

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 1
22-06-2019 - 10:00

Femin., 400m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES, Sara Dias	03	Miranda do Corvo	4:40.85			
	50m: 32.91 32.91	150m: 1:43.80 35.92	250m: 2:55.24 35.65	350m: 4:06.37	35.70		
	100m: 1:07.88 34.97	200m: 2:19.59 35.79	300m: 3:30.67 35.43	400m: 4:40.85	34.48		
2.	CATARINO, Laura Andre	03	CCDSerta	4:52.33			
	50m: 31.61 31.61	150m: 1:44.78 37.59	250m: 3:00.73 38.17	350m: 4:15.88	37.09		
	100m: 1:07.19 35.58	200m: 2:22.56 37.78	300m: 3:38.79 38.06	400m: 4:52.33	36.45		
3.	AGUILAR, Marta Andre	07	Fundacao Beatriz Santos	4:58.97			
	50m: 33.87 33.87	150m: 1:49.82 38.33	250m: 3:05.38 37.69	350m: 4:21.88	38.31		
	100m: 1:11.49 37.62	200m: 2:27.69 37.87	300m: 3:43.57 38.19	400m: 4:58.97	37.09		
4.	GONÇALVES, Maria Albuquerque	04	Clube Natação Fundão	5:04.56			
	50m: 33.81 33.81	150m: 1:50.20 38.83	250m: 3:07.31 38.51	350m: 4:25.69	38.92		
	100m: 1:11.37 37.56	200m: 2:28.80 38.60	300m: 3:46.77 39.46	400m: 5:04.56	38.87		
5.	SILVA, Ana Margarida	05	Clube Natação Fundão	5:07.51			
	50m: 33.01 33.01	150m: 1:46.50 37.66	250m: 3:06.59 40.11	350m: 4:28.59	40.94		
	100m: 1:08.84 35.83	200m: 2:26.48 39.98	300m: 3:47.65 41.06	400m: 5:07.51	38.92		
6.	BELO, Catarina Cunha	06	Fundacao Beatriz Santos	5:10.05			
	50m: 35.13 35.13	150m: 1:52.18 38.69	250m: 3:11.83 39.76	350m: 4:32.24	40.42		
	100m: 1:13.49 38.36	200m: 2:32.07 39.89	300m: 3:51.82 39.99	400m: 5:10.05	37.81		
7.	MACEDO, Laura Pinheiro	07	AN Albicastrense	5:10.11			
	50m: 35.51 35.51	150m: 1:54.06 39.50	250m: 3:13.48 39.45	350m: 4:33.05	39.77		
	100m: 1:14.56 39.05	200m: 2:34.03 39.97	300m: 3:53.28 39.80	400m: 5:10.11	37.06		
8.	CASTANHEIRA, Ana Sofia	04	Condeixa Aqua Clube	5:10.81			
	50m: 36.15 36.15	150m: 1:55.12 39.57	250m: 3:14.43 39.24	350m: 4:32.92	38.82		
	100m: 1:15.55 39.40	200m: 2:35.19 40.07	300m: 3:54.10 39.67	400m: 5:10.81	37.89		
9.	GAMA, Beatriz Sa	05	Condeixa Aqua Clube	5:16.85			
	50m: 34.55 34.55	150m: 1:53.96 40.20	250m: 3:14.72 40.69	350m: 4:36.94	40.85		
	100m: 1:13.76 39.21	200m: 2:34.03 40.07	300m: 3:56.09 41.37	400m: 5:16.85	39.91		
10.	RIBEIRO, Leonor Santos	03	CCDSerta	5:17.93			
	50m: 34.65 34.65	150m: 1:55.16 40.88	250m: 3:17.95 41.03	350m: 4:40.39	40.70		
	100m: 1:14.28 39.63	200m: 2:36.92 41.76	300m: 3:59.69 41.74	400m: 5:17.93	37.54		
11.	GASPAR, Beatriz Andre	06	Nautico Coimbra	5:18.43			
	50m: 36.65 36.65	150m: 1:56.32 40.30	250m: 3:17.99 40.68	350m: 4:39.48	40.91		
	100m: 1:16.02 39.37	200m: 2:37.31 40.99	300m: 3:58.57 40.58	400m: 5:18.43	38.95		
12.	GASPAR, Maria Ines	05	Miranda do Corvo	5:21.45			
	50m: 36.68 36.68	150m: 1:57.02 39.85	250m: 3:19.35 40.85	350m: 4:40.67	41.29		
	100m: 1:17.17 40.49	200m: 2:38.50 41.48	300m: 3:59.38 40.03	400m: 5:21.45	40.78		
13.	LOBO, Maria Fernandes	05	Nautico Coimbra	5:26.35			
	50m: 35.52 35.52	150m: 1:56.92 41.19	250m: 3:20.46 41.65	350m: 4:44.79	42.28		
	100m: 1:15.73 40.21	200m: 2:38.81 41.89	300m: 4:02.51 42.05	400m: 5:26.35	41.56		
14.	SABANOVIC, Erna	04	CLAC-Entroncamento	5:55.91			
	50m: 38.01 38.01	150m: 2:06.23 45.28	250m: 3:39.31 46.32	350m: 5:11.71	45.70		
	100m: 1:20.95 42.94	200m: 2:52.99 46.76	300m: 4:26.01 46.70	400m: 5:55.91	44.20		
15.	SIMOES, Beatriz Maria	07	Torres Novas	5:58.90			
	50m: 40.50 40.50	150m: 2:12.61 46.72	250m: 3:46.63 47.24	350m: 5:18.17	45.52		
	100m: 1:25.89 45.39	200m: 2:59.39 46.78	300m: 4:32.65 46.02	400m: 5:58.90	40.73		
16.	RODRIGUES, Beatriz Alexandr	05	Natacao Guarda	6:08.46			
	50m: 39.95 39.95	150m: 2:10.93 46.60	250m: 3:47.63 48.92	350m: 5:24.84	48.27		
	100m: 1:24.33 44.38	200m: 2:58.71 47.78	300m: 4:36.57 48.94	400m: 6:08.46	43.62		
17.	MONRAIA, Matilde Nabeiro	06	CLAC-Entroncamento	6:11.29			
	50m: 40.99 40.99	150m: 2:14.96 47.47	250m: 3:50.61 48.05	350m: 5:26.22	47.87		
	100m: 1:27.49 46.50	200m: 3:02.56 47.60	300m: 4:38.35 47.74	400m: 6:11.29	45.07		
DNF	NASCIMENTO, Ana Matilde	07	AN Albicastrense				

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Prova 1, Femin., 400m Livres

EXH RODRIGUES, Maria Beatriz	04	Condeixa Aqua Clube	5:33.63								
50m:	38.04	38.04	150m:	2:02.02	42.37	250m:	3:27.43	42.13	350m:	4:52.38	42.15
100m:	1:19.65	41.61	200m:	2:45.30	43.28	300m:	4:10.23	42.80	400m:	5:33.63	41.25
EXH DIEGUES, Carolina Fonseca	06	Clube Natação Fundão	5:36.95								
50m:	37.80	37.80	150m:	2:02.44	42.67	250m:	3:27.54	41.97	350m:	4:54.65	43.37
100m:	1:19.77	41.97	200m:	2:45.57	43.13	300m:	4:11.28	43.74	400m:	5:36.95	42.30
EXH NUNES, Marcia Raquel	03	CCDSerta	5:39.01								
50m:	36.20	36.20	150m:	1:59.49	42.16	250m:	3:27.41	44.41	350m:	4:55.73	43.90
100m:	1:17.33	41.13	200m:	2:43.00	43.51	300m:	4:11.83	44.42	400m:	5:39.01	43.28
EXH ANDRADE, Beatriz Pereira	06	Condeixa Aqua Clube	6:04.82								
50m:	40.67	40.67	150m:	2:11.95	45.99	250m:	3:43.79	46.41	350m:	5:18.23	47.92
100m:	1:25.96	45.29	200m:	2:57.38	45.43	300m:	4:30.31	46.52	400m:	6:04.82	46.59

Prova 2

Masc., 400m Livres

Absoluto
Resultados

22-06-2019 - 10:25

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts					
1.	OLIVEIRA, Goncalo Daniel	04	Fundacao Beatriz Santos	4:22.23								
	50m:	29.39	29.39	150m:	1:35.68	33.83	250m:	2:43.87	34.11	350m:	3:50.91	33.08
	100m:	1:01.85	32.46	200m:	2:09.76	34.08	300m:	3:17.83	33.96	400m:	4:22.23	31.32
2.	BASTOS, Vasco Pereira	02	Nautico Coimbra	4:26.01								
	50m:	30.25	30.25	150m:	1:36.87	33.64	250m:	2:44.61	33.72	350m:	3:51.96	33.39
	100m:	1:03.23	32.98	200m:	2:10.89	34.02	300m:	3:18.57	33.96	400m:	4:26.01	34.05
3.	AMADO, Afonso Miguel	05	Miranda do Corvo	4:26.69								
	50m:	29.53	29.53	150m:	1:35.18	33.51	250m:	2:43.49	34.45	350m:	3:52.83	34.77
	100m:	1:01.67	32.14	200m:	2:09.04	33.86	300m:	3:18.06	34.57	400m:	4:26.69	33.86
4.	OLIVEIRA, Pedro Nuno	04	Torres Novas	4:27.84								
	50m:	30.13	30.13	150m:	1:37.74	34.06	250m:	2:45.70	33.68	350m:	3:54.19	34.18
	100m:	1:03.68	33.55	200m:	2:12.02	34.28	300m:	3:20.01	34.31	400m:	4:27.84	33.65
5.	MATIAS, Francisco Miguel	04	CCDSerta	4:46.78								
	50m:	30.84	30.84	150m:	1:42.79	36.15	250m:	2:55.32	36.28	350m:	4:10.34	37.57
	100m:	1:06.64	35.80	200m:	2:19.04	36.25	300m:	3:32.77	37.45	400m:	4:46.78	36.44
6.	BENTO, Carlos Eduardo	05	Miranda do Corvo	4:51.81								
	50m:	30.93	30.93	150m:	1:43.20	37.03	250m:	2:58.90	37.78	350m:	4:14.84	38.29
	100m:	1:06.17	35.24	200m:	2:21.12	37.92	300m:	3:36.55	37.65	400m:	4:51.81	36.97
7.	GRILO, Afonso Corte-Real	04	Fundacao Beatriz Santos	4:56.25								
	50m:	33.34	33.34	150m:	1:47.32	37.26	250m:	3:02.78	37.60	350m:	4:18.90	37.95
	100m:	1:10.06	36.72	200m:	2:25.18	37.86	300m:	3:40.95	38.17	400m:	4:56.25	37.35
8.	PEREIRA, Guilherme Marques	06	Condeixa Aqua Clube	4:58.77								
	50m:	33.26	33.26	150m:	1:48.36	37.98	250m:	3:04.55	38.30	350m:	4:21.24	38.60
	100m:	1:10.38	37.12	200m:	2:26.25	37.89	300m:	3:42.64	38.09	400m:	4:58.77	37.53
9.	SANTOS, Ricardo Matias	05	Clube Ferreira Zêzere	5:03.10								
	50m:	34.36	34.36	150m:	1:50.01	38.74	250m:	3:07.82	39.24	350m:	4:25.90	39.26
	100m:	1:11.27	36.91	200m:	2:28.58	38.57	300m:	3:46.64	38.82	400m:	5:03.10	37.20
10.	GERALDO, Tomas Cardoso	05	Condeixa Aqua Clube	5:06.60								
	50m:	33.99	33.99	150m:	1:51.37	38.77	250m:	3:10.30	38.78	350m:	4:28.89	39.23
	100m:	1:12.60	38.61	200m:	2:31.52	40.15	300m:	3:49.66	39.36	400m:	5:06.60	37.71
11.	AGOSTINHO, Iuri Aragonez	03	Clube Natação Portalegre	5:13.00								
	50m:	33.92	33.92	150m:	1:51.74	40.15	250m:	3:12.62	40.76	350m:	4:35.49	41.82
	100m:	1:11.59	37.67	200m:	2:31.86	40.12	300m:	3:53.67	41.05	400m:	5:13.00	37.51
12.	DIAS, Manuel José	05	Clube Natação Fundão	5:13.41								
	50m:	34.53	34.53	150m:	1:51.40	39.20	250m:	3:11.43	40.02	350m:	4:33.74	41.42
	100m:	1:12.20	37.67	200m:	2:31.41	40.01	300m:	3:52.32	40.89	400m:	5:13.41	39.67

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Prova 2, Masc., 400m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	GOMES, Rafael Rodrigues	06	CLAC-Entroncamento	5:14.76			
	50m: 36.34 36.34	150m: 1:56.94 40.75	250m: 3:17.32 38.99	350m: 4:36.65 39.55			
	100m: 1:16.19 39.85	200m: 2:38.33 41.39	300m: 3:57.10 39.78	400m: 5:14.76 38.11			
14.	LARANJO, Tiago Ventura	01	Clube Natação Portalegre	5:17.56			
	50m: 33.50 33.50	150m: 1:52.05 39.99	250m: 3:15.17 42.14	350m: 4:40.61 43.05			
	100m: 1:12.06 38.56	200m: 2:33.03 40.98	300m: 3:57.56 42.39	400m: 5:17.56 36.95			
15.	NUNES, Goncalo Farinha	04	CCDSerta	5:18.98			
	50m: 33.18 33.18	150m: 1:49.99 39.67	250m: 3:13.48 42.13	350m: 4:38.70 42.67			
	100m: 1:10.32 37.14	200m: 2:31.35 41.36	300m: 3:56.03 42.55	400m: 5:18.98 40.28			
16.	TRINCAO, Tiago Miguel	06	Torres Novas	5:23.40			
	50m: 36.49 36.49	150m: 2:01.70 43.28	250m: 3:25.47 41.26	350m: 4:45.46 40.00			
	100m: 1:18.42 41.93	200m: 2:44.21 42.51	300m: 4:05.46 39.99	400m: 5:23.40 37.94			
17.	AFONSO, Tiago Dinis	06	Natacao Guarda	5:34.93			
	50m: 37.45 37.45	150m: 2:02.03 42.92	250m: 3:29.99 43.88	350m: 4:56.12 43.26			
	100m: 1:19.11 41.66	200m: 2:46.11 44.08	300m: 4:12.86 42.87	400m: 5:34.93 38.81			
18.	DIAS, Henrique Tavares	06	Nautico Coimbra	5:43.00			
	50m: 38.35 38.35	150m: 2:04.39 43.61	250m: 3:32.50 44.02	350m: 5:01.68 44.98			
	100m: 1:20.78 42.43	200m: 2:48.48 44.09	300m: 4:16.70 44.20	400m: 5:43.00 41.32			
19.	MOREIRA, Miguel Goncalves	05	Natacao Guarda	5:45.10			
	50m: 37.06 37.06	150m: 2:02.65 43.76	250m: 3:32.00 45.02	350m: 5:02.54 44.54			
	100m: 1:18.89 41.83	200m: 2:46.98 44.33	300m: 4:18.00 46.00	400m: 5:45.10 42.56			
EXH	GONCALVES, Joao Pedro	01	Torres Novas	4:37.68			
	50m: 33.02 33.02	150m: 1:43.59 35.43	250m: 2:54.04 34.91	350m: 4:04.18 35.01			
	100m: 1:08.16 35.14	200m: 2:19.13 35.54	300m: 3:29.17 35.13	400m: 4:37.68 33.50			
EXH	FRAZAO, Francisco Couto	06	Condeixa Aqua Clube	5:32.62			
	50m: 37.69 37.69	150m: 2:04.74 43.79	250m: 3:30.55 41.63	350m: 4:54.21 41.17			
	100m: 1:20.95 43.26	200m: 2:48.92 44.18	300m: 4:13.04 42.49	400m: 5:32.62 38.41			
EXH	AFONSO, Hugo Andre	76	CCDSerta	5:45.88			
	50m: 36.11 36.11	150m: 2:01.69 43.15	250m: 3:33.15 45.05	350m: 5:03.08 44.41			
	100m: 1:18.54 42.43	200m: 2:48.10 46.41	300m: 4:18.67 45.52	400m: 5:45.88 42.80			

Prova 3

Femin., 200m Mariposa

Absoluto

22-06-2019 - 10:50

Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CANINHAS, Maria Pinto	05	Clube Natação Fundão	2:37.10			
	50m: 34.70 34.70	100m: 1:16.21 41.51	150m: 1:57.69 41.48	200m: 2:37.10 39.41			
2.	MATIAS, Marta Filipa	03	CCDSerta	2:39.79			
	50m: 33.41 33.41	100m: 1:12.99 39.58	150m: 1:55.74 42.75	200m: 2:39.79 44.05			
3.	NEVES, Beatriz Silva	06	Fundacao Beatriz Santos	2:44.78			
	50m: 37.19 37.19	100m: 1:18.49 41.30	150m: 2:01.54 43.05	200m: 2:44.78 43.24			
4.	NEVES, Daniela Lourenco	05	CCDSerta	2:45.51			
	50m: 36.02 36.02	100m: 1:18.23 42.21	150m: 2:02.72 44.49	200m: 2:45.51 42.79			
5.	MANO, Leonor Mil	07	Fundacao Beatriz Santos	2:50.13			
	50m: 35.74 35.74	100m: 1:18.65 42.91	150m: 2:04.79 46.14	200m: 2:50.13 45.34			
6.	SANTOS, Maria Lucas	05	Condeixa Aqua Clube	2:52.55			
	50m: 39.00 39.00	100m: 1:21.76 42.76	150m: 2:07.52 45.76	200m: 2:52.55 45.03			
7.	RIBEIRO, Carolina Martins	03	CCDSerta	2:53.11			
	50m: 35.80 35.80	100m: 1:19.67 43.87	150m: 2:07.19 47.52	200m: 2:53.11 45.92			

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Prova 3, Femin., 200m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	GIL, Matilde Basilio	03	CLAC-Entroncamento	2:55.66			
	50m: 38.37 38.37	100m: 1:22.47 44.10	150m: 2:09.38 46.91	200m: 2:55.66		46.28	
9.	NICOLAU, Margarida Claudino	05	Torres Novas	2:55.67			
	50m: 36.62 36.62	100m: 1:22.03 45.41	150m: 2:10.73 48.70	200m: 2:55.67		44.94	
10.	FLORINDO, Helena Neto	06	Eléctrico	3:00.36			
	50m: 41.15 41.15	100m: 1:27.75 46.60	150m: 2:13.92 46.17	200m: 3:00.36		46.44	
11.	GASPAR, Beatriz Andre	06	Nautico Coimbra	3:00.96			
	50m: 39.65 39.65	100m: 1:25.40 45.75	150m: 2:14.04 48.64	200m: 3:00.96		46.92	
12.	OLIVEIRA, Matilde Fonseca	06	Miranda do Corvo	3:02.54			
	50m: 40.10 40.10	100m: 1:25.18 45.08	150m: 2:13.48 48.30	200m: 3:02.54		49.06	
13.	GONCALVES, Ana Rita	04	AN Albicastrense	3:05.88			
	50m: 38.94 38.94	100m: 1:27.51 48.57	150m: 2:18.66 51.15	200m: 3:05.88		47.22	
14.	VARELA, Joana Filipa	06	Nautico Coimbra	3:06.15			
	50m: 40.81 40.81	100m: 1:26.99 46.18	150m: 2:17.33 50.34	200m: 3:06.15		48.82	
15.	FREITAS, Barbara Maia	06	CLAC-Entroncamento	3:10.23			
	50m: 39.17 39.17	100m: 1:26.57 47.40	150m: 2:19.63 53.06	200m: 3:10.23		50.60	
16.	TEODORO, Marcia Goncalves	03	Eléctrico	3:11.24			
	50m: 39.36 39.36	100m: 1:26.21 46.85	150m: 2:18.09 51.88	200m: 3:11.24		53.15	

Prova 4
22-06-2019 - 11:05

Masc., 200m Mariposa

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOURENCO, Goncalo Pires	03	Fundacao Beatriz Santos	2:24.25			
	50m: 31.86 31.86	100m: 1:07.91 36.05	150m: 1:45.22 37.31	200m: 2:24.25		39.03	
2.	MARQUES, Carlos Manuel	00	AN Albicastrense	2:28.71			
	50m: 32.40 32.40	100m: 1:09.73 37.33	150m: 1:50.05 40.32	200m: 2:28.71		38.66	
3.	FLORIDO, Pedro Miguel	04	Fundacao Beatriz Santos	2:31.90			
	50m: 33.34 33.34	100m: 1:11.90 38.56	150m: 1:52.65 40.75	200m: 2:31.90		39.25	
4.	ANDRADE, Mario Luis	03	Clube Natação Portalegre	2:32.32			
	50m: 31.06 31.06	100m: 1:08.34 37.28	150m: 1:49.32 40.98	200m: 2:32.32		43.00	
5.	GONCALVES, Diogo Antunes	05	Natacao Guarda	2:43.42			
	50m: 35.33 35.33	100m: 1:17.85 42.52	150m: 2:01.30 43.45	200m: 2:43.42		42.12	
6.	SIMOES, Filipe Cruz	06	Miranda do Corvo	2:53.07			
	50m: 38.09 38.09	100m: 1:22.20 44.11	150m: 2:07.98 45.78	200m: 2:53.07		45.09	
7.	GIL, Joao Pedro	98	Eléctrico	2:53.61			
	50m: 38.99 38.99	100m: 1:23.40 44.41	150m: 2:08.99 45.59	200m: 2:53.61		44.62	
8.	MARQUES, Jose Miguel	06	Condeixa Aqua Clube	2:58.33			
	50m: 39.65 39.65	100m: 1:26.30 46.65	150m: 2:11.98 45.68	200m: 2:58.33		46.35	
9.	LOPES, Andre Prates	05	Eléctrico	3:04.07			
	50m: 40.89 40.89	100m: 1:27.63 46.74	150m: 2:14.97 47.34	200m: 3:04.07		49.10	
10.	RIBEIRO, Francisco Martins	06	CCDSerta	3:04.95			
	50m: 38.03 38.03	100m: 1:24.93 46.90	150m: 2:16.48 51.55	200m: 3:04.95		48.47	
11.	BARATA, Simão Duarte	04	Clube Natação Fundão	3:05.47			
	50m: 34.24 34.24	100m: 1:18.66 44.42	150m: 2:09.20 50.54	200m: 3:05.47		56.27	
12.	PARREIRAS, Diogo Miguel	05	Clube Natação Portalegre	3:19.31			
	50m: 39.58 39.58	100m: 1:27.59 48.01	150m: 2:21.92 54.33	200m: 3:19.31		57.39	

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 4, Masc., 200m Mariposa, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MARTINS, António Pedro	05	Clube Ferreira Zêzere	3:54.97			
	50m: 49.04 49.04	100m: 1:49.63 1:00.59	150m: 2:51.00 1:01.37	200m: 3:54.97 1:03.97			
DSQ	SILVA, Jose Miguel	02	Nautico Coimbra				
	<i>O atleta tocou apenas com uma mão na viragem dos 150m.</i>						

Prova 5

Femin., 200m Bruços

Absoluto
Resultados

22-06-2019 - 11:15

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES, Sara Dias	03	Miranda do Corvo	2:47.79			
	50m: 38.68 38.68	100m: 1:22.04 43.36	150m: 2:04.87 42.83	200m: 2:47.79 42.92			
2.	FERREIRA, Matilde Batista	06	Fundacao Beatriz Santos	2:56.45			
	50m: 41.50 41.50	100m: 1:25.21 43.71	150m: 2:11.21 46.00	200m: 2:56.45 45.24			
3.	GAMEIRO, Marta Domingues	04	Nautico Coimbra	2:58.09			
	50m: 41.56 41.56	100m: 1:27.60 46.04	150m: 2:12.86 45.26	200m: 2:58.09 45.23			
4.	DIAS, Salome Silva	06	CCDSerta	3:00.89			
	50m: 40.30 40.30	100m: 1:25.58 45.28	150m: 2:14.81 49.23	200m: 3:00.89 46.08			
5.	DIAS, Marta Chambel	02	CLAC-Entroncamento	3:02.99			
	50m: 43.37 43.37	100m: 1:29.77 46.40	150m: 2:17.33 47.56	200m: 3:02.99 45.66			
6.	PAIS, Joana Ventura	06	Fundacao Beatriz Santos	3:09.32			
	50m: 43.52 43.52	100m: 1:31.86 48.34	150m: 2:21.30 49.44	200m: 3:09.32 48.02			
7.	CAETANO, Ines Martins	05	CCDSerta	3:10.76			
	50m: 42.71 42.71	100m: 1:31.03 48.32	150m: 2:21.62 50.59	200m: 3:10.76 49.14			
8.	PIRES, Rita Lima	05	Nautico Coimbra	3:11.93			
	50m: 44.01 44.01	100m: 1:32.37 48.36	150m: 2:22.46 50.09	200m: 3:11.93 49.47			
9.	CRUZ, Ines Dias	04	Condeixa Aqua Clube	3:13.77			
	50m: 46.08 46.08	100m: 1:36.42 50.34	150m: 2:26.08 49.66	200m: 3:13.77 47.69			
10.	MACEDO, Laura Pinheiro	07	AN Albicastrense	3:14.76			
	50m: 44.50 44.50	100m: 1:34.79 50.29	150m: 2:26.27 51.48	200m: 3:14.76 48.49			
11.	ANTUNES, Joana Patricia	06	CLAC-Entroncamento	3:15.99			
	50m: 44.98 44.98	100m: 1:34.83 49.85	150m: 2:26.39 51.56	200m: 3:15.99 49.60			
12.	VICENTE, Joana Fernandes	04	Torres Novas	3:21.80			
	50m: 45.30 45.30	100m: 1:36.10 50.80	150m: 2:29.12 53.02	200m: 3:21.80 52.68			
13.	FLORINDO, Helena Neto	06	Eléctrico	3:22.85			
	50m: 48.62 48.62	100m: 1:41.30 52.68	150m: 2:32.75 51.45	200m: 3:22.85 50.10			
14.	MOTA, Beatriz Neves	05	Natacao Guarda	3:31.97			
	50m: 48.16 48.16	100m: 1:42.32 54.16	150m: 2:37.16 54.84	200m: 3:31.97 54.81			
15.	GASPAR, Maria Ines	05	Miranda do Corvo	3:32.28			
	50m: 50.25 50.25	100m: 1:44.50 54.25	150m: 2:38.85 54.35	200m: 3:32.28 53.43			
16.	DIEGUES, Carolina Fonseca	06	Clube Natação Fundão	3:37.00			
	50m: 49.20 49.20	100m: 1:45.18 55.98	150m: 2:40.69 55.51	200m: 3:37.00 56.31			
17.	MARQUES, Sara Isabel	07	AN Albicastrense	3:46.65			
	50m: 49.80 49.80	100m: 1:47.54 57.74	150m: 2:46.55 59.01	200m: 3:46.65 1:00.10			
18.	ALMEIDA, Adriana Gomes	06	Natacao Guarda	3:51.09			
	50m: 53.30 53.30	100m: 1:51.29 57.99	150m: 2:51.71 1:00.42	200m: 3:51.09 59.38			
19.	SIMOES, Beatriz Maria	07	Torres Novas	3:54.51			
	50m: 55.85 55.85	100m: 1:56.34 1:00.49	150m: 2:56.69 1:00.35	200m: 3:54.51 57.82			

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 5, Femin., 200m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	CARDOSO, Matilde Antonio	07	CCDSerta				
<i>A atleta não tocou simultaneamente com as mãos na viragem dos 50m.</i>							
EXH	LOURENCO, Mafalda Silva	06	CCDSerta	3:38.73			
	50m: 46.43 46.43	100m: 1:42.76 56.33	150m: 2:41.19 58.43	200m: 3:38.73			57.54
EXH	RIBEIRO, Lara Almeida	07	CCDSerta	3:50.60			
	50m: 55.65 55.65	100m: 1:55.00 59.35	150m: 2:53.76 58.76	200m: 3:50.60			56.84

Prova 6

Masc., 200m Bruços

Absoluto
Resultados

22-06-2019 - 11:40

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MATIAS, Francisco Miguel	04	CCDSerta	2:36.69			
	50m: 34.94 34.94	100m: 1:15.22 40.28	150m: 1:56.09 40.87	200m: 2:36.69			40.60
2.	SILVA, Jose Miguel	02	Nautico Coimbra	2:48.51			
	50m: 38.54 38.54	100m: 1:21.03 42.49	150m: 2:04.98 43.95	200m: 2:48.51			43.53
3.	FERNANDES, Duarte Jose	06	Fundacao Beatriz Santos	2:50.93			
	50m: 38.66 38.66	100m: 1:22.69 44.03	150m: 2:07.30 44.61	200m: 2:50.93			43.63
4.	GONCALVES, Joao Pedro	01	Torres Novas	2:53.24			
	50m: 39.57 39.57	100m: 1:24.66 45.09	150m: 2:11.18 46.52	200m: 2:53.24			42.06
5.	BENTO, Carlos Eduardo	05	Miranda do Corvo	2:58.96			
	50m: 40.86 40.86	100m: 1:27.37 46.51	150m: 2:13.90 46.53	200m: 2:58.96			45.06
6.	FIGUEIRA, Samuel Baptista	05	Miranda do Corvo	2:58.98			
	50m: 41.07 41.07	100m: 1:26.50 45.43	150m: 2:13.43 46.93	200m: 2:58.98			45.55
7.	DUARTE, Joao Silverio	99	Eléctrico	2:59.35			
	50m: 39.71 39.71	100m: 1:24.78 45.07	150m: 2:11.71 46.93	200m: 2:59.35			47.64
8.	LIMA, Jorge Sequeira	67	Eléctrico	3:00.06			
	50m: 40.73 40.73	100m: 1:25.45 44.72	150m: 2:12.99 47.54	200m: 3:00.06			47.07
9.	AGOSTINHO, Iuri Aragonex	03	Clube Natação Portalegre	3:10.33			
	50m: 40.49 40.49	100m: 1:28.34 47.85	150m: 2:19.74 51.40	200m: 3:10.33			50.59
	ANTUNES, Diogo Rafael	04	CLAC-Entroncamento	3:10.33			
	50m: 44.31 44.31	100m: 1:33.46 49.15	150m: 2:22.82 49.36	200m: 3:10.33			47.51
11.	LOURENCO, Diogo Filipe	05	CCDSerta	3:13.02			
	50m: 43.42 43.42	100m: 1:33.47 50.05	150m: 2:25.08 51.61	200m: 3:13.02			47.94
12.	NEVES, Diogo Cura	06	Condeixa Aqua Clube	3:13.35			
	50m: 44.78 44.78	100m: 1:36.82 52.04	150m: 2:25.49 48.67	200m: 3:13.35			47.86
13.	PAULETA, Miguel Angelo	03	Clube Natação Portalegre	3:19.10			
	50m: 44.08 44.08	100m: 1:34.14 50.06	150m: 2:28.14 54.00	200m: 3:19.10			50.96
14.	PINHO, Afonso Formigo	06	Torres Novas	3:21.31			
	50m: 46.56 46.56	100m: 1:37.48 50.92	150m: 2:31.30 53.82	200m: 3:21.31			50.01
15.	FÉLIX, Pedro Miguel	03	Clube Natação Fundão	3:21.70			
	50m: 45.50 45.50	100m: 1:35.96 50.46	150m: 2:29.89 53.93	200m: 3:21.70			51.81
16.	MOREIRA, Miguel Goncalves	05	Natacao Guarda	3:24.04			
	50m: 47.15 47.15	100m: 1:38.98 51.83	150m: 2:32.16 53.18	200m: 3:24.04			51.88
17.	BENTO, Duarte Miguel	05	Nautico Coimbra	3:33.28			
	50m: 47.60 47.60	100m: 1:41.92 54.32	150m: 2:37.88 55.96	200m: 3:33.28			55.40
18.	FARINHA, Carlos Santos	04	AN Albicastrense	3:37.50			
	50m: 48.84 48.84	100m: 1:45.48 56.64	150m: 2:41.93 56.45	200m: 3:37.50			55.57

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 6, Masc., 200m Bruços, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DSQ	POIARES, Tiago Andre	04	Fundacao Beatriz Santos				
<i>Na chegada o atleta tocou apenas com uma mão.</i>							
EXH	SANTOS, Tomas Nolan	06	Fundacao Beatriz Santos	3:10.32			
	50m: 43.38 43.38	100m: 1:32.89 49.51	150m: 2:22.88 49.99	200m: 3:10.32		47.44	
EXH	NUNES, Goncalo Farinha	04	CCDSerta	3:17.94			
	50m: 45.20 45.20	100m: 1:35.44 50.24	150m: 2:28.53 53.09	200m: 3:17.94		49.41	
EXH	PINTO, Fabio Jose	06	CCDSerta	3:27.09			
	50m: 45.62 45.62	100m: 1:37.44 51.82	150m: 2:33.95 56.51	200m: 3:27.09		53.14	
EXH	PERES, Lucas Farinha	06	CCDSerta	3:31.97			
	50m: 49.49 49.49	100m: 1:41.36 51.87	150m: 2:38.28 56.92	200m: 3:31.97		53.69	
EXH	ANTUNES, Simao Pedro	06	CCDSerta	4:10.74			
	50m: 54.49 54.49	100m: 1:58.22 1:03.73	150m: 3:07.25 1:09.03	200m: 4:10.74		1:03.49	

Prova 7

22-06-2019 - 12:10

100m Estilos

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOURENCO, Mafalda Silva	06	CCDSerta	1:24.58			
	50m: 38.78 38.78	100m: 1:24.58 45.80					
2.	RIBEIRO, Lara Almeida	07	CCDSerta	1:33.19			
	50m: 41.90 41.90	100m: 1:33.19 51.29					
3.	CALDEIRA, Alice Francisca	08	CCDSerta	1:41.08			
	50m: 45.54 45.54	100m: 1:41.08 55.54					
4.	CARDOSO, Matilde Antonio	07	CCDSerta	1:43.74			
	50m: 52.74 52.74	100m: 1:43.74 51.00					
5.	ANTUNES, Simao Pedro	06	CCDSerta	1:45.29			
	50m: 50.06 50.06	100m: 1:45.29 55.23					
EXH	GONCALVES, Ana Rita	04	AN Albicastrense	1:20.63			
	50m: 37.64 37.64	100m: 1:20.63 42.99					
EXH	SANTOS, Lara Carvalho	07	Nautico Coimbra	1:27.14			
	50m: 40.41 40.41	100m: 1:27.14 46.73					
EXH	OLIVEIRA, Daniel Mendo	05	Fundacao Beatriz Santos	1:38.51			
	50m: 47.15 47.15	100m: 1:38.51 51.36					

Prova 8

22-06-2019 - 12:15

Masc., 25m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 9 50m Livres Absoluto
22-06-2019 - 12:15 Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SABANOVIC, Erna	04	CLAC-Entroncamento	34.91			
2.	MONRAIA, Matilde Nabeiro	06	CLAC-Entroncamento	35.68			
3.	OLIVEIRA, Daniel Mendo	05	Fundacao Beatriz Santos	41.03			

Prova 10 Femin., 200m Costas Absoluto
22-06-2019 - 15:30 Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CATARINO, Laura Andre	03	CCDSerta	2:26.43			
	50m: 33.46 33.46	100m: 1:10.83 37.37	150m: 1:49.17 38.34	200m: 2:26.43			37.26
2.	CANINHAS, Maria Pinto	05	Clube Natação Fundão	2:27.03			
	50m: 35.17 35.17	100m: 1:12.35 37.18	150m: 1:50.25 37.90	200m: 2:27.03			36.78
3.	NICOLAU, Margarida Claudino	05	Torres Novas	2:35.37			
	50m: 36.54 36.54	100m: 1:16.52 39.98	150m: 1:56.69 40.17	200m: 2:35.37			38.68
4.	CAETANO, Ines Martins	05	CCDSerta	2:36.15			
	50m: 35.18 35.18	100m: 1:14.81 39.63	150m: 1:56.02 41.21	200m: 2:36.15			40.13
5.	BELO, Catarina Cunha	06	Fundacao Beatriz Santos	2:38.71			
	50m: 38.03 38.03	100m: 1:18.06 40.03	150m: 1:58.67 40.61	200m: 2:38.71			40.04
6.	TEODORO, Marcia Goncalves	03	Eléctrico	2:39.61			
	50m: 37.80 37.80	100m: 1:18.45 40.65	150m: 1:59.31 40.86	200m: 2:39.61			40.30
7.	FERREIRA, Maria Neto	06	Fundacao Beatriz Santos	2:41.64			
	50m: 37.48 37.48	100m: 1:18.98 41.50	150m: 2:01.18 42.20	200m: 2:41.64			40.46
8.	OLIVEIRA, Matilde Fonseca	06	Miranda do Corvo	2:42.52			
	50m: 39.88 39.88	100m: 1:20.67 40.79	150m: 2:01.68 41.01	200m: 2:42.52			40.84
9.	VARELA, Joana Filipa	06	Nautico Coimbra	2:45.11			
	50m: 38.80 38.80	100m: 1:20.12 41.32	150m: 2:02.77 42.65	200m: 2:45.11			42.34
10.	FREITAS, Barbara Maia	06	CLAC-Entroncamento	2:47.28			
	50m: 39.35 39.35	100m: 1:22.39 43.04	150m: 2:06.38 43.99	200m: 2:47.28			40.90
11.	SILVA, Ines Louro	04	AN Albicastrense	2:47.31			
	50m: 38.20 38.20	100m: 1:20.08 41.88	150m: 2:03.88 43.80	200m: 2:47.31			43.43
12.	GONÇALVES, Maria Albuquerque	04	Clube Natação Fundão	2:48.54			
	50m: 40.75 40.75	100m: 1:24.10 43.35	150m: 2:08.17 44.07	200m: 2:48.54			40.37
13.	RODRIGUES, Maria Beatriz	04	Condeixa Aqua Clube	2:49.23			
	50m: 41.44 41.44	100m: 1:24.51 43.07	150m: 2:08.42 43.91	200m: 2:49.23			40.81
14.	MENDES, Soraia Ferreira	05	Torres Novas	2:51.13			
	50m: 40.95 40.95	100m: 1:24.38 43.43	150m: 2:08.15 43.77	200m: 2:51.13			42.98
15.	SABANOVIC, Erna	04	CLAC-Entroncamento	2:54.73			
	50m: 40.94 40.94	100m: 1:25.28 44.34	150m: 2:11.34 46.06	200m: 2:54.73			43.39
16.	SANTOS, Lara Carvalho	07	Nautico Coimbra	2:59.93			
	50m: 43.04 43.04	100m: 1:27.99 44.95	150m: 2:15.36 47.37	200m: 2:59.93			44.57
17.	ANDRADE, Beatriz Pereira	06	Condeixa Aqua Clube	3:00.34			
	50m: 43.86 43.86	100m: 1:29.84 45.98	150m: 2:15.21 45.37	200m: 3:00.34			45.13
18.	NASCIMENTO, Ana Matilde	07	AN Albicastrense	3:03.84			
	50m: 44.01 44.01	100m: 1:31.54 47.53	150m: 2:18.80 47.26	200m: 3:03.84			45.04
19.	RODRIGUES, Beatriz Alexand	05	Natacao Guarda	3:22.22			
	50m: 47.41 47.41	100m: 1:38.83 51.42	150m: 2:31.81 52.98	200m: 3:22.22			50.41

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 10, Femin., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
20.	ALMEIDA, Adriana Gomes	06	Natacao Guarda	3:42.40			
	50m: 51.22 51.22	100m: 1:48.90 57.68	150m: 2:47.04 58.14	200m: 3:42.40		55.36	
EXH	DIAS, Salome Silva	06	CCDSerta	2:40.45			
	50m: 38.13 38.13	100m: 1:18.43 40.30	150m: 1:59.70 41.27	200m: 2:40.45		40.75	
EXH	RIBEIRO, Carolina Martins	03	CCDSerta	2:48.53			
	50m: 40.48 40.48	100m: 1:23.26 42.78	150m: 2:07.56 44.30	200m: 2:48.53		40.97	
EXH	LOURENCO, Mafalda Silva	06	CCDSerta	2:53.44			
	50m: 39.71 39.71	100m: 1:23.14 43.43	150m: 2:08.46 45.32	200m: 2:53.44		44.98	
EXH	PIRES, Rita Lima	05	Nautico Coimbra	2:53.66			
	50m: 40.73 40.73	100m: 1:24.82 44.09	150m: 2:10.17 45.35	200m: 2:53.66		43.49	

Prova 11
22-06-2019 - 15:50

Masc., 200m Costas

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MATRENO, Diogo Miguel	03	Torres Novas	2:16.98			
	50m: 32.29 32.29	100m: 1:07.10 34.81	150m: 1:42.35 35.25	200m: 2:16.98		34.63	
2.	GIL, Joao Pedro	98	Eléctrico	2:22.50			
	50m: 33.24 33.24	100m: 1:09.61 36.37	150m: 1:46.05 36.44	200m: 2:22.50		36.45	
3.	DUARTE, Joao Silverio	99	Eléctrico	2:22.81			
	50m: 32.77 32.77	100m: 1:09.43 36.66	150m: 1:45.96 36.53	200m: 2:22.81		36.85	
4.	FIGUEIRA, Samuel Baptista	05	Miranda do Corvo	2:29.35			
	50m: 36.26 36.26	100m: 1:14.04 37.78	150m: 1:51.88 37.84	200m: 2:29.35		37.47	
5.	AMADO, Afonso Miguel	05	Miranda do Corvo	2:31.22			
	50m: 35.53 35.53	100m: 1:14.23 38.70	150m: 1:52.83 38.60	200m: 2:31.22		38.39	
6.	MAGRINHO, Leonardo Filipe	01	Clube Natação Portalegre	2:32.63			
	50m: 35.30 35.30	100m: 1:13.51 38.21	150m: 1:53.56 40.05	200m: 2:32.63		39.07	
7.	SANTOS, Ricardo Matias	05	Clube Ferreira Zêzere	2:34.26			
	50m: 34.95 34.95	100m: 1:14.99 40.04	150m: 1:54.97 39.98	200m: 2:34.26		39.29	
8.	GERALDO, Tomas Cardoso	05	Condeixa Aqua Clube	2:36.27			
	50m: 36.86 36.86	100m: 1:16.90 40.04	150m: 1:57.41 40.51	200m: 2:36.27		38.86	
9.	GRILO, Afonso Corte-Real	04	Fundacao Beatriz Santos	2:36.50			
	50m: 36.90 36.90	100m: 1:17.48 40.58	150m: 1:58.48 41.00	200m: 2:36.50		38.02	
10.	BARATA, Pedro Afonso	04	Clube Natação Fundão	2:38.47			
	50m: 38.42 38.42	100m: 1:18.66 40.24	150m: 1:59.57 40.91	200m: 2:38.47		38.90	
11.	FERREIRA, Joao Rafael	06	Fundacao Beatriz Santos	2:39.15			
	50m: 37.60 37.60	100m: 1:18.17 40.57	150m: 1:59.17 41.00	200m: 2:39.15		39.98	
12.	NUNES, Goncalo Farinha	04	CCDSerta	2:40.84			
	50m: 36.19 36.19	100m: 1:17.28 41.09	150m: 2:00.21 42.93	200m: 2:40.84		40.63	
13.	GOMES, Rafael Rodrigues	06	CLAC-Entroncamento	2:47.14			
	50m: 40.04 40.04	100m: 1:22.70 42.66	150m: 2:05.84 43.14	200m: 2:47.14		41.30	
14.	PINHO, Afonso Formigo	06	Torres Novas	2:50.02			
	50m: 40.30 40.30	100m: 1:24.37 44.07	150m: 2:08.92 44.55	200m: 2:50.02		41.10	
15.	RIBEIRO, Francisco Martins	06	CCDSerta	2:50.37			
	50m: 40.92 40.92	100m: 1:25.84 44.92	150m: 2:09.78 43.94	200m: 2:50.37		40.59	
16.	DIAS, Henrique Tavares	06	Nautico Coimbra	2:56.67			
	50m: 41.08 41.08	100m: 1:26.41 45.33	150m: 2:13.20 46.79	200m: 2:56.67		43.47	

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Sertã, 22-6-2019

Prova 11, Masc., 200m Costas, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	LARANJO, Tiago Ventura	01	Clube Natação Portalegre	3:00.03			
	50m: 41.17 41.17	100m: 1:26.87 45.70	150m: 2:15.42 48.55	200m: 3:00.03		44.61	
18.	AFONSO, Tiago Dinis	06	Natacao Guarda	3:01.04			
	50m: 42.51 42.51	100m: 1:28.74 46.23	150m: 2:15.17 46.43	200m: 3:01.04		45.87	
19.	BENTO, Duarte Miguel	05	Nautico Coimbra	3:15.62			
	50m: 46.69 46.69	100m: 1:35.31 48.62	150m: 2:26.89 51.58	200m: 3:15.62		48.73	
DSQ	FÉLIX, Pedro Miguel	03	Clube Natação Fundão				
	<i>O atleta efectuou mais do que uma braçada na posição ventral na viragem dos 175m.</i>						
EXH	PERES, Lucas Farinha	06	CCDSerta	3:07.61			
	50m: 44.19 44.19	100m: 1:30.97 46.78	150m: 2:20.78 49.81	200m: 3:07.61		46.83	

Prova 12
22-06-2019 - 16:05

Femin., 200m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA, Ana Margarida	05	Clube Natação Fundão	2:18.38			
	50m: 32.11 32.11	100m: 1:06.99 34.88	150m: 1:42.92 35.93	200m: 2:18.38		35.46	
2.	GONÇALVES, Maria Albuquerque	04	Clube Natação Fundão	2:22.56			
	50m: 33.37 33.37	100m: 1:09.41 36.04	150m: 1:46.84 37.43	200m: 2:22.56		35.72	
3.	NEVES, Daniela Lourenco	05	CCDSerta	2:22.67			
	50m: 31.74 31.74	100m: 1:07.31 35.57	150m: 1:45.14 37.83	200m: 2:22.67		37.53	
4.	RIBEIRO, Leonor Santos	03	CCDSerta	2:25.37			
	50m: 32.82 32.82	100m: 1:09.14 36.32	150m: 1:47.18 38.04	200m: 2:25.37		38.19	
5.	NEVES, Beatriz Silva	06	Fundacao Beatriz Santos	2:27.33			
	50m: 34.56 34.56	100m: 1:12.71 38.15	150m: 1:50.98 38.27	200m: 2:27.33		36.35	
6.	GIL, Matilde Basilio	03	CLAC-Entroncamento	2:28.29			
	50m: 33.96 33.96	100m: 1:11.74 37.78	150m: 1:50.54 38.80	200m: 2:28.29		37.75	
7.	GAMA, Beatriz Sa	05	Condeixa Aqua Clube	2:29.89			
	50m: 34.98 34.98	100m: 1:13.50 38.52	150m: 1:51.50 38.00	200m: 2:29.89		38.39	
8.	DIAS, Ines Alves	06	Fundacao Beatriz Santos	2:29.96			
	50m: 34.78 34.78	100m: 1:13.36 38.58	150m: 1:52.69 39.33	200m: 2:29.96		37.27	
9.	CASTANHEIRA, Ana Sofia	04	Condeixa Aqua Clube	2:30.54			
	50m: 35.18 35.18	100m: 1:13.16 37.98	150m: 1:51.83 38.67	200m: 2:30.54		38.71	
10.	GASPAR, Maria Ines	05	Miranda do Corvo	2:31.36			
	50m: 36.27 36.27	100m: 1:14.76 38.49	150m: 1:53.52 38.76	200m: 2:31.36		37.84	
11.	LOBO, Maria Fernandes	05	Nautico Coimbra	2:32.46			
	50m: 34.73 34.73	100m: 1:13.56 38.83	150m: 1:53.20 39.64	200m: 2:32.46		39.26	
12.	GONCALVES, Ana Rita	04	AN Albicastrense	2:32.69			
	50m: 34.92 34.92	100m: 1:13.59 38.67	150m: 1:53.68 40.09	200m: 2:32.69		39.01	
13.	ANTUNES, Joana Patricia	06	CLAC-Entroncamento	2:40.04			
	50m: 36.57 36.57	100m: 1:16.34 39.77	150m: 1:58.35 42.01	200m: 2:40.04		41.69	
14.	VICENTE, Joana Fernandes	04	Torres Novas	2:47.67			
	50m: 37.86 37.86	100m: 1:22.48 44.62	150m: 2:07.63 45.15	200m: 2:47.67		40.04	
15.	SANTOS, Lara Carvalho	07	Nautico Coimbra	2:54.71			
	50m: 41.06 41.06	100m: 1:25.73 44.67	150m: 2:11.02 45.29	200m: 2:54.71		43.69	
16.	SIMOES, Beatriz Maria	07	Torres Novas	2:55.89			
	50m: 39.00 39.00	100m: 1:23.91 44.91	150m: 2:10.86 46.95	200m: 2:55.89		45.03	

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 12, Femin., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	MOTA, Beatriz Neves	05	Natacao Guarda	2:59.46			
	50m: 39.95 39.95	100m: 1:26.07 46.12	150m: 2:11.84 45.77	200m: 2:59.46		47.62	
18.	MARQUES, Sara Isabel	07	AN Albicastrense	3:06.22			
	50m: 40.09 40.09	100m: 1:28.74 48.65	150m: 2:18.94 50.20	200m: 3:06.22		47.28	
EXH	GAMEIRO, Marta Domingues	04	Nautico Coimbra	2:25.63			
	50m: 33.99 33.99	100m: 1:10.59 36.60	150m: 1:47.77 37.18	200m: 2:25.63		37.86	
EXH	NUNES, Marcia Raquel	03	CCDSerta	2:39.87			
	50m: 35.56 35.56	100m: 1:15.60 40.04	150m: 1:57.83 42.23	200m: 2:39.87		42.04	
EXH	RIBEIRO, Lara Almeida	07	CCDSerta	3:14.71			
	50m: 44.27 44.27	100m: 1:34.63 50.36	150m: 2:24.84 50.21	200m: 3:14.71		49.87	
EXH	CARDOSO, Matilde Antonio	07	CCDSerta	3:28.58			
	50m: 48.66 48.66	100m: 1:41.85 53.19	150m: 2:36.34 54.49	200m: 3:28.58		52.24	

Prova 13
22-06-2019 - 16:20

Masc., 200m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANDRADE, Mario Luis	03	Clube Natação Portalegre	2:03.34			
	50m: 27.98 27.98	100m: 59.10 31.12	150m: 1:31.64 32.54	200m: 2:03.34		31.70	
2.	MARQUES, Carlos Manuel	00	AN Albicastrense	2:05.22			
	50m: 29.34 29.34	100m: 1:01.12 31.78	150m: 1:33.49 32.37	200m: 2:05.22		31.73	
3.	OLIVEIRA, Goncalo Daniel	04	Fundacao Beatriz Santos	2:07.08			
	50m: 29.53 29.53	100m: 1:01.65 32.12	150m: 1:34.58 32.93	200m: 2:07.08		32.50	
4.	GONCALVES, Joao Pedro	01	Torres Novas	2:09.55			
	50m: 30.08 30.08	100m: 1:02.55 32.47	150m: 1:35.99 33.44	200m: 2:09.55		33.56	
5.	AMADO, Afonso Miguel	05	Miranda do Corvo	2:10.49			
	50m: 30.26 30.26	100m: 1:03.62 33.36	150m: 1:37.57 33.95	200m: 2:10.49		32.92	
6.	FIGUEIRA, Samuel Baptista	05	Miranda do Corvo	2:17.54			
	50m: 31.02 31.02	100m: 1:05.76 34.74	150m: 1:41.83 36.07	200m: 2:17.54		35.71	
7.	LOPES, Andre Prates	05	Eléctrico	2:17.66			
	50m: 31.12 31.12	100m: 1:05.78 34.66	150m: 1:42.20 36.42	200m: 2:17.66		35.46	
8.	PEREIRA, Guilherme Marques	06	Condeixa Aqua Clube	2:18.86			
	50m: 31.61 31.61	100m: 1:07.00 35.39	150m: 1:43.77 36.77	200m: 2:18.86		35.09	
9.	TRINCAO, Tiago Miguel	06	Torres Novas	2:21.06			
	50m: 31.94 31.94	100m: 1:08.48 36.54	150m: 1:46.48 38.00	200m: 2:21.06		34.58	
10.	PEREIRA, Tomas Veiga	06	Fundacao Beatriz Santos	2:25.90			
	50m: 33.69 33.69	100m: 1:10.96 37.27	150m: 1:49.32 38.36	200m: 2:25.90		36.58	
11.	GOMES, Rafael Rodrigues	06	CLAC-Entroncamento	2:28.34			
	50m: 33.68 33.68	100m: 1:11.56 37.88	150m: 1:50.38 38.82	200m: 2:28.34		37.96	
12.	DIAS, Manuel José	05	Clube Natação Fundão	2:29.90			
	50m: 34.90 34.90	100m: 1:12.68 37.78	150m: 1:51.21 38.53	200m: 2:29.90		38.69	
13.	PAULETA, Miguel Angelo	03	Clube Natação Portalegre	2:32.89			
	50m: 34.14 34.14	100m: 1:12.23 38.09	150m: 1:52.90 40.67	200m: 2:32.89		39.99	
14.	FRAZAO, Francisco Couto	06	Condeixa Aqua Clube	2:34.23			
	50m: 36.05 36.05	100m: 1:16.92 40.87	150m: 1:56.51 39.59	200m: 2:34.23		37.72	
15.	FARINHA, Carlos Santos	04	AN Albicastrense	2:35.21			
	50m: 34.10 34.10	100m: 1:13.30 39.20	150m: 1:54.45 41.15	200m: 2:35.21		40.76	

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Prova 13, Masc., 200m Livres, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	LIMA, Jorge Sequeira	67	Eléctrico	2:37.09			
	50m: 35.58 35.58	100m: 1:14.52 38.94	150m: 1:56.76 42.24	200m: 2:37.09		40.33	
17.	MOREIRA, Miguel Goncalves	05	Natacao Guarda	2:37.69			
	50m: 33.82 33.82	100m: 1:13.78 39.96	150m: 1:55.94 42.16	200m: 2:37.69		41.75	
18.	DIAS, Henrique Tavares	06	Nautico Coimbra	2:37.80			
	50m: 37.69 37.69	100m: 1:18.71 41.02	150m: 2:00.01 41.30	200m: 2:37.80		37.79	
19.	PINTO, Fabio Jose	06	CCDSerta	2:39.00			
	50m: 35.37 35.37	100m: 1:15.10 39.73	150m: 1:57.91 42.81	200m: 2:39.00		41.09	
20.	AFONSO, Tiago Dinis	06	Natacao Guarda	2:40.30			
	50m: 36.01 36.01	100m: 1:17.24 41.23	150m: 1:59.62 42.38	200m: 2:40.30		40.68	
21.	LOURENCO, Diogo Filipe	05	CCDSerta	2:41.74			
	50m: 36.79 36.79	100m: 1:17.53 40.74	150m: 2:00.44 42.91	200m: 2:41.74		41.30	
22.	ANTUNES, Diogo Rafael	04	CLAC-Entroncamento	2:48.49			
	50m: 40.19 40.19	100m: 1:25.21 45.02	150m: 2:10.33 45.12	200m: 2:48.49		38.16	
23.	BENTO, Duarte Miguel	05	Nautico Coimbra	2:52.70			
	50m: 38.47 38.47	100m: 1:21.69 43.22	150m: 2:07.20 45.51	200m: 2:52.70		45.50	
EXH	OLIVEIRA, Pedro Nuno	04	Torres Novas	2:02.68			
	50m: 28.23 28.23	100m: 59.42 31.19	150m: 1:31.18 31.76	200m: 2:02.68		31.50	
EXH	FÉLIX, Pedro Miguel	03	Clube Natação Fundão	2:33.15			
	50m: 36.48 36.48	100m: 1:17.86 41.38	150m: 1:57.14 39.28	200m: 2:33.15		36.01	
EXH	SANTOS, Tomas Nolan	06	Fundacao Beatriz Santos	2:33.92			
	50m: 34.62 34.62	100m: 1:13.90 39.28	150m: 1:54.78 40.88	200m: 2:33.92		39.14	
EXH	AFONSO, Hugo Andre	76	CCDSerta	2:41.43			
	50m: 36.49 36.49	100m: 1:16.29 39.80	150m: 2:00.26 43.97	200m: 2:41.43		41.17	
EXH	ANTUNES, Simao Pedro	06	CCDSerta	3:28.99			
	50m: 43.72 43.72	100m: 1:36.92 53.20	150m: 2:34.74 57.82	200m: 3:28.99		54.25	

Prova 14
22-06-2019 - 16:40

Femin., 400m Estilos

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NEVES, Sara Dias	03	Miranda do Corvo	5:11.36			
	50m: 32.76 32.76	150m: 1:50.50 40.12	250m: 3:15.55 44.13	350m: 4:36.77		35.59	
	100m: 1:10.38 37.62	200m: 2:31.42 40.92	300m: 4:01.18 45.63	400m: 5:11.36		34.59	
2.	CANINHAS, Maria Pinto	05	Clube Natação Fundão	5:26.75			
	50m: 35.01 35.01	150m: 1:57.68 41.81	250m: 3:27.30 49.11	350m: 4:52.29		34.92	
	100m: 1:15.87 40.86	200m: 2:38.19 40.51	300m: 4:17.37 50.07	400m: 5:26.75		34.46	
3.	NICOLAU, Margarida Claudino	05	Torres Novas	5:31.83			
	50m: 33.97 33.97	150m: 2:02.89 44.28	250m: 3:33.19 45.48	350m: 4:56.77		34.95	
	100m: 1:18.61 44.64	200m: 2:47.71 44.82	300m: 4:21.82 48.63	400m: 5:31.83		35.06	
4.	MATIAS, Marta Filipa	03	CCDSerta	5:32.33			
	50m: 33.71 33.71	150m: 1:55.57 41.20	250m: 3:27.73 48.36	350m: 4:54.80		37.89	
	100m: 1:14.37 40.66	200m: 2:39.37 43.80	300m: 4:16.91 49.18	400m: 5:32.33		37.53	
5.	AGUILAR, Marta Andre	07	Fundacao Beatriz Santos	5:40.07			
	50m: 36.95 36.95	150m: 2:02.33 42.54	250m: 3:35.30 49.95	350m: 5:02.36		37.27	
	100m: 1:19.79 42.84	200m: 2:45.35 43.02	300m: 4:25.09 49.79	400m: 5:40.07		37.71	
6.	MANO, Leonor Mil	07	Fundacao Beatriz Santos	5:43.08			
	50m: 36.94 36.94	150m: 2:04.53 44.19	250m: 3:38.88 49.10	350m: 5:06.69		36.79	
	100m: 1:20.34 43.40	200m: 2:49.78 45.25	300m: 4:29.90 51.02	400m: 5:43.08		36.39	

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Prova 14, Femin., 400m Estilos, Absoluto

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MACEDO, Laura Pinheiro	07	AN Albicastrense	5:47.85			
	50m: 37.77 37.77	150m: 2:03.96 43.11	250m: 3:37.50 49.61	350m: 5:07.49 39.44			
	100m: 1:20.85 43.08	200m: 2:47.89 43.93	300m: 4:28.05 50.55	400m: 5:47.85 40.36			
8.	CRUZ, Ines Dias	04	Condeixa Aqua Clube	5:48.97			
	50m: 35.80 35.80	150m: 2:03.45 47.22	250m: 3:42.13 52.87	350m: 5:11.91 38.61			
	100m: 1:16.23 40.43	200m: 2:49.26 45.81	300m: 4:33.30 51.17	400m: 5:48.97 37.06			
9.	FLORINDO, Helena Neto	06	Eléctrico	5:49.81			
	50m: 38.56 38.56	150m: 2:06.11 42.93	250m: 3:44.18 53.70	350m: 5:12.90 36.50			
	100m: 1:23.18 44.62	200m: 2:50.48 44.37	300m: 4:36.40 52.22	400m: 5:49.81 36.91			
10.	OLIVEIRA, Matilde Fonseca	06	Miranda do Corvo	5:50.52			
	50m: 38.66 38.66	150m: 2:07.72 44.27	250m: 3:41.30 50.08	350m: 5:11.47 39.65			
	100m: 1:23.45 44.79	200m: 2:51.22 43.50	300m: 4:31.82 50.52	400m: 5:50.52 39.05			
11.	DIAS, Marta Chambel	02	CLAC-Entroncamento	5:53.58			
	50m: 36.76 36.76	150m: 2:08.00 45.84	250m: 3:43.33 48.42	350m: 5:13.20 41.53			
	100m: 1:22.16 45.40	200m: 2:54.91 46.91	300m: 4:31.67 48.34	400m: 5:53.58 40.38			
12.	GASPAR, Beatriz Andre	06	Nautico Coimbra	5:57.32			
	50m: 39.80 39.80	150m: 2:10.59 45.66	250m: 3:47.98 51.54	350m: 5:19.04 39.12			
	100m: 1:24.93 45.13	200m: 2:56.44 45.85	300m: 4:39.92 51.94	400m: 5:57.32 38.28			
13.	SANTOS, Maria Lucas	05	Condeixa Aqua Clube	6:01.65			
	50m: 39.92 39.92	150m: 2:11.02 47.27	250m: 3:48.82 50.34	350m: 5:21.37 41.47			
	100m: 1:23.75 43.83	200m: 2:58.48 47.46	300m: 4:39.90 51.08	400m: 6:01.65 40.28			
14.	SILVA, Ines Louro	04	AN Albicastrense	6:03.15			
	50m: 37.65 37.65	150m: 2:09.89 45.85	250m: 3:42.90 46.48	350m: 5:17.12 45.82			
	100m: 1:24.04 46.39	200m: 2:56.42 46.53	300m: 4:31.30 48.40	400m: 6:03.15 46.03			
15.	VARELA, Joana Filipa	06	Nautico Coimbra	6:08.72			
	50m: 40.26 40.26	150m: 2:11.83 44.39	250m: 3:50.52 53.11	350m: 5:27.28 40.65			
	100m: 1:27.44 47.18	200m: 2:57.41 45.58	300m: 4:46.63 56.11	400m: 6:08.72 41.44			
16.	TEODORO, Marcia Goncalves	03	Eléctrico	6:11.42			
	50m: 41.38 41.38	150m: 2:15.43 43.37	250m: 3:52.60 53.94	350m: 5:31.02 43.25			
	100m: 1:32.06 50.68	200m: 2:58.66 43.23	300m: 4:47.77 55.17	400m: 6:11.42 40.40			
17.	FREITAS, Barbara Maia	06	CLAC-Entroncamento	6:16.02			
	50m: 41.12 41.12	150m: 2:17.53 47.41	250m: 3:58.31 54.71	350m: 5:36.14 42.31			
	100m: 1:30.12 49.00	200m: 3:03.60 46.07	300m: 4:53.83 55.52	400m: 6:16.02 39.88			
18.	ANTUNES, Joana Patricia	06	CLAC-Entroncamento	6:32.87			
	50m: 46.67 46.67	150m: 2:34.42 50.07	250m: 4:15.90 51.20	350m: 5:51.89 43.35			
	100m: 1:44.35 57.68	200m: 3:24.70 50.28	300m: 5:08.54 52.64	400m: 6:32.87 40.98			
19.	MONRAIA, Matilde Nabeiro	06	CLAC-Entroncamento	6:42.26			
	50m: 44.91 44.91	150m: 2:29.45 48.33	250m: 4:12.05 54.24	350m: 5:56.16 47.24			
	100m: 1:41.12 56.21	200m: 3:17.81 48.36	300m: 5:08.92 56.87	400m: 6:42.26 46.10			
DSQ	DIEGUES, Carolina Fonseca	06	Clube Natação Fundão				
	<i>A atleta só tocou com uma mão na viragem dos 300m.</i>						

Prova 15
22-06-2019 - 17:05

Masc., 400m Estilos

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 15, Masc., 400m Estilos

1. BASTOS, Vasco Pereira	02	Nautico Coimbra	5:06.09						
50m: 33.56	33.56	150m: 1:52.08	39.32	250m: 3:13.63	41.24	350m: 4:32.06	34.74		
100m: 1:12.76	39.20	200m: 2:32.39	40.31	300m: 3:57.32	43.69	400m: 5:06.09	34.03		
2. MARQUES, Carlos Manuel	00	AN Albicastrense	5:12.53						
50m: 32.53	32.53	150m: 1:51.31	41.50	250m: 3:18.44	45.18	350m: 4:39.39	34.05		
100m: 1:09.81	37.28	200m: 2:33.26	41.95	300m: 4:05.34	46.90	400m: 5:12.53	33.14		
3. LOURENCO, Goncalo Pires	03	Fundacao Beatriz Santos	5:12.56						
50m: 32.76	32.76	150m: 1:50.05	41.37	250m: 3:14.72	43.87	350m: 4:36.79	35.77		
100m: 1:08.68	35.92	200m: 2:30.85	40.80	300m: 4:01.02	46.30	400m: 5:12.56	35.77		
4. MATIAS, Francisco Miguel	04	CCDSerta	5:17.73						
50m: 35.79	35.79	150m: 1:57.95	42.90	250m: 3:20.49	39.81	350m: 4:40.96	38.07		
100m: 1:15.05	39.26	200m: 2:40.68	42.73	300m: 4:02.89	42.40	400m: 5:17.73	36.77		
5. BENTO, Carlos Eduardo	05	Miranda do Corvo	5:22.88						
50m: 35.33	35.33	150m: 1:55.84	42.03	250m: 3:23.64	46.09	350m: 4:48.10	36.71		
100m: 1:13.81	38.48	200m: 2:37.55	41.71	300m: 4:11.39	47.75	400m: 5:22.88	34.78		
6. ALMEIDA, Joao Neves	05	Fundacao Beatriz Santos	5:23.77						
50m: 34.29	34.29	150m: 1:56.11	41.89	250m: 3:24.17	46.31	350m: 4:48.97	36.49		
100m: 1:14.22	39.93	200m: 2:37.86	41.75	300m: 4:12.48	48.31	400m: 5:23.77	34.80		
7. GONCALVES, Diogo Antunes	05	Natacao Guarda	5:34.15						
50m: 35.43	35.43	150m: 1:59.42	44.14	250m: 3:30.73	47.83	350m: 4:57.80	38.29		
100m: 1:15.28	39.85	200m: 2:42.90	43.48	300m: 4:19.51	48.78	400m: 5:34.15	36.35		
8. MAGRINHO, Leonardo Filipe	01	Clube Natação Portalegre	5:43.73						
50m: 37.69	37.69	150m: 2:06.85	44.44	250m: 3:36.93	46.58	350m: 5:06.61	40.26		
100m: 1:22.41	44.72	200m: 2:50.35	43.50	300m: 4:26.35	49.42	400m: 5:43.73	37.12		
9. SIMOES, Filipe Cruz	06	Miranda do Corvo	5:50.59						
50m: 39.59	39.59	150m: 2:06.54	43.36	250m: 3:41.41	49.62	350m: 5:12.38	39.64		
100m: 1:23.18	43.59	200m: 2:51.79	45.25	300m: 4:32.74	51.33	400m: 5:50.59	38.21		
10. TRINCAO, Tiago Miguel	06	Torres Novas	5:53.58						
50m: 37.99	37.99	150m: 2:10.30	46.44	250m: 3:45.91	49.36	350m: 5:16.62	39.46		
100m: 1:23.86	45.87	200m: 2:56.55	46.25	300m: 4:37.16	51.25	400m: 5:53.58	36.96		
11. MARQUES, Jose Miguel	06	Condeixa Aqua Clube	5:55.28						
50m: 39.37	39.37	150m: 2:11.57	45.40	250m: 3:45.76	50.07	350m: 5:16.99	39.67		
100m: 1:26.17	46.80	200m: 2:55.69	44.12	300m: 4:37.32	51.56	400m: 5:55.28	38.29		
12. BARATA, Simão Duarte	04	Clube Natação Fundão	5:55.77						
50m: 35.08	35.08	150m: 2:04.08	45.09	250m: 3:40.93	51.02	350m: 5:14.69	41.70		
100m: 1:18.99	43.91	200m: 2:49.91	45.83	300m: 4:32.99	52.06	400m: 5:55.77	41.08		
13. PINHO, Afonso Formigo	06	Torres Novas	6:09.20						
50m: 39.82	39.82	150m: 2:14.83	46.64	250m: 3:55.40	55.68	350m: 5:29.59	41.98		
100m: 1:28.19	48.37	200m: 2:59.72	44.89	300m: 4:47.61	52.21	400m: 6:09.20	39.61		
14. NEVES, Diogo Cura	06	Condeixa Aqua Clube	6:10.41						
50m: 40.43	40.43	150m: 2:17.82	48.51	250m: 3:56.57	51.32	350m: 5:30.67	43.40		
100m: 1:29.31	48.88	200m: 3:05.25	47.43	300m: 4:47.27	50.70	400m: 6:10.41	39.74		
15. BARATA, Pedro Afonso	04	Clube Natação Fundão	6:17.73						
50m: 37.60	37.60	150m: 2:12.05	47.12	250m: 3:56.36	56.60	350m: 5:36.92	42.67		
100m: 1:24.93	47.33	200m: 2:59.76	47.71	300m: 4:54.25	57.89	400m: 6:17.73	40.81		
16. ANTUNES, Diogo Rafael	04	CLAC-Entroncamento	6:19.06						
50m: 43.80	43.80	150m: 2:28.01	51.52	250m: 4:09.05	48.43	350m: 5:41.26	42.89		
100m: 1:36.49	52.69	200m: 3:20.62	52.61	300m: 4:58.37	49.32	400m: 6:19.06	37.80		
17. PARREIRAS, Diogo Miguel	05	Clube Natação Portalegre	6:22.29						
50m: 41.24	41.24	150m: 2:16.39	46.36	250m: 3:58.39	56.02	350m: 5:39.35	44.25		
100m: 1:30.03	48.79	200m: 3:02.37	45.98	300m: 4:55.10	56.71	400m: 6:22.29	42.94		
18. MARTINS, António Pedro	05	Clube Ferreira Zêzere	7:41.17						
50m: 54.58	54.58	150m: 2:51.13	53.94	250m: 4:56.67	1:08.79	350m: 6:54.73	48.57		
100m: 1:57.19	1:02.61	200m: 3:47.88	56.75	300m: 6:06.16	1:09.49	400m: 7:41.17	46.44		

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 16
22-06-2019 - 17:50

Femin., 4 x 100m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1. CCDSerta 1	CCDSerta	4:21.05			
	NEVES, Daniela Lourenco 05 30.26 1:03.68	CAETANO, Ines Martins 05 31.08	1:06.54		
	CATARINO, Laura Andre 03 30.16 1:03.88	RIBEIRO, Leonor Santos 03 31.12	1:06.95		
2. CCDSerta 2	CCDSerta	4:28.71			
	MATIAS, Marta Filipa 03 29.66 1:01.73	NUNES, Marcia Raquel 03 32.26	1:18.70		
	DIAS, Salome Silva 06 32.08 1:07.36	RIBEIRO, Carolina Martins 03 24.17	1:00.92		
3. Miranda do Corvo 1	Miranda do Corvo	4:29.44			
	OLIVEIRA, Matilde Fonseca 06 33.44 1:10.55	GASPAR, Maria Ines 05 34.53	1:12.39		
	NEVES, Sara Dias 03 29.38 1:01.70	LAMAS, Maria Caetano 04 31.17	1:04.80		
4. Fundacao Beatriz Santos 1	Fundacao Beatriz Santos	4:29.65			
	FERREIRA, Maria Neto 06 32.35 1:07.82	DIAS, Ines Alves 06 32.74	1:09.16		
	FERREIRA, Matilde Batista 06 31.40 1:05.94	BELO, Catarina Cunha 06 32.43	1:06.73		
5. Clube Natação Fundão 1	Clube Natação Fundão	4:32.74			
	CANINHAS, Maria Pinto 05 32.20 1:08.72	DIEGUES, Carolina Fonseca 06 34.60	1:13.21		
	GONÇALVES, Maria Albuquerque 04 30.16 1:04.85	SILVA, Ana Margarida 05 31.55	1:05.96		
6. Torres Novas 1	Torres Novas	4:41.98			
	SIMOES, Beatriz Maria 07 36.77 1:15.07	VICENTE, Joana Fernandes 04 33.18	1:12.12		
	MENDES, Soraia Ferreira 05 34.52 1:13.37	NICOLAU, Margarida Claudino 05 29.20	1:01.42		
7. Condeixa Aqua Clube 1	Condeixa Aqua Clube	4:46.83			
	GAMA, Beatriz Sa 05 33.59 1:10.64	CASTANHEIRA, Ana Sofia 04 34.31	1:11.64		
	RODRIGUES, Maria Beatriz 04 36.15 1:15.31	CRUZ, Ines Dias 04 33.77	1:09.24		
8. Nautico Coimbra 1	Nautico Coimbra	4:47.98			
	GAMEIRO, Marta Domingues 04 32.81 1:13.17	LOBO, Maria Fernandes 05 33.56	1:11.74		
	VARELA, Joana Filipa 06 30.05 1:09.79	GASPAR, Beatriz Andre 06 35.32	1:13.28		
9. CLAC-Entroncamento 1	CLAC-Entroncamento	4:48.10			
	FREITAS, Barbara Maia 06 33.75 1:12.07	SABANOVIC, Erna 04 34.01	1:11.91		
	ANTUNES, Joana Patricia 06 35.47 1:14.28	DIAS, Marta Chambel 02 33.40	1:09.84		
10. AN Albicastrense 1	AN Albicastrense	4:49.30			
	SILVA, Ines Louro 04 32.39 1:07.97	GONCALVES, Ana Rita 04 34.24	1:12.10		
	NASCIMENTO, Ana Matilde 07 38.14 1:19.44	MACEDO, Laura Pinheiro 07 33.07	1:09.79		

Prova 17
22-06-2019 - 18:00

Masc., 4 x 100m Livres

Absoluto
Resultados

Pontos: FINA 2019

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
1. Torres Novas 1	Torres Novas	4:01.02			
	PINHO, Afonso Formigo 06 33.58 1:08.56	OLIVEIRA, Pedro Nuno 04 27.14	56.13		
	GONCALVES, Joao Pedro 01 28.39 58.91	MATRENO, Diogo Miguel 03 27.40	57.42		
2. Fundacao Beatriz Santos 2	Fundacao Beatriz Santos	4:03.34			
	POIARES, Tiago Andre 04 29.87 1:01.12	FLORIDO, Pedro Miguel 04 29.04	1:01.61		
	OLIVEIRA, Daniel Mendo 05 28.82 1:00.25	LOURENCO, Goncalo Pires 03 28.42	1:00.36		
3. Eléctrico 1	Eléctrico	4:06.63			
	LOPES, Andre Prates 05 30.63 1:03.70	GIL, Joao Pedro 98 26.80	57.28		
	LIMA, Jorge Sequeira 67 32.63 1:10.48	DUARTE, Joao Silverio 99 25.65	55.17		
4. Clube Natação Portalegre 1	Clube Natação Portalegre	4:08.18			
	PAULETA, Miguel Angelo 03 32.23 1:07.04	AGOSTINHO, Iuri Aragonéz 03 29.08	1:02.63		
	LARANJO, Tiago Ventura 01 29.76 1:01.93	ANDRADE, Mario Luis 03 26.88	56.58		
5. Miranda do Corvo 1	Miranda do Corvo	4:12.53			
	FIGUEIRA, Samuel Baptista 05 30.13 1:01.25	BENTO, Carlos Eduardo 05 29.23	1:02.29		
	AMADO, Afonso Miguel 05 28.43 59.69	SIMOES, Filipe Cruz 06 33.32	1:09.30		

VII Torneio Meio-Fundo Sertã
Sertã, 22-6-2019

Prova 17, Masc., 4 x 100m Livres, Absoluto

Lugar	Clube	Tempo Final	TReac	Pts FINA	Pts
6. CCDSerta 3	CCDSerta	4:27.68			
PINTO, Fabio Jose	06 32.65 1:08.29	MATIAS, Francisco Miguel	04 29.21	1:03.10	
NUNES, Goncalo Farinha	04 31.09 1:06.04	LOURENCO, Diogo Filipe	05 33.37	1:10.25	
7. Clube Natação Fundão 1	Clube Natação Fundão	4:28.33			
BARATA, Pedro Afonso	04 31.76 1:05.61	DIAS, Manuel José	05 33.57	1:10.98	
FÉLIX, Pedro Miguel	03 31.79 1:07.98	BARATA, Simão Duarte	04 29.74	1:03.76	
8. Nautico Coimbra 1	Nautico Coimbra	4:30.56			
BASTOS, Vasco Pereira	02 28.47 58.17	SILVA, Jose Miguel	02 30.97	1:04.23	
BENTO, Duarte Miguel	05 35.28 1:15.04	DIAS, Henrique Tavares	06 35.67	1:13.12	
9. Condeixa Aqua Clube 1	Condeixa Aqua Clube	4:40.16			
GERALDO, Tomas Cardoso	05 33.00 1:09.28	MARQUES, Jose Miguel	06 34.92	1:12.78	
FRAZAO, Francisco Couto	06 34.44 1:12.24	PEREIRA, Guilherme Marques	06 31.54	1:05.86	
10. CCDSerta 4	CCDSerta	5:13.64			
RIBEIRO, Francisco Martins	06 34.07 1:10.22	ANTUNES, Simao Pedro	06 43.56	1:34.44	
PERES, Lucas Farinha	06 35.32 1:16.22	AFONSO, Hugo Andre	76 33.97	1:12.76	