

Prova 1  
27-03-2021 - 10:00

Femin., 1500m Livres

Absolutos  
Resultados

RN Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09-02-2020
RN Jun 17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08-07-2016
RN Jun 16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29-08-2015
RN Juv A	16:54.60	HOLUB Tamila Hryhorivna	POR	Dordrecht (NED)	11-07-2014
RN Juv B	17:34.28	VELOSO Maria Miguel	CNAC	Coimbra	08-07-2007

TAC Juv 50m: 18:49.77 - 25m: 18:43.12; Jun 50m: 18:06.52 - 25m: 17:59.74; Sen 50m: 17:24.73 - 25m: 17:18.53 / JO Absoluto: 16:32.04 / CMJ\_Fem 14 - 17: 16:54.49 / CEPL Abs: 16:34.98 / CEJun\_Fem 14 - 17: 17:14.78 / PreJun\_Fem Juv: 17:45.82

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida <i>Minimos JO, Minimos CEPL</i>	96	Benfica	<b>16:26.82</b>	+0,76	811	
	50m: 31.21 31.21	450m: 4:54.77	33.21	850m: 9:18.19	32.97	1250m: 13:42.09	33.04
	100m: 1:03.95 32.74	500m: 5:28.03	33.26	900m: 9:51.15	32.96	1300m: 14:14.88	32.79
	150m: 1:36.83 32.88	550m: 6:00.91	32.88	950m: 10:24.26	33.11	1350m: 14:47.82	32.94
	200m: 2:09.53 32.70	600m: 6:33.78	32.87	1000m: 10:57.29	33.03	1400m: 15:21.02	33.20
	250m: 2:42.39 32.86	650m: 7:06.66	32.88	1050m: 11:30.33	33.04	1450m: 15:54.13	33.11
	300m: 3:15.47 33.08	700m: 7:39.42	32.76	1100m: 12:03.27	32.94	1500m: 16:26.82	32.69
	350m: 3:48.53 33.06	750m: 8:12.38	32.96	1150m: 12:36.24	32.97		
	400m: 4:21.56 33.03	800m: 8:45.22	32.84	1200m: 13:09.05	32.81		
2.	HOLUB Tamila Hryhorivna <i>Minimos CEPL</i>	99	Braga	<b>16:32.40</b>	+0,78	797	
	50m: 31.27 31.27	450m: 4:55.18	33.10	850m: 9:18.76	32.92	1250m: 13:43.75	33.56
	100m: 1:04.16 32.89	500m: 5:28.39	33.21	900m: 9:51.68	32.92	1300m: 14:17.50	33.75
	150m: 1:37.13 32.97	550m: 6:01.48	33.09	950m: 10:24.77	33.09	1350m: 14:51.37	33.87
	200m: 2:10.16 33.03	600m: 6:34.37	32.89	1000m: 10:57.72	32.95	1400m: 15:25.62	34.25
	250m: 2:42.97 32.81	650m: 7:07.22	32.85	1050m: 11:30.77	33.05	1450m: 15:59.33	33.71
	300m: 3:15.89 32.92	700m: 7:40.03	32.81	1100m: 12:03.79	33.02	1500m: 16:32.40	33.07
	350m: 3:49.06 33.17	750m: 8:12.91	32.88	1150m: 12:36.89	33.10		
	400m: 4:22.08 33.02	800m: 8:45.84	32.93	1200m: 13:10.19	33.30		
3.	ROSA Mafalda Sofia	03	Rio Maior	<b>17:15.23</b>	+0,79	702	
	50m: 31.86 31.86	450m: 5:07.29	34.51	850m: 9:44.13	34.56	1250m: 14:21.76	34.68
	100m: 1:05.55 33.69	500m: 5:42.17	34.88	900m: 10:18.75	34.62	1300m: 14:56.72	34.96
	150m: 1:39.84 34.29	550m: 6:16.71	34.54	950m: 10:53.34	34.59	1350m: 15:31.41	34.69
	200m: 2:14.53 34.69	600m: 6:51.32	34.61	1000m: 11:28.17	34.83	1400m: 16:06.12	34.71
	250m: 2:48.93 34.40	650m: 7:25.73	34.41	1050m: 12:02.77	34.60	1450m: 16:41.35	35.23
	300m: 3:23.71 34.78	700m: 8:00.23	34.50	1100m: 12:37.59	34.82	1500m: 17:15.23	33.88
	350m: 3:58.14 34.43	750m: 8:34.91	34.68	1150m: 13:12.15	34.56		
	400m: 4:32.78 34.64	800m: 9:09.57	34.66	1200m: 13:47.08	34.93		
4.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>17:29.89</b>	+0,81	673	
	50m: 32.57 32.57	450m: 5:11.87	35.02	850m: 9:52.13	35.25	1250m: 14:34.25	35.77
	100m: 1:07.06 34.49	500m: 5:46.68	34.81	900m: 10:27.21	35.08	1300m: 15:09.70	35.45
	150m: 1:41.96 34.90	550m: 6:21.74	35.06	950m: 11:02.33	35.12	1350m: 15:45.05	35.35
	200m: 2:16.90 34.94	600m: 6:56.64	34.90	1000m: 11:37.24	34.91	1400m: 16:20.36	35.31
	250m: 2:52.09 35.19	650m: 7:31.69	35.05	1050m: 12:12.43	35.19	1450m: 16:55.67	35.31
	300m: 3:26.96 34.87	700m: 8:06.73	35.04	1100m: 12:47.60	35.17	1500m: 17:29.89	34.22
	350m: 4:02.13 35.17	750m: 8:41.84	35.11	1150m: 13:22.96	35.36		
	400m: 4:36.85 34.72	800m: 9:16.88	35.04	1200m: 13:58.48	35.52		

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>17:57.77</b>	+0,74	622	
	50m: 32.53 32.53	450m: 5:16.57	35.85 850m: 10:06.44	36.25	1250m: 14:55.40	36.45	
	100m: 1:07.04 34.51	500m: 5:53.00	36.43 900m: 10:42.70	36.26	1300m: 15:32.14	36.74	
	150m: 1:42.37 35.33	550m: 6:29.34	36.34 950m: 11:18.67	35.97	1350m: 16:08.54	36.40	
	200m: 2:17.77 35.40	600m: 7:05.96	36.62 1000m: 11:54.89	36.22	1400m: 16:45.61	37.07	
	250m: 2:53.10 35.33	650m: 7:41.55	35.59 1050m: 12:30.96	36.07	1450m: 17:21.58	35.97	
	300m: 3:29.01 35.91	700m: 8:17.90	36.35 1100m: 13:07.44	36.48	1500m: 17:57.77	36.19	
	350m: 4:04.69 35.68	750m: 8:54.03	36.13 1150m: 13:42.81	35.37			
	400m: 4:40.72 36.03	800m: 9:30.19	36.16 1200m: 14:18.95	36.14			
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>18:00.93</b>	+0,80	617	
	50m: 32.73 32.73	450m: 5:20.03	36.24 850m: 10:08.91	36.05	1250m: 14:59.93	36.61	
	100m: 1:07.63 34.90	500m: 5:56.38	36.35 900m: 10:44.95	36.04	1300m: 15:36.66	36.73	
	150m: 1:43.27 35.64	550m: 6:32.42	36.04 950m: 11:21.24	36.29	1350m: 16:13.14	36.48	
	200m: 2:19.15 35.88	600m: 7:08.55	36.13 1000m: 11:57.58	36.34	1400m: 16:49.68	36.54	
	250m: 2:55.32 36.17	650m: 7:44.65	36.10 1050m: 12:33.68	36.10	1450m: 17:25.90	36.22	
	300m: 3:31.52 36.20	700m: 8:20.51	35.86 1100m: 13:10.43	36.75	1500m: 18:00.93	35.03	
	350m: 4:07.64 36.12	750m: 8:56.60	36.09 1150m: 13:46.64	36.21			
	400m: 4:43.79 36.15	800m: 9:32.86	36.26 1200m: 14:23.32	36.68			
7.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>18:27.91</b>	+0,72	573	
	50m: 31.41 31.41	450m: 5:20.58	37.12 850m: 10:19.80	37.49	1250m: 15:21.09	37.88	
	100m: 1:05.75 34.34	500m: 5:57.90	37.32 900m: 10:57.26	37.46	1300m: 15:58.75	37.66	
	150m: 1:41.31 35.56	550m: 6:34.92	37.02 950m: 11:34.64	37.38	1350m: 16:36.36	37.61	
	200m: 2:17.33 36.02	600m: 7:12.53	37.61 1000m: 12:12.41	37.77	1400m: 17:13.80	37.44	
	250m: 2:53.63 36.30	650m: 7:49.82	37.29 1050m: 12:50.16	37.75	1450m: 17:51.03	37.23	
	300m: 3:30.04 36.41	700m: 8:27.61	37.79 1100m: 13:27.71	37.55	1500m: 18:27.91	36.88	
	350m: 4:06.48 36.44	750m: 9:04.72	37.11 1150m: 14:05.33	37.62			
	400m: 4:43.46 36.98	800m: 9:42.31	37.59 1200m: 14:43.21	37.88			
8.	ALVES Joana Silva	05	Benedita	<b>18:31.57</b>	+0,71	567	
	50m: 31.44 31.44	450m: 5:26.30	37.22 850m: 10:25.50	37.33	1250m: 15:26.42	37.81	
	100m: 1:06.78 35.34	500m: 6:03.82	37.52 900m: 11:02.94	37.44	1300m: 16:03.74	37.32	
	150m: 1:43.44 36.66	550m: 6:41.10	37.28 950m: 11:40.90	37.96	1350m: 16:41.58	37.84	
	200m: 2:20.25 36.81	600m: 7:18.67	37.57 1000m: 12:18.17	37.27	1400m: 17:18.89	37.31	
	250m: 2:57.23 36.98	650m: 7:56.16	37.49 1050m: 12:56.31	38.14	1450m: 17:56.18	37.29	
	300m: 3:34.54 37.31	700m: 8:33.34	37.18 1100m: 13:33.72	37.41	1500m: 18:31.57	35.39	
	350m: 4:11.98 37.44	750m: 9:10.83	37.49 1150m: 14:11.52	37.80			
	400m: 4:49.08 37.10	800m: 9:48.17	37.34 1200m: 14:48.61	37.09			
9.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>18:44.21</b>	+0,88	548	
	50m: 32.81 32.81	450m: 5:32.54	37.69 850m: 10:32.88	37.59	1250m: 15:36.88	38.30	
	100m: 1:09.27 36.46	500m: 6:10.19	37.65 900m: 11:10.71	37.83	1300m: 16:14.93	38.05	
	150m: 1:47.04 37.77	550m: 6:47.55	37.36 950m: 11:48.45	37.74	1350m: 16:53.04	38.11	
	200m: 2:24.62 37.58	600m: 7:24.91	37.36 1000m: 12:26.55	38.10	1400m: 17:30.65	37.61	
	250m: 3:02.37 37.75	650m: 8:02.43	37.52 1050m: 13:04.42	37.87	1450m: 18:08.17	37.52	
	300m: 3:39.89 37.52	700m: 8:39.93	37.50 1100m: 13:42.56	38.14	1500m: 18:44.21	36.04	
	350m: 4:17.26 37.37	750m: 9:17.79	37.86 1150m: 14:20.50	37.94			
	400m: 4:54.85 37.59	800m: 9:55.29	37.50 1200m: 14:58.58	38.08			

Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	COSTA Anita Gouveia	06	Condeixa Clube	<b>19:06.89</b>	+0,70	516	
	50m: 32.81 32.81	450m: 5:34.71	37.81	850m: 10:42.26	39.38	1250m: 15:52.52	38.94
	100m: 1:09.62 36.81	500m: 6:12.82	38.11	900m: 11:20.92	38.66	1300m: 16:31.70	39.18
	150m: 1:47.59 37.97	550m: 6:50.31	37.49	950m: 11:59.34	38.42	1350m: 17:10.84	39.14
	200m: 2:25.88 38.29	600m: 7:28.72	38.41	1000m: 12:38.42	39.08	1400m: 17:49.97	39.13
	250m: 3:03.72 37.84	650m: 8:07.03	38.31	1050m: 13:16.72	38.30	1450m: 18:28.68	38.71
	300m: 3:41.12 37.40	700m: 8:45.55	38.52	1100m: 13:55.57	38.85	1500m: 19:06.89	38.21
	350m: 4:18.92 37.80	750m: 9:24.04	38.49	1150m: 14:33.95	38.38		
	400m: 4:56.90 37.98	800m: 10:02.88	38.84	1200m: 15:13.58	39.63		
DNS	CHEROUATI Souad Nefissa	89	Benfica				

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CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



COIMBRA-RUMO A TÓQUIO 2021  
Coimbra, 27- - 28-3-2021

Prova 2 Masc., 1500m Livres Absolutos  
27-03-2021 - 10:40 Resultados

RN Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30-03-2017
RN Jun 18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07-07-2016
RN Jun 17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30-08-2015
RN Juv A	15:45.55	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
RN Juv B	16:30.45	JORGE Duarte Miguel	CGA	Oeiras	21-07-2016

TAC Juv 50m: 17:24.74 - 25m: 16:57.29; Jun 50m: 16:44.75 - 25m: 16:18.45; Sen 50m: 16:06.01 - 25m: 15:40.77 / JO Absoluto: 15:00.99 / CMJ\_Masc 15 - 18: 15:38.05 / CEPL 12 +: 15:20.01 / CEJun\_Masc 15 - 18: 15:56.90 / PreJun\_Masc Juv: 16:25.61

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
1.	<b>RIBEIRO Gustavo Carvalhais</b> <i>Minimos CEJun</i>	03	Galitos / Bresimar	<b>15:56.33</b>	+0,79	755		
	50m: 29.03	29.03	450m: 4:44.19	32.23	850m: 8:59.70	31.73	1250m: 13:15.60	31.84
	100m: 1:00.12	31.09	500m: 5:16.66	32.47	900m: 9:31.59	31.89	1300m: 13:47.80	32.20
	150m: 1:31.83	31.71	550m: 5:48.46	31.80	950m: 10:03.52	31.93	1350m: 14:19.90	32.10
	200m: 2:03.76	31.93	600m: 6:20.35	31.89	1000m: 10:35.47	31.95	1400m: 14:52.41	32.51
	250m: 2:35.80	32.04	650m: 6:52.09	31.74	1050m: 11:07.37	31.90	1450m: 15:24.47	32.06
	300m: 3:07.95	32.15	700m: 7:24.16	32.07	1100m: 11:39.56	32.19	1500m: 15:56.33	31.86
	350m: 3:39.87	31.92	750m: 7:55.93	31.77	1150m: 12:11.42	31.86		
	400m: 4:11.96	32.09	800m: 8:27.97	32.04	1200m: 12:43.76	32.34		
2.	<b>CARDOSO Diogo Santos</b>	01	Colegio Monte Maior	<b>15:58.14</b>	+0,76	751		
	50m: 29.42	29.42	450m: 4:44.89	32.31	850m: 9:02.12	32.23	1250m: 13:19.92	32.48
	100m: 1:01.42	32.00	500m: 5:17.11	32.22	900m: 9:34.18	32.06	1300m: 13:52.35	32.43
	150m: 1:33.19	31.77	550m: 5:49.03	31.92	950m: 10:06.44	32.26	1350m: 14:24.80	32.45
	200m: 2:05.29	32.10	600m: 6:21.24	32.21	1000m: 10:38.69	32.25	1400m: 14:56.99	32.19
	250m: 2:37.13	31.84	650m: 6:53.02	31.78	1050m: 11:10.75	32.06	1450m: 15:28.12	31.13
	300m: 3:08.75	31.62	700m: 7:25.33	32.31	1100m: 11:42.79	32.04	1500m: 15:58.14	30.02
	350m: 3:40.56	31.81	750m: 7:57.46	32.13	1150m: 12:15.03	32.24		
	400m: 4:12.58	32.02	800m: 8:29.89	32.43	1200m: 12:47.44	32.41		
3.	<b>MACHADO Martim Miranda</b>	03	Uniao Coimbra	<b>16:06.70</b>	+0,71	731		
	50m: 29.26	29.26	450m: 4:44.30	32.14	850m: 9:02.46	32.24	1250m: 13:21.12	32.70
	100m: 1:00.76	31.50	500m: 5:16.51	32.21	900m: 9:34.58	32.12	1300m: 13:54.27	33.15
	150m: 1:32.51	31.75	550m: 5:48.64	32.13	950m: 10:06.71	32.13	1350m: 14:27.82	33.55
	200m: 2:04.41	31.90	600m: 6:20.99	32.35	1000m: 10:39.09	32.38	1400m: 15:01.09	33.27
	250m: 2:35.97	31.56	650m: 6:53.27	32.28	1050m: 11:11.33	32.24	1450m: 15:34.61	33.52
	300m: 3:08.24	32.27	700m: 7:25.57	32.30	1100m: 11:43.43	32.10	1500m: 16:06.70	32.09
	350m: 3:39.93	31.69	750m: 7:57.62	32.05	1150m: 12:15.76	32.33		
	400m: 4:12.16	32.23	800m: 8:30.22	32.60	1200m: 12:48.42	32.66		
4.	<b>LOPES Luis Afonso</b>	03	Viver Santarem	<b>16:28.61</b>	+0,66	683		
	50m: 28.96	28.96	450m: 4:48.79	32.51	850m: 9:14.26	33.27	1250m: 13:42.14	33.62
	100m: 1:00.55	31.59	500m: 5:21.84	33.05	900m: 9:47.29	33.03	1300m: 14:15.88	33.74
	150m: 1:33.12	32.57	550m: 5:55.51	33.67	950m: 10:20.49	33.20	1350m: 14:49.71	33.83
	200m: 2:05.88	32.76	600m: 6:28.62	33.11	1000m: 10:53.84	33.35	1400m: 15:23.72	34.01
	250m: 2:38.54	32.66	650m: 7:01.63	33.01	1050m: 11:27.59	33.75	1450m: 15:56.80	33.08
	300m: 3:11.45	32.91	700m: 7:34.33	32.70	1100m: 12:00.98	33.39	1500m: 16:28.61	31.81
	350m: 3:43.93	32.48	750m: 8:07.49	33.16	1150m: 12:34.78	33.80		
	400m: 4:16.28	32.35	800m: 8:40.99	33.50	1200m: 13:08.52	33.74		

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PARCEIROS



COIMBRA-RUMO A TÓQUIO 2021  
Coimbra, 27- - 28-3-2021

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>16:43.94</b>	+0,74	653	
	50m: 28.90 28.90	450m: 4:50.34	33.23	850m: 9:21.67	34.17	1250m: 13:55.28	34.16
	100m: 1:01.18 32.28	500m: 5:24.12	33.78	900m: 9:55.88	34.21	1300m: 14:29.41	34.13
	150m: 1:33.52 32.34	550m: 5:57.74	33.62	950m: 10:29.94	34.06	1350m: 15:03.63	34.22
	200m: 2:06.35 32.83	600m: 6:31.52	33.78	1000m: 11:03.89	33.95	1400m: 15:37.44	33.81
	250m: 2:38.74 32.39	650m: 7:05.43	33.91	1050m: 11:38.20	34.31	1450m: 16:11.11	33.67
	300m: 3:11.46 32.72	700m: 7:39.41	33.98	1100m: 12:12.59	34.39	1500m: 16:43.94	32.83
	350m: 3:43.86 32.40	750m: 8:13.41	34.00	1150m: 12:47.01	34.42		
	400m: 4:17.11 33.25	800m: 8:47.50	34.09	1200m: 13:21.12	34.11		
6.	CARVALHO Martim Henriques	04	Rio Maior	<b>16:59.46</b>	+0,71	623	
	50m: 30.35 30.35	450m: 4:54.63	33.25	850m: 9:28.79	34.62	1250m: 14:08.39	35.39
	100m: 1:02.80 32.45	500m: 5:28.50	33.87	900m: 10:03.51	34.72	1300m: 14:42.46	34.07
	150m: 1:35.70 32.90	550m: 6:02.80	34.30	950m: 10:38.43	34.92	1350m: 15:17.75	35.29
	200m: 2:08.04 32.34	600m: 6:36.80	34.00	1000m: 11:13.28	34.85	1400m: 15:52.12	34.37
	250m: 2:40.88 32.84	650m: 7:11.39	34.59	1050m: 11:48.31	35.03	1450m: 16:26.32	34.20
	300m: 3:14.01 33.13	700m: 7:45.25	33.86	1100m: 12:23.03	34.72	1500m: 16:59.46	33.14
	350m: 3:47.69 33.68	750m: 8:19.94	34.69	1150m: 12:58.27	35.24		
	400m: 4:21.38 33.69	800m: 8:54.17	34.23	1200m: 13:33.00	34.73		
7.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>17:02.96</b>	+0,73	617	
	50m: 31.04 31.04	450m: 5:05.46	34.58	850m: 9:39.65	34.36	1250m: 14:12.05	34.47
	100m: 1:04.63 33.59	500m: 5:40.00	34.54	900m: 10:13.85	34.20	1300m: 14:46.48	34.43
	150m: 1:38.85 34.22	550m: 6:14.52	34.52	950m: 10:47.29	33.44	1350m: 15:20.93	34.45
	200m: 2:12.87 34.02	600m: 6:48.72	34.20	1000m: 11:20.97	33.68	1400m: 15:55.45	34.52
	250m: 2:47.70 34.83	650m: 7:23.05	34.33	1050m: 11:54.81	33.84	1450m: 16:29.37	33.92
	300m: 3:22.13 34.43	700m: 7:57.09	34.04	1100m: 12:28.87	34.06	1500m: 17:02.96	33.59
	350m: 3:56.69 34.56	750m: 8:31.29	34.20	1150m: 13:02.99	34.12		
	400m: 4:30.88 34.19	800m: 9:05.29	34.00	1200m: 13:37.58	34.59		
8.	SOUSA Joao Maria	05	Braga	<b>17:15.43</b>	+0,72	595	
	50m: 30.29 30.29	450m: 5:05.26	34.35	850m: 9:39.47	33.99	1250m: 14:21.00	35.57
	100m: 1:03.80 33.51	500m: 5:39.90	34.64	900m: 10:14.27	34.80	1300m: 14:56.60	35.60
	150m: 1:38.16 34.36	550m: 6:14.24	34.34	950m: 10:48.63	34.36	1350m: 15:31.68	35.08
	200m: 2:12.74 34.58	600m: 6:48.64	34.40	1000m: 11:23.34	34.71	1400m: 16:06.88	35.20
	250m: 2:47.39 34.65	650m: 7:22.79	34.15	1050m: 11:58.50	35.16	1450m: 16:41.49	34.61
	300m: 3:21.83 34.44	700m: 7:56.92	34.13	1100m: 12:33.94	35.44	1500m: 17:15.43	33.94
	350m: 3:56.67 34.84	750m: 8:31.00	34.08	1150m: 13:09.58	35.64		
	400m: 4:30.91 34.24	800m: 9:05.48	34.48	1200m: 13:45.43	35.85		
9.	CARVALHO Joao Carlos	05	Braga	<b>17:16.28</b>	+0,73	593	
	50m: 29.81 29.81	450m: 5:02.42	34.71	850m: 9:43.90	35.09	1250m: 14:25.14	35.36
	100m: 1:02.84 33.03	500m: 5:37.62	35.20	900m: 10:19.34	35.44	1300m: 15:00.00	34.86
	150m: 1:36.11 33.27	550m: 6:12.46	34.84	950m: 10:54.41	35.07	1350m: 15:34.85	34.85
	200m: 2:09.85 33.74	600m: 6:47.63	35.17	1000m: 11:29.13	34.72	1400m: 16:09.87	35.02
	250m: 2:43.74 33.89	650m: 7:22.89	35.26	1050m: 12:04.05	34.92	1450m: 16:43.97	34.10
	300m: 3:18.40 34.66	700m: 7:58.03	35.14	1100m: 12:39.42	35.37	1500m: 17:16.28	32.31
	350m: 3:52.76 34.36	750m: 8:33.20	35.17	1150m: 13:14.45	35.03		
	400m: 4:27.71 34.95	800m: 9:08.81	35.61	1200m: 13:49.78	35.33		

COIMBRA-RUMO A TÓQUIO 2021  
Coimbra, 27- - 28-3-2021

Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
10.	CLARA Vitor Belo	04	Ba-Leiria	<b>17:22.19</b>	<b>+0,70</b>	<b>583</b>		
	50m: 29.94	29.94	450m: 5:05.16	35.28	850m: 9:46.34	34.67	1250m: 14:28.29	35.65
	100m: 1:02.53	32.59	500m: 5:39.79	34.63	900m: 10:21.30	34.96	1300m: 15:03.27	34.98
	150m: 1:36.27	33.74	550m: 6:15.28	35.49	950m: 10:56.32	35.02	1350m: 15:38.60	35.33
	200m: 2:10.46	34.19	600m: 6:50.57	35.29	1000m: 11:31.27	34.95	1400m: 16:13.66	35.06
	250m: 2:45.31	34.85	650m: 7:25.91	35.34	1050m: 12:06.89	35.62	1450m: 16:48.11	34.45
	300m: 3:20.16	34.85	700m: 8:00.92	35.01	1100m: 12:41.82	34.93	1500m: 17:22.19	34.08
	350m: 3:54.89	34.73	750m: 8:36.36	35.44	1150m: 13:16.98	35.16		
	400m: 4:29.88	34.99	800m: 9:11.67	35.31	1200m: 13:52.64	35.66		
11.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>17:35.16</b>	<b>+0,80</b>	<b>562</b>		
	50m: 30.50	30.50	450m: 5:05.81	34.15	850m: 9:48.47	35.54	1250m: 14:37.27	36.21
	100m: 1:04.29	33.79	500m: 5:40.91	35.10	900m: 10:24.53	36.06	1300m: 15:13.33	36.06
	150m: 1:38.63	34.34	550m: 6:15.56	34.65	950m: 11:00.51	35.98	1350m: 15:49.31	35.98
	200m: 2:13.33	34.70	600m: 6:50.74	35.18	1000m: 11:36.55	36.04	1400m: 16:25.26	35.95
	250m: 2:47.70	34.37	650m: 7:25.79	35.05	1050m: 12:12.37	35.82	1450m: 17:00.75	35.49
	300m: 3:22.44	34.74	700m: 8:01.46	35.67	1100m: 12:48.63	36.26	1500m: 17:35.16	34.41
	350m: 3:57.03	34.59	750m: 8:36.88	35.42	1150m: 13:24.45	35.82		
	400m: 4:31.66	34.63	800m: 9:12.93	36.05	1200m: 14:01.06	36.61		

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PARCEIROS



Prova 3  
27-03-2021 - 11:15

Femin., 50m Costas

Absolutos  
Resultados

RN Absoluto	28.43	AZEVEDO Rafaela Gomes	SAD	Lisboa	09-02-2020
RN Absoluto	28.43	AZEVEDO Rafaela Gomes	SAD	Oeiras	13-02-2021
RN Sen	28.43	AZEVEDO Rafaela Gomes	SAD	Lisboa	09-02-2020
RN Sen	28.43	AZEVEDO Rafaela Gomes	SAD	Oeiras	13-02-2021
RN Jun 17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05-07-2019
RN Jun 17	28.55	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	23-08-2019
RN Jun 16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26-07-2018
RN Juv A	29.42	tempo limite			
RN Juv B	30.52	tempo limite			

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes	02	Alges	<b>29.10</b>	+0,50	796	
2.	REBELO Camila Rodrigues	03	Louzan Natacao	<b>29.87</b>	+0,66	736	
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>30.51</b>	+0,66	691	
4.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>31.16</b>	+0,71	649	
5.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>32.26</b>	+0,61	584	
6.	COSTA Joana Santos	04	Galitos / Bresimar	<b>32.58</b>	+0,61	567	
7.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>32.76</b>	+0,77	558	
8.	DELGADO Soraia Alexandra	05	Sporting	<b>33.04</b>	+0,63	544	
9.	BRITES Marta Lopes	06	Naval de Ponta Delgada	<b>33.33</b>	+0,60	530	
10.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>33.38</b>	+0,64	528	
11.	DINIS Filipa Paiva	06	Ba-Leiria	<b>33.56</b>	+0,79	519	

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PARCEIROS



Prova 4  
27-03-2021 - 11:20

Masc., 50m Costas

Absoluto  
Resultados

RN Absoluto	25.42	SANTOS Alexis Manacas	SCP	Funchal	01-08-2019
RN Sen	25.42	SANTOS Alexis Manacas	SCP	Funchal	01-08-2019
RN Jun 18	26.22	COSTA Joao Nogueira	POR	Budapest (HUN)	22-08-2019
RN Jun 17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14-04-2019
RN Juv A	27.65	tempo limite			
RN Juv B	28.21	tempo limite			
RN Inf A	29.93	tempo limite			
RN Inf B	31.54	tempo limite			
S5	47.11	ROCHA Ivo Filipe	POR	Londres (GBR)	14-09-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>							
1.	SANTOS Alexis Manacas	92	Sporting	<b>26.06</b>	+0,59	781	
2.	SANTOS Francisco Rogerio	98	Sporting	<b>26.15</b>	+0,66	773	
3.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>26.24</b>	+0,60	765	
4.	LOPES Gabriel Jose	97	Louzan Natacao	<b>26.50</b>	+0,62	742	
5.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>26.95</b>	+0,57	706	
6.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>27.00</b>	+0,56	702	
7.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>27.06</b>	+0,59	697	
8.	NUNES Porfirio Braga	00	Porto	<b>27.13</b>	+0,65	692	
9.	CASTRO Duarte Monteiro	03	Porto	<b>27.24</b>	+0,63	683	
10.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>27.68</b>	+0,53	651	
11.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>27.81</b>	+0,71	642	
12.	VAKULYUK Paulo	03	Torres Novas	<b>27.91</b>	+0,71	635	
13.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>28.56</b>	+0,60	593	
14.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	<b>28.67</b>	+0,61	586	
15.	REIS Rodrigo Miguel	04	Uniao Coimbra	<b>28.97</b>	+0,54	568	
16.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>29.77</b>	+0,63	523	
17.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	<b>30.30</b>	+0,61	496	
18.	AMORIM Ivan Emanuel	02	Colegio Efanor	<b>30.75</b>	+0,72	475	
19.	ROCHA Ivo Filipe	90	S5 Feira Viva	<b>48.91</b>	+0,80	118	

Paralimpicos

1.	ROCHA Ivo Filipe	90	S5	Feira Viva	<b>48.91</b>	+0,80	118
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PARCEIROS





Prova 5  
27-03-2021 - 11:30

Femin., 100m Mariposa

Absoluto  
Resultados

RN Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
RN Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12-08-2010
RN Jun 17	1:00.84	CUNHA Mariana Pacheco	CNCE	Oeiras	19-12-2020
RN Jun 16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20-07-2009
RN Juv A	1:01.69	CUNHA Mariana Pacheco	CFP	Funchal	03-08-2019
RN Juv B	1:02.99	FERNANDES Carolina Miranda	POR	Baku (AZE)	24-07-2019
RN Inf A	1:03.83	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	21-07-2018
RN Inf B	1:07.00	FERNANDES Carolina Miranda	SCP	S. Joao da Madeira	15-06-2017
S8	1:34.99	CASTRO Ana Filipa	FVCD	Coimbra	08-07-2018

TAC Juv 50m: 1:07.35 - 25m: 1:06.31; Jun 50m: 1:04.77 - 25m: 1:03.55; Sen 50m: 1:02.28 - 25m: 1:01.31 / JO : 57.92 / CMJ\_Fem 14 - 17: 1:00.48 / CEPL Abs: 59.31 / CEJun\_Fem 14 - 17: 1:01.69 / PreJun\_Fem Juv: 1:03.54

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco <i>Minimos CEJun</i>	04	Colegio Efanor	<b>1:00.92</b>	+0,69	755	
	50m: 28.16 28.16		100m: 1:00.92 32.76				
2.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:00.98</b>	+0,66	753	
	50m: 28.95 28.95		100m: 1:00.98 32.03				
3.	KAMINSKAYA Victoria	95	Benfica	<b>1:02.15</b>	+0,75	711	
	50m: 29.22 29.22		100m: 1:02.15 32.93				
4.	HENRIQUES Ines Jacinto	00	Sporting	<b>1:03.28</b>	+0,75	673	
	50m: 30.00 30.00		100m: 1:03.28 33.28				
5.	MOURA Maria Ferreira	04	Sporting	<b>1:03.59</b>	+0,79	664	
	50m: 30.23 30.23		100m: 1:03.59 33.36				
6.	LOURO Ariana Espirito	05	Gualdim Pais	<b>1:03.70</b>	+0,68	660	
	50m: 30.15 30.15		100m: 1:03.70 33.55				
7.	GRAVETO Ana Raquel	02	Benfica	<b>1:04.01</b>	+0,83	651	
	50m: 30.14 30.14		100m: 1:04.01 33.87				
8.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	<b>1:05.03</b>	+0,73	620	
	50m: 30.22 30.22		100m: 1:05.03 34.81				
9.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>1:05.07</b>	+0,75	619	
	50m: 30.68 30.68		100m: 1:05.07 34.39				
10.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>1:06.12</b>	+0,70	590	
	50m: 31.25 31.25		100m: 1:06.12 34.87				
11.	FERREIRA Francisca Santos	06	Alges	<b>1:06.17</b>	+0,74	589	
	50m: 31.70 31.70		100m: 1:06.17 34.47				
12.	CATALAO Leonor Tavares	06	Sporting	<b>1:06.48</b>	+0,85	581	
	50m: 30.74 30.74		100m: 1:06.48 35.74				
13.	MARQUES Maria Alexandra	04	Academica de Coimbra	<b>1:08.10</b>	+0,66	540	
	50m: 31.74 31.74		100m: 1:08.10 36.36				

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Prova 5, Femin., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	PIRES Catarina Gaspar 50m: 32.53 32.53	06	Porto 36.93	<b>1:09.46</b>	+0,72	509	
15.	ALMEIDA Maria Emilia 50m: 33.00 33.00	07	Galitos / Bresimar 36.70	<b>1:09.70</b>	+0,95	504	
16.	NEVES Gabriela Ferreira 50m: 32.85 32.85	06	Foca Quinta da Lixa CNF 37.05	<b>1:09.90</b>	+0,61	500	
17.	NEVES Beatriz Silva 50m: 32.85 32.85	06	Fundacao Beatriz Santos 40.15	<b>1:13.00</b>	+0,83	438	
18.	CASTRO Ana Filipa 50m: 44.29 44.29	97 S8	Feira Viva 52.45	<b>1:36.74</b>	+0,83	188	

Paralimpicos

1.	CASTRO Ana Filipa 50m: 44.29 44.29	97 S8	Feira Viva 52.45	<b>1:36.74</b>	+0,83	188	
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PARCEIROS



Prova 6  
27-03-2021 - 11:35

Masc., 200m Mariposa

Absoluto  
Resultados

RN Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
RN Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28-07-2009
RN Jun 18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08-07-2006
RN Jun 17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16-07-2005
RN Juv A	2:03.76	OLIVEIRA Pedro Diogo	CNRM	Lisboa	31-07-2004
RN Juv B	2:08.12	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
RN Inf A	2:14.50	SILVA Fabio Parrilha da	CNAL	Campanhã	29-07-2001
RN Inf B	2:21.67	SILVA Fabio Parrilha da	CNAL	S. Joao da Madeira	23-07-2000
S15	2:19.31	NEVES Tiago Correia	CFB	Funchal	22-03-2018

TAC Juv 50m: 2:15.20 - 25m: 2:11.63; Jun 50m: 2:10.02 - 25m: 2:06.62; Sen 50m: 2:05.01 - 25m: 2:01.73 / JO : 1:56.48 / CMJ\_Masc 15 - 18: 2:01.39 / CEPL 12 +: 1:59.05 / CEJun\_Masc 15 - 18: 2:03.83 / PreJun\_Masc Juv: 2:07.54

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:01.76</b>	+0,64	752	
	50m: 27.17 27.17	100m: 57.40	30.23	150m: 1:29.46	32.06	200m: 2:01.76	32.30
2.	CARNEIRO Joao Soares	03	Benfica	<b>2:03.71</b>	+0,64	717	
	<i>Minimos CEJun</i>	50m: 27.23 27.23	100m: 58.35	31.12	150m: 1:30.63	32.28	200m: 2:03.71 33.08
3.	SIMÕES Bernardo Jorge	04	Colegio Vasco da Gama	<b>2:07.47</b>	+0,74	655	
	50m: 28.09 28.09	100m: 59.32	31.23	150m: 1:32.50	33.18	200m: 2:07.47	34.97
4.	APSENIECE Kevins Alexandre	04	Porto	<b>2:08.39</b>	+0,81	641	
	50m: 28.87 28.87	100m: 1:01.65	32.78	150m: 1:34.57	32.92	200m: 2:08.39	33.82
5.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>2:08.70</b>	+0,67	636	
	50m: 29.54 29.54	100m: 1:02.00	32.46	150m: 1:35.99	33.99	200m: 2:08.70	32.71
6.	DIAS Rodrigo Reis	03	Belenenses	<b>2:09.73</b>	+0,69	621	
	50m: 27.75 27.75	100m: 59.87	32.12	150m: 1:33.97	34.10	200m: 2:09.73	35.76
7.	CRUZ Miguel Duarte	99 S15	Belenenses	<b>2:19.80</b>	+0,74	496	
	50m: 30.54 30.54	100m: 1:06.11	35.57	150m: 1:42.35	36.24	200m: 2:19.80	37.45
8.	NEVES Tiago Correia	97 S15	Belenenses	<b>2:22.49</b>	+0,70	469	
	50m: 30.10 30.10	100m: 1:06.53	36.43	150m: 1:44.26	37.73	200m: 2:22.49	38.23
9.	MARQUES Jose Miguel	06	Condeixa Clube	<b>2:30.83</b>	+0,74	395	
	50m: 31.54 31.54	100m: 1:09.00	37.46	150m: 1:49.24	40.24	200m: 2:30.83	41.59

Surdolimpicos

1.	CRUZ Miguel Duarte	99 S15	Belenenses	<b>2:19.80</b>	+0,74	496	
	50m: 30.54 30.54	100m: 1:06.11	35.57	150m: 1:42.35	36.24	200m: 2:19.80	37.45
2.	NEVES Tiago Correia	97 S15	Belenenses	<b>2:22.49</b>	+0,70	469	
	50m: 30.10 30.10	100m: 1:06.53	36.43	150m: 1:44.26	37.73	200m: 2:22.49	38.23

Prova 7  
27-03-2021 - 11:40

Femin., 100m Livres

Absoluto  
Resultados

RN Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
RN Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04-04-2019
RN Jun 17	56.56	SOUSA Ana Reis	SAD	Coimbra	04-04-2019
RN Jun 16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04-07-2018
RN Juv A	57.75	ROSA Maria Carolina	POR	Prague (CZE)	08-07-2009
RN Juv B	58.07	FERNANDES Carolina Miranda	POR	Baku (AZE)	22-07-2019
RN Inf A	59.73	FERNANDES Ines Camacho	POR	Catania (ITA)	20-06-2010
RN Inf B	1:01.46	FERNANDES Carolina Miranda	CGA	Loulé	15-07-2017
S8	1:20.55	CASTRO Ana Filipa	FVCD	Porto	25-05-2019
S9	1:05.08	VEIGA Susana Pereira	POR	Londres (GBR)	09-09-2019

TAC Juv 50m: 1:03.12 - 25m: 1:01.72; Jun 50m: 1:00.70 - 25m: 59.35; Sen 50m: 58.37 - 25m: 57.08 / JO : 54.38 / CMJ\_Fem 14 - 17: 56.68 / CEPL Abs: 55.59 / CEJun\_Fem 14 - 17: 57.81 / PreJun\_Fem Juv: 59.55

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>57.35</b>	+0,69	733	
	50m: 27.92 27.92	100m: 57.35 29.43					
2.	PEREIRA Raquel Gomes	00	Benfica	<b>57.71</b>	+0,70	719	
	50m: 27.76 27.76	100m: 57.71 29.95					
3.	ANDRE Leticia Maia	02	Benfica	<b>57.75</b>	+0,70	717	
	50m: 27.76 27.76	100m: 57.75 29.99					
	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>57.75</b>	+0,69	717	
	50m: 27.97 27.97	100m: 57.75 29.78					
5.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>58.14</b>	+0,71	703	
	50m: 28.38 28.38	100m: 58.14 29.76					
6.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	<b>58.18</b>	+0,68	702	
	50m: 28.08 28.08	100m: 58.18 30.10					
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>58.55</b>	+0,76	688	
	50m: 28.43 28.43	100m: 58.55 30.12					
8.	PINTO Mafalda Marques	02	Sporting	<b>59.04</b>	+0,72	671	
	50m: 28.72 28.72	100m: 59.04 30.32					
9.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>1:00.24</b>	+0,65	632	
	50m: 28.55 28.55	100m: 1:00.24 31.69					
10.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:00.26</b>	+0,70	631	
	50m: 29.39 29.39	100m: 1:00.26 30.87					
11.	RAMOS Ana Rita	02	Porto	<b>1:00.75</b>	+0,78	616	
	50m: 29.20 29.20	100m: 1:00.75 31.55					
12.	FRANCO Catarina Andrade	07	Gesloures	<b>1:01.03</b>	+0,68	608	
	50m: 29.18 29.18	100m: 1:01.03 31.85					
13.	BRITES Marta Lopes	06	Naval de Ponta Delgada	<b>1:01.45</b>	+0,62	595	
	50m: 29.43 29.43	100m: 1:01.45 32.02					
14.	FREITAS Maria Joao	97	Angola	<b>1:02.39</b>	+0,79	569	
	50m: 29.92 29.92	100m: 1:02.39 32.47					

ORGANIZAÇÃO



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PARCEIROS



Prova 7, Femin., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	COELHO Maria Leonor 50m: 30.23 30.23	06	Benfica 32.59	<b>1:02.82</b>	+0,76	557	
16.	LOPES Francisca Macedo 50m: 30.41 30.41	05	Vilacondense 32.68	<b>1:03.09</b>	+0,82	550	
17.	GRILO Maria Vitoria 50m: 29.97 29.97	06	Fundacao Beatriz Santos 33.17	<b>1:03.14</b>	+0,62	549	
18.	AMADO Maria Lopes 50m: 30.12 30.12	04	Nautico Marinha Grande 33.06	<b>1:03.18</b>	+0,70	548	
19.	NICOLAU Margarida Claudino 50m: 29.16 29.16	05	Torres Novas 34.05	<b>1:03.21</b>	+0,74	547	
20.	VIEIRA Ana Beatriz 50m: 30.35 30.35	07	Foca Quinta da Lixa CNF 33.03	<b>1:03.38</b>	+0,77	543	
21.	MARTINS Ana Rita 50m: 30.77 30.77	06	Foca Quinta da Lixa CNF 32.76	<b>1:03.53</b>	+0,73	539	
22.	SOARES Miriam Mortagua 50m: 30.03 30.03	06	Galitos / Bresimar 33.53	<b>1:03.56</b>	+0,80	538	
23.	PEREIRA Isabel dos Santos 50m: 29.93 29.93	05	Colegio Efanor 33.68	<b>1:03.61</b>	+0,76	537	
24.	LOPES Matilde Nunes 50m: 30.30 30.30	06	Benfica 33.35	<b>1:03.65</b>	+0,74	536	
25.	NUNES Rita Sofia 50m: 30.22 30.22	05	Colegio Efanor 33.49	<b>1:03.71</b>	+0,83	534	
26.	ROSA Mafalda Sofia 50m: 31.15 31.15	03	Rio Maior 32.71	<b>1:03.86</b>	+0,77	530	
27.	VEIGA Susana Pereira 50m: 30.27 30.27	00 S9	Colegio Vasco da Gama 35.33	<b>1:05.60</b>	+0,81	489	
28.	FERREIRA Maria Neto 50m: 30.75 30.75	06	Fundacao Beatriz Santos 35.64	<b>1:06.39</b>	+0,80	472	

Paralimpicos

1.	VEIGA Susana Pereira 50m: 30.27 30.27	00 S9	Colegio Vasco da Gama 35.33	<b>1:05.60</b>	+0,81	489	
EXH	CASTRO Ana Filipa	97 S8	Feira Viva				

Prova 8  
27-03-2021 - 11:45

Masc., 200m Livres

Absoluto  
Resultados

RN Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
RN Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06-04-2019
RN Jun 18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14-07-2005
RN Jun 17	1:52.69	RIBEIRO Diogo Matos	CUC	Oeiras	19-12-2020
RN Juv A	1:54.18	SANTA Gustavo Manuel	POR	Tampere (FIN)	24-07-2009
RN Juv B	1:53.96	RIBEIRO Diogo Matos	CUC	Funchal	02-08-2019
RN Inf A	2:00.20	RIBEIRO Diogo Matos	CUC	S. Joao da Madeira	21-07-2018
RN Inf B	2:06.18	NUNES Joao Magalhaes	CNA	Rio Maior	21-07-2012
S5	2:58.33	ROCHA Ivo Filipe	FVCD	Porto	26-05-2019
S15	2:03.73	NEVES Tiago Correia	CFB	Funchal	24-03-2018

TAC Juv 50m: 2:04.11 - 25m: 2:00.91; Jun 50m: 1:59.36 - 25m: 1:56.31; Sen 50m: 1:54.76 - 25m: 1:51.84 / JO : 1:47.02 / CMJ\_Masc 15 - 18: 1:51.44 / CEPL 12 +: 1:49.29 / CEJun\_Masc 15 - 18: 1:53.68 / PreJun\_Masc Juv: 1:57.09

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CMJun, Minimos CEJun</i>	04	Uniao Coimbra	<b>1:50.82</b>	+0,66	779	
	50m: 25.92 25.92	100m: 54.24	28.32	150m: 1:22.39	28.15	200m: 1:50.82	28.43
2.	COSTA Tiago Cunha	99	Sporting	<b>1:51.68</b>	+0,66	761	
	50m: 26.48 26.48	100m: 54.36	27.88	150m: 1:23.13	28.77	200m: 1:51.68	28.55
3.	MOGNE Igor Araujo	96	Sporting	<b>1:52.48</b>	+0,73	745	
	50m: 26.59 26.59	100m: 55.11	28.52	150m: 1:24.15	29.04	200m: 1:52.48	28.33
4.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>1:52.61</b>	+0,69	743	
	50m: 25.92 25.92	100m: 54.57	28.65	150m: 1:23.62	29.05	200m: 1:52.61	28.99
5.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:53.36</b>	+0,62	728	
	50m: 26.57 26.57	100m: 54.77	28.20	150m: 1:23.67	28.90	200m: 1:53.36	29.69
6.	RAMOS Bruno Miguel	97	Belenenses	<b>1:54.75</b>	+0,65	702	
	50m: 26.48 26.48	100m: 55.01	28.53	150m: 1:24.41	29.40	200m: 1:54.75	30.34
7.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	<b>1:55.62</b>	+0,77	686	
	50m: 27.14 27.14	100m: 55.98	28.84	150m: 1:25.62	29.64	200m: 1:55.62	30.00
8.	BASTOS Lucas Pereira	00	Nautico Academico	<b>1:55.67</b>	+0,70	685	
	50m: 27.15 27.15	100m: 56.34	29.19	150m: 1:25.86	29.52	200m: 1:55.67	29.81
9.	ALMEIDA Bernardo Victorino	04	Sporting	<b>1:56.36</b>	+0,68	673	
	50m: 26.60 26.60	100m: 55.80	29.20	150m: 1:26.03	30.23	200m: 1:56.36	30.33
10.	SANTOS Pedro Miguel	01	Porto	<b>1:58.07</b>	+0,63	644	
	50m: 27.12 27.12	100m: 56.31	29.19	150m: 1:26.50	30.19	200m: 1:58.07	31.57
11.	REIS Rodrigo Miguel	04	Uniao Coimbra	<b>1:58.28</b>	+0,65	641	
	50m: 27.49 27.49	100m: 57.07	29.58	150m: 1:27.20	30.13	200m: 1:58.28	31.08
12.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>1:58.92</b>	+0,60	631	
	50m: 26.42 26.42	100m: 56.82	30.40	150m: 1:28.56	31.74	200m: 1:58.92	30.36
13.	GOMES Filipe Miguel	97	Malawi	<b>1:59.19</b>	+0,65	626	
	50m: 27.22 27.22	100m: 57.19	29.97	150m: 1:28.43	31.24	200m: 1:59.19	30.76

Prova 8, Masc., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	GOMES Tomas Nogueira 50m: 27.39 27.39	03	Uniao Piedense 100m: 57.54 30.15 150m: 1:29.40	<b>1:59.52</b> 31.86	+0,69	621	30.12
15.	GOMES Goncalo Andre 50m: 27.70 27.70	03	Fundacao Beatriz Santos 100m: 58.57 30.87 150m: 1:29.62	<b>1:59.54</b> 31.05	+0,68	621	29.92
16.	MARQUES Gustavo Pires 50m: 27.40 27.40	04	Uniao Coimbra 100m: 57.65 30.25 150m: 1:29.10	<b>1:59.57</b> 31.45	+0,72	620	30.47
17.	SILVA Gustavo Carvalho 50m: 27.85 27.85	04	Naval Praia da Vitoria 100m: 58.42 30.57 150m: 1:28.75	<b>1:59.61</b> 30.33	+0,72	620	30.86
18.	PADRELA Joao Esteves 50m: 27.19 27.19	99	Belenenses 100m: 57.31 30.12 150m: 1:28.15	<b>1:59.69</b> 30.84	+0,72	618	31.54
19.	LOPES Luis Afonso 50m: 27.73 27.73	03	Viver Santarem 100m: 57.90 30.17 150m: 1:29.12	<b>1:59.91</b> 31.22	+0,73	615	30.79
20.	MASCARENHAS Henrique Silva 50m: 27.91 27.91	01	Angola 100m: 58.62 30.71 150m: 1:29.46	<b>2:00.00</b> 30.84	+0,72	614	30.54
21.	MACHADO Martim Miranda 50m: 28.01 28.01	03	Uniao Coimbra 100m: 58.35 30.34 150m: 1:29.90	<b>2:00.55</b> 31.55	+0,67	605	30.65
22.	CARVALHO Martim Henriques 50m: 28.86 28.86	04	Rio Maior 100m: 59.69 30.83 150m: 1:30.95	<b>2:00.90</b> 31.26	+0,75	600	29.95
23.	PAZ Antonio Manuel 50m: 28.16 28.16	04	Bombeiros Ponta Delgada 100m: 59.12 30.96 150m: 1:31.05	<b>2:01.88</b> 31.93	+0,68	586	30.83
24.	CRISTINO David Matias 50m: 28.31 28.31	01	Uniao Piedense 100m: 58.85 30.54 150m: 1:30.26	<b>2:01.96</b> 31.41	+0,76	584	31.70
25.	HEINIO-WIDELL Nick 50m: 27.67 27.67	05	Alges 100m: 58.91 31.24 150m: 1:30.85	<b>2:02.27</b> 31.94	+0,65	580	31.42
26.	ANSELMO Raul Sousa 50m: 28.09 28.09	05	Bombeiros Ponta Delgada 100m: 58.86 30.77 150m: 1:31.03	<b>2:02.39</b> 32.17	+0,70	578	31.36
27.	GOMES Rodrigo Ribeiro 50m: 27.32 27.32	00	Condeixa Clube 100m: 57.28 29.96 150m: 1:29.72	<b>2:02.88</b> 32.44	+0,65	571	33.16
28.	OLIVEIRA Miguel Fernandes 50m: 28.01 28.01	05	Nautico Marinha Grande 100m: 59.29 31.28 150m: 1:31.94	<b>2:02.94</b> 32.65	+0,64	571	31.00
29.	SARREIRA Tomas Amor 50m: 28.40 28.40	05	Nautico Marinha Grande 100m: 59.67 31.27 150m: 1:31.70	<b>2:02.96</b> 32.03	+0,73	570	31.26
30.	MOREIRA Joao Pedro 50m: 27.88 27.88	04	Colegio Efanor 100m: 58.21 30.33 150m: 1:30.45	<b>2:03.63</b> 32.24	+0,70	561	33.18
31.	DENISOV Micael Dmitrievich 50m: 27.79 27.79	06	Ba-Leiria 100m: 59.25 31.46 150m: 1:32.90	<b>2:04.51</b> 33.65	+0,70	549	31.61
32.	PINHEIRO Joao Seixedo 50m: 29.17 29.17	05	Natacao de Lisboa 100m: 1:01.30 32.13 150m: 1:33.28	<b>2:04.69</b> 31.98	+0,61	547	31.41
33.	CARVALHO Fernando Costa 50m: 27.75 27.75	03	Foca Quinta da Lixa CNF 100m: 58.20 30.45 150m: 1:30.85	<b>2:05.35</b> 32.65	+0,66	538	34.50

Prova 8, Masc., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
34.	CLARA Vitor Belo	04	Ba-Leiria	<b>2:06.43</b>	+0,72	525	
	50m: 27.83 27.83	100m: 58.92	31.09 150m: 1:31.78	32.86	200m: 2:06.43	34.65	
35.	SILVA Diogo Miguel	05	Galitos / Bresimar	<b>2:07.91</b>	+0,74	507	
	50m: 27.39 27.39	100m: 58.64	31.25 150m: 1:33.13	34.49	200m: 2:07.91	34.78	
36.	GONCALVES Joao Pedro	01	Angola	<b>2:08.02</b>	+0,86	505	
	50m: 29.26 29.26	100m: 1:01.55	32.29 150m: 1:34.25	32.70	200m: 2:08.02	33.77	
37.	SANTOS Gabriel Moreira	04	Famalicao	<b>2:08.25</b>	+0,72	503	
	50m: 27.81 27.81	100m: 58.97	31.16 150m: 1:32.92	33.95	200m: 2:08.25	35.33	
38.	DUARTE Joao Nunes	01	Colegio Efanor	<b>2:09.58</b>	+0,69	487	
	50m: 29.10 29.10	100m: 1:01.41	32.31 150m: 1:35.51	34.10	200m: 2:09.58	34.07	
39.	SANTOS Rui Miguel	06	Famalicao	<b>2:10.42</b>	+0,83	478	
	50m: 28.57 28.57	100m: 1:01.39	32.82 150m: 1:36.63	35.24	200m: 2:10.42	33.79	
40.	BELEZAS Ricardo Andrade	91 S15	Sporting	<b>2:11.43</b>	+0,71	467	
	50m: 29.91 29.91	100m: 1:02.74	32.83 150m: 1:36.56	33.82	200m: 2:11.43	34.87	
41.	GERALDO Tomas Cardoso	05	Condeixa Clube	<b>2:16.24</b>	+0,69	419	
	50m: 30.62 30.62	100m: 1:05.14	34.52 150m: 1:40.71	35.57	200m: 2:16.24	35.53	
42.	LINHARES Ruben Daniel	97 S8	Rio Maior	<b>2:28.64</b>	+0,69	323	
	50m: 34.11 34.11	100m: 1:11.65	37.54 150m: 1:50.51	38.86	200m: 2:28.64	38.13	
43.	ROCHA Ivo Filipe	90 S5	Feira Viva	<b>3:11.51</b>		151	
	50m: 45.34 45.34	100m: 1:32.83	47.49 150m: 2:22.28	49.45	200m: 3:11.51	49.23	

Paralimpicos

1.	LINHARES Ruben Daniel	97 S8	Rio Maior	<b>2:28.64</b>	+0,69	323	
	50m: 34.11 34.11	100m: 1:11.65	37.54 150m: 1:50.51	38.86	200m: 2:28.64	38.13	
2.	ROCHA Ivo Filipe	90 S5	Feira Viva	<b>3:11.51</b>		151	
	50m: 45.34 45.34	100m: 1:32.83	47.49 150m: 2:22.28	49.45	200m: 3:11.51	49.23	

Surdolimpicos

1.	BELEZAS Ricardo Andrade	91 S15	Sporting	<b>2:11.43</b>	+0,71	467	
	50m: 29.91 29.91	100m: 1:02.74	32.83 150m: 1:36.56	33.82	200m: 2:11.43	34.87	



Prova 9  
27-03-2021 - 12:05

Femin., 200m Estilos

Absoluto  
Resultados

RN Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
RN Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10-04-2017
RN Jun 17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30-03-2017
RN Jun 16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03-06-2012
RN Juv A	2:21.01	PEREIRA Raquel Gomes	SAD	Coimbra	04-04-2015
RN Juv B	2:23.60	DURAES Diana Margarida	FOCA	Coimbra	01-08-2010
RN Inf A	2:27.21	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	22-07-2018
RN Inf B	2:32.93	FERNANDES Carolina Miranda	CGA	Loulé	16-07-2017
S5	4:26.08	FRAGOSO Simone Silva	POR	Rio de Janeiro (BRA)	15-09-2016
S9	2:51.48	VEIGA Susana Pereira	POR	Londres (GBR)	14-09-2019

TAC Juv 50m: 2:34.05 - 25m: 2:28.89; Jun 50m: 2:28.15 - 25m: 2:23.18; Sen 50m: 2:22.45 - 25m: 2:17.65 / JO : 2:12.56 / CMJ\_Fem 14 - 17: 2:18.33 / CEPL Abs: 2:15.67 / CEJun\_Fem 14 - 17: 2:21.10 / PreJun\_Fem Juv: 2:25.33

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:21.21</b>	+0,70	712	
	50m: 29.24 29.24		100m: 1:05.71 36.47	150m: 1:48.16 42.45	200m: 2:21.21 33.05		
2.	CABRAL Maria Francisca	00	Porto	<b>2:21.97</b>	+0,76	701	
	50m: 30.66 30.66		100m: 1:07.50 36.84	150m: 1:49.37 41.87	200m: 2:21.97 32.60		
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:24.41</b>	+0,82	666	
	50m: 30.25 30.25		100m: 1:07.15 36.90	150m: 1:51.49 44.34	200m: 2:24.41 32.92		
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:24.95</b>	+0,74	658	
	50m: 30.62 30.62		100m: 1:09.35 38.73	150m: 1:52.23 42.88	200m: 2:24.95 32.72		
5.	REIS Erica Cristina	05	Sporting	<b>2:26.65</b>	+0,73	636	
	50m: 32.19 32.19		100m: 1:10.28 38.09	150m: 1:52.60 42.32	200m: 2:26.65 34.05		
6.	REBELO Maria Carlota	03	Louzan Natacao	<b>2:27.35</b>	+0,65	627	
	50m: 30.78 30.78		100m: 1:08.33 37.55	150m: 1:51.36 43.03	200m: 2:27.35 35.99		
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>2:27.94</b>	+0,75	619	
	50m: 32.04 32.04		100m: 1:12.12 40.08	150m: 1:54.54 42.42	200m: 2:27.94 33.40		
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:28.56</b>	+0,83	611	
	50m: 32.12 32.12		100m: 1:12.49 40.37	150m: 1:53.71 41.22	200m: 2:28.56 34.85		
9.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>2:28.69</b>	+0,73	610	
	50m: 31.42 31.42		100m: 1:08.32 36.90	150m: 1:53.45 45.13	200m: 2:28.69 35.24		
10.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:29.83</b>	+0,81	596	
	50m: 32.26 32.26		100m: 1:12.18 39.92	150m: 1:53.02 40.84	200m: 2:29.83 36.81		
11.	PINTO Leonor Filipa	06	Porto	<b>2:32.39</b>	+0,87	566	
	50m: 33.10 33.10		100m: 1:13.26 40.16	150m: 1:57.74 44.48	200m: 2:32.39 34.65		
12.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>2:32.69</b>	+0,73	563	
	50m: 31.43 31.43		100m: 1:10.92 39.49	150m: 1:55.82 44.90	200m: 2:32.69 36.87		
13.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>2:32.89</b>	+0,76	561	
	50m: 32.01 32.01		100m: 1:14.89 42.88	150m: 1:57.97 43.08	200m: 2:32.89 34.92		
14.	CATALAO Leonor Tavares	06	Sporting	<b>2:33.30</b>	+0,88	556	
	50m: 31.88 31.88		100m: 1:12.54 40.66	150m: 1:58.28 45.74	200m: 2:33.30 35.02		

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Prova 9, Femin., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	<b>2:33.85</b>	+0,64	550	
	50m: 31.41 31.41	100m: 1:10.99	39.58 150m: 1:54.54	43.55	200m: 2:33.85	39.31	
16.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>2:34.74</b>	+0,74	541	
	50m: 32.45 32.45	100m: 1:13.91	41.46 150m: 1:58.71	44.80	200m: 2:34.74	36.03	
17.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>2:35.09</b>	+0,87	537	
	50m: 34.11 34.11	100m: 1:11.97	37.86 150m: 1:58.61	46.64	200m: 2:35.09	36.48	
18.	ANTUNES Rebeca Leonor	06	Alges	<b>2:36.80</b>	+0,78	520	
	50m: 31.88 31.88	100m: 1:14.86	42.98 150m: 1:59.19	44.33	200m: 2:36.80	37.61	
19.	FROIS Maria Francisca	06	Ba-Leiria	<b>2:37.78</b>	+0,80	510	
	50m: 32.70 32.70	100m: 1:14.41	41.71 150m: 2:01.02	46.61	200m: 2:37.78	36.76	
20.	FLORENCIO Matilde Alves	04	Condeixa Clube	<b>2:37.80</b>	+0,73	510	
	50m: 32.25 32.25	100m: 1:14.31	42.06 150m: 2:01.55	47.24	200m: 2:37.80	36.25	
21.	SIMÕES Dania Rodrigues	07	Louzan Natacao	<b>2:38.58</b>	+0,80	503	
	50m: 34.26 34.26	100m: 1:13.70	39.44 150m: 2:01.61	47.91	200m: 2:38.58	36.97	
22.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>2:40.36</b>	+0,81	486	
	50m: 34.78 34.78	100m: 1:15.69	40.91 150m: 2:03.75	48.06	200m: 2:40.36	36.61	
23.	PINTO Renata Vaz	99 SM9	ADADA Porto	<b>3:00.59</b>	+0,79	340	
	50m: 38.28 38.28	100m: 1:26.11	47.83 150m: 2:15.67	49.56	200m: 3:00.59	44.92	
24.	FRAGOSO Simone Silva	80 SM5	Palmela	<b>4:46.20</b>		85	
	50m: 1:00.23 1:00.23	100m: 2:08.95	1:08.72 150m: 3:39.55	1:30.60	200m: 4:46.20	1:06.65	

Paralimpicos

1.	PINTO Renata Vaz	99 SM9	ADADA Porto	<b>3:00.59</b>	+0,79	340	
	50m: 38.28 38.28	100m: 1:26.11	47.83 150m: 2:15.67	49.56	200m: 3:00.59	44.92	
2.	FRAGOSO Simone Silva	80 SM5	Palmela	<b>4:46.20</b>		85	
	50m: 1:00.23 1:00.23	100m: 2:08.95	1:08.72 150m: 3:39.55	1:30.60	200m: 4:46.20	1:06.65	

Prova 10  
27-03-2021 - 16:30

Masc., 100m Mariposa

Absoluto  
Resultados

RN Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RN Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29-03-2009
RN Jun 18	54.16	NASCIMENTO Miguel Duarte	POR	Kiev (UKR)	07-04-2013
RN Jun 17	54.77	VENANCIO Tiago Andre	CNS	Oeiras	29-07-2004
RN Juv A	56.05	VAKULYUK Paulo	CNTN	Funchal	03-08-2019
RN Juv B	56.61	RIBEIRO Diogo Matos	CUC	Funchal	03-08-2019
RN Inf A	59.19	RIBEIRO Diogo Matos	CUC	S. Joao da Madeira	21-07-2018
RN Inf B	1:03.64	SILVA Fabio Parrilha da	CNAL	S. Joao da Madeira	22-07-2000
S15	59.56	NEVES Tiago Correia	POR	São Paulo (BRA)	27-08-2019

TAC Juv 50m: 1:00.32 - 25m: 58.24; Jun 50m: 58.01 - 25m: 56.34; Sen 50m: 55.78 - 25m: 53.84 / JO : 51.96 / CMJ\_Masc 15 - 18: 54.16 / CEPL 12 +: 53.12 / CEJun\_Masc 15 - 18: 55.25 / PreJun\_Masc Juv: 56.91

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
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Absolutos

1.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>54.04</b>	+0,67	768	
	<i>Rec Nac, Minimos CMJun, Minimos CEJun</i>						
	50m: 25.44 25.44		100m: 54.04 28.60				
2.	SANTOS Pedro Andre	94	Alges	<b>54.57</b>	+0,66	746	
	50m: 25.62 25.62		100m: 54.57 28.95				
3.	LOPES Gabriel Jose	97	Louzan Natacao	<b>55.40</b>	+0,62	713	
	50m: 25.60 25.60		100m: 55.40 29.80				
4.	VAKULYUK Paulo	03	Torres Novas	<b>55.48</b>	+0,65	710	
	50m: 25.26 25.26		100m: 55.48 30.22				
5.	NUNES Porfirio Braga	00	Porto	<b>55.55</b>	+0,67	707	
	50m: 25.88 25.88		100m: 55.55 29.67				
6.	MOGNE Igor Araujo	96	Sporting	<b>55.66</b>	+0,75	703	
	50m: 25.71 25.71		100m: 55.66 29.95				
7.	SILVA Henrique Gomes	02	Estamos Juntos	<b>56.50</b>	+0,62	672	
	50m: 26.84 26.84		100m: 56.50 29.66				
8.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>56.99</b>	+0,71	655	
	50m: 26.20 26.20		100m: 56.99 30.79				
9.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>57.85</b>	+0,73	626	
	50m: 26.72 26.72		100m: 57.85 31.13				
10.	REIS Rodrigo Miguel	04	Uniao Coimbra	<b>57.86</b>	+0,69	626	
	50m: 26.82 26.82		100m: 57.86 31.04				
11.	DIAS Rodrigo Reis	03	Belenenses	<b>58.23</b>	+0,69	614	
	50m: 27.49 27.49		100m: 58.23 30.74				
12.	FRANCISCO Daniel Sebastiao	00	Angola	<b>58.37</b>	+0,73	609	
	50m: 26.49 26.49		100m: 58.37 31.88				
13.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>58.53</b>	+0,59	604	
	50m: 27.28 27.28		100m: 58.53 31.25				

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Prova 10, Masc., 100m Mariposa, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	NEVES Tiago Correia 50m: 28.42 28.42	97 S15	Belenenses 32.48	<b>1:00.90</b>	+0,66	536	
15.	CARVALHO Martim Henriques 50m: 28.89 28.89	04	Rio Maior 32.30	<b>1:01.19</b>	+0,72	529	
16.	AMORIM Ivan Emanuel 50m: 28.42 28.42	02	Colegio Efanor 32.80	<b>1:01.22</b>	+0,81	528	
17.	PAZ Antonio Manuel 50m: 28.55 28.55	04	Bombeiros Ponta Delgada 33.48	<b>1:02.03</b>	+0,66	508	
18.	DENISOV Micael Dmitrievich 50m: 28.78 28.78	06	Ba-Leiria 33.62	<b>1:02.40</b>	+0,75	499	
19.	SILVA Nuno Marques 50m: 29.06 29.06	04	Ba-Leiria 34.99	<b>1:04.05</b>	+0,73	461	
DNS	SILVA Glauber	86	Foca Quinta da Lixa CNF				

Surdolimpicos

1.	NEVES Tiago Correia 50m: 28.42 28.42	97 S15	Belenenses 32.48	<b>1:00.90</b>	+0,66	536	
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Prova 11  
27-03-2021 - 16:35

Femin., 200m Mariposa

Absolutos  
Resultados

RN Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
RN Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06-08-2018
RN Jun 17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04-08-2002
RN Jun 16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29-07-2018
RN Juv A	2:15.56	FRANCISCO Ana Rita	POR	Genebra (SUI)	20-07-1995
RN Juv B	2:20.75	MIGUEL Susana Patricia	POR	Génova (ITA)	04-07-2004

TAC Juv 50m: 2:29.65 - 25m: 2:26.97; Jun 50m: 2:23.92 - 25m: 2:21.30; Sen 50m: 2:18.38 - 25m: 2:15.91 / JO Absoluto: 2:08.43 / CMJ\_Fem 14 - 17: 2:14.38 / CEPL Abs: 2:11.79 / CEJun\_Fem 14 - 17: 2:17.07 / PreJun\_Fem Juv: 2:21.18

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina <i>Minimos CEPL</i>	93	Vilacondense	<b>2:11.49</b>	+0,70	795	
	50m: 29.72 29.72	100m: 1:02.98	33.26	150m: 1:37.11	34.13	200m: 2:11.49	34.38
2.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:14.82</b>	+0,72	737	
	50m: 30.52 30.52	100m: 1:03.82	33.30	150m: 1:39.05	35.23	200m: 2:14.82	35.77
3.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:17.12</b>	+0,71	701	
	50m: 30.16 30.16	100m: 1:04.75	34.59	150m: 1:40.04	35.29	200m: 2:17.12	37.08
4.	MOURA Maria Ferreira	04	Sporting	<b>2:17.59</b>	+0,76	693	
	50m: 30.73 30.73	100m: 1:04.67	33.94	150m: 1:40.78	36.11	200m: 2:17.59	36.81
5.	GRAVETO Ana Raquel	02	Benfica	<b>2:17.77</b>	+0,77	691	
	50m: 30.90 30.90	100m: 1:06.02	35.12	150m: 1:41.46	35.44	200m: 2:17.77	36.31
6.	LOURO Ariana Espirito	05	Gualdim Pais	<b>2:20.47</b>	+0,62	652	
	50m: 32.17 32.17	100m: 1:07.54	35.37	150m: 1:44.20	36.66	200m: 2:20.47	36.27
7.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>2:21.07</b>	+0,79	643	
	50m: 32.15 32.15	100m: 1:07.68	35.53	150m: 1:44.80	37.12	200m: 2:21.07	36.27
8.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:22.11</b>	+0,74	629	
	50m: 31.58 31.58	100m: 1:07.11	35.53	150m: 1:44.53	37.42	200m: 2:22.11	37.58
9.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>2:24.13</b>	+0,74	603	
	50m: 32.38 32.38	100m: 1:08.72	36.34	150m: 1:45.88	37.16	200m: 2:24.13	38.25
10.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	<b>2:27.42</b>	+0,77	564	
	50m: 31.91 31.91	100m: 1:09.36	37.45	150m: 1:47.60	38.24	200m: 2:27.42	39.82
11.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	<b>2:29.45</b>	+0,87	541	
	50m: 34.19 34.19	100m: 1:10.99	36.80	150m: 1:50.71	39.72	200m: 2:29.45	38.74
12.	MARQUES Maria Alexandra	04	Academica de Coimbra	<b>2:32.66</b>	+0,68	508	
	50m: 32.67 32.67	100m: 1:10.21	37.54	150m: 1:50.19	39.98	200m: 2:32.66	42.47
13.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	<b>2:33.20</b>	+0,60	502	
	50m: 33.42 33.42	100m: 1:11.23	37.81	150m: 1:52.20	40.97	200m: 2:33.20	41.00

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Prova 12  
27-03-2021 - 16:45

Masc., 50m Bruços

Absolutos  
Resultados

RN Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
RN Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30-07-2013
RN Jun 18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13-07-2002
RN Jun 17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10-07-2009
RN Juv A	29.75	tempo limite			
RN Juv B	30.57	tempo limite			

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AMORIM Alexandre Ferreira	99	Leixoes	<b>28.41</b>	+0,67	762	
2.	QUINTAS Francisco Robalo	95	Sporting	<b>28.98</b>	+0,64	717	
3.	FRISCHKNECHT Renato Barros	01	Alges	<b>30.04</b>	+0,61	644	
4.	MENDES Antonio Manuel	99	Sporting	<b>30.25</b>	+0,65	631	
5.	GOMES Filipe Miguel	97	Malawi	<b>30.38</b>	+0,59	623	
6.	PEREIRA Ricardo Samuel	03	Benfica	<b>30.42</b>	+0,67	620	
7.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	<b>31.34</b>	+0,66	567	
8.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	<b>33.75</b>	+0,63	454	

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Prova 13  
27-03-2021 - 16:45

Femin., 200m Bruços

Absolutos  
Resultados

RN Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25-07-2019
RN Jun 17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02-04-2017
RN Jun 16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15-07-2005
RN Juv A	2:31.32	GOMES Diana Duarte	POR	Mulhouse (FRA)	27-06-2004
RN Juv B	2:36.99	GOMES Diana Duarte	POR	Paris (FRA)	28-07-2003

TAC Juv 50m: 2:49.77 - 25m: 2:44.25; Jun 50m: 2:43.26 - 25m: 2:37.92; Sen 50m: 2:36.99 - 25m: 2:31.89 / JO Absoluto: 2:25.52 / CMJ\_Fem 14 - 17: 2:32.44 / CEPL Abs: 2:29.51 / CEJun\_Fem 14 - 17: 2:35.49 / PreJun\_Fem Juv: 2:40.16

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	KAMINSKAYA Victoria <i>Minimos CEPL</i>	95	Benfica	<b>2:26.16</b>	+0,76	862	
	50m: 33.66 33.66	100m: 1:10.29	36.63	150m: 1:47.90	37.61	200m: 2:26.16	38.26
2.	PEREIRA Raquel Gomes	00	Benfica	<b>2:29.56</b>	+0,71	804	
	50m: 33.75 33.75	100m: 1:11.07	37.32	150m: 1:49.65	38.58	200m: 2:29.56	39.91
3.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:37.86</b>	+0,80	684	
	50m: 36.00 36.00	100m: 1:15.97	39.97	150m: 1:56.90	40.93	200m: 2:37.86	40.96
4.	NUNES Margarida Domingues	05	Sporting	<b>2:39.32</b>	+0,68	665	
	50m: 36.55 36.55	100m: 1:17.29	40.74	150m: 1:58.08	40.79	200m: 2:39.32	41.24
5.	REBELO Maria Carlota	03	Louzan Natacao	<b>2:41.29</b>	+0,64	641	
	50m: 36.64 36.64	100m: 1:17.61	40.97	150m: 1:58.98	41.37	200m: 2:41.29	42.31
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:42.32</b>	+0,81	629	
	50m: 37.41 37.41	100m: 1:18.49	41.08	150m: 2:00.25	41.76	200m: 2:42.32	42.07
7.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>2:45.46</b>	+0,74	594	
	50m: 38.51 38.51	100m: 1:20.05	41.54	150m: 2:02.91	42.86	200m: 2:45.46	42.55
8.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>2:46.84</b>	+0,73	579	
	50m: 36.28 36.28	100m: 1:18.08	41.80	150m: 2:01.61	43.53	200m: 2:46.84	45.23
9.	REIS Erica Cristina	05	Sporting	<b>2:47.13</b>	+0,70	576	
	50m: 37.47 37.47	100m: 1:19.79	42.32	150m: 2:03.08	43.29	200m: 2:47.13	44.05
10.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	<b>2:49.10</b>	+0,68	556	
	50m: 36.96 36.96	100m: 1:19.38	42.42	150m: 2:04.07	44.69	200m: 2:49.10	45.03
11.	ANTUNES Rebeca Leonor	06	Alges	<b>2:53.90</b>	+0,72	511	
	50m: 38.11 38.11	100m: 1:22.22	44.11	150m: 2:08.24	46.02	200m: 2:53.90	45.66

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Prova 14  
27-03-2021 - 16:55

Masc., 400m Estilos

Absoluto  
Resultados

RN Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06-08-2016
RN Jun 18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08-07-2018
RN Jun 17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29-08-2015
RN Juv A	4:32.66	VITAL Joao Alexandre	ADRCIMM	Coimbra	01-06-2014
RN Juv B	4:37.06	VITAL Joao Alexandre	POR	Utrecht (NED)	16-07-2013
RN Inf A	4:46.20	FREITAS Tomas Miguel	CDN	Póvoa Varzim	23-07-2004
RN Inf B	4:54.87	RUIVO Andre Vilas	DNMG	S. Joao da Madeira	12-07-2013
S15	5:00.70	NEVES Tiago Correia	POR	São Paulo (BRA)	26-08-2019

TAC Juv 50m: 4:58.70 - 25m: 4:48.62; Jun 50m: 4:47.26 - 25m: 4:37.47; Sen 50m: 4:36.19 - 25m: 4:26.81 / JO : 4:15.84 / CMJ\_Masc 15 - 18: 4:28.20 / CEPL 12 +: 4:23.04 / CEJun\_Masc 15 - 18: 4:33.58 / PreJun\_Masc Juv: 4:41.79

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>4:17.99</b>	+0,68	844	
	<i>Minimos CEPL</i>						
	50m: 27.30 27.30	150m: 1:32.17 33.70	250m: 2:41.25 36.21	350m: 3:48.48 30.27			
	100m: 58.47 31.17	200m: 2:05.04 32.87	300m: 3:18.21 36.96	400m: 4:17.99 29.51			
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	<b>4:29.38</b>	+0,79	741	
	<i>Minimos CEJun</i>						
	50m: 28.45 28.45	150m: 1:35.92 35.44	250m: 2:49.51 38.69	350m: 3:59.68 31.17			
	100m: 1:00.48 32.03	200m: 2:10.82 34.90	300m: 3:28.51 39.00	400m: 4:29.38 29.70			
3.	RAMOS Bruno Miguel	97	Belenenses	<b>4:29.58</b>	+0,66	740	
	50m: 27.66 27.66	150m: 1:35.22 35.56	250m: 2:49.89 39.11	350m: 4:00.10 30.31			
	100m: 59.66 32.00	200m: 2:10.78 35.56	300m: 3:29.79 39.90	400m: 4:29.58 29.48			
4.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:33.59</b>	+0,69	707	
	50m: 27.99 27.99	150m: 1:35.93 35.73	250m: 2:49.38 37.64	350m: 4:01.97 33.01			
	100m: 1:00.20 32.21	200m: 2:11.74 35.81	300m: 3:28.96 39.58	400m: 4:33.59 31.62			
5.	PINOTES Pedro Miguel	89	Angola	<b>4:36.95</b>	+0,71	682	
	50m: 28.60 28.60	150m: 1:39.09 37.08	250m: 2:53.86 38.15	350m: 4:05.65 33.36			
	100m: 1:02.01 33.41	200m: 2:15.71 36.62	300m: 3:32.29 38.43	400m: 4:36.95 31.30			
6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:38.65</b>	+0,71	670	
	50m: 29.05 29.05	150m: 1:40.73 38.70	250m: 2:58.41 40.45	350m: 4:08.85 31.13			
	100m: 1:02.03 32.98	200m: 2:17.96 37.23	300m: 3:37.72 39.31	400m: 4:38.65 29.80			
7.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>4:38.95</b>	+0,70	667	
	50m: 28.43 28.43	150m: 1:38.37 37.15	250m: 2:55.31 41.18	350m: 4:08.01 31.95			
	100m: 1:01.22 32.79	200m: 2:14.13 35.76	300m: 3:36.06 40.75	400m: 4:38.95 30.94			
8.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>4:42.61</b>	+0,67	642	
	50m: 29.01 29.01	150m: 1:41.04 38.18	250m: 2:59.34 40.61	350m: 4:11.66 31.21			
	100m: 1:02.86 33.85	200m: 2:18.73 37.69	300m: 3:40.45 41.11	400m: 4:42.61 30.95			
9.	APSENIECE Kevins Alexandre	04	Porto	<b>4:45.51</b>	+0,77	622	
	50m: 29.37 29.37	150m: 1:40.58 37.59	250m: 2:59.60 42.26	350m: 4:13.85 32.54			
	100m: 1:02.99 33.62	200m: 2:17.34 36.76	300m: 3:41.31 41.71	400m: 4:45.51 31.66			



Prova 14, Masc., 400m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
10.	CARVALHO Martim Henriques	04	Rio Maior	<b>4:48.96</b>	+0,72	600		
	50m: 29.89 29.89	150m: 1:40.67	37.55 250m: 3:01.83	45.11	350m: 4:18.41	32.11		
	100m: 1:03.12 33.23	200m: 2:16.72	36.05 300m: 3:46.30	44.47	400m: 4:48.96	30.55		
11.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>4:50.97</b>	+0,72	588		
	50m: 30.03 30.03	150m: 1:42.53	37.94 250m: 3:03.34	43.55	350m: 4:19.69	32.68		
	100m: 1:04.59 34.56	200m: 2:19.79	37.26 300m: 3:47.01	43.67	400m: 4:50.97	31.28		
12.	SOUSA Joao Maria	05	Braga	<b>4:53.31</b>	+0,69	574		
	50m: 30.19 30.19	150m: 1:43.16	37.37 250m: 3:04.55	43.78	350m: 4:20.86	32.86		
	100m: 1:05.79 35.60	200m: 2:20.77	37.61 300m: 3:48.00	43.45	400m: 4:53.31	32.45		
13.	CRISTINO David Matias	01	Uniao Piedense	<b>4:54.33</b>	+0,73	568		
	50m: 29.26 29.26	150m: 1:40.47	37.08 250m: 3:01.69	44.01	350m: 4:20.89	34.93		
	100m: 1:03.39 34.13	200m: 2:17.68	37.21 300m: 3:45.96	44.27	400m: 4:54.33	33.44		
14.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>4:54.58</b>	+0,75	567		
	50m: 30.70 30.70	150m: 1:45.57	39.11 250m: 3:05.82	42.53	350m: 4:21.99	33.96		
	100m: 1:06.46 35.76	200m: 2:23.29	37.72 300m: 3:48.03	42.21	400m: 4:54.58	32.59		
15.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>4:55.67</b>	+0,71	560		
	50m: 30.22 30.22	150m: 1:44.84	38.78 250m: 3:04.20	40.06	350m: 4:21.61	35.68		
	100m: 1:06.06 35.84	200m: 2:24.14	39.30 300m: 3:45.93	41.73	400m: 4:55.67	34.06		
16.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	<b>4:56.35</b>	+0,64	557		
	50m: 30.66 30.66	150m: 1:43.77	37.95 250m: 3:06.67	44.75	350m: 4:23.88	34.03		
	100m: 1:05.82 35.16	200m: 2:21.92	38.15 300m: 3:49.85	43.18	400m: 4:56.35	32.47		
17.	CRUZ Miguel Duarte <i>Rec Nac Classe S15</i>	99	SM15 Belenenses	<b>4:58.86</b>	+0,75	543		
	50m: 30.51 30.51	150m: 1:47.23	40.57 250m: 3:09.07	43.30	350m: 4:26.65	33.76		
	100m: 1:06.66 36.15	200m: 2:25.77	38.54 300m: 3:52.89	43.82	400m: 4:58.86	32.21		
18.	SILVA Nuno Marques	04	Ba-Leiria	<b>4:59.07</b>	+0,74	541		
	50m: 30.63 30.63	150m: 1:46.59	39.04 250m: 3:06.82	41.09	350m: 4:24.34	35.62		
	100m: 1:07.55 36.92	200m: 2:25.73	39.14 300m: 3:48.72	41.90	400m: 4:59.07	34.73		
DSQ	CARNEIRO Joao Soares	03	Benfica	<i>não terminou o percurso de costas na posição de costas</i>				
DSQ	SANTOS Rui Miguel	06	Famalicao	<i>toque alternado nas virangens dos 250 e 300m</i>				

Surdolimpicos

1.	CRUZ Miguel Duarte <i>Rec Nac Classe S15</i>	99	SM15 Belenenses	<b>4:58.86</b>	+0,75	543	
	50m: 30.51 30.51	150m: 1:47.23	40.57 250m: 3:09.07	43.30	350m: 4:26.65	33.76	
	100m: 1:06.66 36.15	200m: 2:25.77	38.54 300m: 3:52.89	43.82	400m: 4:58.86	32.21	

Prova 15  
27-03-2021 - 17:05

Femin., 400m Estilos

Absolutos  
Resultados

RN Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09-04-2017
RN Jun 17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27-07-2012
RN Jun 16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20-05-2017
RN Juv A	4:58.08	DURAES Diana Margarida	FOCA	Povoa de Varzim	05-08-2011
RN Juv B	5:01.00	ROCHA Ines Neto	CAP	Coimbra	24-07-2015

TAC Juv 50m: 5:23.02 - 25m: 5:14.77; Jun 50m: 5:10.66 - 25m: 5:00.32; Sen 50m: 4:58.71 - 25m: 4:51.06 / JO Absoluto: 4:38.53 / CMJ\_Fem 14 - 17: 4:50.07 / CEPL Abs: 4:44.49 / CEJun\_Fem 14 - 17: 4:55.87 / PreJun\_Fem Juv: 5:04.74

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CABRAL Maria Francisca	00	Porto	<b>4:57.64</b>	+0,73	716	
	50m: 31.70 31.70	150m: 1:45.98	38.73	250m: 3:06.97	42.76	350m: 4:24.41	34.61
	100m: 1:07.25 35.55	200m: 2:24.21	38.23	300m: 3:49.80	42.83	400m: 4:57.64	33.23
2.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>4:59.35</b>	+0,81	704	
	50m: 31.59 31.59	150m: 1:48.63	40.69	250m: 3:10.51	42.39	350m: 4:26.32	34.29
	100m: 1:07.94 36.35	200m: 2:28.12	39.49	300m: 3:52.03	41.52	400m: 4:59.35	33.03
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>5:09.10</b>	+0,65	639	
	50m: 32.22 32.22	150m: 1:50.63	41.42	250m: 3:15.89	45.16	350m: 4:36.38	35.21
	100m: 1:09.21 36.99	200m: 2:30.73	40.10	300m: 4:01.17	45.28	400m: 5:09.10	32.72
4.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:09.39</b>	+0,78	638	
	50m: 31.78 31.78	150m: 1:49.60	41.59	250m: 3:16.92	46.17	350m: 4:34.89	34.71
	100m: 1:08.01 36.23	200m: 2:30.75	41.15	300m: 4:00.18	43.26	400m: 5:09.39	34.50
5.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>5:18.45</b>	+0,74	585	
	50m: 32.24 32.24	150m: 1:52.76	42.19	250m: 3:18.45	45.16	350m: 4:41.70	37.05
	100m: 1:10.57 38.33	200m: 2:33.29	40.53	300m: 4:04.65	46.20	400m: 5:18.45	36.75
6.	PINTO Leonor Filipa	06	Porto	<b>5:24.57</b>	+0,81	552	
	50m: 34.64 34.64	150m: 1:58.23	43.28	250m: 3:25.93	46.45	350m: 4:49.22	36.97
	100m: 1:14.95 40.31	200m: 2:39.48	41.25	300m: 4:12.25	46.32	400m: 5:24.57	35.35
7.	SIMOES Dania Rodrigues	07	Louzan Natacao	<b>5:31.24</b>	+0,81	519	
	50m: 35.17 35.17	150m: 1:58.15	42.41	250m: 3:27.25	47.41	350m: 4:53.25	39.02
	100m: 1:15.74 40.57	200m: 2:39.84	41.69	300m: 4:14.23	46.98	400m: 5:31.24	37.99
DNS	HENRIQUES Ines Jacinto	00	Sporting				

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Prova 16  
27-03-2021 - 17:15

Masc., 100m Livres

Absoluto  
Resultados

RN Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20-12-2020
RN Sen	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20-12-2020
RN Jun 18	50.24	VENANCIO Tiago Andre	CNS	Oeiras	19-03-2005
RN Jun 17	49.59	VENANCIO Tiago Andre	POR	Oeiras	15-07-2004
RN Juv A	52.10	VENANCIO Tiago Andre	POR	Paris (FRA)	28-07-2003
RN Juv B	52.51	RIBEIRO Diogo Matos	CUC	Funchal	04-08-2019
RN Inf A	55.53	FERRO David Miguel	SFUAP	Campanhã	26-07-1998
RN Inf B	58.47	NUNES Joao Magalhaes	CNA	Rio Maior	22-07-2012
S5	1:26.93	ROCHA Ivo Filipe	POR	Londres (GBR)	15-09-2019
S6	1:09.87	VIDEIRA Daniel Carlos	POR	Dublin (IRL)	19-08-2018
S8	1:05.56	LINHARES Ruben Daniel	CNRM	Rio Maior	26-01-2020
S9	57.41	CAETANO Gino Santos	POR	Londres (GBR)	09-09-2019
S15	55.31	NEVES Tiago Correia	CFB	Coimbra	18-03-2018

TAC Juv 50m: 56.27 - 25m: 53.90; Jun 50m: 54.12 - 25m: 51.84; Sen 50m: 52.03 - 25m: 49.84 / JO : 48.57 / CMJ\_Masc 15 - 18: 50.52 / CEPL 12 +: 49.55 / CEJun\_Masc 15 - 18: 51.54 / PreJun\_Masc Juv: 53.08

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte <i>Minimos CEPL</i>	95	Benfica	<b>49.23</b>	+0,64	865	
	50m: 23.48 23.48 100m: 49.23 25.75						
2.	SAHNOUNE Oussama	92	Benfica	<b>49.92</b>	+0,67	829	
	50m: 24.00 24.00 100m: 49.92 25.92						
3.	RIBEIRO Diogo Matos <i>Minimos CMJun, Minimos CEJun</i>	04	Uniao Coimbra	<b>50.37</b>	+0,65	807	
	50m: 24.18 24.18 100m: 50.37 26.19						
4.	SANTOS Alexis Manacas	92	Sporting	<b>50.57</b>	+0,66	798	
	50m: 24.46 24.46 100m: 50.57 26.11						
5.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>51.71</b>	+0,64	746	
	50m: 25.00 25.00 100m: 51.71 26.71						
6.	COSTA Tiago Cunha	99	Sporting	<b>51.96</b>	+0,63	735	
	50m: 25.31 25.31 100m: 51.96 26.65						
7.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>52.35</b>	+0,69	719	
	50m: 25.60 25.60 100m: 52.35 26.75						
8.	LOPES Gabriel Jose	97	Louzan Natacao	<b>52.36</b>	+0,59	719	
	50m: 25.11 25.11 100m: 52.36 27.25						
9.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>53.09</b>	+0,66	689	
	50m: 25.59 25.59 100m: 53.09 27.50						
10.	VELOSO Tomas Miguel	96	Nautico Academico	<b>53.11</b>	+0,63	689	
	50m: 25.80 25.80 100m: 53.11 27.31						
11.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>53.29</b>	+0,69	682	
	50m: 25.57 25.57 100m: 53.29 27.72						

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Prova 16, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	PADRELA Joao Esteves 50m: 25.88 25.88	99	Belenenses 100m: 53.46 27.58	<b>53.46</b>	+0,64	675	
13.	SILVA Ricardo Lopes 50m: 25.81 25.81	03	Nautico Marinha Grande 100m: 53.71 27.90	<b>53.71</b>	+0,68	666	
14.	FERREIRA Bernardo Felgueiras 50m: 25.87 25.87	03	Colegio Efanor 100m: 53.76 27.89	<b>53.76</b>	+0,71	664	
15.	LOPES Luis Afonso 50m: 26.42 26.42	03	Viver Santarem 100m: 53.85 27.43	<b>53.85</b>	+0,65	661	
16.	AMORIM Alexandre Ferreira 50m: 26.18 26.18	99	Leixoes 100m: 53.89 27.71	<b>53.89</b>	+0,72	659	
17.	SILVA Gustavo Carvalho 50m: 25.92 25.92	04	Naval Praia da Vitoria 100m: 54.24 28.32	<b>54.24</b>	+0,72	646	
18.	ALMEIDA Bernardo Victorino 50m: 25.44 25.44	04	Sporting 100m: 54.29 28.85	<b>54.29</b>	+0,70	645	
19.	HEINIO-WIDELL Nick 50m: 26.43 26.43	05	Alges 100m: 54.34 27.91	<b>54.34</b>	+0,62	643	
20.	REIS Rodrigo Miguel 50m: 25.88 25.88	04	Uniao Coimbra 100m: 54.47 28.59	<b>54.47</b>	+0,65	638	
21.	SANTOS Pedro Miguel 50m: 26.34 26.34	01	Porto 100m: 54.53 28.19	<b>54.53</b>	+0,61	636	
22.	GOMES Goncalo Andre 50m: 26.84 26.84	03	Fundacao Beatriz Santos 100m: 54.78 27.94	<b>54.78</b>	+0,66	627	
23.	FRANCISCO Daniel Sebastiao 50m: 26.52 26.52	00	Angola 100m: 55.40 28.88	<b>55.40</b>	+0,71	607	
	CARVALHO Fernando Costa 50m: 25.84 25.84	03	Foca Quinta da Lixa CNF 100m: 55.40 29.56	<b>55.40</b>	+0,60	607	
25.	PAZ Antonio Manuel 50m: 26.90 26.90	04	Bombeiros Ponta Delgada 100m: 56.21 29.31	<b>56.21</b>	+0,69	581	
26.	DOMINGUES Ricardo Jorge 50m: 26.88 26.88	02	Fundacao Beatriz Santos 100m: 56.47 29.59	<b>56.47</b>	+0,66	573	
27.	CLARA Vitor Belo 50m: 26.83 26.83	04	Ba-Leiria 100m: 56.66 29.83	<b>56.66</b>	+0,68	567	
28.	SILVA Diogo Miguel 50m: 26.74 26.74	05	Galitos / Bresimar 100m: 56.68 29.94	<b>56.68</b>	+0,70	566	
29.	DENISOV Micael Dmitrievich 50m: 26.87 26.87	06	Ba-Leiria 100m: 56.82 29.95	<b>56.82</b>	+0,73	562	
30.	PINHEIRO Joao Seixedo 50m: 27.39 27.39	05	Natacao de Lisboa 100m: 57.11 29.72	<b>57.11</b>	+0,62	554	
31.	GONCALVES Joao Pedro 50m: 27.06 27.06	01	Angola 100m: 57.68 30.62	<b>57.68</b>	+0,70	537	

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Prova 16, Masc., 100m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
32.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	<b>57.91</b>	+0,74	531	
	50m: 27.55 27.55	100m: 57.91	30.36				
33.	GRACHAT David Realista	87 S9	Gesloures	<b>59.06</b>	+0,78	501	
	50m: 28.33 28.33	100m: 59.06	30.73				
34.	DUARTE Joao Nunes	01	Colegio Efanor	<b>59.25</b>	+0,64	496	
	50m: 28.67 28.67	100m: 59.25	30.58				
35.	BELEZAS Ricardo Andrade	91 S15	Sporting	<b>1:00.29</b>	+0,74	471	
	50m: 29.11 29.11	100m: 1:00.29	31.18				
36.	NEVES Diogo Correia	94 S15	Colegio Vasco da Gama	<b>1:03.95</b>	+0,70	394	
	50m: 29.20 29.20	100m: 1:03.95	34.75				
37.	LINHARES Ruben Daniel	97 S8	Rio Maior	<b>1:06.12</b>	+0,69	357	
	50m: 30.88 30.88	100m: 1:06.12	35.24				
38.	SOARES Ricardo Aderneira	99 S8	Gesloures	<b>1:12.67</b>	+0,73	268	
	50m: 35.09 35.09	100m: 1:12.67	37.58				
39.	VIDEIRA Daniel Carlos	92 S6	Gesloures	<b>1:12.94</b>	+0,80	266	
	50m: 35.11 35.11	100m: 1:12.94	37.83				
40.	ROCHA Ivo Filipe	90 S5	Feira Viva	<b>1:30.49</b>		139	
	50m: 44.09 44.09	100m: 1:30.49	46.40				

Paralimpicos

1.	GRACHAT David Realista	87 S9	Gesloures	<b>59.06</b>	+0,78	501	
	50m: 28.33 28.33	100m: 59.06	30.73				
2.	VIDEIRA Daniel Carlos	92 S6	Gesloures	<b>1:12.94</b>	+0,80	266	
	50m: 35.11 35.11	100m: 1:12.94	37.83				
3.	LINHARES Ruben Daniel	97 S8	Rio Maior	<b>1:06.12</b>	+0,69	357	
	50m: 30.88 30.88	100m: 1:06.12	35.24				
4.	SOARES Ricardo Aderneira	99 S8	Gesloures	<b>1:12.67</b>	+0,73	268	
	50m: 35.09 35.09	100m: 1:12.67	37.58				
5.	ROCHA Ivo Filipe	90 S5	Feira Viva	<b>1:30.49</b>		139	
	50m: 44.09 44.09	100m: 1:30.49	46.40				

Surdolimpicos

1.	BELEZAS Ricardo Andrade	91 S15	Sporting	<b>1:00.29</b>	+0,74	471	
	50m: 29.11 29.11	100m: 1:00.29	31.18				
2.	NEVES Diogo Correia	94 S15	Colegio Vasco da Gama	<b>1:03.95</b>	+0,70	394	
	50m: 29.20 29.20	100m: 1:03.95	34.75				

Prova 17  
27-03-2021 - 17:25

Femin., 400m Livres

Absoluto  
Resultados

RN Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25-06-2018
RN Jun 17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23-07-2016
RN Jun 16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04-08-2002
RN Juv A	4:20.78	HOLUB Tamila Hryhorivna	POR	Porto	07-06-2014
RN Juv B	4:26.20	CABRAL Maria Francisca	FCP	Oeiras	26-07-2014
RN Inf A	4:31.53	SILVA Alexandra Maria	POR	Skovde (SWE)	08-08-1980
RN Inf B	4:43.70	SILVA Alexandra Maria	FCP	Funchal	27-07-1979
S8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11-05-2019

TAC Juv 50m: 4:47.62 - 25m: 4:45.37; Jun 50m: 4:36.61 - 25m: 4:32.17; Sen 50m: 4:25.97 - 25m: 4:23.83 / JO : 4:07.90 / CMJ\_Fem 14 - 17: 4:18.27 / CEPL Abs: 4:13.31 / CEJun\_Fem 14 - 17: 4:23.44 / PreJun\_Fem Juv: 4:31.34

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:14.91</b>	+0,73	798	
	50m: 30.38 30.38	150m: 1:34.59	32.28 250m: 2:38.65	31.93	350m: 3:43.00	32.26	
	100m: 1:02.31 31.93	200m: 2:06.72	32.13 300m: 3:10.74	32.09	400m: 4:14.91	31.91	
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:19.73</b>	+0,80	754	
	50m: 30.65 30.65	150m: 1:35.12	32.46 250m: 2:41.09	33.13	350m: 3:47.61	33.29	
	100m: 1:02.66 32.01	200m: 2:07.96	32.84 300m: 3:14.32	33.23	400m: 4:19.73	32.12	
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:20.10</b>	+0,68	751	
	50m: 30.14 30.14	150m: 1:34.56	32.50 250m: 2:40.67	33.13	350m: 3:47.92	33.62	
	100m: 1:02.06 31.92	200m: 2:07.54	32.98 300m: 3:14.30	33.63	400m: 4:20.10	32.18	
4.	PIRES Marta Joao	05	Alges	<b>4:27.70</b>	+0,77	689	
	50m: 31.57 31.57	150m: 1:39.79	34.23 250m: 2:48.06	33.82	350m: 3:55.59	33.44	
	100m: 1:05.56 33.99	200m: 2:14.24	34.45 300m: 3:22.15	34.09	400m: 4:27.70	32.11	
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:28.51</b>	+0,80	682	
	50m: 30.62 30.62	150m: 1:38.23	34.22 250m: 2:46.60	34.03	350m: 3:55.46	34.45	
	100m: 1:04.01 33.39	200m: 2:12.57	34.34 300m: 3:21.01	34.41	400m: 4:28.51	33.05	
6.	ROSA Mafalda Sofia	03	Rio Maior	<b>4:29.26</b>	+0,75	677	
	50m: 31.30 31.30	150m: 1:38.32	33.81 250m: 2:47.39	34.78	350m: 3:55.92	34.04	
	100m: 1:04.51 33.21	200m: 2:12.61	34.29 300m: 3:21.88	34.49	400m: 4:29.26	33.34	
7.	RAMOS Ana Rita	02	Porto	<b>4:29.78</b>	+0,76	673	
	50m: 31.20 31.20	150m: 1:37.31	33.24 250m: 2:45.70	34.65	350m: 3:55.64	34.52	
	100m: 1:04.07 32.87	200m: 2:11.05	33.74 300m: 3:21.12	35.42	400m: 4:29.78	34.14	
8.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:30.57</b>	+0,69	667	
	50m: 30.94 30.94	150m: 1:38.16	34.34 250m: 2:46.30	34.38	350m: 3:56.55	35.11	
	100m: 1:03.82 32.88	200m: 2:11.92	33.76 300m: 3:21.44	35.14	400m: 4:30.57	34.02	
9.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>4:34.13</b>	+0,76	641	
	50m: 31.50 31.50	150m: 1:40.17	34.62 250m: 2:50.92	34.92	350m: 4:00.80	34.52	
	100m: 1:05.55 34.05	200m: 2:16.00	35.83 300m: 3:26.28	35.36	400m: 4:34.13	33.33	
10.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:34.32</b>	+0,77	640	
	50m: 31.39 31.39	150m: 1:39.77	34.25 250m: 2:49.61	34.68	350m: 3:59.90	34.85	
	100m: 1:05.52 34.13	200m: 2:14.93	35.16 300m: 3:25.05	35.44	400m: 4:34.32	34.42	

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PARCEIROS



Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
11.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>4:34.55</b>	+0,57	638	
	50m: 30.73 30.73	150m: 1:39.70	34.71 250m: 2:49.93	35.16	350m: 4:00.66	35.28	
	100m: 1:04.99 34.26	200m: 2:14.77	35.07 300m: 3:25.38	35.45	400m: 4:34.55	33.89	
12.	LOPES Francisca Macedo	05	Vilacondense	<b>4:39.25</b>	+0,81	607	
	50m: 31.26 31.26	150m: 1:41.88	35.44 250m: 2:52.88	35.60	350m: 4:04.01	35.62	
	100m: 1:06.44 35.18	200m: 2:17.28	35.40 300m: 3:28.39	35.51	400m: 4:39.25	35.24	
13.	ANDRE Leticia Maia	02	Benfica	<b>4:39.62</b>	+0,68	604	
	50m: 31.62 31.62	150m: 1:42.34	35.62 250m: 2:54.65	36.19	350m: 4:06.36	35.66	
	100m: 1:06.72 35.10	200m: 2:18.46	36.12 300m: 3:30.70	36.05	400m: 4:39.62	33.26	
14.	ALVES Joana Silva	05	Benedita	<b>4:39.87</b>	+0,71	603	
	50m: 31.73 31.73	150m: 1:42.56	35.66 250m: 2:54.29	35.82	350m: 4:06.05	36.16	
	100m: 1:06.90 35.17	200m: 2:18.47	35.91 300m: 3:29.89	35.60	400m: 4:39.87	33.82	
15.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>4:42.38</b>	+0,70	587	
	50m: 31.67 31.67	150m: 1:42.96	36.06 250m: 2:54.50	35.56	350m: 4:06.95	36.12	
	100m: 1:06.90 35.23	200m: 2:18.94	35.98 300m: 3:30.83	36.33	400m: 4:42.38	35.43	
16.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:43.75</b>	+0,79	578	
	50m: 32.05 32.05	150m: 1:43.43	35.95 250m: 2:56.63	36.53	350m: 4:09.64	36.48	
	100m: 1:07.48 35.43	200m: 2:20.10	36.67 300m: 3:33.16	36.53	400m: 4:43.75	34.11	
17.	COELHO Maria Leonor	06	Benfica	<b>4:44.03</b>	+0,77	577	
	50m: 32.27 32.27	150m: 1:44.09	36.82 250m: 2:57.22	36.64	350m: 4:09.58	36.09	
	100m: 1:07.27 35.00	200m: 2:20.58	36.49 300m: 3:33.49	36.27	400m: 4:44.03	34.45	
18.	PIRES Catarina Gaspar	06	Porto	<b>4:45.34</b>	+0,74	569	
	50m: 32.68 32.68	150m: 1:44.41	36.27 250m: 2:57.01	36.25	350m: 4:10.38	36.49	
	100m: 1:08.14 35.46	200m: 2:20.76	36.35 300m: 3:33.89	36.88	400m: 4:45.34	34.96	
19.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>4:45.58</b>	+0,71	567	
	50m: 32.58 32.58	150m: 1:44.69	36.52 250m: 2:57.69	36.76	350m: 4:11.02	36.93	
	100m: 1:08.17 35.59	200m: 2:20.93	36.24 300m: 3:34.09	36.40	400m: 4:45.58	34.56	
20.	PEIXOTO Carolina Esteves	06	Braga	<b>4:45.71</b>	+0,75	566	
	50m: 32.14 32.14	150m: 1:43.04	35.93 250m: 2:56.39	36.55	350m: 4:09.88	36.35	
	100m: 1:07.11 34.97	200m: 2:19.84	36.80 300m: 3:33.53	37.14	400m: 4:45.71	35.83	
21.	FROIS Maria Francisca	06	Ba-Leiria	<b>4:46.98</b>	+0,83	559	
	50m: 31.90 31.90	150m: 1:44.15	36.66 250m: 2:57.37	36.40	350m: 4:11.10	35.94	
	100m: 1:07.49 35.59	200m: 2:20.97	36.82 300m: 3:35.16	37.79	400m: 4:46.98	35.88	
22.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:47.58</b>	+0,79	555	
	50m: 33.02 33.02	150m: 1:45.89	36.59 250m: 2:59.44	36.85	350m: 4:12.64	35.98	
	100m: 1:09.30 36.28	200m: 2:22.59	36.70 300m: 3:36.66	37.22	400m: 4:47.58	34.94	
23.	COSTA Anita Gouveia	06	Condeixa Clube	<b>4:48.34</b>	+0,70	551	
	50m: 32.61 32.61	150m: 1:46.48	37.63 250m: 2:59.69	36.00	350m: 4:12.56	35.79	
	100m: 1:08.85 36.24	200m: 2:23.69	37.21 300m: 3:36.77	37.08	400m: 4:48.34	35.78	
24.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>4:49.57</b>	+0,79	544	
	50m: 32.72 32.72	150m: 1:46.06	37.03 250m: 3:00.07	36.95	350m: 4:13.73	36.55	
	100m: 1:09.03 36.31	200m: 2:23.12	37.06 300m: 3:37.18	37.11	400m: 4:49.57	35.84	

Prova 17, Femin., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
25.	DINIS Filipa Paiva	06	Ba-Leiria	<b>4:51.01</b>	+0,85	536	
	50m: 32.28 32.28	150m: 1:45.14	36.31	250m: 2:59.65	37.24	350m: 4:14.36	37.24
	100m: 1:08.83 36.55	200m: 2:22.41	37.27	300m: 3:37.12	37.47	400m: 4:51.01	36.65
26.	LOPES Matilde Nunes	06	Benfica	<b>4:51.42</b>	+0,80	534	
	50m: 32.10 32.10	150m: 1:44.15	36.39	250m: 2:57.48	36.45	350m: 4:13.27	37.75
	100m: 1:07.76 35.66	200m: 2:21.03	36.88	300m: 3:35.52	38.04	400m: 4:51.42	38.15
27.	FLORENCIO Matilde Alves	04	Condeixa Clube	<b>4:51.59</b>	+0,76	533	
	50m: 32.80 32.80	150m: 1:45.26	36.70	250m: 3:00.10	37.28	350m: 4:15.38	37.56
	100m: 1:08.56 35.76	200m: 2:22.82	37.56	300m: 3:37.82	37.72	400m: 4:51.59	36.21
28.	NUNES Rita Sofia	05	Colegio Efanor	<b>4:53.40</b>	+0,90	523	
	50m: 32.25 32.25	150m: 1:44.54	36.45	250m: 2:59.53	37.46	350m: 4:15.78	38.23
	100m: 1:08.09 35.84	200m: 2:22.07	37.53	300m: 3:37.55	38.02	400m: 4:53.40	37.62
29.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	<b>4:56.34</b>	+0,81	508	
	50m: 32.82 32.82	150m: 1:47.04	37.50	250m: 3:03.51	38.46	350m: 4:19.79	38.32
	100m: 1:09.54 36.72	200m: 2:25.05	38.01	300m: 3:41.47	37.96	400m: 4:56.34	36.55
30.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	<b>4:59.65</b>	+0,61	491	
	50m: 32.88 32.88	150m: 1:48.58	39.18	250m: 3:05.51	38.94	350m: 4:22.58	38.66
	100m: 1:09.40 36.52	200m: 2:26.57	37.99	300m: 3:43.92	38.41	400m: 4:59.65	37.07
31.	CASTRO Ana Filipa	97 S8	Feira Viva	<b>5:48.86</b>	+0,76	311	
	50m: 39.96 39.96	150m: 2:08.71	44.23	250m: 3:37.67	44.69	350m: 5:06.60	44.28
	100m: 1:24.48 44.52	200m: 2:52.98	44.27	300m: 4:22.32	44.65	400m: 5:48.86	42.26

Paralimpicos

1.	CASTRO Ana Filipa	97 S8	Feira Viva	<b>5:48.86</b>	+0,76	311	
	50m: 39.96 39.96	150m: 2:08.71	44.23	250m: 3:37.67	44.69	350m: 5:06.60	44.28
	100m: 1:24.48 44.52	200m: 2:52.98	44.27	300m: 4:22.32	44.65	400m: 5:48.86	42.26

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PARCEIROS





Prova 18  
28-03-2021 - 10:00

Femin., 800m Livres

Absolutos  
Resultados

RN Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
RN Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23-06-2018
RN Jun 17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28-05-2016
RN Jun 16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30-05-2015
RN Juv A	8:50.68	HOLUB Tamila Hryhorivna	SCB	Oeiras	27-07-2014
RN Juv B	9:07.70	SILVA Alexandra Maria	POR	Split (CRO)	10-09-1981

TAC Juv 50m: 9:54.99 - 25m: 9:48.37; Jun 50m: 9:32.21 - 25m: 9:22.75; Sen 50m: 9:10.20 - 25m: 9:04.22 / JO Absoluto: 8:33.36 / CMJ\_Fem 14 - 17: 8:54.28 / CEPL Abs: 8:44.00 / CEJun\_Fem 14 - 17: 9:04.96 / PreJun\_Fem Juv: 9:21.31

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna <i>Minimos CEPL</i>	99	Braga	<b>8:42.39</b>	+0,73	799	
	50m: 30.75 30.75	250m: 2:41.30	32.49	450m: 4:52.62	32.88	650m: 7:05.15	33.06
	100m: 1:03.50 32.75	300m: 3:14.01	32.71	500m: 5:25.70	33.08	700m: 7:38.72	33.57
	150m: 1:36.33 32.83	350m: 3:46.76	32.75	550m: 5:58.71	33.01	750m: 8:11.42	32.70
	200m: 2:08.81 32.48	400m: 4:19.74	32.98	600m: 6:32.09	33.38	800m: 8:42.39	30.97
2.	DURAES Diana Margarida <i>Minimos CEPL</i>	96	Benfica	<b>8:42.93</b>	+0,75	796	
	50m: 31.25 31.25	250m: 2:43.14	32.72	450m: 4:54.57	32.79	650m: 7:05.93	32.73
	100m: 1:04.38 33.13	300m: 3:15.99	32.85	500m: 5:27.54	32.97	700m: 7:38.81	32.88
	150m: 1:37.32 32.94	350m: 3:48.84	32.85	550m: 6:00.31	32.77	750m: 8:11.56	32.75
	200m: 2:10.42 33.10	400m: 4:21.78	32.94	600m: 6:33.20	32.89	800m: 8:42.93	31.37
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>9:07.70</b>	+0,79	693	
	50m: 31.60 31.60	250m: 2:47.19	34.59	450m: 5:07.09	35.09	650m: 7:25.00	34.41
	100m: 1:04.77 33.17	300m: 3:21.94	34.75	500m: 5:41.82	34.73	700m: 7:59.70	34.70
	150m: 1:38.18 33.41	350m: 3:56.97	35.03	550m: 6:16.25	34.43	750m: 8:34.23	34.53
	200m: 2:12.60 34.42	400m: 4:32.00	35.03	600m: 6:50.59	34.34	800m: 9:07.70	33.47
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>9:13.52</b>	+0,80	671	
	50m: 31.98 31.98	250m: 2:50.55	35.06	450m: 5:10.27	34.94	650m: 7:30.09	34.96
	100m: 1:05.99 34.01	300m: 3:25.22	34.67	500m: 5:45.23	34.96	700m: 8:05.16	35.07
	150m: 1:40.82 34.83	350m: 4:00.39	35.17	550m: 6:20.27	35.04	750m: 8:39.80	34.64
	200m: 2:15.49 34.67	400m: 4:35.33	34.94	600m: 6:55.13	34.86	800m: 9:13.52	33.72
5.	PIRES Marta Joao	05	Alges	<b>9:15.30</b>	+0,77	665	
	50m: 32.29 32.29	250m: 2:52.65	34.94	450m: 5:13.26	34.77	650m: 7:33.41	34.51
	100m: 1:07.49 35.20	300m: 3:27.97	35.32	500m: 5:48.62	35.36	700m: 8:08.18	34.77
	150m: 1:42.35 34.86	350m: 4:03.22	35.25	550m: 6:23.67	35.05	750m: 8:42.24	34.06
	200m: 2:17.71 35.36	400m: 4:38.49	35.27	600m: 6:58.90	35.23	800m: 9:15.30	33.06
6.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>9:17.76</b>	+0,76	656	
	50m: 32.00 32.00	250m: 2:49.84	35.06	450m: 5:11.05	35.40	650m: 7:33.28	35.55
	100m: 1:05.52 33.52	300m: 3:24.87	35.03	500m: 5:46.61	35.56	700m: 8:08.95	35.67
	150m: 1:39.76 34.24	350m: 4:00.09	35.22	550m: 6:22.13	35.52	750m: 8:43.25	34.30
	200m: 2:14.78 35.02	400m: 4:35.65	35.56	600m: 6:57.73	35.60	800m: 9:17.76	34.51
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>9:17.87</b>	+0,84	656	
	50m: 32.39 32.39	250m: 2:51.40	34.99	450m: 5:12.08	35.28	650m: 7:33.49	35.39
	100m: 1:06.88 34.49	300m: 3:26.35	34.95	500m: 5:47.40	35.32	700m: 8:08.97	35.48
	150m: 1:41.39 34.51	350m: 4:01.48	35.13	550m: 6:22.71	35.31	750m: 8:43.89	34.92
	200m: 2:16.41 35.02	400m: 4:36.80	35.32	600m: 6:58.10	35.39	800m: 9:17.87	33.98

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DESPORTO  
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PROMOVER O DESENVOLVIMENTO

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 18, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LOPES Daniela Magalhaes	05	Famalicão	<b>9:25.25</b>	+0,79	630	
	50m: 31.81 31.81	250m: 2:54.65	36.23 450m: 5:18.41	35.60	650m: 7:40.12	35.28	
	100m: 1:06.27 34.46	300m: 3:30.78	36.13 500m: 5:53.96	35.55	700m: 8:15.42	35.30	
	150m: 1:42.11 35.84	350m: 4:07.09	36.31 550m: 6:29.48	35.52	750m: 8:50.75	35.33	
	200m: 2:18.42 36.31	400m: 4:42.81	35.72 600m: 7:04.84	35.36	800m: 9:25.25	34.50	
9.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:25.43</b>	+0,74	630	
	50m: 32.24 32.24	250m: 2:53.25	35.47 450m: 5:16.06	35.67	650m: 7:39.79	35.76	
	100m: 1:07.07 34.83	300m: 3:28.79	35.54 500m: 5:51.90	35.84	700m: 8:15.86	36.07	
	150m: 1:42.48 35.41	350m: 4:04.45	35.66 550m: 6:27.97	36.07	750m: 8:51.23	35.37	
	200m: 2:17.78 35.30	400m: 4:40.39	35.94 600m: 7:04.03	36.06	800m: 9:25.43	34.20	
10.	ALVES Joana Silva	05	Benedita	<b>9:36.88</b>	+0,63	593	
	50m: 32.02 32.02	250m: 2:55.45	36.29 450m: 5:20.38	35.97	650m: 7:47.41	36.95	
	100m: 1:06.87 34.85	300m: 3:31.83	36.38 500m: 5:57.00	36.62	700m: 8:23.97	36.56	
	150m: 1:42.80 35.93	350m: 4:08.20	36.37 550m: 6:33.61	36.61	750m: 9:00.77	36.80	
	200m: 2:19.16 36.36	400m: 4:44.41	36.21 600m: 7:10.46	36.85	800m: 9:36.88	36.11	
11.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>9:40.27</b>	+0,72	583	
	50m: 31.91 31.91	250m: 2:55.98	36.66 450m: 5:22.74	36.91	650m: 7:51.34	37.22	
	100m: 1:06.80 34.89	300m: 3:32.33	36.35 500m: 5:59.99	37.25	700m: 8:28.84	37.50	
	150m: 1:42.87 36.07	350m: 4:09.19	36.86 550m: 6:37.11	37.12	750m: 9:05.80	36.96	
	200m: 2:19.32 36.45	400m: 4:45.83	36.64 600m: 7:14.12	37.01	800m: 9:40.27	34.47	
12.	PEIXOTO Carolina Esteves	06	Braga	<b>9:40.70</b>	+0,76	581	
	50m: 32.87 32.87	250m: 2:57.98	36.65 450m: 5:25.20	36.51	650m: 7:52.24	36.44	
	100m: 1:08.34 35.47	300m: 3:34.99	37.01 500m: 6:02.18	36.98	700m: 8:28.86	36.62	
	150m: 1:44.53 36.19	350m: 4:11.72	36.73 550m: 6:38.88	36.70	750m: 9:04.84	35.98	
	200m: 2:21.33 36.80	400m: 4:48.69	36.97 600m: 7:15.80	36.92	800m: 9:40.70	35.86	
13.	LOPES Francisca Macedo	05	Vilacondense	<b>9:43.80</b>	+0,82	572	
	50m: 32.22 32.22	250m: 2:57.23	36.70 450m: 5:24.07	36.66	650m: 7:52.27	37.35	
	100m: 1:07.59 35.37	300m: 3:33.85	36.62 500m: 6:00.98	36.91	700m: 8:29.65	37.38	
	150m: 1:43.98 36.39	350m: 4:10.67	36.82 550m: 6:37.96	36.98	750m: 9:07.06	37.41	
	200m: 2:20.53 36.55	400m: 4:47.41	36.74 600m: 7:14.92	36.96	800m: 9:43.80	36.74	
14.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>9:45.61</b>	+0,82	567	
	50m: 32.51 32.51	250m: 2:58.96	37.07 450m: 5:27.40	37.28	650m: 7:56.31	37.20	
	100m: 1:08.17 35.66	300m: 3:36.03	37.07 500m: 6:04.61	37.21	700m: 8:33.11	36.80	
	150m: 1:45.05 36.88	350m: 4:13.05	37.02 550m: 6:41.79	37.18	750m: 9:09.82	36.71	
	200m: 2:21.89 36.84	400m: 4:50.12	37.07 600m: 7:19.11	37.32	800m: 9:45.61	35.79	
15.	CATALAO Leonor Tavares	06	Sporting	<b>9:55.14</b>	+0,82	540	
	50m: 33.85 33.85	250m: 3:04.89	37.88 450m: 5:36.33	37.51	650m: 8:06.46	37.24	
	100m: 1:10.70 36.85	300m: 3:42.93	38.04 500m: 6:13.84	37.51	700m: 8:43.92	37.46	
	150m: 1:48.79 38.09	350m: 4:21.04	38.11 550m: 6:51.51	37.67	750m: 9:19.95	36.03	
	200m: 2:27.01 38.22	400m: 4:58.82	37.78 600m: 7:29.22	37.71	800m: 9:55.14	35.19	
16.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>9:57.32</b>	+0,80	534	
	50m: 34.10 34.10	250m: 3:05.65	38.11 450m: 5:37.33	37.42	650m: 8:07.90	37.07	
	100m: 1:11.29 37.19	300m: 3:43.65	38.00 500m: 6:15.23	37.90	700m: 8:44.76	36.86	
	150m: 1:49.47 38.18	350m: 4:21.74	38.09 550m: 6:53.10	37.87	750m: 9:20.95	36.19	
	200m: 2:27.54 38.07	400m: 4:59.91	38.17 600m: 7:30.83	37.73	800m: 9:57.32	36.37	

Prova 18, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	<b>COSTA Anita Gouveia</b>	<b>06</b>	<b>Condeixa Clube</b>	<b>9:58.36</b>	<b>+0,72</b>	<b>531</b>	
	50m: 33.04 33.04	250m: 3:03.90	38.56 450m: 5:35.74	38.03	650m: 8:08.17	37.79	
	100m: 1:09.72 36.68	300m: 3:41.18	37.28 500m: 6:14.21	38.47	700m: 8:45.98	37.81	
	150m: 1:47.87 38.15	350m: 4:19.14	37.96 550m: 6:52.41	38.20	750m: 9:22.73	36.75	
	200m: 2:25.34 37.47	400m: 4:57.71	38.57 600m: 7:30.38	37.97	800m: 9:58.36	35.63	
18.	<b>PINTO Leonor Filipa</b>	<b>06</b>	<b>Porto</b>	<b>9:59.80</b>	<b>+0,80</b>	<b>528</b>	
	50m: 33.04 33.04	250m: 3:01.70	38.02 450m: 5:34.01	37.72	650m: 8:06.96	38.04	
	100m: 1:09.16 36.12	300m: 3:40.11	38.41 500m: 6:12.23	38.22	700m: 8:45.35	38.39	
	150m: 1:45.86 36.70	350m: 4:17.90	37.79 550m: 6:50.40	38.17	750m: 9:23.13	37.78	
	200m: 2:23.68 37.82	400m: 4:56.29	38.39 600m: 7:28.92	38.52	800m: 9:59.80	36.67	
19.	<b>FROIS Maria Francisca</b>	<b>06</b>	<b>Ba-Leiria</b>	<b>10:00.07</b>	<b>+0,83</b>	<b>527</b>	
	50m: 32.62 32.62	250m: 3:04.17	38.16 450m: 5:36.66	37.21	650m: 8:08.01	37.14	
	100m: 1:09.53 36.91	300m: 3:42.62	38.45 500m: 6:14.71	38.05	700m: 8:45.04	37.03	
	150m: 1:47.93 38.40	350m: 4:21.07	38.45 550m: 6:52.99	38.28	750m: 9:22.23	37.19	
	200m: 2:26.01 38.08	400m: 4:59.45	38.38 600m: 7:30.87	37.88	800m: 10:00.07	37.84	
20.	<b>ALMEIDA Maria Emilia</b>	<b>07</b>	<b>Galitos / Bresimar</b>	<b>10:06.91</b>	<b>+0,84</b>	<b>509</b>	
	50m: 34.57 34.57	250m: 3:04.86	37.66 450m: 5:37.42	38.08	650m: 8:12.01	38.47	
	100m: 1:12.06 37.49	300m: 3:42.98	38.12 500m: 6:16.14	38.72	700m: 8:51.38	39.37	
	150m: 1:49.47 37.41	350m: 4:20.81	37.83 550m: 6:54.68	38.54	750m: 9:29.55	38.17	
	200m: 2:27.20 37.73	400m: 4:59.34	38.53 600m: 7:33.54	38.86	800m: 10:06.91	37.36	
21.	<b>NUNES Rita Sofia</b>	<b>05</b>	<b>Colegio Efanor</b>	<b>10:21.73</b>	<b>+0,89</b>	<b>474</b>	
	50m: 33.35 33.35	250m: 3:08.59	39.14 450m: 5:45.66	39.21	650m: 8:24.63	39.60	
	100m: 1:11.79 38.44	300m: 3:48.29	39.70 500m: 6:25.29	39.63	700m: 9:04.33	39.70	
	150m: 1:50.08 38.29	350m: 4:27.39	39.10 550m: 7:05.51	40.22	750m: 9:43.48	39.15	
	200m: 2:29.45 39.37	400m: 5:06.45	39.06 600m: 7:45.03	39.52	800m: 10:21.73	38.25	
DNS	CHEROUATI Souad Nefissa	89	Benfica				
DNS	MONTEIRO Ana Catarina	93	Vilacondense				
DNS	FLORENCIO Matilde Alves	04	Condeixa Clube				
DNS	FERREIRA Maria Neto	06	Fundacao Beatriz Santos				
DNS	PIRES Catarina Gaspar	06	Porto				

Prova 19  
28-03-2021 - 10:35

Masc., 400m Livres

Absoluto  
Resultados

RN Absoluto	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Sen	3:51.89	NASCIMENTO Miguel Duarte	POR	Glasgow (GBR)	03-08-2018
RN Jun 18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28-07-2018
RN Jun 17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14-07-2010
RN Juv A	3:59.38	SANTA Gustavo Manuel	POR	Tampere (FIN)	21-07-2009
RN Juv B	4:06.22	COSTA Rui Filipe	VSC	Coimbra	29-07-2006
RN Inf A	4:15.99	OLIVEIRA Pedro Fontoura	CFB	Badajoz (ESP)	11-07-2004
RN Inf B	4:28.42	OLIVEIRA Pedro Fontoura	CFB	Restelo	26-07-2003
S6	5:18.61	VIDEIRA Daniel Carlos	POR	Londres (GBR)	09-09-2019
S8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11-05-2019
S9	4:21.94	GRACHAT David Realista	POR	Londres (GBR)	04-09-2012
S15	4:28.84	CRUZ Miguel Duarte	CFB	Oeiras	20-12-2020

TAC Juv 50m: 4:23.43 - 25m: 4:14.11; Jun 50m: 4:13.34 - 25m: 4:03.87; Sen 50m: 4:03.58 - 25m: 3:54.99 / JO : 3:46.78 / CMJ\_Masc 15 - 18: 3:56.53 / CEPL 12 +: 3:51.98 / CEJun\_Masc 15 - 18: 4:01.28 / PreJun\_Masc Juv: 4:08.52

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MOGNE Igor Araujo	96	Sporting	<b>3:59.11</b>	+0,72	779	
	50m: 27.31 27.31	150m: 1:27.28	30.24	250m: 2:28.36	30.41	350m: 3:29.26	30.40
	100m: 57.04 29.73	200m: 1:57.95	30.67	300m: 2:58.86	30.50	400m: 3:59.11	29.85
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	<b>3:59.88</b>	+0,80	772	
	50m: 27.79 27.79	150m: 1:27.68	30.50	250m: 2:29.02	30.47	350m: 3:30.46	30.27
	100m: 57.18 29.39	200m: 1:58.55	30.87	300m: 3:00.19	31.17	400m: 3:59.88	29.42
3.	COSTA Tiago Cunha	99	Sporting	<b>4:01.75</b>	+0,64	754	
	50m: 26.97 26.97	150m: 1:26.83	30.14	250m: 2:28.72	31.20	350m: 3:31.12	31.32
	100m: 56.69 29.72	200m: 1:57.52	30.69	300m: 2:59.80	31.08	400m: 4:01.75	30.63
4.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>4:03.31</b>	+0,70	739	
	50m: 28.03 28.03	150m: 1:29.44	30.98	250m: 2:31.36	30.65	350m: 3:32.58	30.72
	100m: 58.46 30.43	200m: 2:00.71	31.27	300m: 3:01.86	30.50	400m: 4:03.31	30.73
5.	VELOSO Tomas Miguel	96	Nautico Academico	<b>4:04.69</b>	+0,64	727	
	50m: 28.17 28.17	150m: 1:29.27	30.75	250m: 2:31.86	31.06	350m: 3:34.44	31.35
	100m: 58.52 30.35	200m: 2:00.80	31.53	300m: 3:03.09	31.23	400m: 4:04.69	30.25
6.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:06.18</b>	+0,73	714	
	50m: 28.13 28.13	150m: 1:29.33	30.88	250m: 2:32.48	31.69	350m: 3:35.81	31.22
	100m: 58.45 30.32	200m: 2:00.79	31.46	300m: 3:04.59	32.11	400m: 4:06.18	30.37
7.	SANTOS Pedro Miguel	01	Porto	<b>4:07.02</b>	+0,61	707	
	50m: 28.12 28.12	150m: 1:29.77	31.30	250m: 2:32.24	31.11	350m: 3:35.94	32.23
	100m: 58.47 30.35	200m: 2:01.13	31.36	300m: 3:03.71	31.47	400m: 4:07.02	31.08
8.	LOPES Luis Afonso	03	Viver Santarem	<b>4:08.04</b>	+0,67	698	
	50m: 28.64 28.64	150m: 1:30.69	31.37	250m: 2:34.30	31.94	350m: 3:37.95	31.42
	100m: 59.32 30.68	200m: 2:02.36	31.67	300m: 3:06.53	32.23	400m: 4:08.04	30.09
9.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>4:08.20</b>	+0,75	697	
	50m: 27.92 27.92	150m: 1:29.26	31.10	250m: 2:33.12	31.72	350m: 3:36.76	31.76
	100m: 58.16 30.24	200m: 2:01.40	32.14	300m: 3:05.00	31.88	400m: 4:08.20	31.44

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Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>4:08.43</b>	+0,66	695	
	50m: 28.19 28.19	150m: 1:30.19	31.40	250m: 2:33.52	31.69	350m: 3:37.77	32.13
	100m: 58.79 30.60	200m: 2:01.83	31.64	300m: 3:05.64	32.12	400m: 4:08.43	30.66
11.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:09.40</b>	+0,68	687	
	50m: 27.64 27.64	150m: 1:28.85	30.98	250m: 2:32.42	31.68	350m: 3:37.76	32.54
	100m: 57.87 30.23	200m: 2:00.74	31.89	300m: 3:05.22	32.80	400m: 4:09.40	31.64
12.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>4:10.32</b>	+0,69	679	
	50m: 26.73 26.73	150m: 1:28.01	31.21	250m: 2:31.26	31.39	350m: 3:36.63	33.27
	100m: 56.80 30.07	200m: 1:59.87	31.86	300m: 3:03.36	32.10	400m: 4:10.32	33.69
13.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>4:13.43</b>	+0,66	654	
	50m: 28.21 28.21	150m: 1:31.97	32.34	250m: 2:36.31	32.13	350m: 3:41.93	32.94
	100m: 59.63 31.42	200m: 2:04.18	32.21	300m: 3:08.99	32.68	400m: 4:13.43	31.50
14.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:14.82</b>	+0,68	644	
	50m: 27.65 27.65	150m: 1:31.17	32.33	250m: 2:36.10	32.70	350m: 3:42.14	33.00
	100m: 58.84 31.19	200m: 2:03.40	32.23	300m: 3:09.14	33.04	400m: 4:14.82	32.68
15.	MASCARENHAS Henrique Silva	01	Angola	<b>4:16.95</b>	+0,71	628	
	50m: 28.61 28.61	150m: 1:33.08	32.51	250m: 2:38.65	32.57	350m: 3:44.58	32.97
	100m: 1:00.57 31.96	200m: 2:06.08	33.00	300m: 3:11.61	32.96	400m: 4:16.95	32.37
16.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>4:19.10</b>	+0,73	612	
	50m: 29.33 29.33	150m: 1:34.72	33.14	250m: 2:41.62	33.22	350m: 3:47.45	32.81
	100m: 1:01.58 32.25	200m: 2:08.40	33.68	300m: 3:14.64	33.02	400m: 4:19.10	31.65
17.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>4:21.01</b>	+0,74	599	
	50m: 29.13 29.13	150m: 1:34.22	32.89	250m: 2:41.51	33.79	350m: 3:49.15	33.45
	100m: 1:01.33 32.20	200m: 2:07.72	33.50	300m: 3:15.70	34.19	400m: 4:21.01	31.86
18.	SILVA Afonso Carvalho	05	Famalicao	<b>4:23.68</b>	+0,67	581	
	50m: 29.34 29.34	150m: 1:35.40	33.05	250m: 2:42.41	33.54	350m: 3:50.81	34.06
	100m: 1:02.35 33.01	200m: 2:08.87	33.47	300m: 3:16.75	34.34	400m: 4:23.68	32.87
19.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	<b>4:25.12</b>	+0,70	571	
	50m: 29.15 29.15	150m: 1:33.49	32.14	250m: 2:41.33	34.53	350m: 3:51.63	35.12
	100m: 1:01.35 32.20	200m: 2:06.80	33.31	300m: 3:16.51	35.18	400m: 4:25.12	33.49
20.	CLARA Vitor Belo	04	Ba-Leiria	<b>4:26.96</b>	+0,63	560	
	50m: 28.97 28.97	150m: 1:33.44	32.83	250m: 2:41.51	34.03	350m: 3:51.80	35.37
	100m: 1:00.61 31.64	200m: 2:07.48	34.04	300m: 3:16.43	34.92	400m: 4:26.96	35.16
21.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	<b>4:28.53</b>	+0,66	550	
	50m: 28.86 28.86	150m: 1:33.80	32.86	250m: 2:41.48	33.91	350m: 3:51.72	35.60
	100m: 1:00.94 32.08	200m: 2:07.57	33.77	300m: 3:16.12	34.64	400m: 4:28.53	36.81
22.	GRACHAT David Realista	87 S9	Gesloures	<b>4:29.28</b>	+0,76	545	
	50m: 30.41 30.41	150m: 1:37.77	34.25	250m: 2:46.56	34.43	350m: 3:55.49	34.39
	100m: 1:03.52 33.11	200m: 2:12.13	34.36	300m: 3:21.10	34.54	400m: 4:29.28	33.79
23.	SANTOS Rui Miguel	06	Famalicao	<b>4:29.95</b>	+0,87	541	
	50m: 30.12 30.12	150m: 1:39.93	35.87	250m: 2:49.51	34.46	350m: 3:58.34	34.83
	100m: 1:04.06 33.94	200m: 2:15.05	35.12	300m: 3:23.51	34.00	400m: 4:29.95	31.61

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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 19, Masc., 400m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
24.	DUARTE Joao Nunes	01	Colegio Efanor	<b>4:30.25</b>	+0,67	539	
	50m: 30.27 30.27	150m: 1:37.81	34.19	250m: 2:47.61	34.99	350m: 3:56.73	34.56
	100m: 1:03.62 33.35	200m: 2:12.62	34.81	300m: 3:22.17	34.56	400m: 4:30.25	33.52
25.	CRUZ Miguel Duarte	99 S15	Belenenses	<b>4:30.54</b>	+0,74	538	
	50m: 30.80 30.80	150m: 1:40.38	34.91	250m: 2:49.79	34.45	350m: 3:58.10	33.80
	100m: 1:05.47 34.67	200m: 2:15.34	34.96	300m: 3:24.30	34.51	400m: 4:30.54	32.44
26.	BELEZAS Ricardo Andrade	91 S15	Sporting	<b>4:39.44</b>	+0,69	488	
	50m: 32.48 32.48	150m: 1:42.51	35.20	250m: 2:52.69	34.99	350m: 4:04.34	36.03
	100m: 1:07.31 34.83	200m: 2:17.70	35.19	300m: 3:28.31	35.62	400m: 4:39.44	35.10
27.	GERALDO Tomas Cardoso	05	Condeixa Clube	<b>4:50.45</b>	+0,68	434	
	50m: 31.86 31.86	150m: 1:43.88	36.25	250m: 2:57.89	37.10	350m: 4:13.69	37.88
	100m: 1:07.63 35.77	200m: 2:20.79	36.91	300m: 3:35.81	37.92	400m: 4:50.45	36.76
28.	MARQUES Jose Miguel	06	Condeixa Clube	<b>4:50.93</b>	+0,78	432	
	50m: 33.14 33.14	150m: 1:45.00	36.20	250m: 2:59.38	36.56	350m: 4:14.67	37.46
	100m: 1:08.80 35.66	200m: 2:22.82	37.82	300m: 3:37.21	37.83	400m: 4:50.93	36.26
29.	SOARES Ricardo Aderneira	99 S8	Gesloures	<b>5:11.36</b>	+0,75	353	
	50m: 37.57 37.57	150m: 1:56.95	40.05	250m: 3:15.22	38.79	350m: 4:33.14	38.99
	100m: 1:16.90 39.33	200m: 2:36.43	39.48	300m: 3:54.15	38.93	400m: 5:11.36	38.22
30.	VIDEIRA Daniel Carlos	92 S6	Gesloures	<b>5:33.07</b>	+0,79	288	
	50m: 36.53 36.53	150m: 1:59.59	41.91	250m: 3:24.82	42.32	350m: 4:51.20	42.94
	100m: 1:17.68 41.15	200m: 2:42.50	42.91	300m: 4:08.26	43.44	400m: 5:33.07	41.87

Paralimpicos

1.	GRACHAT David Realista	87 S9	Gesloures	<b>4:29.28</b>	+0,76	545	
	50m: 30.41 30.41	150m: 1:37.77	34.25	250m: 2:46.56	34.43	350m: 3:55.49	34.39
	100m: 1:03.52 33.11	200m: 2:12.13	34.36	300m: 3:21.10	34.54	400m: 4:29.28	33.79
2.	VIDEIRA Daniel Carlos	92 S6	Gesloures	<b>5:33.07</b>	+0,79	288	
	50m: 36.53 36.53	150m: 1:59.59	41.91	250m: 3:24.82	42.32	350m: 4:51.20	42.94
	100m: 1:17.68 41.15	200m: 2:42.50	42.91	300m: 4:08.26	43.44	400m: 5:33.07	41.87
3.	SOARES Ricardo Aderneira	99 S8	Gesloures	<b>5:11.36</b>	+0,75	353	
	50m: 37.57 37.57	150m: 1:56.95	40.05	250m: 3:15.22	38.79	350m: 4:33.14	38.99
	100m: 1:16.90 39.33	200m: 2:36.43	39.48	300m: 3:54.15	38.93	400m: 5:11.36	38.22

Surdolimpicos

1.	CRUZ Miguel Duarte	99 S15	Belenenses	<b>4:30.54</b>	+0,74	538	
	50m: 30.80 30.80	150m: 1:40.38	34.91	250m: 2:49.79	34.45	350m: 3:58.10	33.80
	100m: 1:05.47 34.67	200m: 2:15.34	34.96	300m: 3:24.30	34.51	400m: 4:30.54	32.44
2.	BELEZAS Ricardo Andrade	91 S15	Sporting	<b>4:39.44</b>	+0,69	488	
	50m: 32.48 32.48	150m: 1:42.51	35.20	250m: 2:52.69	34.99	350m: 4:04.34	36.03
	100m: 1:07.31 34.83	200m: 2:17.70	35.19	300m: 3:28.31	35.62	400m: 4:39.44	35.10

Prova 20  
28-03-2021 - 10:50

Femin., 50m Mariposa

Absoluto  
Resultados

RN Absoluto	27.00	GUEDES Ana Margarida	GCVR	Funchal	01-08-2019
RN Sen	27.00	GUEDES Ana Margarida	GCVR	Funchal	01-08-2019
RN Jun 17	27.59	CUNHA Mariana Pacheco	CNCE	Oeiras	14-02-2021
RN Jun 16	28.00	CRUZ Sara Francisco	ADBA	Faro	18-07-2009
RN Juv A	27.98	tempo limite			
RN Juv B	28.51	tempo limite			
RN Inf A	28.26	tempo limite			
RN Inf B	31.21	tempo limite			
S5	51.37	FRAGOSO Simone Silva	POR	Berlim (GER)	29-06-2012

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>							
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	<b>28.05</b>	+0,66	660	
2.	ANDRE Leticia Maia	02	Benfica	<b>28.62</b>	+0,68	621	
3.	LOURO Ariana Espirito	05	Gualdim Pais	<b>28.71</b>	+0,62	616	
4.	GRAVETO Ana Raquel	02	Benfica	<b>29.18</b>	+0,75	586	
5.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	<b>29.25</b>	+0,68	582	
6.	FERREIRA Francisca Santos	06	Alges	<b>29.66</b>	+0,66	558	
7.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>30.01</b>	+0,71	539	
8.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>30.26</b>	+0,74	526	
9.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>30.28</b>	+0,73	525	
10.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>30.44</b>	+0,72	516	
11.	FRANCO Catarina Andrade	07	Gesloures	<b>30.58</b>	+0,70	509	
12.	NICOLAU Margarida Claudino	05	Torres Novas	<b>30.66</b>	+0,79	505	
13.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>30.69</b>	+0,69	504	
14.	COELHO Maria Leonor	06	Benfica	<b>30.83</b>	+0,75	497	
15.	COSTA Joana Santos	04	Galitos / Bresimar	<b>30.89</b>	+0,61	494	
16.	PIRES Catarina Gaspar	06	Porto	<b>31.71</b>	+0,74	457	
17.	NEVES Beatriz Silva	06	Fundacao Beatriz Santos	<b>31.95</b>	+0,86	447	
18.	FRAGOSO Simone Silva	80	S5 Palmela	<b>1:00.33</b>		66	
DNS	MONTEIRO Ana Catarina	93	Vilacondense				

Paralimpicos

1.	FRAGOSO Simone Silva	80	S5	Palmela	<b>1:00.33</b>	66
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Prova 21  
28-03-2021 - 10:55

Masc., 50m Mariposa

Absoluto  
Resultados

RN Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05-04-2009
RN Sen	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05-04-2009
RN Jun 18	24.75	LINO Rafael	FCP	Chalon-Sur-Saone (FRA)	27-05-2017
RN Jun 17	24.89	VENANCIO Tiago Andre	CNS	Oeiras	30-07-2004
RN Juv A	25.63	tempo limite			
RN Juv B	26.18	tempo limite			
RN Inf A	27.35	tempo limite			
RN Inf B	28.50	tempo limite			
S15	26.29	NEVES Tiago Correia	POR	Samsun (HUN)	22-07-2017

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>							
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>24.36</b>	+0,65	764	
2.	MARQUES Miguel Henriques	00	Benfica	<b>24.76</b>	+0,64	727	
3.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>24.89</b>	+0,67	716	
	<i>Rec Nac</i>						
4.	SANTOS Pedro Andre	94	Alges	<b>24.93</b>	+0,66	712	
5.	VAKULYUK Paulo	03	Torres Novas	<b>25.14</b>	+0,69	695	
6.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>25.17</b>	+0,74	692	
7.	SANTOS Alexis Manacas	92	Sporting	<b>25.40</b>	+0,65	673	
8.	FRANCISCO Daniel Sebastiao	00	Angola	<b>25.44</b>	+0,67	670	
9.	NUNES Porfirio Braga	00	Porto	<b>25.53</b>	+0,66	663	
10.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>25.89</b>	+0,70	636	
11.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>25.92</b>	+0,66	634	
12.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>26.04</b>	+0,64	625	
13.	DIAS Rodrigo Reis	03	Belenenses	<b>26.29</b>	+0,68	607	
14.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	<b>26.31</b>	+0,72	606	
15.	REIS Rodrigo Miguel	04	Uniao Coimbra	<b>26.48</b>	+0,63	594	
16.	HEINIO-WIDELL Nick	05	Alges	<b>26.68</b>	+0,60	581	
17.	APSENIECE Kevins Alexandre	04	Porto	<b>26.71</b>	+0,71	579	
18.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>26.72</b>	+0,64	578	
19.	CRISTINO David Matias	01	Uniao Piedense	<b>26.81</b>	+0,69	573	
20.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	<b>26.93</b>	+0,64	565	
21.	NEVES Tiago Correia	97	S15 Belenenses	<b>27.06</b>	+0,69	557	
22.	DENISOV Micael Dmitrievich	06	Ba-Leiria	<b>27.64</b>	+0,69	523	
23.	AMORIM Ivan Emanuel	02	Colegio Efanor	<b>27.77</b>	+0,72	515	
24.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	<b>28.15</b>	+0,64	495	
DSQ	SAHNOUNE Oussama	92	Benfica				
	<i>o atleta não nadou o estilo de mariposa</i>						
DNS	LOPES Gabriel Jose	97	Louzan Natacao				



Prova 21, Masc., 50m Mariposa

Surdolimpicos

1. NEVES Tiago Correia	97	S15	Belenenses	<b>27.06</b>	+0,69	557
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Prova 22  
28-03-2021 - 11:05

Femin., 50m Bruços

Absolutos  
Resultados

RN Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
RN Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01-04-2017
RN Jun 17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30-05-2009
RN Jun 16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28-03-2010
RN Juv A	32.04	tempo limite			
RN Juv B	34.12	tempo limite			

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>31.49</b>	+0,68	813	
2.	PEREIRA Raquel Gomes	00	Benfica	<b>33.15</b>	+0,69	697	
3.	KAMINSKAYA Victoria	95	Benfica	<b>33.73</b>	+0,74	662	
4.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>34.29</b>	+0,67	630	
5.	RODRIGUES Lidiana Correia	04	Belenenses	<b>34.62</b>	+0,75	612	
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>35.04</b>	+0,77	590	
	NUNES Margarida Domingues	05	Sporting	<b>35.04</b>	+0,69	590	
8.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	<b>35.28</b>	+0,55	578	
9.	REBELO Maria Carlota	03	Louzan Natacao	<b>35.76</b>	+0,67	555	
10.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>36.10</b>	+0,73	540	
11.	ANTUNES Rebeca Leonor	06	Alges	<b>36.20</b>	+0,73	535	
12.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>36.59</b>	+0,75	518	
13.	DELGADO Soraia Alexandra	05	Sporting	<b>37.23</b>	+0,68	492	
14.	LOPES Matilde Nunes	06	Benfica	<b>38.02</b>	+0,73	462	
DNS	FERREIRA Matilde Batista	06	Fundacao Beatriz Santos		+0,79		

ORGANIZAÇÃO



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PARCEIROS INSTITUCIONAIS



DESPORTO  
PARA TODOS  
PROJETOS INICIAIS

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WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 23  
28-03-2021 - 11:05

Masc., 200m Bruços

Absolutos  
Resultados

RN Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
RN Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01-08-2013
RN Jun 18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20-07-2009
RN Jun 17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26-07-2014
RN Juv A	2:22.25	SILVA Jorge Jesus	SCB	Oeiras	23-07-2016
RN Juv B	2:24.15	SILVA Andre Miguel	PDEM	Loulé	10-06-2006

TAC Juv 50m: 2:32.04 - 25m: 2:24.19; Jun 50m: 2:26.21 - 25m: 2:18.69; Sen 50m: 2:20.58 - 25m: 2:13.34 / JO Absoluto: 2:10.35 / CMJ\_Masc 15 - 18: 2:16.51 / CEPL 12 +: 2:13.89 / CEJun\_Masc 15 - 18: 2:19.25 / PreJun\_Masc Juv: 2:23.43

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMÕES Rafael Gomes	00	Braga	<b>2:16.78</b>	+0,79	783	
	50m: 30.38 30.38	100m: 1:04.68 34.30	150m: 1:40.69 36.01	200m: 2:16.78 36.09			
2.	MENDES Antonio Manuel	99	Sporting	<b>2:18.04</b>	+0,69	762	
	50m: 31.18 31.18	100m: 1:06.36 35.18	150m: 1:41.96 35.60	200m: 2:18.04 36.08			
3.	CARNEIRO Joao Soares	03	Benfica	<b>2:24.95</b>	+0,63	658	
	50m: 32.12 32.12	100m: 1:09.66 37.54	150m: 1:47.46 37.80	200m: 2:24.95 37.49			
4.	PINOTES Pedro Miguel	89	Angola	<b>2:26.04</b>	+0,68	644	
	50m: 33.20 33.20	100m: 1:10.26 37.06	150m: 1:48.04 37.78	200m: 2:26.04 38.00			
5.	QUINTAS Francisco Robalo	95	Sporting	<b>2:27.38</b>	+0,62	626	
	50m: 31.26 31.26	100m: 1:07.68 36.42	150m: 1:46.76 39.08	200m: 2:27.38 40.62			
6.	FRISCHKNECHT Renato Barros	01	Alges	<b>2:27.96</b>	+0,64	619	
	50m: 32.88 32.88	100m: 1:11.40 38.52	150m: 1:49.17 37.77	200m: 2:27.96 38.79			
7.	GOMES Filipe Miguel	97	Malawi	<b>2:28.00</b>	+0,64	618	
	50m: 33.00 33.00	100m: 1:11.24 38.24	150m: 1:49.87 38.63	200m: 2:28.00 38.13			
8.	SILVA Nuno Marques	04	Ba-Leiria	<b>2:31.97</b>	+0,73	571	
	50m: 35.53 35.53	100m: 1:14.70 39.17	150m: 1:53.26 38.56	200m: 2:31.97 38.71			
9.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>2:32.73</b>	+0,68	563	
	50m: 35.07 35.07	100m: 1:14.77 39.70	150m: 1:53.59 38.82	200m: 2:32.73 39.14			
10.	NEVES Diogo Cura	06	Condeixa Clube	<b>2:52.51</b>	+0,74	390	
	50m: 38.35 38.35	100m: 1:22.00 43.65	150m: 2:06.84 44.84	200m: 2:52.51 45.67			
DNS	LOPES Gabriel Jose	97	Louzan Natacao				

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PARCEIROS



Prova 24  
28-03-2021 - 11:15

Femin., 200m Costas

Absoluto  
Resultados

RN Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09-02-2020
RN Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09-02-2020
RN Jun 17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02-04-2015
RN Jun 16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07-04-2019
RN Juv A	2:17.38	SILVA Joana Carina	LSXXI	Coimbra	05-04-2012
RN Juv B	2:20.53	REBELO Camila Rodrigues	ALN	Oeiras	21-07-2017
RN Inf A	2:23.57	AZEVEDO Rafaela Gomes	POR	Genova (ITA)	20-06-2015
RN Inf B	2:33.03	SOUZA Keissy Joselin	FCP	Famalicao	27-07-1997

TAC Juv 50m: 2:31.35 - 25m: 2:25.52; Jun 50m: 2:25.56 - 25m: 2:19.86; Sen 50m: 2:19.96 - 25m: 2:14.52 / JO : 2:10.39 / CMJ\_Fem 14 - 17: 2:15.91 / CEPL Abs: 2:13.29 / CEJun\_Fem 14 - 17: 2:18.63 / PreJun\_Fem Juv: 2:22.78

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:18.94</b>	+0,67	699	
	50m: 31.88 31.88	100m: 1:06.55	34.67	150m: 1:42.33	35.78	200m: 2:18.94	36.61
2.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>2:22.11</b>	+0,61	653	
	50m: 32.43 32.43	100m: 1:07.87	35.44	150m: 1:45.18	37.31	200m: 2:22.11	36.93
3.	CABRAL Maria Francisca	00	Porto	<b>2:22.58</b>	+0,60	647	
	50m: 33.51 33.51	100m: 1:09.44	35.93	150m: 1:46.26	36.82	200m: 2:22.58	36.32
4.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:22.67</b>	+0,60	646	
	50m: 32.23 32.23	100m: 1:08.48	36.25	150m: 1:45.47	36.99	200m: 2:22.67	37.20
5.	REIS Erica Cristina	05	Sporting	<b>2:24.73</b>	+0,69	619	
	50m: 33.72 33.72	100m: 1:10.19	36.47	150m: 1:47.88	37.69	200m: 2:24.73	36.85
6.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:24.82</b>	+0,73	617	
	50m: 33.86 33.86	100m: 1:10.08	36.22	150m: 1:47.64	37.56	200m: 2:24.82	37.18
7.	RAMOS Ana Rita	02	Porto	<b>2:25.80</b>	+0,66	605	
	50m: 33.76 33.76	100m: 1:09.89	36.13	150m: 1:47.70	37.81	200m: 2:25.80	38.10
8.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:27.17</b>	+0,73	588	
	50m: 33.72 33.72	100m: 1:10.57	36.85	150m: 1:49.02	38.45	200m: 2:27.17	38.15
9.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>2:28.96</b>	+0,71	567	
	50m: 34.40 34.40	100m: 1:11.58	37.18	150m: 1:50.29	38.71	200m: 2:28.96	38.67
10.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>2:29.48</b>	+0,62	561	
	50m: 33.98 33.98	100m: 1:10.97	36.99	150m: 1:50.02	39.05	200m: 2:29.48	39.46
11.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>2:32.23</b>	+0,61	532	
	50m: 35.22 35.22	100m: 1:13.79	38.57	150m: 1:54.09	40.30	200m: 2:32.23	38.14
12.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>2:33.27</b>	+0,71	521	
	50m: 35.82 35.82	100m: 1:14.73	38.91	150m: 1:53.85	39.12	200m: 2:33.27	39.42
13.	DINIS Filipa Paiva	06	Ba-Leiria	<b>2:33.75</b>	+0,74	516	
	50m: 35.76 35.76	100m: 1:15.14	39.38	150m: 1:54.99	39.85	200m: 2:33.75	38.76
14.	PEREIRA Isabel dos Santos	05	Colegio Efanor	<b>2:34.91</b>	+0,74	504	
	50m: 35.41 35.41	100m: 1:14.11	38.70	150m: 1:54.27	40.16	200m: 2:34.91	40.64

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PARCEIROS



Prova 24, Femin., 200m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>2:39.00</b>	+0,66	466	
	50m: 35.67 35.67	100m: 1:14.96	39.29 150m: 1:56.82	41.86	200m: 2:39.00	42.18	
16.	SIMOES Dania Rodrigues	07	Louzan Natacao	<b>2:39.75</b>	+0,70	460	
	50m: 36.52 36.52	100m: 1:16.90	40.38 150m: 1:58.76	41.86	200m: 2:39.75	40.99	
17.	REBELO Camila Rodrigues	03	Louzan Natacao	<b>2:43.33</b>	+0,64	430	
	50m: 30.52 30.52	100m: 1:04.98	34.46 150m: 1:56.58	51.60	200m: 2:43.33	46.75	

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DESPORTO  
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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 25  
28-03-2021 - 11:25

Masc., 200m Costas

Absolutos  
Resultados

RN Absoluto	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
RN Sen	1:58.83	OLIVEIRA Pedro Diogo	POR	Londres (GBR)	01-08-2012
RN Jun 18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25-08-2019
RN Jun 17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15-07-2005
RN Juv A	2:06.59	VITAL Joao Alexandre	POR	Netanya (ISR)	28-06-2014
RN Juv B	2:06.44	VITAL Joao Alexandre	POR	Utrecht (NED)	17-07-2013

TAC Juv 50m: 2:16.19 - 25m: 2:08.54; Jun 50m: 2:10.98 - 25m: 2:03.64; Sen 50m: 2:05.93 - 25m: 1:58.88 / JO Absoluto: 1:57.50 / CMJ\_Masc 15 - 18: 2:02.28 / CEPL 12 +: 1:59.93 / CEJun\_Masc 15 - 18: 2:04.74 / PreJun\_Masc Juv: 2:08.48

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio <i>Rec Nac, Minimos CEPL</i>	98	Sporting	<b>1:58.22</b>	+0,62	848	
	50m: 27.50 27.50	100m: 57.32	29.82	150m: 1:27.69	30.37	200m: 1:58.22	30.53
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>2:01.20</b>	+0,59	787	
	50m: 28.46 28.46	100m: 59.12	30.66	150m: 1:30.40	31.28	200m: 2:01.20	30.80
3.	CASTRO Duarte Monteiro <i>Minimos CEJun</i>	03	Porto	<b>2:03.60</b>	+0,60	742	
	50m: 29.24 29.24	100m: 1:00.47	31.23	150m: 1:32.14	31.67	200m: 2:03.60	31.46
4.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>2:10.13</b>	+0,61	636	
	50m: 30.03 30.03	100m: 1:02.67	32.64	150m: 1:36.30	33.63	200m: 2:10.13	33.83
5.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>2:12.31</b>	+0,69	605	
	50m: 30.20 30.20	100m: 1:03.89	33.69	150m: 1:38.36	34.47	200m: 2:12.31	33.95
6.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:13.97</b>	+0,66	583	
	50m: 30.58 30.58	100m: 1:04.55	33.97	150m: 1:39.21	34.66	200m: 2:13.97	34.76
7.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:14.02</b>	+0,65	582	
	50m: 30.89 30.89	100m: 1:04.72	33.83	150m: 1:39.30	34.58	200m: 2:14.02	34.72
8.	CRISTINO David Matias	01	Uniao Piedense	<b>2:15.73</b>	+0,70	560	
	50m: 32.19 32.19	100m: 1:07.05	34.86	150m: 1:41.74	34.69	200m: 2:15.73	33.99
9.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	<b>2:16.88</b>	+0,65	546	
	50m: 32.43 32.43	100m: 1:07.31	34.88	150m: 1:42.84	35.53	200m: 2:16.88	34.04
10.	SILVA Diogo Miguel	05	Galitos / Bresimar	<b>2:17.67</b>	+0,73	537	
	50m: 30.88 30.88	100m: 1:05.49	34.61	150m: 1:42.05	36.56	200m: 2:17.67	35.62
11.	PINHEIRO Joao Seixedo	05	Natacao de Lisboa	<b>2:19.96</b>	+0,69	511	
	50m: 32.43 32.43	100m: 1:07.78	35.35	150m: 1:43.87	36.09	200m: 2:19.96	36.09
12.	PEREIRA Guilherme Marques	06	Condeixa Clube	<b>2:29.80</b>	+0,63	417	
	50m: 34.02 34.02	100m: 1:11.89	37.87	150m: 1:51.07	39.18	200m: 2:29.80	38.73
DNS	CARVALHO Joao Carlos	05	Braga				

Prova 26  
28-03-2021 - 16:30

Masc., 800m Livres

Absolutos  
Resultados

RN Absoluto	8:02.16	LOPES Jose Paulo	SCB	Funchal	04-08-2019
RN Sen	8:02.16	LOPES Jose Paulo	SCB	Funchal	04-08-2019
RN Jun 18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09-07-2016
RN Jun 17	8:13.49	SANTA Gustavo Manuel	POR	Helsinki (FIN)	17-07-2010
RN Juv A	8:23.54	SANTA Gustavo Manuel	POR	Tampere (FIN)	23-07-2009
RN Juv B	8:37.90	CLARA Vitor Belo	ADBA	Coimbra	14-07-2019
S15	9:26.38	CRUZ Miguel Duarte	CFB	Oeiras	14-02-2021

TAC Juv 50m: 9:02.40 - 25m: 8:52.16; Jun 50m: 8:41.64 - 25m: 8:31.59; Sen 50m: 8:21.53 - 25m: 8:11.39 / JO Absoluto: 7:54.31 / CMJ\_Masc 15 - 18: 8:07.01 / CEPL 12 +: 7:57.65 / CEJun\_Masc 15 - 18: 8:16.80 / PreJun\_Masc Juv: 8:31.70

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>8:04.53</b>	+0,67	812	
	50m: 27.25 27.25	250m: 2:28.33	30.70	450m: 4:30.76	30.14	650m: 6:33.42	30.46
	100m: 57.07 29.82	300m: 2:59.21	30.88	500m: 5:01.24	30.48	700m: 7:04.49	31.07
	150m: 1:27.17 30.10	350m: 3:29.76	30.55	550m: 5:32.05	30.81	750m: 7:34.58	30.09
	200m: 1:57.63 30.46	400m: 4:00.62	30.86	600m: 6:02.96	30.91	800m: 8:04.53	29.95
2.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	<b>8:18.99</b>	+0,82	743	
	50m: 27.64 27.64	250m: 2:31.43	31.50	450m: 4:38.66	31.70	650m: 6:45.87	31.87
	100m: 57.68 30.04	300m: 3:03.07	31.64	500m: 5:10.26	31.60	700m: 7:17.47	31.60
	150m: 1:28.59 30.91	350m: 3:35.05	31.98	550m: 5:41.83	31.57	750m: 7:48.55	31.08
	200m: 1:59.93 31.34	400m: 4:06.96	31.91	600m: 6:14.00	32.17	800m: 8:18.99	30.44
3.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>8:30.00</b>	+0,74	696	
	50m: 28.29 28.29	250m: 2:35.61	31.82	450m: 4:43.70	31.93	650m: 6:54.36	33.01
	100m: 59.59 31.30	300m: 3:07.56	31.95	500m: 5:16.07	32.37	700m: 7:27.14	32.78
	150m: 1:31.64 32.05	350m: 3:39.53	31.97	550m: 5:48.83	32.76	750m: 7:59.67	32.53
	200m: 2:03.79 32.15	400m: 4:11.77	32.24	600m: 6:21.35	32.52	800m: 8:30.00	30.33
4.	MACHADO Martim Miranda	03	Uniao Coimbra	<b>8:30.79</b>	+0,69	693	
	50m: 28.27 28.27	250m: 2:36.81	32.62	450m: 4:46.31	32.71	650m: 6:57.34	32.46
	100m: 59.52 31.25	300m: 3:08.70	31.89	500m: 5:18.86	32.55	700m: 7:29.15	31.81
	150m: 1:31.94 32.42	350m: 3:41.42	32.72	550m: 5:51.88	33.02	750m: 8:01.33	32.18
	200m: 2:04.19 32.25	400m: 4:13.60	32.18	600m: 6:24.88	33.00	800m: 8:30.79	29.46
5.	SANTOS Pedro Miguel	01	Porto	<b>8:36.42</b>	+0,62	671	
	50m: 28.73 28.73	250m: 2:37.80	32.67	450m: 4:48.73	32.27	650m: 6:59.49	32.95
	100m: 1:00.62 31.89	300m: 3:10.61	32.81	500m: 5:21.13	32.40	700m: 7:32.36	32.87
	150m: 1:32.81 32.19	350m: 3:43.42	32.81	550m: 5:53.51	32.38	750m: 8:04.63	32.27
	200m: 2:05.13 32.32	400m: 4:16.46	33.04	600m: 6:26.54	33.03	800m: 8:36.42	31.79
6.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>8:45.03</b>	+0,74	638	
	50m: 28.66 28.66	250m: 2:39.07	32.83	450m: 4:50.10	32.29	650m: 7:03.29	33.92
	100m: 1:00.39 31.73	300m: 3:12.16	33.09	500m: 5:22.84	32.74	700m: 7:37.25	33.96
	150m: 1:33.25 32.86	350m: 3:44.90	32.74	550m: 5:56.09	33.25	750m: 8:11.42	34.17
	200m: 2:06.24 32.99	400m: 4:17.81	32.91	600m: 6:29.37	33.28	800m: 8:45.03	33.61
7.	LOPES Luis Afonso	03	Viver Santarem	<b>8:45.74</b>	+0,70	635	
	50m: 28.70 28.70	250m: 2:37.34	32.78	450m: 4:51.16	33.78	650m: 7:05.81	33.93
	100m: 59.63 30.93	300m: 3:10.28	32.94	500m: 5:24.80	33.64	700m: 7:39.72	33.91
	150m: 1:32.02 32.39	350m: 3:43.91	33.63	550m: 5:58.45	33.65	750m: 8:13.33	33.61
	200m: 2:04.56 32.54	400m: 4:17.38	33.47	600m: 6:31.88	33.43	800m: 8:45.74	32.41

Prova 26, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MASCARENHAS Henrique Silva	01	Angola	<b>8:53.69</b>	+0,75	607	
	50m: 30.05 30.05	250m: 2:43.99	33.36	450m: 4:58.53	33.39	650m: 7:13.15	33.71
	100m: 1:03.25 33.20	300m: 3:17.64	33.65	500m: 5:31.93	33.40	700m: 7:47.41	34.26
	150m: 1:36.80 33.55	350m: 3:51.26	33.62	550m: 6:05.64	33.71	750m: 8:20.96	33.55
	200m: 2:10.63 33.83	400m: 4:25.14	33.88	600m: 6:39.44	33.80	800m: 8:53.69	32.73
9.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>8:57.39</b>	+0,72	595	
	50m: 30.78 30.78	250m: 2:45.52	33.97	450m: 5:00.60	34.02	650m: 7:16.09	33.98
	100m: 1:04.48 33.70	300m: 3:18.90	33.38	500m: 5:34.25	33.65	700m: 7:49.95	33.86
	150m: 1:37.86 33.38	350m: 3:52.76	33.86	550m: 6:08.29	34.04	750m: 8:24.14	34.19
	200m: 2:11.55 33.69	400m: 4:26.58	33.82	600m: 6:42.11	33.82	800m: 8:57.39	33.25
10.	GOMES Goncalo Andre	03	Fundacao Beatriz Santos	<b>9:00.87</b>	+0,70	584	
	50m: 29.67 29.67	250m: 2:43.35	33.77	450m: 5:00.10	33.91	650m: 7:18.96	34.23
	100m: 1:02.10 32.43	300m: 3:17.35	34.00	500m: 5:34.97	34.87	700m: 7:53.50	34.54
	150m: 1:35.52 33.42	350m: 3:51.79	34.44	550m: 6:09.38	34.41	750m: 8:28.10	34.60
	200m: 2:09.58 34.06	400m: 4:26.19	34.40	600m: 6:44.73	35.35	800m: 9:00.87	32.77
11.	SANTOS Rui Miguel	06	Famalicao	<b>9:14.41</b>	+0,82	542	
	50m: 28.71 28.71	250m: 2:47.97	35.21	450m: 5:09.95	36.04	650m: 7:32.72	36.16
	100m: 1:02.34 33.63	300m: 3:23.94	35.97	500m: 5:46.14	36.19	700m: 8:08.18	35.46
	150m: 1:37.45 35.11	350m: 3:58.75	34.81	550m: 6:20.89	34.75	750m: 8:41.39	33.21
	200m: 2:12.76 35.31	400m: 4:33.91	35.16	600m: 6:56.56	35.67	800m: 9:14.41	33.02
12.	CRUZ Miguel Duarte <i>Rec Nac Classe S15</i>	99 S15	Belenenses	<b>9:17.95</b>	+0,78	532	
	50m: 31.41 31.41	250m: 2:52.59	35.22	450m: 5:14.63	35.67	650m: 7:36.49	35.38
	100m: 1:06.79 35.38	300m: 3:28.26	35.67	500m: 5:50.09	35.46	700m: 8:10.99	34.50
	150m: 1:41.82 35.03	350m: 4:03.56	35.30	550m: 6:25.79	35.70	750m: 8:45.27	34.28
	200m: 2:17.37 35.55	400m: 4:38.96	35.40	600m: 7:01.11	35.32	800m: 9:17.95	32.68
13.	DUARTE Joao Nunes	01	Colegio Efanor	<b>9:25.31</b>	+0,64	511	
	50m: 32.34 32.34	250m: 2:55.18	35.91	450m: 5:18.37	35.59	650m: 7:40.50	35.40
	100m: 1:07.45 35.11	300m: 3:31.09	35.91	500m: 5:53.87	35.50	700m: 8:16.06	35.56
	150m: 1:43.45 36.00	350m: 4:07.09	36.00	550m: 6:29.45	35.58	750m: 8:50.85	34.79
	200m: 2:19.27 35.82	400m: 4:42.78	35.69	600m: 7:05.10	35.65	800m: 9:25.31	34.46
14.	COSTA Tiago Cunha	99	Sporting	<b>9:37.17</b>	+0,66	480	
	50m: 25.31 25.31	250m: 2:47.69	56.27	450m: 5:24.55	38.11	650m: 7:52.74	37.18
	100m: 53.09 27.78	300m: 3:28.55	40.86	500m: 6:01.91	37.36	700m: 8:28.41	35.67
	150m: 1:22.07 28.98	350m: 4:08.51	39.96	550m: 6:38.94	37.03	750m: 9:03.32	34.91
	200m: 1:51.42 29.35	400m: 4:46.44	37.93	600m: 7:15.56	36.62	800m: 9:37.17	33.85
DNS	CLARA Vitor Belo	04	Ba-Leiria				

Surdolimpicos

1.	CRUZ Miguel Duarte <i>Rec Nac Classe S15</i>	99 S15	Belenenses	<b>9:17.95</b>	+0,78	532	
	50m: 31.41 31.41	250m: 2:52.59	35.22	450m: 5:14.63	35.67	650m: 7:36.49	35.38
	100m: 1:06.79 35.38	300m: 3:28.26	35.67	500m: 5:50.09	35.46	700m: 8:10.99	34.50
	150m: 1:41.82 35.03	350m: 4:03.56	35.30	550m: 6:25.79	35.70	750m: 8:45.27	34.28
	200m: 2:17.37 35.55	400m: 4:38.96	35.40	600m: 7:01.11	35.32	800m: 9:17.95	32.68



Prova 27  
28-03-2021 - 16:50

Femin., 200m Livres

Absolutos  
Resultados

RN Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
RN Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25-07-2017
RN Jun 17	2:03.11	MARTINS Francisca Soares	POR	Loule	16-08-2020
RN Jun 16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06-07-2018
RN Juv A	2:05.85	MARTINS Francisca Soares	FOCA	Oeiras	27-07-2018
RN Juv B	2:07.40	CABRAL Maria Francisca	FCP	Oeiras	25-07-2014

TAC Juv 50m: 2:16.37 - 25m: 2:13.73; Jun 50m: 2:11.14 - 25m: 2:08.61; Sen 50m: 2:06.10 - 25m: 2:03.67 / JO Absoluto: 1:57.28 / CMJ\_Fem 14 - 17: 2:02.45 / CEPL Abs: 2:00.09 / CEJun\_Fem 14 - 17: 2:04.90 / PreJun\_Fem Juv: 2:08.65

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:03.44</b>	+0,73	766	
	50m: 28.35 28.35	100m: 59.61	31.26	150m: 1:31.42	31.81	200m: 2:03.44	32.02
2.	ANDRE Leticia Maia	02	Benfica	<b>2:04.37</b>	+0,68	749	
	50m: 29.25 29.25	100m: 1:00.91	31.66	150m: 1:32.90	31.99	200m: 2:04.37	31.47
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>2:04.71</b>	+0,71	743	
	50m: 28.84 28.84	100m: 1:00.31	31.47	150m: 1:32.84	32.53	200m: 2:04.71	31.87
4.	DURAES Diana Margarida	96	Benfica	<b>2:05.94</b>	+0,73	721	
	50m: 30.05 30.05	100m: 1:01.59	31.54	150m: 1:33.75	32.16	200m: 2:05.94	32.19
5.	MOURA Maria Ferreira	04	Sporting	<b>2:06.84</b>	+0,75	706	
	50m: 29.53 29.53	100m: 1:01.28	31.75	150m: 1:33.82	32.54	200m: 2:06.84	33.02
6.	PIRES Marta Joao	05	Alges	<b>2:07.53</b>	+0,76	695	
	50m: 29.11 29.11	100m: 1:01.28	32.17	150m: 1:34.42	33.14	200m: 2:07.53	33.11
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:08.34</b>	+0,76	682	
	50m: 29.24 29.24	100m: 1:00.96	31.72	150m: 1:34.84	33.88	200m: 2:08.34	33.50
8.	PINTO Mafalda Marques	02	Sporting	<b>2:08.43</b>	+0,68	680	
	50m: 28.56 28.56	100m: 1:00.15	31.59	150m: 1:34.18	34.03	200m: 2:08.43	34.25
9.	RAMOS Ana Rita	02	Porto	<b>2:09.02</b>	+0,79	671	
	50m: 29.99 29.99	100m: 1:01.82	31.83	150m: 1:35.01	33.19	200m: 2:09.02	34.01
10.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:09.32</b>	+0,83	666	
	50m: 30.07 30.07	100m: 1:02.44	32.37	150m: 1:36.31	33.87	200m: 2:09.32	33.01
11.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>2:10.16</b>	+0,64	653	
	50m: 30.82 30.82	100m: 1:03.59	32.77	150m: 1:37.13	33.54	200m: 2:10.16	33.03
12.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>2:10.84</b>	+0,71	643	
	50m: 30.01 30.01	100m: 1:02.81	32.80	150m: 1:37.13	34.32	200m: 2:10.84	33.71
13.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>2:11.96</b>	+0,82	627	
	50m: 31.28 31.28	100m: 1:04.64	33.36	150m: 1:38.59	33.95	200m: 2:11.96	33.37
14.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:12.59</b>	+0,73	618	
	50m: 30.61 30.61	100m: 1:04.18	33.57	150m: 1:38.61	34.43	200m: 2:12.59	33.98
15.	LOPES Francisca Macedo	05	Vilacondense	<b>2:14.25</b>	+0,77	596	
	50m: 30.78 30.78	100m: 1:04.74	33.96	150m: 1:39.54	34.80	200m: 2:14.25	34.71
16.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>2:14.31</b>	+0,71	595	
	50m: 30.88 30.88	100m: 1:04.20	33.32	150m: 1:39.09	34.89	200m: 2:14.31	35.22

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 27, Femin., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	FRANCO Catarina Andrade	07	Gesloures	<b>2:14.57</b>	+0,70	591	
	50m: 30.73 30.73	100m: 1:05.17	34.44 150m: 1:39.72	34.55	200m: 2:14.57	34.85	
18.	LOPES Daniela Magalhaes	05	Famalicao	<b>2:14.62</b>	+0,73	591	
	50m: 30.62 30.62	100m: 1:04.56	33.94 150m: 1:39.31	34.75	200m: 2:14.62	35.31	
19.	ALVES Joana Silva	05	Benedita	<b>2:15.15</b>	+0,71	584	
	50m: 31.28 31.28	100m: 1:05.96	34.68 150m: 1:40.91	34.95	200m: 2:15.15	34.24	
20.	COELHO Maria Leonor	06	Benfica	<b>2:15.19</b>	+0,76	583	
	50m: 31.07 31.07	100m: 1:05.61	34.54 150m: 1:41.03	35.42	200m: 2:15.19	34.16	
21.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>2:15.33</b>	+0,71	581	
	50m: 31.54 31.54	100m: 1:05.59	34.05 150m: 1:40.75	35.16	200m: 2:15.33	34.58	
22.	PIRES Catarina Gaspar	06	Porto	<b>2:15.97</b>	+0,73	573	
	50m: 31.45 31.45	100m: 1:05.45	34.00 150m: 1:40.67	35.22	200m: 2:15.97	35.30	
23.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>2:16.09</b>	+0,76	572	
	50m: 31.73 31.73	100m: 1:06.23	34.50 150m: 1:41.23	35.00	200m: 2:16.09	34.86	
24.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>2:16.13</b>	+0,66	571	
	50m: 31.13 31.13	100m: 1:05.23	34.10 150m: 1:40.62	35.39	200m: 2:16.13	35.51	
25.	CATALAO Leonor Tavares	06	Sporting	<b>2:16.25</b>	+0,78	570	
	50m: 31.19 31.19	100m: 1:05.84	34.65 150m: 1:41.13	35.29	200m: 2:16.25	35.12	
26.	SOARES Miriam Mortagua	06	Galitos / Bresimar	<b>2:16.52</b>	+0,75	566	
	50m: 31.18 31.18	100m: 1:05.39	34.21 150m: 1:40.96	35.57	200m: 2:16.52	35.56	
27.	VIEIRA Ana Beatriz	07	Foca Quinta da Lixa CNF	<b>2:16.53</b>	+0,72	566	
	50m: 30.91 30.91	100m: 1:05.61	34.70 150m: 1:41.17	35.56	200m: 2:16.53	35.36	
28.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>2:17.31</b>	+0,79	557	
	50m: 32.16 32.16	100m: 1:06.75	34.59 150m: 1:42.90	36.15	200m: 2:17.31	34.41	
29.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	<b>2:17.72</b>	+0,66	552	
	50m: 27.27 27.27	100m: 57.55	30.28 150m: 1:39.55	42.00	200m: 2:17.72	38.17	
30.	ALMEIDA Maria Emilia	07	Galitos / Bresimar	<b>2:17.73</b>	+0,91	551	
	50m: 32.35 32.35	100m: 1:06.96	34.61 150m: 1:42.31	35.35	200m: 2:17.73	35.42	
31.	PINTO Leonor Filipa	06	Porto	<b>2:17.94</b>	+0,80	549	
	50m: 31.58 31.58	100m: 1:06.72	35.14 150m: 1:42.67	35.95	200m: 2:17.94	35.27	
32.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:18.21</b>	+0,73	546	
	50m: 29.96 29.96	100m: 1:03.70	33.74 150m: 1:39.99	36.29	200m: 2:18.21	38.22	
33.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	<b>2:18.65</b>	+0,74	541	
	50m: 31.45 31.45	100m: 1:06.48	35.03 150m: 1:42.53	36.05	200m: 2:18.65	36.12	
34.	NUNES Rita Sofia	05	Colegio Efanor	<b>2:18.92</b>	+0,80	537	
	50m: 31.33 31.33	100m: 1:06.50	35.17 150m: 1:43.15	36.65	200m: 2:18.92	35.77	
35.	COSTA Anita Gouveia	06	Condeixa Clube	<b>2:19.02</b>	+0,60	536	
	50m: 31.28 31.28	100m: 1:07.24	35.96 150m: 1:43.79	36.55	200m: 2:19.02	35.23	
36.	FROIS Maria Francisca	06	Ba-Leiria	<b>2:19.73</b>	+0,84	528	
	50m: 31.95 31.95	100m: 1:07.16	35.21 150m: 1:43.11	35.95	200m: 2:19.73	36.62	

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PARCEIROS



Prova 27, Femin., 200m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
37.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>2:20.13</b>	+0,80	524	
	50m: 32.11 32.11	100m: 1:07.05	34.94 150m: 1:43.61	36.56	200m: 2:20.13	36.52	
38.	MARTINS Ana Rita	06	Foca Quinta da Lixa CNF	<b>2:20.72</b>	+0,69	517	
	50m: 31.45 31.45	100m: 1:06.65	35.20 150m: 1:43.48	36.83	200m: 2:20.72	37.24	
39.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:21.19</b>	+0,70	512	
	50m: 27.56 27.56	100m: 58.22	30.66 150m: 1:42.62	44.40	200m: 2:21.19	38.57	
DNS	MONTEIRO Ana Catarina	93	Vilacondense				

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
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PARCEIROS



Prova 28  
28-03-2021 - 17:05

Masc., 100m Costas

Absoluto  
Resultados

RN Absoluto	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
RN Sen	55.01	LOPES Gabriel Jose	ALN	Coimbra	31-03-2017
RN Jun 18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20-08-2019
RN Jun 17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12-07-2009
RN Juv A	58.61	SOUSA Diogo Gomes	CNCVG	Coimbra	29-05-2011
RN Juv B	59.54	RIBEIRO Diogo Matos	POR	Baku (AZE)	22-07-2019
RN Inf A	1:01.39	RIBAS Alexandre Lages	EDV	Lisboa	22-07-2011
RN Inf B	1:05.61	WANZELLER Goncalo Henriques	CFB	Famalicao	16-07-2016

TAC Juv 50m: 1:02.54 - 25m: 59.02; Jun 50m: 1:00.14 - 25m: 56.65; Sen 50m: 57.82 - 25m: 54.57 / JO : 53.85 / CMJ\_Masc 15 - 18: 56.15 / CEPL 12 +: 55.07 / CEJun\_Masc 15 - 18: 57.28 / PreJun\_Masc Juv: 59.00

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>55.15</b>	+0,55	831	
	50m: 26.95 26.95		100m: 55.15 28.20				
2.	SANTOS Francisco Rogerio	98	Sporting	<b>55.33</b>	+0,61	822	
	50m: 27.09 27.09		100m: 55.33 28.24				
3.	CASTRO Duarte Monteiro	03	Porto	<b>58.06</b>	+0,58	712	
	50m: 28.10 28.10		100m: 58.06 29.96				
4.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>58.62</b>	+0,55	692	
	50m: 27.77 27.77		100m: 58.62 30.85				
5.	NUNES Porfirio Braga	00	Porto	<b>59.45</b>	+0,57	663	
	50m: 28.39 28.39		100m: 59.45 31.06				
6.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>59.58</b>	+0,69	659	
	50m: 28.26 28.26		100m: 59.58 31.32				
7.	SILVA Diogo Miguel	05	Galitos / Bresimar	<b>1:01.62</b>	+0,63	595	
	50m: 29.43 29.43		100m: 1:01.62 32.19				
8.	CRISTINO David Matias	01	Uniao Piedense	<b>1:01.93</b>	+0,66	586	
	50m: 30.02 30.02		100m: 1:01.93 31.91				
9.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	<b>1:03.47</b>	+0,60	545	
	50m: 31.65 31.65		100m: 1:03.47 31.82				
10.	PINHEIRO Joao Seixedo	05	Natacao de Lisboa	<b>1:04.19</b>	+0,71	527	
	50m: 31.09 31.09		100m: 1:04.19 33.10				
11.	DIAS Jose Diogo	04	Fundacao Beatriz Santos	<b>1:04.33</b>	+0,61	523	
	50m: 30.81 30.81		100m: 1:04.33 33.52				
12.	PEREIRA Guilherme Marques	06	Condeixa Clube	<b>1:08.43</b>	+0,66	435	
	50m: 32.59 32.59		100m: 1:08.43 35.84				
DNS	LOPES Gabriel Jose	97	Louzan Natacao				
DNS	CARVALHO Joao Carlos	05	Braga				

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 29  
28-03-2021 - 17:15

Femin., 100m Costas

Absolutos  
Resultados

RN Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20-12-2020
RN Sen	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20-12-2020
RN Jun 17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20-08-2019
RN Jun 16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05-04-2019
RN Juv A	1:03.92	FERNANDES Ines Camacho	SCP	Coimbra	06-04-2012
RN Juv A	1:03.92	SILVA Joana Carina	LSXXI	Coimbra	06-04-2012
RN Juv B	1:04.90	SILVA Joana Carina	LSXXI	Oeiras	25-03-2011
S8	1:35.76	CASTRO Ana Filipa	FVCD	Porto	25-05-2019

TAC Juv 50m: 1:10.52 - 25m: 1:06.79; Jun 50m: 1:07.82 - 25m: 1:04.23; Sen 50m: 1:05.21 - 25m: 1:01.75 / JO Absoluto: 1:00.25 / CMJ\_Fem 14 - 17: 1:03.33 / CEPL Abs: 1:02.11 / CEJun\_Fem 14 - 17: 1:04.59 / PreJun\_Fem Juv: 1:06.53

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes <i>Minimos CEPL</i>	02	Alges	<b>1:01.52</b>	+0,59	819	
	50m: 29.51 29.51		100m: 1:01.52 32.01				
2.	REBELO Camila Rodrigues	03	Louzan Natacao	<b>1:03.48</b>	+0,59	745	
	50m: 30.27 30.27		100m: 1:03.48 33.21				
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:04.48</b>	+0,65	711	
	50m: 31.27 31.27		100m: 1:04.48 33.21				
4.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>1:05.40</b>	+0,59	682	
	50m: 31.56 31.56		100m: 1:05.40 33.84				
5.	CABRAL Maria Francisca	00	Porto	<b>1:06.82</b>	+0,64	639	
	50m: 32.80 32.80		100m: 1:06.82 34.02				
6.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>1:09.65</b>	+0,71	564	
	50m: 33.95 33.95		100m: 1:09.65 35.70				
7.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>1:09.93</b>	+0,65	557	
	50m: 33.64 33.64		100m: 1:09.93 36.29				
8.	COSTA Joana Santos	04	Galitos / Bresimar	<b>1:09.96</b>	+0,60	557	
	50m: 33.16 33.16		100m: 1:09.96 36.80				
9.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	<b>1:10.19</b>	+0,57	551	
	50m: 33.52 33.52		100m: 1:10.19 36.67				
10.	PEREIRA Isabel dos Santos	05	Colegio Efanor	<b>1:10.53</b>	+0,74	543	
	50m: 33.63 33.63		100m: 1:10.53 36.90				
11.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>1:11.59</b>	+0,73	520	
	50m: 34.73 34.73		100m: 1:11.59 36.86				
12.	DINIS Filipa Paiva	06	Ba-Leiria	<b>1:11.88</b>	+0,78	513	
	50m: 34.79 34.79		100m: 1:11.88 37.09				
13.	SIMOES Dania Rodrigues	07	Louzan Natacao	<b>1:12.85</b>	+0,58	493	
	50m: 34.72 34.72		100m: 1:12.85 38.13				
14.	CASTRO Ana Filipa	97 S8	Feira Viva	<b>1:39.76</b>	+0,65	192	
	50m: 48.42 48.42		100m: 1:39.76 51.34				

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 29, Femin., 100m Costas, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	FLORENCIO Matilde Alves	04	Condeixa Clube				

Paralimpicos

1.	CASTRO Ana Filipa	97	S8	Feira Viva	<b>1:39.76</b>	+0,65	192
	50m: 48.42 48.42	100m: 1:39.76	51.34				

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DESPORTO  
PARA TODOS  
PROMOVENDO O DESENVOLVIMENTO

FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
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PARCEIROS



Prova 30  
28-03-2021 - 17:20

Masc., 50m Livres

Absoluto  
Resultados

RN Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19-12-2020
RN Sen	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19-12-2020
RN Jun 18	22.98	SANTOS Paulo Jorge	POR	Antuèrpiã (BEL)	22-07-2007
RN Jun 17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16-07-2004
RN Juv A	23.78	VENANCIO Tiago Andre	POR	Paris (FRA)	31-07-2003
RN Juv B	24.61	MACHADO Tiago Andrade	SCA	Oeiras	20-07-2017
RN Inf A	26.00	RIBEIRO Diogo Matos	CUC	Coimbra	19-05-2018
RN Inf B	27.00	MIRANDA Jose Miguel	CFP	Coimbra	11-08-1986
S9	26.23	CAETANO Gino Santos	CGA	Povoa de Varzim	08-12-2019
S15	25.30	NEVES Tiago Correia	CFB	Funchal	23-03-2018

TAC Juv 50m: 25.60 - 25m: 24.80; Jun 50m: 24.62 - 25m: 23.85; Sen 50m: 23.67 - 25m: 22.93 / JO : 22.01 / CMJ\_Masc 15 - 18: 22.98 / CEPL 12 +: 22.54 / CEJun\_Masc 15 - 18: 23.45 / PreJun\_Masc Juv: 24.15

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte <i>Minimos CEPL</i>	95	Benfica	<b>22.28</b>	+0,62	826	
2.	SAHNOUNE Oussama	92	Benfica	<b>22.75</b>	+0,64	776	
3.	MARQUES Miguel Henriques	00	Benfica	<b>22.94</b>	+0,65	757	
4.	RIBEIRO Diogo Matos <i>Minimos CEJun</i>	04	Uniao Coimbra	<b>23.44</b>	+0,66	709	
5.	VAKULYUK Paulo	03	Torres Novas	<b>23.80</b>	+0,68	678	
6.	MOGNE Igor Araujo	96	Sporting	<b>24.09</b>	+0,73	653	
7.	PADRELA Joao Esteves	99	Belenenses	<b>24.10</b>	+0,65	653	
8.	SILVA Ricardo Lopes	03	Nautico Marinha Grande	<b>24.21</b>	+0,63	644	
9.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	<b>24.24</b>	+0,65	641	
10.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>24.47</b>	+0,64	623	
11.	FERREIRA Bernardo Felgueiras	03	Colegio Efanor	<b>24.55</b>	+0,71	617	
12.	FRANCISCO Daniel Sebastiao	00	Angola	<b>24.64</b>	+0,65	611	
13.	REIS Rodrigo Miguel	04	Uniao Coimbra	<b>24.83</b>	+0,64	597	
14.	ALMEIDA Bernardo Victorino	04	Sporting	<b>24.93</b>	+0,66	590	
15.	DIAS Rodrigo Reis	03	Belenenses	<b>24.99</b>	+0,66	585	
16.	HEINIO-WIDELL Nick	05	Alges	<b>25.05</b>	+0,65	581	
17.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>25.10</b>	+0,75	578	
18.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	<b>25.21</b>	+0,62	570	
19.	DENISOV Micael Dmitrievich	06	Ba-Leiria	<b>25.54</b>	+0,72	548	
20.	PAZ Antonio Manuel	04	Bombeiros Ponta Delgada	<b>25.57</b>	+0,66	546	
21.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>25.96</b>	+0,63	522	
22.	POIARES Tiago Andre	04	Fundacao Beatriz Santos	<b>26.41</b>	+0,72	496	
23.	GONCALVES Joao Pedro	01	Angola	<b>26.54</b>	+0,71	489	
24.	CAETANO Gino Santos	94	S9 Galitos / Bresimar	<b>26.78</b>	+0,87	476	
25.	BELEZAS Ricardo Andrade	91	S15 Sporting	<b>27.43</b>	+0,68	442	
26.	NEVES Diogo Correia	94	S15 Colegio Vasco da Gama	<b>28.43</b>	+0,72	397	

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PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 30, Masc., 50m Livres

Paralimpicos

1. CAETANO Gino Santos	94	S9	Galitos / Bresimar	<b>26.78</b>	+0,87	476
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Surdolimpicos

1. BELEZAS Ricardo Andrade	91	S15	Sporting	<b>27.43</b>	+0,68	442
2. NEVES Diogo Correia	94	S15	Colegio Vasco da Gama	<b>28.43</b>	+0,72	397

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PARCEIROS





Prova 31  
28-03-2021 - 17:25

Femin., 50m Livres

Absoluto  
Resultados

RN Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03-08-2019
RN Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03-08-2019
RN Jun 17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05-02-2017
RN Jun 16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10-04-2010
RN Juv A	26.78	PEREIRA Maria Gomes	SAD	Coimbra	05-04-2019
RN Juv B	27.17	GUEDES Ana Margarida	GCVR	Coimbra	31-05-2015
RN Inf A	27.86	FERNANDES Carolina Miranda	CGA	Lisboa	10-02-2018
RN Inf B	28.36	FERNANDES Carolina Miranda	CGA	S. Joao da Madeira	15-06-2017
S8	37.00	CASTRO Ana Filipa	FVCD	Porto	24-03-2019
S9	29.17	VEIGA Susana Pereira	POR	Londres (GBR)	15-09-2019

TAC Juv 50m: 28.75 - 25m: 28.16; Jun 50m: 27.65 - 25m: 27.06; Sen 50m: 26.58 - 25m: 26.03 / JO : 24.77 / CMJ\_Fem 14 - 17: 25.81 / CEPL Abs: 25.32 / CEJun\_Fem 14 - 17: 26.33 / PreJun\_Fem Juv: 27.12

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>							
1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>26.14</b>	+0,69	742	
2.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	<b>26.83</b>	+0,66	686	
3.	ANDRE Leticia Maia	02	Benfica	<b>27.37</b>	+0,67	646	
4.	LOURO Ariana Espirito	05	Gualdim Pais	<b>27.55</b>	+0,59	634	
5.	RODRIGUES Joana Francisca	04	Uniao Coimbra	<b>27.58</b>	+0,69	632	
6.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>27.69</b>	+0,65	624	
7.	PINTO Mafalda Marques	02	Sporting	<b>28.12</b>	+0,70	596	
8.	BRITES Marta Lopes	06	Naval de Ponta Delgada	<b>28.20</b>	+0,61	591	
9.	NICOLAU Margarida Claudino	05	Torres Novas	<b>28.30</b>	+0,76	585	
10.	FRANCO Catarina Andrade	07	Geslours	<b>28.36</b>	+0,69	581	
11.	FREITAS Maria Joao	97	Angola	<b>28.67</b>	+0,73	562	
12.	GRILO Maria Vitoria	06	Fundacao Beatriz Santos	<b>29.04</b>	+0,66	541	
13.	COELHO Maria Leonor	06	Benfica	<b>29.09</b>	+0,74	538	
14.	FROIS Maria Francisca	06	Ba-Leiria	<b>29.21</b>	+0,71	532	
15.	VEIGA Susana Pereira	00	S9 Colegio Vasco da Gama	<b>29.27</b>	+0,80	528	
16.	FERREIRA Maria Neto	06	Fundacao Beatriz Santos	<b>30.21</b>	+0,76	480	
17.	CASTRO Ana Filipa	97	S8 Feira Viva	<b>38.74</b>	+0,42	228	

Paralimpicos

1.	VEIGA Susana Pereira	00	S9 Colegio Vasco da Gama	<b>29.27</b>	+0,80	528
2.	CASTRO Ana Filipa	97	S8 Feira Viva	<b>38.74</b>	+0,42	228

Prova 32  
28-03-2021 - 17:30

Masc., 100m Bruços

Absoluto  
Resultados

RN Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RN Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28-07-2013
RN Jun 18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18-07-2009
RN Jun 17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02-08-2008
RN Juv A	1:04.48	PEREIRA Ricardo Samuel	POR	Baku (AZE)	25-07-2019
RN Juv B	1:06.16	PEREIRA Ricardo Samuel	SLB	Oeiras	26-07-2018
RN Inf A	1:09.82	PEREIRA Ricardo Samuel	CCDPCMS	Vila Franca de Xira	20-05-2017
RN Inf B	1:11.95	SANTOS Andre Goncalo	LSC	Porto	24-07-2010
S5	1:41.35	ROCHA Ivo Filipe	FVCD	Porto	23-03-2019
S7	1:29.16	CAMPOS Joao Miguel	ADADA	Porto	25-05-2019

TAC Juv 50m: 1:09.80 - 25m: 1:07.94; Jun 50m: 1:07.13 - 25m: 1:04.44; Sen 50m: 1:04.54 - 25m: 1:02.84 / JO : 59.93 / CMJ\_Masc 15 - 18: 1:02.67 / CEPL 12 +: 1:01.47 / CEJun\_Masc 15 - 18: 1:03.93 / PreJun\_Masc Juv: 1:05.85

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
<b>Absolutos</b>							
1.	AMORIM Alexandre Ferreira	99	Leixoes	<b>1:03.62</b>	+0,69	714	
	50m: 29.46 29.46	100m: 1:03.62	34.16				
2.	QUINTAS Francisco Robalo	95	Sporting	<b>1:03.66</b>	+0,65	713	
	50m: 30.96 30.96	100m: 1:03.66	32.70				
3.	SIMOES Rafael Gomes	00	Braga	<b>1:03.99</b>	+0,77	702	
	50m: 30.02 30.02	100m: 1:03.99	33.97				
4.	MENDES Antonio Manuel	99	Sporting	<b>1:04.27</b>	+0,63	693	
	50m: 30.50 30.50	100m: 1:04.27	33.77				
5.	PEREIRA Ricardo Samuel	03	Benfica	<b>1:05.01</b>	+0,61	669	
	50m: 30.28 30.28	100m: 1:05.01	34.73				
6.	FRISCHKNECHT Renato Barros	01	Alges	<b>1:06.37</b>	+0,60	629	
	50m: 30.23 30.23	100m: 1:06.37	36.14				
7.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>1:09.21</b>	+0,71	555	
	50m: 31.77 31.77	100m: 1:09.21	37.44				
8.	GOMES Filipe Miguel	97	Malawi	<b>1:09.30</b>	+0,64	552	
	50m: 31.60 31.60	100m: 1:09.30	37.70				
9.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	<b>1:10.65</b>	+0,70	521	
	50m: 32.82 32.82	100m: 1:10.65	37.83				
10.	CRISTINO David Matias	01	Uniao Piedense	<b>1:14.33</b>	+0,70	448	
	50m: 34.29 34.29	100m: 1:14.33	40.04				
11.	CAMPOS Joao Miguel	79 SB7	ADADA Porto	<b>1:35.61</b>	+0,81	210	
	50m: 45.01 45.01	100m: 1:35.61	50.60				
12.	ROCHA Ivo Filipe	90 SB5	Feira Viva	<b>1:44.59</b>		160	
	50m: 49.82 49.82	100m: 1:44.59	54.77				
13.	VIDEIRA Daniel Carlos	92 SB5	Gesloures	<b>2:06.18</b>	+0,83	91	
	50m: 58.99 58.99	100m: 2:06.18	1:07.19				

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Prova 32, Masc., 100m Bruços

Paralimpicos

1.	ROCHA Ivo Filipe	90	SB5	Feira Viva	<b>1:44.59</b>		160
	50m: 49.82 49.82	100m: 1:44.59		54.77			
2.	CAMPOS Joao Miguel	79	SB7	ADADA Porto	<b>1:35.61</b>	+0,81	210
	50m: 45.01 45.01	100m: 1:35.61		50.60			
3.	VIDEIRA Daniel Carlos	92	SB5	Geslours	<b>2:06.18</b>	+0,83	91
	50m: 58.99 58.99	100m: 2:06.18		1:07.19			

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E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 33  
28-03-2021 - 17:35

Femin., 100m Bruços

Absoluto  
Resultados

RN Absoluto	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
RN Sen	1:08.82	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2015
RN Jun 17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31-03-2017
RN Jun 16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17-07-2005
RN Juv A	1:10.73	RODRIGUES Ana Pinho	AEJ	Coimbra	31-05-2009
RN Juv B	1:12.89	OLIVEIRA Paula Alexandra	FCP	Coimbra	29-07-2010
RN Inf A	1:15.49	RODRIGUES Ana Pinho	AEJ	Coimbra	08-07-2007
RN Inf B	1:18.66	PEREIRA Clara Gomes	SAD	Loulé	20-07-2014
S9	1:25.42	PINTO Renata Vaz	POR	Londres (GBR)	14-09-2019

TAC Juv 50m: 1:17.86 - 25m: 1:15.46; Jun 50m: 1:14.88 - 25m: 1:12.56; Sen 50m: 1:11.99 - 25m: 1:09.78 / JO : 1:07.07 / CMJ\_Fem 14 - 17: 1:09.91 / CEPL Abs: 1:08.56 / CEJun\_Fem 14 - 17: 1:11.31 / PreJun\_Fem Juv: 1:13.45

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>1:09.87</b>	+0,69	773	
	50m: 32.80 32.80	100m: 1:09.87	37.07				
2.	KAMINSKAYA Victoria	95	Benfica	<b>1:10.05</b>	+0,73	767	
	50m: 33.27 33.27	100m: 1:10.05	36.78				
3.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>1:13.44</b>	+0,69	665	
	50m: 33.90 33.90	100m: 1:13.44	39.54				
4.	RODRIGUES Lidiana Correia	04	Belenenses	<b>1:14.29</b>	+0,78	643	
	50m: 34.99 34.99	100m: 1:14.29	39.30				
5.	NUNES Margarida Domingues	05	Sporting	<b>1:14.49</b>	+0,70	638	
	50m: 35.24 35.24	100m: 1:14.49	39.25				
6.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>1:14.89</b>	+0,69	627	
	50m: 34.52 34.52	100m: 1:14.89	40.37				
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:16.53</b>	+0,75	588	
	50m: 35.86 35.86	100m: 1:16.53	40.67				
8.	REBELO Maria Carlota	03	Louzan Natacao	<b>1:16.98</b>	+0,65	578	
	50m: 36.22 36.22	100m: 1:16.98	40.76				
9.	TEIXEIRA Ines Oliveira	02	Condeixa Clube	<b>1:17.25</b>	+0,66	572	
	50m: 36.20 36.20	100m: 1:17.25	41.05				
10.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>1:18.13</b>	+0,74	553	
	50m: 36.44 36.44	100m: 1:18.13	41.69				
11.	REIS Erica Cristina	05	Sporting	<b>1:18.22</b>	+0,69	551	
	50m: 36.69 36.69	100m: 1:18.22	41.53				
12.	ANTUNES Rebeca Leonor	06	Alges	<b>1:18.33</b>	+0,68	548	
	50m: 36.58 36.58	100m: 1:18.33	41.75				
13.	DELGADO Soraia Alexandra	05	Sporting	<b>1:20.74</b>	+0,69	501	
	50m: 38.15 38.15	100m: 1:20.74	42.59				
14.	LOPES Matilde Nunes	06	Benfica	<b>1:21.43</b>	+0,71	488	
	50m: 38.19 38.19	100m: 1:21.43	43.24				

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Prova 33, Femin., 100m Bruços, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	FERREIRA Francisca Santos	06	Alges	<b>1:21.66</b>	+0,67	484	
	50m: 38.47 38.47	100m: 1:21.66	43.19				
16.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>1:22.37</b>	+0,81	471	
	50m: 39.51 39.51	100m: 1:22.37	42.86				
17.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>1:26.41</b>	+0,78	408	
	50m: 41.07 41.07	100m: 1:26.41	45.34				
18.	PINTO Renata Vaz	99 SB9	ADADA Porto	<b>1:26.62</b>	+0,74	405	
	50m: 40.57 40.57	100m: 1:26.62	46.05				
19.	FERREIRA Matilde Batista	06	Fundacao Beatriz Santos	<b>1:30.47</b>	+0,77	356	
	50m: 40.23 40.23	100m: 1:30.47	50.24				
DNS	MONTEIRO Ana Catarina	93	Vilacondense				

Paralimpicos

1.	PINTO Renata Vaz	99 SB9	ADADA Porto	<b>1:26.62</b>	+0,74	405	
	50m: 40.57 40.57	100m: 1:26.62	46.05				

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Prova 34  
28-03-2021 - 17:45

Masc., 200m Estilos

Absoluto  
Resultados

RN Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
RN Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06-04-2019
RN Jun 18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06-07-2018
RN Jun 17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17-07-2005
RN Juv A	2:08.11	ALMEIDA Carlos Esteves	CNA	Lisboa	31-07-2004
RN Juv B	2:10.83	SILVA Jorge Jesus	SCB	Coimbra	26-07-2015
RN Inf A	2:16.63	RIBAS Alexandre Lages	EDV	Lisboa	24-07-2011
RN Inf B	2:22.36	RUIVO Andre Vilas	DNMG	Coimbra	23-06-2013
S5	3:24.10	ROCHA Ivo Filipe	FVCD	Porto	26-05-2019
S15	2:16.25	NEVES Tiago Correia	POR	Lublin (POL)	03-07-2018

TAC Juv 50m: 2:18.73 - 25m: 2:13.46; Jun 50m: 2:13.41 - 25m: 2:08.32; Sen 50m: 2:08.27 - 25m: 2:03.39 / JO : 1:59.67 / CMJ\_Masc 15 - 18: 2:04.56 / CEPL 12 +: 2:02.17 / CEJun\_Masc 15 - 18: 2:07.06 / PreJun\_Masc Juv: 2:10.88

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Alexis Manacas <i>Minimos CEPL</i>	92	Sporting	<b>2:01.53</b>	+0,66	825	
	50m: 26.17 26.17	100m: 56.82	30.65	150m: 1:32.35	35.53	200m: 2:01.53	29.18
2.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	<b>2:03.47</b>	+0,66	787	
	50m: 25.95 25.95	100m: 57.31	31.36	150m: 1:33.26	35.95	200m: 2:03.47	30.21
3.	RAMOS Bruno Miguel	97	Belenenses	<b>2:04.45</b>	+0,66	768	
	50m: 26.81 26.81	100m: 58.05	31.24	150m: 1:35.73	37.68	200m: 2:04.45	28.72
4.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:07.45</b>	+0,65	715	
	50m: 27.18 27.18	100m: 59.65	32.47	150m: 1:37.25	37.60	200m: 2:07.45	30.20
5.	CARNEIRO Joao Soares	03	Benfica	<b>2:07.58</b>	+0,61	713	
	50m: 26.60 26.60	100m: 1:00.22	33.62	150m: 1:37.35	37.13	200m: 2:07.58	30.23
6.	COSTA Tiago Cunha	99	Sporting	<b>2:08.56</b>	+0,67	697	
	50m: 27.82 27.82	100m: 1:01.61	33.79	150m: 1:40.37	38.76	200m: 2:08.56	28.19
7.	RIBEIRO Gustavo Carvalhais	03	Galitos / Bresimar	<b>2:08.74</b>	+0,79	694	
	50m: 27.28 27.28	100m: 1:01.18	33.90	150m: 1:39.58	38.40	200m: 2:08.74	29.16
8.	PINOTES Pedro Miguel	89	Angola	<b>2:10.25</b>	+0,68	670	
	50m: 27.47 27.47	100m: 1:01.50	34.03	150m: 1:39.40	37.90	200m: 2:10.25	30.85
9.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:10.76</b>	+0,68	662	
	50m: 27.45 27.45	100m: 1:00.35	32.90	150m: 1:38.18	37.83	200m: 2:10.76	32.58
10.	SIMOES Bernardo Jorge	04	Colegio Vasco da Gama	<b>2:10.98</b>	+0,68	659	
	50m: 27.37 27.37	100m: 1:02.10	34.73	150m: 1:41.26	39.16	200m: 2:10.98	29.72
11.	RIBEIRO Diogo Matos	04	Uniao Coimbra	<b>2:11.46</b>	+0,71	652	
	50m: 27.31 27.31	100m: 1:01.13	33.82	150m: 1:40.25	39.12	200m: 2:11.46	31.21
12.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:12.11</b>	+0,59	642	
	50m: 27.22 27.22	100m: 1:01.22	34.00	150m: 1:41.32	40.10	200m: 2:12.11	30.79
13.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>2:12.80</b>	+0,67	632	
	50m: 27.46 27.46	100m: 1:02.15	34.69	150m: 1:42.68	40.53	200m: 2:12.80	30.12

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Prova 34, Masc., 200m Estilos, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>2:12.91</b>	+0,69	631	
	50m: 28.13 28.13	100m: 1:03.96	35.83 150m: 1:42.71	38.75	200m: 2:12.91	30.20	
15.	CLARA Vitor Belo	04	Ba-Leiria	<b>2:15.53</b>	+0,70	595	
	50m: 28.09 28.09	100m: 1:04.39	36.30 150m: 1:43.81	39.42	200m: 2:15.53	31.72	
16.	REIS Rodrigo Miguel	04	Uniao Coimbra	<b>2:16.46</b>	+0,65	583	
	50m: 26.74 26.74	100m: 1:00.68	33.94 150m: 1:45.29	44.61	200m: 2:16.46	31.17	
17.	SILVA Afonso Carvalho	05	Famalicao	<b>2:16.94</b>	+0,70	576	
	50m: 29.53 29.53	100m: 1:05.81	36.28 150m: 1:44.98	39.17	200m: 2:16.94	31.96	
18.	APSENIECE Kevins Alexandre	04	Porto	<b>2:17.30</b>	+0,72	572	
	50m: 27.28 27.28	100m: 1:03.48	36.20 150m: 1:45.62	42.14	200m: 2:17.30	31.68	
19.	AMORIM Ivan Emanuel	02	Colegio Efanor	<b>2:17.82</b>	+0,74	565	
	50m: 28.83 28.83	100m: 1:05.53	36.70 150m: 1:46.77	41.24	200m: 2:17.82	31.05	
20.	GOMES Tomas Nogueira	03	Uniao Piedense	<b>2:18.17</b>	+0,66	561	
	50m: 28.70 28.70	100m: 1:03.64	34.94 150m: 1:46.21	42.57	200m: 2:18.17	31.96	
21.	DIOGO Dinis Miranda	04	Fundacao Beatriz Santos	<b>2:18.25</b>	+0,65	560	
	50m: 27.51 27.51	100m: 1:03.36	35.85 150m: 1:45.65	42.29	200m: 2:18.25	32.60	
22.	SILVA Nuno Marques	04	Ba-Leiria	<b>2:18.55</b>	+0,72	557	
	50m: 29.13 29.13	100m: 1:05.76	36.63 150m: 1:45.90	40.14	200m: 2:18.55	32.65	
23.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>2:19.50</b>	+0,73	545	
	50m: 28.60 28.60	100m: 1:05.02	36.42 150m: 1:47.35	42.33	200m: 2:19.50	32.15	
24.	MASCARENHAS Henrique Silva	01	Angola	<b>2:20.08</b>	+0,69	538	
	50m: 28.97 28.97	100m: 1:05.15	36.18 150m: 1:48.51	43.36	200m: 2:20.08	31.57	
25.	NEVES Tiago Correia	97 SM15	Belenenses	<b>2:21.28</b>	+0,66	525	
	50m: 28.69 28.69	100m: 1:07.08	38.39 150m: 1:48.76	41.68	200m: 2:21.28	32.52	
26.	NEVES Diogo Cura	06	Condeixa Clube	<b>2:35.25</b>	+0,73	395	
	50m: 33.33 33.33	100m: 1:14.25	40.92 150m: 1:57.85	43.60	200m: 2:35.25	37.40	
27.	ROCHA Ivo Filipe	90 SM5	Feira Viva	<b>3:27.49</b>		165	
	50m: 50.38 50.38	100m: 1:42.46	52.08 150m: 2:39.47	57.01	200m: 3:27.49	48.02	

Paralimpicos

1.	ROCHA Ivo Filipe	90 SM5	Feira Viva	<b>3:27.49</b>		165	
	50m: 50.38 50.38	100m: 1:42.46	52.08 150m: 2:39.47	57.01	200m: 3:27.49	48.02	

Surdolimpicos

1.	NEVES Tiago Correia	97 SM15	Belenenses	<b>2:21.28</b>	+0,66	525	
	50m: 28.69 28.69	100m: 1:07.08	38.39 150m: 1:48.76	41.68	200m: 2:21.28	32.52	