

1 - 1ª Jornada - 1ª Sessão (eliminatórias)

21-12-2018 - 9:00

Prova 1	Masc., 800m Livres					Absolutos
21-12-2018 - 9:00						Resultados
RN25 Absoluto	7:46.18	NASCIMENTO Miguel Duarte	SLB	Porto		08-12-2017
RN25 Sen	7:46.18	NASCIMENTO Miguel Duarte	SLB	Porto		08-12-2017
RN25 Jun18	7:56.76	PINA Guilherme Filipe	BSCN	Porto		11-12-2015
RN25 Jun17	8:00.80	SANTA Gustavo Manuel	CNLA	Leiria		06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
<b>Seniores</b>							
1.	LOPES Jose Paulo	00	Braga	<b>7:47.37</b>	+0,65	854	
	50m: 27.01 27.01	250m: 2:24.75	29.65	450m: 4:22.40	28.57	650m: 6:19.54	29.48
	100m: 56.17 29.16	300m: 2:54.29	29.54	500m: 4:51.44	29.04	700m: 6:49.16	29.62
	150m: 1:25.60 29.43	350m: 3:23.98	29.69	550m: 5:20.71	29.27	750m: 7:18.58	29.42
	200m: 1:55.10 29.50	400m: 3:53.83	29.85	600m: 5:50.06	29.35	800m: 7:47.37	28.79
2.	GIL Rafael Lourenco	96	Sporting	<b>7:49.55</b>	+0,70	842	
	50m: 26.71 26.71	250m: 2:23.54	29.66	450m: 4:22.82	29.74	650m: 6:21.50	29.81
	100m: 55.41 28.70	300m: 2:53.40	29.86	500m: 4:52.36	29.54	700m: 6:51.20	29.70
	150m: 1:24.57 29.16	350m: 3:23.25	29.85	550m: 5:22.07	29.71	750m: 7:20.91	29.71
	200m: 1:53.88 29.31	400m: 3:53.08	29.83	600m: 5:51.69	29.62	800m: 7:49.55	28.64
3.	CARVALHO Jose Paula	98	Benfica	<b>7:55.56</b>	+0,73	810	
	50m: 27.38 27.38	250m: 2:25.16	29.64	450m: 4:24.33	29.87	650m: 6:24.15	30.27
	100m: 56.39 29.01	300m: 2:54.85	29.69	500m: 4:54.08	29.75	700m: 6:54.93	30.78
	150m: 1:25.96 29.57	350m: 3:24.78	29.93	550m: 5:23.87	29.79	750m: 7:25.75	30.82
	200m: 1:55.52 29.56	400m: 3:54.46	29.68	600m: 5:53.88	30.01	800m: 7:55.56	29.81
4.	PINA Guilherme Filipe	98	Sporting	<b>7:56.21</b>	+0,76	807	
	50m: 27.42 27.42	250m: 2:25.38	29.60	450m: 4:25.21	30.05	650m: 6:26.14	30.27
	100m: 56.64 29.22	300m: 2:55.11	29.73	500m: 4:55.15	29.94	700m: 6:56.82	30.68
	150m: 1:26.12 29.48	350m: 3:25.04	29.93	550m: 5:25.53	30.38	750m: 7:27.20	30.38
	200m: 1:55.78 29.66	400m: 3:55.16	30.12	600m: 5:55.87	30.34	800m: 7:56.21	29.01
5.	SANTO Filipe Miguel	00	Benfica	<b>8:05.55</b>	+0,77	761	
	50m: 27.20 27.20	250m: 2:26.04	29.71	450m: 4:26.79	29.91	650m: 6:30.05	31.39
	100m: 56.46 29.26	300m: 2:56.07	30.03	500m: 4:56.88	30.09	700m: 7:01.88	31.83
	150m: 1:26.20 29.74	350m: 3:26.38	30.31	550m: 5:27.48	30.60	750m: 7:33.92	32.04
	200m: 1:56.33 30.13	400m: 3:56.88	30.50	600m: 5:58.66	31.18	800m: 8:05.55	31.63
<b>Juniores</b>							
1.	SANTOS Pedro Miguel	01	Porto	<b>8:10.21</b>	+0,69	740	
	50m: 28.65 28.65	250m: 2:31.79	30.94	450m: 4:33.78	30.59	650m: 6:37.66	31.34
	100m: 59.61 30.96	300m: 3:02.89	31.10	500m: 5:04.38	30.60	700m: 7:09.04	31.38
	150m: 1:30.00 30.39	350m: 3:32.90	30.01	550m: 5:35.23	30.85	750m: 7:40.58	31.54
	200m: 2:00.85 30.85	400m: 4:03.19	30.29	600m: 6:06.32	31.09	800m: 8:10.21	29.63
2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>8:18.39</b>	+0,74	704	
	50m: 28.81 28.81	250m: 2:31.71	30.88	450m: 4:35.59	31.03	650m: 6:42.91	32.36
	100m: 59.38 30.57	300m: 3:03.10	31.39	500m: 5:06.94	31.35	700m: 7:15.22	32.31
	150m: 1:30.03 30.65	350m: 3:33.75	30.65	550m: 5:38.58	31.64	750m: 7:47.52	32.30
	200m: 2:00.83 30.80	400m: 4:04.56	30.81	600m: 6:10.55	31.97	800m: 8:18.39	30.87

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
3.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>8:18.83</b>	<b>+0,91</b>	<b>702</b>	
	50m: 27.60 27.60	250m: 2:29.74	31.18	450m: 4:34.08	31.17	650m: 6:41.32	32.10
	100m: 57.46 29.86	300m: 3:00.80	31.06	500m: 5:05.13	31.05	700m: 7:14.14	32.82
	150m: 1:27.77 30.31	350m: 3:31.90	31.10	550m: 5:37.03	31.90	750m: 7:47.06	32.92
	200m: 1:58.56 30.79	400m: 4:02.91	31.01	600m: 6:09.22	32.19	800m: 8:18.83	31.77
4.	FROTA Paulo Andre	02	Condeixa Clube	<b>8:30.49</b>	<b>+0,67</b>	<b>655</b>	
	50m: 29.06 29.06	250m: 2:34.23	31.97	450m: 4:42.35	31.65	650m: 6:52.65	32.96
	100m: 59.92 30.86	300m: 3:06.33	32.10	500m: 5:14.45	32.10	700m: 7:25.91	33.26
	150m: 1:30.91 30.99	350m: 3:38.53	32.20	550m: 5:46.82	32.37	750m: 7:58.99	33.08
	200m: 2:02.26 31.35	400m: 4:10.70	32.17	600m: 6:19.69	32.87	800m: 8:30.49	31.50

Prova 13

Femin., 4 x 50m Livres

Absolutos

21-12-2018 - 9:10

Resultados

RN25 Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	Porto-SEN	<b>1:46.90</b>	<b>+0,78</b>	<b>677</b>
	FERREIRA Catarina Maria	98	+0,78	26.98
	CABRAL Maria Francisca	00	+0,61	27.03
	FARIA Ana Rita	00	+0,53	26.64
	OLIVEIRA Rosa Maria	96	+0,40	26.25
2.	Sporting-SEN	<b>1:47.47</b>	<b>+0,57</b>	<b>667</b>
	VIEGAS Beatriz Mendes	00	+0,57	26.60
	BELEZA Mafalda Gomes	94	+0,52	27.34
	ROSA Maria Carolina	94	+0,46	26.92
	FERNANDES Ines Camacho	97	+0,43	26.61
3.	Benfica-SEN	<b>1:47.86</b>	<b>+0,77</b>	<b>660</b>
	ROLAO Sofia Alexandra	98	+0,77	27.46
	TIAGO Filipa Vilas	94	+0,52	26.98
	DURAES Diana Margarida	96	+0,29	26.61
	KAMINSKAYA Victoria	95	+0,47	26.81
4.	Ginasio de Vila Real-SEN	<b>1:48.45</b>	<b>+0,75</b>	<b>649</b>
	LEITE Ana Sofia	93	+0,75	27.00
	FERNANDES Maria Margarida	99	+0,56	28.28
	NOBREGA Ana Sofia	90	+0,36	27.64
	GUEDES Ana Margarida	01	+0,37	25.53
5.	Braga-SEN	<b>1:51.04</b>	<b>+0,71</b>	<b>604</b>
	SILVA Maria Madalena	98	+0,71	28.40
	FERNANDES Ana Sofia	93	+0,32	27.77
	FREIXO Juliana Lima	97	+0,49	28.09
	HOLUB Tamila Hryhorivna	99	+0,07	26.78
6.	Laranjeiro-SEN	<b>1:51.96</b>	<b>+0,72</b>	<b>590</b>
	RIESENBERGER Bruna Martins	97	+0,72	27.86
	ROLIM Soraia Guerra	95	+0,26	28.47
	PIRES Carolina Saraiva	96	+0,49	28.49
	NUNES Sofia Alexandra	00	+0,57	27.14

Juniores

1.	Porto-JUN	<b>1:49.92</b>	<b>+0,70</b>	<b>623</b>
	SOARES Catarina Silva	03	+0,70	26.46
	BARBOSA Mariana Fernandes	02	+0,43	27.43
	AMORIM Maria Leonor	03	+0,41	28.62
	RAMOS Ana Rita	02	+0,58	27.41

Prova 14  
21-12-2018 - 9:10

Masc., 4 x 50m Livres

Absolutos Resultados

RN25 Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
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Seniores

1.	Benfica-SEN <i>Rec Nacional, Abs e Sen</i>	Benfica	<b>1:29.16</b>	+0,66	795			
	DIAS Guilherme Pereira	97	+0,66	22.29	NASCIMENTO Miguel Duarte	95	+0,27	21.44
	PEREIRA Luiz Pedro	91	+0,29	22.24	LEIRIA David Miguel	93	+0,43	23.19
2.	Sporting-SEN	Sporting	<b>1:30.67</b>	+0,64	756			
	COSTA Tiago Cunha	99	+0,64	23.42	SANTOS Francisco Rogerio	98	+0,61	23.08
	SANTOS Alexis Manacas	92	+0,16	21.59	MOGNE Igor Araujo	96	+0,57	22.58
3.	Belenenses-SEN	Belenenses	<b>1:32.75</b>	+0,67	706			
	RAMOS Bruno Miguel	97	+0,67	23.13	PADRELA Joao Esteves	99	+0,32	23.19
	TEIXEIRA Guilherme Miguel	97	+0,48	22.92	CORREIA Diogo Carrasco	95	+0,21	23.51
4.	Porto-SEN	Porto	<b>1:34.23</b>	+0,78	673			
	SOARES Tiago Silva	99	+0,78	23.72	NUNES Porfirio Braga	00	+0,39	23.56
	AMORIM Alexandre Ferreira	99	+0,27	23.60	LINO Rafael	99	+0,30	23.35
5.	Famalicao-SEN	Famalicao	<b>1:34.56</b>	+0,72	666			
	FERNANDES Pedro Miguel	99	+0,72	23.53	CARVALHO Mateus Ribeiro	99	+0,22	23.82
	TINOCO Joao Pereira	00	+1,57	23.02	FARIA Rui Pedro	94	+0,34	24.19
6.	Academica de Coimbra-SEN	Academica de Coimbra	<b>1:34.85</b>	+1,69	660			
	CARVALHO Ruben Paiva	94	+1,69	24.09	ADAIXO Pedro Salzedas	00	+0,21	24.45
	YELISTRATKIN Illya	96	+0,11	23.66	MADUREIRA Gustavo Almeida	94	+0,26	22.65
7.	Braga-SEN	Braga	<b>1:35.97</b>	+0,64	637			
	LOPES Jose Paulo	00	+0,64	23.67	LOPES Joao Francisco	98	+0,27	24.17
	ALBUQUERQUE Rodrigo Carlos	97	+0,31	24.08	FERNANDES Jose Pedro	99	+0,09	24.05
8.	Ginasio de Vila Real-SEN	Ginasio de Vila Real	<b>1:36.33</b>	+0,66	630			
	MACHADO Sebastiao Amaro	93	+0,66	24.59	CARVALHO Luis Miguel	00	+0,41	24.85
	WEUSTINK Koen	00	+0,41	23.57	RIBAS Alexandre Lages	97	+0,52	23.32
9.	AONDA-Azeitao	AONDA-Azeitao	<b>1:38.17</b>	+0,74	595			
	LOPES David Granja	90	+0,74	24.04	MAGALHAES Andre Filipe	98	+0,29	24.72
	MARQUES Diogo Puidival	00	+0,49	25.15	AUGUSTO Bernardo Antunes	00	+0,43	24.26

Juniores

1.	Benfica-JUN	Benfica	<b>1:36.27</b>	+1,70	631			
	LEBRE Diogo Ramos	01	+1,70	23.86	FERREIRA Ricardo Pinela	01	+0,37	24.25
	AIRES Rafael Alcantara	01	+0,17	23.03	BERNARDO Joao Silva	02	+0,37	25.13
2.	Uniao Piedense-JUN	Uniao Piedense	<b>1:37.54</b>	+0,63	607			
	BRITO Bernardo Geada	02	+0,63	24.42	CAMOES Tiago Maria	01	+0,63	24.62
	LOPES Carlos Filipe	01	+0,28	24.24	CRISTINO David Matias	01	+0,26	24.26

Prova 2  
21-12-2018 - 9:10

Femin., 100m Bruços

Absolutos  
Resultados Elimin

RN25 Absoluto	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Sen	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:08.02	PEREIRA Raquel Gomes	SAD	Funchal	09-12-2016
RN25 Jun16	1:08.85	RODRIGUES Ana Pinho	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>1:11.08</b>	+0,77 Q	675
	50m: 33.17 33.17	100m: 1:11.08 37.91				
2.	KAMINSKAYA Victoria	95	Benfica	<b>1:11.42</b>	+0,70 Q	665
	50m: 34.18 34.18	100m: 1:11.42 37.24				
3.	PEREIRA Raquel Gomes	00	Alges	<b>1:11.64</b>	+0,78 Q	659
	50m: 33.57 33.57	100m: 1:11.64 38.07				
4.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:12.18</b>	+0,76 Q	644
	50m: 34.55 34.55	100m: 1:12.18 37.63				
5.	MACHADO Luisa Maria	01	Uniao Piedense	<b>1:12.53</b>	+0,83 Q	635
	50m: 34.73 34.73	100m: 1:12.53 37.80				
6.	BORGES Claudia Ferreira	99	Benfica	<b>1:13.41</b>	+0,72 Q	612
	50m: 34.98 34.98	100m: 1:13.41 38.43				
7.	SILVA Beatriz Santos	01	Porto	<b>1:13.69</b>	+0,85 Q	606
	50m: 34.41 34.41	100m: 1:13.69 39.28				
8.	ROSA Maria Carolina	94	Sporting	<b>1:14.33</b>	+0,74 Q	590
	50m: 34.67 34.67	100m: 1:14.33 39.66				
9.	RODRIGUES Luana Correia	01	Belenenses	<b>1:14.51</b>	+0,72 R	586
	50m: 35.19 35.19	100m: 1:14.51 39.32				
10.	BERNARDO Ines Silva	00	Benfica	<b>1:14.67</b>	+0,79 R	582
	50m: 35.45 35.45	100m: 1:14.67 39.22				
11.	LEONARDO Rute Isabel	98	Nautico Abrantes	<b>1:15.00</b>	+0,78	574
	50m: 35.40 35.40	100m: 1:15.00 39.60				
12.	MAIA Joana Marques	91	Ginasio Santo Tirso	<b>1:15.17</b>	+0,81	570
	50m: 35.60 35.60	100m: 1:15.17 39.57				
13.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:15.23</b>	+0,79	569
	50m: 35.63 35.63	100m: 1:15.23 39.60				
14.	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>1:16.55</b>	+0,72	540
	50m: 35.62 35.62	100m: 1:16.55 40.93				
15.	SILVA Maria Madalena	98	Braga	<b>1:16.61</b>	+0,72	539
	50m: 36.04 36.04	100m: 1:16.61 40.57				
16.	MATOS Carolina Lourenco	98	Cova da Piedade	<b>1:16.74</b>	+0,76	536
	50m: 36.10 36.10	100m: 1:16.74 40.64				
17.	DIONISIO Sofia Machado	98	Sporting	<b>1:17.92</b>	+0,81	512
	50m: 35.30 35.30	100m: 1:17.92 42.62				

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 2, Femin., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
18.	DIAS Beatriz Castanheira	99	Academica de Coimbra	<b>1:19.47</b>	+0,71	483
	50m: 37.56 37.56	100m: 1:19.47	41.91			
DNS	GONCALVES Sofia Filipa	01	Leixoes			

Juniores

1.	CASTRO Maria Freitas	03	Fafe	<b>1:13.75</b>	+0,80 Q	604
	50m: 35.08 35.08	100m: 1:13.75	38.67			
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>1:14.02</b>	+0,81 Q	597
	50m: 35.19 35.19	100m: 1:14.02	38.83			
3.	PEREIRA Clara Gomes	02	Alges	<b>1:14.19</b>	+0,73 Q	593
	50m: 35.11 35.11	100m: 1:14.19	39.08			
4.	TEIXEIRA Ines Oliveira	02	Estarreja	<b>1:14.24</b>	+0,72 Q	592
	50m: 34.69 34.69	100m: 1:14.24	39.55			
5.	CERDEIRA Madalena Reis	03	Sporting	<b>1:14.35</b>	+0,92 Q	590
	50m: 35.44 35.44	100m: 1:14.35	38.91			
6.	SILVA Natacha Sofia	02	Benfica	<b>1:14.78</b>	+0,88 Q	579
	50m: 35.25 35.25	100m: 1:14.78	39.53			
7.	COSTA Ana Ferreira	02	Nautico Marinha Grande	<b>1:15.31</b>	+0,69 Q	567
	50m: 35.22 35.22	100m: 1:15.31	40.09			
8.	HENRIQUES Daniela Mascarenhas	03	Geslours	<b>1:16.64</b>	+0,67 Q	538
	50m: 36.44 36.44	100m: 1:16.64	40.20			
9.	DIAS Ana Leonor	02	Natacao Olhao	<b>1:16.74</b>	+0,72 R	536
	50m: 36.11 36.11	100m: 1:16.74	40.63			
10.	FIAL Sofia Nunes	03	Estamos Juntos	<b>1:17.49</b>	+0,83 R	521
	50m: 36.02 36.02	100m: 1:17.49	41.47			
11.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	<b>1:17.78</b>	+0,84	515
	50m: 36.10 36.10	100m: 1:17.78	41.68			
12.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>1:17.89</b>	+0,65	513
	50m: 36.25 36.25	100m: 1:17.89	41.64			
13.	DIAS Ana Amarante	03	Naval de Ponta Delgada	<b>1:17.96</b>	+0,75	511
	50m: 36.10 36.10	100m: 1:17.96	41.86			
14.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	<b>1:18.20</b>	+0,72	507
	50m: 37.12 37.12	100m: 1:18.20	41.08			
15.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>1:18.70</b>	+0,85	497
	50m: 37.61 37.61	100m: 1:18.70	41.09			

Prova 2, Femin., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
16.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	<b>1:19.41</b>	+0,87	484
	50m:	36.96	36.96	100m:	1:19.41	42.45
17.	FERNANDES Ana Catarina	03	Naval do Funchal	<b>1:20.05</b>	+0,66	472
	50m:	37.21	37.21	100m:	1:20.05	42.84

Prova 3

Masc., 100m Bruços

Absolutos  
Resultados Elimin

21-12-2018 - 9:25

RN25 Absoluto	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Sen	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Jun18	1:01.25	AGOSTINHO Pedro Miguel	SCP	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:02.99	SANTOS Andre Goncalo	LSC	Felgueiras	21-12-2013
RN S8	1:23.48	CARREIRA David Pedro	ADBA	Leiria	22-11-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	SANTOS Alexis Manacas	92	Sporting	<b>1:01.76</b>	+0,70 Q	730
	50m:	29.28	29.28	100m:	1:01.76	32.48
2.	AMORIM Alexandre Ferreira	99	Porto	<b>1:01.81</b>	+0,69 Q	728
	50m:	29.00	29.00	100m:	1:01.81	32.81
3.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:02.09</b>	+0,67 Q	718
	50m:	29.62	29.62	100m:	1:02.09	32.47
4.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>1:02.15</b>	+0,64 Q	716
	50m:	29.52	29.52	100m:	1:02.15	32.63
5.	MENDES Antonio Manuel	99	Sporting	<b>1:02.72</b>	+0,68 Q	697
	50m:	29.86	29.86	100m:	1:02.72	32.86
6.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>1:02.98</b>	+0,71 Q	688
	50m:	29.81	29.81	100m:	1:02.98	33.17
7.	TEIXEIRA Guilherme Miguel	97	Belenenses	<b>1:03.02</b>	+0,84 Q	687
	50m:	29.74	29.74	100m:	1:03.02	33.28
8.	PINOTES Pedro Miguel	89	Sporting	<b>1:03.18</b>	+0,71 Q	681
	50m:	29.92	29.92	100m:	1:03.18	33.26
9.	SIMOES Rafael Gomes	00	Braga	<b>1:03.19</b>	+0,82 R	681
	50m:	29.49	29.49	100m:	1:03.19	33.70
10.	TEODORO Diogo Filipe	99	Natacao de Valongo	<b>1:03.27</b>	+0,69 R	678
	50m:	30.19	30.19	100m:	1:03.27	33.08
11.	CRUCHINHO Miguel Monteiro	97	Sporting	<b>1:03.49</b>	+0,72	671
	50m:	30.08	30.08	100m:	1:03.49	33.41
12.	CARVALHO Ruben Paiva	94	Academica de Coimbra	<b>1:04.37</b>	+0,74	644
	50m:	30.46	30.46	100m:	1:04.37	33.91

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 3, Masc., 100m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
13.	DANTAS Diogo Leal 50m: 30.00 30.00	00	Sporting	<b>1:04.45</b>	+0,63	642
100m:	1:04.45	34.45				
14.	SILVA Pedro Miguel 50m: 30.42 30.42	94	Colegio Monte Maior	<b>1:04.54</b>	+0,79	639
100m:	1:04.54	34.12				
15.	RAMOS Filipe Carmo 50m: 30.30 30.30	97	Vilacondense	<b>1:04.74</b>	+0,81	633
100m:	1:04.74	34.44				
16.	ALVES Nuno Rafael 50m: 30.91 30.91	90	Aquatico Pacense	<b>1:05.32</b>	+0,83	617
100m:	1:05.32	34.41				
17.	GRENHO Andre Tavares 50m: 31.01 31.01	99	Sporting	<b>1:05.76</b>	+0,76	604
100m:	1:05.76	34.75				
18.	VARGAS Joao Manuel 50m: 31.21 31.21	00	Alges	<b>1:05.84</b>	+0,69	602
100m:	1:05.84	34.63				
19.	MARTINS Bruno Miguel 50m: 31.12 31.12	93	Gesloures	<b>1:06.43</b>	+0,69	586
100m:	1:06.43	35.31				
20.	SOARES Miguel Carlos 50m: 31.02 31.02	92	Naval Povoense	<b>1:06.77</b>	+0,71	577
100m:	1:06.77	35.75				
21.	SILVA Jorge Jesus 50m: 31.81 31.81	00	Braga	<b>1:07.30</b>	+0,83	564
100m:	1:07.30	35.49				
DNS	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria			

Juniores

1.	FRISCHKNECHT Renato Barros 50m: 30.35 30.35	01	Alges	<b>1:05.27</b>	+0,62 Q	618
100m:	1:05.27	34.92				
2.	NUNES Francisco Costa 50m: 30.76 30.76	02	Salvaterra de Magos	<b>1:05.52</b>	+0,74 Q	611
100m:	1:05.52	34.76				
3.	CALDEIRA Goncalo Silveirinha 50m: 31.31 31.31	01	Sporting	<b>1:05.58</b>	+0,77 Q	609
100m:	1:05.58	34.27				
4.	CABRITO Rodrigo Almeida 50m: 31.17 31.17	01	Belenenses	<b>1:05.87</b>	+0,69 Q	601
100m:	1:05.87	34.70				
5.	MARQUES Goncalo Silva 50m: 31.08 31.08	01	Condeixa Clube	<b>1:06.07</b>	+0,69 Q	596
100m:	1:06.07	34.99				
6.	KLIER Afonso Miguel 50m: 31.05 31.05	01	Galitos / Bresimar	<b>1:06.21</b>	+0,69 Q	592
100m:	1:06.21	35.16				
7.	MERUJE Joaquim Agra 50m: 31.23 31.23	01	Elvense	<b>1:06.39</b>	+0,82 Q	587
100m:	1:06.39	35.16				

Prova 3, Masc., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	ARAUJO Sergio Daniel	02	Naval Povoense	<b>1:06.40</b>	+0,71 Q	587
	50m: 31.25 31.25	100m: 1:06.40	35.15			
9.	DUARTE Pedro Domingues	01	Nautico Marinha Grande	<b>1:06.65</b>	+0,81 R	580
	50m: 31.30 31.30	100m: 1:06.65	35.35			
10.	MATEUS Diogo Garcez	02	AONDA-Azeitao	<b>1:08.13</b>	+0,74 R	543
	50m: 31.58 31.58	100m: 1:08.13	36.55			
11.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	<b>1:08.24</b>	+0,69	541
	50m: 32.05 32.05	100m: 1:08.24	36.19			
12.	SANTOS Afonso Amaro	02	Geslours	<b>1:08.68</b>	+0,67	530
	50m: 32.25 32.25	100m: 1:08.68	36.43			
13.	DEUS Andre Portugal	02	Naval do Funchal	<b>1:09.01</b>	+0,73	523
	50m: 32.17 32.17	100m: 1:09.01	36.84			
14.	BRITO Bernardo Geada	02	Uniao Piedense	<b>1:09.37</b>	+0,64	515
	50m: 31.90 31.90	100m: 1:09.37	37.47			
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	<b>1:19.56</b>	+0,75	341
	<i>Rec Nacional S 8</i>					
	50m: 37.52 37.52	100m: 1:19.56	42.04			

Prova 4

Femin., 100m Livres

Absolutos

21-12-2018 - 9:35

Resultados Elimin

RN25 Absoluto	55.43	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	55.43	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun17	56.54	DURAES Diana Margarida	FCP	Porto	07-12-2012
RN25 Jun16	56.72	SOUSA Ana Reis	CNLA	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>56.42</b>	+0,69 Q	706
	50m: 27.35 27.35	100m: 56.42	29.07			
2.	VIEGAS Beatriz Mendes	00	Sporting	<b>57.87</b>	+0,61 Q	654
	50m: 27.86 27.86	100m: 57.87	30.01			
3.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>58.06</b>	+0,78 Q	648
	50m: 27.85 27.85	100m: 58.06	30.21			
4.	BELEZA Mafalda Gomes	94	Sporting	<b>58.61</b>	+0,71 Q	630
	50m: 28.15 28.15	100m: 58.61	30.46			
5.	OLIVEIRA Rosa Maria	96	Porto	<b>58.65</b>	+0,78 Q	628
	50m: 28.91 28.91	100m: 58.65	29.74			
6.	AZEVEDO Madalena Gomes	99	Alges	<b>58.74</b>	+0,75 Q	626
	50m: 28.63 28.63	100m: 58.74	30.11			

Prova 4, Femin., 100m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
7.	FARIA Ana Rita	00	Porto	<b>58.77</b>	+0,73 Q	625
	50m: 28.30 28.30	100m: 58.77 30.47				
8.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>58.90</b>	+0,73 Q	620
	50m: 28.43 28.43	100m: 58.90 30.47				
9.	FERREIRA Catarina Maria	98	Porto	<b>59.32</b>	+0,77 R	607
	50m: 28.49 28.49	100m: 59.32 30.83				
10.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>59.48</b>	+0,82 R	602
	50m: 28.67 28.67	100m: 59.48 30.81				
11.	NEVES Carolina Marques	01	Torres Novas	<b>59.73</b>	+0,79	595
	50m: 28.95 28.95	100m: 59.73 30.78				
12.	NUNES Sofia Alexandra	00	Laranjeiro	<b>1:01.24</b>	+0,81	552
	50m: 29.41 29.41	100m: 1:01.24 31.83				

Juniores

1.	ANDRE Leticia Maia	02	Benfica	<b>57.05</b>	+0,65 Q	683
	50m: 27.51 27.51	100m: 57.05 29.54				
2.	MARTINS Francisca Soares	03	Foca	<b>57.54</b>	+0,73 Q	666
	50m: 28.18 28.18	100m: 57.54 29.36				
3.	SOUSA Ana Reis	02	Alges	<b>58.79</b>	+0,69 Q	624
	50m: 28.18 28.18	100m: 58.79 30.61				
4.	PINA Ana Sofia	02	O Crasto	<b>58.89</b>	+0,76 Q	621
	50m: 28.60 28.60	100m: 58.89 30.29				
5.	PINTO Mafalda Marques	02	Sporting	<b>59.16</b>	+0,71 Q	612
	50m: 28.14 28.14	100m: 59.16 31.02				
6.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>59.17</b>	+0,81 Q	612
	50m: 28.67 28.67	100m: 59.17 30.50				
7.	SOARES Catarina Silva	03	Porto	<b>59.42</b>	+0,73 Q	604
	50m: 28.54 28.54	100m: 59.42 30.88				
8.	FRAZAO Alexandra Couto	02	Condeixa Clube	<b>59.74</b>	+0,74 Q	595
	50m: 29.41 29.41	100m: 59.74 30.33				
9.	GRAVETO Ana Raquel	02	Benfica	<b>59.78</b>	+0,81 R	593
	50m: 29.03 29.03	100m: 59.78 30.75				
10.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>59.79</b>	+0,73 R	593
	50m: 28.90 28.90	100m: 59.79 30.89				
11.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>1:00.02</b>	+0,78	586
	50m: 28.90 28.90	100m: 1:00.02 31.12				
12.	FOMINA Anna	02	Louletano / Loule Concelho	<b>1:00.20</b>	+0,76	581
	50m: 28.95 28.95	100m: 1:00.20 31.25				
13.	MACHADO Joana Sofia	02	Natacao de Valongo	<b>1:00.54</b>	+0,83	571
	50m: 29.25 29.25	100m: 1:00.54 31.29				

Prova 4, Femin., 100m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
14.	PINHEIRO Ines Mariana	03	Academica de Coimbra	<b>1:01.02</b>	+0,71	558
	50m: 29.26 29.26	100m: 1:01.02	31.76			
15.	REBELO Beatriz Vaz	03	Gesloures	<b>1:01.16</b>	+0,78	554
	50m: 29.12 29.12	100m: 1:01.16	32.04			
16.	JESUS Maria Crista	03	Louletano / Loule Concelho	<b>1:01.18</b>	+0,70	554
	50m: 29.37 29.37	100m: 1:01.18	31.81			
17.	SOARES Carolina Silva	03	Natacao de Valongo	<b>1:01.32</b>	+0,85	550
	50m: 29.37 29.37	100m: 1:01.32	31.95			

Prova 5

Masc., 100m Livres

Absolutos

21-12-2018 - 9:45

Resultados Elimin

RN25 Absoluto	47.61	NASCIMENTO Miguel Duarte		Hangzhou (CHN)	11-12-2018
RN25 Sen	47.61	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	48.38	VENANCIO Tiago Andre	CNS	Cantanhede	20-12-2004
RN25 Jun17	49.87	VENANCIO Tiago Andre	CNS	Estoril	14-02-2004
RN S8	1:05.44	LINHARES Ruben Daniel	FVCD	Mealhada	19-02-2017
RN S9	57.35	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018
RN S15	55.10	NEVES Tiago Correia	CFB	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>49.45</b>	+0,67 Q	750
	50m: 23.48 23.48	100m: 49.45	25.97			
2.	DIAS Guilherme Pereira	97	Benfica	<b>50.47</b>	+0,70 Q	705
	50m: 24.38 24.38	100m: 50.47	26.09			
3.	COSTA Tiago Cunha	99	Sporting	<b>50.66</b>	+0,70 Q	698
	50m: 24.64 24.64	100m: 50.66	26.02			
4.	RIBAS Alexandre Lages	97	Ginasio de Vila Real	<b>50.87</b>	+0,75 Q	689
	50m: 24.73 24.73	100m: 50.87	26.14			
5.	SOARES Tiago Silva	99	Porto	<b>51.06</b>	+0,84 Q	681
	50m: 24.78 24.78	100m: 51.06	26.28			
6.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	<b>51.13</b>	+0,70 Q	679
	50m: 24.50 24.50	100m: 51.13	26.63			
	MOGNE Igor Araujo	96	Sporting	<b>51.13</b>	+0,76 Q	679
	50m: 24.63 24.63	100m: 51.13	26.50			
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	<b>51.36</b>	+0,69 Q	669
	50m: 24.62 24.62	100m: 51.36	26.74			

Prova 5, Masc., 100m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
9.	SANTOS Joao Duarte	95	Natacao Olhao	<b>51.37</b>	+0,69 R	669
	50m: 24.87 24.87	100m: 51.37 26.50				
10.	BATE Afonso Ribeiro	98	Alges	<b>51.52</b>	+0,73 R	663
	50m: 24.97 24.97	100m: 51.52 26.55				
11.	FERNANDES Pedro Miguel	99	Famalicao	<b>51.68</b>	+0,75	657
	50m: 24.64 24.64	100m: 51.68 27.04				
12.	SANTOS Dario Almeida	93	Leixoes	<b>51.89</b>	+0,73	649
	50m: 24.94 24.94	100m: 51.89 26.95				
13.	MACHADO Francisco Carvalho	98	Alges	<b>51.92</b>	+0,63	648
	50m: 24.77 24.77	100m: 51.92 27.15				
14.	MORIM Ruben Jose	97	Vilacondense	<b>52.02</b>	+0,74	644
	50m: 25.59 25.59	100m: 52.02 26.43				
15.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>52.39</b>	+0,78	631
	50m: 25.22 25.22	100m: 52.39 27.17				
16.	PADRELA Joao Esteves	99	Belenenses	<b>52.44</b>	+0,63	629
	50m: 25.24 25.24	100m: 52.44 27.20				
17.	FERNANDES Jose Pedro	99	Braga	<b>53.22</b>	+0,85	602
	50m: 25.85 25.85	100m: 53.22 27.37				
18.	WEUSTINK Koen	00	Ginasio de Vila Real	<b>53.50</b>	+0,81	592
	50m: 25.10 25.10	100m: 53.50 28.40				
19.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>53.90</b>	+0,75	579
	50m: 26.03 26.03	100m: 53.90 27.87				
DNS	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria			

Juniores

1.	AIRES Rafael Alcantara	01	Benfica	<b>51.07</b>	+0,73 Q	681
	50m: 24.74 24.74	100m: 51.07 26.33				
2.	LEBRE Diogo Ramos	01	Benfica	<b>52.27</b>	+0,73 Q	635
	50m: 25.27 25.27	100m: 52.27 27.00				
3.	MACHADO Tiago Andrade	02	Sporting de Aveiro	<b>52.42</b>	+0,64 Q	630
	50m: 25.03 25.03	100m: 52.42 27.39				
4.	FERRAO Goncalo Carvalho	01	Cova da Piedade	<b>52.63</b>	+0,71 Q	622
	50m: 25.14 25.14	100m: 52.63 27.49				
5.	SIMOES Bernardo Jorge	02	Torres Novas	<b>52.79</b>	+0,73 Q	616
	50m: 25.72 25.72	100m: 52.79 27.07				

Prova 5, Masc., 100m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
6.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>52.89</b>	+0,77 Q	613
	50m: 25.67 25.67	100m: 52.89 27.22				
	FERNANDES Eduardo Gomes	02	Sporting	<b>52.89</b>	+0,77 Q	613
	50m: 25.55 25.55	100m: 52.89 27.34				
8.	CUNHA Jose Miguel	01	Fundacao Beatriz Santos	<b>54.24</b>	+0,70 Q	568
	50m: 26.20 26.20	100m: 54.24 28.04				
9.	COELHO Nuno Tiago	02	Amigos da Montanha/Becri	<b>54.41</b>	+0,78 R	563
	50m: 26.42 26.42	100m: 54.41 27.99				
10.	BRITO Bernardo Geadá	02	Uniao Piedense	<b>54.60</b>	+0,63 R	557
	50m: 26.24 26.24	100m: 54.60 28.36				
11.	DEUS Andre Portugal	02	Naval do Funchal	<b>55.77</b>	+0,73	523
	50m: 27.21 27.21	100m: 55.77 28.56				
EXH	SILVA Fernando Souza	86	Uniao Piedense	<b>50.01</b>	+0,71	725
	50m: 24.18 24.18	100m: 50.01 25.83				
EXH	NEVES Tiago Correia <i>Rec Nacional S15,</i>	97	Belenenses	<b>54.89</b>	+0,65	548
	50m: 26.69 26.69	100m: 54.89 28.20				
EXH	CRUZ Miguel Duarte	99	Belenenses	<b>56.95</b>	+0,68	491
	50m: 27.30 27.30	100m: 56.95 29.65				
EXH	CAETANO Gino Santos <i>Rec Nacional S 9,</i>	94	Galitos / Bresimar	<b>56.95</b>	+0,87	491
	50m: 27.29 27.29	100m: 56.95 29.66				
EXH	SOARES Ricardo Aderneira	99	Gesloures	<b>1:09.35</b>	+0,82	272
	50m: 33.85 33.85	100m: 1:09.35 35.50				

Prova 6	Femin., 200m Costas					Absolutos
21-12-2018 - 9:55						Resultados Elimin
RN25 Absoluto	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto		08-12-2017
RN25 Sen	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto		08-12-2017
RN25 Jun17	2:12.52	FRISCHKNECHT Rita Barros	SAD	Porto		21-12-2014
RN25 Jun16	2:12.80	CHAVES Petra Quintela	SAD	Algés		31-05-1994

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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### Seniores

1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:12.05</b>	+0,64 Q	736
	50m: 30.93 30.93	100m: 1:04.24 33.31	150m: 1:38.11 33.87	200m: 2:12.05 33.94		
2.	CABRAL Maria Francisca	00	Porto	<b>2:17.24</b>	+0,73 Q	655
	50m: 32.46 32.46	100m: 1:06.62 34.16	150m: 1:41.72 35.10	200m: 2:17.24 35.52		
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>2:18.40</b>	+0,63 Q	639
	50m: 32.42 32.42	100m: 1:07.72 35.30	150m: 1:42.99 35.27	200m: 2:18.40 35.41		
4.	RODRIGUES Filipa Serrano	01	Benfica	<b>2:21.40</b>	+0,61 Q	599
	50m: 33.38 33.38	100m: 1:08.72 35.34	150m: 1:44.96 36.24	200m: 2:21.40 36.44		
5.	FREIXO Juliana Lima	97	Braga	<b>2:23.17</b>	+0,64 Q	577
	50m: 32.88 32.88	100m: 1:08.92 36.04	150m: 1:46.35 37.43	200m: 2:23.17 36.82		
6.	RODRIGUES Luana Correia	01	Belenenses	<b>2:23.30</b>	+0,60 Q	575
	50m: 34.05 34.05	100m: 1:09.87 35.82	150m: 1:46.66 36.79	200m: 2:23.30 36.64		
7.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>2:23.35</b>	+0,72 Q	575
	50m: 33.97 33.97	100m: 1:10.39 36.42	150m: 1:47.10 36.71	200m: 2:23.35 36.25		
8.	COSTA Ana Filipa	98	Natacao de Beja	<b>2:23.96</b>	+1,48 Q	568
	50m: 33.65 33.65	100m: 1:10.09 36.44	150m: 1:47.17 37.08	200m: 2:23.96 36.79		
9.	MARTINS Maria Esteves	01	Galitos / Bresimar	<b>2:24.17</b>	+0,65 R	565
	50m: 33.17 33.17	100m: 1:09.26 36.09	150m: 1:46.32 37.06	200m: 2:24.17 37.85		
10.	FERREIRA Ana Raquel	98	Benfica	<b>2:27.57</b>	+0,66 R	527
	50m: 32.88 32.88	100m: 1:09.42 36.54	150m: 1:48.19 38.77	200m: 2:27.57 39.38		

### Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>2:13.50</b>	+0,61 Q	712
	50m: 31.22 31.22	100m: 1:05.02 33.80	150m: 1:39.69 34.67	200m: 2:13.50 33.81		
2.	AZEVEDO Rafaela Gomes	02	Alges	<b>2:17.47</b>	+0,72 Q	652
	50m: 31.23 31.23	100m: 1:06.12 34.89	150m: 1:41.37 35.25	200m: 2:17.47 36.10		
3.	MARTINS Joana Ribeiro	03	Benfica	<b>2:19.52</b>	+0,67 Q	624
	50m: 32.39 32.39	100m: 1:07.45 35.06	150m: 1:43.15 35.70	200m: 2:19.52 36.37		
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:20.57</b>	+0,67 Q	610
	50m: 33.26 33.26	100m: 1:08.84 35.58	150m: 1:45.00 36.16	200m: 2:20.57 35.57		
5.	RAMOS Ana Rita	02	Porto	<b>2:20.68</b>	+0,69 Q	608
	50m: 32.57 32.57	100m: 1:07.86 35.29	150m: 1:44.11 36.25	200m: 2:20.68 36.57		
6.	CRUZ Sara Moura	03	Alges	<b>2:21.41</b>	+0,59 Q	599
	50m: 32.93 32.93	100m: 1:08.50 35.57	150m: 1:44.61 36.11	200m: 2:21.41 36.80		

Prova 6, Femin., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
7.	PEIXEIRA Filipa Ramos	03	Sporting	<b>2:23.19</b>	+0,76 Q	577	
	50m: 32.37 32.37	100m: 1:08.40	36.03	150m: 1:45.52	37.12	200m: 2:23.19	37.67
8.	LASCU Nicoleta	02	Litoral Alentejano	<b>2:23.35</b>	+0,66 Q	575	
	50m: 34.19 34.19	100m: 1:10.56	36.37	150m: 1:47.47	36.91	200m: 2:23.35	35.88
9.	RAMOS Ines Asseiceira	03	Torres Novas	<b>2:25.07</b>	+0,62 R	555	
	50m: 33.65 33.65	100m: 1:09.77	36.12	150m: 1:46.99	37.22	200m: 2:25.07	38.08
10.	CARVALHO Maria Joao	02	Portinado	<b>2:25.12</b>	+1,36 R	554	
	50m: 33.16 33.16	100m: 1:09.48	36.32	150m: 1:46.90	37.42	200m: 2:25.12	38.22
11.	MARQUES Mariana Nunes	03	Estarreja	<b>2:26.54</b>	+0,81	538	
	50m: 33.06 33.06	100m: 1:10.14	37.08	150m: 1:48.25	38.11	200m: 2:26.54	38.29
12.	SOARES Carolina Silva	03	Natacao de Valongo	<b>2:27.89</b>	+0,74	524	
	50m: 34.33 34.33	100m: 1:11.69	37.36	150m: 1:50.25	38.56	200m: 2:27.89	37.64
13.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>2:28.15</b>	+0,60	521	
	50m: 34.28 34.28	100m: 1:11.67	37.39	150m: 1:50.31	38.64	200m: 2:28.15	37.84
14.	LOURENCO Alice Carmo	02	Viana Natacao	<b>2:28.27</b>	+0,64	519	
	50m: 34.45 34.45	100m: 1:11.34	36.89	150m: 1:49.75	38.41	200m: 2:28.27	38.52
15.	MENDES Lea Alexandra	03	Gualdim Pais	<b>2:28.32</b>	+0,60	519	
	50m: 33.99 33.99	100m: 1:11.39	37.40	150m: 1:50.11	38.72	200m: 2:28.32	38.21
16.	ALMEIDA Catarina Isabel	02	Vitoria Guimaraes	<b>2:28.97</b>	+0,68	512	
	50m: 33.44 33.44	100m: 1:11.29	37.85	150m: 1:50.36	39.07	200m: 2:28.97	38.61
17.	CUNHA Mafalda Pacheco	02	Fluvial Portuense	<b>2:29.09</b>	+0,59	511	
	50m: 33.40 33.40	100m: 1:11.17	37.77	150m: 1:49.96	38.79	200m: 2:29.09	39.13
18.	SOARES Ana Margarida	03	Naval Setubalense	<b>2:29.75</b>	+0,69	504	
	50m: 34.55 34.55	100m: 1:12.48	37.93	150m: 1:51.08	38.60	200m: 2:29.75	38.67
19.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:30.39</b>	+0,92	498	
	50m: 34.61 34.61	100m: 1:12.07	37.46	150m: 1:51.67	39.60	200m: 2:30.39	38.72

Prova 7  
21-12-2018 - 10:10

Masc., 200m Costas

Absolutos  
Resultados Elimin

RN25 Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
RN25 Sen	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (FRA)	16-12-2018
RN25 Jun18	1:58.37	NIZ Adriano Miguel	CFV	Figueira da Foz	03-07-2004
RN25 Jun17	1:59.34	NIZ Adriano Miguel	CFV	Alges	16-05-2003

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	VITAL Joao Alexandre	98	Sporting	<b>2:00.84</b>	+0,62 Q	667
	50m: 27.94 27.94	100m: 58.12 30.18	150m: 1:29.59	31.47	200m: 2:00.84	31.25
2.	ROSA Rodrigo Antonio	96	Benfica	<b>2:02.94</b>	+0,58 Q	634
	50m: 28.08 28.08	100m: 58.26 30.18	150m: 1:30.11	31.85	200m: 2:02.94	32.83
3.	KOT Viktor	98	Nautico Marinha Grande	<b>2:03.06</b>	+0,55 Q	632
	50m: 28.59 28.59	100m: 1:00.17 31.58	150m: 1:32.11	31.94	200m: 2:03.06	30.95
4.	SANTOS Francisco Rogerio	98	Sporting	<b>2:03.11</b>	+0,72 Q	631
	50m: 28.26 28.26	100m: 59.95 31.69	150m: 1:32.22	32.27	200m: 2:03.11	30.89
5.	CORREIA Joao Mota	97	Benfica	<b>2:03.21</b>	+0,74 Q	630
	50m: 28.61 28.61	100m: 59.58 30.97	150m: 1:31.23	31.65	200m: 2:03.21	31.98
6.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	<b>2:03.60</b>	+0,59 Q	624
	50m: 28.46 28.46	100m: 1:00.12 31.66	150m: 1:32.35	32.23	200m: 2:03.60	31.25
7.	TINOCO Joao Pereira	00	Famalicao	<b>2:03.77</b>	+0,64 Q	621
	50m: 29.10 29.10	100m: 1:00.02 30.92	150m: 1:31.96	31.94	200m: 2:03.77	31.81
8.	BATE Miguel Ribeiro	99	Alges	<b>2:04.58</b>	+1,28 Q	609
	50m: 28.42 28.42	100m: 1:00.46 32.04	150m: 1:32.86	32.40	200m: 2:04.58	31.72
9.	NUNES Porfirio Braga	00	Porto	<b>2:05.24</b>	+0,55 R	599
	50m: 29.64 29.64	100m: 1:02.23 32.59	150m: 1:33.90	31.67	200m: 2:05.24	31.34
10.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>2:05.38</b>	+0,67 R	597
	50m: 29.72 29.72	100m: 1:01.76 32.04	150m: 1:33.72	31.96	200m: 2:05.38	31.66
11.	ZINCA Andrei Iulian	00	Gafanha da Encarnacao	<b>2:07.93</b>	+0,63	562
	50m: 29.83 29.83	100m: 1:01.59 31.76	150m: 1:34.52	32.93	200m: 2:07.93	33.41
12.	ALMEIDA Carlos Afonso	98	Alges	<b>2:09.16</b>	+0,63	546
	50m: 29.12 29.12	100m: 1:01.00 31.88	150m: 1:34.48	33.48	200m: 2:09.16	34.68
13.	PASSOS Miguel Angelo	96	Desportiva de Viana	<b>2:09.49</b>	+0,69	542
	50m: 29.53 29.53	100m: 1:01.70 32.17	150m: 1:35.52	33.82	200m: 2:09.49	33.97
14.	JAENES Daniel Sanchez	97	Louletano / Loule Concelho	<b>2:10.72</b>	+1,24	527
	50m: 30.26 30.26	100m: 1:03.26 33.00	150m: 1:36.84	33.58	200m: 2:10.72	33.88
15.	TOMAS Francisco Xavier	00	Alcobaca	<b>2:11.04</b>	+0,64	523
	50m: 30.65 30.65	100m: 1:03.74 33.09	150m: 1:37.59	33.85	200m: 2:11.04	33.45

Prova 7, Masc., 200m Costas, Elimin

Juniores

1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>2:00.36</b>	+0,62	Q	675
	50m: 28.07 28.07	100m: 58.77 30.70	150m: 1:29.80	31.03	200m: 2:00.36	30.56	
2.	ALFAMA Martim Primavera	02	Gesloures	<b>2:05.55</b>	+0,76	Q	595
	50m: 29.36 29.36	100m: 1:01.48 32.12	150m: 1:33.84	32.36	200m: 2:05.55	31.71	
3.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:06.36</b>	+0,57	Q	584
	50m: 29.21 29.21	100m: 1:00.76 31.55	150m: 1:33.43	32.67	200m: 2:06.36	32.93	
4.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	<b>2:07.33</b>	+0,65	Q	570
	50m: 28.80 28.80	100m: 1:00.74 31.94	150m: 1:33.82	33.08	200m: 2:07.33	33.51	
5.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>2:07.84</b>	+0,60	Q	564
	50m: 28.80 28.80	100m: 1:00.49 31.69	150m: 1:33.26	32.77	200m: 2:07.84	34.58	
6.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>2:08.64</b>	+0,61	Q	553
	50m: 30.41 30.41	100m: 1:03.29 32.88	150m: 1:36.47	33.18	200m: 2:08.64	32.17	
7.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>2:08.70</b>	+0,66	Q	552
	50m: 29.63 29.63	100m: 1:01.87 32.24	150m: 1:35.08	33.21	200m: 2:08.70	33.62	
8.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>2:09.52</b>	+0,73	?	542
	50m: 30.65 30.65	100m: 1:03.35 32.70	150m: 1:36.67	33.32	200m: 2:09.52	32.85	
	CUNHA Afonso Passos	01	Famalicao	<b>2:09.52</b>	+0,66	?	542
	50m: 29.94 29.94	100m: 1:03.35 33.41	150m: 1:37.07	33.72	200m: 2:09.52	32.45	
10.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	<b>2:10.33</b>	+0,65	R	532
	50m: 29.62 29.62	100m: 1:02.56 32.94	150m: 1:36.03	33.47	200m: 2:10.33	34.30	
11.	SOUSA Nuno Alexandre	02	Clube de Vouzela	<b>2:10.97</b>	+0,61		524
	50m: 29.96 29.96	100m: 1:02.71 32.75	150m: 1:36.99	34.28	200m: 2:10.97	33.98	
12.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>2:10.99</b>	+0,68		524
	50m: 29.62 29.62	100m: 1:03.12 33.50	150m: 1:37.50	34.38	200m: 2:10.99	33.49	
13.	RIBEIRO Luis Manuel	02	Porto	<b>2:11.33</b>	+0,83		520
	50m: 30.97 30.97	100m: 1:04.10 33.13	150m: 1:38.02	33.92	200m: 2:11.33	33.31	
14.	GONCALVES Rodrigo Oliveira	02	Porto	<b>2:12.11</b>	+0,61		511
	50m: 30.31 30.31	100m: 1:02.97 32.66	150m: 1:37.44	34.47	200m: 2:12.11	34.67	
15.	MAGALHAES Hugo Nunes	02	Alges	<b>2:12.38</b>	+0,63		508
	50m: 30.34 30.34	100m: 1:03.40 33.06	150m: 1:37.41	34.01	200m: 2:12.38	34.97	
16.	PITA Diogo Henrique	02	Naval do Funchal	<b>2:12.60</b>	+0,56		505
	50m: 30.99 30.99	100m: 1:04.64 33.65	150m: 1:39.04	34.40	200m: 2:12.60	33.56	
17.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	<b>2:12.96</b>	+0,72		501
	50m: 29.95 29.95	100m: 1:03.12 33.17	150m: 1:37.75	34.63	200m: 2:12.96	35.21	

Prova 8  
21-12-2018 - 10:30

Femin., 50m Mariposa

Absolutos  
Resultados Elimin

RN25 Absoluto	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Sen	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Jun17	27.32	CRUZ Sara Francisco	ADBA	Leiria	06-12-2009
RN25 Jun16	27.57	TIAGO Filipa Vilas	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>27.30</b>	+0,64 Q	712
2.	FERNANDES Ines Camacho	97	Sporting	<b>27.72</b>	+0,71 Q	680
3.	TIAGO Filipa Vilas	94	Benfica	<b>28.05</b>	+0,70 Q	656
4.	MONTEIRO Ana Catarina	93	Vilacondense	<b>28.17</b>	+0,71 Q	648
5.	VIEGAS Beatriz Mendes	00	Sporting	<b>28.53</b>	+0,59 Q	624
6.	CASTRO Adriana Daniela	97	Leixoes	<b>28.76</b>	+0,66 Q	609
7.	HENRIQUES Ines Jacinto	00	Sporting	<b>28.77</b>	+0,75 Q	608
8.	MARTINS Ana Beatriz	99	Famalicao	<b>28.88</b>	+0,76 Q	601
9.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>28.92</b>	+0,80 R	599
10.	ROLAO Sofia Alexandra	98	Benfica	<b>29.21</b>	+0,75 R	581
11.	BARATA Barbara Sofia	97	Alges	<b>29.24</b>	+0,71	579
12.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	<b>29.55</b>	+0,75	561
13.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>29.59</b>	+0,80	559
14.	GOMES Susana Clara	77	Naval do Funchal	<b>29.72</b>	+0,71	552
15.	NEVES Ana Carolina	00	Academica de Coimbra	<b>29.90</b>	+0,75	542
16.	NOBREGA Ana Sofia	90	Ginasio de Vila Real	<b>29.95</b>	+0,78	539
17.	PINTO Sofia Gales	01	Colegio SMLamas	<b>29.97</b>	+0,85	538
18.	MENDES Mariana Sebastiao	01	Portinado	<b>29.98</b>	+0,71	537
19.	SILVA Maria Madalena	98	Braga	<b>30.16</b>	+0,72	528
20.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	<b>30.22</b>	+0,69	525

Juniores

1.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>28.71</b>	+0,81 Q	612
2.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>28.81</b>	+0,72 Q	605
3.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>28.86</b>	+0,67 Q	602
4.	SOARES Catarina Silva	03	Porto	<b>28.87</b>	+0,70 Q	602
5.	GRAVETO Ana Raquel	02	Benfica	<b>28.92</b>	+0,79 Q	599
6.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>29.19</b>	+0,79 Q	582
7.	ANDRE Leticia Maia	02	Benfica	<b>29.21</b>	+0,68 Q	581
8.	PEIXEIRA Filipa Ramos	03	Sporting	<b>29.41</b>	+0,91 Q	569
9.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>29.45</b>	+0,79 R	567
10.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>29.59</b>	+0,94 R	559
11.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>29.62</b>	+0,75	557
12.	BARBOSA Mariana Fernandes	02	Porto	<b>29.77</b>	+0,72	549
13.	AMANTES Beatriz Quintao	03	Uniao Piedense	<b>29.91</b>	+0,78	541
14.	MACHADO Carolina Alexandra	03	Natacao de Beja	<b>30.11</b>	+0,74	530
15.	PINTO Mafalda Marques	02	Sporting	<b>30.13</b>	+0,71	529
16.	CORREIA Rute Ferreira	03	Clube de Vouzela	<b>30.22</b>	+0,89	525

Prova 8, Femin., 50m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
17.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	<b>30.30</b>	+0,90	520
18.	CARVALHO Maria Joao	02	Portinado	<b>30.34</b>	+0,72	518
19.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	<b>30.37</b>	+0,73	517
20.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	<b>30.45</b>	+0,72	513
21.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>30.82</b>	+0,85	494
22.	DOMINGUES Matilde Mota	03	Colegio SMLamas	<b>30.84</b>	+0,72	494
23.	RIBEIRO Nina Pinto	02	Foca	<b>30.90</b>	+0,76	491
24.	TOME Madalena Rodrigues	03	Bombeiros Estoris	<b>31.22</b>	+0,77	476
25.	CAZEIRO Filipa Inacio	02	AONDA-Azeitao	<b>31.25</b>	+0,72	474
26.	PAULO Maria Oliveira	02	Desportivo de Sesimbra	<b>31.35</b>	+0,83	470
DNS	BELO Rita Afonso	02	Benedita			

Prova 9

Masc., 50m Mariposa

Absolutos

21-12-2018 - 10:40

Resultados Elimin

RN25 Absoluto	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Sen	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Jun18	24.68	ASCENSAO Joao Miguel	FCP	Porto	21-12-2014
RN25 Jun17	25.29	WEUSTINK Koen	GCVR	Mirandela	19-03-2017
RN S15	26.84	NEVES Tiago Correia	CFB	Algés	19-11-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	PEREIRA Luiz Pedro	91	Benfica	<b>24.12</b>	+0,70 Q	738
2.	SANTOS Alexis Manacas	92	Sporting	<b>24.62</b>	+0,67 Q	694
3.	MOGNE Igor Araujo	96	Sporting	<b>24.77</b>	+0,74 Q	681
4.	SANTOS Pedro Andre	94	Alges	<b>24.79</b>	+0,76 Q	680
5.	LINO Rafael	99	Porto	<b>24.88</b>	+0,66 Q	672
6.	FERNANDES Pedro Miguel	99	Famalicao	<b>25.14</b>	+0,74 Q	652
7.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	<b>25.23</b>	+0,67 Q	645
8.	CARVALHO Andre Antunes	96	Sporting	<b>25.25</b>	+0,70 Q	643
9.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>25.41</b>	+0,73 R	631
10.	DIAS Guilherme Pereira	97	Benfica	<b>25.44</b>	+0,80 R	629
11.	ALBUQUERQUE Rodrigo Carlos	97	Braga	<b>25.68</b>	+0,69	611
12.	GRACA Nuno Miguel	98	Desportiva de Viana	<b>25.72</b>	+0,74	608
13.	LOPES David Granja	90	AONDA-Azeitao	<b>25.75</b>	+0,68	606

Prova 9, Masc., 50m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
14.	MARQUES Miguel Henriques	00	Benfica	<b>25.86</b>	+0,74	599
15.	WEUSTINK Koen	00	Ginasio de Vila Real	<b>25.90</b>	+0,80	596
16.	FERNANDES Joao Vitor	00	Escola O Liceu	<b>26.06</b>	+0,71	585
17.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	<b>26.18</b>	+0,73	577
18.	MARQUES Miguel Freitas	96	Escola O Liceu	<b>26.24</b>	+0,65	573

Juniores

1.	SOUSA Joao Ribeiro	01	Porto	<b>25.40</b>	+0,66 Q	632
2.	LOPES Tomas Teixeira	02	Foca	<b>25.93</b>	+0,66 Q	594
3.	GOMES Vicente Oliveira	02	Sporting	<b>26.03</b>	+0,78 Q	587
4.	PELAIO Jose Pedro	01	Galitos / Bresimar	<b>26.04</b>	+0,66 Q	586
5.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>26.13</b>	+0,79 Q	580
	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>26.13</b>	+0,70 Q	580
7.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>26.15</b>	+0,70 Q	579
8.	FERREIRA Ricardo Pinela	01	Benfica	<b>26.21</b>	+0,68 Q	575
9.	AGUIAR Gabriel Silva	01	Porto	<b>26.27</b>	+0,61 R	571
10.	LOPES Carlos Filipe	01	Uniao Piedense	<b>26.28</b>	+0,72 R	570
11.	FREIRE Carlos Marques	01	Belenenses	<b>26.76</b>	+0,72	540
12.	CUNHA Jose Miguel	01	Fundacao Beatriz Santos	<b>26.92</b>	+0,70	531
EXH	SILVA Glauber	86	Foca	<b>23.48</b>	+0,71	800
EXH	NEVES Tiago Correia <i>Rec Nacional S15,</i>	97	Belenenses	<b>26.42</b>	+0,62	561
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	<b>30.97</b>	+0,76	348

Prova 10  
21-12-2018 - 10:50

Femin., 400m Estilos

Absolutos  
Resultados

RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras	15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	<b>4:39.19</b>	+0,73	797
	50m: 30.35 30.35	150m: 1:40.24 36.07	250m: 2:56.23 40.15	350m: 4:08.12 31.96		
	100m: 1:04.17 33.82	200m: 2:16.08 35.84	300m: 3:36.16 39.93	400m: 4:39.19 31.07		
2.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:42.89</b>	+0,73	766
	50m: 29.31 29.31	150m: 1:38.52 37.23	250m: 2:56.12 41.09	350m: 4:10.33 33.43		
	100m: 1:01.29 31.98	200m: 2:15.03 36.51	300m: 3:36.90 40.78	400m: 4:42.89 32.56		
3.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:47.16</b>	+0,75	733
	50m: 29.86 29.86	150m: 1:39.75 36.52	250m: 2:58.60 42.64	350m: 4:14.53 33.22		
	100m: 1:03.23 33.37	200m: 2:15.96 36.21	300m: 3:41.31 42.71	400m: 4:47.16 32.63		
4.	MACHADO Luisa Maria	01	Uniao Piedense	<b>4:51.34</b>	+0,91	702
	50m: 30.83 30.83	150m: 1:44.71 38.31	250m: 3:02.25 39.81	350m: 4:17.92 34.44		
	100m: 1:06.40 35.57	200m: 2:22.44 37.73	300m: 3:43.48 41.23	400m: 4:51.34 33.42		
5.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:55.76</b>	+0,73	671
	50m: 31.30 31.30	150m: 1:46.83 40.13	250m: 3:06.46 40.78	350m: 4:21.51 34.08		
	100m: 1:06.70 35.40	200m: 2:25.68 38.85	300m: 3:47.43 40.97	400m: 4:55.76 34.25		
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>4:58.95</b>	+0,86	649
	50m: 30.72 30.72	150m: 1:45.02 39.60	250m: 3:06.18 43.11	350m: 4:24.87 35.19		
	100m: 1:05.42 34.70	200m: 2:23.07 38.05	300m: 3:49.68 43.50	400m: 4:58.95 34.08		
7.	RIBEIRO Margarida Messias	98	Gesloures	<b>5:06.33</b>	+0,75	603
	50m: 33.77 33.77	150m: 1:51.90 40.00	250m: 3:13.84 42.97	350m: 4:33.08 35.39		
	100m: 1:11.90 38.13	200m: 2:30.87 38.97	300m: 3:57.69 43.85	400m: 5:06.33 33.25		
8.	BERNARDO Ines Silva	00	Benfica	<b>5:07.56</b>	+0,78	596
	50m: 32.28 32.28	150m: 1:49.57 40.47	250m: 3:12.90 43.46	350m: 4:32.31 35.87		
	100m: 1:09.10 36.82	200m: 2:29.44 39.87	300m: 3:56.44 43.54	400m: 5:07.56 35.25		

Juniores

1.	PINA Ana Sofia	02	O Crasto	<b>4:49.99</b>	+0,75	711
	50m: 30.50 30.50	150m: 1:43.07 37.56	250m: 3:01.10 41.31	350m: 4:17.34 33.79		
	100m: 1:05.51 35.01	200m: 2:19.79 36.72	300m: 3:43.55 42.45	400m: 4:49.99 32.65		
2.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:50.46</b>	+0,85	708
	50m: 31.14 31.14	150m: 1:45.07 38.90	250m: 3:02.96 41.20	350m: 4:18.59 33.71		
	100m: 1:06.17 35.03	200m: 2:21.76 36.69	300m: 3:44.88 41.92	400m: 4:50.46 31.87		
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>4:51.74</b>	+0,82	699
	50m: 30.87 30.87	150m: 1:44.89 38.39	250m: 3:04.28 41.52	350m: 4:19.48 33.45		
	100m: 1:06.50 35.63	200m: 2:22.76 37.87	300m: 3:46.03 41.75	400m: 4:51.74 32.26		
4.	SOUSA Ana Reis	02	Alges	<b>4:53.29</b>	+0,76	688
	50m: 31.61 31.61	150m: 1:45.86 38.17	250m: 3:04.33 41.75	350m: 4:20.41 32.89		
	100m: 1:07.69 36.08	200m: 2:22.58 36.72	300m: 3:47.52 43.19	400m: 4:53.29 32.88		

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
5.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>4:54.82</b>	+0,79	677
	50m: 31.68 31.68	150m: 1:46.05 38.41	250m: 3:05.04 41.45	350m: 4:21.73 34.51		
	100m: 1:07.64 35.96	200m: 2:23.59 37.54	300m: 3:47.22 42.18	400m: 4:54.82 33.09		
6.	MARTINS Joana Ribeiro	03	Benfica	<b>5:04.72</b>	+0,87	613
	50m: 32.13 32.13	150m: 1:47.35 38.45	250m: 3:10.82 45.51	350m: 4:31.02 35.02		
	100m: 1:08.90 36.77	200m: 2:25.31 37.96	300m: 3:56.00 45.18	400m: 5:04.72 33.70		
7.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>5:06.78</b>	+0,74	601
	50m: 32.69 32.69	150m: 1:48.82 39.53	250m: 3:12.47 44.07	350m: 4:32.02 35.78		
	100m: 1:09.29 36.60	200m: 2:28.40 39.58	300m: 3:56.24 43.77	400m: 5:06.78 34.76		
8.	SILVA Natacha Sofia	02	Benfica	<b>5:09.34</b>	+0,82	586
	50m: 32.80 32.80	150m: 1:51.30 40.72	250m: 3:13.90 42.14	350m: 4:34.05 36.33		
	100m: 1:10.58 37.78	200m: 2:31.76 40.46	300m: 3:57.72 43.82	400m: 5:09.34 35.29		
9.	AMORIM Maria Leonor	03	Porto	<b>5:09.54</b>	+0,74	585
	50m: 31.88 31.88	150m: 1:50.07 39.74	250m: 3:13.26 44.46	350m: 4:35.14 36.31		
	100m: 1:10.33 38.45	200m: 2:28.80 38.73	300m: 3:58.83 45.57	400m: 5:09.54 34.40		
10.	NEVES Sara Dias	03	Miranda do Corvo	<b>5:09.95</b>	+0,85	583
	50m: 33.40 33.40	150m: 1:50.77 39.13	250m: 3:13.96 43.66	350m: 4:34.66 36.30		
	100m: 1:11.64 38.24	200m: 2:30.30 39.53	300m: 3:58.36 44.40	400m: 5:09.95 35.29		
11.	FIAL Sofia Nunes	03	Estamos Juntos	<b>5:10.35</b>	+0,83	580
	50m: 33.64 33.64	150m: 1:53.57 40.54	250m: 3:16.02 42.32	350m: 4:35.70 35.71		
	100m: 1:13.03 39.39	200m: 2:33.70 40.13	300m: 3:59.99 43.97	400m: 5:10.35 34.65		
12.	CASTRO Maria Freitas	03	Fafe	<b>5:13.50</b>	+0,76	563
	50m: 34.40 34.40	150m: 1:54.69 41.40	250m: 3:18.80 43.60	350m: 4:38.83 36.36		
	100m: 1:13.29 38.89	200m: 2:35.20 40.51	300m: 4:02.47 43.67	400m: 5:13.50 34.67		
13.	SILVA Eduarda Reis	03	Famalicao	<b>5:16.10</b>	+0,74	549
	50m: 32.17 32.17	150m: 1:50.09 41.52	250m: 3:17.11 46.03	350m: 4:40.80 37.01		
	100m: 1:08.57 36.40	200m: 2:31.08 40.99	300m: 4:03.79 46.68	400m: 5:16.10 35.30		
14.	MARQUES Mariana Nunes	03	Estarreja	<b>5:16.80</b>	+0,75	546
	50m: 33.25 33.25	150m: 1:52.29 39.95	250m: 3:17.40 46.22	350m: 4:42.49 37.86		
	100m: 1:12.34 39.09	200m: 2:31.18 38.89	300m: 4:04.63 47.23	400m: 5:16.80 34.31		
15.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>5:18.11</b>	+0,64	539
	50m: 32.86 32.86	150m: 1:51.74 41.47	250m: 3:17.30 44.00	350m: 4:40.79 38.34		
	100m: 1:10.27 37.41	200m: 2:33.30 41.56	300m: 4:02.45 45.15	400m: 5:18.11 37.32		
16.	SOUSA Ines Matos	03	Uniao Coimbra	<b>5:23.24</b>	+0,84	514
	50m: 34.18 34.18	150m: 1:54.21 41.43	250m: 3:23.14 47.54	350m: 4:47.21 36.19		
	100m: 1:12.78 38.60	200m: 2:35.60 41.39	300m: 4:11.02 47.88	400m: 5:23.24 36.03		
17.	LIMA Jessica Soares	02	Braga	<b>5:23.32</b>	+0,88	513
	50m: 33.42 33.42	150m: 1:54.01 41.62	250m: 3:21.37 46.13	350m: 4:46.14 37.24		
	100m: 1:12.39 38.97	200m: 2:35.24 41.23	300m: 4:08.90 47.53	400m: 5:23.32 37.18		
DNS	QUEIROZ Ana Rita	02	Condeixa Clube			

Prova 11  
21-12-2018 - 11:10

Masc., 400m Estilos

Absolutos  
Resultados

RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11-12-2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19-12-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	LOPES Gabriel Jose <i>Minimos CEuropa PC</i>	97	Louzan Natacao/EFAPEL	<b>4:08.36</b>	+0,69	852
	50m: 27.33 27.33	150m: 1:30.30 31.86	250m: 2:35.78 34.08	350m: 3:39.64 29.32		
	100m: 58.44 31.11	200m: 2:01.70 31.40	300m: 3:10.32 34.54	400m: 4:08.36 28.72		
2.	LOPES Jose Paulo <i>Minimos CEuropa PC</i>	00	Braga	<b>4:10.46</b>	+0,62	831
	50m: 27.26 27.26	150m: 1:30.74 32.30	250m: 2:37.17 34.54	350m: 3:42.07 29.75		
	100m: 58.44 31.18	200m: 2:02.63 31.89	300m: 3:12.32 35.15	400m: 4:10.46 28.39		
3.	VELOSO Tomas Miguel <i>Minimos CEuropa PC</i>	96	Nautico Academico	<b>4:13.04</b>	+0,68	806
	50m: 27.53 27.53	150m: 1:31.90 33.33	250m: 2:39.02 34.10	350m: 3:44.31 30.64		
	100m: 58.57 31.04	200m: 2:04.92 33.02	300m: 3:13.67 34.65	400m: 4:13.04 28.73		
4.	RAMOS Bruno Miguel	97	Belenenses	<b>4:14.92</b>	+0,66	788
	50m: 26.99 26.99	150m: 1:30.18 32.07	250m: 2:37.76 35.66	350m: 3:45.23 30.54		
	100m: 58.11 31.12	200m: 2:02.10 31.92	300m: 3:14.69 36.93	400m: 4:14.92 29.69		
5.	CARVALHO Jose Paula	98	Benfica	<b>4:18.69</b>	+0,70	754
	50m: 27.79 27.79	150m: 1:32.24 33.62	250m: 2:41.74 36.62	350m: 3:49.68 30.35		
	100m: 58.62 30.83	200m: 2:05.12 32.88	300m: 3:19.33 37.59	400m: 4:18.69 29.01		
6.	PINOTES Pedro Miguel	89	Sporting	<b>4:23.94</b>	+0,78	710
	50m: 28.01 28.01	150m: 1:35.07 34.90	250m: 2:45.53 35.92	350m: 3:53.80 32.09		
	100m: 1:00.17 32.16	200m: 2:09.61 34.54	300m: 3:21.71 36.18	400m: 4:23.94 30.14		
7.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:24.53</b>	+0,72	705
	50m: 28.30 28.30	150m: 1:35.30 34.64	250m: 2:45.73 36.28	350m: 3:54.00 30.64		
	100m: 1:00.66 32.36	200m: 2:09.45 34.15	300m: 3:23.36 37.63	400m: 4:24.53 30.53		
8.	DANTAS Diogo Leal	00	Sporting	<b>4:25.61</b>	+0,65	697
	50m: 27.40 27.40	150m: 1:32.69 34.17	250m: 2:44.03 37.29	350m: 3:54.54 32.11		
	100m: 58.52 31.12	200m: 2:06.74 34.05	300m: 3:22.43 38.40	400m: 4:25.61 31.07		
9.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>4:30.20</b>	+0,75	662
	50m: 27.83 27.83	150m: 1:34.61 34.62	250m: 2:48.09 38.93	350m: 3:59.29 31.26		
	100m: 59.99 32.16	200m: 2:09.16 34.55	300m: 3:28.03 39.94	400m: 4:30.20 30.91		
10.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>4:30.28</b>	+0,72	661
	50m: 28.29 28.29	150m: 1:33.93 34.15	250m: 2:46.76 38.89	350m: 3:57.69 32.30		
	100m: 59.78 31.49	200m: 2:07.87 33.94	300m: 3:25.39 38.63	400m: 4:30.28 32.59		
11.	CATALAO Daniel Nogueira	00	Benfica	<b>4:31.33</b>	+0,61	653
	50m: 28.05 28.05	150m: 1:35.35 34.66	250m: 2:47.42 37.18	350m: 3:58.75 32.99		
	100m: 1:00.69 32.64	200m: 2:10.24 34.89	300m: 3:25.76 38.34	400m: 4:31.33 32.58		

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
12.	PINTO Antonio Fernando	99	Benfica	<b>4:33.15</b>	+0,77	640
	50m: 27.63 27.63	150m: 1:34.97 35.73	250m: 2:47.89 38.11	350m: 4:01.22 33.40		
	100m: 59.24 31.61	200m: 2:09.78 34.81	300m: 3:27.82 39.93	400m: 4:33.15 31.93		
13.	GASPAR Miguel Caridade	99	Academica de Coimbra	<b>4:34.02</b>	+0,81	634
	50m: 30.31 30.31	150m: 1:40.61 35.74	250m: 2:52.76 37.03	350m: 4:02.95 32.75		
	100m: 1:04.87 34.56	200m: 2:15.73 35.12	300m: 3:30.20 37.44	400m: 4:34.02 31.07		
14.	NUNES Rafael Filipe	96	Benfica	<b>4:37.41</b>	+0,68	611
	50m: 29.28 29.28	150m: 1:38.57 36.44	250m: 2:53.66 39.08	350m: 4:06.40 33.33		
	100m: 1:02.13 32.85	200m: 2:14.58 36.01	300m: 3:33.07 39.41	400m: 4:37.41 31.01		
15.	PERLOIRO Bernardo Garcia	00	Sporting	<b>4:40.60</b>	+0,76	591
	50m: 29.66 29.66	150m: 1:38.74 35.29	250m: 2:54.16 39.17	350m: 4:08.02 33.18		
	100m: 1:03.45 33.79	200m: 2:14.99 36.25	300m: 3:34.84 40.68	400m: 4:40.60 32.58		
16.	JOAQUIM Andre Serro	00	Portinado	<b>4:40.79</b>	+0,74	589
	50m: 29.13 29.13	150m: 1:38.84 35.97	250m: 2:56.06 40.94	350m: 4:09.61 31.86		
	100m: 1:02.87 33.74	200m: 2:15.12 36.28	300m: 3:37.75 41.69	400m: 4:40.79 31.18		
17.	SILVA Paulo Filipe	98	Natacao da Maia	<b>4:40.95</b>	+0,76	588
	50m: 29.33 29.33	150m: 1:38.81 35.96	250m: 2:53.46 39.00	350m: 4:08.99 33.95		
	100m: 1:02.85 33.52	200m: 2:14.46 35.65	300m: 3:35.04 41.58	400m: 4:40.95 31.96		
18.	TOMAS Francisco Xavier	00	Alcobaca	<b>4:41.46</b>	+0,86	585
	50m: 29.84 29.84	150m: 1:41.98 37.56	250m: 2:57.07 39.44	350m: 4:09.68 32.97		
	100m: 1:04.42 34.58	200m: 2:17.63 35.65	300m: 3:36.71 39.64	400m: 4:41.46 31.78		

DSQ ALVES Nuno Rafael 90 Aquatico Pacense  
616 - O atleta efectuou a chegada totalmente submerso - SW 6.3, (costas)

DNS LUZ Filipe Ferreira 98 Gesloures

Juniores

1.	SILVA Tomas Antonio	01	Naval do Funchal	<b>4:26.56</b>	+0,70	689
	50m: 28.46 28.46	150m: 1:35.28 33.89	250m: 2:46.42 36.71	350m: 3:55.40 31.47		
	100m: 1:01.39 32.93	200m: 2:09.71 34.43	300m: 3:23.93 37.51	400m: 4:26.56 31.16		
2.	CRISTINO David Matias	01	Uniao Piedense	<b>4:28.61</b>	+0,82	673
	50m: 28.59 28.59	150m: 1:35.52 33.90	250m: 2:48.08 39.65	350m: 3:58.52 30.92		
	100m: 1:01.62 33.03	200m: 2:08.43 32.91	300m: 3:27.60 39.52	400m: 4:28.61 30.09		
3.	FERNANDES Eduardo Gomes	02	Sporting	<b>4:30.94</b>	+0,79	656
	50m: 28.86 28.86	150m: 1:35.80 34.12	250m: 2:48.50 39.37	350m: 4:00.17 31.73		
	100m: 1:01.68 32.82	200m: 2:09.13 33.33	300m: 3:28.44 39.94	400m: 4:30.94 30.77		
4.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:31.96</b>	+0,78	649
	50m: 29.59 29.59	150m: 1:38.61 36.11	250m: 2:52.89 39.32	350m: 4:02.93 30.80		
	100m: 1:02.50 32.91	200m: 2:13.57 34.96	300m: 3:32.13 39.24	400m: 4:31.96 29.03		

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
5.	GOMES Vicente Oliveira	02	Sporting	<b>4:36.50</b>	+0,78	617	
	50m: 28.81 28.81	150m: 1:37.53	35.43	250m: 2:53.63	40.69	350m: 4:05.17	30.46
	100m: 1:02.10 33.29	200m: 2:12.94	35.41	300m: 3:34.71	41.08	400m: 4:36.50	31.33
6.	DOMINGOS Ruy Manuel	02	Sporting	<b>4:39.62</b>	+0,70	597	
	50m: 28.62 28.62	150m: 1:36.24	35.23	250m: 2:52.82	41.52	350m: 4:07.73	33.49
	100m: 1:01.01 32.39	200m: 2:11.30	35.06	300m: 3:34.24	41.42	400m: 4:39.62	31.89
7.	CABRITO Rodrigo Almeida	01	Belenenses	<b>4:41.44</b>	+0,68	585	
	50m: 28.77 28.77	150m: 1:41.71	37.39	250m: 2:55.57	36.63	350m: 4:08.48	34.22
	100m: 1:04.32 35.55	200m: 2:18.94	37.23	300m: 3:34.26	38.69	400m: 4:41.44	32.96
8.	MONTEIRO Tomas Penha	02	Alges	<b>4:43.52</b>	+0,72	573	
	50m: 30.85 30.85	150m: 1:42.08	36.90	250m: 2:59.07	41.00	350m: 4:12.31	31.65
	100m: 1:05.18 34.33	200m: 2:18.07	35.99	300m: 3:40.66	41.59	400m: 4:43.52	31.21
9.	PINTO Pedro Miguel	02	Sporting	<b>4:44.05</b>	+0,82	569	
	50m: 29.01 29.01	150m: 1:39.13	36.69	250m: 2:55.87	40.28	350m: 4:11.32	34.14
	100m: 1:02.44 33.43	200m: 2:15.59	36.46	300m: 3:37.18	41.31	400m: 4:44.05	32.73
10.	MALFEITO Martim Rebelo	02	Sporting	<b>4:44.78</b>	+0,74	565	
	50m: 30.09 30.09	150m: 1:43.64	39.15	250m: 3:01.05	39.01	350m: 4:13.09	32.45
	100m: 1:04.49 34.40	200m: 2:22.04	38.40	300m: 3:40.64	39.59	400m: 4:44.78	31.69
11.	COSTA Marco Antonio	02	Natacao Guarda	<b>4:46.96</b>	+0,79	552	
	50m: 28.57 28.57	150m: 1:39.93	37.98	250m: 2:59.46	41.31	350m: 4:14.21	32.05
	100m: 1:01.95 33.38	200m: 2:18.15	38.22	300m: 3:42.16	42.70	400m: 4:46.96	32.75
12.	PEREIRA Jose Maria	01	Sporting	<b>4:46.99</b>	+0,79	552	
	50m: 29.87 29.87	150m: 1:41.00	37.09	250m: 2:59.44	41.89	350m: 4:15.19	33.33
	100m: 1:03.91 34.04	200m: 2:17.55	36.55	300m: 3:41.86	42.42	400m: 4:46.99	31.80
13.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>4:51.38</b>	+0,75	527	
	50m: 29.79 29.79	150m: 1:42.42	37.96	250m: 3:02.55	42.10	350m: 4:18.57	32.80
	100m: 1:04.46 34.67	200m: 2:20.45	38.03	300m: 3:45.77	43.22	400m: 4:51.38	32.81
14.	PEREIRA Bernardo Sousa	01	Pimpoes/Cimai	<b>4:57.09</b>	+0,80	498	
	50m: 30.41 30.41	150m: 1:44.42	38.98	250m: 3:04.60	42.00	350m: 4:22.99	34.96
	100m: 1:05.44 35.03	200m: 2:22.60	38.18	300m: 3:48.03	43.43	400m: 4:57.09	34.10
DSQ	GORDO Goncalo Morais	02	Colegio Monte Maior				
	<i>615 - Não efectuou movimento continuo e imediato na viragem aos 125 - SW 6.4</i>						

Prova 12	Femin., 1500m Livres					Absolutos
21-12-2018 - 11:30						Resultados
RN25 Absoluto	16:08.10	DURAES Diana Margarida	SLB	Felgueiras	17-11-2018	
RN25 Sen	16:08.10	DURAES Diana Margarida	SLB	Felgueiras	17-11-2018	
RN25 Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015	
RN25 Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto	19-12-2014	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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### Seniores

1. DURAES Diana Margarida 96 Benfica **15:58.19** +0,73 884

*Rec Nacional, Minimos CEuropa PC na passagem aos 800 m*

50m:	29.51	29.51	450m:	4:43.53	31.85	850m:	8:59.30	32.14	1250m:	13:17.87	32.36
100m:	1:00.93	31.42	500m:	5:15.37	31.84	900m:	9:31.70	32.40	1300m:	13:50.36	32.49
150m:	1:32.34	31.41	550m:	5:47.02	31.65	950m:	10:04.02	32.32	1350m:	14:22.60	32.24
200m:	2:04.17	31.83	600m:	6:18.95	31.93	1000m:	10:36.25	32.23	1400m:	14:54.98	32.38
250m:	2:36.07	31.90	650m:	6:50.94	31.99	1050m:	11:08.53	32.28	1450m:	15:27.17	32.19
300m:	3:07.96	31.89	700m:	7:23.01	32.07	1100m:	11:40.87	32.34	1500m:	15:58.19	31.02
350m:	3:39.82	31.86	750m:	7:55.09	32.08	1150m:	12:13.22	32.35			
400m:	4:11.68	31.86	800m:	8:27.16	32.07	1200m:	12:45.51	32.29			

2. HOLUB Tamila Hryhorivna 99 Braga **16:17.11** +0,77 833

*Minimos CEuropa PC na passagem aos 800 m*

50m:	29.47	29.47	450m:	4:45.00	32.33	850m:	9:06.83	32.68	1250m:	13:31.59	33.12
100m:	1:01.23	31.76	500m:	5:17.56	32.56	900m:	9:39.75	32.92	1300m:	14:04.86	33.27
150m:	1:32.88	31.65	550m:	5:50.10	32.54	950m:	10:12.59	32.84	1350m:	14:38.24	33.38
200m:	2:04.60	31.72	600m:	6:22.86	32.76	1000m:	10:45.61	33.02	1400m:	15:11.52	33.28
250m:	2:36.59	31.99	650m:	6:55.57	32.71	1050m:	11:18.67	33.06	1450m:	15:44.91	33.39
300m:	3:08.55	31.96	700m:	7:28.35	32.78	1100m:	11:51.94	33.27	1500m:	16:17.11	32.20
350m:	3:40.49	31.94	750m:	8:01.14	32.79	1150m:	12:25.24	33.30			
400m:	4:12.67	32.18	800m:	8:34.15	33.01	1200m:	12:58.47	33.23			

3. ANDRE Angelica Maria 94 Fluvial Portuense **16:38.85** +0,76 780

50m:	29.65	29.65	450m:	4:53.04	33.27	850m:	9:21.52	33.72	1250m:	13:50.59	33.54
100m:	1:01.45	31.80	500m:	5:26.53	33.49	900m:	9:55.22	33.70	1300m:	14:24.02	33.43
150m:	1:34.12	32.67	550m:	6:00.01	33.48	950m:	10:28.86	33.64	1350m:	14:57.51	33.49
200m:	2:07.12	33.00	600m:	6:33.45	33.44	1000m:	11:02.51	33.65	1400m:	15:31.51	34.00
250m:	2:40.27	33.15	650m:	7:06.96	33.51	1050m:	11:36.11	33.60	1450m:	16:05.33	33.82
300m:	3:13.62	33.35	700m:	7:40.52	33.56	1100m:	12:09.78	33.67	1500m:	16:38.85	33.52
350m:	3:46.70	33.08	750m:	8:14.08	33.56	1150m:	12:43.19	33.41			
400m:	4:19.77	33.07	800m:	8:47.80	33.72	1200m:	13:17.05	33.86			

4. ALVES Sara Sofia 01 Columbofila Cantanhedense **17:16.74** +0,75 698

50m:	30.92	30.92	450m:	4:59.96	33.97	850m:	9:38.61	35.03	1250m:	14:21.17	35.51
100m:	1:03.76	32.84	500m:	5:34.43	34.47	900m:	10:13.66	35.05	1300m:	14:56.57	35.40
150m:	1:36.94	33.18	550m:	6:09.02	34.59	950m:	10:48.87	35.21	1350m:	15:32.23	35.66
200m:	2:10.49	33.55	600m:	6:43.69	34.67	1000m:	11:23.82	34.95	1400m:	16:07.55	35.32
250m:	2:44.30	33.81	650m:	7:18.64	34.95	1050m:	11:59.34	35.52	1450m:	16:42.82	35.27
300m:	3:18.26	33.96	700m:	7:53.55	34.91	1100m:	12:34.93	35.59	1500m:	17:16.74	33.92
350m:	3:52.24	33.98	750m:	8:28.69	35.14	1150m:	13:10.13	35.20			
400m:	4:25.99	33.75	800m:	9:03.58	34.89	1200m:	13:45.66	35.53			

Prova 12, Femin., 1500m Livres

Juniores

<b>1. FRAZAO Alexandra Couto</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>16:43.38</b>	<b>+0,81</b>	<b>770</b>
50m: 31.18 31.18	450m: 4:58.64 33.38	850m: 9:25.61 33.61	1250m: 13:54.40 33.73		
100m: 1:04.56 33.38	500m: 5:31.89 33.25	900m: 9:59.26 33.65	1300m: 14:28.13 33.73		
150m: 1:37.69 33.13	550m: 6:05.17 33.28	950m: 10:32.89 33.63	1350m: 15:02.30 34.17		
200m: 2:10.98 33.29	600m: 6:38.41 33.24	1000m: 11:06.52 33.63	1400m: 15:36.43 34.13		
250m: 2:44.56 33.58	650m: 7:11.61 33.20	1050m: 11:40.22 33.70	1450m: 16:10.40 33.97		
300m: 3:18.19 33.63	700m: 7:45.06 33.45	1100m: 12:13.83 33.61	1500m: 16:43.38 32.98		
350m: 3:51.93 33.74	750m: 8:18.63 33.57	1150m: 12:47.45 33.62			
400m: 4:25.26 33.33	800m: 8:52.00 33.37	1200m: 13:20.67 33.22			
<b>2. MENDES Mariana Amaral</b>	<b>02</b>	<b>Colegio Monte Maior</b>	<b>16:48.10</b>	<b>+0,78</b>	<b>759</b>
50m: 31.06 31.06	450m: 4:59.72 33.54	850m: 9:28.20 33.56	1250m: 13:59.43 34.03		
100m: 1:04.13 33.07	500m: 5:33.19 33.47	900m: 10:01.97 33.77	1300m: 14:33.43 34.00		
150m: 1:37.57 33.44	550m: 6:06.78 33.59	950m: 10:35.80 33.83	1350m: 15:07.32 33.89		
200m: 2:11.11 33.54	600m: 6:40.16 33.38	1000m: 11:09.49 33.69	1400m: 15:41.36 34.04		
250m: 2:45.05 33.94	650m: 7:13.78 33.62	1050m: 11:43.43 33.94	1450m: 16:15.44 34.08		
300m: 3:18.81 33.76	700m: 7:47.33 33.55	1100m: 12:17.47 34.04	1500m: 16:48.10 32.66		
350m: 3:52.56 33.75	750m: 8:20.97 33.64	1150m: 12:51.42 33.95			
400m: 4:26.18 33.62	800m: 8:54.64 33.67	1200m: 13:25.40 33.98			
<b>3. QUEIROZ Ana Rita</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>17:01.70</b>	<b>+0,72</b>	<b>729</b>
50m: 31.07 31.07	450m: 5:00.75 34.24	850m: 9:34.84 34.34	1250m: 14:09.88 34.73		
100m: 1:04.19 33.12	500m: 5:34.93 34.18	900m: 10:09.11 34.27	1300m: 14:44.47 34.59		
150m: 1:37.51 33.32	550m: 6:09.01 34.08	950m: 10:43.50 34.39	1350m: 15:18.90 34.43		
200m: 2:11.23 33.72	600m: 6:43.37 34.36	1000m: 11:17.88 34.38	1400m: 15:53.22 34.32		
250m: 2:44.97 33.74	650m: 7:17.80 34.43	1050m: 11:51.71 33.83	1450m: 16:27.68 34.46		
300m: 3:19.02 34.05	700m: 7:51.93 34.13	1100m: 12:25.92 34.21	1500m: 17:01.70 34.02		
350m: 3:52.78 33.76	750m: 8:25.98 34.05	1150m: 13:00.28 34.36			
400m: 4:26.51 33.73	800m: 9:00.50 34.52	1200m: 13:35.15 34.87			
<b>4. RAMOS Ana Rita</b>	<b>02</b>	<b>Porto</b>	<b>17:06.97</b>	<b>+0,82</b>	<b>718</b>
50m: 31.86 31.86	450m: 5:01.44 33.92	850m: 9:36.07 34.57	1250m: 14:12.28 35.13		
100m: 1:05.07 33.21	500m: 5:35.73 34.29	900m: 10:10.20 34.13	1300m: 14:47.00 34.72		
150m: 1:38.66 33.59	550m: 6:09.82 34.09	950m: 10:44.90 34.70	1350m: 15:22.44 35.44		
200m: 2:12.17 33.51	600m: 6:44.12 34.30	1000m: 11:19.51 34.61	1400m: 15:57.69 35.25		
250m: 2:46.05 33.88	650m: 7:18.52 34.40	1050m: 11:53.63 34.12	1450m: 16:32.62 34.93		
300m: 3:19.76 33.71	700m: 7:53.02 34.50	1100m: 12:28.00 34.37	1500m: 17:06.97 34.35		
350m: 3:53.69 33.93	750m: 8:26.90 33.88	1150m: 13:02.55 34.55			
400m: 4:27.52 33.83	800m: 9:01.50 34.60	1200m: 13:37.15 34.60			
<b>EXH CHEROUATI Souad Nefissa</b>	<b>89</b>	<b>Benfica</b>	<b>17:09.84</b>	<b>+0,75</b>	<b>712</b>
50m: 31.75 31.75	450m: 5:01.84 33.95	850m: 9:36.29 34.58	1250m: 14:14.62 34.85		
100m: 1:05.12 33.37	500m: 5:35.79 33.95	900m: 10:10.87 34.58	1300m: 14:49.89 35.27		
150m: 1:38.93 33.81	550m: 6:09.82 34.03	950m: 10:45.54 34.67	1350m: 15:24.77 34.88		
200m: 2:12.83 33.90	600m: 6:44.19 34.37	1000m: 11:20.37 34.83	1400m: 16:00.12 35.35		
250m: 2:46.64 33.81	650m: 7:18.63 34.44	1050m: 11:55.04 34.67	1450m: 16:35.41 35.29		
300m: 3:20.34 33.70	700m: 7:53.02 34.39	1100m: 12:29.78 34.74	1500m: 17:09.84 34.43		
350m: 3:54.14 33.80	750m: 8:27.23 34.21	1150m: 13:04.57 34.79			
400m: 4:27.89 33.75	800m: 9:01.71 34.48	1200m: 13:39.77 35.20			

Prova 7 Masc., 200m Costas Juniores  
21-12-2018 Resultados Swim Off Elimin

RN25 Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
RN25 Jun18	1:58.37	NIZ Adriano Miguel	CFV	Figueira da Foz	03-07-2004
RN25 Jun17	1:59.34	NIZ Adriano Miguel	CFV	Alges	16-05-2003

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>2:06.64</b>	+0,72	580
	50m: 29.48 29.48	100m: 1:01.49 32.01	150m: 1:34.17 32.68	200m: 2:06.64 32.47		
2.	CUNHA Afonso Passos	01	Famalicao	<b>2:08.08</b>	+0,68	560
	50m: 30.55 30.55	100m: 1:02.56 32.01	150m: 1:35.32 32.76	200m: 2:08.08 32.76		

Prova 15 Masc., 4 x 100m Estilos Absolutos  
21-12-2018 - 11:50 Resultados

RN25 Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Jun	3:50.30	Sporting Clube de Braga	SCB	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	Sporting-SEN	<b>3:36.01</b>	+0,62	783
	SANTOS Francisco Rogerio +0,62 25.76 53.85	MOGNE Igor Araujo +0,55 24.45		52.55
	SANTOS Alexis Manacas +0,36 28.03 59.76	COSTA Tiago Cunha +0,31 23.99		49.85
2.	Porto-SEN	<b>3:42.00</b>	+0,92	722
	NUNES Porfirio Braga +0,92 27.33 56.91	LINO Rafael +0,44 25.21		54.92
	AMORIM Alexandre Ferreira +0,26 28.24 1:00.33	SOARES Tiago Silva +0,32 23.70		49.84
3.	Alges-SEN	<b>3:42.30</b>	+0,58	719
	BATE Miguel Ribeiro +0,58 27.20 56.67	SANTOS Pedro Andre +0,60 24.74		53.44
	PON Hugo +0,13 28.36 1:01.65	BATE Afonso Ribeiro +0,21 23.97		50.54
4.	Belenenses-SEN	<b>3:44.89</b>	+0,59	694
	FERNANDES Joao Diogo +0,59 27.36 57.47	QUINTANILHA Nuno Goncalo +0,03 24.63		54.42
	TEIXEIRA Guilherme Miguel +0,51 29.05 1:02.31	RAMOS Bruno Miguel +0,30 24.49		50.69
5.	Braga-SEN	<b>3:49.98</b>	+0,58	649
	LOPES Jose Paulo +0,58 27.37 56.21	SILVA Jorge Jesus +0,30 26.87		58.37
	SIMOES Rafael Gomes 28.72 1:02.55	FERNANDES Jose Pedro +0,14 25.25		52.85
6.	Famalicao-SEN	<b>3:53.02</b>	+0,61	624
	TINOCO Joao Pereira +0,61 27.37 56.77	SILVA Joao Carlos +0,28 25.93		56.51
	FARIA Rui Pedro +0,41 31.16 1:07.35	FERNANDES Pedro Miguel +0,45 24.64		52.39
7.	AONDA-Azeitao	<b>3:59.49</b>	+0,56	575
	MARQUES Diogo Puidival +0,56 29.67 1:01.95	LOPES David Granja +0,50 26.04		57.45
	MAGALHAES Andre Filipe +0,31 30.70 1:07.04	AUGUSTO Bernardo Antunes +0,22 24.96		53.05
DSQ	Benfica-SEN			
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 150 m - SW 7.1</i>			
	ROSA Rodrigo Antonio +0,57 26.62 55.54	PEREIRA Luiz Pedro +0,26		
	NASCIMENTO Miguel Duarte +0,32	DIAS Guilherme Pereira +0,41		

Prova 15, Masc., 4 x 100m Estilos

Juniores

1.	Sporting-JUN			Sporting	<b>3:53.32</b>	+0,69	621	
	DOMINGOS Ruy Manuel	+0,69	29.04	1:00.18	GOMES Vicente Oliveira	+0,43	26.23	56.73
	CALDEIRA Goncalo Silveirinha	+0,48	30.40	1:04.93	FERNANDES Eduardo Gomes	+0,39	24.38	51.48
2.	Benfica-JUN			Benfica	<b>3:54.01</b>	+0,73	616	
	AIRES Rafael Alcantara	+0,73	28.00	57.37	FERREIRA Ricardo Pinela	+0,41	25.83	56.08
	BERNARDO Joao Silva	+0,36	32.17	1:09.30	LEBRE Diogo Ramos	+0,32	24.62	51.26
3.	Uniao Piedense-JUN			Uniao Piedense	<b>3:56.06</b>	+0,69	600	
	CRISTINO David Matias	+0,69	28.36	57.58	LOPES Carlos Filipe	+0,44	26.08	56.85
	BRITO Bernardo Geada	+0,31	31.05	1:07.88	CAMOES Tiago Maria	+0,41	25.50	53.75
4.	Alges-JUN			Alges	<b>3:56.57</b>	+0,61	596	
	MAGALHAES Hugo Nunes	+0,61	29.05	1:00.94	BRANCO Alexandre Miguel	+0,26	26.91	57.61
	FRISCHKNECHT Renato Barros	+0,22	29.35	1:03.74	MONTEIRO Tomas Penha	+0,27	25.74	54.28
5.	Porto-JUN			Porto	<b>3:58.14</b>	+0,58	584	
	GONCALVES Rodrigo Oliveira	+0,58	29.60	1:01.10	AGUIAR Gabriel Silva	+0,42	26.53	57.13
	SANTOS Pedro Miguel	+0,11	30.70	1:06.38	SOUSA Joao Ribeiro	+0,33	25.10	53.53
6.	Belenenses-JUN			Belenenses	<b>4:00.56</b>	+0,69	567	
	FREIRE Carlos Marques	+0,69	29.01	1:01.08	JACINTO Rafael Rodrigues	+0,44	27.50	1:00.30
	CABRITO Rodrigo Almeida	+0,44	30.22	1:04.31	BRAS Ricardo Martins	+0,08	25.70	54.87
7.	Leixoes-JUN			Leixoes	<b>4:02.87</b>	+0,71	551	
	BARROSO Bruno Carvalho	+0,71	29.45	1:01.51	RIBEIRO Diogo Filipe	+1,49	27.48	59.46
	MENDES Diogo Santos	+0,32	31.12	1:07.31	FREIRE Tiago Mendonca	+0,38	25.71	54.59
8.	Vitoria Guimaraes-JUN			Vitoria Guimaraes	<b>4:03.11</b>	+0,62	549	
	COSTA Joao Nogueira	+0,62	26.91	55.41	MAGALHAES Eduardo Miguel	+0,13	26.31	58.41
	MAGALHAES Vitor Pedro	+0,35	32.77	1:11.14	RIBEIRO Jose Carlos	+0,36	27.55	58.15
9.	Estarreja-JUN			Estarreja	<b>4:03.89</b>	+0,62	544	
	FIDALGO Mateus Valente	+0,62	28.60	59.62	SILVA Luis Afonso	+0,16	27.60	1:00.59
	FERREIRA Joao Renato	+0,41	31.05	1:08.80	OLIVEIRA David Miguel	+0,21	25.41	54.88
10.	Gesloures-JUN			Gesloures	<b>4:04.14</b>	+0,62	542	
	ALFAMA Martim Primavera	+0,62	27.92	57.44	CARVALHO Guilherme Ventura	+0,47	28.63	1:02.86
	SANTOS Afonso Amaro	+0,22	31.57	1:07.75	SOUZA Francisco Alves	+0,70	26.39	56.09
11.	Naval do Funchal-JUN			Naval do Funchal	<b>4:04.53</b>	+0,85	540	
	PITA Diogo Henrique	+0,85	29.64	1:01.58	ALVES Afonso Pinto	+0,17	27.58	1:00.24
	FERNANDES Pedro Pestana	0.00	31.96	1:08.62	DEUS Andre Portugal	+0,06	25.84	54.09
12.	Colegio SMLamas-JUN			Colegio SMLamas	<b>4:06.91</b>	+0,56	524	
	MARTINS Samuel Dias	+0,56	28.98	1:00.21	MARTINS Marcos Dias	+0,49	27.79	1:00.21
	PEREIRA Luis Goncalves	+0,30	32.73	1:11.44	OLIVEIRA Manuel Filipe	+0,26	25.56	55.05
13.	Condeixa Clube-JUN			Condeixa Clube	<b>4:07.15</b>	+0,64	523	
	MIGUEL Tomas Pedrosa	+0,64	29.22	1:01.55	TRAVASSOS Rodrigo Alexandr	+0,27	27.60	59.34
	MARQUES Goncalo Silva	+0,30	32.80	1:11.08	FROTA Paulo Andre	+0,27	26.30	55.18
14.	Naval Povoense-JUN			Naval Povoense	<b>4:07.85</b>	+0,63	518	
	ARAUJO Sergio Daniel	+0,63	30.42	1:03.81	AMORIM Henrique Maieiro	+0,33	28.59	1:01.36
	VIEIRA Hugo Azurara	+0,44	31.84	1:08.21	MORIM Pedro Soares	+0,61	26.31	54.47
15.	Fluvial Portuense-JUN			Fluvial Portuense	<b>4:09.01</b>	+0,59	511	
	MACHADO Bruno Rafael	+0,59	28.26	59.45	RIBEIRO Gustavo Francisco	+0,61	28.99	1:03.38
	CUNHA Joao Simons	+0,04	33.19	1:11.71	MAGALHAES Tiago Novais	+0,32	26.01	54.47

Prova 15, Masc., 4 x 100m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	FINA
DSQ	Fundacao Beatriz Santos-JUN Fundacao Beatriz Santos			
<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 150 m - SW 7.6</i>				
	DIAS Joao Pedro	+0,70	28.60	59.14
	PAIS Joao Ventura	+0,37		
	DOMINGUES Ricardo Jorge	+0,41		
	PEREIRA Joao Neto	+0,11		

Prova 16  
21-12-2018 - 12:00

Femin., 4 x 100m Estilos

Absolutos Resultados

RN25 Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
RN25 Sen	4:06.14	Futebol Clube do Porto/Dolce Vita	FCP	S. António Cavaleiros	19-12-2009
RN25 Jun	4:16.94	Sporting Clube de Portugal	SCP	Leiria	04-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA				
<b>Seniores</b>								
1.	<b>Alges-SEN</b>	<b>Alges</b>	<b>4:10.53</b>	<b>+0,62</b>	<b>726</b>			
	FRISCHKNECHT Rita Barros	+0,62	29.68	1:01.01	BARATA Barbara Sofia	+0,13	29.16	1:03.46
	PEREIRA Raquel Gomes	+0,44	32.33	1:08.54	AZEVEDO Madalena Gomes	+0,27	27.91	57.52
2.	<b>Sporting-SEN</b>	<b>Sporting</b>	<b>4:17.11</b>	<b>+0,58</b>	<b>671</b>			
	FERNANDES Ines Camacho	+0,58	30.38	1:03.71	HENRIQUES Ines Jacinto	+0,41	28.67	1:01.73
	ROSA Maria Carolina	+0,29	34.01	1:14.62	VIEGAS Beatriz Mendes	+0,40	27.33	57.05
3.	<b>Benfica-SEN</b>	<b>Benfica</b>	<b>4:17.70</b>	<b>+0,69</b>	<b>667</b>			
	KAMINSKAYA Victoria	+0,69	31.34	1:04.67	TIAGO Filipa Vilas	+0,48	29.22	1:03.93
	BORGES Claudia Ferreira	+0,42	34.38	1:12.40	DURAES Diana Margarida	+0,23	27.62	56.70
4.	<b>Porto-SEN</b>	<b>Porto</b>	<b>4:20.23</b>	<b>+0,70</b>	<b>648</b>			
	FERREIRA Catarina Maria	+0,70	32.22	1:06.03	CABRAL Maria Francisca	+0,67	29.47	1:03.39
	SILVA Beatriz Santos	+0,47	33.63	1:12.85	FARIA Ana Rita	+0,54	27.76	57.96
5.	<b>Academica de Coimbra-SEN</b>	<b>Academica de Coimbra</b>	<b>4:23.68</b>	<b>+1,02</b>	<b>622</b>			
	NEVES Ana Carolina	+1,02	31.19	1:05.18	CRAVEIRO Beatriz Neves	+0,20	28.78	1:03.10
	DIAS Beatriz Castanheira	+0,32	36.00	1:17.54	MOREIRA Matilde Freitas	+0,13	27.46	57.86
6.	<b>Braga-SEN</b>	<b>Braga</b>	<b>4:27.75</b>	<b>+0,63</b>	<b>594</b>			
	FREIXO Juliana Lima	+0,63	31.63	1:05.47	SILVA Maria Madalena	+0,47	30.76	1:06.12
	FERNANDES Ana Sofia	+0,30	36.27	1:18.86	HOLUB Tamila Hryhorivna	+0,14	26.93	57.30
7.	<b>Laranjeiro-SEN</b>	<b>Laranjeiro</b>	<b>4:35.04</b>	<b>+0,66</b>	<b>548</b>			
	ROLIM Soraia Guerra	+0,66	34.57	1:11.81	NUNES Sofia Alexandra	+0,39	30.14	1:06.54
	RIESENBERGER Bruna Martins	+0,28	34.87	1:15.09	PIRES Carolina Saraiva	+0,27	29.02	1:01.60

Prova 16, Femin., 4 x 100m Estilos

Juniores

1.	Alges-JUN			Alges		<b>4:15.24</b>	+0,76	686
	<i>Rec Nacional</i>							
	AZEVEDO Rafaela Gomes	+0,76	30.18	1:02.31	CRUZ Sara Moura	+0,17	29.60	1:04.88
	PEREIRA Clara Gomes	+0,12	34.27	1:13.06	SOUSA Ana Reis	+0,06	26.58	54.99
2.	Benfica-JUN			Benfica		<b>4:22.73</b>	+0,63	629
	MARTINS Joana Ribeiro	+0,63	32.43	1:06.66	GRAVETO Ana Raquel	+0,68	29.64	1:03.51
	SILVA Natacha Sofia	+0,82	35.08	1:15.46	ANDRE Leticia Maia	+0,17	27.10	57.10
3.	Porto-JUN			Porto		<b>4:25.93</b>	+0,67	607
	RAMOS Ana Rita	+0,67	31.92	1:05.61	BARBOSA Mariana Fernandes	+0,44	29.62	1:03.96
	AMORIM Maria Leonor	+0,51	35.02	1:16.48	SOARES Catarina Silva	+0,55	28.28	59.88
4.	Vitoria Guimaraes-JUN			Vitoria Guimaraes		<b>4:33.84</b>	+0,63	556
	ALMEIDA Catarina Isabel	+0,63	32.84	1:08.17	FERNANDES Filipa Viamonte	+0,32	29.18	1:04.85
	VIEIRA Valeria Goncalves	+0,43	36.05	1:18.32	MACEDO Beatriz Daniela	+0,40	29.40	1:02.50
5.	Natacao de Valongo-JUN			Natacao de Valongo		<b>4:37.07</b>	+0,61	536
	SOARES Carolina Silva	+0,61	33.12	1:07.94	RODRIGUES Daniela Oliveira	+0,39	31.10	1:08.23
	MACHADO Joana Sofia	+0,50	36.30	1:18.06	MOREIRA Mariana Filipa	+0,24	29.80	1:02.84
6.	Gesloures-JUN			Gesloures		<b>4:40.60</b>	+1,33	516
	NEVES Leonor Maria	+1,33	33.79	1:10.67	FERRO Carolina Ganhao	+0,14	32.03	1:11.12
	HENRIQUES Daniela Mascarenh	+0,41	36.47	1:17.86	REBELO Beatriz Vaz	+0,61	28.85	1:00.95
7.	Louletano / Loule Concelho-JUN			Louletano / Loule Concelho		<b>4:40.94</b>	+0,61	515
	SEVERINO Isis Sousa	+0,61	32.35	1:07.48	FOMINA Anna	+0,47	32.01	1:12.03
	SANTOS Catarina Vitorino	+0,38	36.76	1:20.61	JESUS Maria Crista	+0,43	28.76	1:00.82

2 - 1ª Jornada - 2ª Sessão (finais)

21-12-2018 - 17:00

Prova 12	Femin., 1500m Livres					Absolutos
21-12-2018 - 17:00						Resultados
RN25 Absoluto	16:08.10	DURAES Diana Margarida	SLB	Felgueiras	17-11-2018	
RN25 Sen	16:08.10	DURAES Diana Margarida	SLB	Felgueiras	17-11-2018	
RN25 Jun17	16:11.67	HOLUB Tamila Hryhorivna	SCB	Porto	11-12-2015	
RN25 Jun16	16:44.26	HOLUB Tamila Hryhorivna	SCB	Porto	19-12-2014	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	DURAES Diana Margarida	96	Benfica	<b>15:58.19</b>	+0,73	884
<i>Rec Nacional, Minimos CEuropa PC na passagem aos 800 m</i>						
	50m: 29.51	29.51	450m: 4:43.53	31.85	850m: 8:59.30	32.14
	100m: 1:00.93	31.42	500m: 5:15.37	31.84	900m: 9:31.70	32.40
	150m: 1:32.34	31.41	550m: 5:47.02	31.65	950m: 10:04.02	32.32
	200m: 2:04.17	31.83	600m: 6:18.95	31.93	1000m: 10:36.25	32.23
	250m: 2:36.07	31.90	650m: 6:50.94	31.99	1050m: 11:08.53	32.28
	300m: 3:07.96	31.89	700m: 7:23.01	32.07	1100m: 11:40.87	32.34
	350m: 3:39.82	31.86	750m: 7:55.09	32.08	1150m: 12:13.22	32.35
	400m: 4:11.68	31.86	800m: 8:27.16	32.07	1200m: 12:45.51	32.29
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>16:17.11</b>	+0,77	833
<i>Minimos CEuropa PC na passagem aos 800 m</i>						
	50m: 29.47	29.47	450m: 4:45.00	32.33	850m: 9:06.83	32.68
	100m: 1:01.23	31.76	500m: 5:17.56	32.56	900m: 9:39.75	32.92
	150m: 1:32.88	31.65	550m: 5:50.10	32.54	950m: 10:12.59	32.84
	200m: 2:04.60	31.72	600m: 6:22.86	32.76	1000m: 10:45.61	33.02
	250m: 2:36.59	31.99	650m: 6:55.57	32.71	1050m: 11:18.67	33.06
	300m: 3:08.55	31.96	700m: 7:28.35	32.78	1100m: 11:51.94	33.27
	350m: 3:40.49	31.94	750m: 8:01.14	32.79	1150m: 12:25.24	33.30
	400m: 4:12.67	32.18	800m: 8:34.15	33.01	1200m: 12:58.47	33.23
3.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>16:38.85</b>	+0,76	780
	50m: 29.65	29.65	450m: 4:53.04	33.27	850m: 9:21.52	33.72
	100m: 1:01.45	31.80	500m: 5:26.53	33.49	900m: 9:55.22	33.70
	150m: 1:34.12	32.67	550m: 6:00.01	33.48	950m: 10:28.86	33.64
	200m: 2:07.12	33.00	600m: 6:33.45	33.44	1000m: 11:02.51	33.65
	250m: 2:40.27	33.15	650m: 7:06.96	33.51	1050m: 11:36.11	33.60
	300m: 3:13.62	33.35	700m: 7:40.52	33.56	1100m: 12:09.78	33.67
	350m: 3:46.70	33.08	750m: 8:14.08	33.56	1150m: 12:43.19	33.41
	400m: 4:19.77	33.07	800m: 8:47.80	33.72	1200m: 13:17.05	33.86
4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>17:16.74</b>	+0,75	698
	50m: 30.92	30.92	450m: 4:59.96	33.97	850m: 9:38.61	35.03
	100m: 1:03.76	32.84	500m: 5:34.43	34.47	900m: 10:13.66	35.05
	150m: 1:36.94	33.18	550m: 6:09.02	34.59	950m: 10:48.87	35.21
	200m: 2:10.49	33.55	600m: 6:43.69	34.67	1000m: 11:23.82	34.95
	250m: 2:44.30	33.81	650m: 7:18.64	34.95	1050m: 11:59.34	35.52
	300m: 3:18.26	33.96	700m: 7:53.55	34.91	1100m: 12:34.93	35.59
	350m: 3:52.24	33.98	750m: 8:28.69	35.14	1150m: 13:10.13	35.20
	400m: 4:25.99	33.75	800m: 9:03.58	34.89	1200m: 13:45.66	35.53

Prova 12, Femin., 1500m Livres

Juniores

<b>1. FRAZAO Alexandra Couto</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>16:43.38</b>	<b>+0,81</b>	<b>770</b>
50m: 31.18 31.18	450m: 4:58.64 33.38	850m: 9:25.61 33.61	1250m: 13:54.40 33.73		
100m: 1:04.56 33.38	500m: 5:31.89 33.25	900m: 9:59.26 33.65	1300m: 14:28.13 33.73		
150m: 1:37.69 33.13	550m: 6:05.17 33.28	950m: 10:32.89 33.63	1350m: 15:02.30 34.17		
200m: 2:10.98 33.29	600m: 6:38.41 33.24	1000m: 11:06.52 33.63	1400m: 15:36.43 34.13		
250m: 2:44.56 33.58	650m: 7:11.61 33.20	1050m: 11:40.22 33.70	1450m: 16:10.40 33.97		
300m: 3:18.19 33.63	700m: 7:45.06 33.45	1100m: 12:13.83 33.61	1500m: 16:43.38 32.98		
350m: 3:51.93 33.74	750m: 8:18.63 33.57	1150m: 12:47.45 33.62			
400m: 4:25.26 33.33	800m: 8:52.00 33.37	1200m: 13:20.67 33.22			
<b>2. MENDES Mariana Amaral</b>	<b>02</b>	<b>Colegio Monte Maior</b>	<b>16:48.10</b>	<b>+0,78</b>	<b>759</b>
50m: 31.06 31.06	450m: 4:59.72 33.54	850m: 9:28.20 33.56	1250m: 13:59.43 34.03		
100m: 1:04.13 33.07	500m: 5:33.19 33.47	900m: 10:01.97 33.77	1300m: 14:33.43 34.00		
150m: 1:37.57 33.44	550m: 6:06.78 33.59	950m: 10:35.80 33.83	1350m: 15:07.32 33.89		
200m: 2:11.11 33.54	600m: 6:40.16 33.38	1000m: 11:09.49 33.69	1400m: 15:41.36 34.04		
250m: 2:45.05 33.94	650m: 7:13.78 33.62	1050m: 11:43.43 33.94	1450m: 16:15.44 34.08		
300m: 3:18.81 33.76	700m: 7:47.33 33.55	1100m: 12:17.47 34.04	1500m: 16:48.10 32.66		
350m: 3:52.56 33.75	750m: 8:20.97 33.64	1150m: 12:51.42 33.95			
400m: 4:26.18 33.62	800m: 8:54.64 33.67	1200m: 13:25.40 33.98			
<b>3. QUEIROZ Ana Rita</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>17:01.70</b>	<b>+0,72</b>	<b>729</b>
50m: 31.07 31.07	450m: 5:00.75 34.24	850m: 9:34.84 34.34	1250m: 14:09.88 34.73		
100m: 1:04.19 33.12	500m: 5:34.93 34.18	900m: 10:09.11 34.27	1300m: 14:44.47 34.59		
150m: 1:37.51 33.32	550m: 6:09.01 34.08	950m: 10:43.50 34.39	1350m: 15:18.90 34.43		
200m: 2:11.23 33.72	600m: 6:43.37 34.36	1000m: 11:17.88 34.38	1400m: 15:53.22 34.32		
250m: 2:44.97 33.74	650m: 7:17.80 34.43	1050m: 11:51.71 33.83	1450m: 16:27.68 34.46		
300m: 3:19.02 34.05	700m: 7:51.93 34.13	1100m: 12:25.92 34.21	1500m: 17:01.70 34.02		
350m: 3:52.78 33.76	750m: 8:25.98 34.05	1150m: 13:00.28 34.36			
400m: 4:26.51 33.73	800m: 9:00.50 34.52	1200m: 13:35.15 34.87			
<b>4. RAMOS Ana Rita</b>	<b>02</b>	<b>Porto</b>	<b>17:06.97</b>	<b>+0,82</b>	<b>718</b>
50m: 31.86 31.86	450m: 5:01.44 33.92	850m: 9:36.07 34.57	1250m: 14:12.28 35.13		
100m: 1:05.07 33.21	500m: 5:35.73 34.29	900m: 10:10.20 34.13	1300m: 14:47.00 34.72		
150m: 1:38.66 33.59	550m: 6:09.82 34.09	950m: 10:44.90 34.70	1350m: 15:22.44 35.44		
200m: 2:12.17 33.51	600m: 6:44.12 34.30	1000m: 11:19.51 34.61	1400m: 15:57.69 35.25		
250m: 2:46.05 33.88	650m: 7:18.52 34.40	1050m: 11:53.63 34.12	1450m: 16:32.62 34.93		
300m: 3:19.76 33.71	700m: 7:53.02 34.50	1100m: 12:28.00 34.37	1500m: 17:06.97 34.35		
350m: 3:53.69 33.93	750m: 8:26.90 33.88	1150m: 13:02.55 34.55			
400m: 4:27.52 33.83	800m: 9:01.50 34.60	1200m: 13:37.15 34.60			
<b>EXH CHEROUATI Souad Nefissa</b>	<b>89</b>	<b>Benfica</b>	<b>17:09.84</b>	<b>+0,75</b>	<b>712</b>
50m: 31.75 31.75	450m: 5:01.84 33.95	850m: 9:36.29 34.58	1250m: 14:14.62 34.85		
100m: 1:05.12 33.37	500m: 5:35.79 33.95	900m: 10:10.87 34.58	1300m: 14:49.89 35.27		
150m: 1:38.93 33.81	550m: 6:09.82 34.03	950m: 10:45.54 34.67	1350m: 15:24.77 34.88		
200m: 2:12.83 33.90	600m: 6:44.19 34.37	1000m: 11:20.37 34.83	1400m: 16:00.12 35.35		
250m: 2:46.64 33.81	650m: 7:18.63 34.44	1050m: 11:55.04 34.67	1450m: 16:35.41 35.29		
300m: 3:20.34 33.70	700m: 7:53.02 34.39	1100m: 12:29.78 34.74	1500m: 17:09.84 34.43		
350m: 3:54.14 33.80	750m: 8:27.23 34.21	1150m: 13:04.57 34.79			
400m: 4:27.89 33.75	800m: 9:01.71 34.48	1200m: 13:39.77 35.20			

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 1  
21-12-2018 - 17:20

Masc., 800m Livres

Absolutos  
Resultados

RN25 Absoluto	7:46.18	NASCIMENTO Miguel Duarte	SLB	Porto	08-12-2017
RN25 Sen	7:46.18	NASCIMENTO Miguel Duarte	SLB	Porto	08-12-2017
RN25 Jun18	7:56.76	PINA Guilherme Filipe	BSCN	Porto	11-12-2015
RN25 Jun17	8:00.80	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Seniores

1.	LOPES Jose Paulo	00	Braga	<b>7:47.37</b>	<b>+0,65</b>	<b>854</b>
	50m: 27.01 27.01	250m: 2:24.75 29.65	450m: 4:22.40 28.57	650m: 6:19.54 29.48		
	100m: 56.17 29.16	300m: 2:54.29 29.54	500m: 4:51.44 29.04	700m: 6:49.16 29.62		
	150m: 1:25.60 29.43	350m: 3:23.98 29.69	550m: 5:20.71 29.27	750m: 7:18.58 29.42		
	200m: 1:55.10 29.50	400m: 3:53.83 29.85	600m: 5:50.06 29.35	800m: 7:47.37 28.79		
2.	GIL Rafael Lourenco	96	Sporting	<b>7:49.55</b>	<b>+0,70</b>	<b>842</b>
	50m: 26.71 26.71	250m: 2:23.54 29.66	450m: 4:22.82 29.74	650m: 6:21.50 29.81		
	100m: 55.41 28.70	300m: 2:53.40 29.86	500m: 4:52.36 29.54	700m: 6:51.20 29.70		
	150m: 1:24.57 29.16	350m: 3:23.25 29.85	550m: 5:22.07 29.71	750m: 7:20.91 29.71		
	200m: 1:53.88 29.31	400m: 3:53.08 29.83	600m: 5:51.69 29.62	800m: 7:49.55 28.64		
3.	CARVALHO Jose Paula	98	Benfica	<b>7:55.56</b>	<b>+0,73</b>	<b>810</b>
	50m: 27.38 27.38	250m: 2:25.16 29.64	450m: 4:24.33 29.87	650m: 6:24.15 30.27		
	100m: 56.39 29.01	300m: 2:54.85 29.69	500m: 4:54.08 29.75	700m: 6:54.93 30.78		
	150m: 1:25.96 29.57	350m: 3:24.78 29.93	550m: 5:23.87 29.79	750m: 7:25.75 30.82		
	200m: 1:55.52 29.56	400m: 3:54.46 29.68	600m: 5:53.88 30.01	800m: 7:55.56 29.81		
4.	PINA Guilherme Filipe	98	Sporting	<b>7:56.21</b>	<b>+0,76</b>	<b>807</b>
	50m: 27.42 27.42	250m: 2:25.38 29.60	450m: 4:25.21 30.05	650m: 6:26.14 30.27		
	100m: 56.64 29.22	300m: 2:55.11 29.73	500m: 4:55.15 29.94	700m: 6:56.82 30.68		
	150m: 1:26.12 29.48	350m: 3:25.04 29.93	550m: 5:25.53 30.38	750m: 7:27.20 30.38		
	200m: 1:55.78 29.66	400m: 3:55.16 30.12	600m: 5:55.87 30.34	800m: 7:56.21 29.01		
5.	SANTO Filipe Miguel	00	Benfica	<b>8:05.55</b>	<b>+0,77</b>	<b>761</b>
	50m: 27.20 27.20	250m: 2:26.04 29.71	450m: 4:26.79 29.91	650m: 6:30.05 31.39		
	100m: 56.46 29.26	300m: 2:56.07 30.03	500m: 4:56.88 30.09	700m: 7:01.88 31.83		
	150m: 1:26.20 29.74	350m: 3:26.38 30.31	550m: 5:27.48 30.60	750m: 7:33.92 32.04		
	200m: 1:56.33 30.13	400m: 3:56.88 30.50	600m: 5:58.66 31.18	800m: 8:05.55 31.63		

Juniores

1.	SANTOS Pedro Miguel	01	Porto	<b>8:10.21</b>	<b>+0,69</b>	<b>740</b>
	50m: 28.65 28.65	250m: 2:31.79 30.94	450m: 4:33.78 30.59	650m: 6:37.66 31.34		
	100m: 59.61 30.96	300m: 3:02.89 31.10	500m: 5:04.38 30.60	700m: 7:09.04 31.38		
	150m: 1:30.00 30.39	350m: 3:32.90 30.01	550m: 5:35.23 30.85	750m: 7:40.58 31.54		
	200m: 2:00.85 30.85	400m: 4:03.19 30.29	600m: 6:06.32 31.09	800m: 8:10.21 29.63		
2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>8:18.39</b>	<b>+0,74</b>	<b>704</b>
	50m: 28.81 28.81	250m: 2:31.71 30.88	450m: 4:35.59 31.03	650m: 6:42.91 32.36		
	100m: 59.38 30.57	300m: 3:03.10 31.39	500m: 5:06.94 31.35	700m: 7:15.22 32.31		
	150m: 1:30.03 30.65	350m: 3:33.75 30.65	550m: 5:38.58 31.64	750m: 7:47.52 32.30		
	200m: 2:00.83 30.80	400m: 4:04.56 30.81	600m: 6:10.55 31.97	800m: 8:18.39 30.87		
3.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>8:18.83</b>	<b>+0,91</b>	<b>702</b>
	50m: 27.60 27.60	250m: 2:29.74 31.18	450m: 4:34.08 31.17	650m: 6:41.32 32.10		
	100m: 57.46 29.86	300m: 3:00.80 31.06	500m: 5:05.13 31.05	700m: 7:14.14 32.82		
	150m: 1:27.77 30.31	350m: 3:31.90 31.10	550m: 5:37.03 31.90	750m: 7:47.06 32.92		
	200m: 1:58.56 30.79	400m: 4:02.91 31.01	600m: 6:09.22 32.19	800m: 8:18.83 31.77		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA		
4.	<b>FROTA Paulo Andre</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>8:30.49</b>	<b>+0,67</b>	<b>655</b>		
	50m: 29.06	29.06	250m: 2:34.23	31.97	450m: 4:42.35	31.65	650m: 6:52.65	32.96
	100m: 59.92	30.86	300m: 3:06.33	32.10	500m: 5:14.45	32.10	700m: 7:25.91	33.26
	150m: 1:30.91	30.99	350m: 3:38.53	32.20	550m: 5:46.82	32.37	750m: 7:58.99	33.08
	200m: 2:02.26	31.35	400m: 4:10.70	32.17	600m: 6:19.69	32.87	800m: 8:30.49	31.50

Prova 13  
21-12-2018 - 17:25

Femin., 4 x 50m Livres

Absolutos Resultados

RN25 Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	04-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>1.</b>	<b>Porto-SEN</b>	<b>1:46.90</b>	<b>+0,78</b>	<b>677</b>
	FERREIRA Catarina Maria	98	+0,78	26.98
	CABRAL Maria Francisca	00	+0,61	27.03
	FARIA Ana Rita			00
	OLIVEIRA Rosa Maria			96
<b>2.</b>	<b>Sporting-SEN</b>	<b>1:47.47</b>	<b>+0,57</b>	<b>667</b>
	VIEGAS Beatriz Mendes	00	+0,57	26.60
	BELEZA Mafalda Gomes	94	+0,52	27.34
	ROSA Maria Carolina			94
	FERNANDES Ines Camacho			97
<b>3.</b>	<b>Benfica-SEN</b>	<b>1:47.86</b>	<b>+0,77</b>	<b>660</b>
	ROLAO Sofia Alexandra	98	+0,77	27.46
	TIAGO Filipa Vilas	94	+0,52	26.98
	DURAES Diana Margarida			96
	KAMINSKAYA Victoria			95
<b>4.</b>	<b>Ginasio de Vila Real-SEN</b>	<b>1:48.45</b>	<b>+0,75</b>	<b>649</b>
	LEITE Ana Sofia	93	+0,75	27.00
	FERNANDES Maria Margarida	99	+0,56	28.28
	NOBREGA Ana Sofia			90
	GUEDES Ana Margarida			01
<b>5.</b>	<b>Braga-SEN</b>	<b>1:51.04</b>	<b>+0,71</b>	<b>604</b>
	SILVA Maria Madalena	98	+0,71	28.40
	FERNANDES Ana Sofia	93	+0,32	27.77
	FREIXO Juliana Lima			97
	HOLUB Tamila Hryhorivna			99
<b>6.</b>	<b>Laranjeiro-SEN</b>	<b>1:51.96</b>	<b>+0,72</b>	<b>590</b>
	RIESENBERGER Bruna Martins	97	+0,72	27.86
	ROLIM Soraia Guerra	95	+0,26	28.47
	PIRES Carolina Saraiva			96
	NUNES Sofia Alexandra			00

Juniores

<b>1.</b>	<b>Porto-JUN</b>	<b>1:49.92</b>	<b>+0,70</b>	<b>623</b>
	SOARES Catarina Silva	03	+0,70	26.46
	BARBOSA Mariana Fernandes	02	+0,43	27.43
	AMORIM Maria Leonor			03
	RAMOS Ana Rita			02

Prova 14  
21-12-2018 - 17:30

Masc., 4 x 50m Livres

Absolutos  
Resultados

RN25 Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	04-12-2009
RN25 Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
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Seniores

1.	Benfica-SEN <i>Rec Nacional, Abs e Sen</i>	Benfica	<b>1:29.16</b>	+0,66	795			
	DIAS Guilherme Pereira	97	+0,66	22.29	NASCIMENTO Miguel Duarte	95	+0,27	21.44
	PEREIRA Luiz Pedro	91	+0,29	22.24	LEIRIA David Miguel	93	+0,43	23.19
2.	Sporting-SEN	Sporting	<b>1:30.67</b>	+0,64	756			
	COSTA Tiago Cunha	99	+0,64	23.42	SANTOS Francisco Rogerio	98	+0,61	23.08
	SANTOS Alexis Manacas	92	+0,16	21.59	MOGNE Igor Araujo	96	+0,57	22.58
3.	Belenenses-SEN	Belenenses	<b>1:32.75</b>	+0,67	706			
	RAMOS Bruno Miguel	97	+0,67	23.13	PADRELA Joao Esteves	99	+0,32	23.19
	TEIXEIRA Guilherme Miguel	97	+0,48	22.92	CORREIA Diogo Carrasco	95	+0,21	23.51
4.	Porto-SEN	Porto	<b>1:34.23</b>	+0,78	673			
	SOARES Tiago Silva	99	+0,78	23.72	NUNES Porfirio Braga	00	+0,39	23.56
	AMORIM Alexandre Ferreira	99	+0,27	23.60	LINO Rafael	99	+0,30	23.35
5.	Famalicao-SEN	Famalicao	<b>1:34.56</b>	+0,72	666			
	FERNANDES Pedro Miguel	99	+0,72	23.53	CARVALHO Mateus Ribeiro	99	+0,22	23.82
	TINOCO Joao Pereira	00	+1,57	23.02	FARIA Rui Pedro	94	+0,34	24.19
6.	Academica de Coimbra-SEN	Academica de Coimbra	<b>1:34.85</b>	+1,69	660			
	CARVALHO Ruben Paiva	94	+1,69	24.09	ADAIXO Pedro Salzedas	00	+0,21	24.45
	YELISTRATKIN Illya	96	+0,11	23.66	MADUREIRA Gustavo Almeida	94	+0,26	22.65
7.	Braga-SEN	Braga	<b>1:35.97</b>	+0,64	637			
	LOPES Jose Paulo	00	+0,64	23.67	LOPES Joao Francisco	98	+0,27	24.17
	ALBUQUERQUE Rodrigo Carlos	97	+0,31	24.08	FERNANDES Jose Pedro	99	+0,09	24.05
8.	Ginasio de Vila Real-SEN	Ginasio de Vila Real	<b>1:36.33</b>	+0,66	630			
	MACHADO Sebastiao Amaro	93	+0,66	24.59	CARVALHO Luis Miguel	00	+0,41	24.85
	WEUSTINK Koen	00	+0,41	23.57	RIBAS Alexandre Lages	97	+0,52	23.32
9.	AONDA-Azeitao	AONDA-Azeitao	<b>1:38.17</b>	+0,74	595			
	LOPES David Granja	90	+0,74	24.04	MAGALHAES Andre Filipe	98	+0,29	24.72
	MARQUES Diogo Puidival	00	+0,49	25.15	AUGUSTO Bernardo Antunes	00	+0,43	24.26

Juniores

1.	Benfica-JUN	Benfica	<b>1:36.27</b>	+1,70	631			
	LEBRE Diogo Ramos	01	+1,70	23.86	FERREIRA Ricardo Pinela	01	+0,37	24.25
	AIRES Rafael Alcantara	01	+0,17	23.03	BERNARDO Joao Silva	02	+0,37	25.13
2.	Uniao Piedense-JUN	Uniao Piedense	<b>1:37.54</b>	+0,63	607			
	BRITO Bernardo Geada	02	+0,63	24.42	CAMOES Tiago Maria	01	+0,63	24.62
	LOPES Carlos Filipe	01	+0,28	24.24	CRISTINO David Matias	01	+0,26	24.26

Prova 2  
21-12-2018 - 17:45

Femin., 100m Bruços

Absolutos  
Resultados Final

RN25 Absoluto	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Sen	1:07.17	GOMES Diana Duarte	CNA	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:08.02	PEREIRA Raquel Gomes	SAD	Funchal	09-12-2016
RN25 Jun16	1:08.85	RODRIGUES Ana Pinho	AEJ	Ponte de Sôr	13-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	CERDEIRA Madalena Reis	03	Sporting	<b>1:12.45</b>	+0,86	637
	50m: 34.76 34.76	100m: 1:12.45	37.69			
2.	CASTRO Maria Freitas	03	Fafe	<b>1:12.53</b>	+0,74	635
	50m: 34.58 34.58	100m: 1:12.53	37.95			
3.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>1:13.31</b>	+0,82	615
	50m: 34.97 34.97	100m: 1:13.31	38.34			
4.	PEREIRA Clara Gomes	02	Alges	<b>1:13.49</b>	+0,73	610
	50m: 34.80 34.80	100m: 1:13.49	38.69			
5.	SILVA Natacha Sofia	02	Benfica	<b>1:13.76</b>	+0,74	604
	50m: 34.82 34.82	100m: 1:13.76	38.94			
6.	TEIXEIRA Ines Oliveira	02	Estarreja	<b>1:13.86</b>	+0,78	601
	50m: 34.51 34.51	100m: 1:13.86	39.35			
7.	COSTA Ana Ferreira	02	Nautico Marinha Grande	<b>1:14.24</b>	+0,69	592
	50m: 35.13 35.13	100m: 1:14.24	39.11			
8.	HENRIQUES Daniela Mascarenhas	03	Gesloures	<b>1:17.81</b>	+0,69	514
	50m: 36.42 36.42	100m: 1:17.81	41.39			

Seniores

1.	PEREIRA Raquel Gomes	00	Alges	<b>1:08.77</b>	+0,76	745
	50m: 32.77 32.77	100m: 1:08.77	36.00			
2.	KAMINSKAYA Victoria	95	Benfica	<b>1:10.90</b>	+0,70	680
	50m: 33.86 33.86	100m: 1:10.90	37.04			
3.	MACHADO Luisa Maria	01	Uniao Piedense	<b>1:11.48</b>	+0,77	663
	50m: 34.07 34.07	100m: 1:11.48	37.41			
4.	BORGES Claudia Ferreira	99	Benfica	<b>1:11.62</b>	+0,75	660
	50m: 34.44 34.44	100m: 1:11.62	37.18			
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:12.10</b>	+0,73	647
	50m: 34.16 34.16	100m: 1:12.10	37.94			
6.	SILVA Beatriz Santos	01	Porto	<b>1:13.11</b>	+0,80	620
	50m: 34.31 34.31	100m: 1:13.11	38.80			
7.	RODRIGUES Luana Correia	01	Belenenses	<b>1:14.47</b>	+0,73	587
	50m: 34.95 34.95	100m: 1:14.47	39.52			

Prova 2, Femin., 100m Bruços, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	<b>ROSA Maria Carolina</b>	94	Sporting	<b>1:15.01</b>	+0,73	574
	50m: 34.86 34.86	100m: 1:15.01	40.15			

Prova 3

21-12-2018 - 17:50

Masc., 100m Bruços

Absolutos  
Resultados Final

RN25 Absoluto	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Sen	58.19	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	22-11-2012
RN25 Jun18	1:01.25	AGOSTINHO Pedro Miguel	SCP	S. António Cavaleiros	19-12-2009
RN25 Jun17	1:02.99	SANTOS Andre Goncalo	LSC	Felgueiras	21-12-2013

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Juniores

1.	<b>NUNES Francisco Costa</b>	02	Salvaterra de Magos	<b>1:04.19</b>		650
	50m: 30.41 30.41	100m: 1:04.19	33.78			
2.	<b>CABRITO Rodrigo Almeida</b>	01	Belenenses	<b>1:04.46</b>		642
	50m: 30.78 30.78	100m: 1:04.46	33.68			
3.	<b>CALDEIRA Goncalo Silveirinha</b>	01	Sporting	<b>1:04.55</b>		639
	50m: 30.64 30.64	100m: 1:04.55	33.91			
4.	<b>MARQUES Goncalo Silva</b>	01	Condeixa Clube	<b>1:06.17</b>		593
	50m: 30.99 30.99	100m: 1:06.17	35.18			
5.	<b>ARAUJO Sergio Daniel</b>	02	Naval Povoense	<b>1:06.61</b>		581
	50m: 31.31 31.31	100m: 1:06.61	35.30			
6.	<b>KLIER Afonso Miguel</b>	01	Galitos / Bresimar	<b>1:06.66</b>		580
	50m: 30.77 30.77	100m: 1:06.66	35.89			
7.	<b>MERUJE Joaquim Agra</b>	01	Elvense	<b>1:06.82</b>		576
	50m: 31.07 31.07	100m: 1:06.82	35.75			

DSQ FRISCHKNECHT Renato Barros 01 Alges

734 - Efectuou mais que uma pernada golfinho durante percurso subaquático após a partida - SW 7.1

Seniores

1.	<b>SANTOS Alexis Manacas</b>	92	Sporting	<b>59.96</b>		797
	50m: 28.00 28.00	100m: 59.96	31.96			
2.	<b>LOPES Gabriel Jose</b>	97	Louzan Natacao/EFAPEL	<b>1:00.37</b>		781
	50m: 28.66 28.66	100m: 1:00.37	31.71			
3.	<b>VELOSO Tomas Miguel</b>	96	Nautico Academico	<b>1:00.52</b>		775
	50m: 28.73 28.73	100m: 1:00.52	31.79			
4.	<b>AMORIM Alexandre Ferreira</b>	99	Porto	<b>1:00.62</b>		771
	50m: 28.42 28.42	100m: 1:00.62	32.20			
5.	<b>TEIXEIRA Guilherme Miguel</b>	97	Belenenses	<b>1:02.17</b>		715
	50m: 29.38 29.38	100m: 1:02.17	32.79			

Prova 3, Masc., 100m Bruços, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
6.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>1:02.63</b>		700
	50m: 28.90 28.90	100m: 1:02.63	33.73			
7.	PINOTES Pedro Miguel	89	Sporting	<b>1:02.72</b>		697
	50m: 29.69 29.69	100m: 1:02.72	33.03			
8.	MENDES Antonio Manuel	99	Sporting	<b>1:03.28</b>		678
	50m: 29.54 29.54	100m: 1:03.28	33.74			

Prova 4

Femin., 100m Livres

21-12-2018 - 17:55

Absolutos  
Resultados Final

RN25 Absoluto	55.43	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	55.43	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun17	56.54	DURAES Diana Margarida	FCP	Porto	07-12-2012
RN25 Jun16	56.72	SOUSA Ana Reis	CNLA	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	SOUSA Ana Reis <i>Rec Nacional, Jun17</i>	02	Alges	<b>56.07</b>	+0,75	719
	50m: 27.65 27.65	100m: 56.07	28.42			
2.	ANDRE Leticia Maia	02	Benfica	<b>56.27</b>	+0,72	712
	50m: 27.22 27.22	100m: 56.27	29.05			
3.	MARTINS Francisca Soares	03	Foca	<b>56.99</b>	+0,71	685
	50m: 27.65 27.65	100m: 56.99	29.34			
4.	PINA Ana Sofia	02	O Crasto	<b>57.82</b>	+0,78	656
	50m: 27.89 27.89	100m: 57.82	29.93			
5.	PINTO Mafalda Marques	02	Sporting	<b>57.94</b>	+0,74	652
	50m: 28.10 28.10	100m: 57.94	29.84			
6.	SOARES Catarina Silva	03	Porto	<b>58.92</b>	+0,76	620
	50m: 27.82 27.82	100m: 58.92	31.10			
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>59.22</b>	+0,77	610
	50m: 28.68 28.68	100m: 59.22	30.54			
8.	FRAZAO Alexandra Couto	02	Condeixa Clube	<b>59.62</b>	+0,74	598
	50m: 29.18 29.18	100m: 59.62	30.44			

Prova 4, Femin., 100m Livres, Final

Seniores

1.	RODRIGUES Ana Pinho <i>Rec Nacional, Abs e Sen</i>	94	Sanjoanense/FEPSA	<b>55.12</b>	+0,67	757
	50m: 26.40 26.40	100m:	55.12 28.72			
2.	VIEGAS Beatriz Mendes	00	Sporting	<b>56.38</b>	+0,60	707
	50m: 27.04 27.04	100m:	56.38 29.34			
3.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>57.26</b>	+0,75	675
	50m: 27.30 27.30	100m:	57.26 29.96			
4.	FARIA Ana Rita	00	Porto	<b>58.00</b>	+0,76	650
	50m: 28.39 28.39	100m:	58.00 29.61			
5.	OLIVEIRA Rosa Maria	96	Porto	<b>58.05</b>	+0,76	648
	50m: 28.15 28.15	100m:	58.05 29.90			
6.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>58.39</b>	+0,77	637
	50m: 28.52 28.52	100m:	58.39 29.87			
7.	AZEVEDO Madalena Gomes	99	Alges	<b>58.40</b>	+0,74	637
	50m: 28.28 28.28	100m:	58.40 30.12			
8.	BELEZA Mafalda Gomes	94	Sporting	<b>58.51</b>	+0,69	633
	50m: 28.39 28.39	100m:	58.51 30.12			

Prova 5  
21-12-2018 - 18:00

Masc., 100m Livres

Absolutos  
Resultados Final

RN25 Absoluto	47.61	NASCIMENTO Miguel Duarte		Hangzhou (CHN)	11-12-2018
RN25 Sen	47.61	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	48.38	VENANCIO Tiago Andre	CNS	Cantanhede	20-12-2004
RN25 Jun17	49.87	VENANCIO Tiago Andre	CNS	Estoril	14-02-2004

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	AIRES Rafael Alcantara	01	Benfica	<b>50.35</b>	+0,65	711
	50m: 24.08 24.08	100m:	50.35 26.27			
2.	LEBRE Diogo Ramos	01	Benfica	<b>50.81</b>	+0,73	691
	50m: 25.08 25.08	100m:	50.81 25.73			
3.	MACHADO Tiago Andrade	02	Sporting de Aveiro	<b>51.59</b>	+0,65	661
	50m: 24.94 24.94	100m:	51.59 26.65			
4.	SIMOES Bernardo Jorge	02	Torres Novas	<b>51.69</b>	+0,73	657
	50m: 25.20 25.20	100m:	51.69 26.49			
5.	FERRAO Goncalo Carvalho	01	Cova da Piedade	<b>52.33</b>	+0,66	633
	50m: 25.01 25.01	100m:	52.33 27.32			
6.	FERNANDES Eduardo Gomes	02	Sporting	<b>52.47</b>	+0,74	628
	50m: 25.37 25.37	100m:	52.47 27.10			

Prova 5, Masc., 100m Livres, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
7.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>52.56</b>	+0,77	625
	50m: 25.60 25.60	100m: 52.56 26.96				
8.	CUNHA Jose Miguel	01	Fundacao Beatriz Santos	<b>54.80</b>	+0,68	551
	50m: 26.20 26.20	100m: 54.80 28.60				

Seniores

1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>47.88</b>	+0,67	826
	50m: 23.04 23.04	100m: 47.88 24.84				
2.	DIAS Guilherme Pereira	97	Benfica	<b>48.74</b>	+0,65	783
	50m: 23.57 23.57	100m: 48.74 25.17				
3.	MOGNE Igor Araujo	96	Sporting	<b>48.93</b>	+0,74	774
	50m: 23.66 23.66	100m: 48.93 25.27				
4.	COSTA Tiago Cunha	99	Sporting	<b>49.51</b>	+0,68	747
	50m: 23.79 23.79	100m: 49.51 25.72				
5.	RIBAS Alexandre Lages	97	Ginasio de Vila Real	<b>50.73</b>	+0,66	695
	50m: 24.41 24.41	100m: 50.73 26.32				
6.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	<b>50.74</b>	+0,68	694
	50m: 24.32 24.32	100m: 50.74 26.42				
7.	SOARES Tiago Silva	99	Porto	<b>50.77</b>	+0,77	693
	50m: 24.34 24.34	100m: 50.77 26.43				
8.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	<b>51.33</b>	+0,66	671
	50m: 24.37 24.37	100m: 51.33 26.96				

Prova 6

Femin., 200m Costas

21-12-2018 - 18:00

Absolutos  
Resultados Final

RN25 Absoluto	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Sen	2:09.12	FRISCHKNECHT Rita Barros	SAD	Porto	08-12-2017
RN25 Jun17	2:12.52	FRISCHKNECHT Rita Barros	SAD	Porto	21-12-2014
RN25 Jun16	2:12.80	CHAVES Petra Quintela	SAD	Algés	31-05-1994

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	AZEVEDO Rafaela Gomes <i>Rec Nacional, Jun 17</i>	02	Alges	<b>2:11.46</b>	+0,70	746
	50m: 31.21 31.21	100m: 1:04.97 33.76	150m: 1:39.32 34.35	200m: 2:11.46		32.14
2.	REBELO Camila Rodrigues <i>Rec Nacional, Jun 16</i>	03	Louzan Natacao/EFAPEL	<b>2:11.74</b>	+0,56	741
	50m: 31.11 31.11	100m: 1:05.05 33.94	150m: 1:38.75 33.70	200m: 2:11.74		32.99
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:18.32</b>	+0,67	640
	50m: 32.90 32.90	100m: 1:08.04 35.14	150m: 1:43.78 35.74	200m: 2:18.32		34.54

Prova 6, Femin., 200m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
4.	RAMOS Ana Rita	02	Porto	<b>2:18.88</b>	+0,81	632
	50m: 33.06 33.06	100m: 1:07.97 34.91	150m: 1:43.68 35.71	200m: 2:18.88 35.20		
5.	MARTINS Joana Ribeiro	03	Benfica	<b>2:19.51</b>	+0,71	624
	50m: 33.11 33.11	100m: 1:08.91 35.80	150m: 1:44.46 35.55	200m: 2:19.51 35.05		
6.	PEIXEIRA Filipa Ramos	03	Sporting	<b>2:21.18</b>	+0,73	602
	50m: 31.80 31.80	100m: 1:07.44 35.64	150m: 1:43.97 36.53	200m: 2:21.18 37.21		
7.	CRUZ Sara Moura	03	Alges	<b>2:22.35</b>	+0,60	587
	50m: 33.40 33.40	100m: 1:09.02 35.62	150m: 1:45.38 36.36	200m: 2:22.35 36.97		
8.	LASCU Nicoleta	02	Litoral Alentejano	<b>2:23.08</b>	+0,68	578
	50m: 33.44 33.44	100m: 1:09.68 36.24	150m: 1:46.59 36.91	200m: 2:23.08 36.49		

Seniores

1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:09.58</b>	+0,64	779
	50m: 30.31 30.31	100m: 1:02.57 32.26	150m: 1:35.71 33.14	200m: 2:09.58 33.87		
2.	CABRAL Maria Francisca	00	Porto	<b>2:15.98</b>	+0,69	674
	50m: 32.09 32.09	100m: 1:05.91 33.82	150m: 1:40.90 34.99	200m: 2:15.98 35.08		
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>2:17.87</b>	+0,70	646
	50m: 30.80 30.80	100m: 1:04.58 33.78	150m: 1:40.97 36.39	200m: 2:17.87 36.90		
4.	RODRIGUES Filipa Serrano	01	Benfica	<b>2:20.71</b>	+0,61	608
	50m: 32.59 32.59	100m: 1:07.27 34.68	150m: 1:43.87 36.60	200m: 2:20.71 36.84		
5.	RODRIGUES Luana Correia	01	Belenenses	<b>2:22.71</b>	+0,63	583
	50m: 33.88 33.88	100m: 1:09.82 35.94	150m: 1:46.65 36.83	200m: 2:22.71 36.06		
6.	FREIXO Juliana Lima	97	Braga	<b>2:23.41</b>	+0,65	574
	50m: 33.20 33.20	100m: 1:09.55 36.35	150m: 1:46.84 37.29	200m: 2:23.41 36.57		
7.	COSTA Ana Filipa	98	Natacao de Beja	<b>2:23.71</b>	+0,75	571
	50m: 33.89 33.89	100m: 1:10.55 36.66	150m: 1:47.23 36.68	200m: 2:23.71 36.48		
8.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>2:24.24</b>	+0,68	564
	50m: 33.41 33.41	100m: 1:09.71 36.30	150m: 1:47.15 37.44	200m: 2:24.24 37.09		

Prova 7  
21-12-2018 - 18:10

Masc., 200m Costas

Absolutos  
Resultados Final

RN25 Absoluto	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (CHN)	16-12-2018
RN25 Sen	1:52.66	LOPES Gabriel Jose	POR	Hangzhou (FRA)	16-12-2018
RN25 Jun18	1:58.37	NIZ Adriano Miguel	CFV	Figueira da Foz	03-07-2004
RN25 Jun17	1:59.34	NIZ Adriano Miguel	CFV	Alges	16-05-2003

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>1:59.42</b>	+0,58	692
	50m: 28.07 28.07	100m: 58.65 30.58	150m: 1:29.35	30.70	200m: 1:59.42	30.07
2.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>2:01.78</b>	+0,67	652
	50m: 28.25 28.25	100m: 58.97 30.72	150m: 1:29.94	30.97	200m: 2:01.78	31.84
3.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:05.82</b>	+0,60	591
	50m: 29.13 29.13	100m: 1:00.65 31.52	150m: 1:33.29	32.64	200m: 2:05.82	32.53
4.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	<b>2:06.23</b>	+0,63	585
	50m: 29.20 29.20	100m: 1:01.32 32.12	150m: 1:33.85	32.53	200m: 2:06.23	32.38
5.	ALFAMA Martim Primavera	02	Gesloures	<b>2:06.34</b>	+0,56	584
	50m: 30.17 30.17	100m: 1:02.82 32.65	150m: 1:35.07	32.25	200m: 2:06.34	31.27
6.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>2:06.66</b>	+0,65	580
	50m: 29.25 29.25	100m: 1:01.18 31.93	150m: 1:33.96	32.78	200m: 2:06.66	32.70
7.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>2:07.06</b>	+0,60	574
	50m: 29.52 29.52	100m: 1:01.26 31.74	150m: 1:34.38	33.12	200m: 2:07.06	32.68
8.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>2:07.15</b>	+0,77	573
	50m: 29.21 29.21	100m: 1:01.29 32.08	150m: 1:34.33	33.04	200m: 2:07.15	32.82

Seniores

1.	SANTOS Francisco Rogerio	98	Sporting	<b>1:55.41</b>	+0,77	766
	50m: 26.22 26.22	100m: 55.28 29.06	150m: 1:25.24	29.96	200m: 1:55.41	30.17
2.	VITAL Joao Alexandre	98	Sporting	<b>1:56.61</b>	+0,70	743
	50m: 27.44 27.44	100m: 56.35 28.91	150m: 1:26.25	29.90	200m: 1:56.61	30.36
3.	ROSA Rodrigo Antonio	96	Benfica	<b>1:59.24</b>	+0,56	695
	50m: 27.70 27.70	100m: 58.00 30.30	150m: 1:28.48	30.48	200m: 1:59.24	30.76
4.	KOT Viktor	98	Nautico Marinha Grande	<b>1:59.47</b>	+0,55	691
	50m: 27.90 27.90	100m: 57.95 30.05	150m: 1:28.98	31.03	200m: 1:59.47	30.49
5.	CORREIA Joao Mota	97	Benfica	<b>2:01.24</b>	+0,98	661
	50m: 28.07 28.07	100m: 58.49 30.42	150m: 1:29.70	31.21	200m: 2:01.24	31.54
6.	TINOCO Joao Pereira	00	Famalicao	<b>2:01.57</b>	+0,59	655
	50m: 28.10 28.10	100m: 58.83 30.73	150m: 1:30.34	31.51	200m: 2:01.57	31.23
7.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	<b>2:02.35</b>	+0,59	643
	50m: 27.77 27.77	100m: 58.12 30.35	150m: 1:29.91	31.79	200m: 2:02.35	32.44
8.	BATE Miguel Ribeiro	99	Alges	<b>2:06.30</b>	+0,68	584
	50m: 28.42 28.42	100m: 1:00.25 31.83	150m: 1:33.13	32.88	200m: 2:06.30	33.17

Prova 8  
21-12-2018 - 18:15

Femin., 50m Mariposa

Absolutos  
Resultados Final

RN25 Absoluto	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Sen	26.78	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	16-12-2010
RN25 Jun17	27.32	CRUZ Sara Francisco	ADBA	Leiria	06-12-2009
RN25 Jun16	27.57	TIAGO Filipa Vilas	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Juniores

1.	SOARES Catarina Silva	03	Porto	<b>28.21</b>	+0,72	645
2.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>28.28</b>	+0,65	640
3.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>28.59</b>	+0,71	620
4.	GRAVETO Ana Raquel	02	Benfica	<b>28.79</b>	+0,78	607
5.	PEIXEIRA Filipa Ramos	03	Sporting	<b>29.09</b>	+0,91	588
6.	ANDRE Leticia Maia	02	Benfica	<b>29.36</b>	+0,71	572
7.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>29.37</b>	+0,78	571
8.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>29.39</b>	+0,80	570

Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>27.05</b>	+0,62	732
2.	FERNANDES Ines Camacho	97	Sporting	<b>27.39</b>	+0,69	705
3.	MONTEIRO Ana Catarina	93	Vilacondense	<b>27.51</b>	+0,72	696
4.	TIAGO Filipa Vilas	94	Benfica	<b>27.95</b>	+0,75	663
5.	VIEGAS Beatriz Mendes	00	Sporting	<b>28.38</b>	+0,60	633
6.	CASTRO Adriana Daniela	97	Leixoes	<b>28.46</b>	+0,66	628
7.	MARTINS Ana Beatriz	99	Famalicao	<b>28.49</b>	+0,71	626
8.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>29.07</b>	+0,79	589

Prova 9  
21-12-2018 - 18:20

Masc., 50m Mariposa

Absolutos  
Resultados Final

RN25 Absoluto	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Sen	23.48	PEREIRA Luiz Pedro	POR	Budapeste (HUN)	06-10-2018
RN25 Jun18	24.68	ASCENSAO Joao Miguel	FCP	Porto	21-12-2014
RN25 Jun17	25.29	WEUSTINK Koen	GCVR	Mirandela	19-03-2017
RN S15	26.42	NEVES Tiago Correia	CFB	Felgueiras	21-12-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Juniores

1.	SOUSA Joao Ribeiro	01	Porto	<b>25.20</b>	+0,65	647
2.	LOPES Tomas Teixeira	02	Foca	<b>25.46</b>	+0,69	627
3.	GOMES Vicente Oliveira	02	Sporting	<b>25.58</b>	+0,78	618
4.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>26.02</b>	+0,74	588
5.	FERREIRA Ricardo Pinela	01	Benfica	<b>26.04</b>	+0,69	586
6.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>26.11</b>	+0,73	582
7.	PELAIO Jose Pedro	01	Galitos / Bresimar	<b>26.15</b>	+0,66	579

Prova 9, Masc., 50m Mariposa, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>27.38</b>	+0,68	504

Seniores

1.	SANTOS Alexis Manacas	92	Sporting	<b>23.71</b>	+0,70	777
2.	PEREIRA Luiz Pedro	91	Benfica	<b>23.92</b>	+0,75	756
3.	MOGNE Igor Araujo	96	Sporting	<b>24.35</b>	+0,73	717
4.	SANTOS Pedro Andre	94	Alges	<b>24.48</b>	+0,81	706
5.	LINO Rafael	99	Porto	<b>24.75</b>	+0,66	683
6.	FERNANDES Pedro Miguel	99	Famalicao	<b>25.09</b>	+0,74	655
7.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	<b>25.10</b>	+0,68	655
8.	CARVALHO Andre Antunes	96	Sporting	<b>25.24</b>	+0,74	644

Prova 10

Femin., 400m Estilos

Absolutos

21-12-2018 - 18:45

Resultados

RN25 Absoluto	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Sen	4:36.19	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	13-12-2017
RN25 Jun17	4:46.89	ROCHA Ines Neto	CAP	Felgueiras	15-04-2018
RN25 Jun16	4:50.85	DURAES Diana Margarida	FOCA	Silves	02-12-2011

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Seniores

1.	DURAES Diana Margarida	96	Benfica	<b>4:39.19</b>	+0,73	797
	50m: 30.35 30.35	150m: 1:40.24 36.07	250m: 2:56.23 40.15	350m: 4:08.12 31.96		
	100m: 1:04.17 33.82	200m: 2:16.08 35.84	300m: 3:36.16 39.93	400m: 4:39.19 31.07		
2.	MONTEIRO Ana Catarina	93	Vilacondense	<b>4:42.89</b>	+0,73	766
	50m: 29.31 29.31	150m: 1:38.52 37.23	250m: 2:56.12 41.09	350m: 4:10.33 33.43		
	100m: 1:01.29 31.98	200m: 2:15.03 36.51	300m: 3:36.90 40.78	400m: 4:42.89 32.56		
3.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:47.16</b>	+0,75	733
	50m: 29.86 29.86	150m: 1:39.75 36.52	250m: 2:58.60 42.64	350m: 4:14.53 33.22		
	100m: 1:03.23 33.37	200m: 2:15.96 36.21	300m: 3:41.31 42.71	400m: 4:47.16 32.63		
4.	MACHADO Luisa Maria	01	Uniao Piedense	<b>4:51.34</b>	+0,91	702
	50m: 30.83 30.83	150m: 1:44.71 38.31	250m: 3:02.25 39.81	350m: 4:17.92 34.44		
	100m: 1:06.40 35.57	200m: 2:22.44 37.73	300m: 3:43.48 41.23	400m: 4:51.34 33.42		
5.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:55.76</b>	+0,73	671
	50m: 31.30 31.30	150m: 1:46.83 40.13	250m: 3:06.46 40.78	350m: 4:21.51 34.08		
	100m: 1:06.70 35.40	200m: 2:25.68 38.85	300m: 3:47.43 40.97	400m: 4:55.76 34.25		
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>4:58.95</b>	+0,86	649
	50m: 30.72 30.72	150m: 1:45.02 39.60	250m: 3:06.18 43.11	350m: 4:24.87 35.19		
	100m: 1:05.42 34.70	200m: 2:23.07 38.05	300m: 3:49.68 43.50	400m: 4:58.95 34.08		
7.	RIBEIRO Margarida Messias	98	Geslours	<b>5:06.33</b>	+0,75	603
	50m: 33.77 33.77	150m: 1:51.90 40.00	250m: 3:13.84 42.97	350m: 4:33.08 35.39		
	100m: 1:11.90 38.13	200m: 2:30.87 38.97	300m: 3:57.69 43.85	400m: 5:06.33 33.25		

Prova 10, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	BERNARDO Ines Silva	00	Benfica	<b>5:07.56</b>	<b>+0,78</b>	596
	50m: 32.28 32.28	150m: 1:49.57 40.47	250m: 3:12.90 43.46	350m: 4:32.31 43.54	400m: 5:07.56	35.87
	100m: 1:09.10 36.82	200m: 2:29.44 39.87	300m: 3:56.44			35.25

Juniores

1.	PINA Ana Sofia	02	O Crasto	<b>4:49.99</b>	<b>+0,75</b>	711
	50m: 30.50 30.50	150m: 1:43.07 37.56	250m: 3:01.10 41.31	350m: 4:17.34 42.45	400m: 4:49.99	33.79
	100m: 1:05.51 35.01	200m: 2:19.79 36.72	300m: 3:43.55			32.65
2.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:50.46</b>	<b>+0,85</b>	708
	50m: 31.14 31.14	150m: 1:45.07 38.90	250m: 3:02.96 41.20	350m: 4:18.59 41.92	400m: 4:50.46	33.71
	100m: 1:06.17 35.03	200m: 2:21.76 36.69	300m: 3:44.88			31.87
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>4:51.74</b>	<b>+0,82</b>	699
	50m: 30.87 30.87	150m: 1:44.89 38.39	250m: 3:04.28 41.52	350m: 4:19.48 41.75	400m: 4:51.74	33.45
	100m: 1:06.50 35.63	200m: 2:22.76 37.87	300m: 3:46.03			32.26
4.	SOUSA Ana Reis	02	Alges	<b>4:53.29</b>	<b>+0,76</b>	688
	50m: 31.61 31.61	150m: 1:45.86 38.17	250m: 3:04.33 41.75	350m: 4:20.41 43.19	400m: 4:53.29	32.89
	100m: 1:07.69 36.08	200m: 2:22.58 36.72	300m: 3:47.52			32.88
5.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>4:54.82</b>	<b>+0,79</b>	677
	50m: 31.68 31.68	150m: 1:46.05 38.41	250m: 3:05.04 41.45	350m: 4:21.73 42.18	400m: 4:54.82	34.51
	100m: 1:07.64 35.96	200m: 2:23.59 37.54	300m: 3:47.22			33.09
6.	MARTINS Joana Ribeiro	03	Benfica	<b>5:04.72</b>	<b>+0,87</b>	613
	50m: 32.13 32.13	150m: 1:47.35 38.45	250m: 3:10.82 45.51	350m: 4:31.02 45.18	400m: 5:04.72	35.02
	100m: 1:08.90 36.77	200m: 2:25.31 37.96	300m: 3:56.00			33.70
7.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>5:06.78</b>	<b>+0,74</b>	601
	50m: 32.69 32.69	150m: 1:48.82 39.53	250m: 3:12.47 44.07	350m: 4:32.02 43.77	400m: 5:06.78	35.78
	100m: 1:09.29 36.60	200m: 2:28.40 39.58	300m: 3:56.24			34.76
8.	SILVA Natacha Sofia	02	Benfica	<b>5:09.34</b>	<b>+0,82</b>	586
	50m: 32.80 32.80	150m: 1:51.30 40.72	250m: 3:13.90 42.14	350m: 4:34.05 43.82	400m: 5:09.34	36.33
	100m: 1:10.58 37.78	200m: 2:31.76 40.46	300m: 3:57.72			35.29
9.	AMORIM Maria Leonor	03	Porto	<b>5:09.54</b>	<b>+0,74</b>	585
	50m: 31.88 31.88	150m: 1:50.07 39.74	250m: 3:13.26 44.46	350m: 4:35.14 45.57	400m: 5:09.54	36.31
	100m: 1:10.33 38.45	200m: 2:28.80 38.73	300m: 3:58.83			34.40
10.	NEVES Sara Dias	03	Miranda do Corvo	<b>5:09.95</b>	<b>+0,85</b>	583
	50m: 33.40 33.40	150m: 1:50.77 39.13	250m: 3:13.96 43.66	350m: 4:34.66 44.40	400m: 5:09.95	36.30
	100m: 1:11.64 38.24	200m: 2:30.30 39.53	300m: 3:58.36			35.29
11.	FIAL Sofia Nunes	03	Estamos Juntos	<b>5:10.35</b>	<b>+0,83</b>	580
	50m: 33.64 33.64	150m: 1:53.57 40.54	250m: 3:16.02 42.32	350m: 4:35.70 43.97	400m: 5:10.35	35.71
	100m: 1:13.03 39.39	200m: 2:33.70 40.13	300m: 3:59.99			34.65
12.	CASTRO Maria Freitas	03	Fafe	<b>5:13.50</b>	<b>+0,76</b>	563
	50m: 34.40 34.40	150m: 1:54.69 41.40	250m: 3:18.80 43.60	350m: 4:38.83 43.67	400m: 5:13.50	36.36
	100m: 1:13.29 38.89	200m: 2:35.20 40.51	300m: 4:02.47			34.67
13.	SILVA Eduarda Reis	03	Famalicao	<b>5:16.10</b>	<b>+0,74</b>	549
	50m: 32.17 32.17	150m: 1:50.09 41.52	250m: 3:17.11 46.03	350m: 4:40.80 46.68	400m: 5:16.10	37.01
	100m: 1:08.57 36.40	200m: 2:31.08 40.99	300m: 4:03.79			35.30

Prova 10, Femin., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
14.	MARQUES Mariana Nunes	03	Estarreja	<b>5:16.80</b>	+0,75	546	
	50m: 33.25 33.25	150m: 1:52.29	39.95	250m: 3:17.40	46.22	350m: 4:42.49	37.86
	100m: 1:12.34 39.09	200m: 2:31.18	38.89	300m: 4:04.63	47.23	400m: 5:16.80	34.31
15.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>5:18.11</b>	+0,64	539	
	50m: 32.86 32.86	150m: 1:51.74	41.47	250m: 3:17.30	44.00	350m: 4:40.79	38.34
	100m: 1:10.27 37.41	200m: 2:33.30	41.56	300m: 4:02.45	45.15	400m: 5:18.11	37.32
16.	SOUSA Ines Matos	03	Uniao Coimbra	<b>5:23.24</b>	+0,84	514	
	50m: 34.18 34.18	150m: 1:54.21	41.43	250m: 3:23.14	47.54	350m: 4:47.21	36.19
	100m: 1:12.78 38.60	200m: 2:35.60	41.39	300m: 4:11.02	47.88	400m: 5:23.24	36.03
17.	LIMA Jessica Soares	02	Braga	<b>5:23.32</b>	+0,88	513	
	50m: 33.42 33.42	150m: 1:54.01	41.62	250m: 3:21.37	46.13	350m: 4:46.14	37.24
	100m: 1:12.39 38.97	200m: 2:35.24	41.23	300m: 4:08.90	47.53	400m: 5:23.32	37.18
DNS	QUEIROZ Ana Rita	02	Condeixa Clube				

Prova 11

Masc., 400m Estilos

Absolutos  
Resultados

21-12-2018 - 18:50

RN25 Absoluto	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Sen	4:06.83	CARVALHO Diogo Filipe	POR	Istambul (TUR)	11-12-2009
RN25 Jun18	4:11.20	VITAL Joao Alexandre	SCP	Porto	11-12-2015
RN25 Jun17	4:21.93	VITAL Joao Alexandre	ADRCIMM	Porto	19-12-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
1.	LOPES Gabriel Jose <i>Minimos CEuropa PC</i>	97	Louzan Natacao/EFAPEL	<b>4:08.36</b>	+0,69	852	
	50m: 27.33 27.33	150m: 1:30.30	31.86	250m: 2:35.78	34.08	350m: 3:39.64	29.32
	100m: 58.44 31.11	200m: 2:01.70	31.40	300m: 3:10.32	34.54	400m: 4:08.36	28.72
2.	LOPES Jose Paulo <i>Minimos CEuropa PC</i>	00	Braga	<b>4:10.46</b>	+0,62	831	
	50m: 27.26 27.26	150m: 1:30.74	32.30	250m: 2:37.17	34.54	350m: 3:42.07	29.75
	100m: 58.44 31.18	200m: 2:02.63	31.89	300m: 3:12.32	35.15	400m: 4:10.46	28.39
3.	VELOSO Tomas Miguel <i>Minimos CEuropa PC</i>	96	Nautico Academico	<b>4:13.04</b>	+0,68	806	
	50m: 27.53 27.53	150m: 1:31.90	33.33	250m: 2:39.02	34.10	350m: 3:44.31	30.64
	100m: 58.57 31.04	200m: 2:04.92	33.02	300m: 3:13.67	34.65	400m: 4:13.04	28.73
4.	RAMOS Bruno Miguel	97	Belenenses	<b>4:14.92</b>	+0,66	788	
	50m: 26.99 26.99	150m: 1:30.18	32.07	250m: 2:37.76	35.66	350m: 3:45.23	30.54
	100m: 58.11 31.12	200m: 2:02.10	31.92	300m: 3:14.69	36.93	400m: 4:14.92	29.69
5.	CARVALHO Jose Paula	98	Benfica	<b>4:18.69</b>	+0,70	754	
	50m: 27.79 27.79	150m: 1:32.24	33.62	250m: 2:41.74	36.62	350m: 3:49.68	30.35
	100m: 58.62 30.83	200m: 2:05.12	32.88	300m: 3:19.33	37.59	400m: 4:18.69	29.01

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
6.	PINOTES Pedro Miguel	89	Sporting	<b>4:23.94</b>	+0,78	710	
	50m: 28.01 28.01	150m: 1:35.07	34.90	250m: 2:45.53	35.92	350m: 3:53.80	32.09
	100m: 1:00.17 32.16	200m: 2:09.61	34.54	300m: 3:21.71	36.18	400m: 4:23.94	30.14
7.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:24.53</b>	+0,72	705	
	50m: 28.30 28.30	150m: 1:35.30	34.64	250m: 2:45.73	36.28	350m: 3:54.00	30.64
	100m: 1:00.66 32.36	200m: 2:09.45	34.15	300m: 3:23.36	37.63	400m: 4:24.53	30.53
8.	DANTAS Diogo Leal	00	Sporting	<b>4:25.61</b>	+0,65	697	
	50m: 27.40 27.40	150m: 1:32.69	34.17	250m: 2:44.03	37.29	350m: 3:54.54	32.11
	100m: 58.52 31.12	200m: 2:06.74	34.05	300m: 3:22.43	38.40	400m: 4:25.61	31.07
9.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>4:30.20</b>	+0,75	662	
	50m: 27.83 27.83	150m: 1:34.61	34.62	250m: 2:48.09	38.93	350m: 3:59.29	31.26
	100m: 59.99 32.16	200m: 2:09.16	34.55	300m: 3:28.03	39.94	400m: 4:30.20	30.91
10.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>4:30.28</b>	+0,72	661	
	50m: 28.29 28.29	150m: 1:33.93	34.15	250m: 2:46.76	38.89	350m: 3:57.69	32.30
	100m: 59.78 31.49	200m: 2:07.87	33.94	300m: 3:25.39	38.63	400m: 4:30.28	32.59
11.	CATALAO Daniel Nogueira	00	Benfica	<b>4:31.33</b>	+0,61	653	
	50m: 28.05 28.05	150m: 1:35.35	34.66	250m: 2:47.42	37.18	350m: 3:58.75	32.99
	100m: 1:00.69 32.64	200m: 2:10.24	34.89	300m: 3:25.76	38.34	400m: 4:31.33	32.58
12.	PINTO Antonio Fernando	99	Benfica	<b>4:33.15</b>	+0,77	640	
	50m: 27.63 27.63	150m: 1:34.97	35.73	250m: 2:47.89	38.11	350m: 4:01.22	33.40
	100m: 59.24 31.61	200m: 2:09.78	34.81	300m: 3:27.82	39.93	400m: 4:33.15	31.93
13.	GASPAR Miguel Caridade	99	Academica de Coimbra	<b>4:34.02</b>	+0,81	634	
	50m: 30.31 30.31	150m: 1:40.61	35.74	250m: 2:52.76	37.03	350m: 4:02.95	32.75
	100m: 1:04.87 34.56	200m: 2:15.73	35.12	300m: 3:30.20	37.44	400m: 4:34.02	31.07
14.	NUNES Rafael Filipe	96	Benfica	<b>4:37.41</b>	+0,68	611	
	50m: 29.28 29.28	150m: 1:38.57	36.44	250m: 2:53.66	39.08	350m: 4:06.40	33.33
	100m: 1:02.13 32.85	200m: 2:14.58	36.01	300m: 3:33.07	39.41	400m: 4:37.41	31.01
15.	PERLOIRO Bernardo Garcia	00	Sporting	<b>4:40.60</b>	+0,76	591	
	50m: 29.66 29.66	150m: 1:38.74	35.29	250m: 2:54.16	39.17	350m: 4:08.02	33.18
	100m: 1:03.45 33.79	200m: 2:14.99	36.25	300m: 3:34.84	40.68	400m: 4:40.60	32.58
16.	JOAQUIM Andre Serro	00	Portinado	<b>4:40.79</b>	+0,74	589	
	50m: 29.13 29.13	150m: 1:38.84	35.97	250m: 2:56.06	40.94	350m: 4:09.61	31.86
	100m: 1:02.87 33.74	200m: 2:15.12	36.28	300m: 3:37.75	41.69	400m: 4:40.79	31.18
17.	SILVA Paulo Filipe	98	Natacao da Maia	<b>4:40.95</b>	+0,76	588	
	50m: 29.33 29.33	150m: 1:38.81	35.96	250m: 2:53.46	39.00	350m: 4:08.99	33.95
	100m: 1:02.85 33.52	200m: 2:14.46	35.65	300m: 3:35.04	41.58	400m: 4:40.95	31.96
18.	TOMAS Francisco Xavier	00	Alcobaca	<b>4:41.46</b>	+0,86	585	
	50m: 29.84 29.84	150m: 1:41.98	37.56	250m: 2:57.07	39.44	350m: 4:09.68	32.97
	100m: 1:04.42 34.58	200m: 2:17.63	35.65	300m: 3:36.71	39.64	400m: 4:41.46	31.78

Prova 11, Masc., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
DSQ	ALVES Nuno Rafael	90	Aquatico Pacense			
	<i>616 - O atleta efectuou a chegada totalmente submerso - SW 6.3, (costas)</i>					
DNS	LUZ Filipe Ferreira	98	Gesloures			

Juniores

1.	SILVA Tomas Antonio	01	Naval do Funchal	<b>4:26.56</b>	+0,70	689
	50m: 28.46 28.46	150m: 1:35.28 33.89	250m: 2:46.42 36.71	350m: 3:55.40 31.47		
	100m: 1:01.39 32.93	200m: 2:09.71 34.43	300m: 3:23.93 37.51	400m: 4:26.56 31.16		
2.	CRISTINO David Matias	01	Uniao Piedense	<b>4:28.61</b>	+0,82	673
	50m: 28.59 28.59	150m: 1:35.52 33.90	250m: 2:48.08 39.65	350m: 3:58.52 30.92		
	100m: 1:01.62 33.03	200m: 2:08.43 32.91	300m: 3:27.60 39.52	400m: 4:28.61 30.09		
3.	FERNANDES Eduardo Gomes	02	Sporting	<b>4:30.94</b>	+0,79	656
	50m: 28.86 28.86	150m: 1:35.80 34.12	250m: 2:48.50 39.37	350m: 4:00.17 31.73		
	100m: 1:01.68 32.82	200m: 2:09.13 33.33	300m: 3:28.44 39.94	400m: 4:30.94 30.77		
4.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:31.96</b>	+0,78	649
	50m: 29.59 29.59	150m: 1:38.61 36.11	250m: 2:52.89 39.32	350m: 4:02.93 30.80		
	100m: 1:02.50 32.91	200m: 2:13.57 34.96	300m: 3:32.13 39.24	400m: 4:31.96 29.03		
5.	GOMES Vicente Oliveira	02	Sporting	<b>4:36.50</b>	+0,78	617
	50m: 28.81 28.81	150m: 1:37.53 35.43	250m: 2:53.63 40.69	350m: 4:05.17 30.46		
	100m: 1:02.10 33.29	200m: 2:12.94 35.41	300m: 3:34.71 41.08	400m: 4:36.50 31.33		
6.	DOMINGOS Ruy Manuel	02	Sporting	<b>4:39.62</b>	+0,70	597
	50m: 28.62 28.62	150m: 1:36.24 35.23	250m: 2:52.82 41.52	350m: 4:07.73 33.49		
	100m: 1:01.01 32.39	200m: 2:11.30 35.06	300m: 3:34.24 41.42	400m: 4:39.62 31.89		
7.	CABRITO Rodrigo Almeida	01	Belenenses	<b>4:41.44</b>	+0,68	585
	50m: 28.77 28.77	150m: 1:41.71 37.39	250m: 2:55.57 36.63	350m: 4:08.48 34.22		
	100m: 1:04.32 35.55	200m: 2:18.94 37.23	300m: 3:34.26 38.69	400m: 4:41.44 32.96		
8.	MONTEIRO Tomas Penha	02	Alges	<b>4:43.52</b>	+0,72	573
	50m: 30.85 30.85	150m: 1:42.08 36.90	250m: 2:59.07 41.00	350m: 4:12.31 31.65		
	100m: 1:05.18 34.33	200m: 2:18.07 35.99	300m: 3:40.66 41.59	400m: 4:43.52 31.21		
9.	PINTO Pedro Miguel	02	Sporting	<b>4:44.05</b>	+0,82	569
	50m: 29.01 29.01	150m: 1:39.13 36.69	250m: 2:55.87 40.28	350m: 4:11.32 34.14		
	100m: 1:02.44 33.43	200m: 2:15.59 36.46	300m: 3:37.18 41.31	400m: 4:44.05 32.73		
10.	MALFEITO Martim Rebelo	02	Sporting	<b>4:44.78</b>	+0,74	565
	50m: 30.09 30.09	150m: 1:43.64 39.15	250m: 3:01.05 39.01	350m: 4:13.09 32.45		
	100m: 1:04.49 34.40	200m: 2:22.04 38.40	300m: 3:40.64 39.59	400m: 4:44.78 31.69		
11.	COSTA Marco Antonio	02	Natacao Guarda	<b>4:46.96</b>	+0,79	552
	50m: 28.57 28.57	150m: 1:39.93 37.98	250m: 2:59.46 41.31	350m: 4:14.21 32.05		
	100m: 1:01.95 33.38	200m: 2:18.15 38.22	300m: 3:42.16 42.70	400m: 4:46.96 32.75		
12.	PEREIRA Jose Maria	01	Sporting	<b>4:46.99</b>	+0,79	552
	50m: 29.87 29.87	150m: 1:41.00 37.09	250m: 2:59.44 41.89	350m: 4:15.19 33.33		
	100m: 1:03.91 34.04	200m: 2:17.55 36.55	300m: 3:41.86 42.42	400m: 4:46.99 31.80		
13.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>4:51.38</b>	+0,75	527
	50m: 29.79 29.79	150m: 1:42.42 37.96	250m: 3:02.55 42.10	350m: 4:18.57 32.80		
	100m: 1:04.46 34.67	200m: 2:20.45 38.03	300m: 3:45.77 43.22	400m: 4:51.38 32.81		

Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
14.	PEREIRA Bernardo Sousa	01	Pimpoes/Cimai	<b>4:57.09</b>	+0,80	498	
	50m: 30.41 30.41	150m: 1:44.42	38.98	250m: 3:04.60	42.00	350m: 4:22.99	34.96
	100m: 1:05.44 35.03	200m: 2:22.60	38.18	300m: 3:48.03	43.43	400m: 4:57.09	34.10

DSQ GORDO Goncalo Morais 02 Colegio Monte Maior  
615 - Não efectuou movimento continuo e imediato na viragem aos 125 - SW 6.4

Prova 16 Femin., 4 x 100m Estilos Absolutos Resultados

Lugar	Tempo Final	TReac	FINA
RN25 Absoluto	4:06.14	Futebol Clube do Porto/Dolce Vita FCP	S. António Cavaleiros 19-12-2009
RN25 Sen	4:06.14	Futebol Clube do Porto/Dolce Vita FCP	S. António Cavaleiros 19-12-2009
RN25 Jun	4:16.94	Sporting Clube de Portugal SCP	Leiria 04-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
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Seniores

1.	Alges-SEN	Alges	<b>4:10.53</b>	+0,62	726
	FRISCHKNECHT Rita Barros +0,62 29.68	1:01.01	BARATA Barbara Sofia +0,13 29.16	1:03.46	
	PEREIRA Raquel Gomes +0,44 32.33	1:08.54	AZEVEDO Madalena Gomes +0,27 27.91	57.52	
2.	Sporting-SEN	Sporting	<b>4:17.11</b>	+0,58	671
	FERNANDES Ines Camacho +0,58 30.38	1:03.71	HENRIQUES Ines Jacinto +0,41 28.67	1:01.73	
	ROSA Maria Carolina +0,29 34.01	1:14.62	VIEGAS Beatriz Mendes +0,40 27.33	57.05	
3.	Benfica-SEN	Benfica	<b>4:17.70</b>	+0,69	667
	KAMINSKAYA Victoria +0,69 31.34	1:04.67	TIAGO Filipa Vilas +0,48 29.22	1:03.93	
	BORGES Claudia Ferreira +0,42 34.38	1:12.40	DURAES Diana Margarida +0,23 27.62	56.70	
4.	Porto-SEN	Porto	<b>4:20.23</b>	+0,70	648
	FERREIRA Catarina Maria +0,70 32.22	1:06.03	CABRAL Maria Francisca +0,67 29.47	1:03.39	
	SILVA Beatriz Santos +0,47 33.63	1:12.85	FARIA Ana Rita +0,54 27.76	57.96	
5.	Academica de Coimbra-SEN	Academica de Coimbra	<b>4:23.68</b>	+1,02	622
	NEVES Ana Carolina +1,02 31.19	1:05.18	CRAVEIRO Beatriz Neves +0,20 28.78	1:03.10	
	DIAS Beatriz Castanheira +0,32 36.00	1:17.54	MOREIRA Matilde Freitas +0,13 27.46	57.86	
6.	Braga-SEN	Braga	<b>4:27.75</b>	+0,63	594
	FREIXO Juliana Lima +0,63 31.63	1:05.47	SILVA Maria Madalena +0,47 30.76	1:06.12	
	FERNANDES Ana Sofia +0,30 36.27	1:18.86	HOLUB Tamila Hryhorivna +0,14 26.93	57.30	
7.	Laranjeiro-SEN	Laranjeiro	<b>4:35.04</b>	+0,66	548
	ROLIM Soraia Guerra +0,66 34.57	1:11.81	NUNES Sofia Alexandra +0,39 30.14	1:06.54	
	RIESENBERGER Bruna Martins +0,28 34.87	1:15.09	PIRES Carolina Saraiva +0,27 29.02	1:01.60	

Prova 16, Femin., 4 x 100m Estilos

Juniores

Rank	Club	Time	Diff	Score
1.	Alges-JUN <i>Rec Nacional</i>	Alges	<b>4:15.24</b>	+0,76 686
	AZEVEDO Rafaela Gomes +0,76 30.18 1:02.31	CRUZ Sara Moura +0,17 29.60	1:04.88	
	PEREIRA Clara Gomes +0,12 34.27 1:13.06	SOUSA Ana Reis +0,06 26.58	54.99	
2.	Benfica-JUN	Benfica	<b>4:22.73</b>	+0,63 629
	MARTINS Joana Ribeiro +0,63 32.43 1:06.66	GRAVETO Ana Raquel +0,68 29.64	1:03.51	
	SILVA Natacha Sofia +0,82 35.08 1:15.46	ANDRE Leticia Maia +0,17 27.10	57.10	
3.	Porto-JUN	Porto	<b>4:25.93</b>	+0,67 607
	RAMOS Ana Rita +0,67 31.92 1:05.61	BARBOSA Mariana Fernandes +0,44 29.62	1:03.96	
	AMORIM Maria Leonor +0,51 35.02 1:16.48	SOARES Catarina Silva +0,55 28.28	59.88	
4.	Vitoria Guimaraes-JUN	Vitoria Guimaraes	<b>4:33.84</b>	+0,63 556
	ALMEIDA Catarina Isabel +0,63 32.84 1:08.17	FERNANDES Filipa Viamonte +0,32 29.18	1:04.85	
	VIEIRA Valeria Goncalves +0,43 36.05 1:18.32	MACEDO Beatriz Daniela +0,40 29.40	1:02.50	
5.	Natacao de Valongo-JUN	Natacao de Valongo	<b>4:37.07</b>	+0,61 536
	SOARES Carolina Silva +0,61 33.12 1:07.94	RODRIGUES Daniela Oliveira +0,39 31.10	1:08.23	
	MACHADO Joana Sofia +0,50 36.30 1:18.06	MOREIRA Mariana Filipa +0,24 29.80	1:02.84	
6.	Gesloures-JUN	Gesloures	<b>4:40.60</b>	+1,33 516
	NEVES Leonor Maria +1,33 33.79 1:10.67	FERRO Carolina Ganhao +0,14 32.03	1:11.12	
	HENRIQUES Daniela Mascarenh+0,41 36.47 1:17.86	REBELO Beatriz Vaz +0,61 28.85	1:00.95	
7.	Louletano / Loule Concelho-JUN	Louletano / Loule Concelho	<b>4:40.94</b>	+0,61 515
	SEVERINO Isis Sousa +0,61 32.35 1:07.48	FOMINA Anna +0,47 32.01	1:12.03	
	SANTOS Catarina Vitorino +0,38 36.76 1:20.61	JESUS Maria Crista +0,43 28.76	1:00.82	

Prova 15

21-12-2018 - 19:05

Masc., 4 x 100m Estilos

Absolutos

Resultados

RN25 Absoluto	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Sen	3:34.53	CCD Estrelas S. Joao de Brito	ESJB	Porto	19-12-2014
RN25 Jun	3:50.30	Sporting Clube de Braga	SCB	Porto	08-12-2017

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
1.	Sporting-SEN	Sporting	<b>3:36.01</b>	+0,62 783
	SANTOS Francisco Rogerio +0,62 25.76 53.85	MOGNE Igor Araujo +0,55 24.45	52.55	
	SANTOS Alexis Manacas +0,36 28.03 59.76	COSTA Tiago Cunha +0,31 23.99	49.85	
2.	Porto-SEN	Porto	<b>3:42.00</b>	+0,92 722
	NUNES Porfirio Braga +0,92 27.33 56.91	LINO Rafael +0,44 25.21	54.92	
	AMORIM Alexandre Ferreira +0,26 28.24 1:00.33	SOARES Tiago Silva +0,32 23.70	49.84	
3.	Alges-SEN	Alges	<b>3:42.30</b>	+0,58 719
	BATE Miguel Ribeiro +0,58 27.20 56.67	SANTOS Pedro Andre +0,60 24.74	53.44	
	PON Hugo +0,13 28.36 1:01.65	BATE Afonso Ribeiro +0,21 23.97	50.54	
4.	Belenenses-SEN	Belenenses	<b>3:44.89</b>	+0,59 694
	FERNANDES Joao Diogo +0,59 27.36 57.47	QUINTANILHA Nuno Goncalo +0,03 24.63	54.42	
	TEIXEIRA Guilherme Miguel +0,51 29.05 1:02.31	RAMOS Bruno Miguel +0,30 24.49	50.69	

Prova 15, Masc., 4 x 100m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	FINA
5.	Braga-SEN Braga	<b>3:49.98</b>	+0,58	649
	LOPES Jose Paulo +0,58 27.37 56.21 SILVA Jorge Jesus +0,30 26.87 58.37			
	SIMOES Rafael Gomes 28.72 1:02.55 FERNANDES Jose Pedro +0,14 25.25 52.85			
6.	Famalicao-SEN Famalicao	<b>3:53.02</b>	+0,61	624
	TINOCO Joao Pereira +0,61 27.37 56.77 SILVA Joao Carlos +0,28 25.93 56.51			
	FARIA Rui Pedro +0,41 31.16 1:07.35 FERNANDES Pedro Miguel +0,45 24.64 52.39			
7.	AONDA-Azeitao AONDA-Azeitao	<b>3:59.49</b>	+0,56	575
	MARQUES Diogo Puidival +0,56 29.67 1:01.95 LOPES David Granja +0,50 26.04 57.45			
	MAGALHAES Andre Filipe +0,31 30.70 1:07.04 AUGUSTO Bernardo Antunes +0,22 24.96 53.05			
DSQ	Benfica-SEN Benfica			
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 150 m - SW 7.1</i>			
	ROSA Rodrigo Antonio +0,57 26.62 55.54 PEREIRA Luiz Pedro +0,26			
	NASCIMENTO Miguel Duarte +0,32 DIAS Guilherme Pereira +0,41			

Juniores

1.	Sporting-JUN Sporting	<b>3:53.32</b>	+0,69	621
	DOMINGOS Ruy Manuel +0,69 29.04 1:00.18 GOMES Vicente Oliveira +0,43 26.23 56.73			
	CALDEIRA Goncalo Silveirinha +0,48 30.40 1:04.93 FERNANDES Eduardo Gomes +0,39 24.38 51.48			
2.	Benfica-JUN Benfica	<b>3:54.01</b>	+0,73	616
	AIRES Rafael Alcantara +0,73 28.00 57.37 FERREIRA Ricardo Pinela +0,41 25.83 56.08			
	BERNARDO Joao Silva +0,36 32.17 1:09.30 LEBRE Diogo Ramos +0,32 24.62 51.26			
3.	Uniao Piedense-JUN Uniao Piedense	<b>3:56.06</b>	+0,69	600
	CRISTINO David Matias +0,69 28.36 57.58 LOPES Carlos Filipe +0,44 26.08 56.85			
	BRITO Bernardo Geada +0,31 31.05 1:07.88 CAMOES Tiago Maria +0,41 25.50 53.75			
4.	Alges-JUN Alges	<b>3:56.57</b>	+0,61	596
	MAGALHAES Hugo Nunes +0,61 29.05 1:00.94 BRANCO Alexandre Miguel +0,26 26.91 57.61			
	FRISCHKNECHT Renato Barros +0,22 29.35 1:03.74 MONTEIRO Tomas Penha +0,27 25.74 54.28			
5.	Porto-JUN Porto	<b>3:58.14</b>	+0,58	584
	GONCALVES Rodrigo Oliveira +0,58 29.60 1:01.10 AGUIAR Gabriel Silva +0,42 26.53 57.13			
	SANTOS Pedro Miguel +0,11 30.70 1:06.38 SOUSA Joao Ribeiro +0,33 25.10 53.53			
6.	Belenenses-JUN Belenenses	<b>4:00.56</b>	+0,69	567
	FREIRE Carlos Marques +0,69 29.01 1:01.08 JACINTO Rafael Rodrigues +0,44 27.50 1:00.30			
	CABRITO Rodrigo Almeida +0,44 30.22 1:04.31 BRAS Ricardo Martins +0,08 25.70 54.87			
7.	Leixoes-JUN Leixoes	<b>4:02.87</b>	+0,71	551
	BARROSO Bruno Carvalho +0,71 29.45 1:01.51 RIBEIRO Diogo Filipe +1,49 27.48 59.46			
	MENDES Diogo Santos +0,32 31.12 1:07.31 FREIRE Tiago Mendonca +0,38 25.71 54.59			
8.	Vitoria Guimaraes-JUN Vitoria Guimaraes	<b>4:03.11</b>	+0,62	549
	COSTA Joao Nogueira +0,62 26.91 55.41 MAGALHAES Eduardo Miguel +0,13 26.31 58.41			
	MAGALHAES Vitor Pedro +0,35 32.77 1:11.14 RIBEIRO Jose Carlos +0,36 27.55 58.15			
9.	Estarreja-JUN Estarreja	<b>4:03.89</b>	+0,62	544
	FIDALGO Mateus Valente +0,62 28.60 59.62 SILVA Luis Afonso +0,16 27.60 1:00.59			
	FERREIRA Joao Renato +0,41 31.05 1:08.80 OLIVEIRA David Miguel +0,21 25.41 54.88			
10.	Gesloures-JUN Gesloures	<b>4:04.14</b>	+0,62	542
	ALFAMA Martim Primavera +0,62 27.92 57.44 CARVALHO Guilherme Ventura +0,47 28.63 1:02.86			
	SANTOS Afonso Amaro +0,22 31.57 1:07.75 SOUZA Francisco Alves +0,70 26.39 56.09			

Prova 15, Masc., 4 x 100m Estilos, Juniores

Lugar	Clube	Tempo Final	TReac	FINA
11.	Naval do Funchal-JUN	<b>4:04.53</b>	<b>+0,85</b>	<b>540</b>
	PITA Diogo Henrique	+0,85 29.64 1:01.58	ALVES Afonso Pinto	+0,17 27.58 1:00.24
	FERNANDES Pedro Pestana	0.00 31.96 1:08.62	DEUS Andre Portugal	+0,06 25.84 54.09
12.	Colegio SMLamas-JUN	<b>4:06.91</b>	<b>+0,56</b>	<b>524</b>
	MARTINS Samuel Dias	+0,56 28.98 1:00.21	MARTINS Marcos Dias	+0,49 27.79 1:00.21
	PEREIRA Luis Goncalves	+0,30 32.73 1:11.44	OLIVEIRA Manuel Filipe	+0,26 25.56 55.05
13.	Condeixa Clube-JUN	<b>4:07.15</b>	<b>+0,64</b>	<b>523</b>
	MIGUEL Tomas Pedrosa	+0,64 29.22 1:01.55	TRAVASSOS Rodrigo Alexandr	+0,27 27.60 59.34
	MARQUES Goncalo Silva	+0,30 32.80 1:11.08	FROTA Paulo Andre	+0,27 26.30 55.18
14.	Naval Povoense-JUN	<b>4:07.85</b>	<b>+0,63</b>	<b>518</b>
	ARAUJO Sergio Daniel	+0,63 30.42 1:03.81	AMORIM Henrique Maieiro	+0,33 28.59 1:01.36
	VIEIRA Hugo Azurara	+0,44 31.84 1:08.21	MORIM Pedro Soares	+0,61 26.31 54.47
15.	Fluvial Portuense-JUN	<b>4:09.01</b>	<b>+0,59</b>	<b>511</b>
	MACHADO Bruno Rafael	+0,59 28.26 59.45	RIBEIRO Gustavo Francisco	+0,61 28.99 1:03.38
	CUNHA Joao Simons	+0,04 33.19 1:11.71	MAGALHAES Tiago Novais	+0,32 26.01 54.47
DSQ	Fundacao Beatriz Santos-JUN			
	<i>724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 150 m - SW 7.6</i>			
	DIAS Joao Pedro	+0,70 28.60 59.14	DOMINGUES Ricardo Jorge	+0,41
	PAIS Joao Ventura	+0,37	PEREIRA Joao Neto	+0,11

3 - 2ª Jornada - 1ª Sessão (eliminatórias)

22-12-2018 - 9:00

Prova 29	Masc., 4 x 50m Estilos	Absolutos
22-12-2018 - 9:00		Resultados
RN25 Absoluto	1:38.95 CCD Estrelas S. Joao de Brito ESJB Porto	20-12-2014
RN25 Sen	1:38.95 CCD Estrelas S. Joao de Brito ESJB Porto	20-12-2014
RN25 Jun	1:44.80 Futebol Clube do Porto FCP Felgueiras	21-12-2013

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
1.	Sporting-SEN	<b>1:38.33</b>	<b>+0,64</b>	<b>778</b>
	<i>Rec Nacional, Abs e Sen</i>			
	SANTOS Francisco Rogerio	98 +0,64 24.93	MOGNE Igor Araujo	96 +0,53 23.76
	SANTOS Alexis Manacas	92 +0,20 26.82	DANTAS Diogo Leal	00 +0,15 22.82
2.	Benfica-SEN	<b>1:38.60</b>	<b>+0,58</b>	<b>771</b>
	ROSA Rodrigo Antonio	96 +0,58 25.62	PEREIRA Luiz Pedro	91 +0,13 23.60
	NASCIMENTO Miguel Duarte	95 +0,17 27.56	DIAS Guilherme Pereira	97 +0,39 21.82
3.	Porto-SEN	<b>1:41.34</b>	<b>+1,39</b>	<b>710</b>
	NUNES Porfirio Braga	00 +1,39 26.60	LINO Rafael	99 +0,42 24.63
	AMORIM Alexandre Ferreira	99 +0,11 27.52	SOARES Tiago Silva	99 +0,21 22.59
4.	Belenenses-SEN	<b>1:41.56</b>	<b>+0,58</b>	<b>706</b>
	FERNANDES Joao Diogo	98 +0,58 26.90	QUINTANILHA Nuno Goncalo	87 +0,26 24.49
	TEIXEIRA Guilherme Miguel	97 +0,34 27.73	RAMOS Bruno Miguel	97 +0,11 22.44

Prova 29, Masc., 4 x 50m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	FINA
5.	<b>Alges-SEN</b>	<b>1:42.01</b>	<b>+0,58</b>	<b>696</b>
	BATE Miguel Ribeiro	99	+0,58	26.43
	PON Hugo	98	+0,12	28.30
	SANTOS Pedro Andre	94	+0,28	24.25
	MACHADO Francisco Carvalho	98	+0,35	23.03
6.	<b>Academica de Coimbra-SEN</b>	<b>1:43.10</b>	<b>+0,61</b>	<b>675</b>
	LUCAS Joao Filipe	94	+0,61	27.33
	CARVALHO Ruben Paiva	94	+0,09	28.01
	YELISTRATKIN Ilyya	96	+0,45	25.35
	MADUREIRA Gustavo Almeida	94	+0,33	22.41
7.	<b>Famalicao-SEN</b>	<b>1:46.18</b>		<b>617</b>
	TINOCO Joao Pereira	00		26.90
	FARIA Rui Pedro	94	+0,28	30.36
	FERNANDES Pedro Miguel	99	+0,54	24.44
	CARVALHO Mateus Ribeiro	99		24.48
8.	<b>Braga-SEN</b>	<b>1:46.23</b>	<b>+0,50</b>	<b>617</b>
	LOPES Joao Francisco	98	+0,50	27.60
	SIMÕES Rafael Gomes	00	+0,23	29.14
	ALBUQUERQUE Rodrigo Carlos	97	+0,08	25.42
	FERNANDES Jose Pedro	99	+0,26	24.07
9.	<b>Desportiva de Viana-SEN</b>	<b>1:50.98</b>		<b>541</b>
	PASSOS Miguel Angelo	96		27.57
	NOVAIS Tiago Miguel	00	+0,54	32.88
	GRACA Nuno Miguel	98	+0,39	25.26
	BRANCO Andre Castro	00		25.27

Juniores

1.	<b>Sporting-JUN</b>	<b>1:47.11</b>		<b>601</b>
	DOMINGOS Ruy Manuel	02		27.60
	CALDEIRA Goncalo Silveirinha	01	+1,43	30.32
	GOMES Vicente Oliveira	02	+0,27	25.58
	FERNANDES Eduardo Gomes	02		23.61
2.	<b>Benfica-JUN</b>	<b>1:47.29</b>	<b>+0,53</b>	<b>598</b>
	AIRES Rafael Alcantara	01	+0,53	26.37
	BERNARDO Joao Silva	02	+0,17	31.69
	FERREIRA Ricardo Pinela	01	+0,50	25.49
	LEBRE Diogo Ramos	01	+0,34	23.74
3.	<b>Uniao Piedense-JUN</b>	<b>1:48.40</b>		<b>580</b>
	SANTOS Edgar Filipe	01		28.50
	BRITO Bernardo Geadá	02	+0,48	30.53
	LOPES Carlos Filipe	01	+0,42	25.17
	CAMOES Tiago Maria	01		24.20
4.	<b>Alges-JUN</b>	<b>1:48.58</b>		<b>577</b>
	MAGALHAES Hugo Nunes	02		28.25
	FRISCHKNECHT Renato Barros	01	+0,22	28.85
	BRANCO Alexandre Miguel	01	+0,37	26.32
	MONTEIRO Tomas Penha	02		25.16
5.	<b>Fundacao Beatriz Santos-JUN</b>	<b>1:49.64</b>		<b>561</b>
	DIAS Joao Pedro	02		27.51
	PAIS Joao Ventura	02	+0,44	31.21
	DOMINGUES Ricardo Jorge	02	+0,32	26.35
	CUNHA Jose Miguel	01		24.57
6.	<b>Estarreja-JUN</b>	<b>1:50.14</b>		<b>553</b>
	FIDALGO Mateus Valente	01		27.34
	FERREIRA Joao Renato	01	+0,44	31.08
	SILVA Luis Afonso	02	+0,31	26.69
	OLIVEIRA David Miguel	01		25.03
7.	<b>Porto-JUN</b>	<b>1:52.21</b>		<b>523</b>
	SOUSA Joao Ribeiro	01		28.20
	GONCALVES Rodrigo Oliveira	02	+0,37	32.53
	AGUIAR Gabriel Silva	01	+0,33	26.38
	RIBEIRO Luis Manuel	02		25.10

Prova 30  
22-12-2018 - 9:05

Femin., 4 x 50m Estilos

Absolutos  
Resultados

RN25 Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
RN25 Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	08-12-2012
RN25 Jun	1:58.01	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2013

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
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Seniores

1. Alges-SEN	Alges		<b>1:55.38</b>	+0,63	717
FRISCHKNECHT Rita Barros	98	+0,63	28.74	BARATA Barbara Sofia	97 +0,10 28.26
PEREIRA Raquel Gomes	00	+0,30	31.80	AZEVEDO Madalena Gomes	99 +0,39 26.58
2. Sporting-SEN	Sporting		<b>1:56.39</b>	+0,63	698
FERNANDES Ines Camacho	97	+0,63	29.03	HENRIQUES Ines Jacinto	00 +0,31 28.33
ROSA Maria Carolina	94	+0,29	32.93	VIEGAS Beatriz Mendes	00 +0,37 26.10
3. Porto-SEN	Porto		<b>1:57.91</b>	+0,68	671
FERREIRA Catarina Maria	98	+0,68	30.34	CABRAL Maria Francisca	00 +0,48 28.46
SILVA Beatriz Santos	01	+0,46	33.03	OLIVEIRA Rosa Maria	96 +0,37 26.08
4. Benfica-SEN	Benfica		<b>1:59.88</b>	+0,63	639
FERREIRA Ana Raquel	98	+0,63	31.24	TIAGO Filipa Vilas	94 +0,50 28.04
BORGES Claudia Ferreira	99	+0,30	33.21	ROLAO Sofia Alexandra	98 +0,47 27.39
5. Academica de Coimbra-SEN	Academica de Coimbra		<b>2:00.08</b>	+0,70	636
NEVES Ana Carolina	00	+0,70	30.22	CRAVEIRO Beatriz Neves	97 +0,37 28.68
ROSARIO Ema Filipa	00	+0,52	34.62	MOREIRA Matilde Freitas	01 +0,15 26.56
6. Braga-SEN	Braga		<b>2:02.82</b>	+0,76	594
FREIXO Juliana Lima	97	+0,76	30.04	SILVA Maria Madalena	98 +0,49 30.09
FERNANDES Ana Sofia	93	+0,15	36.11	HOLUB Tamila Hryhorivna	99 +0,03 26.58
7. Laranjeiro-SEN	Laranjeiro		<b>2:05.36</b>	+0,65	559
ROLIM Soraia Guerra	95	+0,65	33.36	NUNES Sofia Alexandra	00 +0,35 29.76
RIESENBERGER Bruna Martins	97	+0,32	34.14	PIRES Carolina Saraiva	96 +0,37 28.10

Juniores

1. Alges-JUN	Alges		<b>1:56.40</b>	+0,66	698
<i>Rec Nacional, Recorde Nacional 50 Costas (primeiro percurso)</i>					
AZEVEDO Rafaela Gomes	02	+0,66	28.50	CRUZ Sara Moura	03 +0,17 28.91
PEREIRA Clara Gomes	02	+0,20	33.51	SOUSA Ana Reis	02 +0,30 25.48
2. Benfica-JUN	Benfica		<b>1:59.84</b>	+1,31	639
MARTINS Joana Ribeiro	03	+1,31	31.42	GRAVETO Ana Raquel	02 +0,36 28.81
SILVA Natacha Sofia	02	+0,26	34.14	ANDRE Leticia Maia	02 +0,17 25.47
3. Porto-JUN	Porto		<b>2:00.32</b>	+0,65	632
RAMOS Ana Rita	02	+0,65	30.41	BARBOSA Mariana Fernandes	02 +0,36 29.15
AMORIM Maria Leonor	03	+0,36	34.78	SOARES Catarina Silva	03 +0,34 25.98
4. Vitoria Guimaraes-JUN	Vitoria Guimaraes		<b>2:06.08</b>	+0,69	549
ALMEIDA Catarina Isabel	02	+0,69	32.27	FERNANDES Filipa Viamonte	02 +0,19 28.63
VIEIRA Valeria Goncalves	02	+0,58	36.38	MACEDO Beatriz Daniela	02 +0,50 28.80

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 17	Masc., 400m Livres					Absolutos
22-12-2018 - 9:05						Resultados
RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017	
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017	
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004	
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Feigueiras	24-11-2007	
RN S8	5:10.46	LINHARES Ruben Daniel	FVCD	Mealhada	15-04-2018	
RN S9	4:20.60	GRACHAT David Realista	GESL	Vila Franca de Xira	04-02-2018	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>3:46.45</b>	+0,69	823
	50m: 26.81 26.81	150m: 1:24.47 29.06	250m: 2:22.08 28.43	350m: 3:18.73 28.06		
	100m: 55.41 28.60	200m: 1:53.65 29.18	300m: 2:50.67 28.59	400m: 3:46.45 27.72		
2.	LOPES Jose Paulo	00	Braga	<b>3:46.52</b>	+0,64	822
	50m: 26.56 26.56	150m: 1:24.32 28.97	250m: 2:21.95 28.33	350m: 3:19.01 28.51		
	100m: 55.35 28.79	200m: 1:53.62 29.30	300m: 2:50.50 28.55	400m: 3:46.52 27.51		
3.	COSTA Tiago Cunha	99	Sporting	<b>3:46.94</b>	+0,68	818
	50m: 26.42 26.42	150m: 1:23.90 28.91	250m: 2:21.14 28.37	350m: 3:19.53 29.38		
	100m: 54.99 28.57	200m: 1:52.77 28.87	300m: 2:50.15 29.01	400m: 3:46.94 27.41		
4.	GIL Rafael Lourenco	96	Sporting	<b>3:49.87</b>	+0,68	787
	50m: 26.83 26.83	150m: 1:24.72 29.19	250m: 2:22.90 28.77	350m: 3:21.12 28.99		
	100m: 55.53 28.70	200m: 1:54.13 29.41	300m: 2:52.13 29.23	400m: 3:49.87 28.75		
5.	PINA Guilherme Filipe	98	Sporting	<b>3:51.89</b>	+0,78	766
	50m: 27.24 27.24	150m: 1:25.46 29.17	250m: 2:24.16 29.22	350m: 3:23.09 29.55		
	100m: 56.29 29.05	200m: 1:54.94 29.48	300m: 2:53.54 29.38	400m: 3:51.89 28.80		
6.	CARVALHO Jose Paula	98	Benfica	<b>3:53.52</b>	+0,73	750
	50m: 27.07 27.07	150m: 1:25.16 29.25	250m: 2:23.69 29.28	350m: 3:23.91 30.48		
	100m: 55.91 28.84	200m: 1:54.41 29.25	300m: 2:53.43 29.74	400m: 3:53.52 29.61		
7.	NUNES Diogo Barbosa	00	Porto	<b>3:54.82</b>	+0,76	738
	50m: 27.19 27.19	150m: 1:25.67 29.49	250m: 2:24.48 29.69	350m: 3:24.81 30.35		
	100m: 56.18 28.99	200m: 1:54.79 29.12	300m: 2:54.46 29.98	400m: 3:54.82 30.01		
8.	BATE Afonso Ribeiro	98	Alges	<b>3:58.37</b>	+0,70	705
	50m: 27.18 27.18	150m: 1:27.53 30.17	250m: 2:28.02 30.30	350m: 3:30.25 31.06		
	100m: 57.36 30.18	200m: 1:57.72 30.19	300m: 2:59.19 31.17	400m: 3:58.37 28.12		
9.	BASTOS Lucas Pereira	00	Nautico Academico	<b>3:58.87</b>	+0,71	701
	50m: 27.08 27.08	150m: 1:26.67 29.85	250m: 2:26.67 29.53	350m: 3:27.79 30.90		
	100m: 56.82 29.74	200m: 1:57.14 30.47	300m: 2:56.89 30.22	400m: 3:58.87 31.08		
10.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:01.45</b>	+0,74	679
	50m: 27.39 27.39	150m: 1:27.85 30.53	250m: 2:29.64 30.79	350m: 3:31.06 30.45		
	100m: 57.32 29.93	200m: 1:58.85 31.00	300m: 3:00.61 30.97	400m: 4:01.45 30.39		
11.	SANTO Filipe Miguel	00	Benfica	<b>4:01.65</b>	+0,81	677
	50m: 26.28 26.28	150m: 1:24.89 29.85	250m: 2:26.25 30.84	350m: 3:30.01 32.14		
	100m: 55.04 28.76	200m: 1:55.41 30.52	300m: 2:57.87 31.62	400m: 4:01.65 31.64		
12.	TRAVANCA Sergio Filipe	00	Leixoes	<b>4:01.72</b>	+0,68	677
	50m: 27.71 27.71	150m: 1:28.61 30.95	250m: 2:30.17 30.44	350m: 3:31.34 30.61		
	100m: 57.66 29.95	200m: 1:59.73 31.12	300m: 3:00.73 30.56	400m: 4:01.72 30.38		

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIROS



Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
13.	PINTO Antonio Fernando	99	Benfica	<b>4:04.48</b>	+0,75	654
	50m: 27.92 27.92	150m: 1:29.01 30.76	250m: 2:30.64 30.49	350m: 3:33.18 31.23		
	100m: 58.25 30.33	200m: 2:00.15 31.14	300m: 3:01.95 31.31	400m: 4:04.48 31.30		
14.	FARIA Rui Pedro	94	Famalicao	<b>4:05.15</b>	+0,84	649
	50m: 27.74 27.74	150m: 1:28.51 30.92	250m: 2:30.37 30.96	350m: 3:33.79 31.95		
	100m: 57.59 29.85	200m: 1:59.41 30.90	300m: 3:01.84 31.47	400m: 4:05.15 31.36		
15.	MORIM Ruben Jose	97	Vilacondense	<b>4:05.55</b>	+0,77	645
	50m: 27.60 27.60	150m: 1:28.18 30.62	250m: 2:31.13 31.45	350m: 3:34.45 31.61		
	100m: 57.56 29.96	200m: 1:59.68 31.50	300m: 3:02.84 31.71	400m: 4:05.55 31.10		
16.	BATE Miguel Ribeiro	99	Alges	<b>4:09.94</b>	+0,74	612
	50m: 27.33 27.33	150m: 1:28.91 31.10	250m: 2:32.52 31.82	350m: 3:37.93 32.87		
	100m: 57.81 30.48	200m: 2:00.70 31.79	300m: 3:05.06 32.54	400m: 4:09.94 32.01		

Juniores

1.	SANTOS Pedro Miguel	01	Porto	<b>3:56.20</b>	+0,70	725
	50m: 27.06 27.06	150m: 1:25.69 28.76	250m: 2:25.00 29.85	350m: 3:26.34 30.78		
	100m: 56.93 29.87	200m: 1:55.15 29.46	300m: 2:55.56 30.56	400m: 3:56.20 29.86		
2.	CRISTINO David Matias	01	Uniao Piedense	<b>3:57.45</b>	+0,74	714
	50m: 28.04 28.04	150m: 1:28.54 30.34	250m: 2:29.24 30.12	350m: 3:28.86 29.53		
	100m: 58.20 30.16	200m: 1:59.12 30.58	300m: 2:59.33 30.09	400m: 3:57.45 28.59		
3.	LEBRE Diogo Ramos	01	Benfica	<b>3:58.27</b>	+0,80	706
	50m: 28.08 28.08	150m: 1:28.31 30.43	250m: 2:29.26 30.16	350m: 3:29.33 29.58		
	100m: 57.88 29.80	200m: 1:59.10 30.79	300m: 2:59.75 30.49	400m: 3:58.27 28.94		
4.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>3:58.57</b>	+0,73	704
	50m: 28.30 28.30	150m: 1:28.51 30.18	250m: 2:28.93 30.13	350m: 3:29.67 30.42		
	100m: 58.33 30.03	200m: 1:58.80 30.29	300m: 2:59.25 30.32	400m: 3:58.57 28.90		
5.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>3:59.88</b>	+0,80	692
	50m: 27.55 27.55	150m: 1:27.78 30.44	250m: 2:28.54 30.19	350m: 3:30.05 30.82		
	100m: 57.34 29.79	200m: 1:58.35 30.57	300m: 2:59.23 30.69	400m: 3:59.88 29.83		
6.	LOPES Tomas Teixeira	02	Foca	<b>4:03.84</b>	+0,71	659
	50m: 27.86 27.86	150m: 1:28.83 30.72	250m: 2:31.10 31.08	350m: 3:33.35 31.00		
	100m: 58.11 30.25	200m: 2:00.02 31.19	300m: 3:02.35 31.25	400m: 4:03.84 30.49		
7.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:04.43</b>	+0,71	654
	50m: 27.44 27.44	150m: 1:28.03 30.60	250m: 2:29.95 31.17	350m: 3:33.36 31.77		
	100m: 57.43 29.99	200m: 1:58.78 30.75	300m: 3:01.59 31.64	400m: 4:04.43 31.07		
8.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:05.77</b>	+0,79	644
	50m: 28.36 28.36	150m: 1:29.38 30.76	250m: 2:31.63 31.24	350m: 3:34.59 31.42		
	100m: 58.62 30.26	200m: 2:00.39 31.01	300m: 3:03.17 31.54	400m: 4:05.77 31.18		

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
9.	<b>TRAVASSOS Rodrigo Alexandre</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>4:07.06</b>	<b>+0,74</b>	<b>634</b>	
	50m: 28.61 28.61	150m: 1:31.37	31.34	250m: 2:35.01	31.61	350m: 3:37.61	30.98
	100m: 1:00.03 31.42	200m: 2:03.40	32.03	300m: 3:06.63	31.62	400m: 4:07.06	29.45
10.	PEREIRA Joao Peixoto	01	Braga	4:07.31	+0,73	632	
	50m: 28.18 28.18	150m: 1:31.46	31.61	250m: 2:34.53	31.33	350m: 3:37.61	31.22
	100m: 59.85 31.67	200m: 2:03.20	31.74	300m: 3:06.39	31.86	400m: 4:07.31	29.70
11.	DEUS Andre Portugal	02	Naval do Funchal	4:07.33	+0,73	631	
	50m: 28.36 28.36	150m: 1:31.06	31.45	250m: 2:34.39	31.54	350m: 3:37.15	31.01
	100m: 59.61 31.25	200m: 2:02.85	31.79	300m: 3:06.14	31.75	400m: 4:07.33	30.18
12.	CARDOSO Diogo Santos	01	Colegio Monte Maior	4:07.83	+0,77	628	
	50m: 28.89 28.89	150m: 1:31.32	31.42	250m: 2:35.06	31.69	350m: 3:38.31	31.42
	100m: 59.90 31.01	200m: 2:03.37	32.05	300m: 3:06.89	31.83	400m: 4:07.83	29.52
13.	VILHENA Tiago Miguel	01	Natacao de Faro	4:08.31	+0,73	624	
	50m: 28.62 28.62	150m: 1:30.78	31.39	250m: 2:34.56	32.05	350m: 3:37.56	30.99
	100m: 59.39 30.77	200m: 2:02.51	31.73	300m: 3:06.57	32.01	400m: 4:08.31	30.75
14.	<b>FROTA Paulo Andre</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>4:08.48</b>	<b>+0,67</b>	<b>623</b>	
	50m: 29.36 29.36	150m: 1:31.95	31.59	250m: 2:35.50	31.43	350m: 3:38.53	31.42
	100m: 1:00.36 31.00	200m: 2:04.07	32.12	300m: 3:07.11	31.61	400m: 4:08.48	29.95
15.	FERNANDES Eduardo Gomes	02	Sporting	4:09.78	+0,79	613	
	50m: 28.03 28.03	150m: 1:29.59	31.29	250m: 2:34.19	32.37	350m: 3:38.65	32.08
	100m: 58.30 30.27	200m: 2:01.82	32.23	300m: 3:06.57	32.38	400m: 4:09.78	31.13
16.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	4:13.67	+0,81	585	
	50m: 29.18 29.18	150m: 1:32.07	31.60	250m: 2:36.32	31.72	350m: 3:41.45	32.92
	100m: 1:00.47 31.29	200m: 2:04.60	32.53	300m: 3:08.53	32.21	400m: 4:13.67	32.22
EXH	GRACHAT David Realista	87	Gesloures	4:23.51	+0,82	522	
	50m: 29.54 29.54	150m: 1:35.06	33.14	250m: 2:41.92	33.33	350m: 3:49.81	34.26
	100m: 1:01.92 32.38	200m: 2:08.59	33.53	300m: 3:15.55	33.63	400m: 4:23.51	33.70
EXH	SOARES Ricardo Aderneira <i>Rec Nacional S 8,</i>	99	Gesloures	5:04.93	+0,80	337	
	50m: 35.24 35.24	150m: 1:52.14	38.76	250m: 3:09.22	38.22	350m: 4:26.90	38.44
	100m: 1:13.38 38.14	200m: 2:31.00	38.86	300m: 3:48.46	39.24	400m: 5:04.93	38.03

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 18	Femin., 400m Livres					Absolutos
22-12-2018 - 9:30						Resultados
RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017	
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017	
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015	
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
<b>Seniores</b>							
1.	DURAES Diana Margarida <i>Minimos CEuropa PC</i>	96	Benfica	<b>4:06.34</b>	+0,76	862	
	50m: 29.10 29.10	150m: 1:30.74	30.94	250m: 2:32.99	31.01	350m: 3:35.50	31.27
	100m: 59.80 30.70	200m: 2:01.98	31.24	300m: 3:04.23	31.24	400m: 4:06.34	30.84
2.	HOLUB Tamila Hryhorivna <i>Minimos CEuropa PC</i>	99	Braga	<b>4:08.53</b>	+0,77	840	
	50m: 29.16 29.16	150m: 1:31.43	31.29	250m: 2:34.05	31.33	350m: 3:37.47	31.81
	100m: 1:00.14 30.98	200m: 2:02.72	31.29	300m: 3:05.66	31.61	400m: 4:08.53	31.06
3.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:19.31</b>	+0,73	739	
	50m: 30.29 30.29	150m: 1:35.69	32.88	250m: 2:41.73	33.18	350m: 3:47.40	32.72
	100m: 1:02.81 32.52	200m: 2:08.55	32.86	300m: 3:14.68	32.95	400m: 4:19.31	31.91
4.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:19.33</b>	+0,76	739	
	50m: 30.33 30.33	150m: 1:36.12	32.93	250m: 2:41.34	32.38	350m: 3:46.99	32.79
	100m: 1:03.19 32.86	200m: 2:08.96	32.84	300m: 3:14.20	32.86	400m: 4:19.33	32.34
5.	FARIA Ana Rita	00	Porto	<b>4:22.09</b>	+0,75	716	
	50m: 30.33 30.33	150m: 1:36.54	33.28	250m: 2:42.69	32.81	350m: 3:49.45	33.35
	100m: 1:03.26 32.93	200m: 2:09.88	33.34	300m: 3:16.10	33.41	400m: 4:22.09	32.64
6.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>4:22.43</b>	+0,74	713	
	50m: 30.10 30.10	150m: 1:35.02	32.79	250m: 2:40.89	33.02	350m: 3:48.30	33.88
	100m: 1:02.23 32.13	200m: 2:07.87	32.85	300m: 3:14.42	33.53	400m: 4:22.43	34.13
7.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>4:25.23</b>	+0,75	691	
	50m: 31.14 31.14	150m: 1:37.28	33.26	250m: 2:45.01	33.95	350m: 3:52.90	33.82
	100m: 1:04.02 32.88	200m: 2:11.06	33.78	300m: 3:19.08	34.07	400m: 4:25.23	32.33
8.	RODRIGUES Filipa Serrano	01	Benfica	<b>4:27.59</b>	+0,76	673	
	50m: 30.45 30.45	150m: 1:36.96	33.50	250m: 2:44.74	33.96	350m: 3:53.54	34.77
	100m: 1:03.46 33.01	200m: 2:10.78	33.82	300m: 3:18.77	34.03	400m: 4:27.59	34.05
9.	AZEVEDO Madalena Gomes	99	Alges	<b>4:31.16</b>	+0,76	646	
	50m: 30.13 30.13	150m: 1:37.80	34.54	250m: 2:47.34	34.53	350m: 3:56.88	34.59
	100m: 1:03.26 33.13	200m: 2:12.81	35.01	300m: 3:22.29	34.95	400m: 4:31.16	34.28
10.	NEVES Carolina Marques	01	Torres Novas	<b>4:32.93</b>	+0,86	634	
	50m: 30.99 30.99	150m: 1:39.77	34.60	250m: 2:49.65	34.99	350m: 3:59.85	35.04
	100m: 1:05.17 34.18	200m: 2:14.66	34.89	300m: 3:24.81	35.16	400m: 4:32.93	33.08
11.	CARVALHO Eva Guerreiro	99	Benfica	<b>4:34.12</b>	+0,81	626	
	50m: 31.51 31.51	150m: 1:39.59	34.25	250m: 2:48.99	34.63	350m: 3:59.49	35.42
	100m: 1:05.34 33.83	200m: 2:14.36	34.77	300m: 3:24.07	35.08	400m: 4:34.12	34.63
DNS	BELEZA Mafalda Gomes	94	Sporting				

Prova 18, Femin., 400m Livres

Juniores

1.	SOUSA Ana Reis	02	Alges	<b>4:17.00</b>	+0,74	759
	50m: 29.45 29.45	150m: 1:32.89 32.12	250m: 2:37.84 32.65	350m: 3:44.35 33.44	400m: 4:17.00 32.65	
	100m: 1:00.77 31.32	200m: 2:05.19 32.30	300m: 3:10.91 33.07			
2.	ANDRE Leticia Maia	02	Benfica	<b>4:19.38</b>	+0,75	739
	50m: 30.01 30.01	150m: 1:34.29 32.48	250m: 2:39.93 33.09	350m: 3:46.54 33.33	400m: 4:19.38 32.84	
	100m: 1:01.81 31.80	200m: 2:06.84 32.55	300m: 3:13.21 33.28			
3.	FRAZAO Alexandra Couto	02	Condeixa Clube	<b>4:19.46</b>	+0,79	738
	50m: 31.02 31.02	150m: 1:36.29 32.73	250m: 2:41.75 32.69	350m: 3:47.33 32.63	400m: 4:19.46 32.13	
	100m: 1:03.56 32.54	200m: 2:09.06 32.77	300m: 3:14.70 32.95			
4.	PINA Ana Sofia	02	O Crasto	<b>4:20.54</b>	+0,79	729
	50m: 30.29 30.29	150m: 1:36.47 33.30	250m: 2:42.62 32.88	350m: 3:48.64 33.03	400m: 4:20.54 31.90	
	100m: 1:03.17 32.88	200m: 2:09.74 33.27	300m: 3:15.61 32.99			
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:20.68</b>	+0,87	728
	50m: 30.39 30.39	150m: 1:36.61 33.05	250m: 2:42.81 33.11	350m: 3:48.92 32.92	400m: 4:20.68 31.76	
	100m: 1:03.56 33.17	200m: 2:09.70 33.09	300m: 3:16.00 33.19			
6.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>4:21.54</b>	+0,72	720
	50m: 30.61 30.61	150m: 1:36.43 33.00	250m: 2:41.97 32.34	350m: 3:48.29 33.16	400m: 4:21.54 33.25	
	100m: 1:03.43 32.82	200m: 2:09.63 33.20	300m: 3:15.13 33.16			
7.	RAMOS Ana Rita	02	Porto	<b>4:24.17</b>	+0,79	699
	50m: 30.51 30.51	150m: 1:36.95 33.49	250m: 2:44.04 33.73	350m: 3:51.36 33.73	400m: 4:24.17 32.81	
	100m: 1:03.46 32.95	200m: 2:10.31 33.36	300m: 3:17.63 33.59			
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>4:24.91</b>	+0,80	693
	50m: 31.35 31.35	150m: 1:37.68 33.19	250m: 2:44.70 33.51	350m: 3:51.97 33.58	400m: 4:24.91 32.94	
	100m: 1:04.49 33.14	200m: 2:11.19 33.51	300m: 3:18.39 33.69			
9.	BARBOSA Mariana Fernandes	02	Porto	<b>4:26.33</b>	+0,80	682
	50m: 31.10 31.10	150m: 1:37.73 33.35	250m: 2:44.65 33.39	350m: 3:53.15 34.37	400m: 4:26.33 33.18	
	100m: 1:04.38 33.28	200m: 2:11.26 33.53	300m: 3:18.78 34.13			
10.	MARTINS Francisca Soares	03	Foca	<b>4:28.23</b>	+0,74	668
	50m: 30.60 30.60	150m: 1:36.58 33.08	250m: 2:44.74 34.55	350m: 3:54.48 34.87	400m: 4:28.23 33.75	
	100m: 1:03.50 32.90	200m: 2:10.19 33.61	300m: 3:19.61 34.87			
11.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>4:32.46</b>	+0,78	637
	50m: 31.00 31.00	150m: 1:39.38 34.51	250m: 2:48.98 34.75	350m: 3:58.71 34.49	400m: 4:32.46 33.75	
	100m: 1:04.87 33.87	200m: 2:14.23 34.85	300m: 3:24.22 35.24			
12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:32.67</b>	+0,81	636
	50m: 31.65 31.65	150m: 1:39.83 34.39	250m: 2:49.68 35.10	350m: 3:59.19 34.65	400m: 4:32.67 33.48	
	100m: 1:05.44 33.79	200m: 2:14.58 34.75	300m: 3:24.54 34.86			
13.	SOARES Carolina Silva	03	Natacao de Valongo	<b>4:34.09</b>	+0,84	626
	50m: 31.25 31.25	150m: 1:39.32 34.27	250m: 2:49.15 34.72	350m: 4:00.03 35.66	400m: 4:34.09 34.06	
	100m: 1:05.05 33.80	200m: 2:14.43 35.11	300m: 3:24.37 35.22			
14.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>4:34.72</b>	+0,80	622
	50m: 31.49 31.49	150m: 1:39.81 34.58	250m: 2:49.49 34.91	350m: 3:59.38 35.07	400m: 4:34.72 35.34	
	100m: 1:05.23 33.74	200m: 2:14.58 34.77	300m: 3:24.31 34.82			
15.	MARTINS Joana Ribeiro	03	Benfica	<b>4:36.66</b>	+0,85	609
	50m: 31.69 31.69	150m: 1:39.96 34.47	250m: 2:50.33 35.45	350m: 4:01.15 35.38	400m: 4:36.66 35.51	
	100m: 1:05.49 33.80	200m: 2:14.88 34.92	300m: 3:25.77 35.44			

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
16.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	<b>4:40.85</b>	+0,86	582
	50m: 32.12 32.12	150m: 1:39.55 34.15	250m: 2:51.45 36.85	350m: 4:04.96 36.53		
	100m: 1:05.40 33.28	200m: 2:14.60 35.05	300m: 3:28.43 36.98	400m: 4:40.85 35.89		
17.	VARANDAS Joana Filipa	02	Laranjeiro	<b>4:47.50</b>	+0,78	542
	50m: 31.78 31.78	150m: 1:43.06 36.39	250m: 2:56.75 36.75	350m: 4:11.06 37.21		
	100m: 1:06.67 34.89	200m: 2:20.00 36.94	300m: 3:33.85 37.10	400m: 4:47.50 36.44		
18.	SOUSA Ines Matos	03	Uniao Coimbra	<b>4:49.67</b>	+0,81	530
	50m: 32.66 32.66	150m: 1:44.91 36.66	250m: 2:58.78 36.87	350m: 4:12.85 37.12		
	100m: 1:08.25 35.59	200m: 2:21.91 37.00	300m: 3:35.73 36.95	400m: 4:49.67 36.82		
EXH	CHEROUATI Souad Nefissa	89	Benfica	<b>4:26.50</b>	+0,80	681
	50m: 31.35 31.35	150m: 1:38.43 33.85	250m: 2:45.82 33.85	350m: 3:53.54 33.65		
	100m: 1:04.58 33.23	200m: 2:11.97 33.54	300m: 3:19.89 34.07	400m: 4:26.50 32.96		

Prova 19

22-12-2018 - 9:45

Masc., 50m Costas

Absolutos  
Resultados Elimin

RN25 Absoluto	23.75	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	23.75	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun18	25.01	SANTOS Alexis Manacas	SCP	Leiria	04-12-2009
RN25 Jun17	25.37	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	SANTOS Alexis Manacas	92	Sporting	<b>24.90</b>	+0,63 Q	710
2.	SANTOS Francisco Rogerio	98	Sporting	<b>25.85</b>	+0,65 Q	635
3.	KOT Viktor	98	Nautico Marinha Grande	<b>26.17</b>	+0,54 Q	612
4.	ROSA Rodrigo Antonio	96	Benfica	<b>26.46</b>	+0,57 Q	592
5.	LEIRIA David Miguel	93	Benfica	<b>26.49</b>	+0,59 Q	590
6.	DANTAS Diogo Leal	00	Sporting	<b>26.56</b>	+0,50 Q	585
7.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	<b>26.58</b>	+0,58 Q	584
8.	WEUSTINK Koen	00	Ginasio de Vila Real	<b>26.86</b>	+0,52 Q	566
9.	FERNANDES Joao Diogo	98	Belenenses	<b>26.94</b>	+0,55 R	561
10.	TINOCO Joao Pereira	00	Famalicao	<b>26.99</b>	+0,61 R	557
11.	ALMEIDA Carlos Afonso	98	Alges	<b>27.06</b>	+0,62	553
12.	COXIXO Tomas Silva	99	Palmela Desporto	<b>27.08</b>	+0,61	552
13.	CORREIA Joao Mota	97	Benfica	<b>27.10</b>	+0,64	551
14.	SANTANA Joao Miguel	00	Benfica	<b>27.34</b>	+1,82	536

Prova 19, Masc., 50m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
15.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>27.41</b>	+0,63	532
16.	RIBEIRO Ivo Pinto	97	Foca	<b>27.42</b>	+0,63	532
17.	PASSOS Miguel Angelo	96	Desportiva de Viana	<b>27.87</b>	+0,59	506

Juniores

1.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>26.00</b>	+0,56	Q	624
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>26.38</b>	+0,60	Q	597
3.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>26.54</b>		Q	586
4.	ALFAMA Martim Primavera	02	Geslours	<b>26.83</b>	+0,59	Q	568
5.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	<b>27.03</b>		Q	555
6.	FIDALGO Mateus Valente	01	Estarreja	<b>27.10</b>	+0,61	Q	551
7.	FREIRE Carlos Marques	01	Belenenses	<b>27.58</b>	+0,58	Q	522
8.	BARATA Tomas Santos	01	Natacao de Lagos	<b>27.62</b>		Q	520
9.	CUNHA Afonso Passos	01	Famalicao	<b>27.73</b>	+0,60	R	514
10.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>27.87</b>	+0,73	R	506
11.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	<b>27.90</b>	+0,66		505
12.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	<b>28.27</b>	+0,79		485
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	<b>32.99</b>	+0,70		305

Prova 20

22-12-2018 - 9:50

Femin., 50m Costas

Absolutos  
Resultados Elimin

RN25 Absoluto	28.07	LEITE Ana Sofia	GCVR	Algés	06-06-2015
RN25 Sen	28.07	LEITE Ana Sofia	GCVR	Algés	06-06-2015
RN25 Jun17	28.53	FERNANDES Ines Camacho	SCP	Felgueiras	21-12-2013
RN25 Jun16	28.42	FERNANDES Ines Camacho	SCP	Porto	08-12-2012

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
1.	FERNANDES Ines Camacho	97	Sporting	<b>29.06</b>	+0,60	Q	689
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>29.46</b>	+0,63	Q	661
3.	LEITE Ana Sofia	93	Ginasio de Vila Real	<b>29.65</b>	+0,63	Q	648
4.	LOPES Carolina Sofia	96	Natacao de Faro	<b>29.81</b>	+1,94	Q	638
5.	TIAGO Filipa Vilas	94	Benfica	<b>29.96</b>	+0,60	Q	629
6.	NEVES Ana Carolina	00	Academica de Coimbra	<b>30.15</b>	+0,60	Q	617
	FREIXO Juliana Lima	97	Braga	<b>30.15</b>	+0,64	Q	617
8.	CABRAL Maria Francisca	00	Porto	<b>30.24</b>	+0,66	Q	611
9.	PEREIRA Beatriz Elisabete	97	Cova da Piedade	<b>30.49</b>	+0,58	R	596
10.	FERREIRA Catarina Maria	98	Porto	<b>30.58</b>	+0,68	R	591
11.	REIS Ana Miguel	00	Nautico Academico	<b>30.91</b>	+0,59		572

Prova 20, Femin., 50m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
12.	ROLAO Sofia Alexandra	98	Benfica	<b>30.93</b>	+0,61	571
13.	SANTOS Alexandra Jesus	00	Leixoes	<b>30.94</b>	+0,62	571
14.	VIEIRA Jessica Teixeira	91	Belenenses	<b>31.08</b>	+0,70	563
15.	AGUILAR Vera Ines	00	Desportivo Nacional	<b>31.36</b>	+0,61	548
16.	FERREIRA Ana Raquel	98	Benfica	<b>31.46</b>	+0,66	543
17.	NUNES Sofia Alexandra	00	Laranjeiro	<b>31.81</b>	+0,70	525
DNS	SANTOS Tatiana Filipa	95	Academica de Coimbra			
DNS	MARTINS Matilde Pereira	99	Natacao de Sao Bras			

Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>28.87</b>	+0,56	Q	702
2.	AZEVEDO Rafaela Gomes	02	Alges	<b>28.93</b>	+0,69	Q	698
3.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>30.59</b>	+0,63	Q	590
	PEIXEIRA Filipa Ramos	03	Sporting	<b>30.59</b>	+0,69	Q	590
5.	ESTEVES Maria Mousinho	02	Laranjeiro	<b>30.87</b>	+1,85	Q	574
6.	LASCU Nicoleta	02	Litoral Alentejano	<b>31.04</b>	+0,74	Q	565
7.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	<b>31.20</b>	+0,57	Q	556
8.	CARVALHO Maria Joao	02	Portinado	<b>31.29</b>	+0,65	Q	552
9.	MARQUES Mariana Nunes	03	Estarreja	<b>31.37</b>	+0,65	R	547
10.	RAMOS Ines Asseiceira	03	Torres Novas	<b>31.38</b>	+1,49	R	547
11.	MENDES Lea Alexandra	03	Gualdim Pais	<b>31.45</b>	+0,57		543
12.	MELO Barbara Azambujo	02	Academica de Coimbra	<b>31.47</b>	+0,85		542
	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>31.47</b>	+0,72		542
14.	CUNHA Mafalda Pacheco	02	Fluvial Portuense	<b>31.76</b>	+0,92		528
15.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	<b>32.07</b>	+0,72		512
16.	TEJO Sara Sofia	03	Condeixa Clube	<b>32.83</b>	+0,60		478

Prova 21

22-12-2018 - 10:00

Masc., 200m Bruços

Absolutos  
Resultados Elimin

RN25 Absoluto	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Sen	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Jun18	2:13.22	SANTOS Andre Goncalo	LSC	Porto	19-12-2014
RN25 Jun17	2:16.24	SILVA Jorge Jesus	SCB	Funchal	10-12-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:09.73</b>	+0,66	Q 800
	50m: 29.58 29.58	100m: 1:02.58 33.00	150m: 1:35.90 33.32	200m: 2:09.73 33.83		
2.	VELOSO Tomas Miguel	96	Nautico Academico	<b>2:15.35</b>	+0,67	Q 704
	50m: 30.81 30.81	100m: 1:05.22 34.41	150m: 1:39.49 34.27	200m: 2:15.35 35.86		
3.	MENDES Antonio Manuel	99	Sporting	<b>2:15.46</b>	+0,69	Q 702
	50m: 31.51 31.51	100m: 1:05.94 34.43	150m: 1:41.18 35.24	200m: 2:15.46 34.28		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Figueiras, 21 a 23 de Dezembro de 2018

Prova 21, Masc., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
4.	PON Hugo	98	Alges	<b>2:15.77</b>	+0,68 Q	698
	50m: 30.93 30.93	100m: 1:04.88 33.95	150m: 1:39.89 35.01	200m: 2:15.77 35.88		
5.	VITAL Joao Alexandre	98	Sporting	<b>2:16.06</b>	+0,73 Q	693
	50m: 31.09 31.09	100m: 1:05.56 34.47	150m: 1:40.30 34.74	200m: 2:16.06 35.76		
6.	SIMOES Rafael Gomes	00	Braga	<b>2:16.13</b>	+0,81 Q	692
	50m: 30.99 30.99	100m: 1:05.73 34.74	150m: 1:40.84 35.11	200m: 2:16.13 35.29		
7.	CRUCHINHO Miguel Monteiro	97	Sporting	<b>2:16.34</b>	+0,72 Q	689
	50m: 31.14 31.14	100m: 1:06.12 34.98	150m: 1:41.23 35.11	200m: 2:16.34 35.11		
8.	AMORIM Alexandre Ferreira	99	Porto	<b>2:16.39</b>	+0,72 Q	688
	50m: 30.98 30.98	100m: 1:05.57 34.59	150m: 1:40.68 35.11	200m: 2:16.39 35.71		
9.	PINOTES Pedro Miguel	89	Sporting	<b>2:17.12</b>	+0,73 R	677
	50m: 31.14 31.14	100m: 1:06.11 34.97	150m: 1:41.45 35.34	200m: 2:17.12 35.67		
10.	RAMOS Filipe Carmo	97	Vilacondense	<b>2:19.10</b>	+0,77 R	649
	50m: 31.21 31.21	100m: 1:06.51 35.30	150m: 1:43.07 36.56	200m: 2:19.10 36.03		
11.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>2:19.25</b>	+0,74	647
	50m: 32.00 32.00	100m: 1:07.43 35.43	150m: 1:43.14 35.71	200m: 2:19.25 36.11		
12.	TEODORO Diogo Filipe	99	Natacao de Valongo	<b>2:20.12</b>	+0,69	635
	50m: 31.59 31.59	100m: 1:07.22 35.63	150m: 1:43.57 36.35	200m: 2:20.12 36.55		
13.	CATALAO Daniel Nogueira	00	Benfica	<b>2:20.66</b>	+0,63	627
	50m: 32.69 32.69	100m: 1:08.62 35.93	150m: 1:44.29 35.67	200m: 2:20.66 36.37		
14.	GASPAR Miguel Caridade	99	Academica de Coimbra	<b>2:21.41</b>	+0,75	617
	50m: 32.34 32.34	100m: 1:08.26 35.92	150m: 1:44.81 36.55	200m: 2:21.41 36.60		
15.	VARGAS Joao Manuel	00	Alges	<b>2:21.45</b>	+0,68	617
	50m: 32.45 32.45	100m: 1:08.43 35.98	150m: 1:44.79 36.36	200m: 2:21.45 36.66		
16.	ALVES Nuno Rafael	90	Aquatico Pacense	<b>2:23.75</b>	+0,79	588
	50m: 31.74 31.74	100m: 1:07.84 36.10	150m: 1:45.36 37.52	200m: 2:23.75 38.39		
17.	PINTO Antonio Fernando	99	Benfica	<b>2:24.18</b>	+0,85	582
	50m: 32.84 32.84	100m: 1:09.44 36.60	150m: 1:46.81 37.37	200m: 2:24.18 37.37		
18.	DINIS Tiago Moises	98	Nautico Academico	<b>2:25.31</b>	+0,73	569
	50m: 31.59 31.59	100m: 1:08.04 36.45	150m: 1:46.00 37.96	200m: 2:25.31 39.31		
19.	MARTINS Bruno Miguel	93	Gesloures	<b>2:25.42</b>	+0,75	568
	50m: 33.09 33.09	100m: 1:10.89 37.80	150m: 1:48.34 37.45	200m: 2:25.42 37.08		
20.	MIRKA Artem Vos	00	Galitos / Bresimar	<b>2:26.17</b>	+0,73	559
	50m: 31.75 31.75	100m: 1:08.27 36.52	150m: 1:46.56 38.29	200m: 2:26.17 39.61		
21.	SILVA Luis Pedro	98	Desportivo Nacional	<b>2:26.45</b>	+0,81	556
	50m: 31.54 31.54	100m: 1:08.19 36.65	150m: 1:46.65 38.46	200m: 2:26.45 39.80		

Prova 21, Masc., 200m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA						
22.	GRENHO Andre Tavares	99	Sporting	<b>2:28.21</b>	+0,80	536						
	50m:	33.24	33.24	100m:	1:10.57	37.33	150m:	1:49.29	38.72	200m:	2:28.21	38.92
DNS	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria									

Juniores

1.	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:20.68</b>	+0,69 Q	627						
	50m:	31.32	31.32	100m:	1:06.82	35.50	150m:	1:43.32	36.50	200m:	2:20.68	37.36
2.	CALDEIRA Goncalo Silveirinha	01	Sporting	<b>2:21.76</b>	+0,82 Q	613						
	50m:	32.78	32.78	100m:	1:08.70	35.92	150m:	1:45.20	36.50	200m:	2:21.76	36.56
3.	SILVA Tomas Antonio	01	Naval do Funchal	<b>2:22.11</b>	+0,67 Q	608						
	50m:	32.01	32.01	100m:	1:07.77	35.76	150m:	1:44.08	36.31	200m:	2:22.11	38.03
4.	FRISCHKNECHT Renato Barros	01	Alges	<b>2:22.35</b>	+0,61 Q	605						
	50m:	32.51	32.51	100m:	1:08.32	35.81	150m:	1:44.91	36.59	200m:	2:22.35	37.44
5.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>2:23.68</b>	+0,77 Q	589						
	50m:	32.34	32.34	100m:	1:08.27	35.93	150m:	1:45.85	37.58	200m:	2:23.68	37.83
6.	MERUJE Joaquim Agra	01	Elvense	<b>2:25.89</b>	+0,83 Q	562						
	50m:	31.78	31.78	100m:	1:08.26	36.48	150m:	1:46.63	38.37	200m:	2:25.89	39.26
7.	MARQUES Goncalo Silva	01	Condeixa Clube	<b>2:25.92</b>	+0,67 Q	562						
	50m:	32.27	32.27	100m:	1:08.44	36.17	150m:	1:46.31	37.87	200m:	2:25.92	39.61
8.	BRAS Ricardo Martins	01	Belenenses	<b>2:26.20</b>	+0,69 Q	559						
	50m:	32.84	32.84	100m:	1:10.43	37.59	150m:	1:48.09	37.66	200m:	2:26.20	38.11
9.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	<b>2:26.31</b>	+0,72 R	557						
	50m:	33.65	33.65	100m:	1:11.56	37.91	150m:	1:49.00	37.44	200m:	2:26.31	37.31
10.	KLIER Afonso Miguel	01	Galitos / Bresimar	<b>2:26.61</b>	+0,73 R	554						
	50m:	32.85	32.85	100m:	1:10.28	37.43	150m:	1:48.74	38.46	200m:	2:26.61	37.87
11.	RODRIGUES Pedro Simoes	01	Uniao Coimbra	<b>2:26.76</b>	+0,78	552						
	50m:	33.09	33.09	100m:	1:10.02	36.93	150m:	1:47.52	37.50	200m:	2:26.76	39.24
12.	SOUSA Duarte Anastacio	02	Uniao Coimbra	<b>2:26.92</b>	+0,63	550						
	50m:	33.40	33.40	100m:	1:10.70	37.30	150m:	1:48.64	37.94	200m:	2:26.92	38.28
13.	PINTO Pedro Miguel	02	Sporting	<b>2:27.67</b>	+0,75	542						
	50m:	33.80	33.80	100m:	1:12.02	38.22	150m:	1:49.70	37.68	200m:	2:27.67	37.97
14.	MALFEITO Martim Rebelo	02	Sporting	<b>2:28.74</b>	+0,72	530						
	50m:	34.81	34.81	100m:	1:13.92	39.11	150m:	1:51.56	37.64	200m:	2:28.74	37.18
15.	VIEIRA Hugo Azurara	01	Naval Povoense	<b>2:29.28</b>	+0,76	525						
	50m:	34.02	34.02	100m:	1:11.72	37.70	150m:	1:50.40	38.68	200m:	2:29.28	38.88
16.	SANTOS Afonso Amaro	02	Geslours	<b>2:29.50</b>	+0,67	522						
	50m:	34.10	34.10	100m:	1:12.22	38.12	150m:	1:50.95	38.73	200m:	2:29.50	38.55
17.	MENDES Diogo Santos	02	Leixoes	<b>2:30.69</b>	+0,67	510						
	50m:	33.41	33.41	100m:	1:11.31	37.90	150m:	1:50.67	39.36	200m:	2:30.69	40.02

Prova 21, Masc., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
18.	PEREIRA Bernardo Sousa	01	Pimpoes/Cimai	<b>2:32.12</b>	+0,83	496
	50m: 33.62 33.62	100m: 1:11.79	38.17	150m: 1:51.56	39.77	200m: 2:32.12 40.56
DSQ	FERNANDES Pedro Pestana	01	Naval do Funchal			
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 125 m - SW 7.1</i>					

Prova 22  
22-12-2018 - 10:20

Femin., 200m Bruços

Absolutos  
Resultados Elimin

RN25 Absoluto	2:23.46	PEREIRA Raquel Gomes	SAD	Porto	09-12-2017
RN25 Sen	2:23.46	PEREIRA Raquel Gomes	SAD	Porto	09-12-2017
RN25 Jun17	2:26.47	PEREIRA Raquel Gomes	SAD	Funchal	10-12-2016
RN25 Jun16	2:26.87	PEREIRA Raquel Gomes	SAD	Porto	11-12-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	KAMINSKAYA Victoria	95	Benfica	<b>2:32.46</b>	+0,68 Q	687
	50m: 34.82 34.82	100m: 1:13.08	38.26	150m: 1:52.49	39.41	200m: 2:32.46 39.97
2.	PEREIRA Raquel Gomes	00	Alges	<b>2:33.72</b>	+0,76 Q	670
	50m: 34.95 34.95	100m: 1:13.83	38.88	150m: 1:53.73	39.90	200m: 2:33.72 39.99
3.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>2:35.12</b>	+0,75 Q	652
	50m: 35.66 35.66	100m: 1:15.31	39.65	150m: 1:55.02	39.71	200m: 2:35.12 40.10
4.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:35.98</b>	+0,80 Q	642
	50m: 35.42 35.42	100m: 1:14.55	39.13	150m: 1:55.00	40.45	200m: 2:35.98 40.98
5.	MACHADO Luisa Maria	01	Uniao Piedense	<b>2:36.97</b>	+0,87 Q	630
	50m: 36.20 36.20	100m: 1:16.39	40.19	150m: 1:56.43	40.04	200m: 2:36.97 40.54
6.	BORGES Claudia Ferreira	99	Benfica	<b>2:37.34</b>	+0,72 Q	625
	50m: 36.33 36.33	100m: 1:16.22	39.89	150m: 1:57.06	40.84	200m: 2:37.34 40.28
7.	MAIA Joana Marques	91	Ginasio Santo Tirso	<b>2:40.65</b>	+0,83 Q	587
	50m: 36.32 36.32	100m: 1:17.31	40.99	150m: 1:58.74	41.43	200m: 2:40.65 41.91
8.	RODRIGUES Luana Correia	01	Belenenses	<b>2:40.74</b>	+0,72 Q	586
	50m: 36.09 36.09	100m: 1:16.67	40.58	150m: 1:58.31	41.64	200m: 2:40.74 42.43
9.	BERNARDO Ines Silva	00	Benfica	<b>2:42.10</b>	+0,75 R	572
	50m: 36.55 36.55	100m: 1:17.61	41.06	150m: 1:59.98	42.37	200m: 2:42.10 42.12
10.	CARVALHO Beatriz Antunes	99	Sporting	<b>2:43.68</b>	+0,79 R	555
	50m: 37.10 37.10	100m: 1:18.32	41.22	150m: 2:01.06	42.74	200m: 2:43.68 42.62
11.	DIAS Beatriz Castanheira	99	Academica de Coimbra	<b>2:52.47</b>	+0,72	475
	50m: 39.13 39.13	100m: 1:22.98	43.85	150m: 2:08.72	45.74	200m: 2:52.47 43.75

Prova 22, Femin., 200m Bruços, Elimin

Juniores

1.	PEREIRA Clara Gomes	02	Alges	<b>2:36.91</b>	+0,73	Q	630
	50m: 35.76 35.76	100m: 1:16.24 40.48	150m: 1:56.60 40.36	200m: 2:36.91 40.31			
2.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:37.22</b>	+0,86	Q	627
	50m: 36.04 36.04	100m: 1:15.88 39.84	150m: 1:56.33 40.45	200m: 2:37.22 40.89			
3.	CASTRO Maria Freitas	03	Fafe	<b>2:37.78</b>	+0,75	Q	620
	50m: 36.26 36.26	100m: 1:17.07 40.81	150m: 1:57.76 40.69	200m: 2:37.78 40.02			
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:38.96</b>	+0,86	Q	606
	50m: 36.29 36.29	100m: 1:16.23 39.94	150m: 1:57.08 40.85	200m: 2:38.96 41.88			
5.	SILVA Natacha Sofia	02	Benfica	<b>2:39.77</b>	+0,83	Q	597
	50m: 36.18 36.18	100m: 1:16.62 40.44	150m: 1:57.86 41.24	200m: 2:39.77 41.91			
6.	CERDEIRA Madalena Reis	03	Sporting	<b>2:42.28</b>	+0,82	Q	570
	50m: 35.71 35.71	100m: 1:17.34 41.63	150m: 1:59.02 41.68	200m: 2:42.28 43.26			
7.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	<b>2:43.19</b>	+0,73	Q	560
	50m: 36.27 36.27	100m: 1:17.66 41.39	150m: 2:00.19 42.53	200m: 2:43.19 43.00			
8.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>2:44.22</b>	+0,84	Q	550
	50m: 37.30 37.30	100m: 1:18.19 40.89	150m: 2:00.50 42.31	200m: 2:44.22 43.72			
9.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>2:45.33</b>	+0,65	R	539
	50m: 37.52 37.52	100m: 1:19.38 41.86	150m: 2:02.34 42.96	200m: 2:45.33 42.99			
10.	FIAL Sofia Nunes	03	Estamos Juntos	<b>2:45.65</b>	+0,81	R	536
	50m: 37.19 37.19	100m: 1:20.03 42.84	150m: 2:03.36 43.33	200m: 2:45.65 42.29			
11.	TEIXEIRA Ines Oliveira	02	Estarreja	<b>2:45.72</b>	+0,76		535
	50m: 35.82 35.82	100m: 1:18.35 42.53	150m: 2:01.41 43.06	200m: 2:45.72 44.31			
12.	NEVES Sara Dias	03	Miranda do Corvo	<b>2:46.38</b>	+0,90		529
	50m: 37.58 37.58	100m: 1:20.00 42.42	150m: 2:03.03 43.03	200m: 2:46.38 43.35			
13.	PELAIO Maria Joao	03	Ginasio Figueirense	<b>2:46.94</b>	+0,84		523
	50m: 37.28 37.28	100m: 1:19.58 42.30	150m: 2:03.41 43.83	200m: 2:46.94 43.53			
14.	DIAS Ana Amarante	03	Naval de Ponta Delgada	<b>2:47.72</b>	+0,77		516
	50m: 37.11 37.11	100m: 1:19.05 41.94	150m: 2:02.81 43.76	200m: 2:47.72 44.91			
15.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	<b>2:48.67</b>	+0,84		507
	50m: 37.50 37.50	100m: 1:19.83 42.33	150m: 2:04.01 44.18	200m: 2:48.67 44.66			
16.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	<b>2:50.41</b>	+0,74		492
	50m: 36.55 36.55	100m: 1:18.71 42.16	150m: 2:03.61 44.90	200m: 2:50.41 46.80			
17.	FERNANDES Ana Catarina	03	Naval do Funchal	<b>2:54.73</b>	+0,69		456
	50m: 38.60 38.60	100m: 1:22.05 43.45	150m: 2:07.58 45.53	200m: 2:54.73 47.15			

Prova 23  
22-12-2018 - 10:40

Masc., 100m Mariposa

Absolutos  
Resultados Elimin

RN25 Absoluto	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Sen	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Jun18	53.87	VENANCIO Tiago Andre	CNS	Cantanhede	19-12-2004
RN25 Jun17	53.97	VENANCIO Tiago Andre	CNS	Alapraia	15-02-2004
RN S8	1:07.24	CARREIRA David Pedro	ADBA	Viseu	22-11-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	PEREIRA Luiz Pedro	91	Benfica	<b>52.84</b>	+0,75 Q	753
	50m: 24.39 24.39	100m:	52.84 28.45			
2.	LINO Rafael	99	Porto	<b>54.85</b>	+0,68 Q	673
	50m: 25.43 25.43	100m:	54.85 29.42			
3.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>54.97</b>	+0,69 Q	669
	50m: 25.51 25.51	100m:	54.97 29.46			
4.	CARVALHO Andre Antunes	96	Sporting	<b>55.06</b>	+0,73 Q	665
	50m: 26.15 26.15	100m:	55.06 28.91			
5.	MOGNE Igor Araujo	96	Sporting	<b>55.15</b>	+0,76 Q	662
	50m: 25.94 25.94	100m:	55.15 29.21			
6.	SILVA Joao Carlos	98	Famalicao	<b>55.95</b>	+0,70 Q	634
	50m: 26.09 26.09	100m:	55.95 29.86			
7.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	<b>56.64</b>	+0,71 Q	611
	50m: 26.58 26.58	100m:	56.64 30.06			
8.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>56.73</b>	+0,70 Q	608
	50m: 26.77 26.77	100m:	56.73 29.96			
9.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	<b>56.90</b>	+0,73 R	603
	50m: 26.20 26.20	100m:	56.90 30.70			
10.	SANTANA Joao Miguel	00	Benfica	<b>57.53</b>	+0,73 R	583
	50m: 26.76 26.76	100m:	57.53 30.77			
11.	CARVALHO Mateus Ribeiro	99	Famalicao	<b>57.60</b>	+0,78	581
	50m: 26.43 26.43	100m:	57.60 31.17			
12.	SILVA Martim Moniz	99	Naval do Funchal	<b>57.63</b>	+0,67	580
	50m: 27.00 27.00	100m:	57.63 30.63			
13.	MESTRE Afonso Godinho	95	Natacao de Lisboa	<b>58.11</b>	+0,75	566
	50m: 26.94 26.94	100m:	58.11 31.17			
14.	ALBUQUERQUE Rodrigo Carlos	97	Braga	<b>58.20</b>	+0,69	563
	50m: 26.31 26.31	100m:	58.20 31.89			

Prova 23, Masc., 100m Mariposa, Elimin

Juniores

1.	LOPES Carlos Filipe	01	Uniao Piedense	<b>56.87</b>	+0,72	Q	604
	50m: 26.28 26.28	100m:	56.87 30.59				
2.	DOMINGOS Ruy Manuel	02	Sporting	<b>57.15</b>	+0,82	Q	595
	50m: 26.75 26.75	100m:	57.15 30.40				
3.	GOMES Vicente Oliveira	02	Sporting	<b>57.16</b>	+0,74	Q	595
	50m: 26.63 26.63	100m:	57.16 30.53				
4.	AGUIAR Gabriel Silva	01	Porto	<b>57.20</b>	+0,63	Q	593
	50m: 26.94 26.94	100m:	57.20 30.26				
5.	SOUSA Joao Ribeiro	01	Porto	<b>57.32</b>	+0,65	Q	590
	50m: 26.52 26.52	100m:	57.32 30.80				
6.	LOPES Tomas Teixeira	02	Foca	<b>57.41</b>	+0,64	Q	587
	50m: 26.72 26.72	100m:	57.41 30.69				
7.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>57.51</b>	+0,75	Q	584
	50m: 26.90 26.90	100m:	57.51 30.61				
8.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>57.86</b>	+0,75	Q	573
	50m: 26.75 26.75	100m:	57.86 31.11				
9.	DOMINGUES Ricardo Jorge	02	Fundacao Beatriz Santos	<b>57.87</b>	+0,71	R	573
	50m: 27.20 27.20	100m:	57.87 30.67				
10.	FERREIRA Ricardo Pinela	01	Benfica	<b>57.97</b>	+0,66	R	570
	50m: 26.81 26.81	100m:	57.97 31.16				
11.	CAMOES Tiago Maria	01	Uniao Piedense	<b>58.69</b>	+0,74		549
	50m: 27.44 27.44	100m:	58.69 31.25				
12.	SIMOES Bernardo Jorge	02	Torres Novas	<b>59.04</b>	+0,69		540
	50m: 27.88 27.88	100m:	59.04 31.16				
13.	PELAIO Jose Pedro	01	Galitos / Bresimar	<b>59.42</b>	+0,65		529
	50m: 27.58 27.58	100m:	59.42 31.84				
EXH	SILVA Glauber	86	Foca	<b>52.65</b>	+0,74		761
	50m: 24.11 24.11	100m:	52.65 28.54				
EXH	SILVA Fernando Souza	86	Uniao Piedense	<b>53.85</b>	+0,71		711
	50m: 25.02 25.02	100m:	53.85 28.83				
EXH	CANCELA Diogo Luis <i>Rec Nacional S 8</i>	02	Miranda do Corvo	<b>1:06.75</b>	+0,75		373
	50m: 31.46 31.46	100m:	1:06.75 35.29				

Prova 24  
22-12-2018 - 10:45

Femin., 100m Mariposa

Absolutos  
Resultados Elimin

RN25 Absoluto	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Sen	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Jun17	59.65	CRUZ Sara Francisco	ADBA	Leiria	05-12-2009
RN25 Jun16	1:01.56	TIAGO Filipa Vilas	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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### Seniores

1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:00.67</b>	+0,70 Q	729
	50m: 28.85 28.85	100m: 1:00.67 31.82				
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>1:02.19</b>	+0,67 Q	677
	50m: 28.27 28.27	100m: 1:02.19 33.92				
3.	HENRIQUES Ines Jacinto	00	Sporting	<b>1:02.94</b>	+0,74 Q	653
	50m: 29.77 29.77	100m: 1:02.94 33.17				
4.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>1:03.12</b>	+0,83 Q	647
	50m: 29.75 29.75	100m: 1:03.12 33.37				
5.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>1:03.82</b>	+0,81 Q	626
	50m: 30.11 30.11	100m: 1:03.82 33.71				
6.	MARTINS Ana Beatriz	99	Famalicao	<b>1:03.83</b>	+0,77 Q	626
	50m: 29.67 29.67	100m: 1:03.83 34.16				
7.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	<b>1:03.93</b>	+0,76 Q	623
	50m: 30.01 30.01	100m: 1:03.93 33.92				
8.	TIAGO Filipa Vilas	94	Benfica	<b>1:04.76</b>	+0,69 Q	599
	50m: 29.89 29.89	100m: 1:04.76 34.87				
9.	BARATA Barbara Sofia	97	Alges	<b>1:04.83</b>	+0,70 R	597
	50m: 30.15 30.15	100m: 1:04.83 34.68				
10.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	<b>1:05.24</b>	+0,73 R	586
	50m: 30.60 30.60	100m: 1:05.24 34.64				
11.	NOBREGA Ana Sofia	90	Ginasio de Vila Real	<b>1:05.85</b>	+0,79	570
	50m: 30.37 30.37	100m: 1:05.85 35.48				
12.	MENDES Mariana Sebastiao	01	Portinado	<b>1:06.80</b>	+0,73	546
	50m: 30.74 30.74	100m: 1:06.80 36.06				

### Juniores

1.	GRAVETO Ana Raquel	02	Benfica	<b>1:03.81</b>	+0,81 Q	626
	50m: 30.22 30.22	100m: 1:03.81 33.59				
2.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>1:03.87</b>	+0,71 Q	625
	50m: 30.11 30.11	100m: 1:03.87 33.76				
3.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>1:04.51</b>	+0,67 Q	606
	50m: 30.13 30.13	100m: 1:04.51 34.38				
4.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>1:04.85</b>	+0,77 Q	597
	50m: 30.45 30.45	100m: 1:04.85 34.40				

Prova 24, Femin., 100m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
5.	BARBOSA Mariana Fernandes	02	Porto	<b>1:05.27</b>	+0,75 Q	585
	50m: 30.68 30.68	100m: 1:05.27	34.59			
6.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>1:05.49</b>	+0,86 Q	579
	50m: 30.34 30.34	100m: 1:05.49	35.15			
7.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>1:05.75</b>	+0,78 Q	572
	50m: 30.91 30.91	100m: 1:05.75	34.84			
8.	SILVA Eduarda Reis	03	Famalicao	<b>1:06.30</b>	+0,69 Q	558
	50m: 31.25 31.25	100m: 1:06.30	35.05			
9.	MARTINS Joana Ribeiro	03	Benfica	<b>1:06.67</b>	+0,83 R	549
	50m: 31.17 31.17	100m: 1:06.67	35.50			
10.	CARVALHO Maria Joao	02	Portinado	<b>1:07.63</b>	+0,78 R	526
	50m: 31.33 31.33	100m: 1:07.63	36.30			
11.	LOPES Sara Santos	03	Bairro dos Anjos/ Leiria	<b>1:07.64</b>	+0,96	526
	50m: 31.33 31.33	100m: 1:07.64	36.31			
12.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>1:07.81</b>	+0,90	522
	50m: 30.69 30.69	100m: 1:07.81	37.12			
13.	CORREIA Rute Ferreira	03	Clube de Vouzela	<b>1:07.92</b>	+0,86	519
	50m: 31.03 31.03	100m: 1:07.92	36.89			
14.	RODRIGUES Daniela Oliveira	02	Natacao de Valongo	<b>1:08.84</b>	+0,71	499
	50m: 31.59 31.59	100m: 1:08.84	37.25			
15.	CAZEIRO Filipa Inacio	02	AONDA-Azeitao	<b>1:09.28</b>	+0,77	489
	50m: 31.74 31.74	100m: 1:09.28	37.54			
16.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>1:09.58</b>	+0,87	483
	50m: 31.45 31.45	100m: 1:09.58	38.13			

Prova 25	Masc., 50m Livres				Absolutos
22-12-2018 - 11:05					Resultados Elimin
RN25 Absoluto	21.64	AGOSTINHO Alexandre Escudier	PORTIN	S. António Cavaleiros	20-12-2009
RN25 Sen	21.64	AGOSTINHO Alexandre Escudier	PORTIN	S. António Cavaleiros	20-12-2009
RN25 Jun18	22.24	NASCIMENTO Miguel Duarte	PORTIN	Porto	08-12-2012
RN25 Jun17	23.14	VENANCIO Tiago Andre	CNS	Reboleira	26-06-2004
RN S8	29.81	LINHARES Ruben Daniel	FVCD	Vila Franca de Xira	03-02-2018
RN S9	26.37	GRACHAT David Realista	GESL	Vila Franca de Xira	03-02-2018
RN S15	25.79	CRUZ Miguel Duarte	CFB	Vila Franca de Xira	03-02-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>22.13</b>	+0,65 Q	767
2.	DIAS Guilherme Pereira	97	Benfica	<b>22.72</b>	+0,66 Q	709
3.	RIBAS Alexandre Lages	97	Ginasio de Vila Real	<b>23.05</b>	+0,68 Q	679
4.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	<b>23.07</b>	+0,66 Q	677
5.	MACHADO Francisco Carvalho	98	Alges	<b>23.13</b>	+0,62 Q	672
6.	SANTOS Joao Duarte	95	Natacao Olhao	<b>23.27</b>	+0,63 Q	659
7.	SANTOS Francisco Rogerio	98	Sporting	<b>23.40</b>	+0,70 Q	649
8.	MOGNE Igor Araujo	96	Sporting	<b>23.41</b>	+0,73 Q	648
9.	FERNANDES Pedro Miguel	99	Famalicao	<b>23.48</b>	+0,71 R	642
10.	PADRELA Joao Esteves	99	Belenenses	<b>23.50</b>	+0,63 R	640
11.	MARQUES Miguel Henriques	00	Benfica	<b>23.57</b>	+0,72	635
12.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	<b>23.69</b>	+0,66	625
13.	LEIRIA David Miguel	93	Benfica	<b>23.72</b>	+0,71	623
14.	SOARES Tiago Silva	99	Porto	<b>23.74</b>	+0,75	621
15.	TEIXEIRA Guilherme Miguel	97	Belenenses	<b>23.75</b>	+0,70	620
	BATE Afonso Ribeiro	98	Alges	<b>23.75</b>	+0,72	620
17.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>23.93</b>	+0,71	606
18.	CARVALHO Ruben Paiva	94	Academica de Coimbra	<b>24.01</b>	+0,70	600
19.	WEUSTINK Koen	00	Ginasio de Vila Real	<b>24.07</b>	+0,70	596
20.	LOPES David Granja	90	AONDA-Azeitao	<b>24.09</b>	+0,69	594
21.	TINOCO Joao Pereira	00	Famalicao	<b>24.20</b>	+0,72	586
22.	GRACA Nuno Miguel	98	Desportiva de Viana	<b>24.22</b>	+0,75	585
23.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	<b>24.42</b>	+0,72	571
24.	CORREIA Jaime Daniel	99	Belenenses	<b>24.51</b>	+0,66	564
	ALBUQUERQUE Rodrigo Carlos	97	Braga	<b>24.51</b>	+0,70	564
26.	MARQUES Miguel Freitas	96	Escola O Liceu	<b>24.66</b>	+0,65	554

Prova 25, Masc., 50m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
DNS	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria			
EXH	SILVA Fernando Souza	86	Uniao Piedense	<b>23.13</b>	+0,69	672
EXH	CRUZ Miguel Duarte <i>Rec Nacional S 15,</i>	99	Belenenses	<b>25.20</b>	+0,70	519
EXH	CAETANO Gino Santos <i>Rec Nacional S 9,</i>	94	Galitos / Bresimar	<b>26.32</b>	+0,82	456
EXH	GRACHAT David Realista	87	Gesloures	<b>26.66</b>	+0,75	438
EXH	SOARES Ricardo Aderneira	99	Gesloures	<b>32.93</b>	+0,78	232

Prova 26  
22-12-2018 - 11:10

Femin., 50m Livres

Absolutos  
Resultados Elimin

RN25 Absoluto	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun17	25.95	VIEGAS Beatriz Mendes	TNC	Vila Real Stº Antonio	12-11-2016
RN25 Jun16	26.14	ROSA Maria Carolina	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>26.02</b>	+0,68 Q	684
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>26.05</b>	+0,57 Q	682
3.	VIEIRA Jessica Teixeira	91	Belenenses	<b>26.40</b>	+0,66 Q	655
4.	FRISCHKNECHT Rita Barros	98	Alges	<b>26.57</b>	+0,73 Q	642
5.	VIEGAS Beatriz Mendes	00	Sporting	<b>26.62</b>	+0,57 Q	639
6.	OLIVEIRA Rosa Maria	96	Porto	<b>26.70</b>	+0,76 Q	633
7.	FARIA Ana Rita	00	Porto	<b>26.73</b>	+0,75 Q	631
8.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>26.97</b>	+0,74 Q	614
9.	CASTRO Adriana Daniela	97	Leixoes	<b>27.01</b>	+0,67 R	611
10.	FERREIRA Catarina Maria	98	Porto	<b>27.16</b>	+0,72 R	601
11.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>27.25</b>	+0,68	595
12.	BELEZA Mafalda Gomes	94	Sporting	<b>27.45</b>	+0,64	582
13.	NEVES Carolina Marques	01	Torres Novas	<b>27.51</b>	+0,81	579
14.	ROSA Maria Carolina	94	Sporting	<b>27.53</b>	+0,74	577
15.	NUNES Sofia Alexandra	00	Laranjeiro	<b>27.64</b>	+0,75	570
16.	MATOS Carolina Lourenco	98	Cova da Piedade	<b>27.73</b>	+0,72	565
17.	TIAGO Filipa Vilas	94	Benfica	<b>27.89</b>	+0,71	555
18.	COENTRAO Bruna Fangueiro	93	Vilacondense	<b>28.00</b>	+0,87	549

Prova 26, Femin., 50m Livres, Elimin

Juniores

1.	SOUSA Ana Reis	02	Alges	<b>25.99</b>	+0,70	Q	686
2.	ANDRE Leticia Maia	02	Benfica	<b>26.38</b>	+0,68	Q	656
3.	SOARES Catarina Silva	03	Porto	<b>26.80</b>	+0,73	Q	626
4.	MARTINS Francisca Soares	03	Foca	<b>27.05</b>	+0,69	Q	609
5.	PINTO Mafalda Marques	02	Sporting	<b>27.08</b>	+0,70	Q	607
6.	COSTA Mafalda Magalhaes	03	Gualdim Pais	<b>27.38</b>	+0,74	Q	587
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>27.42</b>	+0,76	Q	584
8.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>27.65</b>	+0,65	Q	570
9.	FOMINA Anna	02	Louletano / Loule Concelho	<b>27.76</b>	+0,77	R	563
10.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>27.77</b>	+0,76	R	562
11.	JESUS Maria Crista	03	Louletano / Loule Concelho	<b>27.82</b>	+0,67		559
12.	MACHADO Joana Sofia	02	Natacao de Valongo	<b>28.00</b>	+0,78		549
13.	PEIXEIRA Filipa Ramos	03	Sporting	<b>28.07</b>	+0,82		545
14.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	<b>28.10</b>	+0,72		543
15.	MACHADO Carolina Alexandra	03	Natacao de Beja	<b>28.15</b>	+0,71		540
16.	SANTOS Matilde Guimaraes	02	Leixoes	<b>28.22</b>	+0,66		536
17.	SANTOS Ana Pedro	02	Galitos / Bresimar	<b>28.25</b>	+0,72		534
18.	REBELO Beatriz Vaz	03	Geslours	<b>28.32</b>	+0,77		530
19.	RAMOS Ines Asseiceira	03	Torres Novas	<b>28.37</b>	+0,79		528

Prova 27  
22-12-2018 - 11:20

Masc., 200m Estilos

Absolutos  
Resultados Elimin

RN25 Absoluto	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Sen	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Jun18	2:00.59	LOPES Gabriel Jose	ALN	Coimbra	10-05-2015
RN25 Jun17	2:02.96	CARVALHO Diogo Filipe	CGA	Mealhada	06-03-2005
RN S15	2:17.63	NEVES Tiago Correia	CFB	Vila Real St. Antonio	03-11-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	RAMOS Bruno Miguel	97	Belenenses	<b>2:01.42</b>	+0,66	Q 736
	50m: 26.03 26.03	100m: 56.67 30.64	150m: 1:32.42	35.75	200m: 2:01.42	29.00
2.	LOPES Jose Paulo	00	Braga	<b>2:01.47</b>	+0,67	Q 735
	50m: 26.75 26.75	100m: 56.74 29.99	150m: 1:31.14	34.40	200m: 2:01.47	30.33
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:02.55</b>	+0,64	Q 715
	50m: 26.57 26.57	100m: 56.79 30.22	150m: 1:32.19	35.40	200m: 2:02.55	30.36
4.	VITAL Joao Alexandre	98	Sporting	<b>2:02.97</b>	+0,68	Q 708
	50m: 26.58 26.58	100m: 57.44 30.86	150m: 1:33.55	36.11	200m: 2:02.97	29.42

Prova 27, Masc., 200m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
5.	PINOTES Pedro Miguel	89	Sporting	<b>2:03.12</b>	+0,70 Q	705
	50m: 27.06 27.06	100m: 59.38 32.32	150m: 1:34.06	34.68	200m: 2:03.12	29.06
6.	DANTAS Diogo Leal	00	Sporting	<b>2:03.55</b>	+0,65 Q	698
	50m: 26.66 26.66	100m: 57.80 31.14	150m: 1:33.19	35.39	200m: 2:03.55	30.36
7.	SANTOS Pedro Andre	94	Alges	<b>2:03.74</b>	+0,72 Q	695
	50m: 26.49 26.49	100m: 58.01 31.52	150m: 1:33.29	35.28	200m: 2:03.74	30.45
8.	NUNES Porfirio Braga	00	Porto	<b>2:04.07</b>	+0,71 Q	689
	50m: 26.63 26.63	100m: 57.93 31.30	150m: 1:34.23	36.30	200m: 2:04.07	29.84
9.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>2:05.03</b>	+0,87 R	674
	50m: 27.53 27.53	100m: 59.72 32.19	150m: 1:36.25	36.53	200m: 2:05.03	28.78
10.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:05.54</b>	+0,69 R	665
	50m: 27.41 27.41	100m: 59.63 32.22	150m: 1:35.62	35.99	200m: 2:05.54	29.92
11.	CATALAO Daniel Nogueira	00	Benfica	<b>2:05.86</b>	+0,64	660
	50m: 27.22 27.22	100m: 58.78 31.56	150m: 1:35.33	36.55	200m: 2:05.86	30.53
12.	CORREIA Joao Mota	97	Benfica	<b>2:05.90</b>	+0,80	660
	50m: 26.77 26.77	100m: 58.07 31.30	150m: 1:35.67	37.60	200m: 2:05.90	30.23
13.	COSTA Tiago Cunha	99	Sporting	<b>2:06.92</b>	+0,68	644
	50m: 26.92 26.92	100m: 58.30 31.38	150m: 1:36.53	38.23	200m: 2:06.92	30.39
14.	PINTO Antonio Fernando	99	Benfica	<b>2:07.57</b>	+0,76	634
	50m: 27.35 27.35	100m: 1:00.65 33.30	150m: 1:37.93	37.28	200m: 2:07.57	29.64
15.	JOAQUIM Andre Serro	00	Portinado	<b>2:09.10</b>	+0,79	612
	50m: 27.89 27.89	100m: 59.90 32.01	150m: 1:38.74	38.84	200m: 2:09.10	30.36
16.	DINIS Tiago Moises	98	Nautico Academico	<b>2:13.62</b>	+0,73	552
	50m: 28.61 28.61	100m: 1:03.16 34.55	150m: 1:42.07	38.91	200m: 2:13.62	31.55
17.	TEODORO Diogo Filipe	99	Natacao de Valongo	<b>2:13.88</b>	+0,68	549
	50m: 28.32 28.32	100m: 1:01.70 33.38	150m: 1:41.35	39.65	200m: 2:13.88	32.53

Juniores

1.	SILVA Tomas Antonio	01	Naval do Funchal	<b>2:07.71</b>	+0,66 Q	632
	50m: 27.71 27.71	100m: 1:00.78 33.07	150m: 1:37.06	36.28	200m: 2:07.71	30.65
2.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>2:07.79</b>	+0,72 Q	631
	50m: 28.21 28.21	100m: 1:00.39 32.18	150m: 1:37.39	37.00	200m: 2:07.79	30.40
3.	CRISTINO David Matias	01	Uniao Piedense	<b>2:08.52</b>	+0,77 Q	620
	50m: 27.65 27.65	100m: 1:00.06 32.41	150m: 1:39.04	38.98	200m: 2:08.52	29.48
4.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:08.70</b>	+0,83 Q	618
	50m: 27.24 27.24	100m: 58.77 31.53	150m: 1:38.05	39.28	200m: 2:08.70	30.65
5.	GOMES Vicente Oliveira	02	Sporting	<b>2:09.25</b>	+0,75 Q	610
	50m: 27.94 27.94	100m: 1:01.09 33.15	150m: 1:39.81	38.72	200m: 2:09.25	29.44

Prova 27, Masc., 200m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
6.	FERNANDES Eduardo Gomes	02	Sporting	<b>2:09.82</b>	+0,79 Q	602
	50m: 28.42 28.42	100m: 1:01.53 33.11	150m: 1:39.94 38.41	200m: 2:09.82 29.88		
7.	PINTO Pedro Miguel	02	Sporting	<b>2:11.48</b>	+0,77 Q	579
	50m: 28.67 28.67	100m: 1:03.74 35.07	150m: 1:41.55 37.81	200m: 2:11.48 29.93		
8.	DOMINGOS Ruy Manuel	02	Sporting	<b>2:11.59</b>	+0,77 Q	578
	50m: 27.76 27.76	100m: 1:01.17 33.41	150m: 1:40.74 39.57	200m: 2:11.59 30.85		
9.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>2:11.74</b>	+0,74 R	576
	50m: 29.09 29.09	100m: 1:03.70 34.61	150m: 1:42.51 38.81	200m: 2:11.74 29.23		
10.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>2:12.42</b>	+0,78 R	567
	50m: 27.99 27.99	100m: 1:01.13 33.14	150m: 1:41.99 40.86	200m: 2:12.42 30.43		
11.	COSTA Marco Antonio	02	Natacao Guarda	<b>2:14.79</b>	+0,84	538
	50m: 28.41 28.41	100m: 1:03.35 34.94	150m: 1:44.15 40.80	200m: 2:14.79 30.64		
12.	MARQUES Goncalo Silva	01	Condeixa Clube	<b>2:20.93</b>	+0,67	470
	50m: 28.32 28.32	100m: 1:05.99 37.67	150m: 1:46.91 40.92	200m: 2:20.93 34.02		
EXH	NEVES Tiago Correia Rec Nacional SM 15,	97	Belenenses	<b>2:14.80</b>	+0,82	537
	50m: 28.63 28.63	100m: 1:03.86 35.23	150m: 1:44.03 40.17	200m: 2:14.80 30.77		

Prova 28

Femin., 200m Estilos

Absolutos

22-12-2018 - 11:35

Resultados Elimin

RN25 Absoluto	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	2:16.22	PEREIRA Raquel Gomes	SAD	Algés	19-11-2016
RN25 Jun16	2:14.94	ROSA Maria Carolina	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:18.82</b>	+0,70 Q	676
	50m: 29.08 29.08	100m: 1:04.32 35.24	150m: 1:45.70 41.38	200m: 2:18.82 33.12		
2.	KAMINSKAYA Victoria	95	Benfica	<b>2:19.73</b>	+0,72 Q	663
	50m: 30.29 30.29	100m: 1:05.07 34.78	150m: 1:45.17 40.10	200m: 2:19.73 34.56		
3.	MACHADO Luisa Maria	01	Uniao Piedense	<b>2:20.21</b>	+0,85 Q	656
	50m: 30.54 30.54	100m: 1:07.49 36.95	150m: 1:47.27 39.78	200m: 2:20.21 32.94		
4.	FERNANDES Ines Camacho	97	Sporting	<b>2:20.64</b>	+0,72 Q	650
	50m: 30.09 30.09	100m: 1:06.41 36.32	150m: 1:46.70 40.29	200m: 2:20.64 33.94		
5.	CABRAL Maria Francisca	00	Porto	<b>2:21.59</b>	+0,78 Q	637
	50m: 30.63 30.63	100m: 1:06.10 35.47	150m: 1:48.53 42.43	200m: 2:21.59 33.06		
6.	MARTINS Ana Beatriz	99	Famalicao	<b>2:21.97</b>	+0,79 Q	632
	50m: 30.20 30.20	100m: 1:07.65 37.45	150m: 1:49.02 41.37	200m: 2:21.97 32.95		

Prova 28, Femin., 200m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
7.	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>2:24.16</b>	+0,69 Q	604
	50m: 30.90 30.90	100m: 1:08.10 37.20	150m: 1:50.14 42.04	200m: 2:24.16 34.02		
8.	RIBEIRO Margarida Messias	98	Gesloures	<b>2:24.72</b>	+0,74 Q	597
	50m: 32.51 32.51	100m: 1:10.32 37.81	150m: 1:51.41 41.09	200m: 2:24.72 33.31		
9.	SILVA Beatriz Santos	01	Porto	<b>2:25.07</b>	+0,84 R	592
	50m: 31.62 31.62	100m: 1:09.71 38.09	150m: 1:50.65 40.94	200m: 2:25.07 34.42		
10.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>2:25.69</b>	+0,82 R	585
	50m: 30.94 30.94	100m: 1:06.91 35.97	150m: 1:50.96 44.05	200m: 2:25.69 34.73		
11.	VELOSO Teresa Miguel	00	Nautico Academico	<b>2:25.86</b>	+0,73	583
	50m: 31.97 31.97	100m: 1:09.00 37.03	150m: 1:51.12 42.12	200m: 2:25.86 34.74		
12.	BERNARDO Ines Silva	00	Benfica	<b>2:27.15</b>	+0,78	567
	50m: 31.53 31.53	100m: 1:10.03 38.50	150m: 1:52.92 42.89	200m: 2:27.15 34.23		
DNS	RODRIGUES Filipa Serrano	01	Benfica			

Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>2:19.89</b>	+0,76 Q	661
	50m: 30.81 30.81	100m: 1:05.45 34.64	150m: 1:47.62 42.17	200m: 2:19.89 32.27		
2.	PINA Ana Sofia	02	O Crasto	<b>2:20.07</b>	+0,77 Q	658
	50m: 30.16 30.16	100m: 1:06.31 36.15	150m: 1:47.81 41.50	200m: 2:20.07 32.26		
3.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:22.28</b>	+0,78 Q	628
	50m: 31.08 31.08	100m: 1:07.45 36.37	150m: 1:48.87 41.42	200m: 2:22.28 33.41		
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:22.45</b>	+0,86 Q	626
	50m: 30.62 30.62	100m: 1:07.69 37.07	150m: 1:49.62 41.93	200m: 2:22.45 32.83		
5.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:22.52</b>	+0,80 Q	625
	50m: 30.50 30.50	100m: 1:06.92 36.42	150m: 1:48.35 41.43	200m: 2:22.52 34.17		
6.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>2:24.15</b>	+0,74 Q	604
	50m: 30.82 30.82	100m: 1:08.18 37.36	150m: 1:50.54 42.36	200m: 2:24.15 33.61		
7.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>2:24.52</b>	+0,78 Q	599
	50m: 30.75 30.75	100m: 1:06.72 35.97	150m: 1:51.20 44.48	200m: 2:24.52 33.32		
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>2:25.23</b>	+0,79 Q	590
	50m: 31.83 31.83	100m: 1:09.67 37.84	150m: 1:51.79 42.12	200m: 2:25.23 33.44		
9.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>2:25.93</b>	+0,72 R	582
	50m: 31.76 31.76	100m: 1:09.55 37.79	150m: 1:52.42 42.87	200m: 2:25.93 33.51		
10.	CRUZ Sara Moura	03	Alges	<b>2:27.54</b>	+0,70 R	563
	50m: 31.55 31.55	100m: 1:08.80 37.25	150m: 1:53.59 44.79	200m: 2:27.54 33.95		
11.	AMORIM Maria Leonor	03	Porto	<b>2:27.56</b>	+0,74	563
	50m: 31.85 31.85	100m: 1:09.47 37.62	150m: 1:53.29 43.82	200m: 2:27.56 34.27		
12.	LASCU Nicoleta	02	Litoral Alentejano	<b>2:27.66</b>	+0,92	562
	50m: 32.20 32.20	100m: 1:08.87 36.67	150m: 1:54.04 45.17	200m: 2:27.66 33.62		
13.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>2:28.84</b>	+0,60	548
	50m: 31.59 31.59	100m: 1:09.82 38.23	150m: 1:52.95 43.13	200m: 2:28.84 35.89		

Prova 28, Femin., 200m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
14.	CASTRO Maria Freitas	03	Fafe	<b>2:30.23</b>	+0,74	533
	50m: 32.49 32.49	100m: 1:13.04 40.55	150m: 1:54.38 41.34	200m: 2:30.23 35.85		
15.	FIAL Sofia Nunes	03	Estamos Juntos	<b>2:30.96</b>	+0,90	526
	50m: 33.18 33.18	100m: 1:13.68 40.50	150m: 1:56.05 42.37	200m: 2:30.96 34.91		
16.	SILVA Natacha Sofia	02	Benfica	<b>2:31.07</b>	+0,83	524
	50m: 32.67 32.67	100m: 1:12.43 39.76	150m: 1:55.51 43.08	200m: 2:31.07 35.56		

Prova 31

Masc., 4 x 200m Livres

Absolutos

22-12-2018 - 11:50

Resultados

RN25 Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22-12-2013

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	Sporting-SEN <i>Rec Nacional, Abs e Sen</i>	<b>7:10.67</b>	+0,64	856
	COSTA Tiago Cunha	99	+0,64 25.34 52.78	1:20.29 1:48.42 1:48.42
	MOGNE Igor Araujo	96	+0,51 25.33 52.67	1:20.55 1:48.34 1:48.34
	SANTOS Francisco Rogerio	98	+0,27 24.56 53.12	1:21.61 1:49.74 1:49.74
	SANTOS Alexis Manacas	92	+0,39 23.96 50.65	1:17.39 1:44.17 1:44.17
2.	Benfica-SEN	<b>7:14.00</b>	+0,72	837
	CARVALHO Jose Paula	98	+0,72 25.66 53.25	1:21.63 1:49.84 1:49.84
	DIAS Guilherme Pereira	97	+0,58 25.19 52.79	1:21.31 1:50.36 1:50.36
	PEREIRA Luiz Pedro	91	+0,22 24.79 52.41	1:20.66 1:49.85 1:49.85
	NASCIMENTO Miguel Duarte	95	+0,27 23.60 49.55	1:16.61 1:43.95 1:43.95
3.	Porto-SEN	<b>7:27.35</b>	+0,74	764
	NUNES Diogo Barbosa	00	+0,74 26.01 53.74	1:22.57 1:51.36 1:51.36
	NUNES Porfirio Braga	00	+0,49 25.85 54.02	1:22.54 1:51.01 1:51.01
	LINO Rafael	99	+0,35 25.60 54.33	1:24.07 1:53.49 1:53.49
	SOARES Tiago Silva	99	+0,48 24.53 52.85	1:21.84 1:51.49 1:51.49
4.	Belenenses-SEN	<b>7:32.70</b>	+0,66	737
	RAMOS Bruno Miguel	97	+0,66 25.54 52.89	1:20.99 1:48.78 1:48.78
	QUINTANILHA Nuno Goncalo	87	+0,34 25.31 53.64	1:23.31 1:53.27 1:53.27
	PADRELA Joao Esteves	99	+0,18 25.36 53.77	1:23.57 1:54.03 1:54.03
	CORREIA Diogo Carrasco	95	+0,27 25.31 55.15	1:26.12 1:56.62 1:56.62
5.	Alges-SEN	<b>7:32.81</b>	+0,71	737
	BATE Afonso Ribeiro	98	+0,71 25.79 53.95	1:22.89 1:51.74 1:51.74
	BATE Miguel Ribeiro	99	+0,57 24.86 53.98	1:24.95 1:55.31 1:55.31
	PON Hugo	98	+0,33 25.76 54.62	1:24.67 1:55.17 1:55.17
	SANTOS Pedro Andre	94	+0,54 25.51 53.92	1:22.32 1:50.59 1:50.59

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 31, Masc., 4 x 200m Livres

Juniores

1. Benfica-JUN	Benfica				<b>7:43.49</b>	+0,75	687
LEBRE Diogo Ramos	01	+0,75	26.30	54.12	1:22.71	1:51.25	1:51.25
AIRES Rafael Alcantara	01	+0,42	24.99	52.70	1:22.03	1:52.42	1:52.42
FERREIRA Ricardo Pinela	01	+0,37	26.41	56.19	1:27.43	1:59.88	1:59.88
BERNARDO Joao Silva	02	+0,38	26.45	56.67	1:28.06	1:59.94	1:59.94
2. Uniao Piedense-JUN	Uniao Piedense				<b>7:50.29</b>	+0,64	657
BRITO Bernardo Geada	02	+0,64	26.73	56.60	1:27.39	1:57.96	1:57.96
LOPES Carlos Filipe	01	+0,29	26.93	57.21	1:28.16	1:59.59	1:59.59
CAMOES Tiago Maria	01	+0,46	27.09	57.98	1:29.19	1:59.72	1:59.72
CRISTINO David Matias	01	+0,26	26.18	55.40	1:24.77	1:53.02	1:53.02
3. Sporting-JUN	Sporting				<b>7:50.78</b>	+0,74	655
MALFEITO Martim Rebelo	02	+0,74	27.95	58.12	1:29.05	1:59.80	1:59.80
FERNANDES Eduardo Gomes	02	+0,61	26.35	55.48	1:25.17	1:54.47	1:54.47
PINTO Pedro Miguel	02	+0,62	27.74	57.83	1:28.80	1:59.52	1:59.52
GOMES Vicente Oliveira	02	+0,30	26.06	55.54	1:26.34	1:56.99	1:56.99
4. Fundacao Beatriz Santos-JUN	Fundacao Beatriz Santos				<b>7:55.07</b>	+0,68	638
PEREIRA Joao Neto	02	+0,68	27.17	56.70	1:26.89	1:57.38	1:57.38
DOMINGUES Ricardo Jorge	02	+0,45	26.57	56.78	1:27.19	1:57.23	1:57.23
DIAS Joao Pedro	02	+0,44	27.05	57.59	1:28.48	1:58.51	1:58.51
CUNHA Jose Miguel	01	+0,41	27.97	58.67	1:29.93	2:01.95	2:01.95
5. Condeixa Clube-JUN	Condeixa Clube				<b>8:03.24</b>	+0,69	606
MARQUES Goncalo Silva	01	+0,69	27.33	57.89	1:30.36	2:03.16	2:03.16
MIGUEL Tomas Pedrosa	02	+0,09	26.36	57.33	1:30.72	2:03.17	2:03.17
FROTA Paulo Andre	02	+0,24	27.93	58.02	1:28.96	1:59.52	1:59.52
TRAVASSOS Rodrigo Alexandre	02	+0,13	26.28	56.29	1:27.06	1:57.39	1:57.39

Prova 32

Femin., 4 x 200m Livres

Absolutos

22-12-2018 - 11:55

Resultados

RN25 Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24-11-2018
RN25 Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	09-12-2017
RN25 Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	05-12-2009

Pontos: FINA 2018

Lugar	Clube				Tempo Final	TReac	FINA
<b>Seniores</b>							
1. Sporting-SEN	Sporting				<b>8:18.34</b>	+0,61	750
VIEGAS Beatriz Mendes	00	+0,61	29.06	1:00.77	1:34.04	2:07.95	2:07.95
BELEZA Mafalda Gomes	94	+0,43	28.63	59.75	1:31.75	2:04.16	2:04.16
HENRIQUES Ines Jacinto	00	+0,31	27.98	58.92	1:30.72	2:02.63	2:02.63
FERNANDES Ines Camacho	97	+0,54	28.57	1:00.48	1:32.14	2:03.60	2:03.60
2. Benfica-SEN	Benfica				<b>8:20.31</b>	+0,75	741
DURAES Diana Margarida	96	+0,75	28.21	58.10	1:28.88	1:59.46	1:59.46
RODRIGUES Filipa Serrano	01	+0,73	29.24	1:00.92	1:33.87	2:06.78	2:06.78
KAMINSKAYA Victoria	95	+0,35	27.84	59.01	1:32.08	2:04.28	2:04.28
ROLAO Sofia Alexandra	98	+0,56	29.46	1:01.81	1:35.22	2:09.79	2:09.79

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Figueiras, 21 a 23 de Dezembro de 2018

Prova 32, Femin., 4 x 200m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	FINA
3.	Porto-SEN Porto	<b>8:32.49</b>	<b>+0,75</b>	<b>689</b>
	CABRAL Maria Francisca	00 +0,75 29.40 1:00.90 1:33.19 2:05.81 2:05.81		
	OLIVEIRA Rosa Maria	96 +0,52 30.05 1:03.11 1:37.61 2:11.82 2:11.82		
	MARTINS Ines Alves	01 +0,38 29.04 1:01.67 1:35.29 2:08.72 2:08.72		
	FARIA Ana Rita	00 +0,57 28.82 1:00.90 1:33.26 2:06.14 2:06.14		

Juniores

1.	Porto-JUN <i>Rec Nacional</i>	<b>8:24.59</b>	<b>+0,77</b>	<b>722</b>
	RAMOS Ana Rita	02 +0,77 29.04 1:00.03 1:31.44 2:03.24 2:03.24		
	SOARES Catarina Silva	03 +0,45 28.14 59.95 1:32.91 2:05.69 2:05.69		
	AMORIM Maria Leonor	03 +0,41 29.07 1:02.15 1:36.53 2:10.41 2:10.41		
	BARBOSA Mariana Fernandes	02 +0,37 28.44 59.79 1:32.65 2:05.25 2:05.25		
2.	Alges-JUN Alges	<b>8:26.71</b>	<b>+0,87</b>	<b>713</b>
	AZEVEDO Rafaela Gomes	02 +0,87 29.44 1:01.36 1:34.58 2:06.60 2:06.60		
	SOUSA Ana Reis	02 +0,34 28.42 59.06 1:29.96 2:00.63 2:00.63		
	CRUZ Sara Moura	03 +0,29 28.47 1:00.88 1:34.97 2:08.69 2:08.69		
	PEREIRA Clara Gomes	02 +0,34 29.99 1:02.93 1:36.92 2:10.79 2:10.79		
3.	Benfica-JUN Benfica	<b>8:38.07</b>	<b>+0,69</b>	<b>667</b>
	ANDRE Leticia Maia	02 +0,69 28.24 58.44 1:31.03 2:03.20 2:03.20		
	GRAVETO Ana Raquel	02 +0,64 29.55 1:02.18 1:36.05 2:10.45 2:10.45		
	MARTINS Joana Ribeiro	03 +0,47 29.64 1:02.61 1:36.31 2:09.59 2:09.59		
	SILVA Natacha Sofia	02 +0,54 30.00 1:03.68 1:39.33 2:14.83 2:14.83		
4.	Gesloures-JUN Gesloures	<b>8:57.74</b>	<b>+0,71</b>	<b>597</b>
	NEVES Leonor Maria	03 +0,71 31.03 1:04.82 1:39.38 2:12.42 2:12.42		
	MARTINS Claudia Beatriz	03 +0,50 31.08 1:05.35 1:40.31 2:15.12 2:15.12		
	FERRO Carolina Ganhao	02 +0,35 30.99 1:05.85 1:41.39 2:16.38 2:16.38		
	REBELO Beatriz Vaz	03 +0,52 29.48 1:02.83 1:38.13 2:13.82 2:13.82		
DNS	Condeixa Clube-JUN Condeixa Clube			

4 - 2ª Jornada - 2ª Sessão (finais)

22-12-2018 - 17:00

Prova 29	Masc., 4 x 50m Estilos					Absolutos
22-12-2018 - 17:00						Resultados
RN25 Absoluto	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto		20-12-2014
RN25 Sen	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto		20-12-2014
RN25 Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras		21-12-2013

Pontos: FINA 2018

Lugar			Clube			Tempo Final	TReac	FINA
<b>Seniores</b>								
1.	<b>Sporting-SEN</b>		<b>Sporting</b>			<b>1:38.33</b>	<b>+0,64</b>	<b>778</b>
	<i>Rec Nacional, Abs e Sen</i>							
	SANTOS Francisco Rogerio	98	+0,64	24.93	MOGNE Igor Araujo	96	+0,53	23.76
	SANTOS Alexis Manacas	92	+0,20	26.82	DANTAS Diogo Leal	00	+0,15	22.82
2.	<b>Benfica-SEN</b>		<b>Benfica</b>			<b>1:38.60</b>	<b>+0,58</b>	<b>771</b>
	ROSA Rodrigo Antonio	96	+0,58	25.62	PEREIRA Luiz Pedro	91	+0,13	23.60
	NASCIMENTO Miguel Duarte	95	+0,17	27.56	DIAS Guilherme Pereira	97	+0,39	21.82
3.	<b>Porto-SEN</b>		<b>Porto</b>			<b>1:41.34</b>	<b>+1,39</b>	<b>710</b>
	NUNES Porfirio Braga	00	+1,39	26.60	LINO Rafael	99	+0,42	24.63
	AMORIM Alexandre Ferreira	99	+0,11	27.52	SOARES Tiago Silva	99	+0,21	22.59
4.	<b>Belenenses-SEN</b>		<b>Belenenses</b>			<b>1:41.56</b>	<b>+0,58</b>	<b>706</b>
	FERNANDES Joao Diogo	98	+0,58	26.90	QUINTANILHA Nuno Goncalo	87	+0,26	24.49
	TEIXEIRA Guilherme Miguel	97	+0,34	27.73	RAMOS Bruno Miguel	97	+0,11	22.44
5.	<b>Alges-SEN</b>		<b>Alges</b>			<b>1:42.01</b>	<b>+0,58</b>	<b>696</b>
	BATE Miguel Ribeiro	99	+0,58	26.43	SANTOS Pedro Andre	94	+0,28	24.25
	PON Hugo	98	+0,12	28.30	MACHADO Francisco Carvalho	98	+0,35	23.03
6.	<b>Academica de Coimbra-SEN</b>		<b>Academica de Coimbra</b>			<b>1:43.10</b>	<b>+0,61</b>	<b>675</b>
	LUCAS Joao Filipe	94	+0,61	27.33	YELISTRATKIN Ilyya	96	+0,45	25.35
	CARVALHO Ruben Paiva	94	+0,09	28.01	MADUREIRA Gustavo Almeida	94	+0,33	22.41
7.	<b>Famalicao-SEN</b>		<b>Famalicao</b>			<b>1:46.18</b>		<b>617</b>
	TINOCO Joao Pereira	00		26.90	FERNANDES Pedro Miguel	99	+0,54	24.44
	FARIA Rui Pedro	94	+0,28	30.36	CARVALHO Mateus Ribeiro	99		24.48
8.	<b>Braga-SEN</b>		<b>Braga</b>			<b>1:46.23</b>	<b>+0,50</b>	<b>617</b>
	LOPES Joao Francisco	98	+0,50	27.60	ALBUQUERQUE Rodrigo Carlos	97	+0,08	25.42
	SIMÕES Rafael Gomes	00	+0,23	29.14	FERNANDES Jose Pedro	99	+0,26	24.07
9.	<b>Desportiva de Viana-SEN</b>		<b>Desportiva de Viana</b>			<b>1:50.98</b>		<b>541</b>
	PASSOS Miguel Angelo	96		27.57	GRACA Nuno Miguel	98	+0,39	25.26
	NOVAIS Tiago Miguel	00	+0,54	32.88	BRANCO Andre Castro	00		25.27

Prova 29, Masc., 4 x 50m Estilos

Juniores

Rank	Club	Time	Time	Club	Time	Time	Time	Time
1.	Sporting-JUN			Sporting	<b>1:47.11</b>			601
	DOMINGOS Ruy Manuel	02		27.60	GOMES Vicente Oliveira	02	+0,27	25.58
	CALDEIRA Goncalo Silveirinha	01	+1,43	30.32	FERNANDES Eduardo Gomes	02		23.61
2.	Benfica-JUN			Benfica	<b>1:47.29</b>	+0,53		598
	AIRES Rafael Alcantara	01	+0,53	26.37	FERREIRA Ricardo Pinela	01	+0,50	25.49
	BERNARDO Joao Silva	02	+0,17	31.69	LEBRE Diogo Ramos	01	+0,34	23.74
3.	Uniao Piedense-JUN			Uniao Piedense	<b>1:48.40</b>			580
	SANTOS Edgar Filipe	01		28.50	LOPES Carlos Filipe	01	+0,42	25.17
	BRITO Bernardo Geada	02	+0,48	30.53	CAMOES Tiago Maria	01		24.20
4.	Alges-JUN			Alges	<b>1:48.58</b>			577
	MAGALHAES Hugo Nunes	02		28.25	BRANCO Alexandre Miguel	01	+0,37	26.32
	FRISCHKNECHT Renato Barros	01	+0,22	28.85	MONTEIRO Tomas Penha	02		25.16
5.	Fundacao Beatriz Santos-JUN			Fundacao Beatriz Santos	<b>1:49.64</b>			561
	DIAS Joao Pedro	02		27.51	DOMINGUES Ricardo Jorge	02	+0,32	26.35
	PAIS Joao Ventura	02	+0,44	31.21	CUNHA Jose Miguel	01		24.57
6.	Estarreja-JUN			Estarreja	<b>1:50.14</b>			553
	FIDALGO Mateus Valente	01		27.34	SILVA Luis Afonso	02	+0,31	26.69
	FERREIRA Joao Renato	01	+0,44	31.08	OLIVEIRA David Miguel	01		25.03
7.	Porto-JUN			Porto	<b>1:52.21</b>			523
	SOUSA Joao Ribeiro	01		28.20	AGUIAR Gabriel Silva	01	+0,33	26.38
	GONCALVES Rodrigo Oliveira	02	+0,37	32.53	RIBEIRO Luis Manuel	02		25.10

Prova 30  
22-12-2018 - 17:05

Femin., 4 x 50m Estilos

Absolutos  
Resultados

Rank	Time	Club	Club	Club	Club	Time
RN25 Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto		08-12-2012
RN25 Sen	1:53.38	Futebol Clube do Porto	FCP	Porto		08-12-2012
RN25 Jun	1:58.01	Sport Alges e Dafundo	SAD	Felgueiras		21-12-2013

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
1.	Alges-SEN			
	FRISCHKNECHT Rita Barros	98	+0,63	28.74
	PEREIRA Raquel Gomes	00	+0,30	31.80
	BARATA Barbara Sofia	97	+0,10	28.26
	AZEVEDO Madalena Gomes	99	+0,39	26.58
2.	Sporting-SEN			
	FERNANDES Ines Camacho	97	+0,63	29.03
	ROSA Maria Carolina	94	+0,29	32.93
	HENRIQUES Ines Jacinto	00	+0,31	28.33
	VIEGAS Beatriz Mendes	00	+0,37	26.10
3.	Porto-SEN			
	FERREIRA Catarina Maria	98	+0,68	30.34
	SILVA Beatriz Santos	01	+0,46	33.03
	CABRAL Maria Francisca	00	+0,48	28.46
	OLIVEIRA Rosa Maria	96	+0,37	26.08
4.	Benfica-SEN			
	FERREIRA Ana Raquel	98	+0,63	31.24
	BORGES Claudia Ferreira	99	+0,30	33.21
	TIAGO Filipa Vilas	94	+0,50	28.04
	ROLAO Sofia Alexandra	98	+0,47	27.39

Prova 30, Femin., 4 x 50m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	FINA	
5.	Academica de Coimbra-SEN	Academica de Coimbra	<b>2:00.08</b>	+0,70	636
	NEVES Ana Carolina 00 +0,70 30.22	CRAVEIRO Beatriz Neves 97 +0,37			28.68
	ROSARIO Ema Filipa 00 +0,52 34.62	MOREIRA Matilde Freitas 01 +0,15			26.56
6.	Braga-SEN	Braga	<b>2:02.82</b>	+0,76	594
	FREIXO Juliana Lima 97 +0,76 30.04	SILVA Maria Madalena 98 +0,49			30.09
	FERNANDES Ana Sofia 93 +0,15 36.11	HOLUB Tamila Hryhorivna 99 +0,03			26.58
7.	Laranjeiro-SEN	Laranjeiro	<b>2:05.36</b>	+0,65	559
	ROLIM Soraia Guerra 95 +0,65 33.36	NUNES Sofia Alexandra 00 +0,35			29.76
	RIESENBERGER Bruna Martins 97 +0,32 34.14	PIRES Carolina Saraiva 96 +0,37			28.10

Juniores

1.	Alges-JUN	Alges	<b>1:56.40</b>	+0,66	698
	<i>Rec Nacional, Recorde Nacional 50 Costas (primeiro percurso)</i>				
	AZEVEDO Rafaela Gomes 02 +0,66 28.50	CRUZ Sara Moura 03 +0,17			28.91
	PEREIRA Clara Gomes 02 +0,20 33.51	SOUSA Ana Reis 02 +0,30			25.48
2.	Benfica-JUN	Benfica	<b>1:59.84</b>	+1,31	639
	MARTINS Joana Ribeiro 03 +1,31 31.42	GRAVETO Ana Raquel 02 +0,36			28.81
	SILVA Natacha Sofia 02 +0,26 34.14	ANDRE Leticia Maia 02 +0,17			25.47
3.	Porto-JUN	Porto	<b>2:00.32</b>	+0,65	632
	RAMOS Ana Rita 02 +0,65 30.41	BARBOSA Mariana Fernandes 02 +0,36			29.15
	AMORIM Maria Leonor 03 +0,36 34.78	SOARES Catarina Silva 03 +0,34			25.98
4.	Vitoria Guimaraes-JUN	Vitoria Guimaraes	<b>2:06.08</b>	+0,69	549
	ALMEIDA Catarina Isabel 02 +0,69 32.27	FERNANDES Filipa Viamonte 02 +0,19			28.63
	VIEIRA Valeria Goncalves 02 +0,58 36.38	MACEDO Beatriz Daniela 02 +0,50			28.80

Prova 17  
22-12-2018 - 17:05

Masc., 400m Livres

Absolutos  
Resultados

RN25 Absoluto	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Sen	3:42.91	NASCIMENTO Miguel Duarte	SLB	Porto	09-12-2017
RN25 Jun18	3:50.52	NIZ Adriano Miguel	CFV	Fafe	26-06-2004
RN25 Jun17	3:56.54	COSTA Rui Filipe	VSC	Felgueiras	24-11-2007

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>3:46.45</b>	+0,69	823
	50m: 26.81 26.81	150m: 1:24.47 29.06	250m: 2:22.08 28.43	350m: 3:18.73 28.06		
	100m: 55.41 28.60	200m: 1:53.65 29.18	300m: 2:50.67 28.59	400m: 3:46.45 27.72		
2.	LOPES Jose Paulo	00	Braga	<b>3:46.52</b>	+0,64	822
	50m: 26.56 26.56	150m: 1:24.32 28.97	250m: 2:21.95 28.33	350m: 3:19.01 28.51		
	100m: 55.35 28.79	200m: 1:53.62 29.30	300m: 2:50.50 28.55	400m: 3:46.52 27.51		
3.	COSTA Tiago Cunha	99	Sporting	<b>3:46.94</b>	+0,68	818
	50m: 26.42 26.42	150m: 1:23.90 28.91	250m: 2:21.14 28.37	350m: 3:19.53 29.38		
	100m: 54.99 28.57	200m: 1:52.77 28.87	300m: 2:50.15 29.01	400m: 3:46.94 27.41		

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
4.	GIL Rafael Lourenco	96	Sporting	<b>3:49.87</b>	+0,68	787
	50m: 26.83 26.83	150m: 1:24.72 29.19	250m: 2:22.90 28.77	350m: 3:21.12 28.99		28.99
	100m: 55.53 28.70	200m: 1:54.13 29.41	300m: 2:52.13 29.23	400m: 3:49.87 28.75		28.75
5.	PINA Guilherme Filipe	98	Sporting	<b>3:51.89</b>	+0,78	766
	50m: 27.24 27.24	150m: 1:25.46 29.17	250m: 2:24.16 29.22	350m: 3:23.09 29.55		29.55
	100m: 56.29 29.05	200m: 1:54.94 29.48	300m: 2:53.54 29.38	400m: 3:51.89 28.80		28.80
6.	CARVALHO Jose Paula	98	Benfica	<b>3:53.52</b>	+0,73	750
	50m: 27.07 27.07	150m: 1:25.16 29.25	250m: 2:23.69 29.28	350m: 3:23.91 30.48		30.48
	100m: 55.91 28.84	200m: 1:54.41 29.25	300m: 2:53.43 29.74	400m: 3:53.52 29.61		29.61
7.	NUNES Diogo Barbosa	00	Porto	<b>3:54.82</b>	+0,76	738
	50m: 27.19 27.19	150m: 1:25.67 29.49	250m: 2:24.48 29.69	350m: 3:24.81 30.35		30.35
	100m: 56.18 28.99	200m: 1:54.79 29.12	300m: 2:54.46 29.98	400m: 3:54.82 30.01		30.01
8.	BATE Afonso Ribeiro	98	Alges	<b>3:58.37</b>	+0,70	705
	50m: 27.18 27.18	150m: 1:27.53 30.17	250m: 2:28.02 30.30	350m: 3:30.25 31.06		31.06
	100m: 57.36 30.18	200m: 1:57.72 30.19	300m: 2:59.19 31.17	400m: 3:58.37 28.12		28.12
9.	BASTOS Lucas Pereira	00	Nautico Academico	<b>3:58.87</b>	+0,71	701
	50m: 27.08 27.08	150m: 1:26.67 29.85	250m: 2:26.67 29.53	350m: 3:27.79 30.90		30.90
	100m: 56.82 29.74	200m: 1:57.14 30.47	300m: 2:56.89 30.22	400m: 3:58.87 31.08		31.08
10.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>4:01.45</b>	+0,74	679
	50m: 27.39 27.39	150m: 1:27.85 30.53	250m: 2:29.64 30.79	350m: 3:31.06 30.45		30.45
	100m: 57.32 29.93	200m: 1:58.85 31.00	300m: 3:00.61 30.97	400m: 4:01.45 30.39		30.39
11.	SANTO Filipe Miguel	00	Benfica	<b>4:01.65</b>	+0,81	677
	50m: 26.28 26.28	150m: 1:24.89 29.85	250m: 2:26.25 30.84	350m: 3:30.01 32.14		32.14
	100m: 55.04 28.76	200m: 1:55.41 30.52	300m: 2:57.87 31.62	400m: 4:01.65 31.64		31.64
12.	TRAVANCA Sergio Filipe	00	Leixoes	<b>4:01.72</b>	+0,68	677
	50m: 27.71 27.71	150m: 1:28.61 30.95	250m: 2:30.17 30.44	350m: 3:31.34 30.61		30.61
	100m: 57.66 29.95	200m: 1:59.73 31.12	300m: 3:00.73 30.56	400m: 4:01.72 30.38		30.38
13.	PINTO Antonio Fernando	99	Benfica	<b>4:04.48</b>	+0,75	654
	50m: 27.92 27.92	150m: 1:29.01 30.76	250m: 2:30.64 30.49	350m: 3:33.18 31.23		31.23
	100m: 58.25 30.33	200m: 2:00.15 31.14	300m: 3:01.95 31.31	400m: 4:04.48 31.30		31.30
14.	FARIA Rui Pedro	94	Famalicao	<b>4:05.15</b>	+0,84	649
	50m: 27.74 27.74	150m: 1:28.51 30.92	250m: 2:30.37 30.96	350m: 3:33.79 31.95		31.95
	100m: 57.59 29.85	200m: 1:59.41 30.90	300m: 3:01.84 31.47	400m: 4:05.15 31.36		31.36
15.	MORIM Ruben Jose	97	Vilacondense	<b>4:05.55</b>	+0,77	645
	50m: 27.60 27.60	150m: 1:28.18 30.62	250m: 2:31.13 31.45	350m: 3:34.45 31.61		31.61
	100m: 57.56 29.96	200m: 1:59.68 31.50	300m: 3:02.84 31.71	400m: 4:05.55 31.10		31.10
16.	BATE Miguel Ribeiro	99	Alges	<b>4:09.94</b>	+0,74	612
	50m: 27.33 27.33	150m: 1:28.91 31.10	250m: 2:32.52 31.82	350m: 3:37.93 32.87		32.87
	100m: 57.81 30.48	200m: 2:00.70 31.79	300m: 3:05.06 32.54	400m: 4:09.94 32.01		32.01

Prova 17, Masc., 400m Livres

Juniores

1.	SANTOS Pedro Miguel	01	Porto	<b>3:56.20</b>	+0,70	725
	50m: 27.06 27.06	150m: 1:25.69 28.76	250m: 2:25.00 29.85	350m: 3:26.34 30.78		
	100m: 56.93 29.87	200m: 1:55.15 29.46	300m: 2:55.56 30.56	400m: 3:56.20 29.86		
2.	CRISTINO David Matias	01	Uniao Piedense	<b>3:57.45</b>	+0,74	714
	50m: 28.04 28.04	150m: 1:28.54 30.34	250m: 2:29.24 30.12	350m: 3:28.86 29.53		
	100m: 58.20 30.16	200m: 1:59.12 30.58	300m: 2:59.33 30.09	400m: 3:57.45 28.59		
3.	LEBRE Diogo Ramos	01	Benfica	<b>3:58.27</b>	+0,80	706
	50m: 28.08 28.08	150m: 1:28.31 30.43	250m: 2:29.26 30.16	350m: 3:29.33 29.58		
	100m: 57.88 29.80	200m: 1:59.10 30.79	300m: 2:59.75 30.49	400m: 3:58.27 28.94		
4.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>3:58.57</b>	+0,73	704
	50m: 28.30 28.30	150m: 1:28.51 30.18	250m: 2:28.93 30.13	350m: 3:29.67 30.42		
	100m: 58.33 30.03	200m: 1:58.80 30.29	300m: 2:59.25 30.32	400m: 3:58.57 28.90		
5.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>3:59.88</b>	+0,80	692
	50m: 27.55 27.55	150m: 1:27.78 30.44	250m: 2:28.54 30.19	350m: 3:30.05 30.82		
	100m: 57.34 29.79	200m: 1:58.35 30.57	300m: 2:59.23 30.69	400m: 3:59.88 29.83		
6.	LOPES Tomas Teixeira	02	Foca	<b>4:03.84</b>	+0,71	659
	50m: 27.86 27.86	150m: 1:28.83 30.72	250m: 2:31.10 31.08	350m: 3:33.35 31.00		
	100m: 58.11 30.25	200m: 2:00.02 31.19	300m: 3:02.35 31.25	400m: 4:03.84 30.49		
7.	AMARAL Francisco Rodriguez	02	Campinho	<b>4:04.43</b>	+0,71	654
	50m: 27.44 27.44	150m: 1:28.03 30.60	250m: 2:29.95 31.17	350m: 3:33.36 31.77		
	100m: 57.43 29.99	200m: 1:58.78 30.75	300m: 3:01.59 31.64	400m: 4:04.43 31.07		
8.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>4:05.77</b>	+0,79	644
	50m: 28.36 28.36	150m: 1:29.38 30.76	250m: 2:31.63 31.24	350m: 3:34.59 31.42		
	100m: 58.62 30.26	200m: 2:00.39 31.01	300m: 3:03.17 31.54	400m: 4:05.77 31.18		
9.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	<b>4:07.06</b>	+0,74	634
	50m: 28.61 28.61	150m: 1:31.37 31.34	250m: 2:35.01 31.61	350m: 3:37.61 30.98		
	100m: 1:00.03 31.42	200m: 2:03.40 32.03	300m: 3:06.63 31.62	400m: 4:07.06 29.45		
10.	PEREIRA Joao Peixoto	01	Braga	<b>4:07.31</b>	+0,73	632
	50m: 28.18 28.18	150m: 1:31.46 31.61	250m: 2:34.53 31.33	350m: 3:37.61 31.22		
	100m: 59.85 31.67	200m: 2:03.20 31.74	300m: 3:06.39 31.86	400m: 4:07.31 29.70		
11.	DEUS Andre Portugal	02	Naval do Funchal	<b>4:07.33</b>	+0,73	631
	50m: 28.36 28.36	150m: 1:31.06 31.45	250m: 2:34.39 31.54	350m: 3:37.15 31.01		
	100m: 59.61 31.25	200m: 2:02.85 31.79	300m: 3:06.14 31.75	400m: 4:07.33 30.18		
12.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>4:07.83</b>	+0,77	628
	50m: 28.89 28.89	150m: 1:31.32 31.42	250m: 2:35.06 31.69	350m: 3:38.31 31.42		
	100m: 59.90 31.01	200m: 2:03.37 32.05	300m: 3:06.89 31.83	400m: 4:07.83 29.52		
13.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>4:08.31</b>	+0,73	624
	50m: 28.62 28.62	150m: 1:30.78 31.39	250m: 2:34.56 32.05	350m: 3:37.56 30.99		
	100m: 59.39 30.77	200m: 2:02.51 31.73	300m: 3:06.57 32.01	400m: 4:08.31 30.75		
14.	FROTA Paulo Andre	02	Condeixa Clube	<b>4:08.48</b>	+0,67	623
	50m: 29.36 29.36	150m: 1:31.95 31.59	250m: 2:35.50 31.43	350m: 3:38.53 31.42		
	100m: 1:00.36 31.00	200m: 2:04.07 32.12	300m: 3:07.11 31.61	400m: 4:08.48 29.95		
15.	FERNANDES Eduardo Gomes	02	Sporting	<b>4:09.78</b>	+0,79	613
	50m: 28.03 28.03	150m: 1:29.59 31.29	250m: 2:34.19 32.37	350m: 3:38.65 32.08		
	100m: 58.30 30.27	200m: 2:01.82 32.23	300m: 3:06.57 32.38	400m: 4:09.78 31.13		

Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
16.	DIZ Joao Carvalho	01	Columbofila Cantanhedense	<b>4:13.67</b>	+0,81	585
	50m: 29.18 29.18	150m: 1:32.07 31.60	250m: 2:36.32 31.72	350m: 3:41.45 32.92		
	100m: 1:00.47 31.29	200m: 2:04.60 32.53	300m: 3:08.53 32.21	400m: 4:13.67 32.22		
EXH	GRACHAT David Realista	87	Gesloures	<b>4:23.51</b>	+0,82	522
	50m: 29.54 29.54	150m: 1:35.06 33.14	250m: 2:41.92 33.33	350m: 3:49.81 34.26		
	100m: 1:01.92 32.38	200m: 2:08.59 33.53	300m: 3:15.55 33.63	400m: 4:23.51 33.70		
EXH	SOARES Ricardo Aderneira <i>Rec Nacional S 8,</i>	99	Gesloures	<b>5:04.93</b>	+0,80	337
	50m: 35.24 35.24	150m: 1:52.14 38.76	250m: 3:09.22 38.22	350m: 4:26.90 38.44		
	100m: 1:13.38 38.14	200m: 2:31.00 38.86	300m: 3:48.46 39.24	400m: 5:04.93 38.03		

Prova 18 Femin., 400m Livres Absolutos Resultados  
22-12-2018 - 17:10

RN25 Absoluto	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Sen	4:04.61	DURAES Diana Margarida	POR	Copenhagen (DEN)	17-12-2017
RN25 Jun17	4:10.52	HOLUB Tamila Hryhorivna	SCB	Porto	12-12-2015
RN25 Jun16	4:13.53	SOUSA Ana Reis	CNLA	Porto	09-12-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	DURAES Diana Margarida <i>Minimos CEuropa PC</i>	96	Benfica	<b>4:06.34</b>	+0,76	862
	50m: 29.10 29.10	150m: 1:30.74 30.94	250m: 2:32.99 31.01	350m: 3:35.50 31.27		
	100m: 59.80 30.70	200m: 2:01.98 31.24	300m: 3:04.23 31.24	400m: 4:06.34 30.84		
2.	HOLUB Tamila Hryhorivna <i>Minimos CEuropa PC</i>	99	Braga	<b>4:08.53</b>	+0,77	840
	50m: 29.16 29.16	150m: 1:31.43 31.29	250m: 2:34.05 31.33	350m: 3:37.47 31.81		
	100m: 1:00.14 30.98	200m: 2:02.72 31.29	300m: 3:05.66 31.61	400m: 4:08.53 31.06		
3.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>4:19.31</b>	+0,73	739
	50m: 30.29 30.29	150m: 1:35.69 32.88	250m: 2:41.73 33.18	350m: 3:47.40 32.72		
	100m: 1:02.81 32.52	200m: 2:08.55 32.86	300m: 3:14.68 32.95	400m: 4:19.31 31.91		
4.	HENRIQUES Ines Jacinto	00	Sporting	<b>4:19.33</b>	+0,76	739
	50m: 30.33 30.33	150m: 1:36.12 32.93	250m: 2:41.34 32.38	350m: 3:46.99 32.79		
	100m: 1:03.19 32.86	200m: 2:08.96 32.84	300m: 3:14.20 32.86	400m: 4:19.33 32.34		
5.	FARIA Ana Rita	00	Porto	<b>4:22.09</b>	+0,75	716
	50m: 30.33 30.33	150m: 1:36.54 33.28	250m: 2:42.69 32.81	350m: 3:49.45 33.35		
	100m: 1:03.26 32.93	200m: 2:09.88 33.34	300m: 3:16.10 33.41	400m: 4:22.09 32.64		
6.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>4:22.43</b>	+0,74	713
	50m: 30.10 30.10	150m: 1:35.02 32.79	250m: 2:40.89 33.02	350m: 3:48.30 33.88		
	100m: 1:02.23 32.13	200m: 2:07.87 32.85	300m: 3:14.42 33.53	400m: 4:22.43 34.13		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
7.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>4:25.23</b>	+0,75	691
	50m: 31.14 31.14	150m: 1:37.28 33.26	250m: 2:45.01 33.95	350m: 3:52.90 33.82		
	100m: 1:04.02 32.88	200m: 2:11.06 33.78	300m: 3:19.08 34.07	400m: 4:25.23 32.33		
8.	RODRIGUES Filipa Serrano	01	Benfica	<b>4:27.59</b>	+0,76	673
	50m: 30.45 30.45	150m: 1:36.96 33.50	250m: 2:44.74 33.96	350m: 3:53.54 34.77		
	100m: 1:03.46 33.01	200m: 2:10.78 33.82	300m: 3:18.77 34.03	400m: 4:27.59 34.05		
9.	AZEVEDO Madalena Gomes	99	Alges	<b>4:31.16</b>	+0,76	646
	50m: 30.13 30.13	150m: 1:37.80 34.54	250m: 2:47.34 34.53	350m: 3:56.88 34.59		
	100m: 1:03.26 33.13	200m: 2:12.81 35.01	300m: 3:22.29 34.95	400m: 4:31.16 34.28		
10.	NEVES Carolina Marques	01	Torres Novas	<b>4:32.93</b>	+0,86	634
	50m: 30.99 30.99	150m: 1:39.77 34.60	250m: 2:49.65 34.99	350m: 3:59.85 35.04		
	100m: 1:05.17 34.18	200m: 2:14.66 34.89	300m: 3:24.81 35.16	400m: 4:32.93 33.08		
11.	CARVALHO Eva Guerreiro	99	Benfica	<b>4:34.12</b>	+0,81	626
	50m: 31.51 31.51	150m: 1:39.59 34.25	250m: 2:48.99 34.63	350m: 3:59.49 35.42		
	100m: 1:05.34 33.83	200m: 2:14.36 34.77	300m: 3:24.07 35.08	400m: 4:34.12 34.63		
DNS	BELEZA Mafalda Gomes	94	Sporting			

Juniores

1.	SOUSA Ana Reis	02	Alges	<b>4:17.00</b>	+0,74	759
	50m: 29.45 29.45	150m: 1:32.89 32.12	250m: 2:37.84 32.65	350m: 3:44.35 33.44		
	100m: 1:00.77 31.32	200m: 2:05.19 32.30	300m: 3:10.91 33.07	400m: 4:17.00 32.65		
2.	ANDRE Leticia Maia	02	Benfica	<b>4:19.38</b>	+0,75	739
	50m: 30.01 30.01	150m: 1:34.29 32.48	250m: 2:39.93 33.09	350m: 3:46.54 33.33		
	100m: 1:01.81 31.80	200m: 2:06.84 32.55	300m: 3:13.21 33.28	400m: 4:19.38 32.84		
3.	FRAZAO Alexandra Couto	02	Condeixa Clube	<b>4:19.46</b>	+0,79	738
	50m: 31.02 31.02	150m: 1:36.29 32.73	250m: 2:41.75 32.69	350m: 3:47.33 32.63		
	100m: 1:03.56 32.54	200m: 2:09.06 32.77	300m: 3:14.70 32.95	400m: 4:19.46 32.13		
4.	PINA Ana Sofia	02	O Crasto	<b>4:20.54</b>	+0,79	729
	50m: 30.29 30.29	150m: 1:36.47 33.30	250m: 2:42.62 32.88	350m: 3:48.64 33.03		
	100m: 1:03.17 32.88	200m: 2:09.74 33.27	300m: 3:15.61 32.99	400m: 4:20.54 31.90		
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:20.68</b>	+0,87	728
	50m: 30.39 30.39	150m: 1:36.61 33.05	250m: 2:42.81 33.11	350m: 3:48.92 32.92		
	100m: 1:03.56 33.17	200m: 2:09.70 33.09	300m: 3:16.00 33.19	400m: 4:20.68 31.76		
6.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>4:21.54</b>	+0,72	720
	50m: 30.61 30.61	150m: 1:36.43 33.00	250m: 2:41.97 32.34	350m: 3:48.29 33.16		
	100m: 1:03.43 32.82	200m: 2:09.63 33.20	300m: 3:15.13 33.16	400m: 4:21.54 33.25		
7.	RAMOS Ana Rita	02	Porto	<b>4:24.17</b>	+0,79	699
	50m: 30.51 30.51	150m: 1:36.95 33.49	250m: 2:44.04 33.73	350m: 3:51.36 33.73		
	100m: 1:03.46 32.95	200m: 2:10.31 33.36	300m: 3:17.63 33.59	400m: 4:24.17 32.81		
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>4:24.91</b>	+0,80	693
	50m: 31.35 31.35	150m: 1:37.68 33.19	250m: 2:44.70 33.51	350m: 3:51.97 33.58		
	100m: 1:04.49 33.14	200m: 2:11.19 33.51	300m: 3:18.39 33.69	400m: 4:24.91 32.94		
9.	BARBOSA Mariana Fernandes	02	Porto	<b>4:26.33</b>	+0,80	682
	50m: 31.10 31.10	150m: 1:37.73 33.35	250m: 2:44.65 33.39	350m: 3:53.15 34.37		
	100m: 1:04.38 33.28	200m: 2:11.26 33.53	300m: 3:18.78 34.13	400m: 4:26.33 33.18		

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
10.	MARTINS Francisca Soares	03	Foca	<b>4:28.23</b>	+0,74	668
	50m: 30.60 30.60 150m: 1:36.58 33.08 250m: 2:44.74 34.55 350m: 3:54.48 34.87					
	100m: 1:03.50 32.90 200m: 2:10.19 33.61 300m: 3:19.61 34.87 400m: 4:28.23 33.75					
11.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>4:32.46</b>	+0,78	637
	50m: 31.00 31.00 150m: 1:39.38 34.51 250m: 2:48.98 34.75 350m: 3:58.71 34.49					
	100m: 1:04.87 33.87 200m: 2:14.23 34.85 300m: 3:24.22 35.24 400m: 4:32.46 33.75					
12.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:32.67</b>	+0,81	636
	50m: 31.65 31.65 150m: 1:39.83 34.39 250m: 2:49.68 35.10 350m: 3:59.19 34.65					
	100m: 1:05.44 33.79 200m: 2:14.58 34.75 300m: 3:24.54 34.86 400m: 4:32.67 33.48					
13.	SOARES Carolina Silva	03	Natacao de Valongo	<b>4:34.09</b>	+0,84	626
	50m: 31.25 31.25 150m: 1:39.32 34.27 250m: 2:49.15 34.72 350m: 4:00.03 35.66					
	100m: 1:05.05 33.80 200m: 2:14.43 35.11 300m: 3:24.37 35.22 400m: 4:34.09 34.06					
14.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>4:34.72</b>	+0,80	622
	50m: 31.49 31.49 150m: 1:39.81 34.58 250m: 2:49.49 34.91 350m: 3:59.38 35.07					
	100m: 1:05.23 33.74 200m: 2:14.58 34.77 300m: 3:24.31 34.82 400m: 4:34.72 35.34					
15.	MARTINS Joana Ribeiro	03	Benfica	<b>4:36.66</b>	+0,85	609
	50m: 31.69 31.69 150m: 1:39.96 34.47 250m: 2:50.33 35.45 350m: 4:01.15 35.38					
	100m: 1:05.49 33.80 200m: 2:14.88 34.92 300m: 3:25.77 35.44 400m: 4:36.66 35.51					
16.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	<b>4:40.85</b>	+0,86	582
	50m: 32.12 32.12 150m: 1:39.55 34.15 250m: 2:51.45 36.85 350m: 4:04.96 36.53					
	100m: 1:05.40 33.28 200m: 2:14.60 35.05 300m: 3:28.43 36.98 400m: 4:40.85 35.89					
17.	VARANDAS Joana Filipa	02	Laranjeiro	<b>4:47.50</b>	+0,78	542
	50m: 31.78 31.78 150m: 1:43.06 36.39 250m: 2:56.75 36.75 350m: 4:11.06 37.21					
	100m: 1:06.67 34.89 200m: 2:20.00 36.94 300m: 3:33.85 37.10 400m: 4:47.50 36.44					
18.	SOUSA Ines Matos	03	Uniao Coimbra	<b>4:49.67</b>	+0,81	530
	50m: 32.66 32.66 150m: 1:44.91 36.66 250m: 2:58.78 36.87 350m: 4:12.85 37.12					
	100m: 1:08.25 35.59 200m: 2:21.91 37.00 300m: 3:35.73 36.95 400m: 4:49.67 36.82					
EXH	CHEROUATI Souad Nefissa	89	Benfica	<b>4:26.50</b>	+0,80	681
	50m: 31.35 31.35 150m: 1:38.43 33.85 250m: 2:45.82 33.85 350m: 3:53.54 33.65					
	100m: 1:04.58 33.23 200m: 2:11.97 33.54 300m: 3:19.89 34.07 400m: 4:26.50 32.96					

Prova 19	Masc., 50m Costas					Absolutos
22-12-2018 - 17:30						Resultados Final
RN25 Absoluto	23.75	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018	
RN25 Sen	23.75	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018	
RN25 Jun18	25.01	SANTOS Alexis Manacas	SCP	Leiria	04-12-2009	
RN25 Jun17	25.37	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>25.85</b>	+0,54	635
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>26.16</b>	+0,58	612
3.	ALFAMA Martim Primavera	02	Geslours	<b>26.45</b>	+0,56	592
4.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>26.51</b>	+0,62	588
5.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	<b>26.81</b>	+1,56	569
6.	FIDALGO Mateus Valente	01	Estarreja	<b>26.96</b>	+0,61	559
7.	FREIRE Carlos Marques	01	Belenenses	<b>27.20</b>	+0,54	545
8.	BARATA Tomas Santos	01	Natacao de Lagos	<b>27.53</b>	+0,65	525

**Seniores**

1.	SANTOS Alexis Manacas	92	Sporting	<b>23.80</b>	+0,59	813
2.	SANTOS Francisco Rogerio	98	Sporting	<b>24.70</b>	+0,64	728
3.	ROSA Rodrigo Antonio	96	Benfica	<b>25.83</b>	+0,57	636
4.	KOT Viktor	98	Nautico Marinha Grande	<b>26.12</b>	+0,54	615
5.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	<b>26.41</b>	+0,57	595
6.	LEIRIA David Miguel	93	Benfica	<b>26.49</b>	+1,91	590
7.	DANTAS Diogo Leal	00	Sporting	<b>26.52</b>	+0,48	588
8.	WEUSTINK Koen	00	Ginasio de Vila Real	<b>26.79</b>	+0,57	570

Prova 20	Femin., 50m Costas					Absolutos
22-12-2018 - 17:30						Resultados Final
RN25 Absoluto	28.07	LEITE Ana Sofia	GCVR	Algés	06-06-2015	
RN25 Sen	28.07	LEITE Ana Sofia	GCVR	Algés	06-06-2015	
RN25 Jun17	28.50	AZEVEDO Rafaela Gomes	SAD	Felgueiras	22-12-2018	
RN25 Jun17	28.53	FERNANDES Ines Camacho	SCP	Felgueiras	21-12-2013	
RN25 Jun16	28.42	FERNANDES Ines Camacho	SCP	Porto	08-12-2012	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	AZEVEDO Rafaela Gomes	02	Alges	<b>28.53</b>	+0,68	728
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>28.96</b>	+0,55	696
3.	PEIXEIRA Filipa Ramos	03	Sporting	<b>29.88</b>	+0,70	634
4.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	<b>30.56</b>	+0,58	592
5.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>30.58</b>	+0,62	591
6.	ESTEVES Maria Mousinho	02	Laranjeiro	<b>30.84</b>		576
7.	CARVALHO Maria Joao	02	Portinado	<b>30.95</b>	+0,70	570

Prova 20, Femin., 50m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	LASCU Nicoleta	02	Litoral Alentejano	<b>31.26</b>	+0,65	553

Seniores

1.	FERNANDES Ines Camacho	97	Sporting	<b>28.81</b>	+0,59	707
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>29.46</b>	+0,64	661
3.	LEITE Ana Sofia	93	Ginasio de Vila Real	<b>29.55</b>	+0,65	655
4.	LOPES Carolina Sofia	96	Natacao de Faro	<b>29.73</b>	+0,59	643
5.	FREIXO Juliana Lima	97	Braga	<b>30.08</b>	+0,63	621
6.	CABRAL Maria Francisca	00	Porto	<b>30.09</b>	+0,62	620
7.	NEVES Ana Carolina	00	Academica de Coimbra	<b>30.34</b>	+0,71	605
8.	TIAGO Filipa Vilas	94	Benfica	<b>30.70</b>		584

Prova 21

Masc., 200m Bruços

Absolutos

22-12-2018 - 17:35

Resultados Final

RN25 Absoluto	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Sen	2:05.59	ALMEIDA Carlos Esteves	POR	Chartres (FRA)	25-11-2012
RN25 Jun18	2:13.22	SANTOS Andre Goncalo	LSC	Porto	19-12-2014
RN25 Jun17	2:16.24	SILVA Jorge Jesus	SCB	Funchal	10-12-2016

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Juniores

1.	SILVA Tomas Antonio	01	Naval do Funchal	<b>2:17.57</b>	+0,66	671
	50m: 31.52 31.52	100m: 1:06.91 35.39	150m: 1:41.91 35.00	200m: 2:17.57 35.66		
2.	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:18.04</b>	+0,68	664
	50m: 31.24 31.24	100m: 1:06.51 35.27	150m: 1:42.42 35.91	200m: 2:18.04 35.62		
3.	CALDEIRA Goncalo Silveirinha	01	Sporting	<b>2:18.83</b>	+0,76	652
	50m: 31.75 31.75	100m: 1:06.38 34.63	150m: 1:42.19 35.81	200m: 2:18.83 36.64		
4.	FRISCHKNECHT Renato Barros	01	Alges	<b>2:20.93</b>	+0,62	624
	50m: 31.83 31.83	100m: 1:08.37 36.54	150m: 1:43.74 35.37	200m: 2:20.93 37.19		
5.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>2:21.08</b>	+0,71	622
	50m: 32.11 32.11	100m: 1:07.51 35.40	150m: 1:43.66 36.15	200m: 2:21.08 37.42		
6.	MARQUES Goncalo Silva	01	Condeixa Clube	<b>2:25.26</b>	+0,66	569
	50m: 32.09 32.09	100m: 1:07.97 35.88	150m: 1:45.47 37.50	200m: 2:25.26 39.79		
7.	MERUJE Joaquim Agra	01	Elvense	<b>2:26.96</b>	+0,87	550
	50m: 32.25 32.25	100m: 1:08.76 36.51	150m: 1:47.19 38.43	200m: 2:26.96 39.77		
8.	BRAS Ricardo Martins	01	Belenenses	<b>2:30.70</b>	+0,76	510
	50m: 32.94 32.94	100m: 1:10.55 37.61	150m: 1:50.05 39.50	200m: 2:30.70 40.65		

Prova 21, Masc., 200m Bruços, Final

Seniores

1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>2:09.93</b>	+0,68	796
	50m: 30.16 30.16	100m: 1:02.86 32.70	150m: 1:36.36 33.50	200m: 2:09.93 33.57		
2.	VITAL Joao Alexandre	98	Sporting	<b>2:13.53</b>	+0,75	733
	50m: 30.82 30.82	100m: 1:04.60 33.78	150m: 1:38.80 34.20	200m: 2:13.53 34.73		
3.	MENDES Antonio Manuel	99	Sporting	<b>2:14.13</b>	+0,69	723
	50m: 31.00 31.00	100m: 1:05.10 34.10	150m: 1:39.60 34.50	200m: 2:14.13 34.53		
4.	PINOTES Pedro Miguel	89	Sporting	<b>2:14.39</b>	+0,71	719
	50m: 30.88 30.88	100m: 1:05.19 34.31	150m: 1:39.76 34.57	200m: 2:14.39 34.63		
5.	CRUCHINHO Miguel Monteiro	97	Sporting	<b>2:15.26</b>	+0,70	705
	50m: 31.01 31.01	100m: 1:05.56 34.55	150m: 1:40.46 34.90	200m: 2:15.26 34.80		
6.	SIMOES Rafael Gomes	00	Braga	<b>2:16.76</b>	+0,83	683
	50m: 31.07 31.07	100m: 1:05.44 34.37	150m: 1:40.51 35.07	200m: 2:16.76 36.25		
7.	RAMOS Filipe Carmo	97	Vilacondense	<b>2:19.13</b>	+0,77	648
	50m: 31.29 31.29	100m: 1:06.40 35.11	150m: 1:42.69 36.29	200m: 2:19.13 36.44		

DSQ PON Hugo

98 Alges

724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 175 m - SW 7.6

Prova 22

Femin., 200m Bruços

Absolutos

22-12-2018 - 17:45

Resultados Final

RN25 Absoluto	2:23.46	PEREIRA Raquel Gomes	SAD	Porto	09-12-2017
RN25 Sen	2:23.46	PEREIRA Raquel Gomes	SAD	Porto	09-12-2017
RN25 Jun17	2:26.47	PEREIRA Raquel Gomes	SAD	Funchal	10-12-2016
RN25 Jun16	2:26.87	PEREIRA Raquel Gomes	SAD	Porto	11-12-2015

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Juniores

1.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:35.11</b>	+0,81	653
	50m: 36.11 36.11	100m: 1:15.65 39.54	150m: 1:55.59 39.94	200m: 2:35.11 39.52		
2.	CASTRO Maria Freitas	03	Fafe	<b>2:36.02</b>	+0,75	641
	50m: 35.55 35.55	100m: 1:15.59 40.04	150m: 1:56.07 40.48	200m: 2:36.02 39.95		
3.	CERDEIRA Madalena Reis	03	Sporting	<b>2:37.03</b>	+0,81	629
	50m: 35.71 35.71	100m: 1:15.77 40.06	150m: 1:57.04 41.27	200m: 2:37.03 39.99		
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:37.68</b>	+0,77	621
	50m: 36.27 36.27	100m: 1:15.86 39.59	150m: 1:56.44 40.58	200m: 2:37.68 41.24		
5.	PEREIRA Clara Gomes	02	Alges	<b>2:38.20</b>	+0,70	615
	50m: 35.89 35.89	100m: 1:16.18 40.29	150m: 1:57.25 41.07	200m: 2:38.20 40.95		
6.	SILVA Natacha Sofia	02	Benfica	<b>2:38.58</b>	+0,76	611
	50m: 35.98 35.98	100m: 1:16.21 40.23	150m: 1:57.13 40.92	200m: 2:38.58 41.45		
7.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	<b>2:42.80</b>	+0,72	564
	50m: 36.65 36.65	100m: 1:17.89 41.24	150m: 2:00.10 42.21	200m: 2:42.80 42.70		

Prova 22, Femin., 200m Bruços, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>2:44.25</b>	+0,90	549
	50m: 37.72 37.72	100m: 1:18.56 40.84	150m: 2:00.80	42.24	200m: 2:44.25	43.45

Seniores

1.	PEREIRA Raquel Gomes	00	Alges	<b>2:25.97</b>	+0,76	783
	50m: 33.74 33.74	100m: 1:10.55 36.81	150m: 1:48.23	37.68	200m: 2:25.97	37.74
2.	KAMINSKAYA Victoria	95	Benfica	<b>2:26.25</b>	+0,73	779
	50m: 34.06 34.06	100m: 1:11.01 36.95	150m: 1:48.78	37.77	200m: 2:26.25	37.47
3.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>2:33.05</b>	+0,77	679
	50m: 35.78 35.78	100m: 1:15.14 39.36	150m: 1:54.38	39.24	200m: 2:33.05	38.67
4.	BORGES Claudia Ferreira	99	Benfica	<b>2:33.29</b>	+0,71	676
	50m: 35.31 35.31	100m: 1:14.42 39.11	150m: 1:54.14	39.72	200m: 2:33.29	39.15
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:34.52</b>	+0,77	660
	50m: 35.27 35.27	100m: 1:14.07 38.80	150m: 1:53.64	39.57	200m: 2:34.52	40.88
6.	MACHADO Luisa Maria	01	Uniao Piedense	<b>2:34.69</b>	+0,93	658
	50m: 35.45 35.45	100m: 1:14.65 39.20	150m: 1:54.73	40.08	200m: 2:34.69	39.96
7.	MAIA Joana Marques	91	Ginasio Santo Tirso	<b>2:40.82</b>	+0,80	585
	50m: 36.02 36.02	100m: 1:16.70 40.68	150m: 1:58.55	41.85	200m: 2:40.82	42.27
8.	RODRIGUES Luana Correia	01	Belenenses	<b>2:43.77</b>	+0,73	554
	50m: 36.24 36.24	100m: 1:17.24 41.00	150m: 2:00.08	42.84	200m: 2:43.77	43.69

Prova 23  
22-12-2018 - 17:50

Masc., 100m Mariposa

Absolutos  
Resultados Final

RN25 Absoluto	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Sen	51.45	CARVALHO Diogo Filipe	POR	Estocolmo (SWE)	11-11-2009
RN25 Jun18	53.87	VENANCIO Tiago Andre	CNS	Cantanhede	19-12-2004
RN25 Jun17	53.97	VENANCIO Tiago Andre	CNS	Alapraia	15-02-2004

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	SOUSA Joao Ribeiro	01	Porto	<b>56.36</b>	+0,65	620
	50m: 26.31 26.31	100m: 56.36 30.05				
2.	DOMINGOS Ruy Manuel	02	Sporting	<b>56.60</b>	+0,71	612
	50m: 26.18 26.18	100m: 56.60 30.42				
3.	GOMES Vicente Oliveira	02	Sporting	<b>56.64</b>	+0,76	611
	50m: 26.44 26.44	100m: 56.64 30.20				
4.	AGUIAR Gabriel Silva	01	Porto	<b>56.73</b>	+0,67	608
	50m: 27.09 27.09	100m: 56.73 29.64				
5.	LOPES Carlos Filipe	01	Uniao Piedense	<b>57.01</b>	+0,69	599
	50m: 26.19 26.19	100m: 57.01 30.82				

Prova 23, Masc., 100m Mariposa, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
6.	LOPES Tomas Teixeira	02	Foca	<b>57.06</b>	+0,68	598
	50m: 26.49 26.49	100m: 57.06	30.57			
7.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>57.82</b>	+0,65	574
	50m: 26.53 26.53	100m: 57.82	31.29			
8.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>58.26</b>	+0,76	562
	50m: 26.99 26.99	100m: 58.26	31.27			

Seniores

1.	MOGNE Igor Araujo	96	Sporting	<b>52.73</b>	+0,76	758
	50m: 24.86 24.86	100m: 52.73	27.87			
2.	PEREIRA Luiz Pedro	91	Benfica	<b>53.23</b>	+0,70	736
	50m: 24.49 24.49	100m: 53.23	28.74			
3.	LINO Rafael	99	Porto	<b>54.94</b>	+0,64	670
	50m: 25.23 25.23	100m: 54.94	29.71			
4.	CARVALHO Andre Antunes	96	Sporting	<b>55.06</b>	+0,80	665
	50m: 25.86 25.86	100m: 55.06	29.20			
5.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>55.30</b>	+0,73	657
	50m: 25.63 25.63	100m: 55.30	29.67			
6.	SILVA Joao Carlos	98	Famalicao	<b>56.13</b>	+0,59	628
	50m: 26.18 26.18	100m: 56.13	29.95			
7.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	<b>56.61</b>	+0,71	612
	50m: 26.09 26.09	100m: 56.61	30.52			
8.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>56.99</b>	+0,73	600
	50m: 26.69 26.69	100m: 56.99	30.30			

Prova 24

22-12-2018 - 17:55

Femin., 100m Mariposa

Absolutos  
Resultados Final

RN25 Absoluto	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Sen	58.31	OLIVEIRA Sara Freitas	POR	Dubai (UAE)	18-12-2010
RN25 Jun17	59.65	CRUZ Sara Francisco	ADBA	Leiria	05-12-2009
RN25 Jun16	1:01.56	TIAGO Filipa Vilas	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Prova 24, Femin., 100m Mariposa, Final

Juniores

1.	BARBOSA Mariana Fernandes	02	Porto	<b>1:03.29</b>	+0,72	642
	50m: 29.55 29.55	100m:	1:03.29 33.74			
2.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>1:03.31</b>	+0,65	641
	50m: 29.86 29.86	100m:	1:03.31 33.45			
3.	GRAVETO Ana Raquel	02	Benfica	<b>1:03.41</b>	+0,75	638
	50m: 30.04 30.04	100m:	1:03.41 33.37			
4.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>1:03.55</b>	+0,71	634
	50m: 30.00 30.00	100m:	1:03.55 33.55			
5.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>1:04.71</b>	+0,75	601
	50m: 30.14 30.14	100m:	1:04.71 34.57			
6.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>1:05.55</b>	+0,79	578
	50m: 30.27 30.27	100m:	1:05.55 35.28			
7.	SILVA Eduarda Reis	03	Famalicao	<b>1:06.43</b>	+0,67	555
	50m: 31.54 31.54	100m:	1:06.43 34.89			
8.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>1:06.52</b>	+0,82	553
	50m: 30.48 30.48	100m:	1:06.52 36.04			

Seniores

1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>59.58</b>	+0,70	770
	50m: 28.33 28.33	100m:	59.58 31.25			
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>1:01.23</b>	+0,63	709
	50m: 28.41 28.41	100m:	1:01.23 32.82			
3.	HENRIQUES Ines Jacinto	00	Sporting	<b>1:02.19</b>	+0,72	677
	50m: 29.17 29.17	100m:	1:02.19 33.02			
4.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>1:02.89</b>	+0,82	654
	50m: 29.70 29.70	100m:	1:02.89 33.19			
5.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>1:03.30</b>	+0,78	642
	50m: 29.92 29.92	100m:	1:03.30 33.38			
6.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	<b>1:03.67</b>	+0,76	630
	50m: 30.20 30.20	100m:	1:03.67 33.47			
7.	MARTINS Ana Beatriz	99	Famalicao	<b>1:04.30</b>	+0,77	612
	50m: 29.70 29.70	100m:	1:04.30 34.60			
8.	TIAGO Filipa Vilas	94	Benfica	<b>1:05.78</b>	+0,73	572
	50m: 30.58 30.58	100m:	1:05.78 35.20			

Prova 25	Masc., 50m Livres				Absolutos
22-12-2018 - 18:00					Resultados Final
RN25 Absoluto	21.64	AGOSTINHO Alexandre Escudier	PORTIN	S. António Cavaleiros	20-12-2009
RN25 Sen	21.64	AGOSTINHO Alexandre Escudier	PORTIN	S. António Cavaleiros	20-12-2009
RN25 Jun18	22.24	NASCIMENTO Miguel Duarte	PORTIN	Porto	08-12-2012
RN25 Jun17	23.14	VENANCIO Tiago Andre	CNS	Reboleira	26-06-2004

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	MACHADO Tiago Andrade <i>Rec Nacional, Jun 17</i>	02	Sporting de Aveiro	<b>23.12</b>	+0,61	672
2.	AIRES Rafael Alcantara	01	Benfica	<b>23.16</b>	+0,65	669
3.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>24.01</b>	+0,79	600
4.	SIMOES Bernardo Jorge LOURENCO Tiago Campos	02	Torres Novas Natacao de Valongo	<b>24.24</b> <b>24.24</b>	+0,72 +0,71	583 583

**Seniores**

1.	NASCIMENTO Miguel Duarte <i>Rec Nacional, Abs e Sen</i>	95	Benfica	<b>21.60</b>	+0,60	825
2.	DIAS Guilherme Pereira	97	Benfica	<b>22.48</b>	+0,65	732
3.	MADUREIRA Gustavo Almeida	94	Academica de Coimbra	<b>22.56</b>	+0,65	724
4.	RIBAS Alexandre Lages	97	Ginasio de Vila Real	<b>23.06</b>	+0,68	678
5.	SANTOS Joao Duarte	95	Natacao Olhao	<b>23.21</b>	+0,65	665
6.	MACHADO Francisco Carvalho	98	Alges	<b>23.27</b>	+0,61	659
7.	FERNANDES Pedro Miguel	99	Famalicao	<b>23.43</b>	+0,70	646
8.	PADRELA Joao Esteves	99	Belenenses	<b>23.72</b>	+0,69	623

Prova 26	Femin., 50m Livres				Absolutos
22-12-2018 - 18:00					Resultados Final
RN25 Absoluto	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	24.94	CONCEICAO Patricia Vilas	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun17	25.95	VIEGAS Beatriz Mendes	TNC	Vila Real Stº Antonio	12-11-2016
RN25 Jun16	26.14	ROSA Maria Carolina	SCP	S. António Cavaleiros	20-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	SOUSA Ana Reis	02	Alges	<b>26.38</b>	+0,69	656
2.	ANDRE Leticia Maia SOARES Catarina Silva	02 03	Benfica Porto	<b>26.59</b> <b>26.59</b>	+0,68 +0,72	641 641
4.	MARTINS Francisca Soares	03	Foca	<b>26.61</b>	+0,71	639
5.	PINTO Mafalda Marques	02	Sporting	<b>26.87</b>	+0,69	621
6.	COSTA Mafalda Magalhaes	03	Gualdim Pais	<b>27.42</b>	+0,75	584
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>27.63</b>	+0,81	571
8.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>27.92</b>	+0,67	553

Prova 26, Femin., 50m Livres, Final

Seniores

1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>25.18</b>	+0,66	755
2.	VIEIRA Jessica Teixeira	91	Belenenses	<b>26.23</b>	+0,70	668
3.	VIEGAS Beatriz Mendes	00	Sporting	<b>26.36</b>	+0,57	658
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>26.53</b>	+0,60	645
5.	FRISCHKNECHT Rita Barros	98	Alges	<b>26.60</b>	+0,70	640
6.	FARIA Ana Rita	00	Porto	<b>26.65</b>	+0,74	636
7.	OLIVEIRA Rosa Maria	96	Porto	<b>26.75</b>	+0,76	629
8.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>27.08</b>	+0,69	607

Prova 27

22-12-2018 - 18:05

Masc., 200m Estilos

Absolutos  
Resultados Final

RN25 Absoluto	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Sen	1:53.45	CARVALHO Diogo Filipe	POR	Netanya (ISR)	04-12-2015
RN25 Jun18	2:00.59	LOPES Gabriel Jose	ALN	Coimbra	10-05-2015
RN25 Jun17	2:02.96	CARVALHO Diogo Filipe	CGA	Mealhada	06-03-2005

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Juniores

1.	SILVA Tomas Antonio	01	Naval do Funchal	<b>2:05.78</b>	+0,67	662
	50m: 27.73 27.73	100m: 1:00.42 32.69	150m: 1:35.87 35.45	200m: 2:05.78 29.91		
2.	CRISTINO David Matias	01	Uniao Piedense	<b>2:06.03</b>	+0,77	658
	50m: 27.81 27.81	100m: 59.31 31.50	150m: 1:37.17 37.86	200m: 2:06.03 28.86		
3.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>2:06.64</b>	+0,66	648
	50m: 27.72 27.72	100m: 59.07 31.35	150m: 1:36.65 37.58	200m: 2:06.64 29.99		
4.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:07.28</b>	+0,81	639
	50m: 27.44 27.44	100m: 58.87 31.43	150m: 1:37.70 38.83	200m: 2:07.28 29.58		
5.	FERNANDES Eduardo Gomes	02	Sporting	<b>2:08.09</b>	+0,75	626
	50m: 28.07 28.07	100m: 1:00.59 32.52	150m: 1:38.55 37.96	200m: 2:08.09 29.54		
6.	GOMES Vicente Oliveira	02	Sporting	<b>2:10.66</b>	+0,73	590
	50m: 28.16 28.16	100m: 1:01.48 33.32	150m: 1:40.73 39.25	200m: 2:10.66 29.93		
7.	PINTO Pedro Miguel	02	Sporting	<b>2:11.34</b>	+0,78	581
	50m: 28.53 28.53	100m: 1:03.02 34.49	150m: 1:40.98 37.96	200m: 2:11.34 30.36		
8.	DOMINGOS Ruy Manuel	02	Sporting	<b>2:13.10</b>	+0,78	558
	50m: 27.76 27.76	100m: 1:01.30 33.54	150m: 1:42.17 40.87	200m: 2:13.10 30.93		

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 27, Masc., 200m Estilos, Final

Seniores

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>1:55.08</b>	+0,72	864
	<i>Minimos CEuropa PC</i>					
	50m: 24.97 24.97	100m: 52.73 27.76	150m: 1:26.58 33.85	200m: 1:55.08 28.50		
2.	LOPES Jose Paulo	00	Braga	<b>1:58.98</b>	+0,68	782
	50m: 26.46 26.46	100m: 56.26 29.80	150m: 1:30.79 34.53	200m: 1:58.98 28.19		
3.	RAMOS Bruno Miguel	97	Belenenses	<b>1:59.35</b>	+0,65	775
	50m: 25.74 25.74	100m: 55.96 30.22	150m: 1:31.26 35.30	200m: 1:59.35 28.09		
4.	VITAL Joao Alexandre	98	Sporting	<b>1:59.72</b>	+0,79	767
	50m: 26.65 26.65	100m: 56.15 29.50	150m: 1:31.37 35.22	200m: 1:59.72 28.35		
5.	SANTOS Pedro Andre	94	Alges	<b>2:01.22</b>	+0,73	739
	50m: 26.01 26.01	100m: 57.64 31.63	150m: 1:32.06 34.42	200m: 2:01.22 29.16		
6.	DANTAS Diogo Leal	00	Sporting	<b>2:03.31</b>	+0,59	702
	50m: 26.46 26.46	100m: 56.96 30.50	150m: 1:32.69 35.73	200m: 2:03.31 30.62		
7.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>2:06.95</b>	+0,72	644
	50m: 27.48 27.48	100m: 59.17 31.69	150m: 1:36.20 37.03	200m: 2:06.95 30.75		
8.	NUNES Porfirio Braga	00	Porto	<b>2:07.67</b>	+0,71	633
	50m: 26.92 26.92	100m: 59.14 32.22	150m: 1:37.33 38.19	200m: 2:07.67 30.34		

Prova 28  
22-12-2018 - 18:10

Femin., 200m Estilos

Absolutos  
Resultados Final

RN25 Absoluto	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	2:12.08	KAMINSKAYA Victoria	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	2:16.22	PEREIRA Raquel Gomes	SAD	Algés	19-11-2016
RN25 Jun16	2:14.94	ROSA Maria Carolina	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:18.68</b>	+0,86	678
	50m: 30.06 30.06	100m: 1:05.93 35.87	150m: 1:46.66 40.73	200m: 2:18.68 32.02		
2.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:18.92</b>	+0,79	674
	50m: 30.53 30.53	100m: 1:05.81 35.28	150m: 1:46.97 41.16	200m: 2:18.92 31.95		
3.	PINA Ana Sofia	02	O Crasto	<b>2:19.20</b>	+0,78	670
	50m: 30.44 30.44	100m: 1:06.77 36.33	150m: 1:47.46 40.69	200m: 2:19.20 31.74		
4.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>2:20.61</b>	+0,75	650
	50m: 31.07 31.07	100m: 1:05.52 34.45	150m: 1:48.76 43.24	200m: 2:20.61 31.85		
5.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>2:21.88</b>	+0,72	633
	50m: 30.53 30.53	100m: 1:07.22 36.69	150m: 1:49.24 42.02	200m: 2:21.88 32.64		
6.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:22.33</b>	+0,80	627
	50m: 31.09 31.09	100m: 1:07.39 36.30	150m: 1:49.36 41.97	200m: 2:22.33 32.97		

Prova 28, Femin., 200m Estilos, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
7.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>2:24.88</b>	+0,83	595	
	50m: 32.12 32.12	100m: 1:10.07	37.95	150m: 1:51.98	41.91	200m: 2:24.88	32.90
8.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>2:29.21</b>	+0,75	544	
	50m: 30.87 30.87	100m: 1:08.45	37.58	150m: 1:54.26	45.81	200m: 2:29.21	34.95

Seniores

1.	KAMINSKAYA Victoria	95	Benfica	<b>2:13.42</b>	+0,72	761	
	50m: 29.18 29.18	100m: 1:03.58	34.40	150m: 1:41.73	38.15	200m: 2:13.42	31.69
2.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:13.60</b>	+0,70	758	
	50m: 28.95 28.95	100m: 1:03.33	34.38	150m: 1:42.27	38.94	200m: 2:13.60	31.33
3.	FERNANDES Ines Camacho	97	Sporting	<b>2:17.00</b>	+0,79	703	
	50m: 29.63 29.63	100m: 1:04.78	35.15	150m: 1:44.23	39.45	200m: 2:17.00	32.77
4.	CABRAL Maria Francisca	00	Porto	<b>2:18.75</b>	+0,76	677	
	50m: 30.28 30.28	100m: 1:04.73	34.45	150m: 1:45.77	41.04	200m: 2:18.75	32.98
5.	MACHADO Luisa Maria	01	Uniao Piedense	<b>2:20.17</b>	+0,88	657	
	50m: 30.35 30.35	100m: 1:06.94	36.59	150m: 1:47.02	40.08	200m: 2:20.17	33.15
6.	MARTINS Ana Beatriz	99	Famalicao	<b>2:21.18</b>	+0,77	643	
	50m: 30.04 30.04	100m: 1:07.58	37.54	150m: 1:48.57	40.99	200m: 2:21.18	32.61
7.	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>2:25.76</b>	+0,74	584	
	50m: 30.27 30.27	100m: 1:07.05	36.78	150m: 1:50.85	43.80	200m: 2:25.76	34.91
8.	RIBEIRO Margarida Messias	98	Gesloures	<b>2:25.87</b>	+0,77	583	
	50m: 31.82 31.82	100m: 1:09.84	38.02	150m: 1:51.91	42.07	200m: 2:25.87	33.96

Prova 31

Masc., 4 x 200m Livres

Absolutos

22-12-2018 - 18:50

Resultados

RN25 Absoluto	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
RN25 Sen	7:15.07	Clube Natacao da Amadora	CNA	S. António Cavaleiros	20-12-2009
RN25 Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22-12-2013

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
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Prova 31, Masc., 4 x 200m Livres

Seniores

1. Sporting-SEN <i>Rec Nacional, Abs e Sen</i>	Sporting	<b>7:10.67</b>	+0,64	856			
COSTA Tiago Cunha	99	+0,64	25.34	52.78	1:20.29	1:48.42	1:48.42
MOGNE Igor Araujo	96	+0,51	25.33	52.67	1:20.55	1:48.34	1:48.34
SANTOS Francisco Rogerio	98	+0,27	24.56	53.12	1:21.61	1:49.74	1:49.74
SANTOS Alexis Manacas	92	+0,39	23.96	50.65	1:17.39	1:44.17	1:44.17
2. Benfica-SEN	Benfica	<b>7:14.00</b>	+0,72	837			
CARVALHO Jose Paula	98	+0,72	25.66	53.25	1:21.63	1:49.84	1:49.84
DIAS Guilherme Pereira	97	+0,58	25.19	52.79	1:21.31	1:50.36	1:50.36
PEREIRA Luiz Pedro	91	+0,22	24.79	52.41	1:20.66	1:49.85	1:49.85
NASCIMENTO Miguel Duarte	95	+0,27	23.60	49.55	1:16.61	1:43.95	1:43.95
3. Porto-SEN	Porto	<b>7:27.35</b>	+0,74	764			
NUNES Diogo Barbosa	00	+0,74	26.01	53.74	1:22.57	1:51.36	1:51.36
NUNES Porfirio Braga	00	+0,49	25.85	54.02	1:22.54	1:51.01	1:51.01
LINO Rafael	99	+0,35	25.60	54.33	1:24.07	1:53.49	1:53.49
SOARES Tiago Silva	99	+0,48	24.53	52.85	1:21.84	1:51.49	1:51.49
4. Belenenses-SEN	Belenenses	<b>7:32.70</b>	+0,66	737			
RAMOS Bruno Miguel	97	+0,66	25.54	52.89	1:20.99	1:48.78	1:48.78
QUINTANILHA Nuno Goncalo	87	+0,34	25.31	53.64	1:23.31	1:53.27	1:53.27
PADRELA Joao Esteves	99	+0,18	25.36	53.77	1:23.57	1:54.03	1:54.03
CORREIA Diogo Carrasco	95	+0,27	25.31	55.15	1:26.12	1:56.62	1:56.62
5. Alges-SEN	Alges	<b>7:32.81</b>	+0,71	737			
BATE Afonso Ribeiro	98	+0,71	25.79	53.95	1:22.89	1:51.74	1:51.74
BATE Miguel Ribeiro	99	+0,57	24.86	53.98	1:24.95	1:55.31	1:55.31
PON Hugo	98	+0,33	25.76	54.62	1:24.67	1:55.17	1:55.17
SANTOS Pedro Andre	94	+0,54	25.51	53.92	1:22.32	1:50.59	1:50.59

Juniores

1. Benfica-JUN	Benfica	<b>7:43.49</b>	+0,75	687			
LEBRE Diogo Ramos	01	+0,75	26.30	54.12	1:22.71	1:51.25	1:51.25
AIRES Rafael Alcantara	01	+0,42	24.99	52.70	1:22.03	1:52.42	1:52.42
FERREIRA Ricardo Pinela	01	+0,37	26.41	56.19	1:27.43	1:59.88	1:59.88
BERNARDO Joao Silva	02	+0,38	26.45	56.67	1:28.06	1:59.94	1:59.94
2. Uniao Piedense-JUN	Uniao Piedense	<b>7:50.29</b>	+0,64	657			
BRITO Bernardo Geada	02	+0,64	26.73	56.60	1:27.39	1:57.96	1:57.96
LOPES Carlos Filipe	01	+0,29	26.93	57.21	1:28.16	1:59.59	1:59.59
CAMOES Tiago Maria	01	+0,46	27.09	57.98	1:29.19	1:59.72	1:59.72
CRISTINO David Matias	01	+0,26	26.18	55.40	1:24.77	1:53.02	1:53.02
3. Sporting-JUN	Sporting	<b>7:50.78</b>	+0,74	655			
MALFEITO Martim Rebelo	02	+0,74	27.95	58.12	1:29.05	1:59.80	1:59.80
FERNANDES Eduardo Gomes	02	+0,61	26.35	55.48	1:25.17	1:54.47	1:54.47
PINTO Pedro Miguel	02	+0,62	27.74	57.83	1:28.80	1:59.52	1:59.52
GOMES Vicente Oliveira	02	+0,30	26.06	55.54	1:26.34	1:56.99	1:56.99
4. Fundacao Beatriz Santos-JUN	Fundacao Beatriz Santos	<b>7:55.07</b>	+0,68	638			
PEREIRA Joao Neto	02	+0,68	27.17	56.70	1:26.89	1:57.38	1:57.38
DOMINGUES Ricardo Jorge	02	+0,45	26.57	56.78	1:27.19	1:57.23	1:57.23
DIAS Joao Pedro	02	+0,44	27.05	57.59	1:28.48	1:58.51	1:58.51
CUNHA Jose Miguel	01	+0,41	27.97	58.67	1:29.93	2:01.95	2:01.95

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 31, Masc., 4 x 200m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	FINA
<b>5.</b>	<b>Condeixa Clube-JUN</b>	<b>8:03.24</b>	<b>+0,69</b>	<b>606</b>
	MARQUES Goncalo Silva	01 +0,69 27.33 57.89 1:30.36 2:03.16	2:03.16	
	MIGUEL Tomas Pedrosa	02 +0,09 26.36 57.33 1:30.72 2:03.17	2:03.17	
	FROTA Paulo Andre	02 +0,24 27.93 58.02 1:28.96 1:59.52	1:59.52	
	TRAVASSOS Rodrigo Alexandre	02 +0,13 26.28 56.29 1:27.06 1:57.39	1:57.39	

Prova 32  
22-12-2018 - 19:00

Femin., 4 x 200m Livres

Absolutos  
Resultados

RN25 Absoluto	8:08.99	Sport Alges e Dafundo	SAD	Algés	24-11-2018
RN25 Sen	8:09.45	Sport Alges e Dafundo	SAD	Porto	09-12-2017
RN25 Jun	8:29.70	Sporting Clube de Portugal	SCP	Leiria	05-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>1.</b>	<b>Sporting-SEN</b>	<b>8:18.34</b>	<b>+0,61</b>	<b>750</b>
	VIEGAS Beatriz Mendes	00 +0,61 29.06 1:00.77 1:34.04 2:07.95	2:07.95	
	BELEZA Mafalda Gomes	94 +0,43 28.63 59.75 1:31.75 2:04.16	2:04.16	
	HENRIQUES Ines Jacinto	00 +0,31 27.98 58.92 1:30.72 2:02.63	2:02.63	
	FERNANDES Ines Camacho	97 +0,54 28.57 1:00.48 1:32.14 2:03.60	2:03.60	
<b>2.</b>	<b>Benfica-SEN</b>	<b>8:20.31</b>	<b>+0,75</b>	<b>741</b>
	DURAES Diana Margarida	96 +0,75 28.21 58.10 1:28.88 1:59.46	1:59.46	
	RODRIGUES Filipa Serrano	01 +0,73 29.24 1:00.92 1:33.87 2:06.78	2:06.78	
	KAMINSKAYA Victoria	95 +0,35 27.84 59.01 1:32.08 2:04.28	2:04.28	
	ROLAO Sofia Alexandra	98 +0,56 29.46 1:01.81 1:35.22 2:09.79	2:09.79	
<b>3.</b>	<b>Porto-SEN</b>	<b>8:32.49</b>	<b>+0,75</b>	<b>689</b>
	CABRAL Maria Francisca	00 +0,75 29.40 1:00.90 1:33.19 2:05.81	2:05.81	
	OLIVEIRA Rosa Maria	96 +0,52 30.05 1:03.11 1:37.61 2:11.82	2:11.82	
	MARTINS Ines Alves	01 +0,38 29.04 1:01.67 1:35.29 2:08.72	2:08.72	
	FARIA Ana Rita	00 +0,57 28.82 1:00.90 1:33.26 2:06.14	2:06.14	

Juniores

<b>1.</b>	<b>Porto-JUN</b>	<b>8:24.59</b>	<b>+0,77</b>	<b>722</b>
	<i>Rec Nacional</i>			
	RAMOS Ana Rita	02 +0,77 29.04 1:00.03 1:31.44 2:03.24	2:03.24	
	SOARES Catarina Silva	03 +0,45 28.14 59.95 1:32.91 2:05.69	2:05.69	
	AMORIM Maria Leonor	03 +0,41 29.07 1:02.15 1:36.53 2:10.41	2:10.41	
	BARBOSA Mariana Fernandes	02 +0,37 28.44 59.79 1:32.65 2:05.25	2:05.25	
<b>2.</b>	<b>Alges-JUN</b>	<b>8:26.71</b>	<b>+0,87</b>	<b>713</b>
	AZEVEDO Rafaela Gomes	02 +0,87 29.44 1:01.36 1:34.58 2:06.60	2:06.60	
	SOUZA Ana Reis	02 +0,34 28.42 59.06 1:29.96 2:00.63	2:00.63	
	CRUZ Sara Moura	03 +0,29 28.47 1:00.88 1:34.97 2:08.69	2:08.69	
	PEREIRA Clara Gomes	02 +0,34 29.99 1:02.93 1:36.92 2:10.79	2:10.79	

Prova 32, Femin., 4 x 200m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	FINA
3.	<b>Benfica-JUN</b>	<b>8:38.07</b>	<b>+0,69</b>	<b>667</b>
	ANDRE Leticia Maia	02 +0,69 28.24 58.44 1:31.03 2:03.20 2:03.20		
	GRAVETO Ana Raquel	02 +0,64 29.55 1:02.18 1:36.05 2:10.45 2:10.45		
	MARTINS Joana Ribeiro	03 +0,47 29.64 1:02.61 1:36.31 2:09.59 2:09.59		
	SILVA Natacha Sofia	02 +0,54 30.00 1:03.68 1:39.33 2:14.83 2:14.83		
4.	<b>Gesloures-JUN</b>	<b>8:57.74</b>	<b>+0,71</b>	<b>597</b>
	NEVES Leonor Maria	03 +0,71 31.03 1:04.82 1:39.38 2:12.42 2:12.42		
	MARTINS Claudia Beatriz	03 +0,50 31.08 1:05.35 1:40.31 2:15.12 2:15.12		
	FERRO Carolina Ganhao	02 +0,35 30.99 1:05.85 1:41.39 2:16.38 2:16.38		
	REBELO Beatriz Vaz	03 +0,52 29.48 1:02.83 1:38.13 2:13.82 2:13.82		
DNS	Condeixa Clube-JUN	Condeixa Clube		

5 - 3ª Jornada - 1ª Sessão (eliminatórias)

23-12-2018 - 9:00

Prova 33 Femin., 800m Livres Absolutos Resultados

Tempo Final	Clube	Local	Data
8:24.09	DURAES Diana Margarida	POR Moscow (RUS)	03-08-2017
8:24.09	DURAES Diana Margarida	POR Moscow (RUS)	03-08-2017
8:32.83	HOLUB Tamila Hryhorivna	SCB Porto	13-12-2015
8:45.41	HOLUB Tamila Hryhorivna	SCB Porto	21-12-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	<b>DURAES Diana Margarida</b>	96	<b>Benfica</b>	<b>8:23.23</b>	<b>+0,74</b>	<b>864</b>
	<i>Rec Nacional, Minimos CEuropa PC, Abs e Sen</i>					
	50m: 29.61 29.61	250m: 2:35.96 31.44	450m: 4:42.29 31.59	650m: 6:49.33 31.99		
	100m: 1:01.14 31.53	300m: 3:07.44 31.48	500m: 5:13.95 31.66	700m: 7:21.26 31.93		
	150m: 1:32.89 31.75	350m: 3:39.01 31.57	550m: 5:45.64 31.69	750m: 7:52.75 31.49		
	200m: 2:04.52 31.63	400m: 4:10.70 31.69	600m: 6:17.34 31.70	800m: 8:23.23 30.48		
2.	<b>HOLUB Tamila Hryhorivna</b>	99	<b>Braga</b>	<b>8:33.43</b>	<b>+0,78</b>	<b>813</b>
	<i>Minimos CEuropa PC</i>					
	50m: 29.74 29.74	250m: 2:37.26 32.09	450m: 4:46.28 32.25	650m: 6:56.04 32.42		
	100m: 1:01.34 31.60	300m: 3:09.47 32.21	500m: 5:18.65 32.37	700m: 7:28.85 32.81		
	150m: 1:33.26 31.92	350m: 3:41.67 32.20	550m: 5:51.00 32.35	750m: 8:01.74 32.89		
	200m: 2:05.17 31.91	400m: 4:14.03 32.36	600m: 6:23.62 32.62	800m: 8:33.43 31.69		
3.	<b>ANDRE Angelica Maria</b>	94	<b>Fluvial Portuense</b>	<b>8:44.55</b>	<b>+0,73</b>	<b>763</b>
	50m: 29.90 29.90	250m: 2:39.80 33.23	450m: 4:53.00 33.36	650m: 7:05.90 33.07		
	100m: 1:01.37 31.47	300m: 3:12.94 33.14	500m: 5:26.60 33.60	700m: 7:38.96 33.06		
	150m: 1:33.69 32.32	350m: 3:46.25 33.31	550m: 5:59.73 33.13	750m: 8:11.72 32.76		
	200m: 2:06.57 32.88	400m: 4:19.64 33.39	600m: 6:32.83 33.10	800m: 8:44.55 32.83		
4.	<b>ALVES Sara Sofia</b>	01	<b>Columbifila Cantanhedense</b>	<b>9:05.73</b>	<b>+0,77</b>	<b>677</b>
	50m: 31.51 31.51	250m: 2:46.19 34.10	450m: 5:03.51 34.61	650m: 7:23.02 34.89		
	100m: 1:04.72 33.21	300m: 3:19.98 33.79	500m: 5:38.43 34.92	700m: 7:57.74 34.72		
	150m: 1:38.15 33.43	350m: 3:54.33 34.35	550m: 6:13.30 34.87	750m: 8:32.83 35.09		
	200m: 2:12.09 33.94	400m: 4:28.90 34.57	600m: 6:48.13 34.83	800m: 9:05.73 32.90		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
5.	<b>RODRIGUES Filipa Serrano</b>	01	Benfica	<b>9:09.48</b>	<b>+0,76</b>	<b>663</b>
	50m: 30.87 30.87	250m: 2:45.93 34.08	450m: 5:03.58 34.52	650m: 7:24.05 35.27		
	100m: 1:04.27 33.40	300m: 3:20.42 34.49	500m: 5:38.33 34.75	700m: 7:59.66 35.61		
	150m: 1:38.06 33.79	350m: 3:54.68 34.26	550m: 6:13.53 35.20	750m: 8:35.14 35.48		
	200m: 2:11.85 33.79	400m: 4:29.06 34.38	600m: 6:48.78 35.25	800m: 9:09.48 34.34		
6.	<b>AMADOR Joana Costa</b>	01	Galitos / Bresimar	<b>9:12.19</b>	<b>+0,72</b>	<b>654</b>
	50m: 31.28 31.28	250m: 2:47.73 34.44	450m: 5:06.51 34.89	650m: 7:26.19 35.26		
	100m: 1:05.03 33.75	300m: 3:22.35 34.62	500m: 5:41.28 34.77	700m: 8:01.55 35.36		
	150m: 1:39.09 34.06	350m: 3:56.88 34.53	550m: 6:16.19 34.91	750m: 8:37.30 35.75		
	200m: 2:13.29 34.20	400m: 4:31.62 34.74	600m: 6:50.93 34.74	800m: 9:12.19 34.89		
7.	<b>CARVALHO Eva Guerreiro</b>	99	Benfica	<b>9:33.48</b>	<b>+0,76</b>	<b>583</b>
	50m: 32.88 32.88	250m: 2:55.81 35.80	450m: 5:19.85 35.72	650m: 7:46.30 36.86		
	100m: 1:07.90 35.02	300m: 3:31.42 35.61	500m: 5:56.32 36.47	700m: 8:22.68 36.38		
	150m: 1:43.87 35.97	350m: 4:07.77 36.35	550m: 6:32.86 36.54	750m: 8:58.78 36.10		
	200m: 2:20.01 36.14	400m: 4:44.13 36.36	600m: 7:09.44 36.58	800m: 9:33.48 34.70		
DNS	<b>CHEROUATI Souad Nefissa</b>	89	Benfica			

Juniores

1.	<b>FRAZAO Alexandra Couto</b>	02	Condeixa Clube	<b>8:45.84</b>	<b>+0,79</b>	<b>757</b>
	50m: 30.84 30.84	250m: 2:42.06 32.92	450m: 4:53.75 32.82	650m: 7:05.66 33.16		
	100m: 1:03.25 32.41	300m: 3:15.11 33.05	500m: 5:26.52 32.77	700m: 7:39.34 33.68		
	150m: 1:36.17 32.92	350m: 3:47.86 32.75	550m: 5:59.57 33.05	750m: 8:13.05 33.71		
	200m: 2:09.14 32.97	400m: 4:20.93 33.07	600m: 6:32.50 32.93	800m: 8:45.84 32.79		
2.	<b>MENDES Mariana Amaral</b>	02	Colegio Monte Maior	<b>8:49.31</b>	<b>+0,79</b>	<b>742</b>
	50m: 31.47 31.47	250m: 2:44.08 33.21	450m: 4:57.40 33.33	650m: 7:10.64 33.40		
	100m: 1:04.50 33.03	300m: 3:17.43 33.35	500m: 5:30.64 33.24	700m: 7:44.09 33.45		
	150m: 1:37.51 33.01	350m: 3:50.76 33.33	550m: 6:03.91 33.27	750m: 8:17.28 33.19		
	200m: 2:10.87 33.36	400m: 4:24.07 33.31	600m: 6:37.24 33.33	800m: 8:49.31 32.03		
3.	<b>QUEIROZ Ana Rita</b>	02	Condeixa Clube	<b>8:53.56</b>	<b>+0,74</b>	<b>725</b>
	50m: 30.71 30.71	250m: 2:45.72 34.41	450m: 5:01.15 33.27	650m: 7:14.39 33.35		
	100m: 1:03.75 33.04	300m: 3:20.26 34.54	500m: 5:34.78 33.63	700m: 7:47.81 33.42		
	150m: 1:37.20 33.45	350m: 3:54.03 33.77	550m: 6:07.89 33.11	750m: 8:20.90 33.09		
	200m: 2:11.31 34.11	400m: 4:27.88 33.85	600m: 6:41.04 33.15	800m: 8:53.56 32.66		
4.	<b>SOUSA Ana Reis</b>	02	Alges	<b>9:01.26</b>	<b>+0,75</b>	<b>694</b>
	50m: 30.32 30.32	250m: 2:45.61 34.71	450m: 5:01.27 33.71	650m: 7:19.93 35.22		
	100m: 1:03.04 32.72	300m: 3:19.96 34.35	500m: 5:35.65 34.38	700m: 7:53.82 33.89		
	150m: 1:36.56 33.52	350m: 3:53.80 33.84	550m: 6:10.37 34.72	750m: 8:27.55 33.73		
	200m: 2:10.90 34.34	400m: 4:27.56 33.76	600m: 6:44.71 34.34	800m: 9:01.26 33.71		
5.	<b>PINA Ana Sofia</b>	02	O Crasto	<b>9:05.35</b>	<b>+0,79</b>	<b>679</b>
	50m: 31.20 31.20	250m: 2:46.72 33.94	450m: 5:05.65 34.89	650m: 7:24.67 34.60		
	100m: 1:04.86 33.66	300m: 3:21.11 34.39	500m: 5:40.44 34.79	700m: 7:58.93 34.26		
	150m: 1:38.73 33.87	350m: 3:55.84 34.73	550m: 6:15.05 34.61	750m: 8:33.18 34.25		
	200m: 2:12.78 34.05	400m: 4:30.76 34.92	600m: 6:50.07 35.02	800m: 9:05.35 32.17		
6.	<b>RAMOS Ana Rita</b>	02	Porto	<b>9:05.46</b>	<b>+0,80</b>	<b>678</b>
	50m: 31.40 31.40	250m: 2:47.05 34.29	450m: 5:04.58 34.54	650m: 7:22.62 34.58		
	100m: 1:05.05 33.65	300m: 3:21.21 34.16	500m: 5:38.91 34.33	700m: 7:57.33 34.71		
	150m: 1:38.83 33.78	350m: 3:55.47 34.26	550m: 6:13.18 34.27	750m: 8:32.12 34.79		
	200m: 2:12.76 33.93	400m: 4:30.04 34.57	600m: 6:48.04 34.86	800m: 9:05.46 33.34		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
7.	AMORIM Maria Leonor	03	Porto	<b>9:09.84</b>	<b>+0,81</b>	<b>662</b>	
	50m: 32.10 32.10	250m: 2:48.86	34.26	450m: 5:06.40	33.55	650m: 7:26.21	35.12
	100m: 1:06.39 34.29	300m: 3:23.62	34.76	500m: 5:40.97	34.57	700m: 8:01.21	35.00
	150m: 1:40.51 34.12	350m: 3:58.01	34.39	550m: 6:15.99	35.02	750m: 8:36.14	34.93
	200m: 2:14.60 34.09	400m: 4:32.85	34.84	600m: 6:51.09	35.10	800m: 9:09.84	33.70
8.	MARTINS Francisca Soares	03	Foca	<b>9:16.31</b>	<b>+0,77</b>	<b>639</b>	
	50m: 31.33 31.33	250m: 2:48.07	34.49	450m: 5:08.55	35.28	650m: 7:30.68	35.73
	100m: 1:05.19 33.86	300m: 3:22.94	34.87	500m: 5:43.99	35.44	700m: 8:06.54	35.86
	150m: 1:39.31 34.12	350m: 3:58.05	35.11	550m: 6:19.40	35.41	750m: 8:42.08	35.54
	200m: 2:13.58 34.27	400m: 4:33.27	35.22	600m: 6:54.95	35.55	800m: 9:16.31	34.23
9.	MARTINS Joana Ribeiro	03	Benfica	<b>9:23.90</b>	<b>+0,80</b>	<b>614</b>	
	50m: 32.00 32.00	250m: 2:52.64	34.98	450m: 5:15.14	35.70	650m: 7:38.88	35.79
	100m: 1:06.86 34.86	300m: 3:27.89	35.25	500m: 5:51.01	35.87	700m: 8:14.67	35.79
	150m: 1:42.20 35.34	350m: 4:03.66	35.77	550m: 6:27.10	36.09	750m: 8:50.29	35.62
	200m: 2:17.66 35.46	400m: 4:39.44	35.78	600m: 7:03.09	35.99	800m: 9:23.90	33.61
10.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>9:28.93</b>	<b>+0,82</b>	<b>598</b>	
	50m: 31.87 31.87	250m: 2:52.56	35.89	450m: 5:17.19	36.66	650m: 7:43.42	36.47
	100m: 1:06.15 34.28	300m: 3:28.20	35.64	500m: 5:53.65	36.46	700m: 8:19.64	36.22
	150m: 1:41.20 35.05	350m: 4:04.23	36.03	550m: 6:30.18	36.53	750m: 8:55.54	35.90
	200m: 2:16.67 35.47	400m: 4:40.53	36.30	600m: 7:06.95	36.77	800m: 9:28.93	33.39
11.	FOMINA Anna	02	Louletano / Loule Concelho	<b>9:32.06</b>	<b>+0,77</b>	<b>588</b>	
	50m: 32.30 32.30	250m: 2:55.50	36.17	450m: 5:19.13	36.14	650m: 7:46.13	37.11
	100m: 1:07.71 35.41	300m: 3:31.51	36.01	500m: 5:55.71	36.58	700m: 8:23.25	37.12
	150m: 1:43.28 35.57	350m: 4:08.00	36.49	550m: 6:32.73	37.02	750m: 8:59.25	36.00
	200m: 2:19.33 36.05	400m: 4:42.99	34.99	600m: 7:09.02	36.29	800m: 9:32.06	32.81
12.	VARANDAS Joana Filipa	02	Laranjeiro	<b>9:33.91</b>	<b>+0,84</b>	<b>582</b>	
	50m: 33.05 33.05	250m: 2:56.19	35.88	450m: 5:20.57	36.06	650m: 7:46.60	36.66
	100m: 1:08.49 35.44	300m: 3:32.02	35.83	500m: 5:56.88	36.31	700m: 8:23.14	36.54
	150m: 1:44.10 35.61	350m: 4:08.25	36.23	550m: 6:33.66	36.78	750m: 8:59.05	35.91
	200m: 2:20.31 36.21	400m: 4:44.51	36.26	600m: 7:09.94	36.28	800m: 9:33.91	34.86
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>9:37.10</b>	<b>+0,72</b>	<b>573</b>	
	50m: 32.50 32.50	250m: 2:55.15	36.06	450m: 5:20.24	36.13	650m: 7:48.07	37.08
	100m: 1:07.44 34.94	300m: 3:31.35	36.20	500m: 5:56.94	36.70	700m: 8:24.78	36.71
	150m: 1:43.29 35.85	350m: 4:07.85	36.50	550m: 6:33.95	37.01	750m: 9:01.60	36.82
	200m: 2:19.09 35.80	400m: 4:44.11	36.26	600m: 7:10.99	37.04	800m: 9:37.10	35.50
14.	AMANTES Beatriz Quintao	03	Uniao Piedense	<b>9:37.15</b>	<b>+0,78</b>	<b>572</b>	
	50m: 32.40 32.40	250m: 2:56.95	36.31	450m: 5:21.49	36.27	650m: 7:49.50	37.76
	100m: 1:08.10 35.70	300m: 3:33.09	36.14	500m: 5:57.69	36.20	700m: 8:26.30	36.80
	150m: 1:44.17 36.07	350m: 4:09.20	36.11	550m: 6:35.06	37.37	750m: 9:02.93	36.63
	200m: 2:20.64 36.47	400m: 4:45.22	36.02	600m: 7:11.74	36.68	800m: 9:37.15	34.22
15.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	<b>9:37.97</b>	<b>+0,99</b>	<b>570</b>	
	50m: 32.88 32.88	250m: 2:55.10	35.74	450m: 5:19.82	36.86	650m: 7:47.98	37.40
	100m: 1:08.18 35.30	300m: 3:30.97	35.87	500m: 5:56.04	36.22	700m: 8:25.60	37.62
	150m: 1:43.61 35.43	350m: 4:06.52	35.55	550m: 6:33.61	37.57	750m: 9:02.46	36.86
	200m: 2:19.36 35.75	400m: 4:42.96	36.44	600m: 7:10.58	36.97	800m: 9:37.97	35.51
16.	PELAIJO Maria Joao	03	Ginasio Figueirense	<b>9:40.23</b>	<b>+0,81</b>	<b>563</b>	
	50m: 33.04 33.04	250m: 2:57.44	36.60	450m: 5:23.98	36.91	650m: 7:51.26	37.02
	100m: 1:08.34 35.30	300m: 3:33.68	36.24	500m: 6:01.05	37.07	700m: 8:28.17	36.91
	150m: 1:44.40 36.06	350m: 4:10.30	36.62	550m: 6:37.81	36.76	750m: 9:04.71	36.54
	200m: 2:20.84 36.44	400m: 4:47.07	36.77	600m: 7:14.24	36.43	800m: 9:40.23	35.52

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
17.	PIRES Filipa Almeida	03	Uniao Coimbra	<b>9:41.78</b>	+0,96	559
	50m: 32.68 32.68	250m: 2:57.71 36.78	450m: 5:25.02 37.00	650m: 7:52.61 36.92		
	100m: 1:08.32 35.64	300m: 3:34.25 36.54	500m: 6:01.79 36.77	700m: 8:29.96 37.35		
	150m: 1:44.63 36.31	350m: 4:11.24 36.99	550m: 6:38.87 37.08	750m: 9:06.90 36.94		
	200m: 2:20.93 36.30	400m: 4:48.02 36.78	600m: 7:15.69 36.82	800m: 9:41.78 34.88		
18.	SOUSA Ines Matos	03	Uniao Coimbra	<b>9:46.91</b>	+0,82	544
	50m: 32.93 32.93	250m: 2:58.40 36.82	450m: 5:26.02 37.12	650m: 7:55.58 37.45		
	100m: 1:08.54 35.61	300m: 3:35.12 36.72	500m: 6:03.03 37.01	700m: 8:33.01 37.43		
	150m: 1:44.96 36.42	350m: 4:11.85 36.73	550m: 6:40.63 37.60	750m: 9:10.35 37.34		
	200m: 2:21.58 36.62	400m: 4:48.90 37.05	600m: 7:18.13 37.50	800m: 9:46.91 36.56		
19.	LIMA Jessica Soares	02	Braga	<b>9:52.00</b>	+0,89	530
	50m: 32.55 32.55	250m: 2:56.89 36.47	450m: 5:26.22 37.54	650m: 7:58.64 38.31		
	100m: 1:07.92 35.37	300m: 3:34.05 37.16	500m: 6:04.04 37.82	700m: 8:37.03 38.39		
	150m: 1:44.10 36.18	350m: 4:11.25 37.20	550m: 6:42.09 38.05	750m: 9:14.89 37.86		
	200m: 2:20.42 36.32	400m: 4:48.68 37.43	600m: 7:20.33 38.24	800m: 9:52.00 37.11		
20.	BARBOSA Adriana Freixo	03	Viana Natacao	<b>9:52.32</b>	+0,89	529
	50m: 31.78 31.78	250m: 2:56.33 36.56	450m: 5:26.37 37.81	650m: 7:58.37 38.40		
	100m: 1:07.53 35.75	300m: 3:33.40 37.07	500m: 6:03.98 37.61	700m: 8:36.98 38.61		
	150m: 1:43.50 35.97	350m: 4:10.75 37.35	550m: 6:41.96 37.98	750m: 9:15.44 38.46		
	200m: 2:19.77 36.27	400m: 4:48.56 37.81	600m: 7:19.97 38.01	800m: 9:52.32 36.88		

Prova 34

Masc., 50m Bruços

Absolutos

23-12-2018 - 9:30

Resultados Elimin

RN25 Absoluto	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Sen	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Jun18	28.55	CAPITAO Simao Miguel	CLAMAS	Senhora da Hora	24-05-2015
RN25 Jun17	28.56	AGOSTINHO Pedro Miguel	SLB	S. António Cavaleiros	03-05-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	TEIXEIRA Guilherme Miguel	97	Belenenses	<b>28.33</b>	+0,73 Q	708
2.	AMORIM Alexandre Ferreira	99	Porto	<b>28.38</b>	+0,64 Q	704
3.	VELOSO Tomas Miguel	96	Nautico Academico	<b>28.55</b>	+0,65 Q	691
4.	SANTOS Alexis Manacas	92	Sporting	<b>28.57</b>	+0,68 Q	690
5.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>28.77</b>	+0,62 Q	676
6.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>28.97</b>	+0,71 Q	662
7.	CARVALHO Ruben Paiva	94	Academica de Coimbra	<b>29.01</b>	+0,67 Q	659
8.	PON Hugo	98	Alges	<b>29.26</b>	+0,66 ?	642
	MENDES Antonio Manuel	99	Sporting	<b>29.26</b>	+0,68 ?	642
10.	SIMOES Rafael Gomes	00	Braga	<b>29.38</b>	+0,78 R	634

Prova 34, Masc., 50m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
11.	CRUCHINHO Miguel Monteiro	97	Sporting	<b>29.40</b>	+0,75	633
12.	RAMOS Filipe Carmo	97	Vilacondense	<b>29.44</b>	+0,73	630
13.	TEODORO Diogo Filipe	99	Natacao de Valongo	<b>29.60</b>	+0,68	620
14.	LEIRIA David Miguel	93	Benfica	<b>29.72</b>	+0,80	613
15.	PINOTES Pedro Miguel	89	Sporting	<b>29.73</b>	+0,73	612
16.	SILVA Pedro Miguel	94	Colegio Monte Maior	<b>30.05</b>	+0,68	593
17.	SOARES Miguel Carlos	92	Naval Povoense	<b>30.11</b>	+0,70	589
18.	SILVA Luis Pedro	98	Desportivo Nacional	<b>30.12</b>	+0,75	589
19.	GRENHO Andre Tavares	99	Sporting	<b>30.13</b>	+0,74	588
20.	PEREIRA Marcelo Goncalo	90	Foca	<b>30.35</b>	+0,75	575
21.	MARQUES Miguel Freitas	96	Escola O Liceu	<b>30.39</b>	+0,70	573
22.	OLIVEIRA Luis Carlos	97	Natacao da Maia	<b>30.57</b>	+0,68	563
23.	MARQUES Miguel Henriques	00	Benfica	<b>30.79</b>	+0,68	551
DNS	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria			

Juniores

1.	FRISCHKNECHT Renato Barros	01	Alges	<b>29.77</b>	+0,56 Q	610
2.	KLIER Afonso Miguel	01	Galitos / Bresimar	<b>30.28</b>	+0,68 Q	579
3.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>30.35</b>	+0,76 Q	575
4.	CABRITO Rodrigo Almeida	01	Belenenses	<b>30.47</b>	+0,68 Q	569
5.	DUARTE Pedro Domingues	01	Nautico Marinha Grande	<b>30.48</b>	+0,75 Q	568
6.	MERUJE Joaquim Agra	01	Elvense	<b>30.86</b>	+0,77 Q	547
7.	BRITO Bernardo Geada	02	Uniao Piedense	<b>30.99</b>	+0,62 Q	540
8.	SILVA Tomas Antonio	01	Naval do Funchal	<b>31.08</b>	+0,62 Q	536
9.	MARQUES Goncalo Silva	01	Condeixa Clube	<b>31.20</b>	+0,66 R	530
10.	PAIS Joao Ventura	02	Fundacao Beatriz Santos	<b>31.44</b>	+0,71 R	518
EXH	CANCELA Diogo Luis	02	Miranda do Corvo	<b>36.69</b>	+0,76	325

Prova 35 23-12-2018 - 9:40	Femin., 50m Bruços				Absolutos Resultados Elimin
RN25 Absoluto	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Sen	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Jun17	32.09	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	31.46	RODRIGUES Ana Pinho	AEJ	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>31.73</b>	+0,66 Q	735
2.	FIGUEIRA Isabel Maria	79	Natacao de Faro	<b>33.28</b>	+0,78 Q	637
3.	ROSA Maria Carolina	94	Sporting	<b>33.32</b>	+0,72 Q	635
4.	PEREIRA Raquel Gomes	00	Alges	<b>33.38</b>	+0,79 Q	631
5.	BORGES Claudia Ferreira	99	Benfica	<b>33.70</b>	+0,69 Q	613
6.	SILVA Beatriz Santos	01	Porto	<b>33.77</b>	+0,81 Q	609
7.	MATOS Carolina Lourenco	98	Cova da Piedade	<b>33.83</b>	+0,74 Q	606
8.	OLIVEIRA Rosa Maria	96	Porto	<b>33.96</b>	+0,77 Q	599
9.	SILVA Maria Madalena	98	Braga	<b>34.15</b>	+0,72 R	589
10.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>34.35</b>	+0,77 R	579
11.	CARVALHO Beatriz Antunes	99	Sporting	<b>34.38</b>	+0,73	578
12.	LEONARDO Rute Isabel	98	Nautico Abrantes	<b>34.76</b>	+0,79	559
13.	GUEDES Ana Carolina	93	Litoral Alentejano	<b>35.21</b>	+0,69	538
14.	DIONISIO Sofia Machado	98	Sporting	<b>35.32</b>	+0,83	533
15.	FERREIRA Diana Patricia	94	Aquatico Pacense	<b>35.38</b>	+0,92	530
	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>35.38</b>	+0,73	530

#### Juniores

1.	COSTA Ana Ferreira	02	Nautico Marinha Grande	<b>33.98</b>	+0,65 Q	598
2.	PEREIRA Clara Gomes	02	Alges	<b>34.37</b>	+0,75 Q	578
3.	TEIXEIRA Ines Oliveira	02	Estarreja	<b>34.39</b>	+0,72 Q	577
4.	CERDEIRA Madalena Reis	03	Sporting	<b>34.47</b>	+0,81 Q	573
5.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>34.58</b>	+0,69 Q	568
6.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>34.67</b>	+0,77 Q	563
7.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	<b>35.03</b>	+0,70 Q	546
8.	CASTRO Maria Freitas	03	Fafe	<b>35.08</b>	+0,73 Q	544
9.	DIAS Ana Leonor	02	Natacao Olhao	<b>35.13</b>	+0,68 R	541
10.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>35.19</b>	+0,60 R	539
11.	SILVA Natacha Sofia	02	Benfica	<b>35.25</b>	+0,82	536
12.	HENRIQUES Daniela Mascarenhas	03	Gesloures	<b>35.86</b>	+0,68	509
13.	TOMAS Beatriz Monteiro	03	Fundacao Beatriz Santos	<b>35.89</b>	+0,73	508
14.	MACHADO Joana Sofia	02	Natacao de Valongo	<b>36.06</b>	+0,73	501
15.	DOMINGUES Matilde Mota	03	Colegio SMLamas	<b>36.07</b>	+0,70	500
16.	DIAS Ana Amarante	03	Naval de Ponta Delgada	<b>36.17</b>	+0,72	496
17.	SILVA Margarida Mota	03	Palmela Desporto	<b>36.18</b>	+0,78	496
18.	FERNANDES Ana Catarina	03	Naval do Funchal	<b>36.53</b>	+0,68	481

#### ORGANIZAÇÃO



#### PARCEIROS INSTITUCIONAIS



#### FORNECEDOR OFICIAL



WATER INSTINCT

#### PARCEIROS



Prova 35, Femin., 50m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
19.	CARVALHO Bruna Cruz	03	S. Pedro Alva	<b>36.57</b>	+0,82	480
20.	SANTOS Catarina Vitorino	02	Louletano / Loule Concelho	<b>36.65</b>	+0,76	477
21.	VIEIRA Valeria Goncalves	02	Vitoria Guimaraes	<b>36.85</b>	+0,76	469

Prova 36

Masc., 100m Costas

Absolutos  
Resultados Elimin

23-12-2018 - 9:50

RN25 Absoluto	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Sen	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	53.88	SANTOS Alexis Manacas	SCP	Leiria	05-12-2009
RN25 Jun17	54.97	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014
RN S8	1:15.79	CARREIRA David Pedro	ADBA	Caldas da Rainha	23-11-2014
RN S9	1:07.14	CAETANO Gino Santos	CGA	Vila Real St. Antonio	03-11-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	DIAS Guilherme Pereira	97	Benfica	<b>56.28</b>	+0,77 Q	655
	50m: 27.02 27.02	100m: 56.28 29.26				
2.	SANTOS Francisco Rogerio	98	Sporting	<b>56.50</b>	+0,67 Q	648
	50m: 27.71 27.71	100m: 56.50 28.79				
3.	ROSA Rodrigo Antonio	96	Benfica	<b>56.68</b>	+0,60 Q	642
	50m: 27.32 27.32	100m: 56.68 29.36				
4.	LARANJEIRA Joao Jose	98	Galitos / Bresimar	<b>56.74</b>	+0,58 Q	640
	50m: 27.61 27.61	100m: 56.74 29.13				
5.	TINOCO Joao Pereira	00	Famalicao	<b>56.78</b>	+0,59 Q	638
	50m: 27.61 27.61	100m: 56.78 29.17				
6.	CORREIA Joao Mota	97	Benfica	<b>57.01</b>	+0,70 Q	631
	50m: 27.40 27.40	100m: 57.01 29.61				
7.	KOT Viktor	98	Nautico Marinha Grande	<b>57.03</b>	+0,56 Q	630
	50m: 28.05 28.05	100m: 57.03 28.98				
8.	FERNANDES Joao Diogo	98	Belenenses	<b>57.32</b>	+0,59 Q	620
	50m: 27.99 27.99	100m: 57.32 29.33				
9.	BATE Miguel Ribeiro	99	Alges	<b>57.64</b>	+1,73 R	610
	50m: 27.60 27.60	100m: 57.64 30.04				
10.	NUNES Porfirio Braga	00	Porto	<b>57.67</b>	+0,56 R	609
	50m: 27.60 27.60	100m: 57.67 30.07				
11.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>57.87</b>	+0,62	603
	50m: 27.98 27.98	100m: 57.87 29.89				

Prova 36, Masc., 100m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
12.	ALMEIDA Carlos Afonso	98	Alges	<b>58.07</b>	+0,63	597
	50m: 27.96 27.96	100m: 58.07 30.11				
13.	RIBEIRO Ivo Pinto	97	Foca	<b>58.35</b>	+0,59	588
	50m: 27.94 27.94	100m: 58.35 30.41				
14.	PASSOS Miguel Angelo	96	Desportiva de Viana	<b>58.87</b>	+1,03	573
	50m: 28.77 28.77	100m: 58.87 30.10				
15.	WEUSTINK Koen	00	Ginasio de Vila Real	<b>59.31</b>	+0,52	560
	50m: 28.14 28.14	100m: 59.31 31.17				

Juniores

1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>56.07</b>	+0,58 Q	663
	50m: 27.45 27.45	100m: 56.07 28.62				
2.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>57.22</b>	+0,59 Q	624
	50m: 28.00 28.00	100m: 57.22 29.22				
3.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>58.08</b>	+0,56 Q	596
	50m: 28.45 28.45	100m: 58.08 29.63				
4.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>58.39</b>	+0,62 Q	587
	50m: 27.64 27.64	100m: 58.39 30.75				
5.	DIAS Joao Pedro	02	Fundacao Beatriz Santos	<b>58.80</b>	+0,67 Q	575
	50m: 28.59 28.59	100m: 58.80 30.21				
6.	ALFAMA Martim Primavera	02	Geslours	<b>59.17</b>	+0,61 Q	564
	50m: 28.31 28.31	100m: 59.17 30.86				
7.	ARZILEIRO Bernardo Vinagre	01	Uniao Coimbra	<b>59.34</b>	+1,89 Q	559
	50m: 28.71 28.71	100m: 59.34 30.63				
8.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>59.80</b>	+0,63 Q	546
	50m: 28.99 28.99	100m: 59.80 30.81				
9.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>59.83</b>	+0,56 R	545
	50m: 29.00 29.00	100m: 59.83 30.83				
10.	PINTO Rodrigo Melo	01	Colegio Vasco da Gama	<b>1:00.25</b>	+0,84 R	534
	50m: 28.97 28.97	100m: 1:00.25 31.28				
11.	FIDALGO Mateus Valente	01	Estarreja	<b>1:00.44</b>	+0,64	529
	50m: 28.61 28.61	100m: 1:00.44 31.83				
12.	SANTOS Edgar Filipe	01	Uniao Piedense	<b>1:00.90</b>	+0,65	517
	50m: 29.69 29.69	100m: 1:00.90 31.21				
13.	GONCALVES Rodrigo Oliveira	02	Porto	<b>1:01.02</b>	+0,59	514
	50m: 29.85 29.85	100m: 1:01.02 31.17				
14.	COELHO Nuno Tiago	02	Amigos da Montanha/Becri	<b>1:03.46</b>	+1,44	457
	50m: 30.41 30.41	100m: 1:03.46 33.05				

Prova 36, Masc., 100m Costas, Elimin

EXH	CAETANO Gino Santos <i>Rec Nacional S 9,</i>	94	Galitos / Bresimar	<b>1:05.47</b>	+0,77	416
	50m: 31.71 31.71	100m: 1:05.47	33.76			
EXH	CANCELA Diogo Luis <i>Rec Nacional S 8</i>	02	Miranda do Corvo	<b>1:13.38</b>	+0,68	295
	50m: 35.61 35.61	100m: 1:13.38	37.77			

Prova 37

Femin., 100m Costas

Absolutos  
Resultados Elimin

23-12-2018 - 9:55

RN25 Absoluto	1:00.64	LEITE Ana Sofia	GCVR	Porto	12-12-2015
RN25 Sen	1:00.64	LEITE Ana Sofia	GCVR	Porto	12-12-2015
RN25 Jun17	1:01.56	FERNANDES Ines Camacho	SCP	Felgueiras	22-12-2013
RN25 Jun16	1:01.55	FERNANDES Ines Camacho	SCP	Porto	08-12-2013

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:03.49</b>	+0,63 Q	651
	50m: 31.09 31.09	100m: 1:03.49	32.40			
2.	LOPES Carolina Sofia	96	Natacao de Faro	<b>1:04.64</b>	+0,61 Q	617
	50m: 31.21 31.21	100m: 1:04.64	33.43			
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>1:04.72</b>	+0,52 Q	614
	50m: 30.97 30.97	100m: 1:04.72	33.75			
4.	LEITE Ana Sofia	93	Ginasio de Vila Real	<b>1:04.86</b>	+0,63 Q	610
	50m: 30.68 30.68	100m: 1:04.86	34.18			
5.	FREIXO Juliana Lima	97	Braga	<b>1:04.95</b>	+0,61 Q	608
	50m: 31.48 31.48	100m: 1:04.95	33.47			
6.	CABRAL Maria Francisca	00	Porto	<b>1:04.97</b>	+0,67 Q	607
	50m: 31.96 31.96	100m: 1:04.97	33.01			
7.	NEVES Ana Carolina	00	Academica de Coimbra	<b>1:05.02</b>	+0,61 Q	606
	50m: 31.46 31.46	100m: 1:05.02	33.56			
8.	SANTOS Alexandra Jesus	00	Leixoes	<b>1:06.29</b>	+0,66 Q	572
	50m: 31.88 31.88	100m: 1:06.29	34.41			
9.	COSTA Ana Filipa	98	Natacao de Beja	<b>1:06.32</b>	+1,88 R	571
	50m: 32.11 32.11	100m: 1:06.32	34.21			
10.	FERREIRA Ana Raquel	98	Benfica	<b>1:06.42</b>	+0,64 R	568
	50m: 32.19 32.19	100m: 1:06.42	34.23			
11.	FERREIRA Catarina Maria	98	Porto	<b>1:06.52</b>	+0,64	566
	50m: 32.54 32.54	100m: 1:06.52	33.98			
12.	MARTINS Maria Esteves	01	Galitos / Bresimar	<b>1:06.68</b>	+0,62	562
	50m: 32.16 32.16	100m: 1:06.68	34.52			

Prova 37, Femin., 100m Costas, Elimina, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
13.	PEREIRA Beatriz Elisabete	97	Cova da Piedade	<b>1:06.70</b>	+0,65	561
	50m: 31.54 31.54	100m: 1:06.70	35.16			
14.	RODRIGUES Luana Correia	01	Belenenses	<b>1:07.32</b>	+0,60	546
	50m: 32.75 32.75	100m: 1:07.32	34.57			
15.	NUNES Sofia Alexandra	00	Laranjeiro	<b>1:07.44</b>	+0,72	543
	50m: 32.85 32.85	100m: 1:07.44	34.59			
16.	REIS Ana Miguel	00	Nautico Academico	<b>1:07.56</b>	+0,62	540
	50m: 32.62 32.62	100m: 1:07.56	34.94			
DNS	SANTOS Tatiana Filipa	95	Academica de Coimbra			

Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:02.05</b>	+0,56 Q	697
	50m: 30.19 30.19	100m: 1:02.05	31.86			
2.	AZEVEDO Rafaela Gomes	02	Alges	<b>1:04.75</b>	+0,68 Q	613
	50m: 31.18 31.18	100m: 1:04.75	33.57			
3.	LASCU Nicoleta	02	Litoral Alentejano	<b>1:05.70</b>	+1,39 Q	587
	50m: 31.99 31.99	100m: 1:05.70	33.71			
	PEIXEIRA Filipa Ramos	03	Sporting	<b>1:05.70</b>	+0,68 Q	587
	50m: 31.51 31.51	100m: 1:05.70	34.19			
5.	RAMOS Ana Rita	02	Porto	<b>1:06.17</b>	+0,69 Q	575
	50m: 32.30 32.30	100m: 1:06.17	33.87			
6.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	<b>1:06.64</b>	+0,62 Q	563
	50m: 31.76 31.76	100m: 1:06.64	34.88			
7.	CRUZ Sara Moura	03	Alges	<b>1:07.22</b>	+0,61 Q	548
	50m: 32.51 32.51	100m: 1:07.22	34.71			
8.	MARQUES Mariana Nunes	03	Estarreja	<b>1:07.36</b>	+0,59 Q	545
	50m: 32.44 32.44	100m: 1:07.36	34.92			
9.	ESTEVEES Maria Mousinho	02	Laranjeiro	<b>1:07.40</b>	+1,93 R	544
	50m: 32.94 32.94	100m: 1:07.40	34.46			
10.	RAMOS Ines Asseiceira	03	Torres Novas	<b>1:07.83</b>	+1,71 R	533
	50m: 32.85 32.85	100m: 1:07.83	34.98			
11.	CARVALHO Maria Joao	02	Portinado	<b>1:07.86</b>	+0,79	533
	50m: 32.61 32.61	100m: 1:07.86	35.25			
12.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>1:08.06</b>	+0,61	528
	50m: 33.09 33.09	100m: 1:08.06	34.97			
13.	MENDES Lea Alexandra	03	Gualdim Pais	<b>1:08.12</b>	+0,58	527
	50m: 33.01 33.01	100m: 1:08.12	35.11			
14.	MELO Barbara Azambujo	02	Academica de Coimbra	<b>1:08.65</b>	+0,79	515
	50m: 32.64 32.64	100m: 1:08.65	36.01			

Prova 37, Femin., 100m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
15.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>1:08.98</b>	+0,81	507
	50m:	32.33	32.33	100m:	1:08.98	36.65
16.	CUNHA Mafalda Pacheco	02	Fluvial Portuense	<b>1:09.89</b>	+0,59	488
	50m:	33.11	33.11	100m:	1:09.89	36.78

Prova 38

Masc., 200m Mariposa

Absolutos  
Resultados Elimin

23-12-2018 - 10:10

RN25 Absoluto	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Sen	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Jun18	1:58.64	CARVALHO Diogo Filipe	CGA	Tomar	09-12-2005
RN25 Jun17	1:59.93	CARVALHO Diogo Filipe	CGA	Mealhada	05-03-2005

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	PEREIRA Luiz Pedro	91	Benfica	<b>1:58.26</b>	+0,77 Q	773
	50m:	26.72	26.72	100m:	56.33	29.61
	150m:	1:26.84	30.51	200m:	1:58.26	31.42
2.	SILVA Joao Carlos	98	Famalicao	<b>2:01.60</b>	+0,64 Q	711
	50m:	27.05	27.05	100m:	57.61	30.56
	150m:	1:28.86	31.25	200m:	2:01.60	32.74
3.	MENDES Antonio Manuel	99	Sporting	<b>2:03.84</b>	+0,69 Q	673
	50m:	28.37	28.37	100m:	1:00.13	31.76
	150m:	1:32.07	31.94	200m:	2:03.84	31.77
4.	CARVALHO Andre Antunes	96	Sporting	<b>2:04.55</b>	+0,74 Q	662
	50m:	27.03	27.03	100m:	58.12	31.09
	150m:	1:30.54	32.42	200m:	2:04.55	34.01
5.	REBELO Diogo Nogueira	98	Colegio Monte Maior	<b>2:04.57</b>	+0,78 Q	661
	50m:	28.22	28.22	100m:	59.44	31.22
	150m:	1:31.73	32.29	200m:	2:04.57	32.84
6.	SANTOS Pedro Andre	94	Alges	<b>2:04.66</b>	+0,75 Q	660
	50m:	27.78	27.78	100m:	59.98	32.20
	150m:	1:31.71	31.73	200m:	2:04.66	32.95
7.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>2:04.77</b>	+0,69 Q	658
	50m:	28.23	28.23	100m:	59.94	31.71
	150m:	1:32.29	32.35	200m:	2:04.77	32.48
8.	PINOTES Pedro Miguel	89	Sporting	<b>2:05.06</b>	+0,74 Q	654
	50m:	27.92	27.92	100m:	59.83	31.91
	150m:	1:32.43	32.60	200m:	2:05.06	32.63
9.	SEQUEIRA Afonso Meneses	99	Naval do Funchal	<b>2:05.27</b>	+0,76 R	650
	50m:	27.78	27.78	100m:	59.55	31.77
	150m:	1:32.11	32.56	200m:	2:05.27	33.16
10.	GOUVEIA Pedro Galvao	99	Desportivo Nacional	<b>2:05.89</b>	+0,78 R	641
	50m:	28.07	28.07	100m:	59.71	31.64
	150m:	1:32.23	32.52	200m:	2:05.89	33.66
11.	PINTO Antonio Fernando	99	Benfica	<b>2:06.15</b>	+0,73	637
	50m:	28.15	28.15	100m:	1:00.40	32.25
	150m:	1:32.91	32.51	200m:	2:06.15	33.24
12.	LINO Rafael	99	Porto	<b>2:06.52</b>	+0,68	631
	50m:	27.94	27.94	100m:	1:00.11	32.17
	150m:	1:33.90	33.79	200m:	2:06.52	32.62

Prova 38, Masc., 200m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
13.	TRAVANCA Sergio Filipe	00	Leixoes	<b>2:06.91</b>	+0,67	625
	50m: 27.95 27.95	100m: 59.99 32.04	150m: 1:32.80	32.81	200m: 2:06.91	34.11
14.	GONCALVES Francisco Xavier	97	Nautico Academico	<b>2:07.47</b>	+0,78	617
	50m: 28.06 28.06	100m: 1:00.02 31.96	150m: 1:33.00	32.98	200m: 2:07.47	34.47
15.	SAMPAIO Jose Pedro	98	Fluvial Portuense	<b>2:08.12</b>	+0,75	608
	50m: 28.29 28.29	100m: 1:00.19 31.90	150m: 1:32.42	32.23	200m: 2:08.12	35.70
16.	FERREIRA Miguel Goncalves	93	Desportivo Nacional	<b>2:09.58</b>	+0,85	588
	50m: 28.11 28.11	100m: 1:00.79 32.68	150m: 1:34.97	34.18	200m: 2:09.58	34.61
17.	SILVA Martim Moniz	99	Naval do Funchal	<b>2:10.24</b>	+0,69	579
	50m: 28.65 28.65	100m: 1:01.49 32.84	150m: 1:35.28	33.79	200m: 2:10.24	34.96
18.	SILVA Jorge Jesus	00	Braga	<b>2:11.83</b>	+0,75	558
	50m: 29.34 29.34	100m: 1:02.64 33.30	150m: 1:37.07	34.43	200m: 2:11.83	34.76

Juniores

1.	CRISTINO David Matias	01	Uniao Piedense	<b>2:07.20</b>	+0,74 Q	621
	50m: 29.13 29.13	100m: 1:02.31 33.18	150m: 1:34.29	31.98	200m: 2:07.20	32.91
2.	AGUIAR Gabriel Silva	01	Porto	<b>2:07.60</b>	+0,63 Q	615
	50m: 28.88 28.88	100m: 1:02.18 33.30	150m: 1:34.69	32.51	200m: 2:07.60	32.91
3.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>2:07.93</b>	+0,75 Q	611
	50m: 29.68 29.68	100m: 1:02.57 32.89	150m: 1:35.08	32.51	200m: 2:07.93	32.85
4.	GOMES Vicente Oliveira	02	Sporting	<b>2:08.92</b>	+0,73 Q	597
	50m: 28.45 28.45	100m: 1:01.24 32.79	150m: 1:34.53	33.29	200m: 2:08.92	34.39
5.	BRANCO Alexandre Miguel	01	Alges	<b>2:09.79</b>	+0,74 Q	585
	50m: 28.48 28.48	100m: 1:01.25 32.77	150m: 1:35.18	33.93	200m: 2:09.79	34.61
6.	PINTO Pedro Miguel	02	Sporting	<b>2:09.88</b>	+0,81 Q	583
	50m: 28.75 28.75	100m: 1:01.60 32.85	150m: 1:35.26	33.66	200m: 2:09.88	34.62
7.	CAMOES Tiago Maria	01	Uniao Piedense	<b>2:11.05</b>	+0,75 Q	568
	50m: 29.57 29.57	100m: 1:02.90 33.33	150m: 1:36.87	33.97	200m: 2:11.05	34.18
8.	AMARAL Francisco Rodriguez	02	Campinho	<b>2:11.26</b>	+0,75 Q	565
	50m: 29.54 29.54	100m: 1:02.97 33.43	150m: 1:36.73	33.76	200m: 2:11.26	34.53
9.	FERNANDES Eduardo Gomes	02	Sporting	<b>2:11.43</b>	+0,75 R	563
	50m: 29.31 29.31	100m: 1:01.68 32.37	150m: 1:37.11	35.43	200m: 2:11.43	34.32
10.	GORDO Goncalo Morais	02	Colegio Monte Maior	<b>2:12.37</b>	+0,79 R	551
	50m: 29.32 29.32	100m: 1:02.78 33.46	150m: 1:37.23	34.45	200m: 2:12.37	35.14

Prova 39  
23-12-2018 - 10:20

Femin., 200m Mariposa

Absolutos  
Resultados Elimin

RN25 Absoluto	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Sen	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Jun17	2:10.12	CRUZ Sara Francisco	ADBA	Leiria	04-12-2009
RN25 Jun16	2:13.60	FRANCISCO Ana Rita	POR	Gelsenkirchen (GER)	11-02-1996

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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### Seniores

1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:13.84</b>	+0,74 Q	713
	50m: 30.24 30.24	100m: 1:03.97 33.73	150m: 1:38.38	34.41	200m: 2:13.84	35.46
2.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:15.88</b>	+0,74 Q	682
	50m: 30.29 30.29	100m: 1:04.49 34.20	150m: 1:39.53	35.04	200m: 2:15.88	36.35
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>2:17.21</b>	+0,85 Q	662
	50m: 30.99 30.99	100m: 1:05.46 34.47	150m: 1:41.48	36.02	200m: 2:17.21	35.73
4.	MARTINS Ana Beatriz	99	Famalicao	<b>2:21.16</b>	+0,82 Q	608
	50m: 31.45 31.45	100m: 1:07.51 36.06	150m: 1:43.93	36.42	200m: 2:21.16	37.23
5.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	<b>2:21.31</b>	+0,79 Q	606
	50m: 31.16 31.16	100m: 1:06.93 35.77	150m: 1:43.83	36.90	200m: 2:21.31	37.48
6.	BARATA Barbara Sofia	97	Alges	<b>2:22.67</b>	+0,73 Q	589
	50m: 31.70 31.70	100m: 1:07.61 35.91	150m: 1:44.52	36.91	200m: 2:22.67	38.15
7.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	<b>2:23.19</b>	+0,80 Q	582
	50m: 31.66 31.66	100m: 1:07.61 35.95	150m: 1:44.95	37.34	200m: 2:23.19	38.24
8.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>2:23.30</b>	+0,78 Q	581
	50m: 31.79 31.79	100m: 1:07.70 35.91	150m: 1:44.71	37.01	200m: 2:23.30	38.59
9.	SILVA Ana Pimenta	01	Desportiva de Viana	<b>2:24.78</b>	+0,84 R	563
	50m: 32.72 32.72	100m: 1:09.03 36.31	150m: 1:46.26	37.23	200m: 2:24.78	38.52
10.	BERNARDO Ines Silva	00	Benfica	<b>2:26.23</b>	+0,74 R	547
	50m: 32.50 32.50	100m: 1:09.61 37.11	150m: 1:47.18	37.57	200m: 2:26.23	39.05
11.	GUERRA Sara Costa	99	Natacao de Lisboa	<b>2:26.93</b>	+0,73	539
	50m: 31.52 31.52	100m: 1:08.52 37.00	150m: 1:47.03	38.51	200m: 2:26.93	39.90
12.	MONTEIRO Ines Rosado	00	Natacao de Vagos	<b>2:27.76</b>	+0,70	530
	50m: 32.04 32.04	100m: 1:08.14 36.10	150m: 1:46.73	38.59	200m: 2:27.76	41.03

### Juniores

1.	GRAVETO Ana Raquel	02	Benfica	<b>2:19.55</b>	+0,80 Q	629
	50m: 31.63 31.63	100m: 1:07.97 36.34	150m: 1:43.51	35.54	200m: 2:19.55	36.04
2.	BARBOSA Mariana Fernandes	02	Porto	<b>2:21.45</b>	+0,80 Q	604
	50m: 31.27 31.27	100m: 1:06.78 35.51	150m: 1:43.27	36.49	200m: 2:21.45	38.18
3.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:21.97</b>	+0,80 Q	598
	50m: 31.94 31.94	100m: 1:07.57 35.63	150m: 1:44.62	37.05	200m: 2:21.97	37.35
4.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:22.70</b>	+0,80 Q	588
	50m: 31.52 31.52	100m: 1:07.30 35.78	150m: 1:44.67	37.37	200m: 2:22.70	38.03

Prova 39, Femin., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
5.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>2:22.79</b>	+0,73 Q	587
	50m: 31.61 31.61	100m: 1:07.27 35.66	150m: 1:44.81	37.54	200m: 2:22.79	37.98
6.	MARTINS Joana Ribeiro	03	Benfica	<b>2:22.94</b>	+0,85 Q	585
	50m: 32.81 32.81	100m: 1:08.96 36.15	150m: 1:45.98	37.02	200m: 2:22.94	36.96
7.	PEREIRA Clara Gomes	02	Alges	<b>2:23.69</b>	+0,77 Q	576
	50m: 32.10 32.10	100m: 1:08.62 36.52	150m: 1:45.71	37.09	200m: 2:23.69	37.98
8.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>2:24.81</b>	+0,74 Q	563
	50m: 31.93 31.93	100m: 1:08.23 36.30	150m: 1:46.03	37.80	200m: 2:24.81	38.78
9.	SILVA Eduarda Reis	03	Famalicao	<b>2:25.31</b>	+0,64 R	557
	50m: 32.14 32.14	100m: 1:08.58 36.44	150m: 1:46.06	37.48	200m: 2:25.31	39.25
10.	PINA Ana Sofia	02	O Crasto	<b>2:26.00</b>	+0,79 R	549
	50m: 31.74 31.74	100m: 1:08.25 36.51	150m: 1:46.25	38.00	200m: 2:26.00	39.75
11.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>2:26.05</b>	+0,84	549
	50m: 32.58 32.58	100m: 1:10.29 37.71	150m: 1:48.48	38.19	200m: 2:26.05	37.57
12.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>2:26.31</b>	+0,64	546
	50m: 32.27 32.27	100m: 1:08.81 36.54	150m: 1:47.27	38.46	200m: 2:26.31	39.04
13.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>2:26.93</b>	+0,70	539
	50m: 31.72 31.72	100m: 1:09.08 37.36	150m: 1:47.85	38.77	200m: 2:26.93	39.08
14.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>2:27.85</b>	+0,74	529
	50m: 32.18 32.18	100m: 1:09.32 37.14	150m: 1:47.91	38.59	200m: 2:27.85	39.94
15.	MATOS Ana Rita	02	Belenenses	<b>2:29.73</b>	+0,78	509
	50m: 32.75 32.75	100m: 1:10.19 37.44	150m: 1:48.93	38.74	200m: 2:29.73	40.80
16.	HENRIQUES Daniela Mascarenhas	03	Gesloures	<b>2:29.96</b>	+0,73	507
	50m: 33.49 33.49	100m: 1:10.91 37.42	150m: 1:50.73	39.82	200m: 2:29.96	39.23
17.	JUNQUEIRA Sofia Ribeiro	02	Bairro dos Anjos/ Leiria	<b>2:30.46</b>	+0,77	502
	50m: 32.60 32.60	100m: 1:10.59 37.99	150m: 1:50.40	39.81	200m: 2:30.46	40.06
18.	SILVA Natacha Sofia	02	Benfica	<b>2:31.07</b>	+0,81	496
	50m: 33.72 33.72	100m: 1:11.72 38.00	150m: 1:51.14	39.42	200m: 2:31.07	39.93
19.	RODRIGUES Daniela Oliveira	02	Natacao de Valongo	<b>2:31.76</b>	+0,76	489
	50m: 33.47 33.47	100m: 1:11.78 38.31	150m: 1:51.41	39.63	200m: 2:31.76	40.35
20.	MAGALHAES Ines Filipa	02	Aquatico Pacense	<b>2:32.22</b>	+1,00	485
	50m: 33.93 33.93	100m: 1:12.45 38.52	150m: 1:52.28	39.83	200m: 2:32.22	39.94
21.	BARROS Margarida Cunha	02	Uniao Piedense	<b>2:32.58</b>	+0,68	481
	50m: 33.25 33.25	100m: 1:11.27 38.02	150m: 1:51.58	40.31	200m: 2:32.58	41.00
22.	LOURENCO Alice Carmo	02	Viana Natacao	<b>2:32.72</b>	+0,93	480
	50m: 33.06 33.06	100m: 1:11.18 38.12	150m: 1:52.06	40.88	200m: 2:32.72	40.66
23.	NEVES Sara Dias	03	Miranda do Corvo	<b>2:32.76</b>	+0,84	480

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 39, Femin., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
	50m: 33.61 33.61 100m: 1:12.74 39.13 150m: 1:52.76 40.02 200m: 2:32.76 40.00					
24.	CORREIA Rute Ferreira	03	Clube de Vouzela	<b>2:32.84</b>	+0,87	479
	50m: 32.36 32.36 100m: 1:09.79 37.43 150m: 1:50.68 40.89 200m: 2:32.84 42.16					
25.	ROCHA Daniela Filipa	02	Aquatico Pacense	<b>2:32.86</b>	+1,01	479
	50m: 34.06 34.06 100m: 1:12.65 38.59 150m: 1:52.53 39.88 200m: 2:32.86 40.33					
26.	OLIVEIRA Mafalda Joana	02	Aquatico Pacense	<b>2:33.40</b>	+0,86	474
	50m: 32.69 32.69 100m: 1:10.71 38.02 150m: 1:49.89 39.18 200m: 2:33.40 43.51					
27.	CAZEIRO Filipa Inacio	02	AONDA-Azeitao	<b>2:35.11</b>	+0,77	458
	50m: 32.93 32.93 100m: 1:10.95 38.02 150m: 1:51.64 40.69 200m: 2:35.11 43.47					
28.	CARVALHO Maria Leitao	02	Bairro dos Anjos/ Leiria	<b>2:35.75</b>	+0,81	452
	50m: 34.93 34.93 100m: 1:13.78 38.85 150m: 1:54.29 40.51 200m: 2:35.75 41.46					
29.	SOUSA Ines Matos	03	Uniao Coimbra	<b>2:38.89</b>	+0,85	426
	50m: 34.93 34.93 100m: 1:15.24 40.31 150m: 1:57.18 41.94 200m: 2:38.89 41.71					
30.	DOMINGUES Matilde Mota	03	Colegio SMLamas	<b>2:43.43</b>	+0,69	392
	50m: 33.36 33.36 100m: 1:13.63 40.27 150m: 1:55.89 42.26 200m: 2:43.43 47.54					

DSQ RIBEIRO Nina Pinto 02 Foca  
, 812 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 150 m - SW 8.4

Prova 40 Masc., 200m Livres Absolutos  
23-12-2018 - 10:55 Resultados Elimin

RN25 Absoluto	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Sen	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Jun18	1:47.73	VENANCIO Tiago Andre	POR	Viena (AUT)	12-12-2004
RN25 Jun17	1:50.67	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009
RN S15	2:02.38	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Prova 40, Masc., 200m Livres, Elimin

Seniores

1.	RAMOS Bruno Miguel	97	Belenenses	<b>1:50.02</b>	+0,65	Q	736
	50m: 25.99 25.99	100m: 53.93 27.94	150m: 1:21.96 28.03	200m: 1:50.02 28.06			
2.	NASCIMENTO Miguel Duarte	95	Benfica	<b>1:50.29</b>	+0,68	Q	731
	50m: 26.13 26.13	100m: 54.93 28.80	150m: 1:22.24 27.31	200m: 1:50.29 28.05			
3.	COSTA Tiago Cunha	99	Sporting	<b>1:50.53</b>	+0,66	Q	726
	50m: 25.24 25.24	100m: 52.67 27.43	150m: 1:21.54 28.87	200m: 1:50.53 28.99			
4.	MOGNE Igor Araujo	96	Sporting	<b>1:51.15</b>	+0,76	Q	714
	50m: 26.41 26.41	100m: 54.56 28.15	150m: 1:22.91 28.35	200m: 1:51.15 28.24			
5.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:51.17</b>	+0,67	Q	714
	50m: 26.32 26.32	100m: 54.50 28.18	150m: 1:22.51 28.01	200m: 1:51.17 28.66			
6.	SANTOS Francisco Rogerio	98	Sporting	<b>1:51.48</b>	+0,72	Q	708
	50m: 26.22 26.22	100m: 54.88 28.66	150m: 1:23.13 28.25	200m: 1:51.48 28.35			
7.	BATE Afonso Ribeiro	98	Alges	<b>1:51.56</b>	+0,73	Q	706
	50m: 26.44 26.44	100m: 54.86 28.42	150m: 1:23.79 28.93	200m: 1:51.56 27.77			
	DANTAS Diogo Leal	00	Sporting	<b>1:51.56</b>	+0,62	Q	706
	50m: 26.19 26.19	100m: 54.34 28.15	150m: 1:22.90 28.56	200m: 1:51.56 28.66			
9.	SANTOS Joao Duarte	95	Natacao Olhao	<b>1:51.71</b>	+0,66	R	703
	50m: 26.06 26.06	100m: 54.43 28.37	150m: 1:23.12 28.69	200m: 1:51.71 28.59			
10.	BASTOS Lucas Pereira	00	Nautico Academico	<b>1:53.07</b>	+0,67	R	678
	50m: 26.34 26.34	100m: 54.69 28.35	150m: 1:23.37 28.68	200m: 1:53.07 29.70			
11.	MORIM Ruben Jose	97	Vilacondense	<b>1:54.13</b>	+0,76		660
	50m: 26.25 26.25	100m: 54.73 28.48	150m: 1:24.55 29.82	200m: 1:54.13 29.58			
12.	SANTOS Dario Almeida	93	Leixoes	<b>1:54.19</b>	+0,71		658
	50m: 26.57 26.57	100m: 55.10 28.53	150m: 1:24.31 29.21	200m: 1:54.19 29.88			
13.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>1:55.23</b>	+0,80		641
	50m: 26.16 26.16	100m: 54.94 28.78	150m: 1:25.02 30.08	200m: 1:55.23 30.21			
14.	GOMES Rodrigo Ribeiro	00	Fundacao Beatriz Santos	<b>1:55.32</b>	+0,79		639
	50m: 26.75 26.75	100m: 55.11 28.36	150m: 1:24.89 29.78	200m: 1:55.32 30.43			
15.	SOARES Tiago Silva	99	Porto	<b>1:55.49</b>	+0,85		636
	50m: 25.72 25.72	100m: 54.36 28.64	150m: 1:24.41 30.05	200m: 1:55.49 31.08			
16.	GONCALVES Francisco Xavier	97	Nautico Academico	<b>1:56.07</b>	+0,73		627
	50m: 26.90 26.90	100m: 55.81 28.91	150m: 1:25.53 29.72	200m: 1:56.07 30.54			
DNS	NUNES Diogo Barbosa	00	Porto				

Prova 40, Masc., 200m Livres, Elimin

Juniores

1.	LEBRE Diogo Ramos	01	Benfica	<b>1:54.52</b>	+0,76	Q	653
	50m: 27.18 27.18	100m: 56.94 29.76	150m: 1:25.89 28.95	200m: 1:54.52 28.63			
2.	LOPES Tomas Teixeira	02	Foca	<b>1:54.84</b>	+0,67	Q	647
	50m: 26.59 26.59	100m: 55.38 28.79	150m: 1:25.10 29.72	200m: 1:54.84 29.74			
3.	SANTOS Pedro Miguel	01	Porto	<b>1:54.85</b>	+0,71	Q	647
	50m: 27.40 27.40	100m: 56.81 29.41	150m: 1:26.12 29.31	200m: 1:54.85 28.73			
4.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>1:55.21</b>	+0,69	Q	641
	50m: 26.54 26.54	100m: 55.17 28.63	150m: 1:24.99 29.82	200m: 1:55.21 30.22			
5.	FERRAO Goncalo Carvalho	01	Cova da Piedade	<b>1:55.34</b>	+0,64	Q	639
	50m: 26.24 26.24	100m: 55.04 28.80	150m: 1:24.71 29.67	200m: 1:55.34 30.63			
6.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>1:55.49</b>	+0,86	Q	636
	50m: 27.13 27.13	100m: 56.45 29.32	150m: 1:26.09 29.64	200m: 1:55.49 29.40			
7.	DEUS Andre Portugal	02	Naval do Funchal	<b>1:55.57</b>	+0,69	Q	635
	50m: 26.95 26.95	100m: 56.19 29.24	150m: 1:26.25 30.06	200m: 1:55.57 29.32			
8.	AIRES Rafael Alcantara	01	Benfica	<b>1:55.84</b>	+0,70	Q	631
	50m: 27.25 27.25	100m: 56.50 29.25	150m: 1:26.09 29.59	200m: 1:55.84 29.75			
9.	TRAVASSOS Rodrigo Alexandre	02	Condeixa Clube	<b>1:56.31</b>	+0,74	R	623
	50m: 27.31 27.31	100m: 56.74 29.43	150m: 1:26.56 29.82	200m: 1:56.31 29.75			
10.	MACHADO Tiago Andrade	02	Sporting de Aveiro	<b>1:56.47</b>	+0,61	R	621
	50m: 27.20 27.20	100m: 56.60 29.40	150m: 1:26.67 30.07	200m: 1:56.47 29.80			
11.	SIMOES Bernardo Jorge	02	Torres Novas	<b>1:56.69</b>	+0,71		617
	50m: 27.34 27.34	100m: 57.07 29.73	150m: 1:27.36 30.29	200m: 1:56.69 29.33			
12.	JACINTO Rafael Rodrigues	02	Belenenses	<b>1:56.81</b>	+0,76		615
	50m: 26.78 26.78	100m: 55.73 28.95	150m: 1:25.38 29.65	200m: 1:56.81 31.43			
EXH	SILVA Fernando Souza	86	Uniao Piedense	<b>1:50.77</b>	+0,75		721
	50m: 25.43 25.43	100m: 53.53 28.10	150m: 1:21.92 28.39	200m: 1:50.77 28.85			
EXH	NEVES Tiago Correia Rec Nacional S 15,	97	Belenenses	<b>1:59.52</b>	+0,65		574
	50m: 27.67 27.67	100m: 58.37 30.70	150m: 1:29.21 30.84	200m: 1:59.52 30.31			
EXH	GRACHAT David Realista	87	Gesloures	<b>2:03.32</b>	+0,80		523
	50m: 29.23 29.23	100m: 1:00.65 31.42	150m: 1:32.19 31.54	200m: 2:03.32 31.13			
EXH	CAETANO Gino Santos	94	Galitos / Bresimar	<b>2:05.37</b>	+0,90		497
	50m: 29.20 29.20	100m: 1:00.51 31.31	150m: 1:32.47 31.96	200m: 2:05.37 32.90			

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 41  
23-12-2018 - 11:10

Femin., 200m Livres

Absolutos  
Resultados Elimin

RN25 Absoluto	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	2:00.35	SOUSA Ana Reis	SAD	Vila Real St. Antonio	03-11-2018
RN25 Jun16	2:01.17	SOUSA Ana Reis	CNLA	Leiria	03-12-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:03.08</b>	+0,77 Q	722
	50m: 28.37 28.37	100m: 59.20 30.83	150m: 1:30.86	31.66	200m: 2:03.08	32.22
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>2:03.44</b>	+0,76 Q	715
	50m: 29.01 29.01	100m: 1:00.21 31.20	150m: 1:31.86	31.65	200m: 2:03.44	31.58
3.	AZEVEDO Madalena Gomes	99	Alges	<b>2:04.91</b>	+0,83 Q	690
	50m: 29.07 29.07	100m: 1:00.46 31.39	150m: 1:32.76	32.30	200m: 2:04.91	32.15
4.	BELEZA Mafalda Gomes	94	Sporting	<b>2:05.11</b>	+0,71 Q	687
	50m: 29.49 29.49	100m: 1:01.07 31.58	150m: 1:33.34	32.27	200m: 2:05.11	31.77
5.	VIEGAS Beatriz Mendes	00	Sporting	<b>2:05.38</b>	+0,58 Q	683
	50m: 28.99 28.99	100m: 1:00.65 31.66	150m: 1:32.99	32.34	200m: 2:05.38	32.39
6.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>2:06.33</b>	+0,72 Q	667
	50m: 29.86 29.86	100m: 1:01.48 31.62	150m: 1:33.58	32.10	200m: 2:06.33	32.75
7.	MACHADO Luisa Maria	01	Uniao Piedense	<b>2:06.40</b>	+0,93 Q	666
	50m: 29.54 29.54	100m: 1:01.47 31.93	150m: 1:33.74	32.27	200m: 2:06.40	32.66
8.	NEVES Carolina Marques	01	Torres Novas	<b>2:06.93</b>	+0,79 Q	658
	50m: 29.61 29.61	100m: 1:02.42 32.81	150m: 1:35.07	32.65	200m: 2:06.93	31.86
9.	FARIA Ana Rita	00	Porto	<b>2:06.95</b>	+0,77 R	658
	50m: 29.38 29.38	100m: 1:01.51 32.13	150m: 1:34.55	33.04	200m: 2:06.95	32.40
10.	RODRIGUES Filipa Serrano	01	Benfica	<b>2:07.01</b>	+0,76 R	657
	50m: 29.69 29.69	100m: 1:01.67 31.98	150m: 1:34.10	32.43	200m: 2:07.01	32.91
11.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>2:08.33</b>	+0,74	637
	50m: 30.31 30.31	100m: 1:02.29 31.98	150m: 1:35.23	32.94	200m: 2:08.33	33.10
12.	VELOSO Teresa Miguel	00	Nautico Academico	<b>2:11.31</b>	+0,72	594
	50m: 30.14 30.14	100m: 1:03.41 33.27	150m: 1:37.23	33.82	200m: 2:11.31	34.08
13.	CARVALHO Eva Guerreiro	99	Benfica	<b>2:12.25</b>	+0,76	582
	50m: 30.51 30.51	100m: 1:03.36 32.85	150m: 1:37.37	34.01	200m: 2:12.25	34.88
14.	NUNES Sofia Alexandra	00	Laranjeiro	<b>2:19.30</b>	+0,78	498
	50m: 31.46 31.46	100m: 1:06.18 34.72	150m: 1:42.57	36.39	200m: 2:19.30	36.73
DNS	CHEROUATI Souad Nefissa	89	Benfica			

Prova 41, Femin., 200m Livres, Elimin

Juniores

1.	SOUSA Ana Reis	02	Alges	<b>2:01.27</b>	+0,71	Q	755
	50m: 28.39 28.39	100m: 59.32 30.93	150m: 1:30.24	30.92	200m: 2:01.27	31.03	
2.	MARTINS Francisca Soares	03	Foca	<b>2:03.62</b>	+0,72	Q	712
	50m: 28.72 28.72	100m: 59.93 31.21	150m: 1:32.01	32.08	200m: 2:03.62	31.61	
3.	ANDRE Leticia Maia	02	Benfica	<b>2:03.88</b>	+0,72	Q	708
	50m: 29.14 29.14	100m: 1:00.30 31.16	150m: 1:32.02	31.72	200m: 2:03.88	31.86	
4.	PINA Ana Sofia	02	O Crasto	<b>2:07.14</b>	+0,77	Q	655
	50m: 29.29 29.29	100m: 1:01.10 31.81	150m: 1:33.99	32.89	200m: 2:07.14	33.15	
5.	FRAZAO Alexandra Couto	02	Condeixa Clube	<b>2:07.80</b>	+0,77	Q	645
	50m: 29.84 29.84	100m: 1:01.90 32.06	150m: 1:34.63	32.73	200m: 2:07.80	33.17	
6.	SOARES Catarina Silva	03	Porto	<b>2:07.88</b>	+0,74	Q	643
	50m: 29.55 29.55	100m: 1:02.11 32.56	150m: 1:35.07	32.96	200m: 2:07.88	32.81	
7.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:08.99</b>	+0,82	Q	627
	50m: 29.72 29.72	100m: 1:02.19 32.47	150m: 1:35.65	33.46	200m: 2:08.99	33.34	
8.	PINTO Mafalda Marques	02	Sporting	<b>2:09.01</b>	+0,69	Q	627
	50m: 29.90 29.90	100m: 1:02.97 33.07	150m: 1:36.70	33.73	200m: 2:09.01	32.31	
9.	SOARES Carolina Silva	03	Natacao de Valongo	<b>2:09.29</b>	+0,83	R	623
	50m: 30.05 30.05	100m: 1:02.84 32.79	150m: 1:36.23	33.39	200m: 2:09.29	33.06	
10.	PEIXEIRA Filipa Ramos	03	Sporting	<b>2:10.68</b>	+0,86	R	603
	50m: 29.73 29.73	100m: 1:02.47 32.74	150m: 1:36.55	34.08	200m: 2:10.68	34.13	

Prova 42  
23-12-2018 - 11:20

Masc., 100m Estilos

Absolutos  
Resultados Elimin

RN25 Absoluto	52.91	SANTOS Alexis Manacas	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	52.91	SANTOS Alexis Manacas	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun18	56.47	SANTOS Alexis Manacas	SCP	Leiria	06-12-2009
RN25 Jun17	57.40	CARVALHO Diogo Filipe	CGA	Aveiro	14-05-2005

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>55.47</b>	+0,64	Q 745
	50m: 24.94 24.94	100m: 55.47 30.53				
2.	DANTAS Diogo Leal	00	Sporting	<b>57.03</b>	+0,62	Q 686
	50m: 26.06 26.06	100m: 57.03 30.97				
3.	SANTOS Alexis Manacas	92	Sporting	<b>57.33</b>	+0,69	Q 675
	50m: 25.24 25.24	100m: 57.33 32.09				
4.	RAMOS Bruno Miguel	97	Belenenses	<b>57.34</b>	+0,68	Q 675
	50m: 27.38 27.38	100m: 57.34 29.96				
5.	AMORIM Alexandre Ferreira	99	Porto	<b>57.41</b>	+0,64	Q 672
	50m: 26.69 26.69	100m: 57.41 30.72				

Prova 42, Masc., 100m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
6.	SANTOS Pedro Andre	94	Alges	<b>57.42</b>	+0,71 Q	672
	50m: 25.57 25.57	100m: 57.42 31.85				
7.	NUNES Porfirio Braga	00	Porto	<b>57.61</b>	+0,73 Q	665
	50m: 26.27 26.27	100m: 57.61 31.34				
8.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>57.67</b>	+0,72 Q	663
	50m: 26.72 26.72	100m: 57.67 30.95				
9.	TEIXEIRA Guilherme Miguel	97	Belenenses	<b>58.46</b>	+0,73 R	636
	50m: 27.70 27.70	100m: 58.46 30.76				
10.	CORREIA Joao Mota	97	Benfica	<b>58.54</b>	+0,78 R	634
	50m: 26.22 26.22	100m: 58.54 32.32				
11.	OLIVEIRA Luis Carlos	97	Natacao da Maia	<b>58.64</b>	+0,72	631
	50m: 27.06 27.06	100m: 58.64 31.58				
12.	PON Hugo	98	Alges	<b>58.76</b>	+0,68	627
	50m: 28.15 28.15	100m: 58.76 30.61				
13.	SIMOES Rafael Gomes	00	Braga	<b>59.40</b>	+0,80	607
	50m: 27.75 27.75	100m: 59.40 31.65				
14.	SILVA Jorge Jesus	00	Braga	<b>1:00.11</b>	+0,76	585
	50m: 28.18 28.18	100m: 1:00.11 31.93				
15.	SANTANA Joao Miguel	00	Benfica	<b>1:00.43</b>	+0,72	576
	50m: 26.76 26.76	100m: 1:00.43 33.67				
DNS	GOMES Filipe Miguel	97	Bairro dos Anjos/ Leiria			

Juniores

1.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>58.97</b>	+0,69 Q	620
	50m: 26.29 26.29	100m: 58.97 32.68				
2.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>59.28</b>	+0,80 Q	610
	50m: 26.90 26.90	100m: 59.28 32.38				
3.	SILVA Tomas Antonio	01	Naval do Funchal	<b>59.36</b>	+0,65 Q	608
	50m: 27.28 27.28	100m: 59.36 32.08				
4.	FERNANDES Eduardo Gomes	02	Sporting	<b>59.58</b>	+0,71 Q	601
	50m: 27.90 27.90	100m: 59.58 31.68				
5.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>59.61</b>	+0,73 Q	600
	50m: 27.46 27.46	100m: 59.61 32.15				
6.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>59.80</b>	+0,65 Q	595
	50m: 27.67 27.67	100m: 59.80 32.13				
7.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>1:00.10</b>	+0,78 Q	586
	50m: 27.44 27.44	100m: 1:00.10 32.66				

Prova 42, Masc., 100m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	FRISCHKNECHT Renato Barros	01	Alges	<b>1:00.19</b>	+0,62 Q	583
	50m: 28.14 28.14	100m: 1:00.19	32.05			
9.	FERREIRA Ricardo Pinela	01	Benfica	<b>1:00.53</b>	+0,63 R	573
	50m: 27.07 27.07	100m: 1:00.53	33.46			
10.	COSTA Marco Antonio	02	Natacao Guarda	<b>1:01.04</b>	+0,72 R	559
	50m: 27.99 27.99	100m: 1:01.04	33.05			
11.	MERUJE Joaquim Agra	01	Elvense	<b>1:01.08</b>	+0,82	558
	50m: 28.65 28.65	100m: 1:01.08	32.43			

Prova 43  
23-12-2018 - 11:30

Femin., 100m Estilos

Absolutos  
Resultados Elimin

RN25 Absoluto	1:02.07	PEREIRA Raquel Gomes	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	1:02.07	PEREIRA Raquel Gomes	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun17	1:02.34	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	1:04.11	ROSA Maria Carolina	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	FERNANDES Ines Camacho	97	Sporting	<b>1:04.11</b>	+0,72 Q	684
	50m: 29.11 29.11	100m: 1:04.11	35.00			
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>1:04.29</b>	+0,64 Q	679
	50m: 28.88 28.88	100m: 1:04.29	35.41			
3.	KAMINSKAYA Victoria	95	Benfica	<b>1:05.23</b>	+0,71 Q	650
	50m: 29.97 29.97	100m: 1:05.23	35.26			
4.	PEREIRA Raquel Gomes	00	Alges	<b>1:05.54</b>	+0,78 Q	640
	50m: 30.54 30.54	100m: 1:05.54	35.00			
5.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>1:05.96</b>	+0,68 Q	628
	50m: 30.73 30.73	100m: 1:05.96	35.23			
6.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>1:06.25</b>	+0,66 Q	620
	50m: 31.01 31.01	100m: 1:06.25	35.24			
7.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>1:06.81</b>	+0,73 Q	605
	50m: 31.19 31.19	100m: 1:06.81	35.62			
8.	RIBEIRO Margarida Messias	98	Geslours	<b>1:07.17</b>	+0,69 Q	595
	50m: 31.80 31.80	100m: 1:07.17	35.37			
9.	MARTINS Ana Beatriz	99	Famalicao	<b>1:07.18</b>	+0,82 R	595
	50m: 30.78 30.78	100m: 1:07.18	36.40			
10.	SILVA Beatriz Santos	01	Porto	<b>1:07.47</b>	+0,78 R	587
	50m: 32.55 32.55	100m: 1:07.47	34.92			
11.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>1:07.49</b>	+0,76	587
	50m: 27.17 27.17	100m: 1:07.49	40.32			

Prova 43, Femin., 100m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
12.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:08.12</b>	+0,80	570
	50m: 33.07 33.07	100m: 1:08.12	35.05			
13.	SILVA Maria Madalena	98	Braga	<b>1:08.20</b>	+0,73	568
	50m: 31.20 31.20	100m: 1:08.20	37.00			
DSQ	RIESENBERGER Bruna Martins	97	Laranjeiro			
	<i>102 - Não completou a prova - SW 10.2</i>					

Juniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:06.33</b>	+0,74 Q	618
	50m: 30.12 30.12	100m: 1:06.33	36.21			
2.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>1:06.55</b>	+0,77 Q	612
	50m: 30.24 30.24	100m: 1:06.55	36.31			
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>1:07.24</b>	+0,80 Q	593
	50m: 30.83 30.83	100m: 1:07.24	36.41			
4.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>1:07.49</b>	+0,80 Q	587
	50m: 31.43 31.43	100m: 1:07.49	36.06			
5.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>1:07.78</b>	+0,71 Q	579
	50m: 32.14 32.14	100m: 1:07.78	35.64			
6.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>1:08.15</b>	+0,78 Q	570
	50m: 30.77 30.77	100m: 1:08.15	37.38			
	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>1:08.15</b>	+0,71 Q	570
	50m: 31.16 31.16	100m: 1:08.15	36.99			
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>1:08.20</b>	+0,78 Q	568
	50m: 32.10 32.10	100m: 1:08.20	36.10			
9.	CRUZ Sara Moura	03	Alges	<b>1:08.89</b>	+0,69 R	551
	50m: 31.51 31.51	100m: 1:08.89	37.38			
10.	CASTRO Maria Freitas	03	Fafe	<b>1:09.00</b>	+0,74 R	549
	50m: 32.72 32.72	100m: 1:09.00	36.28			
11.	DOMINGUES Luana Pinto	03	Bairro dos Anjos/ Leiria	<b>1:09.08</b>	+0,62	547
	50m: 31.97 31.97	100m: 1:09.08	37.11			
12.	DIAS Ana Leonor	02	Natacao Olhao	<b>1:09.12</b>	+0,70	546
	50m: 33.15 33.15	100m: 1:09.12	35.97			
13.	RAMOS Ines Asseiceira	03	Torres Novas	<b>1:09.18</b>	+0,82	545
	50m: 31.79 31.79	100m: 1:09.18	37.39			
14.	MADEIRA Claudia Isabel	02	Clube de Vouzela	<b>1:09.53</b>	+0,81	536
	50m: 30.55 30.55	100m: 1:09.53	38.98			
15.	TEIXEIRA Ines Oliveira	02	Estarreja	<b>1:09.76</b>	+0,74	531
	50m: 32.13 32.13	100m: 1:09.76	37.63			
16.	LASCU Nicoleta	02	Litoral Alentejano	<b>1:09.95</b>	+0,89	527
	50m: 31.47 31.47	100m: 1:09.95	38.48			

Prova 43, Femin., 100m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
17.	CERDEIRA Madalena Reis	03	Sporting	<b>1:10.61</b>	+0,79	512
	50m: 33.57 33.57	100m: 1:10.61	37.04			
18.	CARVALHO Maria Joao	02	Portinado	<b>1:10.78</b>	+0,81	508
	50m: 31.62 31.62	100m: 1:10.78	39.16			

Prova 44

Masc., 1500m Livres

Absolutos

23-12-2018 - 11:40

Resultados

RN25 Absoluto	15:00.35	SANTO Filipe Miguel	SLB	Algés	24-11-2018
RN25 Sen	15:00.35	SANTO Filipe Miguel	SLB	Algés	24-11-2018
RN25 Jun18	15:06.77	SANTO Filipe Miguel	SLB	Funchal	26-03-2018
RN25 Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Seniores

1.	LOPES Jose Paulo	00	Braga	<b>14:58.18</b>	+0,67	841
	<i>Rec Nacional, Abs e Sen</i>					

50m:	27.54	27.54	450m:	4:30.30	30.37	850m:	8:31.40	30.25	1250m:	12:30.15	29.93
100m:	57.64	30.10	500m:	5:00.51	30.21	900m:	9:01.55	30.15	1300m:	13:00.35	30.20
150m:	1:28.03	30.39	550m:	5:30.19	29.68	950m:	9:31.69	30.14	1350m:	13:30.33	29.98
200m:	1:58.52	30.49	600m:	5:59.80	29.61	1000m:	10:01.99	30.30	1400m:	14:00.39	30.06
250m:	2:28.79	30.27	650m:	6:29.84	30.04	1050m:	10:31.20	29.21	1450m:	14:29.98	29.59
300m:	2:59.35	30.56	700m:	7:00.17	30.33	1100m:	11:00.84	29.64	1500m:	14:58.18	28.20
350m:	3:29.57	30.22	750m:	7:30.68	30.51	1150m:	11:30.54	29.70			
400m:	3:59.93	30.36	800m:	8:01.15	30.47	1200m:	12:00.22	29.68			

2.	PINA Guilherme Filipe	98	Sporting	<b>15:08.14</b>	+0,72	814
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50m:	27.93	27.93	450m:	4:30.89	30.40	850m:	8:32.55	30.28	1250m:	12:36.10	30.55
100m:	58.22	30.29	500m:	5:00.93	30.04	900m:	9:03.15	30.60	1300m:	13:06.50	30.40
150m:	1:28.51	30.29	550m:	5:30.94	30.01	950m:	9:33.52	30.37	1350m:	13:37.05	30.55
200m:	1:58.94	30.43	600m:	6:01.04	30.10	1000m:	10:04.00	30.48	1400m:	14:07.77	30.72
250m:	2:29.40	30.46	650m:	6:31.17	30.13	1050m:	10:34.46	30.46	1450m:	14:38.55	30.78
300m:	2:59.82	30.42	700m:	7:01.44	30.27	1100m:	11:04.91	30.45	1500m:	15:08.14	29.59
350m:	3:30.28	30.46	750m:	7:31.75	30.31	1150m:	11:35.25	30.34			
400m:	4:00.49	30.21	800m:	8:02.27	30.52	1200m:	12:05.55	30.30			

3.	CARVALHO Jose Paula	98	Benfica	<b>15:11.85</b>	+0,76	804
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50m:	28.03	28.03	450m:	4:31.03	30.19	850m:	8:33.78	30.49	1250m:	12:37.86	30.34
100m:	58.38	30.35	500m:	5:01.55	30.52	900m:	9:04.31	30.53	1300m:	13:08.93	31.07
150m:	1:28.98	30.60	550m:	5:31.44	29.89	950m:	9:34.95	30.64	1350m:	13:40.29	31.36
200m:	1:59.46	30.48	600m:	6:01.75	30.31	1000m:	10:05.61	30.66	1400m:	14:11.49	31.20
250m:	2:29.91	30.45	650m:	6:32.13	30.38	1050m:	10:36.24	30.63	1450m:	14:42.39	30.90
300m:	3:00.28	30.37	700m:	7:02.35	30.22	1100m:	11:06.66	30.42	1500m:	15:11.85	29.46
350m:	3:30.58	30.30	750m:	7:32.84	30.49	1150m:	11:37.22	30.56			
400m:	4:00.84	30.26	800m:	8:03.29	30.45	1200m:	12:07.52	30.30			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
4.	GIL Rafael Lourenco	96	Sporting	<b>15:14.16</b>	<b>+0,74</b>	<b>798</b>	
	50m: 28.17 28.17	450m: 4:30.68	30.42	850m: 8:33.90	30.54	1250m: 12:39.99	30.96
	100m: 58.55 30.38	500m: 5:00.93	30.25	900m: 9:04.28	30.38	1300m: 13:11.17	31.18
	150m: 1:29.01 30.46	550m: 5:31.33	30.40	950m: 9:34.91	30.63	1350m: 13:42.03	30.86
	200m: 1:59.40 30.39	600m: 6:01.66	30.33	1000m: 10:05.51	30.60	1400m: 14:13.13	31.10
	250m: 2:29.43 30.03	650m: 6:32.05	30.39	1050m: 10:36.34	30.83	1450m: 14:45.98	32.85
	300m: 2:59.72 30.29	700m: 7:02.40	30.35	1100m: 11:07.15	30.81	1500m: 15:14.16	28.18
	350m: 3:30.03 30.31	750m: 7:32.77	30.37	1150m: 11:37.95	30.80		
	400m: 4:00.26 30.23	800m: 8:03.36	30.59	1200m: 12:09.03	31.08		
5.	VITAL Joao Alexandre	98	Sporting	<b>15:16.74</b>	<b>+0,70</b>	<b>791</b>	
	50m: 27.46 27.46	450m: 4:30.26	30.33	850m: 8:33.22	31.10	1250m: 12:43.68	31.04
	100m: 57.56 30.10	500m: 5:00.48	30.22	900m: 9:04.54	31.32	1300m: 13:15.14	31.46
	150m: 1:28.03 30.47	550m: 5:29.67	29.19	950m: 9:35.96	31.42	1350m: 13:46.77	31.63
	200m: 1:58.53 30.50	600m: 5:59.41	29.74	1000m: 10:07.19	31.23	1400m: 14:17.65	30.88
	250m: 2:28.86 30.33	650m: 6:29.98	30.57	1050m: 10:38.61	31.42	1450m: 14:48.19	30.54
	300m: 2:59.17 30.31	700m: 7:00.62	30.64	1100m: 11:10.12	31.51	1500m: 15:16.74	28.55
	350m: 3:29.57 30.40	750m: 7:31.21	30.59	1150m: 11:41.39	31.27		
	400m: 3:59.93 30.36	800m: 8:02.12	30.91	1200m: 12:12.64	31.25		
6.	SANTO Filipe Miguel	00	Benfica	<b>15:17.32</b>	<b>+0,83</b>	<b>790</b>	
	50m: 28.17 28.17	450m: 4:33.36	30.01	850m: 8:33.22	30.12	1250m: 12:37.44	31.55
	100m: 58.92 30.75	500m: 5:03.44	30.08	900m: 9:03.16	29.94	1300m: 13:09.05	31.61
	150m: 1:29.85 30.93	550m: 5:33.52	30.08	950m: 9:33.33	30.17	1350m: 13:40.95	31.90
	200m: 2:00.86 31.01	600m: 6:03.65	30.13	1000m: 10:03.58	30.25	1400m: 14:13.37	32.42
	250m: 2:31.40 30.54	650m: 6:33.49	29.84	1050m: 10:33.95	30.37	1450m: 14:45.70	32.33
	300m: 3:02.07 30.67	700m: 7:03.22	29.73	1100m: 11:04.13	30.18	1500m: 15:17.32	31.62
	350m: 3:32.85 30.78	750m: 7:33.23	30.01	1150m: 11:34.80	30.67		
	400m: 4:03.35 30.50	800m: 8:03.10	29.87	1200m: 12:05.89	31.09		
7.	NUNES Diogo Barbosa	00	Porto	<b>16:06.20</b>	<b>+0,75</b>	<b>676</b>	
	50m: 28.76 28.76	450m: 4:37.36	30.79	850m: 8:53.64	32.66	1250m: 13:20.77	33.36
	100m: 1:00.26 31.50	500m: 5:08.62	31.26	900m: 9:26.87	33.23	1300m: 13:54.44	33.67
	150m: 1:31.50 31.24	550m: 5:40.10	31.48	950m: 10:00.18	33.31	1350m: 14:28.02	33.58
	200m: 2:02.55 31.05	600m: 6:11.74	31.64	1000m: 10:33.51	33.33	1400m: 15:01.01	32.99
	250m: 2:33.34 30.79	650m: 6:43.55	31.81	1050m: 11:06.71	33.20	1450m: 15:34.12	33.11
	300m: 3:04.20 30.86	700m: 7:15.89	32.34	1100m: 11:40.35	33.64	1500m: 16:06.20	32.08
	350m: 3:35.23 31.03	750m: 7:48.29	32.40	1150m: 12:14.06	33.71		
	400m: 4:06.57 31.34	800m: 8:20.98	32.69	1200m: 12:47.41	33.35		
8.	GOMES Sebastiao Mendes	00	Pimpoes/Cimai	<b>16:23.24</b>	<b>+0,79</b>	<b>641</b>	
	50m: 29.18 29.18	450m: 4:47.00	33.41	850m: 9:10.43	33.38	1250m: 13:38.91	33.58
	100m: 1:00.74 31.56	500m: 5:19.63	32.63	900m: 9:43.75	33.32	1300m: 14:12.58	33.67
	150m: 1:32.60 31.86	550m: 5:52.29	32.66	950m: 10:17.53	33.78	1350m: 14:46.17	33.59
	200m: 2:04.37 31.77	600m: 6:25.03	32.74	1000m: 10:51.03	33.50	1400m: 15:19.56	33.39
	250m: 2:36.34 31.97	650m: 6:58.03	33.00	1050m: 11:24.54	33.51	1450m: 15:51.74	32.18
	300m: 3:08.95 32.61	700m: 7:30.65	32.62	1100m: 11:58.24	33.70	1500m: 16:23.24	31.50
	350m: 3:41.13 32.18	750m: 8:03.85	33.20	1150m: 12:31.67	33.43		
	400m: 4:13.59 32.46	800m: 8:37.05	33.20	1200m: 13:05.33	33.66		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA		
9.	FARIA Rui Pedro	94	Famalicao	<b>16:27.27</b>	+0,88	633		
	50m: 28.86	28.86	450m: 4:46.07	32.86	850m: 9:10.79	33.31	1250m: 13:39.62	33.62
	100m: 1:00.08	31.22	500m: 5:19.00	32.93	900m: 9:44.14	33.35	1300m: 14:13.29	33.67
	150m: 1:31.78	31.70	550m: 5:52.13	33.13	950m: 10:17.64	33.50	1350m: 14:47.01	33.72
	200m: 2:03.55	31.77	600m: 6:25.13	33.00	1000m: 10:51.27	33.63	1400m: 15:20.72	33.71
	250m: 2:35.44	31.89	650m: 6:58.20	33.07	1050m: 11:24.75	33.48	1450m: 15:54.31	33.59
	300m: 3:07.94	32.50	700m: 7:31.30	33.10	1100m: 11:58.35	33.60	1500m: 16:27.27	32.96
	350m: 3:40.36	32.42	750m: 8:04.24	32.94	1150m: 12:32.12	33.77		
	400m: 4:13.21	32.85	800m: 8:37.48	33.24	1200m: 13:06.00	33.88		

Juniores

1.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>15:27.16</b>	+0,76	765		
	50m: 28.82	28.82	450m: 4:39.50	31.52	850m: 8:48.78	31.02	1250m: 12:55.74	30.95
	100m: 59.74	30.92	500m: 5:10.67	31.17	900m: 9:19.68	30.90	1300m: 13:26.68	30.94
	150m: 1:31.06	31.32	550m: 5:42.00	31.33	950m: 9:50.53	30.85	1350m: 13:57.75	31.07
	200m: 2:02.48	31.42	600m: 6:13.42	31.42	1000m: 10:21.57	31.04	1400m: 14:28.50	30.75
	250m: 2:33.71	31.23	650m: 6:44.46	31.04	1050m: 10:52.30	30.73	1450m: 14:58.70	30.20
	300m: 3:05.17	31.46	700m: 7:15.57	31.11	1100m: 11:23.11	30.81	1500m: 15:27.16	28.46
	350m: 3:36.50	31.33	750m: 7:46.68	31.11	1150m: 11:54.03	30.92		
	400m: 4:07.98	31.48	800m: 8:17.76	31.08	1200m: 12:24.79	30.76		
2.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>15:40.07</b>	+0,82	734		
	50m: 29.01	29.01	450m: 4:35.21	30.84	850m: 8:46.78	31.75	1250m: 13:01.81	31.76
	100m: 59.86	30.85	500m: 5:06.24	31.03	900m: 9:18.53	31.75	1300m: 13:34.30	32.49
	150m: 1:30.64	30.78	550m: 5:37.36	31.12	950m: 9:50.27	31.74	1350m: 14:06.51	32.21
	200m: 2:01.45	30.81	600m: 6:08.88	31.52	1000m: 10:22.11	31.84	1400m: 14:38.76	32.25
	250m: 2:32.23	30.78	650m: 6:40.32	31.44	1050m: 10:53.95	31.84	1450m: 15:10.12	31.36
	300m: 3:02.93	30.70	700m: 7:11.79	31.47	1100m: 11:25.62	31.67	1500m: 15:40.07	29.95
	350m: 3:33.66	30.73	750m: 7:43.35	31.56	1150m: 11:58.00	32.38		
	400m: 4:04.37	30.71	800m: 8:15.03	31.68	1200m: 12:30.05	32.05		
3.	SANTOS Pedro Miguel	01	Porto	<b>15:40.30</b>	+0,71	733		
	50m: 28.80	28.80	450m: 4:36.04	30.76	850m: 8:46.41	31.49	1250m: 13:02.76	32.25
	100m: 1:00.22	31.42	500m: 5:06.80	30.76	900m: 9:18.13	31.72	1300m: 13:35.27	32.51
	150m: 1:31.05	30.83	550m: 5:37.71	30.91	950m: 9:50.26	32.13	1350m: 14:07.60	32.33
	200m: 2:01.97	30.92	600m: 6:08.94	31.23	1000m: 10:22.40	32.14	1400m: 14:39.71	32.11
	250m: 2:32.82	30.85	650m: 6:40.24	31.30	1050m: 10:54.22	31.82	1450m: 15:10.88	31.17
	300m: 3:03.48	30.66	700m: 7:11.47	31.23	1100m: 11:26.20	31.98	1500m: 15:40.30	29.42
	350m: 3:34.45	30.97	750m: 7:43.17	31.70	1150m: 11:58.41	32.21		
	400m: 4:05.28	30.83	800m: 8:14.92	31.75	1200m: 12:30.51	32.10		
4.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>15:50.47</b>	+0,85	710		
	50m: 28.79	28.79	450m: 4:37.25	31.12	850m: 8:50.19	31.68	1250m: 13:09.02	33.12
	100m: 1:00.08	31.29	500m: 5:08.48	31.23	900m: 9:21.95	31.76	1300m: 13:41.47	32.45
	150m: 1:31.24	31.16	550m: 5:40.00	31.52	950m: 9:53.97	32.02	1350m: 14:14.20	32.73
	200m: 2:02.28	31.04	600m: 6:11.77	31.77	1000m: 10:26.03	32.06	1400m: 14:47.57	33.37
	250m: 2:33.41	31.13	650m: 6:43.08	31.31	1050m: 10:58.43	32.40	1450m: 15:20.83	33.26
	300m: 3:04.31	30.90	700m: 7:14.90	31.82	1100m: 11:30.81	32.38	1500m: 15:50.47	29.64
	350m: 3:35.27	30.96	750m: 7:46.96	32.06	1150m: 12:03.12	32.31		
	400m: 4:06.13	30.86	800m: 8:18.51	31.55	1200m: 12:35.90	32.78		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>5.</b>	<b>FROTA Paulo Andre</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>16:22.39</b>	<b>+0,69</b>	<b>643</b>
	50m: 29.70 29.70	450m: 4:48.61 32.78	850m: 9:08.16 33.12	1250m: 13:36.66 33.18		
	100m: 1:01.24 31.54	500m: 5:21.38 32.77	900m: 9:41.94 33.78	1300m: 14:10.12 33.46		
	150m: 1:33.25 32.01	550m: 5:54.08 32.70	950m: 10:15.62 33.68	1350m: 14:43.46 33.34		
	200m: 2:05.65 32.40	600m: 6:25.63 31.55	1000m: 10:49.40 33.78	1400m: 15:16.89 33.43		
	250m: 2:38.02 32.37	650m: 6:57.68 32.05	1050m: 11:23.18 33.78	1450m: 15:50.06 33.17		
	300m: 3:10.35 32.33	700m: 7:29.84 32.16	1100m: 11:56.92 33.74	1500m: 16:22.39 32.33		
	350m: 3:42.98 32.63	750m: 8:02.23 32.39	1150m: 12:30.52 33.60			
	400m: 4:15.83 32.85	800m: 8:35.04 32.81	1200m: 13:03.48 32.96			
<b>6.</b>	<b>PEREIRA Jose Maria</b>	<b>01</b>	<b>Sporting</b>	<b>16:22.61</b>	<b>+0,74</b>	<b>642</b>
	50m: 28.94 28.94	450m: 4:48.64 32.72	850m: 9:11.18 32.96	1250m: 13:37.40 33.37		
	100m: 1:00.43 31.49	500m: 5:21.17 32.53	900m: 9:44.24 33.06	1300m: 14:11.29 33.89		
	150m: 1:32.58 32.15	550m: 5:53.87 32.70	950m: 10:17.56 33.32	1350m: 14:44.71 33.42		
	200m: 2:05.04 32.46	600m: 6:26.75 32.88	1000m: 10:50.64 33.08	1400m: 15:18.28 33.57		
	250m: 2:37.69 32.65	650m: 6:59.53 32.78	1050m: 11:24.12 33.48	1450m: 15:51.01 32.73		
	300m: 3:10.20 32.51	700m: 7:32.24 32.71	1100m: 11:57.44 33.32	1500m: 16:22.61 31.60		
	350m: 3:43.11 32.91	750m: 8:05.08 32.84	1150m: 12:30.69 33.25			
	400m: 4:15.92 32.81	800m: 8:38.22 33.14	1200m: 13:04.03 33.34			
<b>7.</b>	<b>RIBEIRO Luis Manuel</b>	<b>02</b>	<b>Porto</b>	<b>16:34.61</b>	<b>+0,73</b>	<b>619</b>
	50m: 30.46 30.46	450m: 4:56.08 32.94	850m: 9:22.67 32.91	1250m: 13:50.40 33.34		
	100m: 1:03.88 33.42	500m: 5:29.30 33.22	900m: 9:56.34 33.67	1300m: 14:23.86 33.46		
	150m: 1:36.76 32.88	550m: 6:02.61 33.31	950m: 10:29.54 33.20	1350m: 14:57.10 33.24		
	200m: 2:09.86 33.10	600m: 6:35.88 33.27	1000m: 11:03.05 33.51	1400m: 15:30.34 33.24		
	250m: 2:43.03 33.17	650m: 7:09.32 33.44	1050m: 11:36.48 33.43	1450m: 16:02.51 32.17		
	300m: 3:16.39 33.36	700m: 7:42.82 33.50	1100m: 12:10.03 33.55	1500m: 16:34.61 32.10		
	350m: 3:49.67 33.28	750m: 8:16.28 33.46	1150m: 12:43.32 33.29			
	400m: 4:23.14 33.47	800m: 8:49.76 33.48	1200m: 13:17.06 33.74			
<b>8.</b>	<b>TRAVASSOS Rodrigo Alexandre</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>16:40.43</b>	<b>+0,75</b>	<b>609</b>
	50m: 29.20 29.20	450m: 4:48.03 32.60	850m: 9:14.29 33.51	1250m: 13:47.16 35.16		
	100m: 1:01.07 31.87	500m: 5:20.89 32.86	900m: 9:47.75 33.46	1300m: 14:22.04 34.88		
	150m: 1:33.11 32.04	550m: 5:53.83 32.94	950m: 10:20.94 33.19	1350m: 14:56.95 34.91		
	200m: 2:05.91 32.80	600m: 6:26.72 32.89	1000m: 10:54.28 33.34	1400m: 15:31.91 34.96		
	250m: 2:37.90 31.99	650m: 6:59.94 33.22	1050m: 11:28.40 34.12	1450m: 16:06.65 34.74		
	300m: 3:10.20 32.30	700m: 7:33.45 33.51	1100m: 12:02.36 33.96	1500m: 16:40.43 33.78		
	350m: 3:42.77 32.57	750m: 8:07.05 33.60	1150m: 12:37.12 34.76			
	400m: 4:15.43 32.66	800m: 8:40.78 33.73	1200m: 13:12.00 34.88			
<b>9.</b>	<b>DOMINGUES Ricardo Jorge</b>	<b>02</b>	<b>Fundacao Beatriz Santos</b>	<b>16:41.24</b>	<b>+0,66</b>	<b>607</b>
	50m: 27.53 27.53	450m: 4:48.50 32.89	850m: 9:15.84 34.40	1250m: 13:51.44 34.34		
	100m: 59.36 31.83	500m: 5:21.47 32.97	900m: 9:50.60 34.76	1300m: 14:25.62 34.18		
	150m: 1:32.00 32.64	550m: 5:53.51 32.04	950m: 10:25.28 34.68	1350m: 14:59.99 34.37		
	200m: 2:05.00 33.00	600m: 6:26.80 33.29	1000m: 11:00.04 34.76	1400m: 15:34.51 34.52		
	250m: 2:37.53 32.53	650m: 6:59.87 33.07	1050m: 11:34.38 34.34	1450m: 16:08.95 34.44		
	300m: 3:09.85 32.32	700m: 7:33.21 33.34	1100m: 12:08.71 34.33	1500m: 16:41.24 32.29		
	350m: 3:42.56 32.71	750m: 8:07.04 33.83	1150m: 12:42.62 33.91			
	400m: 4:15.61 33.05	800m: 8:41.44 34.40	1200m: 13:17.10 34.48			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
10.	<b>VIEGAS Hugo Miguel</b>	02	Natacao Olhao	<b>16:41.43</b>	<b>+0,75</b>	<b>607</b>	
	50m: 29.63 29.63	450m: 4:53.24	32.79	850m: 9:21.85	33.40	1250m: 13:54.93	51.14
	100m: 1:01.31 31.68	500m: 5:26.73	33.49	900m: 9:55.83	33.98	1300m: 14:29.30	34.37
	150m: 1:33.95 32.64	550m: 6:00.60	33.87	950m: 10:29.94	34.11	1350m: 15:03.36	34.06
	200m: 2:06.85 32.90	600m: 6:33.75	33.15	1000m: 11:03.89	33.95	1400m: 15:24.79	21.43
	250m: 2:39.76 32.91	650m: 7:07.36	33.61	1050m: 11:37.92	34.03	1450m: 16:11.48	46.69
	300m: 3:12.91 33.15	700m: 7:41.20	33.84	1100m: 12:12.18	34.26	1500m: 16:41.43	29.95
	350m: 3:46.37 33.46	750m: 8:14.93	33.73	1150m: 12:39.93	27.75		
	400m: 4:20.45 34.08	800m: 8:48.45	33.52	1200m: 13:03.79	23.86		
11.	<b>CARVALHO Daniel Luis</b>	02	Braga	<b>16:42.58</b>	<b>+0,82</b>	<b>605</b>	
	50m: 29.17 29.17	450m: 4:50.48	33.05	850m: 9:21.86	34.57	1250m: 13:54.88	34.14
	100m: 1:01.10 31.93	500m: 5:24.03	33.55	900m: 9:56.08	34.22	1300m: 14:29.11	34.23
	150m: 1:33.55 32.45	550m: 5:57.48	33.45	950m: 10:30.38	34.30	1350m: 15:02.92	33.81
	200m: 2:06.18 32.63	600m: 6:31.18	33.70	1000m: 11:04.08	33.70	1400m: 15:37.11	34.19
	250m: 2:38.77 32.59	650m: 7:05.29	34.11	1050m: 11:38.20	34.12	1450m: 16:11.06	33.95
	300m: 3:11.46 32.69	700m: 7:39.22	33.93	1100m: 12:12.30	34.10	1500m: 16:42.58	31.52
	350m: 3:44.32 32.86	750m: 8:13.44	34.22	1150m: 12:46.53	34.23		
	400m: 4:17.43 33.11	800m: 8:47.29	33.85	1200m: 13:20.74	34.21		
12.	<b>DOMINGOS Ruy Manuel</b>	02	Sporting	<b>16:49.32</b>	<b>+0,77</b>	<b>593</b>	
	50m: 29.10 29.10	450m: 4:53.25	33.69	850m: 9:24.73	34.08	1250m: 13:59.33	34.30
	100m: 1:00.93 31.83	500m: 5:27.03	33.78	900m: 9:59.01	34.28	1300m: 14:33.67	34.34
	150m: 1:33.39 32.46	550m: 6:00.90	33.87	950m: 10:33.21	34.20	1350m: 15:08.07	34.40
	200m: 2:06.15 32.76	600m: 6:34.81	33.91	1000m: 11:07.69	34.48	1400m: 15:42.31	34.24
	250m: 2:39.22 33.07	650m: 7:08.71	33.90	1050m: 11:41.88	34.19	1450m: 16:16.46	34.15
	300m: 3:12.61 33.39	700m: 7:42.38	33.67	1100m: 12:16.14	34.26	1500m: 16:49.32	32.86
	350m: 3:46.10 33.49	750m: 8:16.65	34.27	1150m: 12:50.72	34.58		
	400m: 4:19.56 33.46	800m: 8:50.65	34.00	1200m: 13:25.03	34.31		
13.	<b>SALGADO Goncalo Sampaio</b>	02	Famalicao	<b>16:59.26</b>	<b>+0,80</b>	<b>576</b>	
	50m: 29.05 29.05	450m: 4:55.89	33.67	850m: 9:28.80	33.89	1250m: 14:06.72	35.04
	100m: 1:01.13 32.08	500m: 5:29.50	33.61	900m: 10:03.18	34.38	1300m: 14:41.85	35.13
	150m: 1:34.38 33.25	550m: 6:03.58	34.08	950m: 10:37.93	34.75	1350m: 15:16.91	35.06
	200m: 2:08.26 33.88	600m: 6:37.71	34.13	1000m: 11:12.58	34.65	1400m: 15:51.84	34.93
	250m: 2:41.73 33.47	650m: 7:11.96	34.25	1050m: 11:47.31	34.73	1450m: 16:26.20	34.36
	300m: 3:15.18 33.45	700m: 7:46.19	34.23	1100m: 12:22.08	34.77	1500m: 16:59.26	33.06
	350m: 3:48.77 33.59	750m: 8:20.67	34.48	1150m: 12:56.90	34.82		
	400m: 4:22.22 33.45	800m: 8:54.91	34.24	1200m: 13:31.68	34.78		
14.	<b>RODRIGUES Pedro Reis</b>	02	Sao Roque	<b>17:04.33</b>	<b>+0,78</b>	<b>567</b>	
	50m: 28.54 28.54	450m: 4:56.12	35.02	850m: 9:35.63	34.85	1250m: 14:14.62	34.71
	100m: 1:00.08 31.54	500m: 5:31.27	35.15	900m: 10:10.61	34.98	1300m: 14:48.96	34.34
	150m: 1:32.32 32.24	550m: 6:05.90	34.63	950m: 10:45.51	34.90	1350m: 15:23.82	34.86
	200m: 2:05.26 32.94	600m: 6:40.99	35.09	1000m: 11:20.55	35.04	1400m: 15:58.49	34.67
	250m: 2:38.67 33.41	650m: 7:15.83	34.84	1050m: 11:55.58	35.03	1450m: 16:32.26	33.77
	300m: 3:12.53 33.86	700m: 7:50.90	35.07	1100m: 12:30.19	34.61	1500m: 17:04.33	32.07
	350m: 3:46.74 34.21	750m: 8:25.85	34.95	1150m: 13:05.16	34.97		
	400m: 4:21.10 34.36	800m: 9:00.78	34.93	1200m: 13:39.91	34.75		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
15.	MONTEIRO Tomas Penha	02	Alges	<b>17:16.90</b>	<b>+0,72</b>	<b>547</b>	
	50m: 29.33 29.33	450m: 4:54.61	33.65	850m: 9:27.81	34.58	1250m: 14:14.93	36.71
	100m: 1:01.73 32.40	500m: 5:28.50	33.89	900m: 10:02.41	34.60	1300m: 14:51.46	36.53
	150m: 1:34.40 32.67	550m: 6:02.28	33.78	950m: 10:37.35	34.94	1350m: 15:27.91	36.45
	200m: 2:07.31 32.91	600m: 6:36.13	33.85	1000m: 11:13.15	35.80	1400m: 16:04.46	36.55
	250m: 2:40.48 33.17	650m: 7:10.53	34.40	1050m: 11:48.89	35.74	1450m: 16:40.65	36.19
	300m: 3:13.77 33.29	700m: 7:44.47	33.94	1100m: 12:24.82	35.93	1500m: 17:16.90	36.25
	350m: 3:47.27 33.50	750m: 8:18.68	34.21	1150m: 13:01.21	36.39		
	400m: 4:20.96 33.69	800m: 8:53.23	34.55	1200m: 13:38.22	37.01		
16.	LOURENCO Tomas Galvao	02	Natacao Olhao	<b>17:19.00</b>	<b>+0,84</b>	<b>543</b>	
	50m: 30.73 30.73	450m: 4:59.96	34.31	850m: 9:38.73	35.07	1250m: 14:23.56	35.84
	100m: 1:04.13 33.40	500m: 5:34.21	34.25	900m: 10:14.25	35.52	1300m: 14:58.65	35.09
	150m: 1:37.52 33.39	550m: 6:08.50	34.29	950m: 10:49.90	35.65	1350m: 15:34.03	35.38
	200m: 2:10.95 33.43	600m: 6:42.85	34.35	1000m: 11:25.02	35.12	1400m: 16:09.54	35.51
	250m: 2:44.14 33.19	650m: 7:17.98	35.13	1050m: 12:00.49	35.47	1450m: 16:45.17	35.63
	300m: 3:17.69 33.55	700m: 7:52.98	35.00	1100m: 12:36.18	35.69	1500m: 17:19.00	33.83
	350m: 3:51.67 33.98	750m: 8:28.31	35.33	1150m: 13:11.82	35.64		
	400m: 4:25.65 33.98	800m: 9:03.66	35.35	1200m: 13:47.72	35.90		
17.	MARQUES Rui Joao	02	Nautico Academico	<b>17:33.57</b>	<b>+0,74</b>	<b>521</b>	
	50m: 30.59 30.59	450m: 4:58.62	34.64	850m: 9:42.18	35.81	1250m: 14:31.95	36.16
	100m: 1:03.88 33.29	500m: 5:33.06	34.44	900m: 10:19.19	37.01	1300m: 15:08.71	36.76
	150m: 1:36.15 32.27	550m: 6:08.06	35.00	950m: 10:55.31	36.12	1350m: 15:45.61	36.90
	200m: 2:09.56 33.41	600m: 6:43.09	35.03	1000m: 11:31.51	36.20	1400m: 16:22.07	36.46
	250m: 2:42.80 33.24	650m: 7:18.51	35.42	1050m: 12:07.47	35.96	1450m: 16:58.19	36.12
	300m: 3:16.39 33.59	700m: 7:54.64	36.13	1100m: 12:43.83	36.36	1500m: 17:33.57	35.38
	350m: 3:50.09 33.70	750m: 8:30.29	35.65	1150m: 13:20.19	36.36		
	400m: 4:23.98 33.89	800m: 9:06.37	36.08	1200m: 13:55.79	35.60		

DNS AMARAL Francisco Rodriguez 02 Campinho

Prova 34 Masc., 50m Bruços Seniores  
23-12-2018 Resultados Swim Off Elimin

RN25 Absoluto	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Sen	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	MENDES Antonio Manuel	99	Sporting	<b>28.82</b>	<b>+0,67</b>	<b>672</b>
2.	PON Hugo	98	Alges	<b>29.03</b>	<b>+0,66</b>	<b>658</b>

Prova 45  
23-12-2018 - 12:35

Femin., 4 x 100m Livres

Absolutos  
Resultados

RN25 Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	<b>Sporting-SEN</b>	<b>3:49.95</b>	<b>+0,62</b>	<b>724</b>
	VIEGAS Beatriz Mendes	+0,62 27.48 57.48	HENRIQUES Ines Jacinto	+0,24 27.30 57.20
	BELEZA Mafalda Gomes	+0,52 28.26 58.44	FERNANDES Ines Camacho	+0,46 27.19 56.83
2.	<b>Alges-SEN</b>	<b>3:50.66</b>	<b>+0,73</b>	<b>717</b>
	FRISCHKNECHT Rita Barros	+0,73 27.55 57.03	BARATA Barbara Sofia	+0,35 28.83 1:00.29
	PEREIRA Raquel Gomes	+0,40 26.98 56.24	AZEVEDO Madalena Gomes	+0,34 28.23 57.10
3.	<b>Porto-SEN</b>	<b>3:52.27</b>	<b>+0,73</b>	<b>703</b>
	CABRAL Maria Francisca	+0,73 28.11 57.96	OLIVEIRA Rosa Maria	+0,50 28.43 58.69
	FERREIRA Catarina Maria	+0,26 27.44 58.13	FARIA Ana Rita	+0,59 27.41 57.49
4.	<b>Benfica-SEN</b>	<b>3:54.18</b>	<b>+0,75</b>	<b>685</b>
	ROLAO Sofia Alexandra	+0,75 28.34 1:00.04	KAMINSKAYA Victoria	+0,41 27.35 57.46
	DURAES Diana Margarida	+0,39 27.81 57.07	RODRIGUES Filipa Serrano	+0,47 28.76 59.61
5.	<b>Ginasio de Vila Real-SEN</b>	<b>4:01.39</b>	<b>+0,81</b>	<b>626</b>
	NOBREGA Ana Sofia	+0,81 28.63 1:00.26	FERNANDES Maria Margarida	+0,58 29.64 1:02.97
	LEITE Ana Sofia	+0,66 28.51 59.74	GUEDES Ana Margarida	+0,31 27.09 58.42
6.	<b>Braga-SEN</b>	<b>4:02.09</b>	<b>+0,88</b>	<b>620</b>
	FERNANDES Ana Sofia	+0,88 29.72 1:01.29	SILVA Maria Madalena	+0,44 29.54 1:01.24
	FREIXO Juliana Lima	+0,28 29.74 1:01.68	HOLUB Tamila Hryhorivna	-0,01 27.46 57.88
7.	<b>Laranjeiro-SEN</b>	<b>4:03.42</b>	<b>+0,75</b>	<b>610</b>
	ROLIM Soraia Guerra	+0,75 30.17 1:03.13	RIESENBERGER Bruna Martins	+0,43 28.58 59.76
	NUNES Sofia Alexandra	+0,46 28.11 59.10	PIRES Carolina Saraiva	+0,43 29.49 1:01.43
DNS	Academica de Coimbra-SEN	Academica de Coimbra		

Juniores

1.	<b>Porto-JUN</b>	<b>3:54.55</b>	<b>+0,77</b>	<b>682</b>
	<i>Rec Nacional</i>			
	RAMOS Ana Rita	+0,77 28.20 57.73	AMORIM Maria Leonor	+0,42 28.93 1:01.61
	BARBOSA Mariana Fernandes	+1,37 28.31 58.82	SOARES Catarina Silva	+0,32 27.14 56.39
2.	<b>Alges-JUN</b>	<b>3:55.94</b>	<b>+0,73</b>	<b>670</b>
	SOUSA Ana Reis	+0,73 27.49 56.66	PEREIRA Clara Gomes	+0,23 29.42 1:01.42
	AZEVEDO Rafaela Gomes	+0,31 28.11 58.24	CRUZ Sara Moura	+0,20 28.02 59.62
3.	<b>Benfica-JUN</b>	<b>3:57.74</b>	<b>+0,69</b>	<b>655</b>
	ANDRE Leticia Maia	+0,69 27.32 56.09	MARTINS Joana Ribeiro	+0,41 29.16 1:00.83
	GRAVETO Ana Raquel	+0,67 28.55 59.21	SILVA Natacha Sofia	+0,54 29.28 1:01.61
4.	<b>Natacao de Valongo-JUN</b>	<b>4:05.02</b>	<b>+0,76</b>	<b>598</b>
	MACHADO Joana Sofia	+0,76 28.82 59.65	RODRIGUES Daniela Oliveira	+0,36 29.83 1:02.96
	MOREIRA Mariana Filipa	+0,17 29.49 1:02.57	SOARES Carolina Silva	+0,63 29.02 59.84

Prova 45, Femin., 4 x 100m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	FINA
5.	Louletano / Loule Concelho-JUN	<b>4:05.14</b>	<b>+0,64</b>	<b>598</b>
	JESUS Maria Crista +0,64 28.39 59.94 SEVERINO Isis Sousa +0,38 28.63 1:00.75			
	FOMINA Anna +0,20 27.83 59.15 SANTOS Catarina Vitorino +0,48 30.90 1:05.30			
6.	Gesloures-JUN	<b>4:06.26</b>	<b>+0,69</b>	<b>589</b>
	NEVES Leonor Maria +0,69 29.07 1:00.73 FERRO Carolina Ganhao +0,51 29.68 1:02.42			
	MARTINS Claudia Beatriz +0,46 30.23 1:02.35 REBELO Beatriz Vaz +0,45 29.27 1:00.76			

Prova 46  
23-12-2018 - 12:40

Masc., 4 x 100m Livres

Absolutos  
Resultados

RN25 Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
RN25 Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
RN25 Jun	3:29.40	Sport Lisboa e Benfica	SLB	Porto	10-12-2017

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	Benfica-SEN	<b>3:15.63</b>	<b>+0,69</b>	<b>822</b>
	<i>Rec Nacional, Abs e Sen</i>			
	PEREIRA Luiz Pedro +0,69 24.08 49.29 NASCIMENTO Miguel Duarte +0,36 22.14 47.02			
	DIAS Guilherme Pereira +0,43 22.73 48.61 CARVALHO Jose Paula +0,40 24.82 50.71			
2.	Sporting-SEN	<b>3:15.98</b>	<b>+0,76</b>	<b>818</b>
	MOGNE Igor Araujo +0,76 23.55 48.98 SANTOS Francisco Rogerio +0,29 23.43 49.96			
	COSTA Tiago Cunha +0,30 24.09 50.09 SANTOS Alexis Manacas +0,20 22.43 46.95			
3.	Porto-SEN	<b>3:23.45</b>	<b>+0,76</b>	<b>731</b>
	SOARES Tiago Silva +0,76 24.45 51.10 NUNES Diogo Barbosa +0,21 24.27 51.32			
	NUNES Porfírio Braga +0,34 24.29 51.04 LINO Rafael +0,28 23.77 49.99			
4.	Alges-SEN	<b>3:23.90</b>	<b>+0,67</b>	<b>726</b>
	MACHADO Francisco Carvalho +0,67 24.44 51.61 PON Hugo +0,17 24.72 51.23			
	BATE Afonso Ribeiro +0,17 23.95 50.75 SANTOS Pedro Andre +0,36 23.98 50.31			
5.	Belenenses-SEN	<b>3:24.91</b>	<b>+0,65</b>	<b>715</b>
	RAMOS Bruno Miguel +0,65 24.35 49.88 QUINTANILHA Nuno Goncalo +0,33 24.59 51.63			
	PADRELA Joao Esteves +0,37 24.19 51.73 TEIXEIRA Guilherme Miguel +0,56 24.07 51.67			
6.	Academica de Coimbra-SEN	<b>3:34.12</b>	<b>+0,67</b>	<b>627</b>
	MADUREIRA Gustavo Almeida +0,67 24.05 50.78 GASPAR Miguel Caridade +0,22 26.22 54.90			
	CARVALHO Ruben Paiva +0,29 25.25 53.65 ADAIXO Pedro Salzedas +0,39 26.03 54.79			

Prova 46, Masc., 4 x 100m Livres

Juniores

1. Benfica-JUN <i>Rec Nacional</i>			Benfica	<b>3:28.98</b>	+0,74	674	
LEBRE Diogo Ramos	+0,74	24.87	51.07	FERREIRA Ricardo Pinela	+0,23	25.19	53.34
AIRES Rafael Alcantara	+0,24	24.12	50.25	BERNARDO Joao Silva	+0,39	25.90	54.32
2. Uniao Piedense-JUN			Uniao Piedense	<b>3:33.64</b>	+0,71	631	
CRISTINO David Matias	+0,71	25.82	53.84	LOPES Carlos Filipe	+0,38	25.61	53.82
BRITO Bernardo Geada	+0,30	24.61	51.94	CAMOES Tiago Maria	+0,35	25.48	54.04
3. Sporting-JUN			Sporting	<b>3:34.26</b>	+0,74	626	
DOMINGOS Ruy Manuel	+0,74	25.64	54.01	PINTO Pedro Miguel	+1,26	26.02	54.36
GOMES Vicente Oliveira	+0,37	25.31	53.58	FERNANDES Eduardo Gomes	+0,51	25.13	52.31
4. Fundacao Beatriz Santos-JUN			Fundacao Beatriz Santos	<b>3:37.49</b>	+0,72	598	
PEREIRA Joao Neto	+0,72	26.01	54.15	DOMINGUES Ricardo Jorge	+0,32	26.15	54.42
DIAS Joao Pedro	+0,41	26.37	55.56	CUNHA Jose Miguel	+0,47	25.60	53.36
5. Naval do Funchal-JUN			Naval do Funchal	<b>3:40.41</b>	+0,62	575	
SILVA Tomas Antonio	+0,62	25.81	54.10	DEUS Andre Portugal	+0,21	25.91	53.26
PITA Diogo Henrique	+0,17	26.43	55.87	ALVES Afonso Pinto	+0,31	26.71	57.18

6 - 3ª Jornada - 2ª Sessão (finais)

23-12-2018 - 16:00

Prova 44 23-12-2018 - 16:00	Masc., 1500m Livres				Absolutos Resultados
RN25 Absoluto	15:00.35	SANTO Filipe Miguel	SLB	Algés	24-11-2018
RN25 Sen	15:00.35	SANTO Filipe Miguel	SLB	Algés	24-11-2018
RN25 Jun18	15:06.77	SANTO Filipe Miguel	SLB	Funchal	26-03-2018
RN25 Jun17	15:05.57	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
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Seniores

1. LOPES Jose Paulo <i>Rec Nacional, Abs e Sen</i>	00	Braga	<b>14:58.18</b>	+0,67	841						
50m:	27.54	27.54	450m:	4:30.30	30.37	850m:	8:31.40	30.25	1250m:	12:30.15	29.93
100m:	57.64	30.10	500m:	5:00.51	30.21	900m:	9:01.55	30.15	1300m:	13:00.35	30.20
150m:	1:28.03	30.39	550m:	5:30.19	29.68	950m:	9:31.69	30.14	1350m:	13:30.33	29.98
200m:	1:58.52	30.49	600m:	5:59.80	29.61	1000m:	10:01.99	30.30	1400m:	14:00.39	30.06
250m:	2:28.79	30.27	650m:	6:29.84	30.04	1050m:	10:31.20	29.21	1450m:	14:29.98	29.59
300m:	2:59.35	30.56	700m:	7:00.17	30.33	1100m:	11:00.84	29.64	1500m:	14:58.18	28.20
350m:	3:29.57	30.22	750m:	7:30.68	30.51	1150m:	11:30.54	29.70			
400m:	3:59.93	30.36	800m:	8:01.15	30.47	1200m:	12:00.22	29.68			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
2.	<b>PINA Guilherme Filipe</b>	98	Sporting	<b>15:08.14</b>	<b>+0,72</b>	<b>814</b>	
	50m: 27.93 27.93	450m: 4:30.89	30.40	850m: 8:32.55	30.28	1250m: 12:36.10	30.55
	100m: 58.22 30.29	500m: 5:00.93	30.04	900m: 9:03.15	30.60	1300m: 13:06.50	30.40
	150m: 1:28.51 30.29	550m: 5:30.94	30.01	950m: 9:33.52	30.37	1350m: 13:37.05	30.55
	200m: 1:58.94 30.43	600m: 6:01.04	30.10	1000m: 10:04.00	30.48	1400m: 14:07.77	30.72
	250m: 2:29.40 30.46	650m: 6:31.17	30.13	1050m: 10:34.46	30.46	1450m: 14:38.55	30.78
	300m: 2:59.82 30.42	700m: 7:01.44	30.27	1100m: 11:04.91	30.45	1500m: 15:08.14	29.59
	350m: 3:30.28 30.46	750m: 7:31.75	30.31	1150m: 11:35.25	30.34		
	400m: 4:00.49 30.21	800m: 8:02.27	30.52	1200m: 12:05.55	30.30		
3.	<b>CARVALHO Jose Paula</b>	98	Benfica	<b>15:11.85</b>	<b>+0,76</b>	<b>804</b>	
	50m: 28.03 28.03	450m: 4:31.03	30.19	850m: 8:33.78	30.49	1250m: 12:37.86	30.34
	100m: 58.38 30.35	500m: 5:01.55	30.52	900m: 9:04.31	30.53	1300m: 13:08.93	31.07
	150m: 1:28.98 30.60	550m: 5:31.44	29.89	950m: 9:34.95	30.64	1350m: 13:40.29	31.36
	200m: 1:59.46 30.48	600m: 6:01.75	30.31	1000m: 10:05.61	30.66	1400m: 14:11.49	31.20
	250m: 2:29.91 30.45	650m: 6:32.13	30.38	1050m: 10:36.24	30.63	1450m: 14:42.39	30.90
	300m: 3:00.28 30.37	700m: 7:02.35	30.22	1100m: 11:06.66	30.42	1500m: 15:11.85	29.46
	350m: 3:30.58 30.30	750m: 7:32.84	30.49	1150m: 11:37.22	30.56		
	400m: 4:00.84 30.26	800m: 8:03.29	30.45	1200m: 12:07.52	30.30		
4.	<b>GIL Rafael Lourenco</b>	96	Sporting	<b>15:14.16</b>	<b>+0,74</b>	<b>798</b>	
	50m: 28.17 28.17	450m: 4:30.68	30.42	850m: 8:33.90	30.54	1250m: 12:39.99	30.96
	100m: 58.55 30.38	500m: 5:00.93	30.25	900m: 9:04.28	30.38	1300m: 13:11.17	31.18
	150m: 1:29.01 30.46	550m: 5:31.33	30.40	950m: 9:34.91	30.63	1350m: 13:42.03	30.86
	200m: 1:59.40 30.39	600m: 6:01.66	30.33	1000m: 10:05.51	30.60	1400m: 14:13.13	31.10
	250m: 2:29.43 30.03	650m: 6:32.05	30.39	1050m: 10:36.34	30.83	1450m: 14:45.98	32.85
	300m: 2:59.72 30.29	700m: 7:02.40	30.35	1100m: 11:07.15	30.81	1500m: 15:14.16	28.18
	350m: 3:30.03 30.31	750m: 7:32.77	30.37	1150m: 11:37.95	30.80		
	400m: 4:00.26 30.23	800m: 8:03.36	30.59	1200m: 12:09.03	31.08		
5.	<b>VITAL Joao Alexandre</b>	98	Sporting	<b>15:16.74</b>	<b>+0,70</b>	<b>791</b>	
	50m: 27.46 27.46	450m: 4:30.26	30.33	850m: 8:33.22	31.10	1250m: 12:43.68	31.04
	100m: 57.56 30.10	500m: 5:00.48	30.22	900m: 9:04.54	31.32	1300m: 13:15.14	31.46
	150m: 1:28.03 30.47	550m: 5:29.67	29.19	950m: 9:35.96	31.42	1350m: 13:46.77	31.63
	200m: 1:58.53 30.50	600m: 5:59.41	29.74	1000m: 10:07.19	31.23	1400m: 14:17.65	30.88
	250m: 2:28.86 30.33	650m: 6:29.98	30.57	1050m: 10:38.61	31.42	1450m: 14:48.19	30.54
	300m: 2:59.17 30.31	700m: 7:00.62	30.64	1100m: 11:10.12	31.51	1500m: 15:16.74	28.55
	350m: 3:29.57 30.40	750m: 7:31.21	30.59	1150m: 11:41.39	31.27		
	400m: 3:59.93 30.36	800m: 8:02.12	30.91	1200m: 12:12.64	31.25		
6.	<b>SANTO Filipe Miguel</b>	00	Benfica	<b>15:17.32</b>	<b>+0,83</b>	<b>790</b>	
	50m: 28.17 28.17	450m: 4:33.36	30.01	850m: 8:33.22	30.12	1250m: 12:37.44	31.55
	100m: 58.92 30.75	500m: 5:03.44	30.08	900m: 9:03.16	29.94	1300m: 13:09.05	31.61
	150m: 1:29.85 30.93	550m: 5:33.52	30.08	950m: 9:33.33	30.17	1350m: 13:40.95	31.90
	200m: 2:00.86 31.01	600m: 6:03.65	30.13	1000m: 10:03.58	30.25	1400m: 14:13.37	32.42
	250m: 2:31.40 30.54	650m: 6:33.49	29.84	1050m: 10:33.95	30.37	1450m: 14:45.70	32.33
	300m: 3:02.07 30.67	700m: 7:03.22	29.73	1100m: 11:04.13	30.18	1500m: 15:17.32	31.62
	350m: 3:32.85 30.78	750m: 7:33.23	30.01	1150m: 11:34.80	30.67		
	400m: 4:03.35 30.50	800m: 8:03.10	29.87	1200m: 12:05.89	31.09		

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
7.	<b>NUNES Diogo Barbosa</b>	00	Porto	<b>16:06.20</b>	<b>+0,75</b>	<b>676</b>	
	50m: 28.76 28.76	450m: 4:37.36	30.79	850m: 8:53.64	32.66	1250m: 13:20.77	33.36
	100m: 1:00.26 31.50	500m: 5:08.62	31.26	900m: 9:26.87	33.23	1300m: 13:54.44	33.67
	150m: 1:31.50 31.24	550m: 5:40.10	31.48	950m: 10:00.18	33.31	1350m: 14:28.02	33.58
	200m: 2:02.55 31.05	600m: 6:11.74	31.64	1000m: 10:33.51	33.33	1400m: 15:01.01	32.99
	250m: 2:33.34 30.79	650m: 6:43.55	31.81	1050m: 11:06.71	33.20	1450m: 15:34.12	33.11
	300m: 3:04.20 30.86	700m: 7:15.89	32.34	1100m: 11:40.35	33.64	1500m: 16:06.20	32.08
	350m: 3:35.23 31.03	750m: 7:48.29	32.40	1150m: 12:14.06	33.71		
	400m: 4:06.57 31.34	800m: 8:20.98	32.69	1200m: 12:47.41	33.35		
8.	<b>GOMES Sebastiao Mendes</b>	00	Pimpoes/Cimai	<b>16:23.24</b>	<b>+0,79</b>	<b>641</b>	
	50m: 29.18 29.18	450m: 4:47.00	33.41	850m: 9:10.43	33.38	1250m: 13:38.91	33.58
	100m: 1:00.74 31.56	500m: 5:19.63	32.63	900m: 9:43.75	33.32	1300m: 14:12.58	33.67
	150m: 1:32.60 31.86	550m: 5:52.29	32.66	950m: 10:17.53	33.78	1350m: 14:46.17	33.59
	200m: 2:04.37 31.77	600m: 6:25.03	32.74	1000m: 10:51.03	33.50	1400m: 15:19.56	33.39
	250m: 2:36.34 31.97	650m: 6:58.03	33.00	1050m: 11:24.54	33.51	1450m: 15:51.74	32.18
	300m: 3:08.95 32.61	700m: 7:30.65	32.62	1100m: 11:58.24	33.70	1500m: 16:23.24	31.50
	350m: 3:41.13 32.18	750m: 8:03.85	33.20	1150m: 12:31.67	33.43		
	400m: 4:13.59 32.46	800m: 8:37.05	33.20	1200m: 13:05.33	33.66		
9.	<b>FARIA Rui Pedro</b>	94	Famalicao	<b>16:27.27</b>	<b>+0,88</b>	<b>633</b>	
	50m: 28.86 28.86	450m: 4:46.07	32.86	850m: 9:10.79	33.31	1250m: 13:39.62	33.62
	100m: 1:00.08 31.22	500m: 5:19.00	32.93	900m: 9:44.14	33.35	1300m: 14:13.29	33.67
	150m: 1:31.78 31.70	550m: 5:52.13	33.13	950m: 10:17.64	33.50	1350m: 14:47.01	33.72
	200m: 2:03.55 31.77	600m: 6:25.13	33.00	1000m: 10:51.27	33.63	1400m: 15:20.72	33.71
	250m: 2:35.44 31.89	650m: 6:58.20	33.07	1050m: 11:24.75	33.48	1450m: 15:54.31	33.59
	300m: 3:07.94 32.50	700m: 7:31.30	33.10	1100m: 11:58.35	33.60	1500m: 16:27.27	32.96
	350m: 3:40.36 32.42	750m: 8:04.24	32.94	1150m: 12:32.12	33.77		
	400m: 4:13.21 32.85	800m: 8:37.48	33.24	1200m: 13:06.00	33.88		

Juniores

1.	<b>CARDOSO Diogo Santos</b>	01	Colegio Monte Maior	<b>15:27.16</b>	<b>+0,76</b>	<b>765</b>	
	50m: 28.82 28.82	450m: 4:39.50	31.52	850m: 8:48.78	31.02	1250m: 12:55.74	30.95
	100m: 59.74 30.92	500m: 5:10.67	31.17	900m: 9:19.68	30.90	1300m: 13:26.68	30.94
	150m: 1:31.06 31.32	550m: 5:42.00	31.33	950m: 9:50.53	30.85	1350m: 13:57.75	31.07
	200m: 2:02.48 31.42	600m: 6:13.42	31.42	1000m: 10:21.57	31.04	1400m: 14:28.50	30.75
	250m: 2:33.71 31.23	650m: 6:44.46	31.04	1050m: 10:52.30	30.73	1450m: 14:58.70	30.20
	300m: 3:05.17 31.46	700m: 7:15.57	31.11	1100m: 11:23.11	30.81	1500m: 15:27.16	28.46
	350m: 3:36.50 31.33	750m: 7:46.68	31.11	1150m: 11:54.03	30.92		
	400m: 4:07.98 31.48	800m: 8:17.76	31.08	1200m: 12:24.79	30.76		
2.	<b>JOSE Diogo Coelho</b>	01	Columbofila Cantanhedense	<b>15:40.07</b>	<b>+0,82</b>	<b>734</b>	
	50m: 29.01 29.01	450m: 4:35.21	30.84	850m: 8:46.78	31.75	1250m: 13:01.81	31.76
	100m: 59.86 30.85	500m: 5:06.24	31.03	900m: 9:18.53	31.75	1300m: 13:34.30	32.49
	150m: 1:30.64 30.78	550m: 5:37.36	31.12	950m: 9:50.27	31.74	1350m: 14:06.51	32.21
	200m: 2:01.45 30.81	600m: 6:08.88	31.52	1000m: 10:22.11	31.84	1400m: 14:38.76	32.25
	250m: 2:32.23 30.78	650m: 6:40.32	31.44	1050m: 10:53.95	31.84	1450m: 15:10.12	31.36
	300m: 3:02.93 30.70	700m: 7:11.79	31.47	1100m: 11:25.62	31.67	1500m: 15:40.07	29.95
	350m: 3:33.66 30.73	750m: 7:43.35	31.56	1150m: 11:58.00	32.38		
	400m: 4:04.37 30.71	800m: 8:15.03	31.68	1200m: 12:30.05	32.05		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
3.	<b>SANTOS Pedro Miguel</b>	01	Porto	<b>15:40.30</b>	<b>+0,71</b>	<b>733</b>	
	50m: 28.80 28.80	450m: 4:36.04	30.76	850m: 8:46.41	31.49	1250m: 13:02.76	32.25
	100m: 1:00.22 31.42	500m: 5:06.80	30.76	900m: 9:18.13	31.72	1300m: 13:35.27	32.51
	150m: 1:31.05 30.83	550m: 5:37.71	30.91	950m: 9:50.26	32.13	1350m: 14:07.60	32.33
	200m: 2:01.97 30.92	600m: 6:08.94	31.23	1000m: 10:22.40	32.14	1400m: 14:39.71	32.11
	250m: 2:32.82 30.85	650m: 6:40.24	31.30	1050m: 10:54.22	31.82	1450m: 15:10.88	31.17
	300m: 3:03.48 30.66	700m: 7:11.47	31.23	1100m: 11:26.20	31.98	1500m: 15:40.30	29.42
	350m: 3:34.45 30.97	750m: 7:43.17	31.70	1150m: 11:58.41	32.21		
	400m: 4:05.28 30.83	800m: 8:14.92	31.75	1200m: 12:30.51	32.10		
4.	<b>JORGE Duarte Miguel</b>	01	Galitos / Bresimar	<b>15:50.47</b>	<b>+0,85</b>	<b>710</b>	
	50m: 28.79 28.79	450m: 4:37.25	31.12	850m: 8:50.19	31.68	1250m: 13:09.02	33.12
	100m: 1:00.08 31.29	500m: 5:08.48	31.23	900m: 9:21.95	31.76	1300m: 13:41.47	32.45
	150m: 1:31.24 31.16	550m: 5:40.00	31.52	950m: 9:53.97	32.02	1350m: 14:14.20	32.73
	200m: 2:02.28 31.04	600m: 6:11.77	31.77	1000m: 10:26.03	32.06	1400m: 14:47.57	33.37
	250m: 2:33.41 31.13	650m: 6:43.08	31.31	1050m: 10:58.43	32.40	1450m: 15:20.83	33.26
	300m: 3:04.31 30.90	700m: 7:14.90	31.82	1100m: 11:30.81	32.38	1500m: 15:50.47	29.64
	350m: 3:35.27 30.96	750m: 7:46.96	32.06	1150m: 12:03.12	32.31		
	400m: 4:06.13 30.86	800m: 8:18.51	31.55	1200m: 12:35.90	32.78		
5.	<b>FROTA Paulo Andre</b>	02	Condeixa Clube	<b>16:22.39</b>	<b>+0,69</b>	<b>643</b>	
	50m: 29.70 29.70	450m: 4:48.61	32.78	850m: 9:08.16	33.12	1250m: 13:36.66	33.18
	100m: 1:01.24 31.54	500m: 5:21.38	32.77	900m: 9:41.94	33.78	1300m: 14:10.12	33.46
	150m: 1:33.25 32.01	550m: 5:54.08	32.70	950m: 10:15.62	33.68	1350m: 14:43.46	33.34
	200m: 2:05.65 32.40	600m: 6:25.63	31.55	1000m: 10:49.40	33.78	1400m: 15:16.89	33.43
	250m: 2:38.02 32.37	650m: 6:57.68	32.05	1050m: 11:23.18	33.78	1450m: 15:50.06	33.17
	300m: 3:10.35 32.33	700m: 7:29.84	32.16	1100m: 11:56.92	33.74	1500m: 16:22.39	32.33
	350m: 3:42.98 32.63	750m: 8:02.23	32.39	1150m: 12:30.52	33.60		
	400m: 4:15.83 32.85	800m: 8:35.04	32.81	1200m: 13:03.48	32.96		
6.	<b>PEREIRA Jose Maria</b>	01	Sporting	<b>16:22.61</b>	<b>+0,74</b>	<b>642</b>	
	50m: 28.94 28.94	450m: 4:48.64	32.72	850m: 9:11.18	32.96	1250m: 13:37.40	33.37
	100m: 1:00.43 31.49	500m: 5:21.17	32.53	900m: 9:44.24	33.06	1300m: 14:11.29	33.89
	150m: 1:32.58 32.15	550m: 5:53.87	32.70	950m: 10:17.56	33.32	1350m: 14:44.71	33.42
	200m: 2:05.04 32.46	600m: 6:26.75	32.88	1000m: 10:50.64	33.08	1400m: 15:18.28	33.57
	250m: 2:37.69 32.65	650m: 6:59.53	32.78	1050m: 11:24.12	33.48	1450m: 15:51.01	32.73
	300m: 3:10.20 32.51	700m: 7:32.24	32.71	1100m: 11:57.44	33.32	1500m: 16:22.61	31.60
	350m: 3:43.11 32.91	750m: 8:05.08	32.84	1150m: 12:30.69	33.25		
	400m: 4:15.92 32.81	800m: 8:38.22	33.14	1200m: 13:04.03	33.34		
7.	<b>RIBEIRO Luis Manuel</b>	02	Porto	<b>16:34.61</b>	<b>+0,73</b>	<b>619</b>	
	50m: 30.46 30.46	450m: 4:56.08	32.94	850m: 9:22.67	32.91	1250m: 13:50.40	33.34
	100m: 1:03.88 33.42	500m: 5:29.30	33.22	900m: 9:56.34	33.67	1300m: 14:23.86	33.46
	150m: 1:36.76 32.88	550m: 6:02.61	33.31	950m: 10:29.54	33.20	1350m: 14:57.10	33.24
	200m: 2:09.86 33.10	600m: 6:35.88	33.27	1000m: 11:03.05	33.51	1400m: 15:30.34	33.24
	250m: 2:43.03 33.17	650m: 7:09.32	33.44	1050m: 11:36.48	33.43	1450m: 16:02.51	32.17
	300m: 3:16.39 33.36	700m: 7:42.82	33.50	1100m: 12:10.03	33.55	1500m: 16:34.61	32.10
	350m: 3:49.67 33.28	750m: 8:16.28	33.46	1150m: 12:43.32	33.29		
	400m: 4:23.14 33.47	800m: 8:49.76	33.48	1200m: 13:17.06	33.74		

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	<b>TRAVASSOS Rodrigo Alexandre</b>	02	Condeixa Clube	<b>16:40.43</b>	<b>+0,75</b>	<b>609</b>
	50m: 29.20 29.20	450m: 4:48.03 32.60	850m: 9:14.29 33.51	1250m: 13:47.16 35.16		
	100m: 1:01.07 31.87	500m: 5:20.89 32.86	900m: 9:47.75 33.46	1300m: 14:22.04 34.88		
	150m: 1:33.11 32.04	550m: 5:53.83 32.94	950m: 10:20.94 33.19	1350m: 14:56.95 34.91		
	200m: 2:05.91 32.80	600m: 6:26.72 32.89	1000m: 10:54.28 33.34	1400m: 15:31.91 34.96		
	250m: 2:37.90 31.99	650m: 6:59.94 33.22	1050m: 11:28.40 34.12	1450m: 16:06.65 34.74		
	300m: 3:10.20 32.30	700m: 7:33.45 33.51	1100m: 12:02.36 33.96	1500m: 16:40.43 33.78		
	350m: 3:42.77 32.57	750m: 8:07.05 33.60	1150m: 12:37.12 34.76			
	400m: 4:15.43 32.66	800m: 8:40.78 33.73	1200m: 13:12.00 34.88			
9.	<b>DOMINGUES Ricardo Jorge</b>	02	Fundacao Beatriz Santos	<b>16:41.24</b>	<b>+0,66</b>	<b>607</b>
	50m: 27.53 27.53	450m: 4:48.50 32.89	850m: 9:15.84 34.40	1250m: 13:51.44 34.34		
	100m: 59.36 31.83	500m: 5:21.47 32.97	900m: 9:50.60 34.76	1300m: 14:25.62 34.18		
	150m: 1:32.00 32.64	550m: 5:53.51 32.04	950m: 10:25.28 34.68	1350m: 14:59.99 34.37		
	200m: 2:05.00 33.00	600m: 6:26.80 33.29	1000m: 11:00.04 34.76	1400m: 15:34.51 34.52		
	250m: 2:37.53 32.53	650m: 6:59.87 33.07	1050m: 11:34.38 34.34	1450m: 16:08.95 34.44		
	300m: 3:09.85 32.32	700m: 7:33.21 33.34	1100m: 12:08.71 34.33	1500m: 16:41.24 32.29		
	350m: 3:42.56 32.71	750m: 8:07.04 33.83	1150m: 12:42.62 33.91			
	400m: 4:15.61 33.05	800m: 8:41.44 34.40	1200m: 13:17.10 34.48			
10.	<b>VIEGAS Hugo Miguel</b>	02	Natacao Olhao	<b>16:41.43</b>	<b>+0,75</b>	<b>607</b>
	50m: 29.63 29.63	450m: 4:53.24 32.79	850m: 9:21.85 33.40	1250m: 13:54.93 51.14		
	100m: 1:01.31 31.68	500m: 5:26.73 33.49	900m: 9:55.83 33.98	1300m: 14:29.30 34.37		
	150m: 1:33.95 32.64	550m: 6:00.60 33.87	950m: 10:29.94 34.11	1350m: 15:03.36 34.06		
	200m: 2:06.85 32.90	600m: 6:33.75 33.15	1000m: 11:03.89 33.95	1400m: 15:24.79 21.43		
	250m: 2:39.76 32.91	650m: 7:07.36 33.61	1050m: 11:37.92 34.03	1450m: 16:11.48 46.69		
	300m: 3:12.91 33.15	700m: 7:41.20 33.84	1100m: 12:12.18 34.26	1500m: 16:41.43 29.95		
	350m: 3:46.37 33.46	750m: 8:14.93 33.73	1150m: 12:39.93 27.75			
	400m: 4:20.45 34.08	800m: 8:48.45 33.52	1200m: 13:03.79 23.86			
11.	<b>CARVALHO Daniel Luis</b>	02	Braga	<b>16:42.58</b>	<b>+0,82</b>	<b>605</b>
	50m: 29.17 29.17	450m: 4:50.48 33.05	850m: 9:21.86 34.57	1250m: 13:54.88 34.14		
	100m: 1:01.10 31.93	500m: 5:24.03 33.55	900m: 9:56.08 34.22	1300m: 14:29.11 34.23		
	150m: 1:33.55 32.45	550m: 5:57.48 33.45	950m: 10:30.38 34.30	1350m: 15:02.92 33.81		
	200m: 2:06.18 32.63	600m: 6:31.18 33.70	1000m: 11:04.08 33.70	1400m: 15:37.11 34.19		
	250m: 2:38.77 32.59	650m: 7:05.29 34.11	1050m: 11:38.20 34.12	1450m: 16:11.06 33.95		
	300m: 3:11.46 32.69	700m: 7:39.22 33.93	1100m: 12:12.30 34.10	1500m: 16:42.58 31.52		
	350m: 3:44.32 32.86	750m: 8:13.44 34.22	1150m: 12:46.53 34.23			
	400m: 4:17.43 33.11	800m: 8:47.29 33.85	1200m: 13:20.74 34.21			
12.	<b>DOMINGOS Ruy Manuel</b>	02	Sporting	<b>16:49.32</b>	<b>+0,77</b>	<b>593</b>
	50m: 29.10 29.10	450m: 4:53.25 33.69	850m: 9:24.73 34.08	1250m: 13:59.33 34.30		
	100m: 1:00.93 31.83	500m: 5:27.03 33.78	900m: 9:59.01 34.28	1300m: 14:33.67 34.34		
	150m: 1:33.39 32.46	550m: 6:00.90 33.87	950m: 10:33.21 34.20	1350m: 15:08.07 34.40		
	200m: 2:06.15 32.76	600m: 6:34.81 33.91	1000m: 11:07.69 34.48	1400m: 15:42.31 34.24		
	250m: 2:39.22 33.07	650m: 7:08.71 33.90	1050m: 11:41.88 34.19	1450m: 16:16.46 34.15		
	300m: 3:12.61 33.39	700m: 7:42.38 33.67	1100m: 12:16.14 34.26	1500m: 16:49.32 32.86		
	350m: 3:46.10 33.49	750m: 8:16.65 34.27	1150m: 12:50.72 34.58			
	400m: 4:19.56 33.46	800m: 8:50.65 34.00	1200m: 13:25.03 34.31			

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
13.	<b>SALGADO Goncalo Sampaio</b>	02	Famalicao	<b>16:59.26</b>	<b>+0,80</b>	<b>576</b>	
	50m: 29.05 29.05	450m: 4:55.89	33.67	850m: 9:28.80	33.89	1250m: 14:06.72	35.04
	100m: 1:01.13 32.08	500m: 5:29.50	33.61	900m: 10:03.18	34.38	1300m: 14:41.85	35.13
	150m: 1:34.38 33.25	550m: 6:03.58	34.08	950m: 10:37.93	34.75	1350m: 15:16.91	35.06
	200m: 2:08.26 33.88	600m: 6:37.71	34.13	1000m: 11:12.58	34.65	1400m: 15:51.84	34.93
	250m: 2:41.73 33.47	650m: 7:11.96	34.25	1050m: 11:47.31	34.73	1450m: 16:26.20	34.36
	300m: 3:15.18 33.45	700m: 7:46.19	34.23	1100m: 12:22.08	34.77	1500m: 16:59.26	33.06
	350m: 3:48.77 33.59	750m: 8:20.67	34.48	1150m: 12:56.90	34.82		
	400m: 4:22.22 33.45	800m: 8:54.91	34.24	1200m: 13:31.68	34.78		
14.	<b>RODRIGUES Pedro Reis</b>	02	Sao Roque	<b>17:04.33</b>	<b>+0,78</b>	<b>567</b>	
	50m: 28.54 28.54	450m: 4:56.12	35.02	850m: 9:35.63	34.85	1250m: 14:14.62	34.71
	100m: 1:00.08 31.54	500m: 5:31.27	35.15	900m: 10:10.61	34.98	1300m: 14:48.96	34.34
	150m: 1:32.32 32.24	550m: 6:05.90	34.63	950m: 10:45.51	34.90	1350m: 15:23.82	34.86
	200m: 2:05.26 32.94	600m: 6:40.99	35.09	1000m: 11:20.55	35.04	1400m: 15:58.49	34.67
	250m: 2:38.67 33.41	650m: 7:15.83	34.84	1050m: 11:55.58	35.03	1450m: 16:32.26	33.77
	300m: 3:12.53 33.86	700m: 7:50.90	35.07	1100m: 12:30.19	34.61	1500m: 17:04.33	32.07
	350m: 3:46.74 34.21	750m: 8:25.85	34.95	1150m: 13:05.16	34.97		
	400m: 4:21.10 34.36	800m: 9:00.78	34.93	1200m: 13:39.91	34.75		
15.	<b>MONTEIRO Tomas Penha</b>	02	Alges	<b>17:16.90</b>	<b>+0,72</b>	<b>547</b>	
	50m: 29.33 29.33	450m: 4:54.61	33.65	850m: 9:27.81	34.58	1250m: 14:14.93	36.71
	100m: 1:01.73 32.40	500m: 5:28.50	33.89	900m: 10:02.41	34.60	1300m: 14:51.46	36.53
	150m: 1:34.40 32.67	550m: 6:02.28	33.78	950m: 10:37.35	34.94	1350m: 15:27.91	36.45
	200m: 2:07.31 32.91	600m: 6:36.13	33.85	1000m: 11:13.15	35.80	1400m: 16:04.46	36.55
	250m: 2:40.48 33.17	650m: 7:10.53	34.40	1050m: 11:48.89	35.74	1450m: 16:40.65	36.19
	300m: 3:13.77 33.29	700m: 7:44.47	33.94	1100m: 12:24.82	35.93	1500m: 17:16.90	36.25
	350m: 3:47.27 33.50	750m: 8:18.68	34.21	1150m: 13:01.21	36.39		
	400m: 4:20.96 33.69	800m: 8:53.23	34.55	1200m: 13:38.22	37.01		
16.	<b>LOURENCO Tomas Galvao</b>	02	Natacao Olhao	<b>17:19.00</b>	<b>+0,84</b>	<b>543</b>	
	50m: 30.73 30.73	450m: 4:59.96	34.31	850m: 9:38.73	35.07	1250m: 14:23.56	35.84
	100m: 1:04.13 33.40	500m: 5:34.21	34.25	900m: 10:14.25	35.52	1300m: 14:58.65	35.09
	150m: 1:37.52 33.39	550m: 6:08.50	34.29	950m: 10:49.90	35.65	1350m: 15:34.03	35.38
	200m: 2:10.95 33.43	600m: 6:42.85	34.35	1000m: 11:25.02	35.12	1400m: 16:09.54	35.51
	250m: 2:44.14 33.19	650m: 7:17.98	35.13	1050m: 12:00.49	35.47	1450m: 16:45.17	35.63
	300m: 3:17.69 33.55	700m: 7:52.98	35.00	1100m: 12:36.18	35.69	1500m: 17:19.00	33.83
	350m: 3:51.67 33.98	750m: 8:28.31	35.33	1150m: 13:11.82	35.64		
	400m: 4:25.65 33.98	800m: 9:03.66	35.35	1200m: 13:47.72	35.90		
17.	<b>MARQUES Rui Joao</b>	02	Nautico Academico	<b>17:33.57</b>	<b>+0,74</b>	<b>521</b>	
	50m: 30.59 30.59	450m: 4:58.62	34.64	850m: 9:42.18	35.81	1250m: 14:31.95	36.16
	100m: 1:03.88 33.29	500m: 5:33.06	34.44	900m: 10:19.19	37.01	1300m: 15:08.71	36.76
	150m: 1:36.15 32.27	550m: 6:08.06	35.00	950m: 10:55.31	36.12	1350m: 15:45.61	36.90
	200m: 2:09.56 33.41	600m: 6:43.09	35.03	1000m: 11:31.51	36.20	1400m: 16:22.07	36.46
	250m: 2:42.80 33.24	650m: 7:18.51	35.42	1050m: 12:07.47	35.96	1450m: 16:58.19	36.12
	300m: 3:16.39 33.59	700m: 7:54.64	36.13	1100m: 12:43.83	36.36	1500m: 17:33.57	35.38
	350m: 3:50.09 33.70	750m: 8:30.29	35.65	1150m: 13:20.19	36.36		
	400m: 4:23.98 33.89	800m: 9:06.37	36.08	1200m: 13:55.79	35.60		
DNS	<b>AMARAL Francisco Rodriguez</b>	02	Campinho				

Campeonato Nacional Juniores e Seniores de Piscina Curta - UNICEF  
Felgueiras, 21 a 23 de Dezembro de 2018

Prova 33	Femin., 800m Livres					Absolutos
23-12-2018 - 16:15						Resultados
RN25 Absoluto	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017	
RN25 Sen	8:24.09	DURAES Diana Margarida	POR	Moscow (RUS)	03-08-2017	
RN25 Jun17	8:32.83	HOLUB Tamila Hryhorivna	SCB	Porto	13-12-2015	
RN25 Jun16	8:45.41	HOLUB Tamila Hryhorivna	SCB	Porto	21-12-2014	

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>						
1.	DURAES Diana Margarida	96	Benfica	<b>8:23.23</b>	+0,74	864
	<i>Rec Nacional, Minimos CEuropa PC, Abs e Sen</i>					
	50m: 29.61 29.61	250m: 2:35.96 31.44	450m: 4:42.29 31.59	650m: 6:49.33 31.99		
	100m: 1:01.14 31.53	300m: 3:07.44 31.48	500m: 5:13.95 31.66	700m: 7:21.26 31.93		
	150m: 1:32.89 31.75	350m: 3:39.01 31.57	550m: 5:45.64 31.69	750m: 7:52.75 31.49		
	200m: 2:04.52 31.63	400m: 4:10.70 31.69	600m: 6:17.34 31.70	800m: 8:23.23 30.48		
2.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:33.43</b>	+0,78	813
	<i>Minimos CEuropa PC</i>					
	50m: 29.74 29.74	250m: 2:37.26 32.09	450m: 4:46.28 32.25	650m: 6:56.04 32.42		
	100m: 1:01.34 31.60	300m: 3:09.47 32.21	500m: 5:18.65 32.37	700m: 7:28.85 32.81		
	150m: 1:33.26 31.92	350m: 3:41.67 32.20	550m: 5:51.00 32.35	750m: 8:01.74 32.89		
	200m: 2:05.17 31.91	400m: 4:14.03 32.36	600m: 6:23.62 32.62	800m: 8:33.43 31.69		
3.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>8:44.55</b>	+0,73	763
	50m: 29.90 29.90	250m: 2:39.80 33.23	450m: 4:53.00 33.36	650m: 7:05.90 33.07		
	100m: 1:01.37 31.47	300m: 3:12.94 33.14	500m: 5:26.60 33.60	700m: 7:38.96 33.06		
	150m: 1:33.69 32.32	350m: 3:46.25 33.31	550m: 5:59.73 33.13	750m: 8:11.72 32.76		
	200m: 2:06.57 32.88	400m: 4:19.64 33.39	600m: 6:32.83 33.10	800m: 8:44.55 32.83		
4.	ALVES Sara Sofia	01	Columbofila Cantanhedense	<b>9:05.73</b>	+0,77	677
	50m: 31.51 31.51	250m: 2:46.19 34.10	450m: 5:03.51 34.61	650m: 7:23.02 34.89		
	100m: 1:04.72 33.21	300m: 3:19.98 33.79	500m: 5:38.43 34.92	700m: 7:57.74 34.72		
	150m: 1:38.15 33.43	350m: 3:54.33 34.35	550m: 6:13.30 34.87	750m: 8:32.83 35.09		
	200m: 2:12.09 33.94	400m: 4:28.90 34.57	600m: 6:48.13 34.83	800m: 9:05.73 32.90		
5.	RODRIGUES Filipa Serrano	01	Benfica	<b>9:09.48</b>	+0,76	663
	50m: 30.87 30.87	250m: 2:45.93 34.08	450m: 5:03.58 34.52	650m: 7:24.05 35.27		
	100m: 1:04.27 33.40	300m: 3:20.42 34.49	500m: 5:38.33 34.75	700m: 7:59.66 35.61		
	150m: 1:38.06 33.79	350m: 3:54.68 34.26	550m: 6:13.53 35.20	750m: 8:35.14 35.48		
	200m: 2:11.85 33.79	400m: 4:29.06 34.38	600m: 6:48.78 35.25	800m: 9:09.48 34.34		
6.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>9:12.19</b>	+0,72	654
	50m: 31.28 31.28	250m: 2:47.73 34.44	450m: 5:06.51 34.89	650m: 7:26.19 35.26		
	100m: 1:05.03 33.75	300m: 3:22.35 34.62	500m: 5:41.28 34.77	700m: 8:01.55 35.36		
	150m: 1:39.09 34.06	350m: 3:56.88 34.53	550m: 6:16.19 34.91	750m: 8:37.30 35.75		
	200m: 2:13.29 34.20	400m: 4:31.62 34.74	600m: 6:50.93 34.74	800m: 9:12.19 34.89		
7.	CARVALHO Eva Guerreiro	99	Benfica	<b>9:33.48</b>	+0,76	583
	50m: 32.88 32.88	250m: 2:55.81 35.80	450m: 5:19.85 35.72	650m: 7:46.30 36.86		
	100m: 1:07.90 35.02	300m: 3:31.42 35.61	500m: 5:56.32 36.47	700m: 8:22.68 36.38		
	150m: 1:43.87 35.97	350m: 4:07.77 36.35	550m: 6:32.86 36.54	750m: 8:58.78 36.10		
	200m: 2:20.01 36.14	400m: 4:44.13 36.36	600m: 7:09.44 36.58	800m: 9:33.48 34.70		
DNS	CHEROUATI Souad Nefissa	89	Benfica			

ORGANIZAÇÃO



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 33, Femin., 800m Livres

Juniores

<b>1. FRAZAO Alexandra Couto</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>8:45.84</b>	<b>+0,79</b>	<b>757</b>
50m: 30.84 30.84	250m: 2:42.06 32.92	450m: 4:53.75 32.82	650m: 7:05.66 33.16		
100m: 1:03.25 32.41	300m: 3:15.11 33.05	500m: 5:26.52 32.77	700m: 7:39.34 33.68		
150m: 1:36.17 32.92	350m: 3:47.86 32.75	550m: 5:59.57 33.05	750m: 8:13.05 33.71		
200m: 2:09.14 32.97	400m: 4:20.93 33.07	600m: 6:32.50 32.93	800m: 8:45.84 32.79		
<b>2. MENDES Mariana Amaral</b>	<b>02</b>	<b>Colegio Monte Maior</b>	<b>8:49.31</b>	<b>+0,79</b>	<b>742</b>
50m: 31.47 31.47	250m: 2:44.08 33.21	450m: 4:57.40 33.33	650m: 7:10.64 33.40		
100m: 1:04.50 33.03	300m: 3:17.43 33.35	500m: 5:30.64 33.24	700m: 7:44.09 33.45		
150m: 1:37.51 33.01	350m: 3:50.76 33.33	550m: 6:03.91 33.27	750m: 8:17.28 33.19		
200m: 2:10.87 33.36	400m: 4:24.07 33.31	600m: 6:37.24 33.33	800m: 8:49.31 32.03		
<b>3. QUEIROZ Ana Rita</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>8:53.56</b>	<b>+0,74</b>	<b>725</b>
50m: 30.71 30.71	250m: 2:45.72 34.41	450m: 5:01.15 33.27	650m: 7:14.39 33.35		
100m: 1:03.75 33.04	300m: 3:20.26 34.54	500m: 5:34.78 33.63	700m: 7:47.81 33.42		
150m: 1:37.20 33.45	350m: 3:54.03 33.77	550m: 6:07.89 33.11	750m: 8:20.90 33.09		
200m: 2:11.31 34.11	400m: 4:27.88 33.85	600m: 6:41.04 33.15	800m: 8:53.56 32.66		
<b>4. SOUSA Ana Reis</b>	<b>02</b>	<b>Alges</b>	<b>9:01.26</b>	<b>+0,75</b>	<b>694</b>
50m: 30.32 30.32	250m: 2:45.61 34.71	450m: 5:01.27 33.71	650m: 7:19.93 35.22		
100m: 1:03.04 32.72	300m: 3:19.96 34.35	500m: 5:35.65 34.38	700m: 7:53.82 33.89		
150m: 1:36.56 33.52	350m: 3:53.80 33.84	550m: 6:10.37 34.72	750m: 8:27.55 33.73		
200m: 2:10.90 34.34	400m: 4:27.56 33.76	600m: 6:44.71 34.34	800m: 9:01.26 33.71		
<b>5. PINA Ana Sofia</b>	<b>02</b>	<b>O Crasto</b>	<b>9:05.35</b>	<b>+0,79</b>	<b>679</b>
50m: 31.20 31.20	250m: 2:46.72 33.94	450m: 5:05.65 34.89	650m: 7:24.67 34.60		
100m: 1:04.86 33.66	300m: 3:21.11 34.39	500m: 5:40.44 34.79	700m: 7:58.93 34.26		
150m: 1:38.73 33.87	350m: 3:55.84 34.73	550m: 6:15.05 34.61	750m: 8:33.18 34.25		
200m: 2:12.78 34.05	400m: 4:30.76 34.92	600m: 6:50.07 35.02	800m: 9:05.35 32.17		
<b>6. RAMOS Ana Rita</b>	<b>02</b>	<b>Porto</b>	<b>9:05.46</b>	<b>+0,80</b>	<b>678</b>
50m: 31.40 31.40	250m: 2:47.05 34.29	450m: 5:04.58 34.54	650m: 7:22.62 34.58		
100m: 1:05.05 33.65	300m: 3:21.21 34.16	500m: 5:38.91 34.33	700m: 7:57.33 34.71		
150m: 1:38.83 33.78	350m: 3:55.47 34.26	550m: 6:13.18 34.27	750m: 8:32.12 34.79		
200m: 2:12.76 33.93	400m: 4:30.04 34.57	600m: 6:48.04 34.86	800m: 9:05.46 33.34		
<b>7. AMORIM Maria Leonor</b>	<b>03</b>	<b>Porto</b>	<b>9:09.84</b>	<b>+0,81</b>	<b>662</b>
50m: 32.10 32.10	250m: 2:48.86 34.26	450m: 5:06.40 33.55	650m: 7:26.21 35.12		
100m: 1:06.39 34.29	300m: 3:23.62 34.76	500m: 5:40.97 34.57	700m: 8:01.21 35.00		
150m: 1:40.51 34.12	350m: 3:58.01 34.39	550m: 6:15.99 35.02	750m: 8:36.14 34.93		
200m: 2:14.60 34.09	400m: 4:32.85 34.84	600m: 6:51.09 35.10	800m: 9:09.84 33.70		
<b>8. MARTINS Francisca Soares</b>	<b>03</b>	<b>Foca</b>	<b>9:16.31</b>	<b>+0,77</b>	<b>639</b>
50m: 31.33 31.33	250m: 2:48.07 34.49	450m: 5:08.55 35.28	650m: 7:30.68 35.73		
100m: 1:05.19 33.86	300m: 3:22.94 34.87	500m: 5:43.99 35.44	700m: 8:06.54 35.86		
150m: 1:39.31 34.12	350m: 3:58.05 35.11	550m: 6:19.40 35.41	750m: 8:42.08 35.54		
200m: 2:13.58 34.27	400m: 4:33.27 35.22	600m: 6:54.95 35.55	800m: 9:16.31 34.23		
<b>9. MARTINS Joana Ribeiro</b>	<b>03</b>	<b>Benfica</b>	<b>9:23.90</b>	<b>+0,80</b>	<b>614</b>
50m: 32.00 32.00	250m: 2:52.64 34.98	450m: 5:15.14 35.70	650m: 7:38.88 35.79		
100m: 1:06.86 34.86	300m: 3:27.89 35.25	500m: 5:51.01 35.87	700m: 8:14.67 35.79		
150m: 1:42.20 35.34	350m: 4:03.66 35.77	550m: 6:27.10 36.09	750m: 8:50.29 35.62		
200m: 2:17.66 35.46	400m: 4:39.44 35.78	600m: 7:03.09 35.99	800m: 9:23.90 33.61		
<b>10. CONCEICAO Ema Jeronimo</b>	<b>03</b>	<b>Fisica Torres Vedras</b>	<b>9:28.93</b>	<b>+0,82</b>	<b>598</b>
50m: 31.87 31.87	250m: 2:52.56 35.89	450m: 5:17.19 36.66	650m: 7:43.42 36.47		
100m: 1:06.15 34.28	300m: 3:28.20 35.64	500m: 5:53.65 36.46	700m: 8:19.64 36.22		
150m: 1:41.20 35.05	350m: 4:04.23 36.03	550m: 6:30.18 36.53	750m: 8:55.54 35.90		
200m: 2:16.67 35.47	400m: 4:40.53 36.30	600m: 7:06.95 36.77	800m: 9:28.93 33.39		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
11.	FOMINA Anna	02	Louletano / Loule Concelho	<b>9:32.06</b>	<b>+0,77</b>	<b>588</b>
	50m: 32.30 32.30	250m: 2:55.50 36.17	450m: 5:19.13 36.14	650m: 7:46.13 37.11		
	100m: 1:07.71 35.41	300m: 3:31.51 36.01	500m: 5:55.71 36.58	700m: 8:23.25 37.12		
	150m: 1:43.28 35.57	350m: 4:08.00 36.49	550m: 6:32.73 37.02	750m: 8:59.25 36.00		
	200m: 2:19.33 36.05	400m: 4:42.99 34.99	600m: 7:09.02 36.29	800m: 9:32.06 32.81		
12.	VARANDAS Joana Filipa	02	Laranjeiro	<b>9:33.91</b>	<b>+0,84</b>	<b>582</b>
	50m: 33.05 33.05	250m: 2:56.19 35.88	450m: 5:20.57 36.06	650m: 7:46.60 36.66		
	100m: 1:08.49 35.44	300m: 3:32.02 35.83	500m: 5:56.88 36.31	700m: 8:23.14 36.54		
	150m: 1:44.10 35.61	350m: 4:08.25 36.23	550m: 6:33.66 36.78	750m: 8:59.05 35.91		
	200m: 2:20.31 36.21	400m: 4:44.51 36.26	600m: 7:09.94 36.28	800m: 9:33.91 34.86		
13.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>9:37.10</b>	<b>+0,72</b>	<b>573</b>
	50m: 32.50 32.50	250m: 2:55.15 36.06	450m: 5:20.24 36.13	650m: 7:48.07 37.08		
	100m: 1:07.44 34.94	300m: 3:31.35 36.20	500m: 5:56.94 36.70	700m: 8:24.78 36.71		
	150m: 1:43.29 35.85	350m: 4:07.85 36.50	550m: 6:33.95 37.01	750m: 9:01.60 36.82		
	200m: 2:19.09 35.80	400m: 4:44.11 36.26	600m: 7:10.99 37.04	800m: 9:37.10 35.50		
14.	AMANTES Beatriz Quintao	03	Uniao Piedense	<b>9:37.15</b>	<b>+0,78</b>	<b>572</b>
	50m: 32.40 32.40	250m: 2:56.95 36.31	450m: 5:21.49 36.27	650m: 7:49.50 37.76		
	100m: 1:08.10 35.70	300m: 3:33.09 36.14	500m: 5:57.69 36.20	700m: 8:26.30 36.80		
	150m: 1:44.17 36.07	350m: 4:09.20 36.11	550m: 6:35.06 37.37	750m: 9:02.93 36.63		
	200m: 2:20.64 36.47	400m: 4:45.22 36.02	600m: 7:11.74 36.68	800m: 9:37.15 34.22		
15.	SILVA Camila Alexandra	03	Columbofila Cantanhedense	<b>9:37.97</b>	<b>+0,99</b>	<b>570</b>
	50m: 32.88 32.88	250m: 2:55.10 35.74	450m: 5:19.82 36.86	650m: 7:47.98 37.40		
	100m: 1:08.18 35.30	300m: 3:30.97 35.87	500m: 5:56.04 36.22	700m: 8:25.60 37.62		
	150m: 1:43.61 35.43	350m: 4:06.52 35.55	550m: 6:33.61 37.57	750m: 9:02.46 36.86		
	200m: 2:19.36 35.75	400m: 4:42.96 36.44	600m: 7:10.58 36.97	800m: 9:37.97 35.51		
16.	PELAIJO Maria Joao	03	Ginasio Figueirense	<b>9:40.23</b>	<b>+0,81</b>	<b>563</b>
	50m: 33.04 33.04	250m: 2:57.44 36.60	450m: 5:23.98 36.91	650m: 7:51.26 37.02		
	100m: 1:08.34 35.30	300m: 3:33.68 36.24	500m: 6:01.05 37.07	700m: 8:28.17 36.91		
	150m: 1:44.40 36.06	350m: 4:10.30 36.62	550m: 6:37.81 36.76	750m: 9:04.71 36.54		
	200m: 2:20.84 36.44	400m: 4:47.07 36.77	600m: 7:14.24 36.43	800m: 9:40.23 35.52		
17.	PIRES Filipa Almeida	03	Uniao Coimbra	<b>9:41.78</b>	<b>+0,96</b>	<b>559</b>
	50m: 32.68 32.68	250m: 2:57.71 36.78	450m: 5:25.02 37.00	650m: 7:52.61 36.92		
	100m: 1:08.32 35.64	300m: 3:34.25 36.54	500m: 6:01.79 36.77	700m: 8:29.96 37.35		
	150m: 1:44.63 36.31	350m: 4:11.24 36.99	550m: 6:38.87 37.08	750m: 9:06.90 36.94		
	200m: 2:20.93 36.30	400m: 4:48.02 36.78	600m: 7:15.69 36.82	800m: 9:41.78 34.88		
18.	SOUZA Ines Matos	03	Uniao Coimbra	<b>9:46.91</b>	<b>+0,82</b>	<b>544</b>
	50m: 32.93 32.93	250m: 2:58.40 36.82	450m: 5:26.02 37.12	650m: 7:55.58 37.45		
	100m: 1:08.54 35.61	300m: 3:35.12 36.72	500m: 6:03.03 37.01	700m: 8:33.01 37.43		
	150m: 1:44.96 36.42	350m: 4:11.85 36.73	550m: 6:40.63 37.60	750m: 9:10.35 37.34		
	200m: 2:21.58 36.62	400m: 4:48.90 37.05	600m: 7:18.13 37.50	800m: 9:46.91 36.56		
19.	LIMA Jessica Soares	02	Braga	<b>9:52.00</b>	<b>+0,89</b>	<b>530</b>
	50m: 32.55 32.55	250m: 2:56.89 36.47	450m: 5:26.22 37.54	650m: 7:58.64 38.31		
	100m: 1:07.92 35.37	300m: 3:34.05 37.16	500m: 6:04.04 37.82	700m: 8:37.03 38.39		
	150m: 1:44.10 36.18	350m: 4:11.25 37.20	550m: 6:42.09 38.05	750m: 9:14.89 37.86		
	200m: 2:20.42 36.32	400m: 4:48.68 37.43	600m: 7:20.33 38.24	800m: 9:52.00 37.11		

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA						
20.	BARBOSA Adriana Freixo	03	Viana Natacao	<b>9:52.32</b>	+0,89	529						
	50m:	31.78	31.78	250m:	2:56.33	36.56	450m:	5:26.37	37.81	650m:	7:58.37	38.40
	100m:	1:07.53	35.75	300m:	3:33.40	37.07	500m:	6:03.98	37.61	700m:	8:36.98	38.61
	150m:	1:43.50	35.97	350m:	4:10.75	37.35	550m:	6:41.96	37.98	750m:	9:15.44	38.46
	200m:	2:19.77	36.27	400m:	4:48.56	37.81	600m:	7:19.97	38.01	800m:	9:52.32	36.88

Prova 34

Masc., 50m Bruços

Absolutos

23-12-2018 - 16:25

Resultados Final

RN25 Absoluto	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Sen	27.16	ALMEIDA Carlos Esteves	ESJB	Porto	21-12-2014
RN25 Jun18	28.55	CAPITAO Simao Miguel	CLAMAS	Senhora da Hora	24-05-2015
RN25 Jun17	28.56	AGOSTINHO Pedro Miguel	SLB	S. António Cavaleiros	03-05-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	FRISCHKNECHT Renato Barros	01	Alges	<b>29.21</b>	+0,58	645
2.	KLIER Afonso Miguel	01	Galitos / Bresimar	<b>29.94</b>	+0,63	599
3.	NUNES Francisco Costa	02	Salvaterra de Magos	<b>30.03</b>	+0,68	594
4.	SILVA Tomas Antonio	01	Naval do Funchal	<b>30.13</b>	+0,65	588
5.	CABRITO Rodrigo Almeida	01	Belenenses	<b>30.15</b>	+0,73	587
6.	DUARTE Pedro Domingues	01	Nautico Marinha Grande	<b>30.18</b>	+0,75	585
7.	BRITO Bernardo Geada	02	Uniao Piedense	<b>30.89</b>	+0,57	546
8.	MERUJE Joaquim Agra	01	Elvense	<b>30.97</b>	+0,75	541

Seniores

1.	AMORIM Alexandre Ferreira	99	Porto	<b>28.04</b>	+0,64	730
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>28.19</b>	+0,65	718
3.	TEIXEIRA Guilherme Miguel	97	Belenenses	<b>28.21</b>	+0,70	717
4.	VELOSO Tomas Miguel	96	Nautico Academico	<b>28.39</b>	+0,66	703
5.	CARVALHO Ruben Paiva	94	Academica de Coimbra	<b>28.44</b>	+0,69	699
6.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>29.07</b>	+0,72	655
7.	MENDES Antonio Manuel	99	Sporting	<b>29.40</b>	+0,67	633
DSQ	SANTOS Alexis Manacas	92	Sporting			

704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 25 m - SW 7.1

Prova 35  
23-12-2018 - 16:30

Femin., 50m Bruços

Absolutos  
Resultados Final

RN25 Absoluto	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Sen	30.80	RODRIGUES Ana Pinho	ADS	Porto	10-12-2017
RN25 Jun17	32.09	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	31.46	RODRIGUES Ana Pinho	AEJ	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	COSTA Ana Ferreira	02	Nautico Marinha Grande	<b>33.72</b>	+0,70	612
2.	TEIXEIRA Ines Oliveira	02	Estarreja	<b>34.11</b>	+0,74	591
3.	PEREIRA Clara Gomes	02	Alges	<b>34.20</b>	+0,73	587
4.	CERDEIRA Madalena Reis	03	Sporting	<b>34.44</b>	+0,77	575
	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>34.44</b>	+0,70	575
6.	CASTRO Maria Freitas	03	Fafe	<b>34.83</b>	+0,78	555
7.	OLIVEIRA Claudia Sofia	02	Sanjoanense/FEPSA	<b>34.97</b>	+0,73	549
8.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>35.07</b>	+0,66	544

Seniores

1.	RODRIGUES Ana Pinho	94	Sanjoanense/FEPSA	<b>30.97</b>	+0,67	790
2.	PEREIRA Raquel Gomes	00	Alges	<b>32.60</b>	+0,74	678
3.	FIGUEIRA Isabel Maria	79	Natacao de Faro	<b>32.84</b>	+0,79	663
4.	SILVA Beatriz Santos	01	Porto	<b>33.15</b>	+0,78	644
5.	ROSA Maria Carolina	94	Sporting	<b>33.29</b>	+0,74	636
6.	MATOS Carolina Lourenco	98	Cova da Piedade	<b>33.46</b>	+0,71	627
7.	BORGES Claudia Ferreira	99	Benfica	<b>33.47</b>	+0,73	626
8.	OLIVEIRA Rosa Maria	96	Porto	<b>34.03</b>	+0,79	596

Prova 36  
23-12-2018 - 16:55

Masc., 100m Costas

Absolutos  
Resultados Final

RN25 Absoluto	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Sen	51.48	LOPES Gabriel Jose	POR	Hangzhou (CHN)	11-12-2018
RN25 Jun18	53.88	SANTOS Alexis Manacas	SCP	Leiria	05-12-2009
RN25 Jun17	54.97	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>55.29</b>	+0,62	691
	50m: 26.95 26.95	100m: 55.29	28.34			
2.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>55.75</b>	+0,56	674
	50m: 26.86 26.86	100m: 55.75	28.89			
3.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>57.30</b>	+0,59	621
	50m: 27.84 27.84	100m: 57.30	29.46			
4.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>57.48</b>	+0,55	615
	50m: 27.96 27.96	100m: 57.48	29.52			

Prova 36, Masc., 100m Costas, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
5.	ALFAMA Martim Primavera 50m: 28.01 28.01 100m: 57.52 29.51	02	Gesloures	<b>57.52</b>	+0,58	614
6.	ARZILEIRO Bernardo Vinagre 50m: 28.45 28.45 100m: 58.32 29.87	01	Uniao Coimbra	<b>58.32</b>	+0,57	589
7.	DIAS Joao Pedro 50m: 28.85 28.85 100m: 58.74 29.89	02	Fundacao Beatriz Santos	<b>58.74</b>	+1,35	576
8.	FIDALGO Mateus Valente 50m: 28.54 28.54 100m: 59.36 30.82	01	Estarreja	<b>59.36</b>	+0,65	559

Seniores

1.	SANTOS Francisco Rogerio 50m: 25.53 25.53 100m: 53.66 28.13	98	Sporting	<b>53.66</b>	+0,67	756
2.	ROSA Rodrigo Antonio 50m: 26.53 26.53 100m: 55.09 28.56	96	Benfica	<b>55.09</b>	+0,61	699
3.	KOT Viktor 50m: 26.83 26.83 100m: 55.12 28.29	98	Nautico Marinha Grande	<b>55.12</b>	+0,57	698
4.	DIAS Guilherme Pereira 50m: 26.43 26.43 100m: 55.31 28.88	97	Benfica	<b>55.31</b>	+0,61	691
5.	TINOCO Joao Pereira 50m: 27.08 27.08 100m: 56.35 29.27	00	Famalicao	<b>56.35</b>	+1,35	653
6.	LARANJEIRA Joao Jose 50m: 27.11 27.11 100m: 56.45 29.34	98	Galitos / Bresimar	<b>56.45</b>	+0,58	650
7.	CORREIA Joao Mota 50m: 27.22 27.22 100m: 56.96 29.74	97	Benfica	<b>56.96</b>	+0,66	632
8.	FERNANDES Joao Diogo 50m: 27.57 27.57 100m: 57.08 29.51	98	Belenenses	<b>57.08</b>	+0,65	628

Prova 37  
23-12-2018 - 17:00

Femin., 100m Costas

Absolutos  
Resultados Final

RN25 Absoluto	1:00.64	LEITE Ana Sofia	GCVR	Porto	12-12-2015
RN25 Sen	1:00.64	LEITE Ana Sofia	GCVR	Porto	12-12-2015
RN25 Jun17	1:01.56	FERNANDES Ines Camacho	SCP	Felgueiras	22-12-2013
RN25 Jun16	1:01.55	FERNANDES Ines Camacho	SCP	Porto	08-12-2013

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	AZEVEDO Rafaela Gomes <i>Rec Nacional, Jun 17</i>	02	Alges	<b>1:01.22</b>	+0,66	726
	50m: 29.51 29.51	100m:	1:01.22 31.71			
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:02.13</b>	+0,57	694
	50m: 30.15 30.15	100m:	1:02.13 31.98			
3.	RAMOS Ana Rita	02	Porto	<b>1:04.53</b>	+1,67	620
	50m: 31.74 31.74	100m:	1:04.53 32.79			
4.	PEIXEIRA Filipa Ramos	03	Sporting	<b>1:04.73</b>	+0,67	614
	50m: 31.22 31.22	100m:	1:04.73 33.51			
5.	LASCU Nicoleta	02	Litoral Alentejano	<b>1:06.03</b>	+0,63	578
	50m: 31.99 31.99	100m:	1:06.03 34.04			
6.	SEVERINO Isis Sousa	02	Louletano / Loule Concelho	<b>1:06.51</b>	+0,59	566
	50m: 31.70 31.70	100m:	1:06.51 34.81			
7.	MARQUES Mariana Nunes	03	Estarreja	<b>1:06.67</b>	+0,61	562
	50m: 32.11 32.11	100m:	1:06.67 34.56			
8.	CRUZ Sara Moura	03	Alges	<b>1:07.05</b>	+0,60	552
	50m: 32.60 32.60	100m:	1:07.05 34.45			
<b>Seniores</b>						
1.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:02.68</b>	+0,61	676
	50m: 30.42 30.42	100m:	1:02.68 32.26			
2.	CABRAL Maria Francisca	00	Porto	<b>1:03.69</b>	+0,66	645
	50m: 31.24 31.24	100m:	1:03.69 32.45			
3.	LEITE Ana Sofia	93	Ginasio de Vila Real	<b>1:04.08</b>	+0,62	633
	50m: 30.67 30.67	100m:	1:04.08 33.41			
4.	LOPES Carolina Sofia	96	Natacao de Faro	<b>1:04.14</b>	+0,61	631
	50m: 30.57 30.57	100m:	1:04.14 33.57			
5.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>1:04.43</b>	+0,62	623
	50m: 30.63 30.63	100m:	1:04.43 33.80			
6.	FREIXO Juliana Lima	97	Braga	<b>1:04.60</b>	+1,36	618
	50m: 31.12 31.12	100m:	1:04.60 33.48			
7.	NEVES Ana Carolina	00	Academica de Coimbra	<b>1:05.06</b>	+0,74	605
	50m: 31.13 31.13	100m:	1:05.06 33.93			

Prova 37, Femin., 100m Costas, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
8.	SANTOS Alexandra Jesus	00	Leixoes	<b>1:06.51</b>	+0,68	566
	50m: 31.92 31.92	100m: 1:06.51	34.59			

Prova 38  
23-12-2018 - 17:05

Masc., 200m Mariposa

Absolutos  
Resultados Final

RN25 Absoluto	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Sen	1:53.39	CARVALHO Diogo Filipe	POR	Istambul (TUR)	12-12-2009
RN25 Jun18	1:58.64	CARVALHO Diogo Filipe	CGA	Tomar	09-12-2005
RN25 Jun17	1:59.93	CARVALHO Diogo Filipe	CGA	Mealhada	05-03-2005

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	CRISTINO David Matias	01	Uniao Piedense	<b>2:05.42</b>	+0,74	648
	50m: 28.97 28.97	100m: 1:01.61	32.64	150m: 1:34.16	32.55	200m: 2:05.42
						31.26
2.	CARDOSO Diogo Santos	01	Colegio Monte Maior	<b>2:06.49</b>	+0,78	632
	50m: 29.39 29.39	100m: 1:02.52	33.13	150m: 1:35.06	32.54	200m: 2:06.49
						31.43
3.	AGUIAR Gabriel Silva	01	Porto	<b>2:06.81</b>	+0,67	627
	50m: 28.94 28.94	100m: 1:01.87	32.93	150m: 1:34.30	32.43	200m: 2:06.81
						32.51
4.	GOMES Vicente Oliveira	02	Sporting	<b>2:07.26</b>	+0,69	620
	50m: 28.74 28.74	100m: 1:01.39	32.65	150m: 1:34.29	32.90	200m: 2:07.26
						32.97
5.	CAMOES Tiago Maria	01	Uniao Piedense	<b>2:08.32</b>	+0,76	605
	50m: 28.95 28.95	100m: 1:01.58	32.63	150m: 1:35.18	33.60	200m: 2:08.32
						33.14
6.	PINTO Pedro Miguel	02	Sporting	<b>2:08.75</b>	+0,77	599
	50m: 28.60 28.60	100m: 1:01.38	32.78	150m: 1:34.93	33.55	200m: 2:08.75
						33.82
7.	AMARAL Francisco Rodriguez	02	Campinho	<b>2:09.96</b>	+0,75	582
	50m: 28.52 28.52	100m: 1:01.24	32.72	150m: 1:34.78	33.54	200m: 2:09.96
						35.18
8.	BRANCO Alexandre Miguel	01	Alges	<b>2:11.46</b>	+0,76	563
	50m: 29.10 29.10	100m: 1:02.06	32.96	150m: 1:35.90	33.84	200m: 2:11.46
						35.56

Seniores

1.	PEREIRA Luiz Pedro	91	Benfica	<b>1:59.13</b>	+0,73	756
	50m: 25.46 25.46	100m: 54.95	29.49	150m: 1:26.01	31.06	200m: 1:59.13
						33.12
2.	SANTOS Pedro Andre	94	Alges	<b>2:00.85</b>	+0,72	724
	50m: 27.01 27.01	100m: 57.73	30.72	150m: 1:29.00	31.27	200m: 2:00.85
						31.85
3.	CARVALHO Andre Antunes	96	Sporting	<b>2:01.57</b>	+0,78	712
	50m: 27.51 27.51	100m: 58.09	30.58	150m: 1:29.48	31.39	200m: 2:01.57
						32.09
4.	MENDES Antonio Manuel	99	Sporting	<b>2:02.82</b>	+0,67	690
	50m: 27.72 27.72	100m: 59.14	31.42	150m: 1:30.96	31.82	200m: 2:02.82
						31.86
5.	SILVA Joao Carlos	98	Famalicao	<b>2:02.85</b>	+0,66	690
	50m: 26.47 26.47	100m: 57.05	30.58	150m: 1:29.02	31.97	200m: 2:02.85
						33.83

Prova 38, Masc., 200m Mariposa, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
6.	PINOTES Pedro Miguel	89	Sporting	<b>2:03.24</b>	+0,77	683
	50m: 27.43 27.43	100m: 58.55 31.12	150m: 1:30.58	32.03	200m: 2:03.24	32.66
7.	REBELO Diogo Nogueira	98	Colegio Monte Maior	<b>2:04.20</b>	+0,78	667
	50m: 28.02 28.02	100m: 59.48 31.46	150m: 1:31.60	32.12	200m: 2:04.20	32.60
8.	BESSA Antonio Rafael	94	Aquatico Pacense	<b>2:04.72</b>	+0,68	659
	50m: 28.10 28.10	100m: 59.64 31.54	150m: 1:31.96	32.32	200m: 2:04.72	32.76

Prova 39

Femin., 200m Mariposa

23-12-2018 - 17:10

Absolutos  
Resultados Final

RN25 Absoluto	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Sen	2:05.74	MONTEIRO Ana Catarina	POR	Hangzhou (CHN)	12-12-2018
RN25 Jun17	2:10.12	CRUZ Sara Francisco	ADBA	Leiria	04-12-2009
RN25 Jun16	2:13.60	FRANCISCO Ana Rita	POR	Gelsenkirchen (GER)	11-02-1996

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	GRAVETO Ana Raquel	02	Benfica	<b>2:17.12</b>	+0,78	663
	50m: 30.65 30.65	100m: 1:05.64 34.99	150m: 1:41.22	35.58	200m: 2:17.12	35.90
2.	BARBOSA Mariana Fernandes	02	Porto	<b>2:17.97</b>	+0,80	651
	50m: 30.54 30.54	100m: 1:05.05 34.51	150m: 1:41.11	36.06	200m: 2:17.97	36.86
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>2:18.96</b>	+0,80	637
	50m: 30.86 30.86	100m: 1:06.01 35.15	150m: 1:42.06	36.05	200m: 2:18.96	36.90
4.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>2:20.46</b>	+0,81	617
	50m: 31.14 31.14	100m: 1:06.43 35.29	150m: 1:42.99	36.56	200m: 2:20.46	37.47
5.	MARTINS Joana Ribeiro	03	Benfica	<b>2:21.88</b>	+0,80	599
	50m: 31.55 31.55	100m: 1:07.37 35.82	150m: 1:44.20	36.83	200m: 2:21.88	37.68
6.	SILVA Ines Pereira	02	Fundacao Beatriz Santos	<b>2:21.92</b>	+0,73	598
	50m: 31.19 31.19	100m: 1:06.19 35.00	150m: 1:43.09	36.90	200m: 2:21.92	38.83
7.	PEREIRA Clara Gomes	02	Alges	<b>2:24.47</b>	+0,74	567
	50m: 32.71 32.71	100m: 1:09.02 36.31	150m: 1:46.13	37.11	200m: 2:24.47	38.34
8.	QUEIROZ Ana Rita	02	Condeixa Clube	<b>2:25.98</b>	+0,72	550
	50m: 31.48 31.48	100m: 1:07.51 36.03	150m: 1:46.24	38.73	200m: 2:25.98	39.74

Prova 39, Femin., 200m Mariposa, Final

Seniores

1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:08.36</b>	+0,70	809
	<i>Minimos CEuropa PC</i>					
	50m: 28.81 28.81	100m: 1:00.90 32.09	150m: 1:34.09 33.19	200m: 2:08.36 34.27		
2.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:12.01</b>	+0,72	743
	50m: 29.80 29.80	100m: 1:02.68 32.88	150m: 1:36.70 34.02	200m: 2:12.01 35.31		
3.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>2:13.89</b>	+0,83	712
	50m: 30.21 30.21	100m: 1:03.84 33.63	150m: 1:38.63 34.79	200m: 2:13.89 35.26		
4.	SIMOES Bruna Andreia	01	Nautico Marinha Grande	<b>2:19.72</b>	+0,76	627
	50m: 31.05 31.05	100m: 1:06.24 35.19	150m: 1:42.74 36.50	200m: 2:19.72 36.98		
5.	MARTINS Ana Beatriz	99	Famalicao	<b>2:20.63</b>	+0,78	615
	50m: 31.01 31.01	100m: 1:06.98 35.97	150m: 1:43.60 36.62	200m: 2:20.63 37.03		
6.	RODRIGUES Ana Margarida	96	Galitos / Bresimar	<b>2:21.45</b>	+0,86	604
	50m: 31.51 31.51	100m: 1:07.29 35.78	150m: 1:44.08 36.79	200m: 2:21.45 37.37		
7.	BARATA Barbara Sofia	97	Alges	<b>2:22.58</b>	+0,71	590
	50m: 31.85 31.85	100m: 1:08.27 36.42	150m: 1:44.90 36.63	200m: 2:22.58 37.68		
8.	CRAVEIRO Beatriz Neves	97	Academica de Coimbra	<b>2:24.62</b>	+0,75	565
	50m: 31.18 31.18	100m: 1:06.09 34.91	150m: 1:43.41 37.32	200m: 2:24.62 41.21		

Prova 40  
23-12-2018 - 17:15

Masc., 200m Livres

Absolutos  
Resultados Final

RN25 Absoluto	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Sen	1:43.16	NASCIMENTO Miguel Duarte	POR	Hangzhou (CHN)	14-12-2018
RN25 Jun18	1:47.73	VENANCIO Tiago Andre	POR	Viena (AUT)	12-12-2004
RN25 Jun17	1:50.67	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	AIRES Rafael Alcantara	01	Benfica	<b>1:50.30</b>	+0,70	731
	50m: 25.73 25.73	100m: 53.40 27.67	150m: 1:21.44 28.04	200m: 1:50.30 28.86		
2.	LEBRE Diogo Ramos	01	Benfica	<b>1:51.48</b>	+0,80	708
	50m: 26.47 26.47	100m: 55.48 29.01	150m: 1:24.03 28.55	200m: 1:51.48 27.45		
3.	SANTOS Pedro Miguel	01	Porto	<b>1:51.56</b>	+0,70	706
	50m: 26.60 26.60	100m: 55.60 29.00	150m: 1:23.82 28.22	200m: 1:51.56 27.74		
4.	LOPES Tomas Teixeira	02	Foca	<b>1:51.85</b>	+0,69	701
	50m: 26.28 26.28	100m: 54.73 28.45	150m: 1:23.45 28.72	200m: 1:51.85 28.40		
5.	JOSE Diogo Coelho	01	Columbofila Cantanhedense	<b>1:54.11</b>	+0,78	660
	50m: 26.82 26.82	100m: 55.39 28.57	150m: 1:24.86 29.47	200m: 1:54.11 29.25		
6.	JORGE Duarte Miguel	01	Galitos / Bresimar	<b>1:54.95</b>	+0,89	646
	50m: 26.45 26.45	100m: 54.99 28.54	150m: 1:24.46 29.47	200m: 1:54.95 30.49		

Prova 40, Masc., 200m Livres, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
7.	FERRAO Goncalo Carvalho	01	Cova da Piedade	<b>1:55.31</b>	+0,61	639
	50m: 26.16 26.16	100m: 54.85 28.69	150m: 1:24.61	29.76	200m: 1:55.31	30.70
8.	DEUS Andre Portugal	02	Naval do Funchal	<b>1:55.35</b>	+0,69	639
	50m: 26.99 26.99	100m: 56.32 29.33	150m: 1:26.23	29.91	200m: 1:55.35	29.12

Seniores

1.	NASCIMENTO Miguel Duarte <i>Minimos CEuropa PC</i>	95	Benfica	<b>1:43.65</b>	+0,67	881
	50m: 24.14 24.14	100m: 50.30 26.16	150m: 1:17.06	26.76	200m: 1:43.65	26.59
2.	MOGNE Igor Araujo	96	Sporting	<b>1:46.87</b>	+0,76	803
	50m: 24.85 24.85	100m: 51.94 27.09	150m: 1:19.63	27.69	200m: 1:46.87	27.24
3.	RAMOS Bruno Miguel	97	Belenenses	<b>1:47.00</b>	+0,64	800
	50m: 25.04 25.04	100m: 52.07 27.03	150m: 1:19.46	27.39	200m: 1:47.00	27.54
4.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:47.09</b>	+0,68	798
	50m: 25.58 25.58	100m: 52.55 26.97	150m: 1:19.76	27.21	200m: 1:47.09	27.33
5.	COSTA Tiago Cunha	99	Sporting	<b>1:48.93</b>	+0,67	759
	50m: 25.06 25.06	100m: 51.95 26.89	150m: 1:20.15	28.20	200m: 1:48.93	28.78
6.	BATE Afonso Ribeiro	98	Alges	<b>1:51.65</b>	+0,73	705
	50m: 26.17 26.17	100m: 54.46 28.29	150m: 1:23.54	29.08	200m: 1:51.65	28.11
7.	SANTOS Francisco Rogerio	98	Sporting	<b>1:51.79</b>	+0,73	702
	50m: 25.15 25.15	100m: 52.89 27.74	150m: 1:21.90	29.01	200m: 1:51.79	29.89
8.	DANTAS Diogo Leal	00	Sporting	<b>1:52.25</b>	+0,62	693
	50m: 25.91 25.91	100m: 54.26 28.35	150m: 1:23.11	28.85	200m: 1:52.25	29.14

Prova 41

Femin., 200m Livres

Absolutos

23-12-2018 - 17:25

Resultados Final

RN25 Absoluto	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Sen	1:58.62	DURAES Diana Margarida	POR	Copenhagen (DEN)	16-12-2017
RN25 Jun17	2:00.35	SOUZA Ana Reis	SAD	Vila Real St. Antonio	03-11-2018
RN25 Jun16	2:01.17	SOUZA Ana Reis	CNLA	Leiria	03-12-2017

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
1.	ANDRE Leticia Maia <i>Rec Nacional, Jun 17</i>	02	Benfica	<b>1:59.62</b>	+0,71	786
	50m: 29.09 29.09	100m: 59.71 30.62	150m: 1:29.59	29.88	200m: 1:59.62	30.03
2.	MARTINS Francisca Soares	03	Foca	<b>2:03.07</b>	+0,69	722
	50m: 28.52 28.52	100m: 59.80 31.28	150m: 1:32.08	32.28	200m: 2:03.07	30.99
3.	SOUZA Ana Reis	02	Alges	<b>2:03.25</b>	+0,69	719
	50m: 28.81 28.81	100m: 59.82 31.01	150m: 1:31.21	31.39	200m: 2:03.25	32.04

Prova 41, Femin., 200m Livres, Final, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	
4.	<b>FRAZAO Alexandra Couto</b>	<b>02</b>	<b>Condeixa Clube</b>	<b>2:04.23</b>	<b>+0,72</b>	<b>702</b>	
	50m: 29.72 29.72	100m: 1:01.20	31.48	150m: 1:32.85	31.65	200m: 2:04.23	31.38
5.	PINA Ana Sofia	02	O Crasto	<b>2:05.01</b>	+0,75	689	
	50m: 28.63 28.63	100m: 59.87	31.24	150m: 1:32.43	32.56	200m: 2:05.01	32.58
6.	SOARES Catarina Silva	03	Porto	<b>2:07.26</b>	+0,71	653	
	50m: 28.73 28.73	100m: 1:00.70	31.97	150m: 1:34.14	33.44	200m: 2:07.26	33.12
7.	PINTO Mafalda Marques	02	Sporting	<b>2:07.34</b>	+0,72	652	
	50m: 29.15 29.15	100m: 1:01.47	32.32	150m: 1:34.76	33.29	200m: 2:07.34	32.58
8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:08.23</b>	+0,81	638	
	50m: 29.96 29.96	100m: 1:02.17	32.21	150m: 1:35.61	33.44	200m: 2:08.23	32.62

Seniores

1.	FRISCHKNECHT Rita Barros	98	Alges	<b>2:00.73</b>	+0,73	765	
	50m: 28.06 28.06	100m: 58.44	30.38	150m: 1:29.55	31.11	200m: 2:00.73	31.18
2.	AZEVEDO Madalena Gomes	99	Alges	<b>2:02.00</b>	+0,80	741	
	50m: 28.68 28.68	100m: 59.77	31.09	150m: 1:31.33	31.56	200m: 2:02.00	30.67
3.	HOLUB Tamila Hryhorivna	99	Braga	<b>2:02.66</b>	+0,78	729	
	50m: 28.47 28.47	100m: 59.55	31.08	150m: 1:31.44	31.89	200m: 2:02.66	31.22
4.	AMADOR Joana Costa	01	Galitos / Bresimar	<b>2:03.87</b>	+0,67	708	
	50m: 29.41 29.41	100m: 1:00.73	31.32	150m: 1:32.38	31.65	200m: 2:03.87	31.49
5.	BELEZA Mafalda Gomes	94	Sporting	<b>2:03.96</b>	+0,69	706	
	50m: 29.08 29.08	100m: 59.96	30.88	150m: 1:31.64	31.68	200m: 2:03.96	32.32
6.	MACHADO Luisa Maria	01	Uniao Piedense	<b>2:04.51</b>	+0,78	697	
	50m: 28.17 28.17	100m: 59.53	31.36	150m: 1:31.94	32.41	200m: 2:04.51	32.57
7.	FARIA Ana Rita	00	Porto	<b>2:04.52</b>	+0,77	697	
	50m: 29.19 29.19	100m: 1:00.67	31.48	150m: 1:32.95	32.28	200m: 2:04.52	31.57
8.	NEVES Carolina Marques	01	Torres Novas	<b>2:08.80</b>	+0,84	630	
	50m: 29.85 29.85	100m: 1:02.22	32.37	150m: 1:35.41	33.19	200m: 2:08.80	33.39

Prova 42  
23-12-2018 - 17:30

Masc., 100m Estilos

Absolutos  
Resultados Final

RN25 Absoluto	52.91	SANTOS Alexis Manacas	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	52.91	SANTOS Alexis Manacas	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun18	56.47	SANTOS Alexis Manacas	SCP	Leiria	06-12-2009
RN25 Jun17	57.40	CARVALHO Diogo Filipe	CGA	Aveiro	14-05-2005

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	VILHENA Tiago Miguel	01	Natacao de Faro	<b>58.35</b>	+0,62	640
	50m: 26.98 26.98	100m:	58.35 31.37			
2.	FRISCHKNECHT Renato Barros	01	Alges	<b>58.83</b>	+0,62	625
	50m: 27.58 27.58	100m:	58.83 31.25			
3.	COSTA Diogo Santos	02	Colegio Monte Maior	<b>58.85</b>	+0,67	624
	50m: 26.56 26.56	100m:	58.85 32.29			
4.	SILVA Tomas Antonio	01	Naval do Funchal	<b>58.92</b>	+0,64	622
	50m: 26.86 26.86	100m:	58.92 32.06			
5.	FERNANDES Eduardo Gomes	02	Sporting	<b>59.13</b>	+0,77	615
	50m: 27.66 27.66	100m:	59.13 31.47			
6.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>59.59</b>	+0,74	601
	50m: 27.53 27.53	100m:	59.59 32.06			
7.	MACHADO Bruno Rafael	01	Fluvial Portuense	<b>1:00.01</b>	+0,75	588
	50m: 27.03 27.03	100m:	1:00.01 32.98			
DSQ	ROCHA Ricardo Filipe	02	Aquatico Pacense			
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 50 m - SW 7.1</i>					

**Seniores**

1.	SANTOS Alexis Manacas	92	Sporting	<b>53.12</b>	+0,70	849
	50m: 24.20 24.20	100m:	53.12 28.92			
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>53.28</b>	+0,62	841
	50m: 24.59 24.59	100m:	53.28 28.69			
3.	SANTOS Pedro Andre	94	Alges	<b>55.67</b>	+0,69	737
	50m: 25.40 25.40	100m:	55.67 30.27			
4.	AMORIM Alexandre Ferreira	99	Porto	<b>56.47</b>	+0,61	706
	50m: 26.15 26.15	100m:	56.47 30.32			
5.	DANTAS Diogo Leal	00	Sporting	<b>57.23</b>	+0,59	678
	50m: 26.24 26.24	100m:	57.23 30.99			
6.	QUINTANILHA Nuno Goncalo	87	Belenenses	<b>57.44</b>	+0,73	671
	50m: 26.69 26.69	100m:	57.44 30.75			
7.	NUNES Porfirio Braga	00	Porto	<b>58.42</b>	+0,72	638
	50m: 26.41 26.41	100m:	58.42 32.01			
8.	RAMOS Bruno Miguel	97	Belenenses	<b>59.41</b>	+0,67	606
	50m: 27.01 27.01	100m:	59.41 32.40			

Prova 43  
23-12-2018 - 17:35

Femin., 100m Estilos

Absolutos  
Resultados Final

RN25 Absoluto	1:02.07	PEREIRA Raquel Gomes	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	1:02.07	PEREIRA Raquel Gomes	POR	Hangzhou (CHN)	13-12-2018
RN25 Jun17	1:02.34	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	1:04.11	ROSA Maria Carolina	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
<b>Juniores</b>						
1.	CARDEAL Joana Nunes	02	Academico Viseu	<b>1:05.45</b>	+0,81	643
	50m: 30.40 30.40	100m: 1:05.45	35.05			
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:05.61</b>	+0,74	638
	50m: 30.08 30.08	100m: 1:05.61	35.53			
3.	MESQUITA Francisca Salvador	02	Colegio Monte Maior	<b>1:05.87</b>	+0,72	631
	50m: 29.98 29.98	100m: 1:05.87	35.89			
4.	REBELO Maria Carlota	03	Louzan Natacao/EFAPEL	<b>1:06.12</b>	+0,77	624
	50m: 30.84 30.84	100m: 1:06.12	35.28			
5.	CARPINTEIRO Carolina Silverio	02	Natacao do Tejo	<b>1:07.73</b>	+0,76	580
	50m: 31.82 31.82	100m: 1:07.73	35.91			
6.	MONTEIRO Margarida Cabral	02	Galitos / Bresimar	<b>1:08.02</b>	+0,71	573
	50m: 31.34 31.34	100m: 1:08.02	36.68			
7.	RODRIGUES Helena Nunes	03	Alges e Agueda XXI	<b>1:08.54</b>	+0,73	560
	50m: 30.58 30.58	100m: 1:08.54	37.96			
8.	MENDES Mariana Amaral	02	Colegio Monte Maior	<b>1:08.97</b>	+0,79	550
	50m: 32.79 32.79	100m: 1:08.97	36.18			

Seniores

1.	RODRIGUES Ana Pinho <i>Rec Nacional, Abs e Sen</i>	94	Sanjoanense/FEPSA	<b>1:01.83</b>	+0,68	763
	50m: 29.41 29.41	100m: 1:01.83	32.42			
2.	FERNANDES Ines Camacho	97	Sporting	<b>1:02.34</b>	+0,71	744
	50m: 28.36 28.36	100m: 1:02.34	33.98			
3.	KAMINSKAYA Victoria	95	Benfica	<b>1:02.35</b>	+0,75	744
	50m: 28.96 28.96	100m: 1:02.35	33.39			
4.	PEREIRA Raquel Gomes	00	Alges	<b>1:02.71</b>	+0,78	731
	50m: 29.58 29.58	100m: 1:02.71	33.13			
5.	ANDRE Angelica Maria	94	Fluvial Portuense	<b>1:05.22</b>	+0,69	650
	50m: 30.40 30.40	100m: 1:05.22	34.82			
6.	MOREIRA Matilde Freitas	01	Academica de Coimbra	<b>1:05.53</b>	+0,73	641
	50m: 30.30 30.30	100m: 1:05.53	35.23			
7.	RIBEIRO Margarida Messias	98	Gesloures	<b>1:08.10</b>	+0,73	571
	50m: 32.16 32.16	100m: 1:08.10	35.94			

Prova 43, Femin., 100m Estilos, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA
DSQ	GUEDES Ana Margarida	01	Ginasio de Vila Real			

*724 - Não tocou com as mãos na parede separadas ou simultaneamente na viragem aos 75 m - SW 7.6*

Prova 46  
23-12-2018 - 18:20

Masc., 4 x 100m Livres

Absolutos Resultados

RN25 Absoluto	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
RN25 Sen	3:17.44	Clube Natacao da Amadora	CNA	S. António Cavaleiros	19-12-2009
RN25 Jun	3:29.40	Sport Lisboa e Benfica	SLB	Porto	10-12-2017

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	Benfica-SEN <i>Rec Nacional, Abs e Sen</i>	Benfica	<b>3:15.63</b>	+0,69 822
	PEREIRA Luiz Pedro +0,69 24.08	49.29	NASCIMENTO Miguel Duarte +0,36 22.14	47.02
	DIAS Guilherme Pereira +0,43 22.73	48.61	CARVALHO Jose Paula +0,40 24.82	50.71
2.	Sporting-SEN	Sporting	<b>3:15.98</b>	+0,76 818
	MOGNE Igor Araujo +0,76 23.55	48.98	SANTOS Francisco Rogerio +0,29 23.43	49.96
	COSTA Tiago Cunha +0,30 24.09	50.09	SANTOS Alexis Manacas +0,20 22.43	46.95
3.	Porto-SEN	Porto	<b>3:23.45</b>	+0,76 731
	SOARES Tiago Silva +0,76 24.45	51.10	NUNES Diogo Barbosa +0,21 24.27	51.32
	NUNES Porfirio Braga +0,34 24.29	51.04	LINO Rafael +0,28 23.77	49.99
4.	Alges-SEN	Alges	<b>3:23.90</b>	+0,67 726
	MACHADO Francisco Carvalho +0,67 24.44	51.61	PON Hugo +0,17 24.72	51.23
	BATE Afonso Ribeiro +0,17 23.95	50.75	SANTOS Pedro Andre +0,36 23.98	50.31
5.	Belenenses-SEN	Belenenses	<b>3:24.91</b>	+0,65 715
	RAMOS Bruno Miguel +0,65 24.35	49.88	QUINTANILHA Nuno Goncalo +0,33 24.59	51.63
	PADRELA Joao Esteves +0,37 24.19	51.73	TEIXEIRA Guilherme Miguel +0,56 24.07	51.67
6.	Academica de Coimbra-SEN	Academica de Coimbra	<b>3:34.12</b>	+0,67 627
	MADUREIRA Gustavo Almeida +0,67 24.05	50.78	GASPAR Miguel Caridade +0,22 26.22	54.90
	CARVALHO Ruben Paiva +0,29 25.25	53.65	ADAIXO Pedro Salzedas +0,39 26.03	54.79

Juniores

1.	Benfica-JUN <i>Rec Nacional</i>	Benfica	<b>3:28.98</b>	+0,74 674
	LEBRE Diogo Ramos +0,74 24.87	51.07	FERREIRA Ricardo Pinela +0,23 25.19	53.34
	AIRES Rafael Alcantara +0,24 24.12	50.25	BERNARDO Joao Silva +0,39 25.90	54.32
2.	Uniao Piedense-JUN	Uniao Piedense	<b>3:33.64</b>	+0,71 631
	CRISTINO David Matias +0,71 25.82	53.84	LOPES Carlos Filipe +0,38 25.61	53.82
	BRITO Bernardo Geada +0,30 24.61	51.94	CAMOES Tiago Maria +0,35 25.48	54.04
3.	Sporting-JUN	Sporting	<b>3:34.26</b>	+0,74 626
	DOMINGOS Ruy Manuel +0,74 25.64	54.01	PINTO Pedro Miguel +1,26 26.02	54.36
	GOMES Vicente Oliveira +0,37 25.31	53.58	FERNANDES Eduardo Gomes +0,51 25.13	52.31

Prova 46, Masc., 4 x 100m Livres, Juniores

Lugar	Clube	Tempo Final	TReac	FINA
4.	Fundacao Beatriz Santos-JUN	<b>3:37.49</b>	<b>+0,72</b>	<b>598</b>
	PEREIRA Joao Neto +0,72 26.01 54.15	DOMINGUES Ricardo Jorge +0,32 26.15	54.42	
	DIAS Joao Pedro +0,41 26.37 55.56	CUNHA Jose Miguel +0,47 25.60	53.36	
5.	Naval do Funchal-JUN	<b>3:40.41</b>	<b>+0,62</b>	<b>575</b>
	SILVA Tomas Antonio +0,62 25.81 54.10	DEUS Andre Portugal +0,21 25.91	53.26	
	PITA Diogo Henrique +0,17 26.43 55.87	ALVES Afonso Pinto +0,31 26.71	57.18	

Prova 45  
23-12-2018 - 18:25

Femin., 4 x 100m Livres

Absolutos  
Resultados

RN25 Absoluto	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Sen	3:44.99	Futebol Clube do Porto/Dolce Vita	FCP	Porto	04-12-2010
RN25 Jun	3:56.01	Sporting Clube de Portugal	SCP	Leiria	06-12-2009

Pontos: FINA 2018

Lugar	Clube	Tempo Final	TReac	FINA
<b>Seniores</b>				
1.	Sporting-SEN	<b>3:49.95</b>	<b>+0,62</b>	<b>724</b>
	VIEGAS Beatriz Mendes +0,62 27.48 57.48	HENRIQUES Ines Jacinto +0,24 27.30	57.20	
	BELEZA Mafalda Gomes +0,52 28.26 58.44	FERNANDES Ines Camacho +0,46 27.19	56.83	
2.	Alges-SEN	<b>3:50.66</b>	<b>+0,73</b>	<b>717</b>
	FRISCHKNECHT Rita Barros +0,73 27.55 57.03	BARATA Barbara Sofia +0,35 28.83	1:00.29	
	PEREIRA Raquel Gomes +0,40 26.98 56.24	AZEVEDO Madalena Gomes +0,34 28.23	57.10	
3.	Porto-SEN	<b>3:52.27</b>	<b>+0,73</b>	<b>703</b>
	CABRAL Maria Francisca +0,73 28.11 57.96	OLIVEIRA Rosa Maria +0,50 28.43	58.69	
	FERREIRA Catarina Maria +0,26 27.44 58.13	FARIA Ana Rita +0,59 27.41	57.49	
4.	Benfica-SEN	<b>3:54.18</b>	<b>+0,75</b>	<b>685</b>
	ROLAO Sofia Alexandra +0,75 28.34 1:00.04	KAMINSKAYA Victoria +0,41 27.35	57.46	
	DURAES Diana Margarida +0,39 27.81 57.07	RODRIGUES Filipa Serrano +0,47 28.76	59.61	
5.	Ginasio de Vila Real-SEN	<b>4:01.39</b>	<b>+0,81</b>	<b>626</b>
	NOBREGA Ana Sofia +0,81 28.63 1:00.26	FERNANDES Maria Margarida +0,58 29.64	1:02.97	
	LEITE Ana Sofia +0,66 28.51 59.74	GUEDES Ana Margarida +0,31 27.09	58.42	
6.	Braga-SEN	<b>4:02.09</b>	<b>+0,88</b>	<b>620</b>
	FERNANDES Ana Sofia +0,88 29.72 1:01.29	SILVA Maria Madalena +0,44 29.54	1:01.24	
	FREIXO Juliana Lima +0,28 29.74 1:01.68	HOLUB Tamila Hryhorivna -0,01 27.46	57.88	
7.	Laranjeiro-SEN	<b>4:03.42</b>	<b>+0,75</b>	<b>610</b>
	ROLIM Soraia Guerra +0,75 30.17 1:03.13	RIESENBERGER Bruna Martins +0,43 28.58	59.76	
	NUNES Sofia Alexandra +0,46 28.11 59.10	PIRES Carolina Saraiva +0,43 29.49	1:01.43	
DNS	Academica de Coimbra-SEN	Academica de Coimbra		

Prova 45, Femin., 4 x 100m Livres

Juniores

1.	Porto-JUN			Porto			<b>3:54.55</b>	+0,77	682
	<i>Rec Nacional</i>								
	RAMOS Ana Rita	+0,77	28.20	57.73	AMORIM Maria Leonor	+0,42	28.93		1:01.61
	BARBOSA Mariana Fernandes	+1,37	28.31	58.82	SOARES Catarina Silva	+0,32	27.14		56.39
2.	Alges-JUN			Alges			<b>3:55.94</b>	+0,73	670
	SOUSA Ana Reis	+0,73	27.49	56.66	PEREIRA Clara Gomes	+0,23	29.42		1:01.42
	AZEVEDO Rafaela Gomes	+0,31	28.11	58.24	CRUZ Sara Moura	+0,20	28.02		59.62
3.	Benfica-JUN			Benfica			<b>3:57.74</b>	+0,69	655
	ANDRE Leticia Maia	+0,69	27.32	56.09	MARTINS Joana Ribeiro	+0,41	29.16		1:00.83
	GRAVETO Ana Raquel	+0,67	28.55	59.21	SILVA Natacha Sofia	+0,54	29.28		1:01.61
4.	Natacao de Valongo-JUN			Natacao de Valongo			<b>4:05.02</b>	+0,76	598
	MACHADO Joana Sofia	+0,76	28.82	59.65	RODRIGUES Daniela Oliveira	+0,36	29.83		1:02.96
	MOREIRA Mariana Filipa	+0,17	29.49	1:02.57	SOARES Carolina Silva	+0,63	29.02		59.84
5.	Louletano / Loule Concelho-JUN			Louletano / Loule Concelho			<b>4:05.14</b>	+0,64	598
	JESUS Maria Crista	+0,64	28.39	59.94	SEVERINO Isis Sousa	+0,38	28.63		1:00.75
	FOMINA Anna	+0,20	27.83	59.15	SANTOS Catarina Vitorino	+0,48	30.90		1:05.30
6.	Gesloures-JUN			Gesloures			<b>4:06.26</b>	+0,69	589
	NEVES Leonor Maria	+0,69	29.07	1:00.73	FERRO Carolina Ganhao	+0,51	29.68		1:02.42
	MARTINS Claudia Beatriz	+0,46	30.23	1:02.35	REBELO Beatriz Vaz	+0,45	29.27		1:00.76