:29.12 34.93				
16.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	<b>4:31.05</b>	+0,78	483		9
	50m: 28.50 28.50	150m: 1:35.81 34.78	250m: 2:46.31 34.89	350m: 3:56.62 34.80				
	100m: 1:01.03 32.53	200m: 2:11.42 35.61	300m: 3:21.82 35.51	400m: 4:31.05 34.43				
17.	Mario Pinto AMORIM	94	BUZIOS-Coruche	<b>4:31.45</b>	+1,00	481		8
	50m: 30.32 30.32	150m: 1:37.31 34.18	250m: 2:46.87 34.77	350m: 3:57.58 35.27				
	100m: 1:03.13 32.81	200m: 2:12.10 34.79	300m: 3:22.31 35.44	400m: 4:31.45 33.87				
18.	Tomas Antonio AZEVEDO	96	Kainagua	<b>4:31.91</b>	+0,76	479		7
	50m: 29.59 29.59	150m: 1:36.27 34.10	250m: 2:45.81 34.97	350m: 3:56.90 35.90				
	100m: 1:02.17 32.58	200m: 2:10.84 34.57	300m: 3:21.00 35.19	400m: 4:31.91 35.01				
19.	Paulo Andre SILVA	95	Natacao da Maia	<b>4:33.30</b>	+0,87	471		6
	50m: 29.14 29.14	150m: 1:36.34 34.19	250m: 2:46.73 35.30	350m: 3:58.57 36.01				
	100m: 1:02.15 33.01	200m: 2:11.43 35.09	300m: 3:22.56 35.83	400m: 4:33.30 34.73				
20.	Rogério Pina TAVARES	92	Litoral Alentejano	<b>4:36.34</b>	+0,83	456		5
	50m: 28.98 28.98	150m: 1:34.86 34.01	250m: 2:47.46 36.98	350m: 4:00.38 36.40				
	100m: 1:00.85 31.87	200m: 2:10.48 35.62	300m: 3:23.98 36.52	400m: 4:36.34 35.96				



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## Prova 9, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Fabio Alcantara AIRES	97	Nautica do Seixal	<b>4:36.35</b>	+0,77	456		4
	50m: 29.36 29.36	150m: 1:37.19 34.14	250m: 2:48.19 35.95	350m: 4:01.95 37.12				
	100m: 1:03.05 33.69	200m: 2:12.24 35.05	300m: 3:24.83 36.64	400m: 4:36.35 34.40				
22.	Pedro Miguel REIS	96	Sporting de Espinho	<b>4:45.35</b>	+0,86	414		3
	50m: 29.18 29.18	150m: 1:37.64 35.96	250m: 2:51.93 37.42	350m: 4:07.12 37.80				
	100m: 1:01.68 32.50	200m: 2:14.51 36.87	300m: 3:29.32 37.39	400m: 4:45.35 38.23				
23.	Filipe Jose BAPTISTA	94	Feirense	<b>4:49.23</b>	+0,82	398		2
	50m: 29.83 29.83	150m: 1:39.29 35.87	250m: 2:54.57 38.39	350m: 4:11.90 38.73				
	100m: 1:03.42 33.59	200m: 2:16.18 36.89	300m: 3:33.17 38.60	400m: 4:49.23 37.33				
24.	Christophe Pereira FERNANDES	98	Natacao de Vila Real	<b>4:57.98</b>	+0,76	364		1
	50m: 29.30 29.30	150m: 1:35.46 34.45	250m: 2:54.43 40.56	350m: 4:17.37 41.86				
	100m: 1:01.01 31.71	200m: 2:13.87 38.41	300m: 3:35.51 41.08	400m: 4:57.98 40.61				

## Prova 10

10-12-2011 - 17:25

## Femin., 200m Estilos

Absoluto  
Resultados

Rec. Nac. 25m Absoluto	2:14.94	Maria Carolina ROSA	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	2:30.96	Filipa Vilas RUIVO	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	2:25.08	Ines Camacho FERNANDES	SCP	Tavira	06-03-2010
Rec. Nac. 25m Juv	2:20.93	Susana Patricia MIGUEL	SFUAP	Penafiel	20-03-2004
Rec. Nac. 25m Jun	2:14.94	Maria Carolina ROSA	SCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Sen	2:16.30	Diana Duarte GOMES	CNA	Leiria	05-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Diana Margarida DURAES	96	Foca	<b>2:21.71</b>	+0,79	679	25	
	50m: 30.32 30.32	100m: 1:06.20 35.88	150m: 1:47.55 41.35	200m: 2:21.71 34.16				
2.	Mariana Cunha GUERRA	98	SCC/Oryzon Energias	<b>2:26.05</b>	+0,87	620	23	
	50m: 31.13 31.13	100m: 1:08.01 36.88	150m: 1:52.49 44.48	200m: 2:26.05 33.56				
3.	Ana Margarida RODRIGUES	96	Galitos	<b>2:27.12</b>	+0,85	607	22	
	50m: 31.81 31.81	100m: 1:09.80 37.99	150m: 1:52.99 43.19	200m: 2:27.12 34.13				
4.	Filipa Mendes PINHEIRO	92	Desportiva de Viana	<b>2:28.34</b>	+0,76	592	21	
	50m: 30.58 30.58	100m: 1:07.13 36.55	150m: 1:53.35 46.22	200m: 2:28.34 34.99				
5.	Ana Filipa TEIXEIRA	95	Viana Natacao	<b>2:28.44</b>	+0,76	591	20	
	50m: 32.30 32.30	100m: 1:11.67 39.37	150m: 1:54.82 43.15	200m: 2:28.44 33.62				
6.	Joana Isabel LAMPREIA	96	Beja	<b>2:29.74</b>	+0,65	576	19	
	50m: 32.18 32.18	100m: 1:10.63 38.45	150m: 1:55.08 44.45	200m: 2:29.74 34.66				
7.	Julia Matos LOPES	94	Scalabisport	<b>2:30.52</b>	+0,81	567	18	
	50m: 33.65 33.65	100m: 1:11.53 37.88	150m: 1:57.02 45.49	200m: 2:30.52 33.50				
8.	Tania Filipa HENRIQUES	93	Naval Amorense	<b>2:30.83</b>	+0,95	563	17	
	50m: 32.04 32.04	100m: 1:09.10 37.06	150m: 1:53.75 44.65	200m: 2:30.83 37.08				
9.	Ines Filipa BORGES	95	Alcobaca	<b>2:31.41</b>	+0,81	557	16	
	50m: 31.24 31.24	100m: 1:08.42 37.18	150m: 1:54.83 46.41	200m: 2:31.41 36.58				

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## Prova 10, Femin., 200m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
10.	Teresa Manuela AIRES	96	Sporting de Espinho	<b>2:32.57</b>	+0,83	544	15	
	50m: 32.16 32.16	100m: 1:11.71 39.55	150m: 1:57.88 46.17	200m: 2:32.57		34.69		
11.	Joana Marques MAIA	91	Natacao da Maia	<b>2:33.75</b>	+0,86	532	14	
	50m: 32.70 32.70	100m: 1:14.37 41.67	150m: 1:57.04 42.67	200m: 2:33.75		36.71		
12.	Mariana Sousa MARTINS	95	Feirense	<b>2:34.70</b>	+0,84	522	13	
	50m: 31.80 31.80	100m: 1:12.38 40.58	150m: 1:57.84 45.46	200m: 2:34.70		36.86		
13.	Claudia Almeida COSTA	95	Aminata	<b>2:35.45</b>	+0,75	514	12	
	50m: 32.29 32.29	100m: 1:13.95 41.66	150m: 2:01.11 47.16	200m: 2:35.45		34.34		
14.	Helena Rafaela TOME	98	Alhandra	<b>2:38.59</b>	+0,78	484	11	
	50m: 34.07 34.07	100m: 1:13.89 39.82	150m: 2:02.23 48.34	200m: 2:38.59		36.36		
15.	Ines Serra DUARTE	98	Naval da Nazare	<b>2:39.00</b>	+0,91	481	10	
	50m: 34.22 34.22	100m: 1:15.09 40.87	150m: 2:00.04 44.95	200m: 2:39.00		38.96		
16.	Isa Morais PENAS	96	Benedita	<b>2:39.41</b>	+0,93	477	9	
	50m: 34.40 34.40	100m: 1:14.17 39.77	150m: 2:03.08 48.91	200m: 2:39.41		36.33		
17.	Raquel Bartolo VITOR	93	Academica de Coimbra	<b>2:41.38</b>	+0,77	460	8	
	50m: 35.04 35.04	100m: 1:17.27 42.23	150m: 2:04.89 47.62	200m: 2:41.38		36.49		
18.	Soraya Dea MATIAS	95	Torres Novas	<b>2:42.45</b>	+0,87	451	7	
	50m: 33.03 33.03	100m: 1:15.24 42.21	150m: 2:02.73 47.49	200m: 2:42.45		39.72		
19.	Helena Manuel JOSE	90	Ginasio de Santo Tirso	<b>2:42.88</b>	+0,91	447	6	
	50m: 33.43 33.43	100m: 1:15.51 42.08	150m: 2:04.10 48.59	200m: 2:42.88		38.78		
20.	Ines Evangelista BASTOS	98	Fafe	<b>2:43.45</b>	+0,97	442	5	
	50m: 40.18 40.18	100m: 1:19.77 39.59	150m: 2:05.23 45.46	200m: 2:43.45		38.22		
21.	Bruna Martins RIESENBERGER	97	Lisnave	<b>2:45.20</b>	+0,73	429	4	
	50m: 34.89 34.89	100m: 1:16.82 41.93	150m: 2:06.36 49.54	200m: 2:45.20		38.84		
22.	Barbara Rodrigues PEREIRA	98	Natacao do Montijo	<b>2:45.93</b>	+1,01	423	3	
	50m: 34.20 34.20	100m: 1:17.86 43.66	150m: 2:07.28 49.42	200m: 2:45.93		38.65		
23.	Mariana Cordeiro VINAGRE	97	Natacao de Faro	<b>2:46.20</b>	+0,87	421	2	
	50m: 35.37 35.37	100m: 1:16.70 41.33	150m: 2:07.60 50.90	200m: 2:46.20		38.60		
DSQ	Margarida Peixoto PELAIO	98	Ginasio Figueirense					
	715 - Movimento alternado de pernas durante o percurso - SW 7.4							

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 Prova 11 Masc., 4 x 100m Livres Absoluto  
 10-12-2011 - 17:35 Resultados

Rec. Nac. 25m Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:05.64	Viana Natacao Clube	VNC	Barcelos	11-07-2009
Rec. Nac. 25m Inf A	3:54.25	Viana Natacao Clube	VNC	Ponte da Barca	03-07-2010
Rec. Nac. 25m Juv B	3:46.15	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Penafiel	20-03-1999
Rec. Nac. 25m Juv A	3:38.13	Sporting Clube de Braga	SCB	Arcos de Valdevez	27-06-2009
Rec. Nac. 25m Jun	3:30.51	Futebol Clube do Porto/Imperio Bonança	FCB	Felgueiras	06-03-1998
Rec. Nac. 25m Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar		Clube		Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Colegio Vasco da Gama	Colegio Vasco da Gama		<b>3:26.57</b>	+0,73	698		25
	Diogo Gomes SOUSA	+0,73	25.29	51.93	Bernardo Almeida MOREIRA	+0,34	24.84	51.85
	Jose Joao BICA	+0,42	25.00	51.78	Nuno Goncalo QUINTANILHA	+0,35	24.15	51.01
2.	Naval Amorense	Naval Amorense		<b>3:31.59</b>	+0,76	650		23
	Tiago Ferreira AZEVEDO	+0,76	25.29	52.86	Joao Pedro GIL	+0,69	26.61	55.49
	Fabio Andre DIAS	+0,47	24.43	51.64	David Miguel LEIRIA	+0,54	24.83	51.60
3.	Natacao de Vila Real	Natacao de Vila Real		<b>3:35.47</b>	+0,72	615		22
	Daniel Filipe LOPES	+0,72	27.45	56.55	Christophe Pereira FERNANDES	+0,42	26.51	55.71
	Ricardo Amorim REGO	+0,41	24.42	51.34	Ivan Monteiro SIMOES	+0,32	23.86	51.87
4.	Belenenses	Belenenses		<b>3:36.35</b>	+0,61	608		21
	Afonso Mateus RIBEIRO	+0,61	25.80	55.23	Miguel Duarte MOREIRA	+0,50	25.84	53.84
	Joni Antunes VINAGRE	+0,48	25.31	54.73	Miguel Cordeiro SARAIVA	+0,41	25.06	52.55
5.	Leixoes	Leixoes		<b>3:37.62</b>	+0,79	597		20
	Andre Goncalo SANTOS	+0,79	26.71	55.52	Vasco Vieira LOPES	+0,34	25.41	53.19
	Diogo Fontes MOREIRA	+0,11	25.97	54.72	Dario Almeida SANTOS	+0,23	25.58	54.19
6.	Natacao de Olhao	Natacao de Olhao		<b>3:40.60</b>	+0,77	573		19
	Joao Duarte SANTOS	+0,77	25.96	53.42	Guilherme Dias NUNES	+0,18	26.91	56.49
	Filipe Maria FERREIRA	+0,40	26.25	55.39	Rui Miguel LOPES	+0,63	26.45	55.30
7.	Lisnave	Lisnave		<b>3:42.41</b>	+0,70	559		18
	Andre Pascoal SARGENTO	+0,70	25.99	55.04	Filipe Oliveira RAPOSO	+0,30	26.96	56.76
	Fernando Jorge ROSADO	+0,39	26.25	54.99	Diogo Moreira SILVEIRA	+0,70	26.08	55.62
8.	Viana Natacao	Viana Natacao		<b>3:42.75</b>	+0,83	557		17
	Ricardo Miguel ALVES	+0,83	27.49	56.97	Antonio Miguel VITORINO	+0,63	26.05	55.38
	Tiago Joao MEIRA	+0,40	26.28	54.90	Miguel Prata SANTOS	+0,50	27.10	55.50
9.	Estrelas S. Joao de Brito	Estrelas S. Joao de Brito		<b>3:43.63</b>	+0,83	550		16
	Alexandre Miguel MENDES	+0,83	27.18	55.33	Joao Ricardo SANTOS	+0,31	26.60	57.09
	Thiago Duarte GONCALVES	+0,30	26.51	56.77	Frederico Manuel MOEDA	+0,37	26.44	54.44
10.	Ginasio de Santo Tirso	Ginasio de Santo Tirso		<b>3:44.80</b>	+0,89	542		15
	Miguel Filipe PINTO	+0,89	26.96	55.27	Joao Pedro BARROSO	+0,50	26.77	55.89
	Pedro Manuel SILVA	+0,35	27.79	58.24	Tiago Sobral COELHO	+0,53	26.69	55.40
11.	Feirense	Feirense		<b>3:45.43</b>	+0,70	537		14
	Goncalo Pereira SA	+0,70	27.90	58.46	Alcides Costa SOUSA	+0,18	25.61	55.77
	Marcelo Fernandes ROSAS	+0,55	26.83	56.99	Emanuel Augusto PINHO	+0,37	25.74	54.21
12.	Fafe	Fafe		<b>3:45.60</b>	+0,72	536		13
	Tiago Manuel TEIXEIRA	+0,72	26.33	54.80	Rui Manuel RIBEIRO	+0,47	26.55	55.27
	Paulo Gabriel MAGALHAES	+0,36	27.30	57.92	Carlos Cunha COSTA	+0,51	27.00	57.61
13.	Ginasio de Vila Real	Ginasio de Vila Real		<b>3:47.25</b>	+0,72	524		12
	Carlos Fernandes QUEIROS	+0,72	26.54	54.69	Marc Francis MOREIRA	+0,47	27.99	59.74
	Diogo de SOUSA	+0,41	27.22	58.40	Bruno Daniel MONTEIRO	+0,21	25.37	54.42

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## Prova 11, Masc., 4 x 100m Livres, Absoluto

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts	Pts
14.	Aminata		Aminata		<b>3:48.27</b>	+0,84	517			11
	Miguel Maria ROSADO	+0,84	27.14	56.79	Pedro Cunha CAETANO	+0,32	26.82	56.30		
	Filipe Ricardo AZEVEDO	+0,35	27.50	58.80	Joao Pedro NEVES	+0,52	26.49	56.38		
15.	Scalabisport		Scalabisport		<b>3:48.74</b>	+0,74	514			10
	Diogo Serrao SANTOS	+0,74	27.30	56.49	Ivo Andre LOPES	+0,48	25.54	53.66		
	Joao Luis BAETA	+0,56	28.30	1:00.25	Fabricio Jose TOMAZ	+0,38	27.27	58.34		
16.	Sporting de Espinho		Sporting de Espinho		<b>3:49.27</b>	+0,79	511			9
	Pedro Miguel COSTA	+0,79	25.89	55.48	Andre Lima COSTA	+0,58	27.83	59.20		
	Rui Miguel AIRES	+0,63	26.49	57.01	Joao Paulo BAPTISTA	+0,54	27.37	57.58		
17.	Litoral Alentejano		Litoral Alentejano		<b>3:49.98</b>	+0,73	506			8
	Rogério Pina TAVARES	+0,73	26.60	55.73	Jorge Miguel TELO		26.91	57.60		
	Rui Jorge BRITO	+0,42	28.13	1:00.48	Rodrigo Marques COSTA	+0,46	26.90	56.17		
18.	Natacao da Maia		Natacao da Maia		<b>3:50.44</b>	+0,86	503			7
	Rui Goncalves OLIVEIRA	+0,86	27.47	57.37	Leonardo Cardoso FIGUEIREDO	+0,34	27.68	58.34		
	Andre Ferreira FERNANDES	+0,51	26.55	56.16	Paulo Andre SILVA	+0,65	28.05	58.57		
19.	Bombeiros Ponta Delgada		Bombeiros Ponta Delgada		<b>3:50.58</b>	+0,80	502			6
	Miguel Rego BORGES	+0,80	27.28	57.36	Antonio Fraga FRAGOSO	+0,46	26.67	55.92		
	Julio Joao SILVA	+0,46	27.72	58.55	Tiago Ramos GOMES	+0,51	27.29	58.75		
20.	Ginasio Figueirense		Ginasio Figueirense		<b>3:52.87</b>	+0,89	487			5
	Joao Manuel BORGES	+0,89	27.50	57.25	Joao Antonio OLIVEIRA	+0,30	28.64	1:00.96		
	Joao Goncalves FIGUEIREDO	+0,30	28.07	59.13	Daciano Egidio SOUSA	+0,56	25.87	55.53		
21.	Kainagua		Kainagua		<b>3:56.96</b>	+0,82	462			4
	Joaquim Paixao BARROSO	+0,82	27.40	58.50	Tomas Antonio AZEVEDO	+0,59	28.75	1:01.45		
	Manuel Almeida ELISEU	+0,52	28.57	1:00.80	Joao Monteiro PITEIRA	+0,38	26.81	56.21		
22.	Benedita		Benedita		<b>3:57.86</b>	+0,93	457			3
	Andre Fialho MARQUES	+0,93	29.07	1:03.06	Luis Antonio TARQUINIO	+0,46	27.81	58.45		
	Henrique Jose MARQUES	+0,36	27.84	58.37	Leonardo Peralta REIS	+0,26	27.76	57.98		
23.	BUZIOS-Coruche		BUZIOS-Coruche		<b>3:59.04</b>	+0,76	450			2
	Diogo Miguel BALSA	+0,76	27.44	56.94	Joao Carlos PEREIRA	+0,52	27.42	57.47		
	Mario Pinto AMORIM	+0,55	27.93	58.15	Artur Rafael SARAMAGO	+0,85	31.80	1:06.48		
DSQ	Nautica do Seixal		Nautica do Seixal							
	<i>111 - Rendição antecipada do 4 nadador - SW 10.11</i>									
	Fabio Alcantara AIRES	+0,78	27.76	57.22	Micael Filipe SILVA	+0,79	27.28	57.65		
	Guilherme Luis GONCALVES	+0,45	26.99	58.23	Fabio Aleixo FERNANDES	-0,09				

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 Prova 12  
 10-12-2011 - 17:50

Femin., 4 x 100m Estilos

 Absoluto  
 Resultados

Rec. Nac. 25m Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:57.35	Grupo Desportivo Natacao V. N. Famalicão	GDVNF	Ponte da Barca	06-03-2010
Rec. Nac. 25m Inf A	4:40.29	Grupo Desp. Natacao V. N. Famalicão	GDVNF	Viseu	12-03-2011
Rec. Nac. 25m Juv	4:33.40	Sport Lisboa e Benfica	SLB	Reboleira	15-06-2006
Rec. Nac. 25m Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009
Rec. Nac. 25m Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar			Clube		Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Viana Natacao		Viana Natacao		<b>4:32.08</b>	+0,62	588	25	
	Vania Soares NEVES	+0,62	32.44	1:06.09	Luana Raquel ALVES	+0,60	31.90	1:09.10	
	Ana Filipa TEIXEIRA	+0,65	35.98	1:16.90	Marisa Alexandra LAGE	+0,57	28.35	59.99	
2.	Naval Amorense		Naval Amorense		<b>4:34.23</b>	+0,68	574	23	
	Tania Filipa HENRIQUES	+0,68	32.38	1:06.50	Patricia Miguel MENDES	+0,30	31.43	1:08.26	
	Daniela Maria LEIRIA	+0,44	36.15	1:18.17	Sofia Prates SILVESTRE	+0,44	29.08	1:01.30	
3.	Foca		Foca		<b>4:36.36</b>	+0,73	561	22	
	Sofia Cunha SOUSA	+0,73	34.69	1:11.67	Ana Isabel CUNHA	+0,52	33.00	1:10.46	
	Diana Margarida DURAES	+1,84	34.47	1:13.44	Ana Filipa MARTINS	+0,48	28.93	1:00.79	
4.	SCC/Oryzon Energias		SCC/Oryzon Energias		<b>4:38.28</b>	+0,66	549	21	
	Maria Malaguerra COSTA	+0,66	31.94	1:05.82	Mariana Cunha GUERRA	+0,07	29.83	1:04.88	
	Ana Miguel REIS	+0,75	40.76	1:25.69	Florbela Cavaco MACHADO	+0,56	29.58	1:01.89	
5.	Lisnave		Lisnave		<b>4:41.34</b>	+0,68	532	20	
	Sara Sa ESPADILHA	+0,68	32.99	1:08.17	Filipa Silva CRUZ	+0,24	33.10	1:12.83	
	Cristiana Silva ULPIANO	+0,33	36.61	1:19.14	Carolina Saraiva PIRES	+0,13	28.91	1:01.20	
6.	Galitos		Galitos		<b>4:44.40</b>	+0,65	515	19	
	Ana Margarida ALMEIDA	+0,65	33.30	1:07.98	Marcia Raquel SARAIVA	+0,78	32.87	1:11.70	
	Ana Margarida RODRIGUES	+0,73	38.17	1:21.77	Lais Domingues VELHA	+0,61	30.08	1:02.95	
7.	Scalabisport		Scalabisport		<b>4:45.21</b>	+1,03	510	18	
	Marta Filipa VINAGRE	+1,03	34.02	1:11.64	Julia Matos LOPES	+0,64	32.80	1:08.99	
	Ines Simoes RODRIGUES	+0,86	37.31	1:19.12	Catarina Ramos MOURA	+0,43	31.32	1:05.46	
8.	Sporting de Espinho		Sporting de Espinho		<b>4:45.86</b>	+0,78	507	17	
	Carla Sofia CRUZ	+0,78	33.95	1:10.60	Teresa Manuela AIRES	+0,43	31.06	1:08.35	
	Ines Ataíde DIAS	+0,32	37.41	1:21.01	Maria Joao OLIVEIRA	+0,37	30.70	1:05.90	
9.	Desportiva de Viana		Desportiva de Viana		<b>4:46.14</b>	+0,72	505	16	
	Juliana Lima FREIXO	+0,72	33.71	1:10.04	Filipa Mendes PINHEIRO	+0,37	30.56	1:06.17	
	Maria Lima RODRIGUES	+0,39	39.19	1:25.17	Flavia Daniela GONCALVES	+0,49	30.39	1:04.76	
10.	Natacao da Maia		Natacao da Maia		<b>4:46.51</b>	+0,65	503	15	
	Joana Marques MAIA	+0,65	34.08	1:11.63	Carolina Santos SILVA	+0,56	31.56	1:08.55	
	Maria Beatriz RIBEIRO	+0,12	37.77	1:20.09	Maria Miguel OLIVEIRA	+0,63	31.19	1:06.24	
11.	Academica de Coimbra		Academica de Coimbra		<b>4:49.03</b>	+0,75	490	14	
	Cintia Mariana FERNANDES	+0,75	34.85	1:12.16	Susana Patricia MIGUEL	+0,27	31.45	1:10.24	
	Catarina Oliveira DINIS	+0,39	38.60	1:22.44	Bruna Miguel PEREIRA	+0,44	30.83	1:04.19	
12.	Beja		Beja		<b>4:49.57</b>	+0,75	487	13	
	Ana Paula GRILO	+0,75	36.21	1:15.51	Sofia Isabel TEIXEIRA	+0,21	31.81	1:10.63	
	Joana Isabel LAMPREIA	+0,40	36.69	1:18.57	Ana Margarida TEIXEIRA	+0,19	30.45	1:04.86	
13.	Alcobaca		Alcobaca		<b>4:51.93</b>		476	12	
	Bruna Elisabete PAULINO		34.24	1:10.03	Ines Filipa BORGES	+0,61	31.92	1:08.02	
	Sara Mafra ROCHA	+0,64	40.53	1:25.98	Mara Casimiro RIBEIRO	+0,51	31.94	1:07.90	



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## Prova 12, Femin., 4 x 100m Estilos, Absoluto

Lugar			Clube		Tempo Final	TReac	Pts FINA	Pts	Pts
14.	Ginasio Figueirense		Ginasio Figueirense		<b>4:52.40</b>	+0,90	473	11	
	Ana Raquel FERREIRA	+0,90	34.67	1:10.16	Ana Estevinha SILVA	+0,53	32.54	1:10.79	
	Margarida Peixoto PELAIO	+0,50	39.05	1:23.49	Mariana Costa SEBASTIAO	+0,19	31.99	1:07.96	
15.	Feirense		Feirense		<b>4:52.65</b>	+1,01	472	10	
	Maria Ines COELHO	+1,01	37.70	1:16.88	Mariana Sousa MARTINS	+0,37	31.12	1:07.25	
	Patricia Fonseca SILVA	+0,50	35.71	1:17.44	Ana Catarina OLIVEIRA	+0,55	33.01	1:11.08	
16.	Benedita		Benedita		<b>4:53.29</b>	+0,61	469	9	
	Filipa Vicente CUSTOIAS	+0,61	33.43	1:08.99	Isa Morais PENAS	+0,13	32.76	1:10.66	
	Carolina Lourenco MATOS	+0,28	39.47	1:24.39	Patricia Sousa PAULO	+0,52	32.66	1:09.25	
17.	Ginasio de Santo Tirso		Ginasio de Santo Tirso		<b>4:53.43</b>	+0,72	468	8	
	Ana Paula ARAUJO	+0,72	35.49	1:12.56	Rute Sofia TEIXEIRA	+0,48	32.37	1:10.71	
	Helena Manuel JOSE	+0,62	39.55	1:25.87	Maria Joao JOSE	+0,62	30.79	1:04.29	
18.	Aminata		Aminata		<b>4:54.42</b>	+0,87	464	7	
	Claudia Isabel SEMIAO	+0,87	34.04	1:10.87	Claudia Almeida COSTA	+0,66	32.53	1:09.73	
	Joana Aparicio TEJO	+0,45	40.89	1:28.31	Laura Miranda ROSADO	+0,55	31.24	1:05.51	
19.	Natacao de Faro		Natacao de Faro		<b>4:55.93</b>	+0,69	457	6	
	Mariana Cordeiro VINAGRE	+0,69	37.97	1:18.19	Paula Cristina MELO	+0,51	31.45	1:09.61	
	Catarina Almeida GARCIA	+0,37	40.08	1:26.36	Andreia Brito COSTA		28.71	1:01.77	
20.	Torres Novas		Torres Novas		<b>5:00.30</b>	+0,83	437	5	
	Marcia Filipa CARVALHO	+0,83	36.33	1:14.85	Soraya Dea MATIAS		32.56	1:11.83	
	Catarina Neves CONCEICAO	+0,58	40.00	1:25.80	Mariana Anastacio CRUZ	+0,54	32.02	1:07.82	
21.	Alhandra		Alhandra		<b>5:02.36</b>	+0,67	428	4	
	Helena Rafaela TOME	+0,67	35.22	1:12.53	Maria Carolina GASPAR	+0,44	35.37	1:16.85	
	Vanessa Carolina VALENTE	+0,50	39.34	1:23.08	Carolina Louro PINHEIRO	+0,19	33.34	1:09.90	
22.	Natacao do Montijo		Natacao do Montijo		<b>5:06.14</b>	+0,76	412	3	
	Sofia Dias ALVES	+0,76	37.18	1:16.63	Barbara Rodrigues PEREIRA	+0,62	34.37	1:14.04	
	Ema Filipa ROSARIO	+0,80	42.37	1:31.49	Mafalda Jesus PEREIRA		30.33	1:03.98	
23.	Fafe		Fafe		<b>5:06.39</b>	+0,84	411	2	
	Ana Beatriz MEIRELES	+0,84	35.70	1:13.50	Ana Rita FREITAS	+0,70	37.25	1:23.07	
	Ines Evangelista BASTOS	+0,61	38.73	1:22.55	Isabel Rovisco MONTEIRO	+0,40	31.52	1:07.27	
24.	Naval da Nazare		Naval da Nazare		<b>5:10.82</b>	+0,74	394	1	
	Barbara Amaro CEREJO	+0,74	37.77	1:19.12	Carolina Francisco GOMES	+0,63	33.06	1:11.92	
	Ines Serra DUARTE	+0,62	38.93	1:22.78	Cassandra Pereira MACATRAO		36.21	1:17.00	

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 Prova 13  
 10-12-2011 - 18:20

Femin., 800m Livres

 Absoluto  
 Resultados

Rec. Nac. 25m Absoluto	8:45.91	Marta Andreia FERREIRA	FPN	Riesa (GER)	13-12-2002
Rec. Nac. 25m Inf B	9:33.95	Filipa Vilas RUIVO	DNMG	Nazaré	16-05-2009
Rec. Nac. 25m Inf A	9:03.90	tempo limite			
Rec. Nac. 25m Juv	9:00.27	tempo limite			
Rec. Nac. 25m Jun	8:46.74	Ana Claudia SANTOS	SFUAP	Cantanhede	19-12-2004
Rec. Nac. 25m Sen	8:45.91	Marta Andreia FERREIRA	FPN	Riesa (GER)	13-12-2002

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Absoluto</b>								
1.	Florbela Cavaco MACHADO	96	SCC/Oryzon Energias	<b>9:04.25</b>	<b>+0,84</b>	<b>705</b>	<b>25</b>	
	50m: 30.96 30.96	250m: 2:46.43 33.94	450m: 5:03.93 34.22	650m: 7:23.05 34.35				
	100m: 1:04.70 33.74	300m: 3:20.82 34.39	500m: 5:38.83 34.90	700m: 7:57.70 34.65				
	150m: 1:38.46 33.76	350m: 3:55.67 34.85	550m: 6:13.91 35.08	750m: 8:32.11 34.41				
	200m: 2:12.49 34.03	400m: 4:29.71 34.04	600m: 6:48.70 34.79	800m: 9:04.25 32.14				
2.	Vania Soares NEVES	90	Viana Natacao	<b>9:06.13</b>	<b>+0,82</b>	<b>698</b>	<b>23</b>	
	50m: 31.25 31.25	250m: 2:48.75 34.87	450m: 5:07.72 34.50	650m: 7:25.35 34.46				
	100m: 1:05.05 33.80	300m: 3:23.62 34.87	500m: 5:42.17 34.45	700m: 7:59.64 34.29				
	150m: 1:39.35 34.30	350m: 3:58.35 34.73	550m: 6:16.35 34.18	750m: 8:33.78 34.14				
	200m: 2:13.88 34.53	400m: 4:33.22 34.87	600m: 6:50.89 34.54	800m: 9:06.13 32.35				
3.	Ana Filipa MARTINS	97	Foca	<b>9:27.70</b>	<b>+0,89</b>	<b>621</b>	<b>22</b>	
	50m: 31.33 31.33	250m: 2:51.22 35.50	450m: 5:14.51 35.95	650m: 7:39.56 36.49				
	100m: 1:05.49 34.16	300m: 3:26.72 35.50	500m: 5:50.86 36.35	700m: 8:15.85 36.29				
	150m: 1:40.35 34.86	350m: 4:02.37 35.65	550m: 6:27.20 36.34	750m: 8:51.71 35.86				
	200m: 2:15.72 35.37	400m: 4:38.56 36.19	600m: 7:03.07 35.87	800m: 9:27.70 35.99				
4.	Carolina Madeira SANTOS	96	Naval Amorense	<b>9:45.57</b>	<b>+0,87</b>	<b>566</b>	<b>21</b>	
	50m: 33.22 33.22	250m: 2:58.90 37.17	450m: 5:27.54 36.80	650m: 7:56.91 37.43				
	100m: 1:08.80 35.58	300m: 3:35.74 36.84	500m: 6:05.14 37.60	700m: 8:34.21 37.30				
	150m: 1:45.49 36.69	350m: 4:12.87 37.13	550m: 6:42.39 37.25	750m: 9:11.12 36.91				
	200m: 2:21.73 36.24	400m: 4:50.74 37.87	600m: 7:19.48 37.09	800m: 9:45.57 34.45				
5.	Ana Raquel FERREIRA	98	Ginasio Figueirense	<b>9:47.70</b>	<b>+0,60</b>	<b>560</b>	<b>20</b>	
	50m: 32.76 32.76	250m: 2:59.87 37.32	450m: 5:29.78 37.77	650m: 7:58.27 37.29				
	100m: 1:09.11 36.35	300m: 3:37.20 37.33	500m: 6:06.47 36.69	700m: 8:35.40 37.13				
	150m: 1:45.86 36.75	350m: 4:14.63 37.43	550m: 6:43.93 37.46	750m: 9:12.38 36.98				
	200m: 2:22.55 36.69	400m: 4:52.01 37.38	600m: 7:20.98 37.05	800m: 9:47.70 35.32				
6.	Bruna Elisabete PAULINO	97	Alcobaca	<b>9:48.48</b>	<b>+0,85</b>	<b>558</b>	<b>19</b>	
	50m: 32.96 32.96	250m: 3:02.22 37.78	450m: 5:30.85 36.69	650m: 7:59.17 37.12				
	100m: 1:09.39 36.43	300m: 3:39.83 37.61	500m: 6:07.99 37.14	700m: 8:36.35 37.18				
	150m: 1:46.66 37.27	350m: 4:17.07 37.24	550m: 6:45.04 37.05	750m: 9:13.41 37.06				
	200m: 2:24.44 37.78	400m: 4:54.16 37.09	600m: 7:22.05 37.01	800m: 9:48.48 35.07				
7.	Carolina Francisco GOMES	95	Naval da Nazare	<b>9:49.59</b>	<b>+1,03</b>	<b>555</b>	<b>18</b>	
	50m: 33.46 33.46	250m: 3:02.31 36.72	450m: 5:30.00 36.65	650m: 7:58.29 37.39				
	100m: 1:10.76 37.30	300m: 3:39.57 37.26	500m: 6:06.81 36.81	700m: 8:35.71 37.42				
	150m: 1:48.24 37.48	350m: 4:16.49 36.92	550m: 6:43.72 36.91	750m: 9:13.11 37.40				
	200m: 2:25.59 37.35	400m: 4:53.35 36.86	600m: 7:20.90 37.18	800m: 9:49.59 36.48				
8.	Vanessa Carolina VALENTE	94	Alhandra	<b>9:51.34</b>	<b>+0,87</b>	<b>550</b>	<b>17</b>	
	50m: 33.02 33.02	250m: 3:00.04 36.67	450m: 5:29.38 37.55	650m: 8:00.94 38.25				
	100m: 1:09.46 36.44	300m: 3:37.28 37.24	500m: 6:07.15 37.77	700m: 8:38.24 37.30				
	150m: 1:46.37 36.91	350m: 4:14.57 37.29	550m: 6:45.02 37.87	750m: 9:15.92 37.68				
	200m: 2:23.37 37.00	400m: 4:51.83 37.26	600m: 7:22.69 37.67	800m: 9:51.34 35.42				

Campeonato Nacional Clubes 3ª Divisão  
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## Prova 13, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Rita Costa AMADOR	99	Galitos	<b>9:52.09</b>	+0,87	548	16	
	50m: 33.81 33.81	250m: 3:04.13 38.28	450m: 5:32.54 37.06	650m: 8:01.71 37.30				
	100m: 1:10.38 36.57	300m: 3:41.16 37.03	500m: 6:09.74 37.20	700m: 8:39.24 37.53				
	150m: 1:48.01 37.63	350m: 4:18.42 37.26	550m: 6:47.11 37.37	750m: 9:16.52 37.28				
	200m: 2:25.85 37.84	400m: 4:55.48 37.06	600m: 7:24.41 37.30	800m: 9:52.09 35.57				
10.	Flavia Daniela GONCALVES	96	Desportiva de Viana	<b>9:52.28</b>	+1,03	547	15	
	50m: 32.54 32.54	250m: 2:59.70 37.26	450m: 5:30.06 37.91	650m: 8:00.80 37.33				
	100m: 1:08.52 35.98	300m: 3:37.30 37.60	500m: 6:07.88 37.82	700m: 8:38.66 37.86				
	150m: 1:45.56 37.04	350m: 4:14.87 37.57	550m: 6:45.64 37.76	750m: 9:16.22 37.56				
	200m: 2:22.44 36.88	400m: 4:52.15 37.28	600m: 7:23.47 37.83	800m: 9:52.28 36.06				
11.	Sofia Cristina GRILO	97	Aminata	<b>9:52.99</b>	+0,79	545	14	
	50m: 33.43 33.43	250m: 3:04.87 38.43	450m: 5:35.40 37.93	650m: 8:03.86 37.02				
	100m: 1:10.28 36.85	300m: 3:42.32 37.45	500m: 6:12.41 37.01	700m: 8:40.91 37.05				
	150m: 1:48.01 37.73	350m: 4:19.94 37.62	550m: 6:49.52 37.11	750m: 9:18.09 37.18				
	200m: 2:26.44 38.43	400m: 4:57.47 37.53	600m: 7:26.84 37.32	800m: 9:52.99 34.90				
12.	Marcia Filipa CARVALHO	96	Torres Novas	<b>9:55.99</b>	+0,91	537	13	
	50m: 32.90 32.90	250m: 2:59.28 36.83	450m: 5:29.36 37.99	650m: 8:02.27 38.35				
	100m: 1:09.18 36.28	300m: 3:36.46 37.18	500m: 6:07.65 38.29	700m: 8:40.76 38.49				
	150m: 1:45.78 36.60	350m: 4:13.73 37.27	550m: 6:45.54 37.89	750m: 9:18.97 38.21				
	200m: 2:22.45 36.67	400m: 4:51.37 37.64	600m: 7:23.92 38.38	800m: 9:55.99 37.02				
13.	Ana Mafalda OLIVEIRA	81	Natacao da Maia	<b>9:58.44</b>	+0,94	530	12	
	50m: 33.55 33.55	250m: 3:02.50 37.26	450m: 5:33.29 37.69	650m: 8:05.94 37.62				
	100m: 1:10.02 36.47	300m: 3:40.07 37.57	500m: 6:11.59 38.30	700m: 8:43.74 37.80				
	150m: 1:47.46 37.44	350m: 4:17.54 37.47	550m: 6:50.03 38.44	750m: 9:21.77 38.03				
	200m: 2:25.24 37.78	400m: 4:55.60 38.06	600m: 7:28.32 38.29	800m: 9:58.44 36.67				
14.	Ana Filipa LEITE	86	Academica de Coimbra	<b>9:59.08</b>	+0,92	529	11	
	50m: 32.44 32.44	250m: 3:00.80 37.36	450m: 5:32.78 38.05	650m: 8:05.60 38.41				
	100m: 1:08.89 36.45	300m: 3:38.62 37.82	500m: 6:10.64 37.86	700m: 8:43.56 37.96				
	150m: 1:45.77 36.88	350m: 4:16.78 38.16	550m: 6:48.72 38.08	750m: 9:22.02 38.46				
	200m: 2:23.44 37.67	400m: 4:54.73 37.95	600m: 7:27.19 38.47	800m: 9:59.08 37.06				
15.	Clarisse Matos LOPES	98	Scalabisport	<b>10:02.02</b>	+0,90	521	10	
	50m: 32.92 32.92	250m: 3:00.01 37.53	450m: 5:32.13 38.08	650m: 8:06.42 38.84				
	100m: 1:08.84 35.92	300m: 3:37.59 37.58	500m: 6:10.57 38.44	700m: 8:45.53 39.11				
	150m: 1:45.78 36.94	350m: 4:15.83 38.24	550m: 6:49.00 38.43	750m: 9:24.13 38.60				
	200m: 2:22.48 36.70	400m: 4:54.05 38.22	600m: 7:27.58 38.58	800m: 10:02.02 37.89				
16.	Andreia Brito COSTA	95	Natacao de Faro	<b>10:06.93</b>	+0,92	508	9	
	50m: 31.82 31.82	250m: 3:03.24 38.85	450m: 5:39.53 39.01	650m: 8:15.20 39.15				
	100m: 1:08.11 36.29	300m: 3:42.36 39.12	500m: 6:18.28 38.75	700m: 8:53.27 38.07				
	150m: 1:45.78 37.67	350m: 4:21.55 39.19	550m: 6:57.14 38.86	750m: 9:31.47 38.20				
	200m: 2:24.39 38.61	400m: 5:00.52 38.97	600m: 7:36.05 38.91	800m: 10:06.93 35.46				
17.	Maria Anastacio LUIS	96	Benedita	<b>10:08.30</b>	+1,07	505	8	
	50m: 33.87 33.87	250m: 3:04.82 38.15	450m: 5:38.45 38.61	650m: 8:14.18 39.20				
	100m: 1:10.49 36.62	300m: 3:42.77 37.95	500m: 6:17.03 38.58	700m: 8:52.91 38.73				
	150m: 1:48.51 38.02	350m: 4:21.17 38.40	550m: 6:56.06 39.03	750m: 9:31.23 38.32				
	200m: 2:26.67 38.16	400m: 4:59.84 38.67	600m: 7:34.98 38.92	800m: 10:08.30 37.07				
18.	Ana Sofia RAMOS	97	Fafe	<b>10:13.54</b>	+0,90	492	7	
	50m: 33.15 33.15	250m: 3:05.20 38.28	450m: 5:40.18 39.06	650m: 8:17.88 39.52				
	100m: 1:10.42 37.27	300m: 3:43.35 38.15	500m: 6:19.81 39.63	700m: 8:57.28 39.40				
	150m: 1:48.16 37.74	350m: 4:22.15 38.80	550m: 6:59.11 39.30	750m: 9:36.13 38.85				
	200m: 2:26.92 38.76	400m: 5:01.12 38.97	600m: 7:38.36 39.25	800m: 10:13.54 37.41				

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## Prova 13, Femin., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
19.	Rute Sofia TEIXEIRA	90	Ginasio de Santo Tirso	<b>10:16.57</b>	+0,91	485	6	
	50m: 35.07 35.07	250m: 3:09.43 38.87	450m: 5:46.89 38.85	650m: 8:22.86 38.39				
	100m: 1:12.84 37.77	300m: 3:48.82 39.39	500m: 6:26.08 39.19	700m: 9:01.41 38.55				
	150m: 1:51.51 38.67	350m: 4:28.18 39.36	550m: 7:05.36 39.28	750m: 9:39.59 38.18				
	200m: 2:30.56 39.05	400m: 5:08.04 39.86	600m: 7:44.47 39.11	800m: 10:16.57 36.98				
20.	Ines Ralheta DUARTE	97	Lisnave	<b>10:33.09</b>	+0,86	448	5	
	50m: 33.87 33.87	250m: 3:09.79 39.99	450m: 5:50.97 40.33	650m: 8:33.16 40.53				
	100m: 1:11.28 37.41	300m: 3:50.08 40.29	500m: 6:31.50 40.53	700m: 9:13.78 40.62				
	150m: 1:49.96 38.68	350m: 4:30.40 40.32	550m: 7:11.94 40.44	750m: 9:54.40 40.62				
	200m: 2:29.80 39.84	400m: 5:10.64 40.24	600m: 7:52.63 40.69	800m: 10:33.09 38.69				
21.	Ines Manuela FREITAS	94	Sporting de Espinho	<b>10:35.36</b>	+0,92	443	4	
	50m: 33.87 33.87	250m: 3:07.49 39.61	450m: 5:47.44 40.03	650m: 8:31.30 41.69				
	100m: 1:10.61 36.74	300m: 3:47.12 39.63	500m: 6:27.68 40.24	700m: 9:13.43 42.13				
	150m: 1:48.93 38.32	350m: 4:27.23 40.11	550m: 7:08.34 40.66	750m: 9:55.35 41.92				
	200m: 2:27.88 38.95	400m: 5:07.41 40.18	600m: 7:49.61 41.27	800m: 10:35.36 40.01				
22.	Ana Margarida TEIXEIRA	95	Beja	<b>10:42.41</b>	+0,80	429	3	
	50m: 33.08 33.08	250m: 3:04.67 39.26	450m: 5:44.04 40.37	650m: 8:24.60 40.09				
	100m: 1:09.60 36.52	300m: 3:43.75 39.08	500m: 6:24.95 40.91	700m: 9:04.68 40.08				
	150m: 1:46.98 37.38	350m: 4:23.58 39.83	550m: 7:04.62 39.67	750m: 9:44.15 39.47				
	200m: 2:25.41 38.43	400m: 5:03.67 40.09	600m: 7:44.51 39.89	800m: 10:42.41 58.26				
23.	Sofia Dias ALVES	99	Natacao do Montijo	<b>10:57.03</b>	+1,04	401	2	
	50m: 35.95 35.95	250m: 3:18.98 41.07	450m: 6:04.58 41.36	650m: 8:52.69 43.10				
	100m: 1:15.57 39.62	300m: 4:00.69 41.71	500m: 6:46.24 41.66	700m: 9:34.55 41.86				
	150m: 1:56.41 40.84	350m: 4:41.51 40.82	550m: 7:27.51 41.27	750m: 10:16.50 41.95				
	200m: 2:37.91 41.50	400m: 5:23.22 41.71	600m: 8:09.59 42.08	800m: 10:57.03 40.53				
24.	Ines Pinho COELHO	99	Feirense	<b>11:25.49</b>	+0,87	353	1	
	50m: 34.86 34.86	250m: 3:26.47 43.25	450m: 6:21.45 43.09	650m: 9:17.82 43.21				
	100m: 1:15.76 40.90	300m: 4:10.49 44.02	500m: 7:05.76 44.31	700m: 10:02.47 44.65				
	150m: 1:58.86 43.10	350m: 4:53.82 43.33	550m: 7:50.36 44.60	750m: 10:45.08 42.61				
	200m: 2:43.22 44.36	400m: 5:38.36 44.54	600m: 8:34.61 44.25	800m: 11:25.49 40.41				

## Prova 14

11-12-2011 - 16:00

## Femin., 100m Mariposa

Absoluto  
Resultados

Rec. Nac. 25m Absoluto	58.31	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	18-12-2010
Rec. Nac. 25m Inf B	1:09.60	Ines Camacho FERNANDES	SCP	Cantanhede	16-05-2009
Rec. Nac. 25m Inf A	1:05.50	Ines Camacho FERNANDES	SCP	Tavira	07-03-2010
Rec. Nac. 25m Juv	1:04.30	Susana Patricia MIGUEL	SFUAP	Penafiel	21-03-2004
Rec. Nac. 25m Jun	1:01.56	Filipa Vilas TIAGO	SCP	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Sen	58.31	Sara Freitas OLIVEIRA	FPN	Dubai (UAE)	18-12-2010

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Mariana Cunha GUERRA	98	SCC/Oryzon Energias	<b>1:04.12</b>	+0,79	632	25	
	<i>Recorde Nacional</i>							
	50m: 29.79 29.79	100m: 1:04.12 34.33						
2.	Mariana Sousa MARTINS	95	Feirense	<b>1:05.66</b>	+0,83	589	23	
	50m: 31.09 31.09	100m: 1:05.66 34.57						

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## Prova 14, Femin., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
3.	Ana Margarida RODRIGUES	96	Galitos	<b>1:06.51</b>	+0,79	567	22	
	50m: 31.11 31.11	100m: 1:06.51 35.40						
4.	Ines Filipa BORGES	95	Alcobaca	<b>1:06.81</b>	+0,79	559	21	
	50m: 31.28 31.28	100m: 1:06.81 35.53						
5.	Teresa Manuela AIRES	96	Sporting de Espinho	<b>1:06.99</b>	+0,78	554	20	
	50m: 30.92 30.92	100m: 1:06.99 36.07						
6.	Carolina Santos SILVA	86	Natacao da Maia	<b>1:07.61</b>	+0,75	539	19	
	50m: 31.63 31.63	100m: 1:07.61 35.98						
7.	Filipa Vicente CUSTOIAS	97	Benedita	<b>1:07.83</b>	+0,78	534	18	
	50m: 32.43 32.43	100m: 1:07.83 35.40						
8.	Julia Matos LOPES	94	Scalabisport	<b>1:08.50</b>	+0,90	519	17	
	50m: 32.53 32.53	100m: 1:08.50 35.97						
9.	Paula Cristina MELO	93	Natacao de Faro	<b>1:08.88</b>	+0,86	510	16	
	50m: 31.93 31.93	100m: 1:08.88 36.95						
10.	Claudia Almeida COSTA	95	Aminata	<b>1:09.18</b>	+0,77	503	15	
	50m: 31.89 31.89	100m: 1:09.18 37.29						
11.	Luana Raquel ALVES	97	Viana Natacao	<b>1:09.20</b>	+0,89	503	14	
	50m: 32.08 32.08	100m: 1:09.20 37.12						
12.	Patricia Miguel MENDES	96	Naval Amorense	<b>1:09.47</b>	+0,77	497	13	
	50m: 32.14 32.14	100m: 1:09.47 37.33						
13.	Soraya Dea MATIAS	95	Torres Novas	<b>1:09.55</b>	+0,83	495	12	
	50m: 32.05 32.05	100m: 1:09.55 37.50						
14.	Juliana Lima FREIXO	97	Desportiva de Viana	<b>1:09.62</b>	+0,81	494	11	
	50m: 32.53 32.53	100m: 1:09.62 37.09						
15.	Ana Isabel CUNHA	96	Foca	<b>1:09.74</b>	+0,87	491	10	
	50m: 32.92 32.92	100m: 1:09.74 36.82						
16.	Susana Patricia MIGUEL	90	Academica de Coimbra	<b>1:10.19</b>	+0,81	482	9	
	50m: 32.06 32.06	100m: 1:10.19 38.13						
17.	Ana Estevinha SILVA	99	Ginasio Figueirense	<b>1:11.14</b>	+0,77	463	8	
	50m: 33.31 33.31	100m: 1:11.14 37.83						
18.	Rute Sofia TEIXEIRA	90	Ginasio de Santo Tirso	<b>1:11.69</b>	+0,88	452	7	
	50m: 32.81 32.81	100m: 1:11.69 38.88						
19.	Sofia Isabel TEIXEIRA	95	Beja	<b>1:12.17</b>	+0,94	443	6	
	50m: 32.51 32.51	100m: 1:12.17 39.66						
20.	Barbara Rodrigues PEREIRA	98	Natacao do Montijo	<b>1:13.45</b>	+0,92	421	5	
	50m: 33.53 33.53	100m: 1:13.45 39.92						
21.	Filipa Silva CRUZ	92	Lisnave	<b>1:14.28</b>	+0,92	407	4	
	50m: 34.03 34.03	100m: 1:14.28 40.25						
22.	Maria Carolina GASPAR	98	Alhandra	<b>1:17.04</b>	+0,89	364	3	
	50m: 35.33 35.33	100m: 1:17.04 41.71						
23.	Ana Rita FREITAS	95	Fafe	<b>1:25.59</b>	+0,93	266	2	
	50m: 38.05 38.05	100m: 1:25.59 47.54						



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Prova 14, Femin., 100m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
DSQ	Ines Ricardo AMARAL	95	Naval da Nazare					
814 - Tocou com uma mão na parede na viragem aos 25 m - SW 8.4								

Prova 15

Masc., 200m Mariposa

Absoluto  
Resultados

11-12-2011 - 16:05

Rec. Nac. 25m Absoluto	1:53.39	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	12-12-2009
Rec. Nac. 25m Inf B	2:21.67	Tomas Miguel FREITAS	CDN	Funchal	28-06-2003
Rec. Nac. 25m Inf A	2:12.42	Tomas Miguel FREITAS	CDN	Funchal	11-07-2004
Rec. Nac. 25m Juv B	2:07.06	Pedro Diogo OLIVEIRA	CNRM	Entroncamento	24-05-2003
Rec. Nac. 25m Juv A	2:03.38	Diogo Parrilha da SILVA	CNAL	Alcobaça	13-06-2009
Rec. Nac. 25m Jun	1:58.64	Diogo Filipe CARVALHO	CGA	Tomar	09-12-2005
Rec. Nac. 25m Sen	1:53.39	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	12-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Antonio Fraga FRAGOSO	95	Bombeiros Ponta Delgada	<b>2:07.28</b>	+0,81	629		25
	50m: 27.98 27.98	100m: 1:00.73 32.75	150m: 1:34.29 33.56	200m: 2:07.28		32.99		
2.	Jorge Miguel CARMO	90	Colegio Vasco da Gama	<b>2:07.37</b>	+0,76	628		23
	50m: 28.24 28.24	100m: 59.94 31.70	150m: 1:32.75 32.81	200m: 2:07.37		34.62		
3.	Joao Duarte SANTOS	95	Natacao de Olhao	<b>2:07.49</b>	+0,80	626		22
	50m: 28.61 28.61	100m: 1:01.51 32.90	150m: 1:34.17 32.66	200m: 2:07.49		33.32		
4.	Pedro Cunha CAETANO	90	Aminata	<b>2:11.01</b>	+0,77	577		21
	50m: 28.75 28.75	100m: 1:01.32 32.57	150m: 1:34.98 33.66	200m: 2:11.01		36.03		
5.	Antonio Miguel VITORINO	96	Viana Natacao	<b>2:11.49</b>	+0,94	571		20
	50m: 29.01 29.01	100m: 1:01.54 32.53	150m: 1:35.57 34.03	200m: 2:11.49		35.92		
6.	Diogo Fontes MOREIRA	93	Leixoes	<b>2:12.65</b>	+0,92	556		19
	50m: 29.05 29.05	100m: 1:01.88 32.83	150m: 1:36.19 34.31	200m: 2:12.65		36.46		
7.	Fernando Jorge ROSADO	88	Lisnave	<b>2:13.62</b>	+0,89	544		18
	50m: 29.14 29.14	100m: 1:02.60 33.46	150m: 1:37.20 34.60	200m: 2:13.62		36.42		
8.	Rafael Filipe NUNES	96	Naval Amorense	<b>2:13.99</b>	+0,73	539		17
	50m: 29.77 29.77	100m: 1:03.90 34.13	150m: 1:39.07 35.17	200m: 2:13.99		34.92		
9.	Afonso Mateus RIBEIRO	95	Belenenses	<b>2:15.13</b>	+0,64	526		16
	50m: 29.08 29.08	100m: 1:02.78 33.70	150m: 1:37.58 34.80	200m: 2:15.13		37.55		
10.	Alcides Costa SOUSA	94	Feirense	<b>2:19.91</b>	+0,81	474		15
	50m: 30.11 30.11	100m: 1:05.02 34.91	150m: 1:41.90 36.88	200m: 2:19.91		38.01		
11.	Paulo Andre SILVA	95	Natacao da Maia	<b>2:20.35</b>	+0,86	469		14
	50m: 30.33 30.33	100m: 1:05.83 35.50	150m: 1:41.57 35.74	200m: 2:20.35		38.78		
12.	Pedro Miguel COSTA	92	Sporting de Espinho	<b>2:21.22</b>	+0,80	461		13
	50m: 29.53 29.53	100m: 1:03.64 34.11	150m: 1:41.20 37.56	200m: 2:21.22		40.02		
13.	Gil Vasco GONCALVES	97	Litoral Alentejano	<b>2:21.29</b>	+0,97	460		12
	50m: 30.85 30.85	100m: 1:06.69 35.84	150m: 1:43.62 36.93	200m: 2:21.29		37.67		
14.	Ricardo Daniel LUCAS	94	Scalabisport	<b>2:22.82</b>	+0,91	445		11
	50m: 31.81 31.81	100m: 1:07.62 35.81	150m: 1:45.48 37.86	200m: 2:22.82		37.34		

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## Prova 15, Masc., 200m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
15.	Stefan Daniel STEINMAIER	96	Fafe	<b>2:23.32</b>	+0,91	441		10
	50m: 30.19 30.19	100m: 1:05.67 35.48	150m: 1:44.34 38.67	200m: 2:23.32 38.98				
16.	Ricardo Daniel GONCALVES	96	Ginasio de Vila Real	<b>2:23.44</b>	+0,84	440		9
	50m: 30.93 30.93	100m: 1:06.56 35.63	150m: 1:43.47 36.91	200m: 2:23.44 39.97				
17.	Henrique Jose MARQUES	93	Benedita	<b>2:24.17</b>	+0,88	433		8
	50m: 31.38 31.38	100m: 1:07.51 36.13	150m: 1:45.47 37.96	200m: 2:24.17 38.70				
18.	Serafim Jose BARBOSA	88	Estrelas S. Joao de Brito	<b>2:26.40</b>	+0,89	413		7
	50m: 31.09 31.09	100m: 1:07.30 36.21	150m: 1:44.53 37.23	200m: 2:26.40 41.87				
19.	Joao Antonio OLIVEIRA	95	Ginasio Figueirense	<b>2:26.44</b>	+0,86	413		6
	50m: 31.72 31.72	100m: 1:08.30 36.58	150m: 1:46.17 37.87	200m: 2:26.44 40.27				
20.	Pedro Manuel SILVA	97	Ginasio de Santo Tirso	<b>2:27.17</b>	+0,81	407		5
	50m: 31.89 31.89	100m: 1:08.49 36.60	150m: 1:47.43 38.94	200m: 2:27.17 39.74				
21.	Ricardo Filipe CARRILHO	90	Nautica do Seixal	<b>2:27.66</b>	+0,84	403		4
	50m: 30.10 30.10	100m: 1:06.26 36.16	150m: 1:45.03 38.77	200m: 2:27.66 42.63				
22.	Mario Pinto AMORIM	94	BUZIOS-Coruche	<b>2:29.22</b>	+0,92	390		3
	50m: 32.09 32.09	100m: 1:09.45 37.36	150m: 1:48.63 39.18	200m: 2:29.22 40.59				
23.	Joaquim Paixao BARROSO	76	Kainagua	<b>2:32.09</b>	+0,83	369		2
	50m: 31.42 31.42	100m: 1:10.09 38.67	150m: 1:51.50 41.41	200m: 2:32.09 40.59				
24.	Jose Carlos PINTO	87	Natacao de Vila Real	<b>2:33.81</b>	+0,83	356		1
	50m: 32.64 32.64	100m: 1:10.89 38.25	150m: 1:50.25 39.36	200m: 2:33.81 43.56				

## Prova 16

## Femin., 100m Bruços

## Absoluto

11-12-2011 - 16:15

Resultados

Rec. Nac. 25m Absoluto	1:07.17	Diana Duarte GOMES	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:17.79	tempo limite			
Rec. Nac. 25m Inf A	1:15.72	Filipa Vilas RUIVO	DNMG	Caldas da Rainha	01-05-2010
Rec. Nac. 25m Juv	1:11.76	Diana Duarte GOMES	ABVE	Reboleira	28-06-2003
Rec. Nac. 25m Jun	1:08.85	Ana Pinho RODRIGUES	AEJ	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Sen	1:07.17	Diana Duarte GOMES	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Diana Margarida DURAES	96	Foca	<b>1:12.70</b>	+0,77	641	25	
	50m: 34.18 34.18	100m: 1:12.70 38.52						
2.	Joana Marques MAIA	91	Natacao da Maia	<b>1:13.69</b>	+0,84	615	23	
	50m: 35.14 35.14	100m: 1:13.69 38.55						
3.	Ana Filipa TEIXEIRA	95	Viana Natacao	<b>1:18.01</b>	+0,73	519	22	
	50m: 36.68 36.68	100m: 1:18.01 41.33						
4.	Patricia Fonseca SILVA	93	Feirense	<b>1:18.05</b>	+0,87	518	21	
	50m: 36.74 36.74	100m: 1:18.05 41.31						
5.	Daniela Maria LEIRIA	92	Naval Amorense	<b>1:18.60</b>	+0,86	507	20	
	50m: 36.88 36.88	100m: 1:18.60 41.72						

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## Prova 16, Femin., 100m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
6.	Cristiana Silva ULPIANO	95	Lisnave	<b>1:18.64</b>	+0,95	506	19	
	50m: 36.85 36.85	100m: 1:18.64 41.79						
7.	Joana Isabel LAMPREIA	96	Beja	<b>1:19.79</b>	+0,80	485	18	
	50m: 37.29 37.29	100m: 1:19.79 42.50						
8.	Ines Serra DUARTE	98	Naval da Nazare	<b>1:21.06</b>	+0,91	462	17	
	50m: 38.08 38.08	100m: 1:21.06 42.98						
9.	Ines Ataide DIAS	94	Sporting de Espinho	<b>1:21.83</b>	+0,89	449	16	
	50m: 38.39 38.39	100m: 1:21.83 43.44						
10.	Ines Evangelista BASTOS	98	Fafe	<b>1:22.38</b>	+0,97	440	15	
	50m: 38.81 38.81	100m: 1:22.38 43.57						
11.	Vanessa Carolina VALENTE	94	Alhandra	<b>1:22.56</b>	+0,90	438	14	
	50m: 39.84 39.84	100m: 1:22.56 42.72						
12.	Margarida Peixoto PELAIO	98	Ginasio Figueirense	<b>1:23.63</b>	+0,89	421	13	
	50m: 39.38 39.38	100m: 1:23.63 44.25						
13.	Catarina Oliveira DINIS	93	Academica de Coimbra	<b>1:23.69</b>	+0,93	420	12	
	50m: 39.41 39.41	100m: 1:23.69 44.28						
14.	Maria Lima RODRIGUES	94	Desportiva de Viana	<b>1:23.87</b>	+0,85	417	11	
	50m: 39.63 39.63	100m: 1:23.87 44.24						
15.	Carolina Lourenco MATOS	98	Benedita	<b>1:24.23</b>	+0,85	412	10	
	50m: 39.52 39.52	100m: 1:24.23 44.71						
16.	Catarina Ramos MOURA	97	Scalabisport	<b>1:24.64</b>	+0,88	406	9	
	50m: 40.10 40.10	100m: 1:24.64 44.54						
17.	Marcia Raquel SARAIVA	95	Galitos	<b>1:25.76</b>	+0,90	390	8	
	50m: 40.71 40.71	100m: 1:25.76 45.05						
18.	Sara Mafra ROCHA	99	Alcobaca	<b>1:25.90</b>	+0,84	388	7	
	50m: 40.91 40.91	100m: 1:25.90 44.99						
19.	Ana Miguel REIS	00	SCC/Oryzon Energias	<b>1:25.93</b>	+0,88	388	6	
	50m: 40.31 40.31	100m: 1:25.93 45.62						
20.	Helena Manuel JOSE	90	Ginasio de Santo Tirso	<b>1:26.23</b>	+0,92	384	5	
	50m: 39.48 39.48	100m: 1:26.23 46.75						
21.	Catarina Neves CONCEICAO	97	Torres Novas	<b>1:26.46</b>	+0,99	381	4	
	50m: 39.45 39.45	100m: 1:26.46 47.01						
22.	Catarina Almeida GARCIA	97	Natacao de Faro	<b>1:26.49</b>	+0,97	380	3	
	50m: 40.00 40.00	100m: 1:26.49 46.49						
23.	Joana Aparicio TEJO	97	Aminata	<b>1:27.83</b>	+0,88	363	2	
	50m: 41.43 41.43	100m: 1:27.83 46.40						
24.	Ema Filipa ROSARIO	00	Natacao do Montijo	<b>1:31.24</b>	+1,06	324	1	
	50m: 42.62 42.62	100m: 1:31.24 48.62						

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Prova 17			Masc., 200m Bruços			Absoluto
11-12-2011 - 16:25						Resultados
Rec. Nac. 25m	Absoluto	2:08.80	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m	Inf B	2:37.57	Tomas Miguel FREITAS	CDN	Funchal	13-07-2003
Rec. Nac. 25m	Inf A	2:29.59	Luis Manuel FERNANDES	GDNVNF	Cantanhede	08-03-2009
Rec. Nac. 25m	Juv B	2:21.70	Luis Manuel FERNANDES	GDNVNF	Paços Ferreira	05-12-2009
Rec. Nac. 25m	Juv A	2:18.42	tempo limite			
Rec. Nac. 25m	Jun	2:14.00	Pedro Miguel AGOSTINHO	SCP	Leiria	04-12-2009
Rec. Nac. 25m	Sen	2:08.80	Nuno Goncalo QUINTANILHA	LDC	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Nuno Goncalo QUINTANILHA	87	Colegio Vasco da Gama	<b>2:17.23</b>	+0,72	679		25
	50m: 30.99 30.99	100m: 1:05.24 34.25	150m: 1:40.91 35.67	200m: 2:17.23 36.32				
2.	Bruno Daniel MONTEIRO	88	Ginasio de Vila Real	<b>2:21.86</b>	+0,78	615		23
	50m: 31.24 31.24	100m: 1:06.21 34.97	150m: 1:42.81 36.60	200m: 2:21.86 39.05				
3.	Ricardo Amorim REGO	84	Natacao de Vila Real	<b>2:21.92</b>	+0,81	614		22
	50m: 31.74 31.74	100m: 1:07.48 35.74	150m: 1:44.28 36.80	200m: 2:21.92 37.64				
4.	Mauro Filipe VIEGAS	95	Natacao de Olhao	<b>2:24.70</b>	+0,72	579		21
	50m: 32.52 32.52	100m: 1:09.56 37.04	150m: 1:46.96 37.40	200m: 2:24.70 37.74				
5.	Joni Antunes VINAGRE	89	Belenenses	<b>2:25.24</b>	+0,71	573		20
	50m: 31.48 31.48	100m: 1:08.30 36.82	150m: 1:46.37 38.07	200m: 2:25.24 38.87				
6.	Andre Goncalo SANTOS	97	Leixoes	<b>2:27.13</b>	+0,80	551		19
	50m: 31.76 31.76	100m: 1:08.37 36.61	150m: 1:47.26 38.89	200m: 2:27.13 39.87				
7.	Guilherme Pereira GIL	93	Naval Amorense	<b>2:27.70</b>	+0,73	545		18
	50m: 32.97 32.97	100m: 1:10.27 37.30	150m: 1:48.72 38.45	200m: 2:27.70 38.98				
8.	Tiago Sobral COELHO	95	Ginasio de Santo Tirso	<b>2:29.04</b>	+0,81	530		17
	50m: 32.58 32.58	100m: 1:09.17 36.59	150m: 1:47.92 38.75	200m: 2:29.04 41.12				
9.	Goncalo Pereira SA	95	Feirense	<b>2:29.21</b>	+0,75	528		16
	50m: 33.37 33.37	100m: 1:11.20 37.83	150m: 1:50.30 39.10	200m: 2:29.21 38.91				
10.	Rodrigo Marques COSTA	76	Litoral Alentejano	<b>2:30.53</b>	+0,86	515		15
	50m: 33.64 33.64	100m: 1:11.26 37.62	150m: 1:50.16 38.90	200m: 2:30.53 40.37				
11.	Rui Pedro HORTA	94	Lisnave	<b>2:31.18</b>	+0,81	508		14
	50m: 34.16 34.16	100m: 1:12.79 38.63	150m: 1:52.24 39.45	200m: 2:31.18 38.94				
12.	Thiago Duarte GONCALVES	89	Estrelas S. Joao de Brito	<b>2:31.27</b>	+0,81	507		13
	50m: 34.09 34.09	100m: 1:12.86 38.77	150m: 1:52.30 39.44	200m: 2:31.27 38.97				
13.	Andre Machado VALE	95	Viana Natacao	<b>2:31.96</b>	+0,85	500		12
	50m: 33.69 33.69	100m: 1:12.04 38.35	150m: 1:51.79 39.75	200m: 2:31.96 40.17				
14.	Leonardo Cardoso FIGUEIREDO	96	Natacao da Maia	<b>2:32.71</b>	+0,69	493		11
	50m: 34.23 34.23	100m: 1:13.57 39.34	150m: 1:54.20 40.63	200m: 2:32.71 38.51				
15.	Carlos Cunha COSTA	95	Fafe	<b>2:35.27</b>	+0,79	469		10
	50m: 34.60 34.60	100m: 1:13.96 39.36	150m: 1:54.29 40.33	200m: 2:35.27 40.98				
16.	Uriel Jorge MATEUS	88	Nautica do Seixal	<b>2:35.94</b>	+0,89	463		9
	50m: 33.44 33.44	100m: 1:12.19 38.75	150m: 1:53.34 41.15	200m: 2:35.94 42.60				

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## Prova 17, Masc., 200m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Miguel Rego BORGES	95	Bombeiros Ponta Delgada	<b>2:36.64</b>	+0,72	457		8
	50m: 34.20 34.20	100m: 1:13.77 39.57	150m: 1:55.39 41.62	200m: 2:36.64		41.25		
18.	Joao Carlos PEREIRA	94	BUZIOS-Coruche	<b>2:36.89</b>	+1,01	455		7
	50m: 34.63 34.63	100m: 1:14.39 39.76	150m: 1:56.01 41.62	200m: 2:36.89		40.88		
19.	Diogo Serrao SANTOS	96	Scalabisport	<b>2:40.81</b>	+0,73	422		6
	50m: 35.36 35.36	100m: 1:15.31 39.95	150m: 1:57.65 42.34	200m: 2:40.81		43.16		
20.	Manuel Almeida ELISEU	92	Kainagua	<b>2:40.91</b>	+0,87	421		5
	50m: 34.63 34.63	100m: 1:14.88 40.25	150m: 1:57.25 42.37	200m: 2:40.91		43.66		
21.	Tiago Andre MARQUES	93	Sporting de Espinho	<b>2:41.83</b>	+0,78	414		4
	50m: 33.58 33.58	100m: 1:13.95 40.37	150m: 1:57.46 43.51	200m: 2:41.83		44.37		
22.	Joao Goncalves FIGUEIREDO	96	Ginasio Figueirense	<b>2:43.28</b>	+0,93	403		3
	50m: 36.42 36.42	100m: 1:17.69 41.27	150m: 2:00.07 42.38	200m: 2:43.28		43.21		
23.	Andre Fialho MARQUES	95	Benedita	<b>2:50.07</b>	+1,07	357		2
	50m: 37.12 37.12	100m: 1:20.01 42.89	150m: 2:04.81 44.80	200m: 2:50.07		45.26		
24.	Miguel Martins BALTAZAR	98	Aminata	<b>2:58.56</b>	+0,83	308		1
	50m: 38.72 38.72	100m: 1:23.52 44.80	150m: 2:10.47 46.95	200m: 2:58.56		48.09		

## Prova 18

## Femin., 50m Livres

## Absoluto

11-12-2011 - 16:35

Resultados

Rec. Nac. 25m Absoluto	24.94	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Inf A	28.32	Ines Camacho FERNANDES	SCP	Ponte Sor	30-01-2010
Rec. Nac. 25m Juv	27.16	Harriet Larcher SMITH	CFB	Tomar	15-03-2003
Rec. Nac. 25m Jun	26.14	Maria Carolina ROSA	SCP	S. António Cavaleiros	20-12-2009
Rec. Nac. 25m Sen	24.94	Patricia Vilas CONCEICAO	CNA	S. António Cavaleiros	20-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Maria Malaguerra COSTA	98	SCC/Oryzon Energias	<b>27.85</b>	+0,77	581	25	
2.	Andreia Brito COSTA	95	Natacao de Faro	<b>28.00</b>	+0,89	572	23	
3.	Marisa Alexandra LAGE	94	Viana Natacao	<b>28.01</b>	+0,82	571	22	
4.	Filipa Mendes PINHEIRO	92	Desportiva de Viana	<b>28.03</b>	+0,75	570	21	
5.	Marta Filipa VINAGRE	95	Scalabisport	<b>28.04</b>	+0,71	570	20	
6.	Carolina Santos SILVA	86	Natacao da Maia	<b>28.69</b>	+0,69	532	19	
7.	Sofia Prates SILVESTRE	95	Naval Amorense	<b>28.89</b>	+0,80	521	18	
8.	Sofia Isabel TEIXEIRA	95	Beja	<b>29.12</b>	+0,89	508	17	
9.	Carolina Saraiva PIRES	96	Lisnave	<b>29.21</b>	+0,85	504	16	
10.	Sofia Cunha SOUSA	96	Foca	<b>29.39</b>	+0,83	495	15	
11.	Bruna Miguel PEREIRA	94	Academica de Coimbra	<b>29.43</b>	+0,89	493	14	
12.	Lais Domingues VELHA	97	Galitos	<b>29.68</b>	+0,88	480	13	
13.	Maria Joao JOSE	90	Ginasio de Santo Tirso	<b>29.69</b>	+0,87	480	12	
14.	Carla Sofia CRUZ	96	Sporting de Espinho	<b>30.12</b>	+0,83	459	11	
	Isa Moraes PENAS	96	Benedita	<b>30.12</b>	+0,86	459	11	
16.	Ana Estevinha SILVA	99	Ginasio Figueirense	<b>30.13</b>	+0,79	459	9	



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## Prova 18, Femin., 50m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Laura Miranda ROSADO	97	Aminata	<b>30.14</b>	+0,83	459	8	
18.	Melanie Bronze SANTOS	95	Alhandra	<b>30.84</b>	+0,93	428	7	
19.	Isabel Rovisco MONTEIRO	93	Fafe	<b>30.90</b>	+0,82	425	6	
20.	Mara Casimiro RIBEIRO	97	Alcobaca	<b>31.03</b>	+0,91	420	5	
21.	Mariana Anastacio CRUZ	96	Torres Novas	<b>31.09</b>	+0,82	418	4	
22.	Ana Catarina OLIVEIRA	97	Feirense	<b>31.71</b>	+0,85	394	3	
23.	Barbara Amaro CEREJO	97	Naval da Nazare	<b>32.01</b>	+0,99	383	2	
DSQ	Mafalda Jesus PEREIRA	95	Natacao do Montijo					

403 - Falsa partida - SW 4.4

 Prova 19  
 11-12-2011 - 16:40
 

Masc., 100m Livres  
 Absoluto  
 Resultados

Rec. Nac. 25m Absoluto	47.64	Alexandre Escudier AGOSTINHO	FPN	Istambul (TUR)	11-12-2009
Rec. Nac. 25m Inf B	57.40	Tiago Filipe PEREIRA	DNMG	Caldas da Raínha	11-07-2004
Rec. Nac. 25m Inf A	55.02	David Miguel FERRO	SFUAP	Algés	15-03-1998
Rec. Nac. 25m Juv B	52.59	Diogo Gomes SOUSA	CNCVG	Ponte de Sôr	13-12-2009
Rec. Nac. 25m Juv A	50.82	Tiago Andre VENANCIO	CNS	Braga	23-03-2003
Rec. Nac. 25m Jun	48.38	Tiago Andre VENANCIO	CNS	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	47.64	Alexandre Escudier AGOSTINHO	FPN	Istambul (TUR)	11-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Ivan Monteiro SIMOES	91	Natacao de Vila Real	<b>51.36</b>	+0,66	669		25
	50m: 23.98 23.98	100m: 51.36 27.38						
2.	Bernardo Almeida MOREIRA	89	Colegio Vasco da Gama	<b>51.92</b>	+0,73	648		23
	50m: 25.33 25.33	100m: 51.92 26.59						
3.	Miguel Cordeiro SARAIVA	93	Belenenses	<b>52.06</b>	+0,76	643		22
	50m: 25.27 25.27	100m: 52.06 26.79						
4.	Tiago Ferreira AZEVEDO	95	Naval Amorense	<b>52.79</b>	+0,75	616		21
	50m: 24.90 24.90	100m: 52.79 27.89						
5.	Joao Duarte SANTOS	95	Natacao de Olhao	<b>52.87</b>	+0,71	614		20
	50m: 25.47 25.47	100m: 52.87 27.40						
6.	Vasco Vieira LOPES	84	Leixoes	<b>53.44</b>	+0,77	594		19
	50m: 25.78 25.78	100m: 53.44 27.66						
7.	Carlos Fernandes QUEIROS	86	Ginasio de Vila Real	<b>54.19</b>	+0,74	570		18
	50m: 25.71 25.71	100m: 54.19 28.48						
8.	Rogério Pina TAVARES	92	Litoral Alentejano	<b>54.49</b>	+0,66	560		17
	50m: 25.84 25.84	100m: 54.49 28.65						
9.	Daciano Egidio SOUSA	93	Ginasio Figueirense	<b>54.59</b>	+0,83	557		16
	50m: 26.38 26.38	100m: 54.59 28.21						
10.	Rui Manuel RIBEIRO	82	Fafe	<b>54.66</b>	+0,77	555		15
	50m: 26.35 26.35	100m: 54.66 28.31						
11.	Tiago Joao MEIRA	96	Viana Natacao	<b>54.92</b>	+0,91	547		14
	50m: 26.42 26.42	100m: 54.92 28.50						

Campeonato Nacional Clubes 3ª Divisão  
 Cantanhede, 10- - 11-12-2011

## Prova 19, Masc., 100m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
12.	Emanuel Augusto PINHO	93	Feirense	<b>55.04</b>	+0,79	544		13
	50m: 26.55 26.55	100m: 55.04 28.49						
13.	Miguel Filipe PINTO	96	Ginasio de Santo Tirso	<b>55.14</b>	+0,90	541		12
	50m: 26.75 26.75	100m: 55.14 28.39						
14.	Frederico Manuel MOEDA	95	Estrelas S. Joao de Brito	<b>55.19</b>	+0,82	539		11
	50m: 26.36 26.36	100m: 55.19 28.83						
15.	Andre Ferreira FERNANDES	88	Natacao da Maia	<b>55.85</b>	+0,82	520		10
	50m: 26.70 26.70	100m: 55.85 29.15						
16.	Joao Monteiro PITEIRA	93	Kainagua	<b>55.94</b>	+0,83	518		9
	50m: 26.64 26.64	100m: 55.94 29.30						
17.	Joao Pedro NEVES	96	Aminata	<b>56.49</b>	+0,78	503		8
	50m: 26.91 26.91	100m: 56.49 29.58						
18.	Diogo Serrao SANTOS	96	Scalabisport	<b>56.52</b>	+0,72	502		7
	50m: 27.24 27.24	100m: 56.52 29.28						
19.	Fabio Alcantara AIRES	97	Nautica do Seixal	<b>56.56</b>	+0,89	501		6
	50m: 27.07 27.07	100m: 56.56 29.49						
20.	Diogo Moreira SILVEIRA	94	Lisnave	<b>56.89</b>	+0,84	492		5
	50m: 26.67 26.67	100m: 56.89 30.22						
21.	Joao Paulo BAPTISTA	96	Sporting de Espinho	<b>57.41</b>	+0,90	479		4
	50m: 27.56 27.56	100m: 57.41 29.85						
22.	Leonardo Peralta REIS	96	Benedita	<b>57.51</b>	+0,98	477		3
	50m: 27.59 27.59	100m: 57.51 29.92						
23.	Miguel Rego BORGES	95	Bombeiros Ponta Delgada	<b>58.89</b>	+0,76	444		2
	50m: 27.58 27.58	100m: 58.89 31.31						
24.	Artur Rafael SARAMAGO	97	BUZIOS-Coruche	<b>1:07.04</b>	+0,89	301		1
	50m: 32.31 32.31	100m: 1:07.04 34.73						

Campeonato Nacional Clubes 3ª Divisão  
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 Prova 20  
 11-12-2011 - 16:45

Femin., 100m Costas

 Absoluto  
 Resultados

Rec. Nac. 25m Absoluto	1:00.69	Marta Vieira MARINHO	FCP	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	1:10.23	Catarina Alexandra JARDIM	GDNVNF	Ponte da Barca	05-03-2010
Rec. Nac. 25m Inf A	1:05.36	Ines Camacho FERNANDES	SCP	Tavira	05-03-2010
Rec. Nac. 25m Juv	1:02.96	Ines Camacho FERNANDES	SCP	Alapraia	12-02-2011
Rec. Nac. 25m Jun	1:03.03	Lisa Marisa SOARES	CNA	Porto	04-12-2010
Rec. Nac. 25m Sen	1:00.69	Marta Vieira MARINHO	FCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Maria Malaguerra COSTA	98	SCC/Oryzon Energias	<b>1:05.26</b>	+0,65	606	25	
	50m: 31.46 31.46	100m: 1:05.26 33.80						
2.	Tania Filipa HENRIQUES	93	Naval Amorense	<b>1:06.95</b>	+0,73	561	23	
	50m: 32.16 32.16	100m: 1:06.95 34.79						
3.	Filipa Vicente CUSTOIAS	97	Benedita	<b>1:07.65</b>	+0,63	544	22	
	50m: 32.95 32.95	100m: 1:07.65 34.70						
4.	Ana Margarida ALMEIDA	94	Galitos	<b>1:08.39</b>	+0,63	526	21	
	50m: 32.94 32.94	100m: 1:08.39 35.45						
5.	Sara Sa ESPADILHA	94	Lisnave	<b>1:08.59</b>	+0,62	522	20	
	50m: 33.13 33.13	100m: 1:08.59 35.46						
6.	Carla Sofia CRUZ	96	Sporting de Espinho	<b>1:09.23</b>	+0,72	507	19	
	50m: 33.45 33.45	100m: 1:09.23 35.78						
7.	Marta Filipa VINAGRE	95	Scalabisport	<b>1:09.27</b>	+0,60	506	18	
	50m: 32.99 32.99	100m: 1:09.27 36.28						
8.	Susana Patricia MIGUEL	90	Academica de Coimbra	<b>1:09.66</b>	+1,22	498	17	
	50m: 33.70 33.70	100m: 1:09.66 35.96						
9.	Juliana Lima FREIXO	97	Desportiva de Viana	<b>1:09.75</b>	+0,69	496	16	
	50m: 33.67 33.67	100m: 1:09.75 36.08						
10.	Claudia Isabel SEMIAO	97	Aminata	<b>1:10.03</b>	+0,64	490	15	
	50m: 33.64 33.64	100m: 1:10.03 36.39						
11.	Ines Filipa BORGES	95	Alcobaca	<b>1:10.04</b>	+0,67	490	14	
	50m: 33.88 33.88	100m: 1:10.04 36.16						
12.	Rita Figueiredo ALMEIDA	97	Natacao de Faro	<b>1:11.73</b>	+0,72	456	13	
	50m: 34.53 34.53	100m: 1:11.73 37.20						
13.	Ana Paula ARAUJO	96	Ginasio de Santo Tirso	<b>1:11.93</b>	+0,75	452	12	
	50m: 35.46 35.46	100m: 1:11.93 36.47						
14.	Sofia Cunha SOUSA	96	Foca	<b>1:11.96</b>	+0,86	452	11	
	50m: 35.11 35.11	100m: 1:11.96 36.85						
15.	Helena Rafaela TOME	98	Alhandra	<b>1:12.33</b>	+0,59	445	10	
	50m: 34.88 34.88	100m: 1:12.33 37.45						
16.	Luana Raquel ALVES	97	Viana Natacao	<b>1:12.34</b>	+0,72	445	9	
	50m: 35.77 35.77	100m: 1:12.34 36.57						
17.	Mariana Costa SEBASTIAO	95	Ginasio Figueirense	<b>1:12.49</b>	+0,66	442	8	
	50m: 34.58 34.58	100m: 1:12.49 37.91						

Campeonato Nacional Clubes 3ª Divisão  
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Prova 20, Femin., 100m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
18.	Ana Beatriz MEIRELES	98	Fafe	<b>1:14.40</b>	+0,67	409	7	
	50m: 35.52 35.52	100m: 1:14.40 38.88						
19.	Sofia Dias ALVES	99	Natacao do Montijo	<b>1:14.45</b>	+0,74	408	6	
	50m: 36.37 36.37	100m: 1:14.45 38.08						
20.	Ana Paula GRILO	69	Beja	<b>1:14.46</b>	+0,78	408	5	
	50m: 35.81 35.81	100m: 1:14.46 38.65						
21.	Soraya Dea MATIAS	95	Torres Novas	<b>1:15.44</b>	+0,78	392	4	
	50m: 36.59 36.59	100m: 1:15.44 38.85						
22.	Maria Beatriz RIBEIRO	97	Natacao da Maia	<b>1:16.11</b>	+0,67	382	3	
	50m: 36.92 36.92	100m: 1:16.11 39.19						
23.	Maria Ines COELHO	98	Feirense	<b>1:17.06</b>	+0,93	368	2	
	50m: 37.64 37.64	100m: 1:17.06 39.42						
24.	Barbara Amaro CEREJO	97	Naval da Nazare	<b>1:17.23</b>	+1,11	365	1	
	50m: 37.17 37.17	100m: 1:17.23 40.06						

Prova 21

Masc., 200m Costas

Absoluto  
Resultados

11-12-2011 - 16:55

Rec. Nac. 25m Absoluto	1:55.92	Adriano Miguel NIZ	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	2:18.15	Alexandre Lages RIBAS	EDV	Ponte da Barca	03-07-2010
Rec. Nac. 25m Inf A	2:12.39	Rodrigo Silverio CARMO	CNCVG	Algés	12-06-2010
Rec. Nac. 25m Juv B	2:07.15	Pedro Diogo OLIVEIRA	CNRM	Tomar	11-05-2003
Rec. Nac. 25m Juv A	2:01.43	Diogo Gomes SOUSA	CNCVG	Algés	04-06-2011
Rec. Nac. 25m Jun	1:58.37	Adriano Miguel NIZ	CFV	Figueira da Foz	03-07-2004
Rec. Nac. 25m Sen	1:55.92	Adriano Miguel NIZ	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Absoluto</b>								
1.	David Miguel LEIRIA	93	Naval Amorense	<b>2:06.36</b>	+0,66	592		25
	50m: 29.35 29.35	100m: 1:01.71 32.36	150m: 1:33.86 32.15	200m: 2:06.36 32.50				
2.	Filipe Maria FERREIRA	95	Natacao de Olhao	<b>2:09.07</b>	+0,59	555		23
	50m: 30.02 30.02	100m: 1:03.02 33.00	150m: 1:36.11 33.09	200m: 2:09.07 32.96				
3.	Rodrigo Silverio CARMO	96	Colegio Vasco da Gama	<b>2:09.51</b>	+0,62	549		22
	50m: 29.94 29.94	100m: 1:02.45 32.51	150m: 1:35.74 33.29	200m: 2:09.51 33.77				
4.	Ivo Andre LOPES	94	Scalabisport	<b>2:10.18</b>	+0,72	541		21
	50m: 31.27 31.27	100m: 1:04.43 33.16	150m: 1:37.05 32.62	200m: 2:10.18 33.13				
5.	Dario Almeida SANTOS	93	Leixoes	<b>2:11.61</b>	+0,75	524		20
	50m: 30.77 30.77	100m: 1:03.97 33.20	150m: 1:37.55 33.58	200m: 2:11.61 34.06				
6.	Tiago Manuel TEIXEIRA	96	Fafe	<b>2:11.93</b>	+0,62	520		19
	50m: 29.51 29.51	100m: 1:02.68 33.17	150m: 1:37.56 34.88	200m: 2:11.93 34.37				
7.	Antonio Sampaio REBOLO	94	Belenenses	<b>2:13.48</b>	+0,66	502		18
	50m: 30.42 30.42	100m: 1:03.78 33.36	150m: 1:38.74 34.96	200m: 2:13.48 34.74				
8.	Miguel Maria ROSADO	95	Aminata	<b>2:14.81</b>	+0,72	487		17
	50m: 30.29 30.29	100m: 1:04.83 34.54	150m: 1:39.90 35.07	200m: 2:14.81 34.91				

Campeonato Nacional Clubes 3ª Divisão  
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## Prova 21, Masc., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
9.	Rui Goncalves OLIVEIRA	93	Natacao da Maia	<b>2:15.00</b>	+1,02	485		16
	50m: 31.43 31.43	100m: 1:05.41 33.98	150m: 1:40.49 35.08	200m: 2:15.00		34.51		
10.	Antonio Miguel VITORINO	96	Viana Natacao	<b>2:15.84</b>	+0,81	476		15
	50m: 31.70 31.70	100m: 1:05.38 33.68	150m: 1:40.41 35.03	200m: 2:15.84		35.43		
11.	Job Santos SILVA	96	Feirense	<b>2:15.88</b>	+0,70	476		14
	50m: 32.01 32.01	100m: 1:06.45 34.44	150m: 1:41.65 35.20	200m: 2:15.88		34.23		
12.	Christophe Pereira FERNANDES	91	Natacao de Vila Real	<b>2:16.05</b>	+0,68	474		13
	50m: 31.27 31.27	100m: 1:05.06 33.79	150m: 1:40.30 35.24	200m: 2:16.05		35.75		
13.	Tiago Ramos GOMES	94	Bombeiros Ponta Delgada	<b>2:16.27</b>	+0,69	472		12
	50m: 31.58 31.58	100m: 1:04.76 33.18	150m: 1:39.56 34.80	200m: 2:16.27		36.71		
14.	Rui Miguel AIRES	91	Sporting de Espinho	<b>2:16.28</b>	+1,19	472		11
	50m: 31.16 31.16	100m: 1:05.35 34.19	150m: 1:40.74 35.39	200m: 2:16.28		35.54		
15.	Luis Antonio TARQUINIO	94	Benedita	<b>2:17.01</b>	+1,17	464		10
	50m: 31.99 31.99	100m: 1:06.72 34.73	150m: 1:42.43 35.71	200m: 2:17.01		34.58		
16.	Bruno Rafael MEIRELES	96	Lisnave	<b>2:17.11</b>	+0,64	463		9
	50m: 31.71 31.71	100m: 1:06.24 34.53	150m: 1:41.94 35.70	200m: 2:17.11		35.17		
17.	Joao Manuel BORGES	94	Ginasio Figueirense	<b>2:18.04</b>	+0,66	454		8
	50m: 30.89 30.89	100m: 1:05.61 34.72	150m: 1:41.84 36.23	200m: 2:18.04		36.20		
18.	Diogo Miguel BALSA	95	BUZIOS-Coruche	<b>2:19.11</b>	+0,70	443		7
	50m: 31.90 31.90	100m: 1:06.88 34.98	150m: 1:43.75 36.87	200m: 2:19.11		35.36		
19.	Alexandre Miguel MENDES	86	Estrelas S. Joao de Brito	<b>2:19.14</b>	+0,81	443		6
	50m: 32.31 32.31	100m: 1:07.45 35.14	150m: 1:42.97 35.52	200m: 2:19.14		36.17		
20.	Fabio Aleixo FERNANDES	90	Nautica do Seixal	<b>2:21.88</b>	+0,73	418		5
	50m: 32.19 32.19	100m: 1:07.29 35.10	150m: 1:44.09 36.80	200m: 2:21.88		37.79		
21.	Joao Pedro BARROSO	95	Ginasio de Santo Tirso	<b>2:23.62</b>	+0,66	403		4
	50m: 33.04 33.04	100m: 1:09.05 36.01	150m: 1:46.21 37.16	200m: 2:23.62		37.41		
22.	Carlos Manuel FIGUEIREDO	96	Ginasio de Vila Real	<b>2:23.64</b>	+0,72	403		3
	50m: 31.64 31.64	100m: 1:07.08 35.44	150m: 1:45.04 37.96	200m: 2:23.64		38.60		
23.	Jorge Miguel TELO	95	Litoral Alentejano	<b>2:23.91</b>	+0,68	400		2
	50m: 33.29 33.29	100m: 1:08.37 35.08	150m: 1:45.42 37.05	200m: 2:23.91		38.49		
24.	Jose Carlos PITEIRA	97	Kainagua	<b>2:28.39</b>	+0,66	365		1
	50m: 33.80 33.80	100m: 1:11.09 37.29	150m: 1:49.60 38.51	200m: 2:28.39		38.79		



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 Prova 22  
 11-12-2011 - 17:05

Femin., 400m Livres

 Absoluto  
 Resultados

Rec. Nac. 25m Absoluto	4:13.97	Sara Beatriz LOUREIRO	FCP	Leiria	05-12-2009
Rec. Nac. 25m Inf B	4:38.40	Filipa Vilas RUIVO	DNMG	Alcobaça	13-06-2009
Rec. Nac. 25m Inf A	4:25.30	tempo limite			
Rec. Nac. 25m Juv	4:23.08	Susana Patricia MIGUEL	SFUAP	Alhandra	15-05-2004
Rec. Nac. 25m Jun	4:18.39	Ana Claudia SANTOS	SFUAP	Cantanhede	20-12-2004
Rec. Nac. 25m Sen	4:13.97	Sara Beatriz LOUREIRO	FCP	Leiria	05-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
<b>Absoluto</b>								
1.	Diana Margarida DURAES	96	Foca	<b>4:24.25</b>	+0,77	702	25	
	50m: 29.66 29.66	150m: 1:36.27 33.64	250m: 2:44.56 33.78	350m: 3:51.84 33.22				
	100m: 1:02.63 32.97	200m: 2:10.78 34.51	300m: 3:18.62 34.06	400m: 4:24.25 32.41				
2.	Vania Soares NEVES	90	Viana Natacao	<b>4:24.48</b>	+0,82	700	23	
	50m: 30.03 30.03	150m: 1:36.53 33.67	250m: 2:44.68 33.95	350m: 3:52.62 33.86				
	100m: 1:02.86 32.83	200m: 2:10.73 34.20	300m: 3:18.76 34.08	400m: 4:24.48 31.86				
3.	Florbela Cavaco MACHADO	96	SCC/Oryzon Energias	<b>4:28.22</b>	+0,90	671	22	
	50m: 30.28 30.28	150m: 1:37.51 33.92	250m: 2:45.80 34.20	350m: 3:54.74 34.44				
	100m: 1:03.59 33.31	200m: 2:11.60 34.09	300m: 3:20.30 34.50	400m: 4:28.22 33.48				
4.	Ana Raquel FERREIRA	98	Ginasio Figueirense	<b>4:42.50</b>	+1,00	575	21	
	50m: 31.77 31.77	150m: 1:42.61 35.74	250m: 2:54.61 35.85	350m: 4:07.29 36.35				
	100m: 1:06.87 35.10	200m: 2:18.76 36.15	300m: 3:30.94 36.33	400m: 4:42.50 35.21				
5.	Carolina Madeira SANTOS	96	Naval Amorense	<b>4:42.99</b>	+0,89	572	20	
	50m: 31.46 31.46	150m: 1:42.29 36.28	250m: 2:54.94 36.19	350m: 4:08.28 36.85				
	100m: 1:06.01 34.55	200m: 2:18.75 36.46	300m: 3:31.43 36.49	400m: 4:42.99 34.71				
6.	Marcia Filipa CARVALHO	96	Torres Novas	<b>4:44.97</b>	+0,85	560	19	
	50m: 32.42 32.42	150m: 1:44.08 36.25	250m: 2:56.66 36.17	350m: 4:09.29 36.17				
	100m: 1:07.83 35.41	200m: 2:20.49 36.41	300m: 3:33.12 36.46	400m: 4:44.97 35.68				
7.	Raquel Bartolo VITOR	93	Academica de Coimbra	<b>4:45.58</b>	+0,79	556	18	
	50m: 32.89 32.89	150m: 1:44.10 36.01	250m: 2:56.76 36.28	350m: 4:10.05 36.64				
	100m: 1:08.09 35.20	200m: 2:20.48 36.38	300m: 3:33.41 36.65	400m: 4:45.58 35.53				
8.	Clarisse Matos LOPES	98	Scalabisport	<b>4:47.18</b>	+0,98	547	17	
	50m: 33.14 33.14	150m: 1:45.11 36.21	250m: 2:57.40 36.31	350m: 4:10.92 36.83				
	100m: 1:08.90 35.76	200m: 2:21.09 35.98	300m: 3:34.09 36.69	400m: 4:47.18 36.26				
9.	Flavia Daniela GONCALVES	96	Desportiva de Viana	<b>4:48.31</b>	+0,96	540	16	
	50m: 32.14 32.14	150m: 1:44.83 36.67	250m: 2:58.67 36.79	350m: 4:12.68 36.77				
	100m: 1:08.16 36.02	200m: 2:21.88 37.05	300m: 3:35.91 37.24	400m: 4:48.31 35.63				
10.	Carolina Francisco GOMES	95	Naval da Nazare	<b>4:48.66</b>	+0,99	539	15	
	50m: 32.24 32.24	150m: 1:44.11 36.49	250m: 2:57.11 36.62	350m: 4:11.90 37.38				
	100m: 1:07.62 35.38	200m: 2:20.49 36.38	300m: 3:34.52 37.41	400m: 4:48.66 36.76				
11.	Bruna Elisabete PAULINO	97	Alcobaca	<b>4:49.26</b>	+0,85	535	14	
	50m: 32.12 32.12	150m: 1:44.77 36.57	250m: 2:59.40 37.59	350m: 4:13.63 36.98				
	100m: 1:08.20 36.08	200m: 2:21.81 37.04	300m: 3:36.65 37.25	400m: 4:49.26 35.63				
12.	Andreia Brito COSTA	95	Natacao de Faro	<b>4:50.56</b>	+0,96	528	13	
	50m: 31.71 31.71	150m: 1:44.56 37.04	250m: 2:58.94 37.06	350m: 4:14.11 37.38				
	100m: 1:07.52 35.81	200m: 2:21.88 37.32	300m: 3:36.73 37.79	400m: 4:50.56 36.45				

Campeonato Nacional Clubes 3ª Divisão  
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## Prova 22, Femin., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
13.	Sofia Cristina GRILO	97	Aminata	<b>4:51.71</b>	+0,88	522	12	
	50m: 33.32 33.32	150m: 1:47.61 37.71	250m: 3:02.00 37.31	350m: 4:16.53 37.11				
	100m: 1:09.90 36.58	200m: 2:24.69 37.08	300m: 3:39.42 37.42	400m: 4:51.71 35.18				
14.	Rita Costa AMADOR	99	Galitos	<b>4:51.78</b>	+0,91	521	11	
	50m: 32.90 32.90	150m: 1:45.86 37.21	250m: 3:00.93 37.41	350m: 4:15.63 37.12				
	100m: 1:08.65 35.75	200m: 2:23.52 37.66	300m: 3:38.51 37.58	400m: 4:51.78 36.15				
15.	Ana Mafalda OLIVEIRA	81	Natacao da Maia	<b>4:54.39</b>	+0,92	508	10	
	50m: 32.89 32.89	150m: 1:45.40 36.67	250m: 3:00.62 37.63	350m: 4:17.03 38.15				
	100m: 1:08.73 35.84	200m: 2:22.99 37.59	300m: 3:38.88 38.26	400m: 4:54.39 37.36				
16.	Ana Margarida TEIXEIRA	95	Beja	<b>4:55.76</b>	+0,71	501	9	
	50m: 32.55 32.55	150m: 1:44.60 36.57	250m: 3:00.20 37.98	350m: 4:17.87 38.89				
	100m: 1:08.03 35.48	200m: 2:22.22 37.62	300m: 3:38.98 38.78	400m: 4:55.76 37.89				
17.	Melanie Bronze SANTOS	95	Alhandra	<b>4:55.81</b>	+0,91	500	8	
	50m: 32.34 32.34	150m: 1:45.69 37.09	250m: 3:01.08 37.95	350m: 4:17.68 38.42				
	100m: 1:08.60 36.26	200m: 2:23.13 37.44	300m: 3:39.26 38.18	400m: 4:55.81 38.13				
18.	Ana Sofia RAMOS	97	Fafe	<b>4:57.24</b>	+0,88	493	7	
	50m: 33.06 33.06	150m: 1:47.04 37.64	250m: 3:03.13 38.21	350m: 4:20.16 38.62				
	100m: 1:09.40 36.34	200m: 2:24.92 37.88	300m: 3:41.54 38.41	400m: 4:57.24 37.08				
19.	Helena Manuel JOSE	90	Ginasio de Santo Tirso	<b>4:57.27</b>	+0,94	493	6	
	50m: 33.87 33.87	150m: 1:49.09 37.87	250m: 3:04.15 37.16	350m: 4:19.96 37.68				
	100m: 1:11.22 37.35	200m: 2:26.99 37.90	300m: 3:42.28 38.13	400m: 4:57.27 37.31				
20.	Maria Anastacio LUIS	96	Benedita	<b>4:58.64</b>	+1,11	486	5	
	50m: 33.57 33.57	150m: 1:48.42 37.80	250m: 3:04.23 37.78	350m: 4:20.85 38.58				
	100m: 1:10.62 37.05	200m: 2:26.45 38.03	300m: 3:42.27 38.04	400m: 4:58.64 37.79				
21.	Ines Ralheta DUARTE	97	Lisnave	<b>5:05.21</b>	+0,88	455	4	
	50m: 34.23 34.23	150m: 1:50.71 38.88	250m: 3:08.71 38.87	350m: 4:26.65 38.83				
	100m: 1:11.83 37.60	200m: 2:29.84 39.13	300m: 3:47.82 39.11	400m: 5:05.21 38.56				
22.	Salome Pinto MONTEIRO	98	Sporting de Espinho	<b>5:05.86</b>	+1,06	453	3	
	50m: 34.28 34.28	150m: 1:50.65 38.58	250m: 3:09.44 38.84	350m: 4:28.34 39.21				
	100m: 1:12.07 37.79	200m: 2:30.60 39.95	300m: 3:49.13 39.69	400m: 5:05.86 37.52				
23.	Mafalda Jesus PEREIRA	95	Natacao do Montijo	<b>5:08.51</b>	+0,92	441	2	
	50m: 33.83 33.83	150m: 1:49.55 38.57	250m: 3:08.12 39.43	350m: 4:29.30 40.57				
	100m: 1:10.98 37.15	200m: 2:28.69 39.14	300m: 3:48.73 40.61	400m: 5:08.51 39.21				
24.	Ines Pinho COELHO	99	Feirense	<b>5:34.22</b>	+0,90	347	1	
	50m: 35.32 35.32	150m: 1:59.14 42.62	250m: 3:26.53 43.71	350m: 4:53.29 43.79				
	100m: 1:16.52 41.20	200m: 2:42.82 43.68	300m: 4:09.50 42.97	400m: 5:34.22 40.93				

Campeonato Nacional Clubes 3ª Divisão  
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Prova 23  
11-12-2011 - 17:25

Masc., 200m Estilos

Absoluto  
Resultados

Rec. Nac. 25m Absoluto	1:54.58	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	10-12-2009
Rec. Nac. 25m Inf B	2:20.56	Tomas Miguel FREITAS	CDN	Funchal	28-06-2003
Rec. Nac. 25m Inf A	2:13.38	Tomas Miguel FREITAS	CDN	Funchal	17-07-2004
Rec. Nac. 25m Juv B	2:08.27	Diogo Filipe CARVALHO	CGA	Fafe	10-05-2003
Rec. Nac. 25m Juv A	2:05.34	Diogo Filipe CARVALHO	CGA	Aveiro	15-05-2004
Rec. Nac. 25m Jun	2:00.80	Diogo Filipe CARVALHO	CGA	Estoril	11-02-2005
Rec. Nac. 25m Sen	1:54.58	Diogo Filipe CARVALHO	FPN	Istambul (TUR)	10-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Diogo Gomes SOUSA	95	Colegio Vasco da Gama	<b>2:04.45</b>	+0,78	692		25
	50m: 26.80 26.80	100m: 58.08 31.28	150m: 1:35.61 37.53	200m: 2:04.45		28.84		
2.	Ricardo Amorim REGO	84	Natacao de Vila Real	<b>2:05.63</b>	+0,79	672		23
	50m: 27.69 27.69	100m: 59.43 31.74	150m: 1:35.36 35.93	200m: 2:05.63		30.27		
3.	Tiago Ferreira AZEVEDO	95	Naval Amorense	<b>2:10.38</b>	+0,74	601		22
	50m: 28.25 28.25	100m: 1:01.10 32.85	150m: 1:40.62 39.52	200m: 2:10.38		29.76		
4.	Ivo Andre LOPES	94	Scalabisport	<b>2:12.01</b>	+0,77	579		21
	50m: 28.68 28.68	100m: 1:02.39 33.71	150m: 1:41.81 39.42	200m: 2:12.01		30.20		
5.	Mauro Filipe VIEGAS	95	Natacao de Olhao	<b>2:14.18</b>	+0,74	552		20
	50m: 28.72 28.72	100m: 1:04.71 35.99	150m: 1:42.30 37.59	200m: 2:14.18		31.88		
6.	Diogo Fontes MOREIRA	93	Leixoes	<b>2:14.22</b>	+0,89	551		19
	50m: 28.09 28.09	100m: 1:01.34 33.25	150m: 1:42.11 40.77	200m: 2:14.22		32.11		
7.	Tiago Sobral COELHO	95	Ginasio de Santo Tirso	<b>2:15.96</b>	+0,81	530		18
	50m: 29.20 29.20	100m: 1:04.19 34.99	150m: 1:44.05 39.86	200m: 2:15.96		31.91		
8.	Rui Pedro HORTA	94	Lisnave	<b>2:16.27</b>	+0,82	527		17
	50m: 30.83 30.83	100m: 1:05.96 35.13	150m: 1:43.81 37.85	200m: 2:16.27		32.46		
9.	Pedro Miguel COSTA	92	Sporting de Espinho	<b>2:16.35</b>	+0,79	526		16
	50m: 28.91 28.91	100m: 1:03.19 34.28	150m: 1:44.25 41.06	200m: 2:16.35		32.10		
10.	Alcides Costa SOUSA	94	Feirense	<b>2:17.70</b>	+0,79	510		15
	50m: 28.07 28.07	100m: 1:04.10 36.03	150m: 1:43.48 39.38	200m: 2:17.70		34.22		
11.	Andre Machado VALE	95	Viana Natacao	<b>2:18.13</b>	+0,86	506		14
	50m: 29.90 29.90	100m: 1:06.54 36.64	150m: 1:45.78 39.24	200m: 2:18.13		32.35		
12.	Joao Pedro NEVES	96	Aminata	<b>2:18.58</b>	+0,81	501		13
	50m: 30.03 30.03	100m: 1:05.78 35.75	150m: 1:47.46 41.68	200m: 2:18.58		31.12		
13.	Rodrigo Marques COSTA	76	Litoral Alentejano	<b>2:19.92</b>	+0,93	486		12
	50m: 30.93 30.93	100m: 1:07.47 36.54	150m: 1:47.09 39.62	200m: 2:19.92		32.83		
14.	Uriel Jorge MATEUS	88	Nautica do Seixal	<b>2:20.09</b>	+0,92	485		11
	50m: 29.60 29.60	100m: 1:06.56 36.96	150m: 1:47.23 40.67	200m: 2:20.09		32.86		
15.	Afonso Mateus RIBEIRO	95	Belenenses	<b>2:20.21</b>	+0,71	483		10
	50m: 28.74 28.74	100m: 1:04.91 36.17	150m: 1:47.51 42.60	200m: 2:20.21		32.70		
16.	Thiago Duarte GONCALVES	89	Estrelas S. Joao de Brito	<b>2:20.40</b>	+0,87	481		9
	50m: 28.85 28.85	100m: 1:07.77 38.92	150m: 1:47.23 39.46	200m: 2:20.40		33.17		

Campeonato Nacional Clubes 3ª Divisão  
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## Prova 23, Masc., 200m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Leonardo Cardoso FIGUEIREDO	96	Natacao da Maia	<b>2:20.61</b>	+0,71	479		8
	50m: 29.09 29.09	100m: 1:05.38 36.29	150m: 1:47.78 42.40	200m: 2:20.61		32.83		
18.	Henrique Jose MARQUES	93	Benedita	<b>2:21.56</b>	+0,84	470		7
	50m: 30.63 30.63	100m: 1:07.23 36.60	150m: 1:47.76 40.53	200m: 2:21.56		33.80		
19.	Carlos Cunha COSTA	95	Fafe	<b>2:22.74</b>	+0,78	458		6
	50m: 30.37 30.37	100m: 1:08.66 38.29	150m: 1:50.36 41.70	200m: 2:22.74		32.38		
20.	Marc Francis MOREIRA	85	Ginasio de Vila Real	<b>2:24.65</b>	+0,91	440		5
	50m: 30.17 30.17	100m: 1:05.48 35.31	150m: 1:47.52 42.04	200m: 2:24.65		37.13		
21.	Tomas Antonio AZEVEDO	96	Kainagua	<b>2:27.33</b>	+0,76	417		4
	50m: 31.73 31.73	100m: 1:08.41 36.68	150m: 1:52.70 44.29	200m: 2:27.33		34.63		
22.	Joao Goncalves FIGUEIREDO	96	Ginasio Figueirense	<b>2:28.21</b>	+0,90	409		3
	50m: 32.85 32.85	100m: 1:09.97 37.12	150m: 1:53.00 43.03	200m: 2:28.21		35.21		
23.	Julio Joao SILVA	94	Bombeiros Ponta Delgada	<b>2:32.40</b>	+0,79	376		2
	50m: 30.56 30.56	100m: 1:10.14 39.58	150m: 1:55.87 45.73	200m: 2:32.40		36.53		
24.	Artur Rafael SARAMAGO	97	BUZIOS-Coruche	<b>2:44.77</b>	+0,89	298		1
	50m: 35.76 35.76	100m: 1:19.11 43.35	150m: 2:06.13 47.02	200m: 2:44.77		38.64		

Prova 24  
11-12-2011 - 17:35

## Femin., 4 x 100m Livres

Absoluto  
Resultados

Rec. Nac. 25m Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
Rec. Nac. 25m Inf B	4:20.86	tempo limite			
Rec. Nac. 25m Inf A	4:15.30	Grupo Desp. Natacao V. N. Famalicão	GD VNF	Viseu	13-03-2011
Rec. Nac. 25m Juv	4:08.36	Sporting Clube de Portugal	SCP	Guimarães	10-03-2002
Rec. Nac. 25m Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009
Rec. Nac. 25m Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010

Pontos: FINA 2011

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
1.	SCC/Oryzon Energias	<b>4:03.07</b>	+0,91	628		25
	<i>Recorde Nacional primeiro percurso (100m)</i>					
	Mariana Cunha GUERRA	+0,91 28.60 59.33	Florbela Cavaco MACHADO	+0,64 29.57	1:01.18	
	Maria Malaguerra COSTA	+0,67 28.45 59.13	Vanessa Branco MACHADO	+0,62 30.28	1:03.43	
2.	Viana Natacao	<b>4:04.63</b>	+0,84	616		23
	Marisa Alexandra LAGE	+0,84 28.97 1:00.21	Ana Filipa TEIXEIRA	+0,44 28.45	1:01.13	
	Luana Raquel ALVES	+0,60 30.28 1:03.08	Vania Soares NEVES	+0,33 28.69	1:00.21	
3.	Naval Amorense	<b>4:06.98</b>	+0,68	599		22
	Patricia Miguel MENDES	+0,68 29.14 1:01.14	Tania Filipa HENRIQUES	+0,45 28.84	1:01.19	
	Carolina Madeira SANTOS	+0,41 29.87 1:02.80	Sofia Prates SILVESTRE	+0,42 29.22	1:01.85	
4.	Foca	<b>4:07.79</b>	+0,78	593		21
	Diana Margarida DURAES	+0,78 28.76 1:00.19	Ana Isabel CUNHA	+0,60 30.61	1:03.97	
	Sofia Cunha SOUSA	+0,62 30.38 1:03.18	Ana Filipa MARTINS	+0,41 28.59	1:00.45	
5.	Lisnave	<b>4:14.08</b>	+0,83	550		20
	Carolina Saraiva PIRES	+0,83 29.87 1:01.83	Sara Sa ESPADILHA	+0,54 31.53	1:05.96	
	Cristiana Silva ULPiano	+0,44 29.69 1:03.01	Filipa Silva CRUZ	+0,31 30.11	1:03.28	

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## Prova 24, Femin., 4 x 100m Livres, Absoluto

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts	Pts
6.	Beja		Beja		<b>4:14.97</b>	+0,85	544		19	
	Joana Isabel LAMPREIA	+0,85	29.94	1:01.93	Ana Margarida TEIXEIRA	+0,47	31.59	1:05.78		
	Sofia Isabel TEIXEIRA	+0,37	29.96	1:03.06	Ana Paula GRILO	+0,52	30.84	1:04.20		
7.	Natacao de Faro		Natacao de Faro		<b>4:16.01</b>	+0,98	538		18	
	Andreia Brito COSTA	+0,98	29.74	1:02.57	Ines Silva MARTINS	+0,44	30.27	1:04.59		
	Paula Cristina MELO	+0,34	29.45	1:02.26	Rita Figueiredo ALMEIDA	+0,50	31.36	1:06.59		
8.	Galitos		Galitos		<b>4:16.07</b>	+1,00	537		17	
	Maria Teresa MARTINS	+1,00	30.22	1:03.68	Lais Domingues VELHA	+0,54	30.87	1:04.52		
	Leonor Figo ROCHA	+0,40	32.64	1:06.59	Ana Margarida RODRIGUES	+0,56	29.38	1:01.28		
9.	Desportiva de Viana		Desportiva de Viana		<b>4:17.03</b>	+0,74	531		16	
	Filipa Mendes PINHEIRO	+0,74	29.94	1:03.07	Juliana Lima FREIXO	+0,63	31.18	1:05.04		
	Maria Lima RODRIGUES	+0,41	30.52	1:04.83	Flavia Daniela GONCALVES	+0,53	30.27	1:04.09		
10.	Academica de Coimbra		Academica de Coimbra		<b>4:17.54</b>	+0,90	528		15	
	Bruna Miguel PEREIRA	+0,90	31.10	1:05.09	Susana Patricia MIGUEL	+0,38	29.79	1:02.59		
	Ana Rita ARTUR	+0,47	30.36	1:04.23	Ana Filipa LEITE	+0,56	30.69	1:05.63		
11.	Scalabisport		Scalabisport		<b>4:18.53</b>	+0,73	522		14	
	Marta Filipa VINAGRE	+0,73	29.62	1:02.38	Julia Matos LOPES	+0,41	29.82	1:01.62		
	Sara Margarida BENTO	+0,72	32.09	1:07.94	Catarina Ramos MOURA	+0,77	31.44	1:06.59		
12.	Sporting de Espinho		Sporting de Espinho		<b>4:20.63</b>	+0,80	509		13	
	Teresa Manuela AIRES	+0,80	29.82	1:02.80	Ines Manuela FREITAS	+0,54	30.74	1:05.71		
	Carla Sofia CRUZ	+0,70	31.40	1:06.14	Maria Joao OLIVEIRA	+0,41	30.80	1:05.98		
13.	Ginasio de Santo Tirso		Ginasio de Santo Tirso		<b>4:21.01</b>	+0,83	507		12	
	Rute Sofia TEIXEIRA	+0,83	30.88	1:04.85	Maria Joao JOSE	+0,62	30.60	1:04.47		
	Ana Paula ARAUJO	+0,69	32.30	1:06.88	Helena Manuel JOSE	+0,57	30.81	1:04.81		
14.	Natacao da Maia		Natacao da Maia		<b>4:22.19</b>	+0,71	500		11	
	Carolina Santos SILVA	+0,71	30.08	1:03.06	Maria Beatriz RIBEIRO	+0,31	32.07	1:07.69		
	Maria Miguel OLIVEIRA	+0,70	31.38	1:05.19	Ana Mafalda OLIVEIRA	+0,22	31.83	1:06.25		
15.	Ginasio Figueirense		Ginasio Figueirense		<b>4:22.22</b>	+0,88	500		10	
	Margarida Peixoto PELAIO	+0,88	31.50	1:04.81	Ana Estevinha SILVA	+0,49	32.07	1:06.54		
	Mariana Costa SEBASTIAO	+0,50	32.55	1:08.75	Ana Raquel FERREIRA	+0,56	30.11	1:02.12		
16.	Aminata		Aminata		<b>4:22.54</b>	+0,77	498		9	
	Claudia Almeida COSTA	+0,77	30.67	1:04.36	Joana Aparicio TEJO	+0,52	31.86	1:06.78		
	Laura Miranda ROSADO	+0,61	31.11	1:05.55	Sofia Cristina GRILO	+0,39	31.83	1:05.85		
17.	Benedita		Benedita		<b>4:24.29</b>	+0,88	489		8	
	Isa Morais PENAS	+0,88	31.32	1:06.26	Patricia Sousa PAULO	+0,54	32.66	1:08.67		
	Filipa Vicente CUSTOIAS	+0,32	29.67	1:01.84	Maria Anastacio LUIS	+0,01	32.01	1:07.52		
18.	Alhandra		Alhandra		<b>4:27.70</b>	+0,82	470		7	
	Vanessa Carolina VALENTE	+0,82	30.68	1:03.68	Melanie Bronze SANTOS	+0,44	31.94	1:07.52		
	Carolina Louro PINHEIRO	+0,55	33.25	1:11.47	Helena Rafaela TOME	+0,46	30.92	1:05.03		
19.	Torres Novas		Torres Novas		<b>4:29.15</b>	+0,84	463		6	
	Mariana Anastacio CRUZ	+0,84	32.48	1:08.68	Carolina Leal SERRA	+0,70	33.65	1:09.91		
	Soraya Dea MATIAS	+0,27	31.66	1:07.22	Marcia Filipa CARVALHO	+0,51	30.46	1:03.34		
20.	Fafe		Fafe		<b>4:31.38</b>	+1,01	451		5	
	Ana Beatriz MEIRELES	+1,01	32.71	1:09.02	Ana Sofia RAMOS	+0,74	32.70	1:08.05		
	Ines Evangelista BASTOS	+0,55	31.55	1:07.24	Isabel Rovisco MONTEIRO	+0,36	31.16	1:07.07		



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## Prova 24, Femin., 4 x 100m Livres, Absoluto

Lugar		Clube		Tempo Final	TReac	Pts FINA	Pts	Pts
21.	Feirense	Feirense		<b>4:33.17</b>	+0,90	442		4
	Ana Catarina OLIVEIRA	+0,90	33.80	1:11.73	Maria Ines COELHO	+0,48	33.49	1:10.43
	Patricia Fonseca SILVA	+0,42	32.12	1:08.75	Mariana Sousa MARTINS	+0,31	29.72	1:02.26
22.	Natacao do Montijo	Natacao do Montijo		<b>4:35.45</b>	+0,96	431		3
	Barbara Rodrigues PEREIRA	+0,96	32.66	1:09.08	Sofia Dias ALVES	+0,50	33.74	1:10.66
	Mafalda Jesus PEREIRA	+0,75	30.77	1:04.52	Ana Raquel BATISTA	+0,65	34.34	1:11.19
23.	Naval da Nazare	Naval da Nazare		<b>4:41.67</b>	+0,92	403		2
	Ines Serra DUARTE	+0,92	31.62	1:06.51	Ines Ricardo AMARAL	+0,72	35.87	1:15.15
	Barbara Amaro CEREJO	+0,55	34.54	1:13.65	Carolina Francisco GOMES	+0,65	31.61	1:06.36
24.	Alcobaca	Alcobaca		<b>4:53.29</b>	+0,83	357		1
	Cristiana Vanessa MALHO	+0,83	34.28	1:12.22	Ines Rocha SILVA		35.95	1:13.09
	Matilde Correia VIEIRA	+0,82	34.08	1:10.52	Filipa Andreia SILVA	+0,69	37.01	1:17.46

 Prova 25  
 11-12-2011 - 17:50

## Masc., 4 x 100m Estilos

Absoluto  
Resultados

Rec. Nac. 25m Absoluto	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
Rec. Nac. 25m Inf B	4:40.64	Clube de Natacao de Alcobaca	CNAL	Leiria	03-06-2006
Rec. Nac. 25m Inf A	4:20.39	Grupo Desportivo Natacao V. N. Fagundes	GDNF	Mealhada	05-04-2003
Rec. Nac. 25m Juv B	4:11.92	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Penafiel	21-03-1999
Rec. Nac. 25m Juv A	4:03.10	Clube Natacao Colegio Vasco da Gama	CVC	Braga	23-03-2003
Rec. Nac. 25m Jun	3:51.87	Soc. Filarm. Uniao Artistica Piedense	SFUAP	Mealhada	24-03-2000
Rec. Nac. 25m Sen	3:35.10	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009

Pontos: FINA 2011

Lugar		Clube		Tempo Final	TReac	Pts FINA	Pts	Pts
1.	Naval Amorense	Naval Amorense		<b>3:58.24</b>	+0,66	584		25
	Fabio Andre DIAS	+0,66	28.89	59.05	Miguel Angelo ALVES	+0,46	27.41	59.42
	Guilherme Pereira GIL	+0,56	32.00	1:08.10	David Miguel LEIRIA	+0,49	23.66	51.67
2.	Colegio Vasco da Gama	Colegio Vasco da Gama		<b>3:58.25</b>	+0,63	584		23
	Jose Joao BICA	+0,63	28.42	58.47	Ricardo Verissimo SOUSA	+0,46	26.95	58.29
	Pedro Afonso CENTENO	+0,40	31.26	1:07.45	Pedro Miguel SA	+0,39	25.99	54.04
3.	Belenenses	Belenenses		<b>3:58.68</b>	+0,67	580		22
	Antonio Sampaio REBOLO	+0,67	29.24	1:00.95	Afonso Mateus RIBEIRO	+0,33	27.90	1:00.77
	Joni Antunes VINAGRE	+0,45	29.68	1:05.81	Miguel Cordeiro SARAIVA	+0,41	23.91	51.15
4.	Leixoes	Leixoes		<b>3:58.89</b>	+0,69	579		21
	Dario Almeida SANTOS	+0,69	29.44	1:00.77	Diogo Fontes MOREIRA	+0,43	27.49	59.30
	Andre Goncalo SANTOS	+0,23	30.09	1:05.58	Vasco Vieira LOPES	+0,35	25.54	53.24
5.	Natacao de Olhao	Natacao de Olhao		<b>4:02.07</b>	+0,69	556		20
	Filipe Maria FERREIRA	+0,69	29.10	1:01.69	Joao Duarte SANTOS	+0,71	27.01	58.20
	Mauro Filipe VIEGAS	+0,25	31.29	1:07.57	Rui Miguel LOPES	+0,16	25.78	54.61
6.	Feirense	Feirense		<b>4:05.06</b>	+0,70	536		19
	Job Santos SILVA	+0,70	30.64	1:02.49	Alcides Costa SOUSA	+0,28	27.76	1:00.93
	Goncalo Pereira SA	+0,16	31.04	1:07.62	Emanuel Augusto PINHO	+0,31	25.51	54.02
7.	Lisnave	Lisnave		<b>4:07.24</b>	+0,66	522		18
	Andre Pascoal SARGENTO	+0,66	30.32	1:02.60	Filipe Oliveira RAPOSO	+0,53	27.91	1:00.19
	Rui Pedro HORTA	+0,41	32.73	1:09.85	Diogo Moreira SILVEIRA	+0,45	26.12	54.60

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## Prova 25, Masc., 4 x 100m Estilos, Absoluto

Lugar			Clube		Tempo Final	TReac	Pts FINA		Pts	Pts
8.	Natacao de Vila Real		Natacao de Vila Real		<b>4:07.58</b>	+0,77	520			17
	Ricardo Amorim REGO	+0,77	28.63	58.84	Jose Carlos PINTO	+0,49	29.54	1:04.35		
	Ivan Monteiro SIMOES	+0,31	31.24	1:08.77	Christophe Pereira FERNANDES	+0,17	25.56	55.62		
9.	Ginasio de Vila Real		Ginasio de Vila Real		<b>4:08.24</b>	+0,77	516			16
	Carlos Manuel FIGUEIREDO	+0,77	31.66	1:06.89	Alexander Ramos ESTEVES	+0,25	28.50	1:04.47		
	Bruno Daniel MONTEIRO	+0,14	28.93	1:03.56	Carlos Fernandes QUEIROS	+0,38	25.42	53.32		
10.	Estrelas S. Joao de Brito		Estrelas S. Joao de Brito		<b>4:09.56</b>	+0,68	508			15
	Alexandre Miguel MENDES	+0,68	30.76	1:04.31	Frederico Manuel MOEDA	+0,40	27.81	59.85		
	Thiago Duarte GONCALVES	+0,52	31.36	1:08.03	Joao Ricardo SANTOS	+0,13	26.34	57.37		
11.	Bombeiros Ponta Delgada		Bombeiros Ponta Delgada		<b>4:11.39</b>	+0,68	497			14
	Tiago Ramos GOMES	+0,68	30.62	1:03.32	Antonio Fraga FRAGOSO	+0,16	26.52	58.02		
	Miguel Rego BORGES	+0,63	33.22	1:11.51	Julio Joao SILVA	+0,35	27.53	58.54		
12.	Natacao da Maia		Natacao da Maia		<b>4:12.65</b>	+1,02	489			13
	Rui Goncalves OLIVEIRA	+1,02	30.51	1:03.30	Paulo Andre SILVA	+0,65	29.27	1:03.95		
	Leonardo Cardoso FIGUEIREDO	+0,11	32.16	1:09.78	Andre Ferreira FERNANDES	+0,19	25.78	55.62		
	Sporting de Espinho		Sporting de Espinho		<b>4:12.65</b>	+0,81	489			13
	Rui Miguel AIRES	+0,81	29.72	1:02.64	Pedro Miguel COSTA	+0,40	27.83	1:02.21		
	Tiago Andre MARQUES	+0,26	31.60	1:10.56	Joao Paulo BAPTISTA	+0,08	26.97	57.24		
14.	Fafe		Fafe		<b>4:12.68</b>	+0,67	489			11
	Paulo Gabriel MAGALHAES	+0,67	30.57	1:02.96	Carlos Cunha COSTA	+0,39	29.23	1:03.97		
	Rui Manuel RIBEIRO	+0,31	29.61	1:04.43	Paulo Filipe MIRANDA	+0,60	29.12	1:01.32		
15.	Viana Natacao		Viana Natacao		<b>4:12.87</b>	+0,85	488			10
	Antonio Miguel VITORINO	+0,85	30.80	1:03.39	Tiago Joao MEIRA	+0,44	27.77	1:00.68		
	Andre Machado VALE	+0,46	33.38	1:11.57	Ricardo Miguel ALVES	+0,40	27.24	57.23		
16.	Scalabisport		Scalabisport		<b>4:17.63</b>	+1,09	461			9
	Ivo Andre LOPES	+1,09	30.49	1:01.84	Ricardo Daniel LUCAS	+0,59	29.89	1:04.36		
	Diogo Serrao SANTOS	+0,57	34.27	1:13.12	Fabricio Jose TOMAZ	+0,18	28.19	58.31		
17.	Ginasio de Santo Tirso		Ginasio de Santo Tirso		<b>4:17.65</b>	+0,69	461			8
	Joao Pedro BARROSO	+0,69	32.11	1:06.62	Pedro Manuel SILVA	+0,53	30.48	1:06.88		
	Tiago Sobral COELHO	+0,35	31.83	1:08.25	Miguel Filipe PINTO	+0,32	26.83	55.90		
18.	Litoral Alentejano		Litoral Alentejano		<b>4:17.70</b>	+0,63	461			7
	Jorge Miguel TELO	+0,63	32.25	1:07.47	Gil Vasco GONCALVES		30.19	1:05.68		
	Rodrigo Marques COSTA	+0,51	32.94	1:10.01	Rogério Pina TAVARES	+0,36	25.89	54.54		
19.	Aminata		Aminata		<b>4:19.11</b>	+0,61	454			6
	Miguel Maria ROSADO	+0,61	29.96	1:01.87	Pedro Cunha CAETANO	+0,35	27.23	59.49		
	Joao Pedro NEVES	+0,55	35.48	1:18.22	Jose Manuel CABECA	+0,46	27.80	59.53		
20.	Kainagua		Kainagua		<b>4:20.04</b>	+0,60	449			5
	Nuno Monteiro PITEIRA	+0,60	32.60	1:07.28	Joaquim Paixao BARROSO	+0,42	29.02	1:04.11		
	Manuel Almeida ELISEU	+0,45	33.77	1:13.59	Joao Monteiro PITEIRA	+0,29	26.27	55.06		
21.	Nautica do Seixal		Nautica do Seixal		<b>4:20.06</b>	+0,66	449			4
	Diogo Andre CATITA	+0,66	30.54	1:04.00	Ricardo Filipe CARRILHO	+0,15	27.94	1:01.88		
	Pedro Valadas MACHADO	+0,35	35.62	1:17.40	Micael Filipe SILVA	+0,76	26.62	56.78		
22.	Ginasio Figueirense		Ginasio Figueirense		<b>4:22.33</b>	+0,70	437			3
	Joao Manuel BORGES	+0,70	30.92	1:03.85	Joao Antonio OLIVEIRA	+0,34	30.77	1:07.80		
	Joao Goncalves FIGUEIREDO	+0,59	35.00	1:15.86	Daciano Egidio SOUSA	+0,63	26.16	54.82		

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## Prova 25, Masc., 4 x 100m Estilos, Absoluto

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
23.	Benedita	<b>4:23.26</b>	+0,83	432		2
	Luis Antonio TARQUINIO	+0,83 31.33 1:03.47				
	Andre Fialho MARQUES	+0,70 34.20 1:16.38				
	Henrique Jose MARQUES		+0,51 30.97		1:05.50	
	Leonardo Peralta REIS		+0,42 27.82		57.91	
24.	BUZIOS-Coruche	<b>4:26.35</b>	+0,70	418		1
	Diogo Miguel Balsa	+0,70 31.15 1:03.25				
	Artur Rafael SARAMAGO	+0,79 37.51 1:21.59				
	Joao Carlos PEREIRA		+0,63 29.08		1:03.65	
	Mario Pinto AMORIM		+0,48 27.09		57.86	

 Prova 26 Masc., 800m Livres Absoluto  
 11-12-2011 - 18:15 Resultados

Rec. Nac. 25m Absoluto	7:59.51	Paulo Fragueiro FRANCO	CDN	Leiria	06-12-2009
Rec. Nac. 25m Inf B	9:07.76	Pedro Fontoura OLIVEIRA	CFB	Santarem	06-04-2003
Rec. Nac. 25m Inf A	8:42.19	Pedro Fontoura OLIVEIRA	CFB	Reboleira	27-06-2004
Rec. Nac. 25m Juv B	8:27.18	Rui Filipe COSTA	VSC	Senhora da Hora	13-05-2006
Rec. Nac. 25m Juv A	8:09.43	Rui Filipe COSTA	VSC	Senhora da Hora	13-05-2007
Rec. Nac. 25m Jun	8:00.80	Gustavo Manuel SANTA	CNLA	Leiria	06-12-2009
Rec. Nac. 25m Sen	7:59.51	Paulo Fragueiro FRANCO	CDN	Leiria	06-12-2009

Pontos: FINA 2011

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
Absoluto								
1.	Tiago Silva OLIVEIRA	94	Leixoes	<b>8:29.50</b>	+0,93	659		25
	50m: 29.32 29.32	250m: 2:35.71 32.35	450m: 4:45.02 32.48	650m: 6:54.59 32.64				
	100m: 59.67 30.35	300m: 3:08.01 32.30	500m: 5:17.51 32.49	700m: 7:27.40 32.81				
	150m: 1:31.25 31.58	350m: 3:40.30 32.29	550m: 5:49.13 31.62	750m: 7:59.82 32.42				
	200m: 2:03.36 32.11	400m: 4:12.54 32.24	600m: 6:21.95 32.82	800m: 8:29.50 29.68				
2.	Rui Miguel LOPES	94	Natacao de Olhao	<b>8:29.96</b>	+0,79	657		23
	50m: 28.65 28.65	250m: 2:34.99 32.22	450m: 4:44.50 32.38	650m: 6:54.36 32.64				
	100m: 59.27 30.62	300m: 3:07.22 32.23	500m: 5:17.30 32.80	700m: 7:27.15 32.79				
	150m: 1:30.67 31.40	350m: 3:39.74 32.52	550m: 5:49.45 32.15	750m: 7:59.57 32.42				
	200m: 2:02.77 32.10	400m: 4:12.12 32.38	600m: 6:21.72 32.27	800m: 8:29.96 30.39				
3.	Joao Carlos SANTOS	96	Naval Amorense	<b>8:32.46</b>	+0,70	647		22
	50m: 29.44 29.44	250m: 2:38.78 32.78	450m: 4:50.09 33.06	650m: 6:58.91 32.36				
	100m: 1:01.31 31.87	300m: 3:11.43 32.65	500m: 5:22.33 32.24	700m: 7:30.64 31.73				
	150m: 1:33.53 32.22	350m: 3:44.39 32.96	550m: 5:54.14 31.81	750m: 8:01.62 30.98				
	200m: 2:06.00 32.47	400m: 4:17.03 32.64	600m: 6:26.55 32.41	800m: 8:32.46 30.84				
4.	Miguel Prata SANTOS	96	Viana Natacao	<b>8:38.48</b>	+0,85	625		21
	50m: 28.50 28.50	250m: 2:36.94 32.23	450m: 4:48.80 31.95	650m: 7:01.50 32.60				
	100m: 1:00.07 31.57	300m: 3:09.98 33.04	500m: 5:21.38 32.58	700m: 7:34.07 32.57				
	150m: 1:32.18 32.11	350m: 3:43.44 33.46	550m: 5:54.65 33.27	750m: 8:06.70 32.63				
	200m: 2:04.71 32.53	400m: 4:16.85 33.41	600m: 6:28.90 34.25	800m: 8:38.48 31.78				
5.	Goncalo Cardoso CARMO	96	Colegio Vasco da Gama	<b>8:42.83</b>	+0,73	610		20
	50m: 28.46 28.46	250m: 2:35.88 32.31	450m: 4:48.08 33.20	650m: 7:02.34 33.56				
	100m: 59.50 31.04	300m: 3:08.72 32.84	500m: 5:21.37 33.29	700m: 7:36.26 33.92				
	150m: 1:31.43 31.93	350m: 3:41.89 33.17	550m: 5:54.77 33.40	750m: 8:09.94 33.68				
	200m: 2:03.57 32.14	400m: 4:14.88 32.99	600m: 6:28.78 34.01	800m: 8:42.83 32.89				
6.	Miguel Filipe PINTO	96	Ginasio de Santo Tirso	<b>8:58.92</b>	+0,96	557		19
	50m: 29.22 29.22	250m: 2:43.75 34.27	450m: 5:00.60 34.30	650m: 7:18.83 34.18				
	100m: 1:01.62 32.40	300m: 3:17.43 33.68	500m: 5:35.35 34.75	700m: 7:53.49 34.66				
	150m: 1:35.27 33.65	350m: 3:51.95 34.52	550m: 6:09.68 34.33	750m: 8:27.54 34.05				
	200m: 2:09.48 34.21	400m: 4:26.30 34.35	600m: 6:44.65 34.97	800m: 8:58.92 31.38				

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## Prova 26, Masc., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
7.	Tiago Manuel TEIXEIRA	96	Fafe	<b>9:00.76</b>	<b>+0,74</b>	<b>551</b>		<b>18</b>
	50m: 28.62 28.62	250m: 2:38.64	32.68	450m: 4:55.10	35.11	650m: 7:18.52	36.34	
	100m: 1:00.98 32.36	300m: 3:11.60	32.96	500m: 5:30.46	35.36	700m: 7:53.38	34.86	
	150m: 1:33.42 32.44	350m: 3:45.37	33.77	550m: 6:06.10	35.64	750m: 8:28.31	34.93	
	200m: 2:05.96 32.54	400m: 4:19.99	34.62	600m: 6:42.18	36.08	800m: 9:00.76	32.45	
8.	Miguel Duarte MOREIRA	96	Belenenses	<b>9:02.60</b>	<b>+0,81</b>	<b>545</b>		<b>17</b>
	50m: 27.69 27.69	250m: 2:42.11	34.03	450m: 4:59.76	34.70	650m: 7:19.81	35.26	
	100m: 1:00.31 32.62	300m: 3:16.29	34.18	500m: 5:34.69	34.93	700m: 7:54.51	34.70	
	150m: 1:34.34 34.03	350m: 3:50.49	34.20	550m: 6:09.66	34.97	750m: 8:28.88	34.37	
	200m: 2:08.08 33.74	400m: 4:25.06	34.57	600m: 6:44.55	34.89	800m: 9:02.60	33.72	
9.	Leonardo Peralta REIS	96	Benedita	<b>9:05.34</b>	<b>+0,95</b>	<b>537</b>		<b>16</b>
	50m: 29.79 29.79	250m: 2:45.97	34.69	450m: 5:04.50	35.13	650m: 7:23.41	34.57	
	100m: 1:02.57 32.78	300m: 3:20.32	34.35	500m: 5:39.44	34.94	700m: 7:58.90	35.49	
	150m: 1:36.85 34.28	350m: 3:54.90	34.58	550m: 6:13.97	34.53	750m: 8:34.07	35.17	
	200m: 2:11.28 34.43	400m: 4:29.37	34.47	600m: 6:48.84	34.87	800m: 9:05.34	31.27	
10.	Tomas Antonio AZEVEDO	96	Kainagua	<b>9:11.12</b>	<b>+0,82</b>	<b>520</b>		<b>15</b>
	50m: 30.57 30.57	250m: 2:46.40	34.15	450m: 5:05.15	34.77	650m: 7:26.29	35.43	
	100m: 1:04.55 33.98	300m: 3:20.67	34.27	500m: 5:40.36	35.21	700m: 8:01.84	35.55	
	150m: 1:38.10 33.55	350m: 3:55.41	34.74	550m: 6:15.49	35.13	750m: 8:36.91	35.07	
	200m: 2:12.25 34.15	400m: 4:30.38	34.97	600m: 6:50.86	35.37	800m: 9:11.12	34.21	
11.	Joao Manuel BORGES	94	Ginasio Figueirense	<b>9:12.75</b>	<b>+0,95</b>	<b>516</b>		<b>14</b>
	50m: 29.96 29.96	250m: 2:47.04	35.01	450m: 5:07.63	35.26	650m: 7:28.70	35.24	
	100m: 1:03.33 33.37	300m: 3:22.03	34.99	500m: 5:43.07	35.44	700m: 8:04.22	35.52	
	150m: 1:37.70 34.37	350m: 3:57.26	35.23	550m: 6:18.27	35.20	750m: 8:39.06	34.84	
	200m: 2:12.03 34.33	400m: 4:32.37	35.11	600m: 6:53.46	35.19	800m: 9:12.75	33.69	
12.	Luis Carlos OLIVEIRA	97	Natacao da Maia	<b>9:13.87</b>	<b>+0,82</b>	<b>513</b>		<b>13</b>
	50m: 30.16 30.16	250m: 2:46.92	34.91	450m: 5:07.59	35.41	650m: 7:28.54	35.46	
	100m: 1:03.53 33.37	300m: 3:21.79	34.87	500m: 5:42.77	35.18	700m: 8:04.03	35.49	
	150m: 1:37.42 33.89	350m: 3:57.14	35.35	550m: 6:17.42	34.65	750m: 8:39.38	35.35	
	200m: 2:12.01 34.59	400m: 4:32.18	35.04	600m: 6:53.08	35.66	800m: 9:13.87	34.49	
13.	Filipe Ricardo AZEVEDO	93	Aminata	<b>9:14.94</b>	<b>+0,79</b>	<b>510</b>		<b>12</b>
	50m: 28.89 28.89	250m: 2:44.93	34.44	450m: 5:05.35	35.33	650m: 7:28.69	36.13	
	100m: 1:01.90 33.01	300m: 3:19.66	34.73	500m: 5:40.94	35.59	700m: 8:04.31	35.62	
	150m: 1:35.94 34.04	350m: 3:54.97	35.31	550m: 6:16.60	35.66	750m: 8:40.17	35.86	
	200m: 2:10.49 34.55	400m: 4:30.02	35.05	600m: 6:52.56	35.96	800m: 9:14.94	34.77	
14.	Daniel Filipe LOPES	96	Natacao de Vila Real	<b>9:22.04</b>	<b>+0,66</b>	<b>491</b>		<b>11</b>
	50m: 29.64 29.64	250m: 2:47.59	35.19	450m: 5:09.44	35.35	650m: 7:34.85	36.61	
	100m: 1:02.68 33.04	300m: 3:22.58	34.99	500m: 5:45.42	35.98	700m: 8:11.22	36.37	
	150m: 1:37.17 34.49	350m: 3:58.17	35.59	550m: 6:21.43	36.01	750m: 8:47.52	36.30	
	200m: 2:12.40 35.23	400m: 4:34.09	35.92	600m: 6:58.24	36.81	800m: 9:22.04	34.52	
15.	Jorge Miguel TELO	95	Litoral Alentejano	<b>9:23.34</b>	<b>+0,74</b>	<b>487</b>		<b>10</b>
	50m: 31.32 31.32	250m: 2:51.21	35.49	450m: 5:13.32	35.38	650m: 7:36.76	36.13	
	100m: 1:05.54 34.22	300m: 3:27.16	35.95	500m: 5:48.34	35.02	700m: 8:13.33	36.57	
	150m: 1:40.39 34.85	350m: 4:02.27	35.11	550m: 6:24.51	36.17	750m: 8:49.50	36.17	
	200m: 2:15.72 35.33	400m: 4:37.94	35.67	600m: 7:00.63	36.12	800m: 9:23.34	33.84	
16.	Joao Luis BAETA	94	Scalabisport	<b>9:24.53</b>	<b>+0,73</b>	<b>484</b>		<b>9</b>
	50m: 30.54 30.54	250m: 2:48.04	34.91	450m: 5:10.64	36.31	650m: 7:37.12	37.20	
	100m: 1:03.94 33.40	300m: 3:23.26	35.22	500m: 5:46.94	36.30	700m: 8:13.23	36.11	
	150m: 1:38.45 34.51	350m: 3:58.45	35.19	550m: 6:23.56	36.62	750m: 8:49.61	36.38	
	200m: 2:13.13 34.68	400m: 4:34.33	35.88	600m: 6:59.92	36.36	800m: 9:24.53	34.92	

Campeonato Nacional Clubes 3ª Divisão  
 Cantanhede, 10- - 11-12-2011

## Prova 26, Masc., 800m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	Pts
17.	Joao Miguel MANSOS	94	Lisnave	<b>9:31.22</b>	<b>+0,80</b>	<b>467</b>		<b>8</b>
	50m: 31.20 31.20	250m: 2:52.79 35.61	450m: 5:17.09 36.04	650m: 7:43.53 36.59				
	100m: 1:05.68 34.48	300m: 3:28.96 36.17	500m: 5:53.64 36.55	700m: 8:20.03 36.50				
	150m: 1:41.30 35.62	350m: 4:04.95 35.99	550m: 6:30.23 36.59	750m: 8:56.16 36.13				
	200m: 2:17.18 35.88	400m: 4:41.05 36.10	600m: 7:06.94 36.71	800m: 9:31.22 35.06				
18.	Alexandre Miguel MENDES	86	Estrelas S. Joao de Brito	<b>9:36.87</b>	<b>+0,94</b>	<b>454</b>		<b>7</b>
	50m: 31.52 31.52	250m: 2:54.31 36.77	450m: 5:20.04 36.03	650m: 7:47.24 36.65				
	100m: 1:05.56 34.04	300m: 3:31.31 37.00	500m: 5:56.63 36.59	700m: 8:24.26 37.02				
	150m: 1:41.11 35.55	350m: 4:07.82 36.51	550m: 6:33.60 36.97	750m: 9:01.03 36.77				
	200m: 2:17.54 36.43	400m: 4:44.01 36.19	600m: 7:10.59 36.99	800m: 9:36.87 35.84				
19.	Tiago Ramos GOMES	94	Bombeiros Ponta Delgada	<b>9:39.23</b>	<b>+0,75</b>	<b>448</b>		<b>6</b>
	50m: 31.08 31.08	250m: 2:53.97 36.24	450m: 5:20.32 36.38	650m: 7:48.70 37.29				
	100m: 1:05.58 34.50	300m: 3:30.57 36.60	500m: 5:56.89 36.57	700m: 8:26.43 37.73				
	150m: 1:41.49 35.91	350m: 4:07.16 36.59	550m: 6:33.97 37.08	750m: 9:03.58 37.15				
	200m: 2:17.73 36.24	400m: 4:43.94 36.78	600m: 7:11.41 37.44	800m: 9:39.23 35.65				
20.	Pedro Miguel REIS	96	Sporting de Espinho	<b>9:45.40</b>	<b>+0,85</b>	<b>434</b>		<b>5</b>
	50m: 30.55 30.55	250m: 2:56.26 37.12	450m: 5:25.92 37.10	650m: 7:55.09 37.46				
	100m: 1:05.64 35.09	300m: 3:33.64 37.38	500m: 6:03.55 37.63	700m: 8:32.51 37.42				
	150m: 1:42.12 36.48	350m: 4:10.82 37.18	550m: 6:40.83 37.28	750m: 9:09.34 36.83				
	200m: 2:19.14 37.02	400m: 4:48.82 38.00	600m: 7:17.63 36.80	800m: 9:45.40 36.06				
21.	Mario Pinto AMORIM	94	BUZIOS-Coruche	<b>9:47.48</b>	<b>+1,10</b>	<b>429</b>		<b>4</b>
	50m: 32.69 32.69	250m: 3:01.49 38.22	450m: 5:30.50 37.40	650m: 8:01.10 37.68				
	100m: 1:08.30 35.61	300m: 3:39.12 37.63	500m: 6:08.65 38.15	700m: 8:37.93 36.83				
	150m: 1:45.38 37.08	350m: 4:16.01 36.89	550m: 6:46.15 37.50	750m: 9:14.53 36.60				
	200m: 2:23.27 37.89	400m: 4:53.10 37.09	600m: 7:23.42 37.27	800m: 9:47.48 32.95				
22.	Vasco Andre PESSOA	89	Nautica do Seixal	<b>9:47.84</b>	<b>+1,02</b>	<b>429</b>		<b>3</b>
	50m: 31.26 31.26	250m: 2:53.51 36.29	450m: 5:23.15 37.76	650m: 7:56.33 38.17				
	100m: 1:05.43 34.17	300m: 3:30.90 37.39	500m: 6:01.27 38.12	700m: 8:33.63 37.30				
	150m: 1:40.74 35.31	350m: 4:08.32 37.42	550m: 6:40.21 38.94	750m: 9:11.29 37.66				
	200m: 2:17.22 36.48	400m: 4:45.39 37.07	600m: 7:18.16 37.95	800m: 9:47.84 36.55				
23.	Diogo de SOUSA	95	Ginasio de Vila Real	<b>10:02.65</b>	<b>+0,87</b>	<b>398</b>		<b>2</b>
	50m: 30.90 30.90	250m: 2:55.69 37.72	450m: 5:28.90 38.61	650m: 8:05.70 39.07				
	100m: 1:05.34 34.44	300m: 3:33.98 38.29	500m: 6:08.03 39.13	700m: 8:45.29 39.59				
	150m: 1:41.04 35.70	350m: 4:12.09 38.11	550m: 6:47.59 39.56	750m: 9:24.93 39.64				
	200m: 2:17.97 36.93	400m: 4:50.29 38.20	600m: 7:26.63 39.04	800m: 10:02.65 37.72				
24.	Filipe Jose BAPTISTA	94	Feirense	<b>10:05.04</b>	<b>+0,79</b>	<b>393</b>		<b>1</b>
	50m: 31.84 31.84	250m: 3:00.24 38.07	450m: 5:33.92 38.80	650m: 8:09.77 39.26				
	100m: 1:07.50 35.66	300m: 3:38.36 38.12	500m: 6:12.68 38.76	700m: 8:48.61 38.84				
	150m: 1:44.61 37.11	350m: 4:16.49 38.13	550m: 6:51.51 38.83	750m: 9:27.80 39.19				
	200m: 2:22.17 37.56	400m: 4:55.12 38.63	600m: 7:30.51 39.00	800m: 10:05.04 37.24				