

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

26-11-2021 - 9:00

Prova 1	Masc., 800m Livres					Absolutos
26-11-2021 - 9:00						Resultados
RN25 Absoluto	7:42.14	LOPES Jose Paulo	SCB	Felgueiras	20-12-2019	
RN25 Sen	7:42.14	LOPES Jose Paulo	SCB	Felgueiras	20-12-2019	
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	
RN S15	9:07.81	CRUZ Miguel Duarte	CFB	Felgueiras	20-12-2019	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	7:48.22	+0,70	849	
	50m: 27.09 27.09	250m: 2:25.36	29.92	450m: 4:24.52	29.03	650m: 6:21.43	29.01
	100m: 56.50 29.41	300m: 2:55.17	29.81	500m: 4:53.76	29.24	700m: 6:50.78	29.35
	150m: 1:25.76 29.26	350m: 3:25.23	30.06	550m: 5:22.90	29.14	750m: 7:19.81	29.03
	200m: 1:55.44 29.68	400m: 3:55.49	30.26	600m: 5:52.42	29.52	800m: 7:48.22	28.41
2.	VELOSO Tomas Miguel	96	Nautico Academico	8:01.52	+0,66	780	
	50m: 27.42 27.42	250m: 2:28.16	30.66	450m: 4:29.24	29.86	650m: 6:30.51	30.80
	100m: 57.15 29.73	300m: 2:58.79	30.63	500m: 4:59.09	29.85	700m: 7:01.40	30.89
	150m: 1:27.14 29.99	350m: 3:29.02	30.23	550m: 5:29.35	30.26	750m: 7:32.08	30.68
	200m: 1:57.50 30.36	400m: 3:59.38	30.36	600m: 5:59.71	30.36	800m: 8:01.52	29.44
3.	SANTOS Pedro Miguel	01	Porto	8:03.13	+0,68	773	
	50m: 27.45 27.45	250m: 2:28.09	30.57	450m: 4:26.81	29.88	650m: 6:30.76	31.67
	100m: 57.33 29.88	300m: 2:57.52	29.43	500m: 4:57.06	30.25	700m: 7:02.38	31.62
	150m: 1:27.31 29.98	350m: 3:27.14	29.62	550m: 5:27.76	30.70	750m: 7:33.72	31.34
	200m: 1:57.52 30.21	400m: 3:56.93	29.79	600m: 5:59.09	31.33	800m: 8:03.13	29.41
4.	CARDOSO Diogo Santos	01	Sporting	8:03.40	+0,74	771	
	50m: 28.15 28.15	250m: 2:30.16	30.52	450m: 4:31.77	30.09	650m: 6:33.20	30.39
	100m: 58.64 30.49	300m: 3:00.77	30.61	500m: 5:02.14	30.37	700m: 7:03.88	30.68
	150m: 1:29.11 30.47	350m: 3:31.34	30.57	550m: 5:32.46	30.32	750m: 7:34.40	30.52
	200m: 1:59.64 30.53	400m: 4:01.68	30.34	600m: 6:02.81	30.35	800m: 8:03.40	29.00
5.	AMARAL Francisco Rodriguez	02	Porto	8:14.38	+0,71	721	
	50m: 27.68 27.68	250m: 2:31.00	31.28	450m: 4:36.06	30.90	650m: 6:41.72	31.22
	100m: 58.01 30.33	300m: 3:02.44	31.44	500m: 5:07.56	31.50	700m: 7:13.08	31.36
	150m: 1:28.62 30.61	350m: 3:33.82	31.38	550m: 5:39.04	31.48	750m: 7:44.02	30.94
	200m: 1:59.72 31.10	400m: 4:05.16	31.34	600m: 6:10.50	31.46	800m: 8:14.38	30.36
DNS	TRAVANCA Sergio Filipe	00	Colegio Efanor				

Prova 1, Masc., 800m Livres

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	8:22.04	+0,63	689
	50m: 27.06 27.06	250m: 2:31.07	31.54	450m: 4:38.71	32.23	650m: 6:48.30
	100m: 57.63 30.57	300m: 3:02.62	31.55	500m: 5:11.15	32.44	700m: 7:20.38
	150m: 1:28.23 30.60	350m: 3:34.26	31.64	550m: 5:43.77	32.62	750m: 7:52.09
	200m: 1:59.53 31.30	400m: 4:06.48	32.22	600m: 6:16.29	32.52	800m: 8:22.04
2.	CLARA Vitor Belo	04	Ba-Leiria	8:22.69	+0,74	686
	50m: 27.96 27.96	250m: 2:32.11	31.39	450m: 4:40.90	31.61	650m: 6:48.29
	100m: 58.41 30.45	300m: 3:04.19	32.08	500m: 5:12.38	31.48	700m: 7:20.69
	150m: 1:29.55 31.14	350m: 3:36.82	32.63	550m: 5:44.09	31.71	750m: 7:52.32
	200m: 2:00.72 31.17	400m: 4:09.29	32.47	600m: 6:15.96	31.87	800m: 8:22.69
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	8:23.64	+0,83	682
	50m: 28.27 28.27	250m: 2:36.38	32.22	450m: 4:44.49	31.19	650m: 6:52.08
	100m: 59.76 31.49	300m: 3:08.64	32.26	500m: 5:16.31	31.82	700m: 7:23.09
	150m: 1:31.89 32.13	350m: 3:41.14	32.50	550m: 5:48.62	32.31	750m: 7:53.78
	200m: 2:04.16 32.27	400m: 4:13.30	32.16	600m: 6:20.94	32.32	800m: 8:23.64
4.	APSENIECE Kevins Alexandre	04	Porto	8:26.31	+0,90	671
	50m: 28.52 28.52	250m: 2:36.21	32.15	450m: 4:44.77	31.77	650m: 6:52.88
	100m: 59.81 31.29	300m: 3:08.59	32.38	500m: 5:16.57	31.80	700m: 7:24.42
	150m: 1:31.94 32.13	350m: 3:40.90	32.31	550m: 5:48.78	32.21	750m: 7:56.04
	200m: 2:04.06 32.12	400m: 4:13.00	32.10	600m: 6:20.88	32.10	800m: 8:26.31
5.	MARQUES Gustavo Pires	04	Sao Roque	8:27.85	+0,68	665
	50m: 27.42 27.42	250m: 2:29.08	30.99	450m: 4:36.67	32.45	650m: 6:48.94
	100m: 57.28 29.86	300m: 3:00.59	31.51	500m: 5:09.56	32.89	700m: 7:22.32
	150m: 1:27.47 30.19	350m: 3:32.20	31.61	550m: 5:42.62	33.06	750m: 7:55.72
	200m: 1:58.09 30.62	400m: 4:04.22	32.02	600m: 6:16.05	33.43	800m: 8:27.85
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	8:35.19	+0,64	637
	50m: 29.25 29.25	250m: 2:39.36	32.99	450m: 4:50.40	32.54	650m: 6:58.98
	100m: 1:01.24 31.99	300m: 3:12.24	32.88	500m: 5:22.87	32.47	700m: 7:31.20
	150m: 1:33.58 32.34	350m: 3:45.04	32.80	550m: 5:55.33	32.46	750m: 8:03.55
	200m: 2:06.37 32.79	400m: 4:17.86	32.82	600m: 6:27.34	32.01	800m: 8:35.19
7.	CARVALHO Goncalo Renato	04	Porto	8:41.43	+0,75	614
	50m: 30.05 30.05	250m: 2:39.89	32.95	450m: 4:51.54	32.65	650m: 7:04.40
	100m: 1:02.24 32.19	300m: 3:12.63	32.74	500m: 5:24.74	33.20	700m: 7:37.32
	150m: 1:34.72 32.48	350m: 3:45.45	32.82	550m: 5:58.38	33.64	750m: 8:10.15
	200m: 2:06.94 32.22	400m: 4:18.89	33.44	600m: 6:31.41	33.03	800m: 8:41.43
8.	CARVALHO Joao Carlos	05	Braga	8:44.57	+0,75	603
	50m: 29.34 29.34	250m: 2:40.73	33.15	450m: 4:53.45	33.43	650m: 7:07.08
	100m: 1:01.67 32.33	300m: 3:13.74	33.01	500m: 5:26.73	33.28	700m: 7:40.34
	150m: 1:34.60 32.93	350m: 3:46.92	33.18	550m: 6:00.26	33.53	750m: 8:12.99
	200m: 2:07.58 32.98	400m: 4:20.02	33.10	600m: 6:33.89	33.63	800m: 8:44.57
9.	SOUSA Joao Maria	05	Braga	8:44.89	+0,70	602
	50m: 28.41 28.41	250m: 2:36.45	32.34	450m: 4:48.11	33.37	650m: 7:04.03
	100m: 59.86 31.45	300m: 3:09.28	32.83	500m: 5:21.67	33.56	700m: 7:38.42
	150m: 1:31.98 32.12	350m: 3:42.00	32.72	550m: 5:55.41	33.74	750m: 8:12.33
	200m: 2:04.11 32.13	400m: 4:14.74	32.74	600m: 6:29.63	34.22	800m: 8:44.89

Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	GONCALVES Alexandre Ramos	05	Colegio Efanor	8:46.83	+0,69	596	
	50m: 29.16 29.16 250m: 2:39.95 32.90 450m: 4:52.36 32.97 650m: 7:06.23 33.68						
	100m: 1:01.10 31.94 300m: 3:13.07 33.12 500m: 5:25.34 32.98 700m: 7:40.12 33.89						
	150m: 1:33.78 32.68 350m: 3:46.44 33.37 550m: 5:58.37 33.03 750m: 8:14.36 34.24						
	200m: 2:07.05 33.27 400m: 4:19.39 32.95 600m: 6:32.55 34.18 800m: 8:46.83 32.47						
11.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgada	8:47.77	+0,79	593	
	50m: 29.38 29.38 250m: 2:39.29 32.99 450m: 4:52.62 33.55 650m: 7:08.16 34.16						
	100m: 1:01.08 31.70 300m: 3:12.43 33.14 500m: 5:26.27 33.65 700m: 7:42.15 33.99						
	150m: 1:33.54 32.46 350m: 3:45.75 33.32 550m: 6:00.14 33.87 750m: 8:15.55 33.40						
	200m: 2:06.30 32.76 400m: 4:19.07 33.32 600m: 6:34.00 33.86 800m: 8:47.77 32.22						
12.	CARDOSO Guilherme Maia	05	Columbifila Cantanhedense	8:48.07	+0,75	592	
	50m: 29.62 29.62 250m: 2:40.18 32.83 450m: 4:53.60 33.44 650m: 7:09.27 33.98						
	100m: 1:01.99 32.37 300m: 3:13.37 33.19 500m: 5:27.40 33.80 700m: 7:43.09 33.82						
	150m: 1:34.59 32.60 350m: 3:46.51 33.14 550m: 6:01.28 33.88 750m: 8:16.09 33.00						
	200m: 2:07.35 32.76 400m: 4:20.16 33.65 600m: 6:35.29 34.01 800m: 8:48.07 31.98						
13.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	8:49.08	+0,71	588	
	50m: 28.98 28.98 250m: 2:39.31 32.62 450m: 4:52.83 33.48 650m: 7:07.54 33.54						
	100m: 1:01.48 32.50 300m: 3:12.35 33.04 500m: 5:26.52 33.69 700m: 7:41.72 34.18						
	150m: 1:34.14 32.66 350m: 3:45.65 33.30 550m: 6:00.24 33.72 750m: 8:15.29 33.57						
	200m: 2:06.69 32.55 400m: 4:19.35 33.70 600m: 6:34.00 33.76 800m: 8:49.08 33.79						

Prova 13

26-11-2021 - 9:20

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 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Sporting-SEN	1:47.64	+0,70	634	
	HENRIQUES Ines Jacinto 00 +0,70 27.49 MOURA Maria Ferreira 04 +0,58 27.33				
	PINTO Mafalda Marques 02 +0,45 26.78 FRISCHKNECHT Rita Barros 98 +0,24 26.04				
2.	Porto-SEN	1:48.65	+0,72	617	
	OLIVEIRA Rosa Maria 96 +0,72 26.62 RAMOS Ana Rita 02 +0,52 27.26				
	FIAL Sofia Nunes 03 +0,18 27.65 SILVA Leonor Santos 03 +0,23 27.12				
DNS	Benfica-SEN				
	Benfica				

Juniores

1.	Galitos / Bresimar-JUN	1:47.19	+0,73	642	
	FERNANDES Carolina Miranda 05 +0,73 25.81 SOARES Miriam Mortagua 06 +0,54 27.53				
	ALMEIDA Maria Carolina 05 +0,12 26.98 VASCONCELOS Lara Rodrigues 05 +0,37 26.87				

Prova 14	Masc., 4 x 50m Livres					Absolutos
26-11-2021 - 9:20						Resultados
RN25 Absoluto	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras		21-12-2018
RN25 Sen	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras		21-12-2018
RN25 Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto		08-12-2017

Pontos: FINA 2021

Lugar			Clube	Tempo Final	TReac	FINA	PARA	
Seniores								
1.	Benfica-SEN		Benfica	1:28.96	+0,69	777		
	<i>Rec Nacional, Sen e Abs</i>							
	LEBRE Diogo Ramos	01	+0,69	22.91	NASCIMENTO Miguel Duarte	95	+0,18	21.19
	COSTA Diogo Santos	02	+0,09	22.82	MARQUES Miguel Henriques	00	+0,28	22.04
2.	Sporting-SEN		Sporting	1:31.35	+0,63	718		
	SANTOS Francisco Rogerio	98	+0,63	23.03	MOGNE Igor Araujo	96	+0,37	22.75
	RIBEIRO Gustavo Carvalhais	03	+0,27	22.81	SANTOS Alexis Manacas	92	+0,27	22.76
3.	Vitoria Guimaraes-SEN		Vitoria Guimaraes	1:32.00	+0,64	702		
	LOPES Tomas Teixeira	02	+0,64	23.06	AMORIM Alexandre Ferreira	99	+0,22	22.99
	COSTA Joao Nogueira	01	+0,27	22.94	RIACHOS Frederico Sucena	98	+0,38	23.01
4.	Porto-SEN		Porto	1:34.96	+0,63	639		
	NUNES Porfirio Braga	00	+0,63	23.02	AMARAL Francisco Rodriguez	02	+0,31	24.12
	SANTOS Pedro Miguel	01		24.04	SILVA Tomas Antonio	01		23.78
5.	Belenenses-SEN		Belenenses	1:35.00	+0,70	638		
	PADRELA Joao Esteves	99	+0,70	23.23	DIAS Rodrigo Reis	03	+0,24	24.30
	RAMOS Bruno Miguel	97	+0,17	22.69	RIBEIRO Afonso Mateus	95	+0,34	24.78
DNS	Despertarecorde-SEN		Despertarecorde					

Juniors

1.	Galitos / Bresimar-JUN		Galitos / Bresimar	1:37.67	+1,70	587		
	SILVA Diogo Miguel	05	+1,70	24.32	JESUS Pedro Duarte	04	+0,38	24.88
	TAVARES Bernardo Rodrigues	04	+0,16	24.27	ANTUNES Joao Afonso	04	+0,24	24.20
2.	Leixoes-JUN		Leixoes	1:37.87	+1,79	583		
	ANTUNES David Alexandre	04	+1,79	24.56	LIMA Gaspar Pinheiro	04	+0,42	24.14
	CUNHA Vasco Goncalves	05	+0,36	24.39	RIBEIRO Filipe Silva	05	+0,31	24.78
3.	Nautico Academico-JUN		Nautico Academico	1:38.32	+0,69	575		
	MOITA Goncalo Brites	04	+0,69	24.91	POIARES Tiago Andre	04	+0,42	25.24
	REIS Rodrigo Miguel	04	+0,31	23.45	DIOGO Dinis Miranda	04	+0,34	24.72
4.	Foca Quinta da Lixa CNF-JUN		Foca Quinta da Lixa CNF	1:41.68	+0,85	520		
	CARVALHO Guilherme Jesus	05	+0,85	25.49	LOPES Afonso Teixeira	05		25.47
	LEITE Afonso Martim	05	+0,36	25.87	PINTO Guilherme Lobo	04	+0,08	24.85



Prova 2	Femin., 100m Bruços				Absolutos
26-11-2021 - 9:25					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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	1:11.87	+0,71	Q	653
	50m: 33.67 33.67	100m: 1:11.87	38.20				
2.	REBELO Maria Carlota	03	Condeixa Clube	1:12.37	+0,70	Q	639
	50m: 34.21 34.21	100m: 1:12.37	38.16				
3.	FIAL Sofia Nunes	03	Porto	1:12.84	+0,73	Q	627
	50m: 34.29 34.29	100m: 1:12.84	38.55				
4.	RODRIGUES Lidiana Correia	04	Belenenses	1:12.87	+0,77	Q	626
	50m: 34.52 34.52	100m: 1:12.87	38.35				
5.	CASTRO Maria Freitas	03	Vitoria Guimaraes	1:13.09	+0,69	Q	621
	50m: 34.72 34.72	100m: 1:13.09	38.37				
6.	CERDEIRA Madalena Reis	03	Sporting	1:13.16	+0,83	Q	619
	50m: 34.93 34.93	100m: 1:13.16	38.23				
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	1:14.12	+0,79	Q	595
	50m: 35.42 35.42	100m: 1:14.12	38.70				
8.	LOPES Margarida Santos	04	Estarreja	1:15.06	+0,76	Q	573
	50m: 35.42 35.42	100m: 1:15.06	39.64				
9.	MORAIS Margarida Mateus	04	Torres Novas	1:17.67	+0,80	R	517
	50m: 36.38 36.38	100m: 1:17.67	41.29				
10.	SILVA Natacha Sofia	02	Benfica	1:20.37	+0,86	R	467
	50m: 37.47 37.47	100m: 1:20.37	42.90				
DNS	KAMINSKAYA Victoria	95	Benfica				

Juniores

1.	NUNES Margarida Domingues	05	Sporting	1:13.26	+0,86	Q	616
	50m: 34.76 34.76	100m: 1:13.26	38.50				
2.	ANTUNES Rebeca Leonor	06	Alges	1:14.23	+0,79	Q	592
	50m: 34.68 34.68	100m: 1:14.23	39.55				
3.	BARREIRA Andreia Monteiro	06	Peso da Regua	1:14.33	+0,82	Q	590
	50m: 34.97 34.97	100m: 1:14.33	39.36				
4.	JESUS Mariana Teixeira	06	Estarreja	1:14.83	+0,78	Q	578
	50m: 35.09 35.09	100m: 1:14.83	39.74				

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

28-11-2021 18:53 - Página 5

ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	SILVA Maria Seixeira 50m: 35.82 35.82 100m: 1:15.20 39.38	06	Viana Natacao	1:15.20	+0,83	Q	570
6.	ESTEVEENS Laura Fabiana 50m: 35.07 35.07 100m: 1:15.40 40.33	05	Naval de Faro	1:15.40	+0,75	Q	565
7.	ALMEIDA Ana Rita 50m: 35.32 35.32 100m: 1:15.45 40.13	05	Campinho	1:15.45	+0,76	Q	564
8.	MADEIRA Margarida Correia 50m: 36.79 36.79 100m: 1:15.53 38.74	06	Nautico Marinha Grande	1:15.53	+0,81	Q	562
9.	REIS Juliana Branco 50m: 35.67 35.67 100m: 1:15.86 40.19	05	Alcobaca	1:15.86	+0,81	R	555
10.	BELO Catarina Machado 50m: 35.00 35.00 100m: 1:16.13 41.13	06	Benedita	1:16.13	+0,72	R	549
11.	RIBEIRO Maria Joao 50m: 36.02 36.02 100m: 1:17.21 41.19	05	Sao Joao Ver	1:17.21	+0,84		526
12.	FERREIRA Joana Rosa 50m: 36.36 36.36 100m: 1:17.30 40.94	05	Naval de Peniche	1:17.30	+0,82		525
13.	REBELO Mariana Cunha 50m: 37.07 37.07 100m: 1:18.35 41.28	06	Natacao de Vagos	1:18.35	+0,80		504
14.	ALVES Maria Madalena 50m: 36.90 36.90 100m: 1:18.61 41.71	06	Ba-Leiria	1:18.61	+0,82		499
15.	LOPES Francisca Macedo 50m: 36.85 36.85 100m: 1:18.83 41.98	05	Vilacondense	1:18.83	+0,77		495
16.	SA Madalena Correa 50m: 37.49 37.49 100m: 1:18.89 41.40	06	Geslours	1:18.89	+0,87		493
17.	CARDOSO Eduarda Oliveira 50m: 37.81 37.81 100m: 1:19.56 41.75	06	Estamos Juntos	1:19.56	+0,72		481



Prova 3	Masc., 100m Bruços					Absoluto
26-11-2021 - 9:35						Resultados Elimin
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	
RN25 Juv A	1:03.25	PEREIRA Ricardo Samuel	SLB	Algés	13-07-2019	
RN25 Juv B	1:04.22	SANTOS Andre Goncalo	LSC	Braga	04-03-2012	
RN25 Inf A	1:07.92	SANTOS Andre Goncalo	LSC	Viseu	12-03-2011	
RN25 Inf B	1:09.54	SANTOS Andre Goncalo	LSC	Lousada	15-05-2010	
RN S8	1:17.88	CANCELA Diogo Luis	CNMC	Guarda	16-02-2019	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	SIMOES Rafael Gomes	00	Braga	1:00.74	+0,80 Q	756	
	50m: 28.41 28.41	100m: 1:00.74	32.33				
2.	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes	1:01.38	+0,68 Q	732	
	50m: 28.98 28.98	100m: 1:01.38	32.40				
3.	QUINTAS Francisco Robalo	95	Sporting	1:01.48	+0,72 Q	729	
	50m: 29.96 29.96	100m: 1:01.48	31.52				
4.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	1:01.70	+0,70 Q	721	
	50m: 29.07 29.07	100m: 1:01.70	32.63				
5.	MENDES Antonio Manuel	99	Sporting	1:02.39	+0,69 Q	697	
	50m: 29.50 29.50	100m: 1:02.39	32.89				
6.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	1:02.71	+0,64 Q	687	
	50m: 29.39 29.39	100m: 1:02.71	33.32				
7.	SANTOS Pedro Andre	94	Alges	1:02.82	+0,71 Q	683	
	50m: 29.42 29.42	100m: 1:02.82	33.40				
8.	GRENHO Andre Tavares	99	Gesloures	1:03.81	+0,71 Q	652	
	50m: 29.54 29.54	100m: 1:03.81	34.27				
9.	TEODORO Diogo Filipe	99	Natacao de Valongo	1:03.91	+0,66 R	649	
	50m: 29.89 29.89	100m: 1:03.91	34.02				
10.	FRISCHKNECHT Renato Barros	01	Sporting	1:04.05	+0,66 R	645	
	50m: 30.05 30.05	100m: 1:04.05	34.00				
11.	CABRITO Rodrigo Almeida	01	Belenenses	1:04.09	+0,67	643	
	50m: 30.46 30.46	100m: 1:04.09	33.63				
12.	GOMES Filipe Miguel	97	Ba-Leiria	1:04.66	+0,67	626	
	50m: 30.32 30.32	100m: 1:04.66	34.34				
13.	LOPES Luis Afonso	03	Viver Santarem	1:04.71	+0,68	625	
	50m: 30.63 30.63	100m: 1:04.71	34.08				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	RIBEIRO Afonso Mateus 50m: 30.86 30.86	95	Belenenses	1:04.82	+0,68	622	
15.	MATEUS Diogo Garcez 50m: 30.11 30.11	02	Sporting	1:04.95	+0,71	618	
16.	MERUJE Joaquim Agra 50m: 30.69 30.69	01	Uniao Coimbra	1:05.49	+0,76	603	
17.	FONSECA Joao Costa 50m: 30.83 30.83	00	Natacao de Lisboa	1:05.80	+0,76	594	
DNS	CANCELA Diogo Luis	02	SB8 Louzan Natacao/EFAPEL				

Juniores

1.	REBELO Joao Lourenco 50m: 30.41 30.41	04	Alges	1:04.46	+0,69 Q	632	
2.	OLIVEIRA Joao Campelo 50m: 30.55 30.55	04	Famalicao	1:04.51	+0,72 Q	631	
3.	NUNES Carlos Daniel 50m: 30.60 30.60	05	Nautico Salvaterra Magos	1:04.75	+0,71 Q	624	
4.	FERNANDES Martim Pestana 50m: 30.49 30.49	04	Naval do Funchal	1:05.44	+0,59 Q	604	
5.	TSYKAL Daniel 50m: 31.61 31.61	04	Alcobaca	1:06.86	+0,69 Q	567	
6.	CARVALHO Antonio Lombardi 50m: 31.30 31.30	04	Sporting	1:07.07	+0,76 Q	561	
7.	MOREIRA Joao Pedro 50m: 31.10 31.10	04	Colegio Efanor	1:07.23	+0,70 Q	557	
8.	SILVA Nuno Marques 50m: 31.68 31.68	04	Ba-Leiria	1:07.26	+0,72 Q	556	
9.	ANICETO Joao Gabriel 50m: 31.27 31.27	04	Ba-Leiria	1:07.36	+0,75 R	554	
10.	SILVA Goncalo Manuel 50m: 31.81 31.81	05	Porto	1:07.45	+0,75 R	552	
11.	ALVES Paulo Rodrigues 50m: 31.78 31.78	04	Desportivo Nacional	1:07.54	+0,74	550	
	CARVALHO Goncalo Duarte 50m: 32.24 32.24	05	Benfica	1:07.54	+0,72	550	
13.	PEREIRA Tiago Maia 50m: 32.00 32.00	04	Galitos / Bresimar	1:07.55	+0,71	549	



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	OLIVEIRA Simao Lopes 50m: 32.59 32.59	05	Naval Setubalense 100m: 1:08.61 36.02	1:08.61	+0,74	524	
15.	SILVA Tony Stefano 50m: 31.98 31.98	05	Desportivo Nacional 100m: 1:09.43 37.45	1:09.43	+0,66	506	
16.	CARVALHO Guilherme Jesus 50m: 32.75 32.75	05	Foca Quinta da Lixa CNF 100m: 1:09.81 37.06	1:09.81	+0,80	498	
17.	BARRETO Guilherme Pedro 50m: 33.67 33.67	05	Desportiva de Viana 100m: 1:10.32 36.65	1:10.32	+0,80	487	
18.	MATIAS Francisco Miguel 50m: 32.99 32.99	04	CCDSerta 100m: 1:10.80 37.81	1:10.80	+0,64	477	
19.	ROCHA Rodrigo Manuel 50m: 32.59 32.59	05	Sporting de Espinho 100m: 1:10.86 38.27	1:10.86	+0,75	476	
20.	LOPES Andre Prates 50m: 33.36 33.36	05	Electrico Clube/ FGil.pt 100m: 1:10.94 37.58	1:10.94	+0,78	474	

Classe S8

DNS CANCELA Diogo Luis 02 SB8 Louzan Natacao/EFAPEL

Prova 4

26-11-2021 - 9:45

Femin., 100m Livres

Absoluto
Resultados Elimin

RN25 Absoluto	54.66	RODRIGUES Ana Pinho	ADS	Felgueiras	20-12-2019
RN25 Sen	54.66	RODRIGUES Ana Pinho	ADS	Felgueiras	20-12-2019
RN25 Jun17	55.94	FERNANDES Carolina Miranda	GCA	Viseu	06-11-2021
RN25 Jun16	56.72	SOUSA Ana Reis	CNLA	Porto	08-12-2017
RN25 Juv A	56.18	FERNANDES Carolina Miranda	CGA	Mealhada	08-12-2019
RN25 Juv B	57.65	FERNANDES Carolina Miranda	CGA	Estarreja	10-06-2019
RN25 Inf A	58.55	FERNANDES Carolina Miranda	CGA	Felgueiras	11-03-2018
RN25 Inf B	1:00.13	FERNANDES Carolina Miranda	CGA	Mealhada	08-04-2017
RN S9	1:03.95	VEIGA Susana Pereira	CNCVG	Felgueiras	22-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	CUNHA Mariana Pacheco 50m: 26.84 26.84	04	Colegio Efanor 100m: 56.44 29.60	56.44	+0,71 Q	705	
2.	CONCEICAO Ema Jeronimo 50m: 27.74 27.74	03	Fisica Torres Vedras 100m: 56.66 28.92	56.66	+0,82 Q	697	
3.	MARTINS Francisca Soares 50m: 27.50 27.50	03	Foca Quinta da Lixa CNF 100m: 56.90 29.40	56.90	+0,72 Q	688	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	ANDRE Leticia Maia 50m: 27.86 27.86 100m: 57.17 29.31	02	Benfica	57.17	+0,71	Q	679
5.	PEGO Isabel Porfirio 50m: 27.94 27.94 100m: 57.90 29.96	01	Fluval Portuense	57.90	+0,72	Q	653
6.	OLIVEIRA Rosa Maria 50m: 27.91 27.91 100m: 58.01 30.10	96	Porto	58.01	+0,72	Q	649
7.	AZEVEDO Rafaela Gomes 50m: 27.80 27.80 100m: 58.03 30.23	02	Alges	58.03	+0,81	Q	649
8.	PINTO Mafalda Marques 50m: 28.14 28.14 100m: 58.96 30.82	02	Sporting	58.96	+0,74	Q	619
9.	VIANA Carolina Pereira 50m: 28.43 28.43 100m: 59.03 30.60	04	Aquatico Silves	59.03	+0,73	R	616
10.	DURAES Diana Margarida 50m: 28.96 28.96 100m: 59.13 30.17	96	Benfica	59.13	+0,77	R	613
11.	CASTRO Adriana Daniela 50m: 28.63 28.63 100m: 59.99 31.36	97	CLIP Teams	59.99	+0,68		587
12.	MARQUES Maria Vieira 50m: 28.67 28.67 100m: 1:00.78 32.11	04	Natacao de Vagos	1:00.78	+0,78		565

Juniores

1.	FERNANDES Carolina Miranda 50m: 27.46 27.46 100m: 56.74 29.28	05	Galitos / Bresimar	56.74	+0,70	Q	694
2.	PIRES Marta Joao 50m: 28.31 28.31 100m: 58.75 30.44	05	Alges	58.75	+0,71	Q	625
3.	LOURO Ariana Espirito 50m: 28.62 28.62 100m: 59.00 30.38	05	Gualdim Pais	59.00	+0,62	Q	617
4.	COELHO Maria Leonor 50m: 28.55 28.55 100m: 59.16 30.61	06	Benfica	59.16	+0,77	Q	612
5.	ALMEIDA Maria Carolina 50m: 28.35 28.35 100m: 59.39 31.04	05	Galitos / Bresimar	59.39	+0,82	Q	605
6.	TEIXEIRA Ines Correia 50m: 29.05 29.05 100m: 59.69 30.64	06	Amadora	59.69	+0,77	Q	596
7.	CARAPINHA Ariana Bento 50m: 28.62 28.62 100m: 1:00.06 31.44	06	Nautico Marinha Grande	1:00.06	+0,84	Q	585
8.	AMORIM Ines Santos 50m: 28.95 28.95 100m: 1:00.12 31.17	06	Desportiva de Viana	1:00.12	+0,87	Q	583



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	CATALAO Leonor Tavares 50m: 28.82 28.82 100m: 1:00.28	06	Sporting 31.46	1:00.28	+0,75	R	579
10.	BRITES Marta Lopes 50m: 28.64 28.64 100m: 1:00.30	06	Bombeiros de Ponta Delgad 31.66	1:00.30	+0,68	R	578
11.	VASCONCELOS Lara Rodrigues 50m: 28.61 28.61 100m: 1:00.70	05	Galitos / Bresimar 32.09	1:00.70	+0,69		567
12.	MELO Sara Carreira 50m: 29.17 29.17 100m: 1:01.03	05	Gesloures 31.86	1:01.03	+0,69		558
13.	BARBEITO Laura Espinola 50m: 29.43 29.43 100m: 1:01.20	06	Nucleo Sporting da Terceira 31.77	1:01.20	+0,70		553
14.	SOARES Miriam Mortagua 50m: 28.99 28.99 100m: 1:01.24	06	Galitos / Bresimar 32.25	1:01.24	+0,75		552
15.	JESUS Mariana Teixeira 50m: 30.03 30.03 100m: 1:01.28	06	Estarreja 31.25	1:01.28	+0,82		551
16.	PEREIRA Carolina Rei 50m: 29.28 29.28 100m: 1:01.47	05	Natacao de Vagos 32.19	1:01.47	+0,71		546
DNS	CANINHAS Maria Pinto	05	Natacao do Fundao				

Absoluto

1.	CUNHA Mariana Pacheco 50m: 26.84 26.84 100m: 56.44	04	Colegio Efanor 29.60	56.44	+0,71	Q	705
2.	CONCEICAO Ema Jeronimo 50m: 27.74 27.74 100m: 56.66	03	Fisica Torres Vedras 28.92	56.66	+0,82	Q	697
3.	FERNANDES Carolina Miranda 50m: 27.46 27.46 100m: 56.74	05	Galitos / Bresimar 29.28	56.74	+0,70	Q	694
4.	MARTINS Francisca Soares 50m: 27.50 27.50 100m: 56.90	03	Foca Quinta da Lixa CNF 29.40	56.90	+0,72	Q	688
5.	ANDRE Leticia Maia 50m: 27.86 27.86 100m: 57.17	02	Benfica 29.31	57.17	+0,71	Q	679
6.	PEGO Isabel Porfirio 50m: 27.94 27.94 100m: 57.90	01	Fluvial Portuense 29.96	57.90	+0,72	Q	653
7.	OLIVEIRA Rosa Maria 50m: 27.91 27.91 100m: 58.01	96	Porto 30.10	58.01	+0,72	Q	649
8.	AZEVEDO Rafaela Gomes 50m: 27.80 27.80 100m: 58.03	02	Alges 30.23	58.03	+0,81	Q	649
9.	PIRES Marta Joao 50m: 28.31 28.31 100m: 58.75	05	Alges 30.44	58.75	+0,71	Q	625



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	PINTO Mafalda Marques 50m: 28.14 28.14	02	Sporting	58.96	+0,74	Q	619
11.	LOURO Ariana Espirito 50m: 28.62 28.62	05	Gualdim Pais	59.00	+0,62	Q	617
12.	VIANA Carolina Pereira 50m: 28.43 28.43	04	Aquatico Silves	59.03	+0,73	R	616
13.	DURAES Diana Margarida 50m: 28.96 28.96	96	Benfica	59.13	+0,77	R	613
14.	COELHO Maria Leonor 50m: 28.55 28.55	06	Benfica	59.16	+0,77	Q	612
15.	ALMEIDA Maria Carolina 50m: 28.35 28.35	05	Galitos / Bresimar	59.39	+0,82	Q	605
16.	TEIXEIRA Ines Correia 50m: 29.05 29.05	06	Amadora	59.69	+0,77	Q	596
17.	CASTRO Adriana Daniela 50m: 28.63 28.63	97	CLIP Teams	59.99	+0,68		587
18.	CARAPINHA Ariana Bento 50m: 28.62 28.62	06	Nautico Marinha Grande	1:00.06	+0,84	Q	585
19.	AMORIM Ines Santos 50m: 28.95 28.95	06	Desportiva de Viana	1:00.12	+0,87	Q	583
20.	CATALAO Leonor Tavares 50m: 28.82 28.82	06	Sporting	1:00.28	+0,75	R	579
21.	BRITES Marta Lopes 50m: 28.64 28.64	06	Bombeiros de Ponta Delgad	1:00.30	+0,68	R	578
22.	VASCONCELOS Lara Rodrigues 50m: 28.61 28.61	05	Galitos / Bresimar	1:00.70	+0,69		567
23.	MARQUES Maria Vieira 50m: 28.67 28.67	04	Natacao de Vagos	1:00.78	+0,78		565
24.	MELO Sara Carreira 50m: 29.17 29.17	05	Geslours	1:01.03	+0,69		558
25.	BARBEITO Laura Espinola 50m: 29.43 29.43	06	Nucleo Sporting da Terceira	1:01.20	+0,70		553
26.	SOARES Miriam Mortagua 50m: 28.99 28.99	06	Galitos / Bresimar	1:01.24	+0,75		552
27.	JESUS Mariana Teixeira 50m: 30.03 30.03	06	Estarreja	1:01.28	+0,82		551



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
28.	PEREIRA Carolina Rei	05	Natacao de Vagos	1:01.47	+0,71	546	
	50m: 29.28 29.28	100m: 1:01.47	32.19				
DNS	CANINHAS Maria Pinto	05	Natacao do Fundao				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	58.10	+0,75	646	
	50m: 27.83 27.83	100m: 58.10	30.27				
EXH	VEIGA Susana Pereira	00 S9	Colegio Vasco da Gama	1:04.10	+0,82	481	962
	50m: 30.60 30.60	100m: 1:04.10	33.50				

Prova 5

Masc., 100m Livres

Absoluto

26-11-2021 - 9:55

Resultados Elimin

RN25 Absoluto	47.26	NASCIMENTO Miguel Duarte	SLB	Coimbra	22-12-2020
RN25 Sen	47.26	NASCIMENTO Miguel Duarte	SLB	Coimbra	22-12-2020
RN25 Jun18	48.38	VENANCIO Tiago Andre	CNS	Cantanhede	20-12-2004
RN25 Jun17	49.56	RIBEIRO Diogo Matos	CUC	Coimbra	22-12-2020
RN25 Juv A	50.82	VENANCIO Tiago Andre	CNS	Braga	23-03-2003
RN25 Juv B	52.29	RIBEIRO Diogo Matos	CUC	Coimbra	11-05-2019
RN25 Inf A	54.35	RIBEIRO Diogo Matos	CUC	S. António Cavaleiros	01-07-2018
RN25 Inf B	57.40	PEREIRA Tiago Filipe	DNMG	Caldas da Rainha	11-07-2004
RN S9	55.67	CAETANO Gino Santos	CGA	Felgueiras	20-12-2019
RN S15	54.89	NEVES Tiago Correia	CFB	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	NASCIMENTO Miguel Duarte	95	Benfica	48.62	+0,67 Q	789	
	50m: 23.46 23.46	100m: 48.62	25.16				
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	49.62	+0,65 Q	742	
	50m: 23.92 23.92	100m: 49.62	25.70				
3.	RIBEIRO Gustavo Carvalhais	03	Sporting	49.93	+0,75 Q	729	
	50m: 24.24 24.24	100m: 49.93	25.69				
4.	RAMOS Bruno Miguel	97	Belenenses	50.16	+0,64 Q	719	
	50m: 24.25 24.25	100m: 50.16	25.91				
5.	LEBRE Diogo Ramos	01	Benfica	50.19	+0,74 Q	717	
	50m: 24.03 24.03	100m: 50.19	26.16				
6.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	50.34	+0,67 Q	711	
	50m: 24.22 24.22	100m: 50.34	26.12				
7.	SANTOS Alexis Manacas	92	Sporting	50.88	+0,65 Q	689	
	50m: 24.41 24.41	100m: 50.88	26.47				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	COSTA Tiago Cunha 50m: 24.68 24.68	99 100m: 50.91	Sporting 26.23	50.91	+0,68	Q 687	
9.	PADRELA Joao Esteves 50m: 24.60 24.60	99 100m: 51.18	Belenenses 26.58	51.18	+0,71	R 677	
10.	VAKULYUK Paulo 50m: 24.52 24.52	03 100m: 51.35	Torres Novas 26.83	51.35	+0,69	R 670	
11.	LOURENCO Tiago Campos 50m: 24.55 24.55	02 100m: 51.67	Natacao de Valongo 27.12	51.67	+0,71	657	
12.	COSTA Afonso Filipe 50m: 25.00 25.00	03 100m: 52.52	Louzan Natacao/EFAPEL 27.52	52.52	+0,66	626	
13.	PEDRO Daniel Rochinha 50m: 25.19 25.19	98 100m: 53.36	Bombeiros Estoris 28.17	53.36	+0,70	597	

Juniores

1.	RIBEIRO Diogo Matos 50m: 23.42 23.42	04 100m: 48.49	Benfica 25.07	48.49	+0,65	Q 796	
2.	GOMES Guilherme Sousa 50m: 25.18 25.18	04 100m: 52.55	Aquatico Silves 27.37	52.55	+0,75	Q 625	
3.	FERNANDES Diogo Henrique 50m: 25.34 25.34	04 100m: 53.01	Naval do Funchal 27.67	53.01	+0,73	Q 609	
4.	REIS Rodrigo Miguel 50m: 25.00 25.00	04 100m: 53.14	Nautico Academico 28.14	53.14	+0,65	Q 604	
5.	OLIVEIRA Miguel Fernandes 50m: 25.61 25.61	05 100m: 53.15	Nautico Marinha Grande 27.54	53.15	+0,62	Q 604	
6.	OLIVEIRA Diogo Alexandre 50m: 25.73 25.73	05 100m: 53.43	Naval do Funchal 27.70	53.43	+0,68	Q 595	
7.	MAIA Felipe Menegassi 50m: 25.35 25.35	04 100m: 53.53	Alges 28.18	53.53	+0,62	Q 591	
8.	RIBEIRO Vasco Almeida 50m: 25.68 25.68	05 100m: 53.80	Sao Joao Ver 28.12	53.80	+0,74	Q 582	
9.	NUNES Diogo Severino 50m: 26.17 26.17	04 100m: 53.92	Natacao de Valongo 27.75	53.92	+0,78	R 578	
10.	ANSELMO Raul Sousa 50m: 27.10 27.10	05 100m: 55.45	Bombeiros de Ponta Delgada 28.35	55.45	+0,73	R 532	
DSQ	PEREIRA Tomas Coelho 403 - Falsa partida - SW 4.4	05	Penafiel				



Prova 5, Masc., 100m Livres, Elimin

EXH	HEINIO-WIDELL Nick	05	Alges	51.82	+0,69	652
	50m: 24.94 24.94	100m: 51.82	26.88			
EXH	NEVES Tiago Correia	97	S15 Belenenses	56.19	+0,71	511
	50m: 27.19 27.19	100m: 56.19	29.00			
EXH	CAETANO Gino Santos	94	S9 Galitos / Bresimar	57.00	+0,87	490 951
	50m: 27.34 27.34	100m: 57.00	29.66			
EXH	BELEZAS Ricardo Andrade	91	S15 Sporting	58.66	+0,75	449
	50m: 28.35 28.35	100m: 58.66	30.31			
EXH	NEVES Diogo Correia	94	S15 Colegio Vasco da Gama	1:01.23	+0,66	395
	50m: 28.51 28.51	100m: 1:01.23	32.72			

Prova 6

Femin., 200m Costas

Absolutos

26-11-2021 - 10:00

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	2:11.13	REBELO Camila Rodrigues	ALN	Felgueiras	20-12-2019
RN25 Jun16	2:11.74	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	2:12.11	+0,58	Q 729	
	50m: 31.16 31.16	100m: 1:04.64	33.48	150m: 1:38.79	34.15	200m: 2:12.11	33.32
2.	FRISCHKNECHT Rita Barros	98	Sporting	2:16.15	+0,68	Q 666	
	50m: 31.05 31.05	100m: 1:04.56	33.51	150m: 1:39.95	35.39	200m: 2:16.15	36.20
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	2:17.66	+0,70	Q 645	
	50m: 31.42 31.42	100m: 1:05.36	33.94	150m: 1:41.02	35.66	200m: 2:17.66	36.64
4.	RAMOS Ana Rita	02	Porto	2:17.86	+0,72	Q 642	
	50m: 31.98 31.98	100m: 1:06.04	34.06	150m: 1:41.55	35.51	200m: 2:17.86	36.31
5.	CARDEAL Joana Nunes	02	Academico Viseu	2:19.82	+0,84	Q 615	
	50m: 32.50 32.50	100m: 1:07.64	35.14	150m: 1:44.13	36.49	200m: 2:19.82	35.69
6.	COSTA Carolina Fale	04	Colegio Monte Maior	2:21.17	+0,63	Q 598	
	50m: 33.79 33.79	100m: 1:09.38	35.59	150m: 1:45.06	35.68	200m: 2:21.17	36.11
7.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:21.41	+0,64	Q 595	
	50m: 32.19 32.19	100m: 1:07.23	35.04	150m: 1:44.16	36.93	200m: 2:21.41	37.25
8.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:22.39	+0,67	Q 582	
	50m: 32.47 32.47	100m: 1:08.77	36.30	150m: 1:45.70	36.93	200m: 2:22.39	36.69
9.	NUNES Sofia Alexandra	00	Laranjeiro	2:22.55	+0,67	R 580	
	50m: 33.60 33.60	100m: 1:09.23	35.63	150m: 1:45.78	36.55	200m: 2:22.55	36.77

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	RODRIGUES Joana Francisca	04	Condeixa Clube	2:22.95	+0,64	R 576	
	50m: 32.36 32.36	100m: 1:08.27	35.91 150m: 1:45.73	37.46 200m: 2:22.95		37.22	
11.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	2:24.24	+0,61	560	
	50m: 32.88 32.88	100m: 1:08.34	35.46 150m: 1:45.54	37.20 200m: 2:24.24		38.70	
12.	MARQUES Mariana Nunes	03	Estarreja	2:26.37	+0,52	536	
	50m: 33.05 33.05	100m: 1:10.36	37.31 150m: 1:48.45	38.09 200m: 2:26.37		37.92	
13.	RODRIGUES Luana Correia	01	Belenenses	2:26.56	+0,63	534	
	50m: 33.91 33.91	100m: 1:10.21	36.30 150m: 1:47.85	37.64 200m: 2:26.56		38.71	
14.	ARMAS Maria Ornelas	98	Vikings	2:26.94	+0,71	530	
	50m: 33.50 33.50	100m: 1:10.12	36.62 150m: 1:48.37	38.25 200m: 2:26.94		38.57	
15.	FERREIRA Maria Leonor	04	Desportivo Nacional	2:29.02	+0,66	508	
	50m: 33.73 33.73	100m: 1:10.68	36.95 150m: 1:49.54	38.86 200m: 2:29.02		39.48	

Juniores

1.	REIS Erica Cristina	05	Sporting	2:22.98	+0,74	Q 575	
	50m: 33.17 33.17	100m: 1:09.32	36.15 150m: 1:46.45	37.13 200m: 2:22.98		36.53	
2.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	2:23.12	+0,65	Q 573	
	50m: 32.54 32.54	100m: 1:08.39	35.85 150m: 1:45.71	37.32 200m: 2:23.12		37.41	
3.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:23.49	+0,99	Q 569	
	50m: 32.65 32.65	100m: 1:08.96	36.31 150m: 1:46.49	37.53 200m: 2:23.49		37.00	
4.	CAMACHO Carolina Martins	06	Uniao Piedense	2:23.80	+0,69	Q 565	
	50m: 32.98 32.98	100m: 1:08.41	35.43 150m: 1:45.77	37.36 200m: 2:23.80		38.03	
5.	LAGOA Carlota Macedo	05	Ba-Leiria	2:24.47	+0,62	Q 558	
	50m: 34.34 34.34	100m: 1:10.96	36.62 150m: 1:47.37	36.41 200m: 2:24.47		37.10	
6.	SILVA Ana Francisca	06	Alcobaca	2:24.73	+0,63	Q 555	
	50m: 33.91 33.91	100m: 1:09.98	36.07 150m: 1:47.35	37.37 200m: 2:24.73		37.38	
7.	PINTO Leonor Filipa	06	Porto	2:25.10	+0,70	Q 550	
	50m: 33.77 33.77	100m: 1:10.07	36.30 150m: 1:47.50	37.43 200m: 2:25.10		37.60	
8.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:26.28	+0,69	Q 537	
	50m: 33.80 33.80	100m: 1:09.81	36.01 150m: 1:48.06	38.25 200m: 2:26.28		38.22	
9.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	2:26.36	+0,92	R 536	
	50m: 34.84 34.84	100m: 1:11.45	36.61 150m: 1:48.91	37.46 200m: 2:26.36		37.45	
10.	CANINHAS Maria Pinto	05	Natacao do Fundao	2:27.11	+0,92	R 528	
	50m: 33.81 33.81	100m: 1:10.30	36.49 150m: 1:48.68	38.38 200m: 2:27.11		38.43	
11.	COSTA Daniela Alexandra	06	Leixoes	2:28.08	+0,70	518	
	50m: 33.74 33.74	100m: 1:10.66	36.92 150m: 1:49.24	38.58 200m: 2:28.08		38.84	



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	MAGALHAES Luana Cardoso	06	Alges	2:28.13	+0,63	517	
	50m: 34.01 34.01	100m: 1:11.56	37.55 150m: 1:49.72	38.16	200m: 2:28.13	38.41	
13.	GONCALVES Rita Abibe	05	Gesloures	2:28.66	+0,67	512	
	50m: 33.74 33.74	100m: 1:10.52	36.78 150m: 1:49.28	38.76	200m: 2:28.66	39.38	
14.	DINIS Filipa Paiva	06	Ba-Leiria	2:28.72	+0,79	511	
	50m: 33.99 33.99	100m: 1:11.21	37.22 150m: 1:50.07	38.86	200m: 2:28.72	38.65	
15.	VENTURA Barbara Cunha	05	Benfica	2:29.16	+0,77	507	
	50m: 34.36 34.36	100m: 1:11.43	37.07 150m: 1:50.21	38.78	200m: 2:29.16	38.95	
16.	PEREIRA Isabel dos Santos	05	Colegio Efanor	2:30.67	+0,98	491	
	50m: 33.92 33.92	100m: 1:12.08	38.16 150m: 1:51.29	39.21	200m: 2:30.67	39.38	
17.	SALGADO Soraia Maria	05	Fisica Torres Vedras	2:30.79	+1,17	490	
	50m: 33.34 33.34	100m: 1:10.43	37.09 150m: 1:50.12	39.69	200m: 2:30.79	40.67	
18.	SILVA Beatriz Machado	06	Braga	2:31.72	+1,22	481	
	50m: 33.89 33.89	100m: 1:11.95	38.06 150m: 1:51.76	39.81	200m: 2:31.72	39.96	
19.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	2:32.53	+0,85	474	
	50m: 35.17 35.17	200m: 2:32.53	1:57.36				
20.	COSTA Maria Jardim	06	Desportivo Nacional	2:33.82	+0,64	462	
	50m: 34.48 34.48	100m: 1:12.29	37.81 150m: 1:52.27	39.98	200m: 2:33.82	41.55	

Prova 7

Masc., 200m Costas

Absolutos

26-11-2021 - 10:20

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
RN S15	2:18.43	NEVES Tiago Correia	CFB	Vila Real St. Antonio	04-11-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	COSTA Joao Peres	04	Naval Praia da Vitoria	2:03.83	+0,77	Q 620	
	50m: 28.41 28.41	100m: 59.59	31.18 150m: 1:31.92	32.33	200m: 2:03.83	31.91	
2.	SANTOS Ricardo Matias	05	CPFZ - Natacao	2:04.58	+0,80	Q 609	
	50m: 30.58 30.58	100m: 1:02.01	31.43 150m: 1:33.49	31.48	200m: 2:04.58	31.09	
3.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:04.59	+0,78	Q 609	
	50m: 29.31 29.31	100m: 1:00.97	31.66 150m: 1:33.12	32.15	200m: 2:04.59	31.47	
4.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	2:04.91	+0,70	Q 604	
	50m: 28.17 28.17	100m: 59.13	30.96 150m: 1:30.91	31.78	200m: 2:04.91	34.00	

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 7, Masc., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	BARAONA Andre Azevedo 50m: 28.86 28.86 100m: 1:01.13	04	Natacao do Montijo 32.27 150m: 1:34.62	2:07.95 33.49 200m: 2:07.95	+0,59 Q	562	33.33
6.	CUNHA Rodrigo Manuel 50m: 29.68 29.68 100m: 1:02.14	04	Vitoria Guimaraes 32.46 150m: 1:35.39	2:08.32 33.25 200m: 2:08.32	+0,67 Q	557	32.93
7.	OLIVEIRA Miguel Fernandes 50m: 30.38 30.38 100m: 1:02.58	05	Nautico Marinha Grande 32.20 150m: 1:35.69	2:08.34 33.11 200m: 2:08.34	+0,63 Q	557	32.65
8.	DIAS Jose Diogo 50m: 29.58 29.58 100m: 1:02.08	04	Nautico Academico 32.50 150m: 1:35.29	2:08.65 33.21 200m: 2:08.65	+0,62 Q	553	33.36
9.	CORDEIRO Tomas Almeida 50m: 30.56 30.56 100m: 1:03.20	05	Alges 32.64 150m: 1:36.11	2:08.89 32.91 200m: 2:08.89	+0,66 R	550	32.78
10.	MARQUES Andre Henriques 50m: 30.22 30.22 100m: 1:02.61	05	Benfica 32.39 150m: 1:35.53	2:09.05 32.92 200m: 2:09.05	+0,61 R	548	33.52
11.	FRASQUILHO Afonso Figueiredo 50m: 29.21 29.21 100m: 1:02.10	04	Sporting 32.89 150m: 1:36.40	2:09.07 34.30 200m: 2:09.07	+0,58	548	32.67
12.	ALMEIDA Miguel Cordeiro 50m: 30.58 30.58 100m: 1:02.96	05	Alges 32.38 150m: 1:35.84	2:09.10 32.88 200m: 2:09.10	+0,59	547	33.26
13.	SA Jose Manuel 50m: 30.00 30.00 100m: 1:02.75	05	Sporting 32.75 150m: 1:36.15	2:09.92 33.40 200m: 2:09.92	+0,66	537	33.77
14.	PINHEIRO Joao Seixedo 50m: 29.82 29.82 100m: 1:02.71	05	Natacao de Lisboa 32.89 150m: 1:35.98	2:10.62 33.27 200m: 2:10.62	+0,61	528	34.64
15.	CARDOSO Filipe Santos 50m: 30.68 30.68 100m: 1:03.75	04	Gafanha da Encarnacao 33.07 150m: 1:38.01	2:11.02 34.26 200m: 2:11.02	+0,61	524	33.01
16.	CEPELEAGA Marin 50m: 29.86 29.86 100m: 1:02.99	05	Portinado 33.13 150m: 1:36.99	2:11.16 34.00 200m: 2:11.16	+0,64	522	34.17
17.	FARIA Ricardo Morais 50m: 29.97 29.97 100m: 1:02.39	04	Ba-Leiria 32.42 150m: 1:36.12	2:11.61 33.73 200m: 2:11.61	+0,58	517	35.49
18.	CARVALHO Joao Carlos 50m: 31.14 31.14 100m: 1:04.69	05	Braga 33.55 150m: 1:38.67	2:12.00 33.98 200m: 2:12.00	+0,73	512	33.33
19.	RIBEIRO Filipe Silva 50m: 30.01 30.01 100m: 1:03.17	05	Leixoes 33.16 150m: 1:37.30	2:12.35 34.13 200m: 2:12.35	+0,58	508	35.05
20.	FERNANDES Miguel Alves 50m: 30.62 30.62 100m: 1:03.28	05	Viana Natacao 32.66 150m: 1:37.95	2:12.86 34.67 200m: 2:12.86	+0,68	502	34.91



Prova 7, Masc., 200m Costas, Elimin

EXH	SOUSA Nuno Alexandre	02	Academico Viseu
EXH	PIRES Ricardo Saraiva	98	Laranjeiro
EXH	CASTRO Duarte Monteiro	03	Porto
EXH	COSTA Diogo Santos	02	Benfica
EXH	BATE Miguel Ribeiro	99	Sporting
EXH	SANTOS Francisco Rogerio	98	Sporting
EXH	SILVA Job Santos	96	UD Oliveirense
EXH	SOUSA Diogo Nunes	03	Vitoria Guimaraes

Prova 8

Femin., 50m Mariposa

Absolutos

26-11-2021 - 10:40

Resultados Elimin

RN25 Absoluto	26.38	GUEDES Ana Margarida	GCVR	Mealhada	15-11-2020
RN25 Sen	26.38	GUEDES Ana Margarida	GCVR	Mealhada	15-11-2020
RN25 Jun17	26.74	CUNHA Mariana Pacheco	CNCE	Felgueiras	11-04-2021
RN25 Jun16	27.31	FERNANDES Carolina Miranda	CGA	Gafanha de Nazaré	18-07-2021

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.76	+0,65 Q	756
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	27.31	+0,68 Q	711
3.	TEJO Beatriz Costa	02	Academica de Coimbra	28.42	+0,64 Q	631
4.	MONTEIRO Ana Catarina	93	Vilacondense	28.49	+0,67 Q	626
5.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	28.99	+0,80 Q	594
6.	MOURA Maria Ferreira	04	Sporting	29.04	+0,76 Q	591
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	29.13	+0,70 Q	586
8.	JONES Angelina Bermejo	04	Portinado	29.28	+0,75 Q	577
9.	SILVA Ines Pereira	02	Nautico Academico	29.30	+0,70 R	576
10.	CASTRO Adriana Daniela	97	CLIP Teams	29.34	+0,71 R	573
11.	MARQUES Maria Vieira	04	Natacao de Vagos	29.38	+0,80	571
12.	RIESENBERGER Bruna Martins	97	Laranjeiro	29.45	+0,71	567
13.	SILVA Leonor Santos	03	Porto	29.48	+0,68	565
14.	MENDES Ana Sebastiao	04	Natacao de Lagos	29.49	+0,69	565
15.	SANTOS Beatriz Rocha	02	Campinho	29.73	+0,71	551
16.	TOME Madalena Rodrigues	03	Bombeiros Estoris	29.86	+0,70	544
17.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	29.97	+0,75	538
18.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	30.42	+0,68	514

Prova 8, Femin., 50m Mariposa, Elimin

Juniores

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	27.25	+0,75	Q	716
2.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	28.72	+0,81	Q	611
3.	LOURO Ariana Espirito	05	Gualdim Pais	29.15	+0,60	Q	585
4.	FERREIRA Francisca Santos	06	Alges	29.19	+0,73	Q	582
5.	CATALAO Leonor Tavares	06	Sporting	29.33	+0,75	Q	574
6.	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira	30.12	+0,71	Q	530
7.	SOARES Miriam Mortagua	06	Galitos / Bresimar	30.23	+0,75	Q	524
8.	ANTUNES Rebeca Leonor	06	Alges	30.27	+0,76	Q	522
9.	COELHO Maria Leonor	06	Benfica	30.35	+0,81	R	518
10.	MELO Sara Carreira	05	Geslours	30.37	+0,73	R	517
11.	SILVA Joana Ferreira	05	Colegio Efanor	30.52	+0,81		509
12.	BENTO Maria Madalena	05	BUZIOS - Coruche	30.56	+0,73		507
13.	SIMÕES Filipa Mendes	06	Ba-Leiria	30.65	+0,71		503
14.	TINOCO Diana Silva	06	Columbofila Cantanhedense	30.86	+0,71		493
15.	BRITES Marta Lopes	06	Bombeiros de Ponta Delgada	31.06	+0,65		483
16.	ALVES Catarina Isabel	06	Aminata	31.11	+0,82		481
17.	BROCHADO Mariana Goncalves	06	Viana Natacao	31.15	+0,81		479
18.	JARDIM Lara Filipa	06	Naval do Funchal	31.21	+0,71		476
19.	SIMÕES Barbara Almeida	05	Uniao Coimbra	31.79	+0,70		451
DNS	CARVALHO Maria Silva	05	Pimpoes/Cimai				

Prova 9

Masc., 50m Mariposa

Absoluto

26-11-2021 - 10:50

Resultados Elimin

RN25 Absoluto	23.16	SILVA Fernando Souza	POR	Doha (QAT)	23-10-2021
RN25 Sen	23.16	SILVA Fernando Souza	POR	Doha (QAT)	23-10-2021
RN25 Jun18	24.68	ASCENSAO Joao Miguel	FCP	Porto	21-12-2014
RN25 Jun17	24.49	RIBEIRO Diogo Matos	CUC	Coimbra	23-12-2020
RN25 Juv A	25.50	tempo limite			
RN25 Juv B	26.10	PEREIRA Rodrigo Ferreira	GDNFAMA	Felgueiras	17-07-2021
RN25 Inf A	27.68	tempo limite			
RN25 Inf B	28.73	tempo limite			
RN S8	31.49	CANCELA Diogo Luis	CNMC	Coimbra	25-10-2020
RN S15	26.42	NEVES Tiago Correia	CFB	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	SILVA Glauber	86	Foca Quinta da Lixa CNF	23.80	+0,72	Q	763
2.	SILVA Fernando Souza	86	Uniao Piedense	23.94	+0,67	Q	749
3.	COSTA Joao Nogueira	01	Vitoria Guimaraes	24.23	+0,58	Q	723
4.	MARQUES Miguel Henriques	00	Benfica	24.36	+0,65	Q	711
5.	NUNES Porfirio Braga	00	Porto	24.54	+0,63	Q	696

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	MOGNE Igor Araujo	96	Sporting	24.56	+0,74	Q	694
7.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	24.63	+0,69	Q	688
8.	SANTOS Pedro Andre	94	Alges	24.82	+0,70	Q	672
9.	VAKULYUK Paulo	03	Torres Novas	24.97	+0,68	R	660
10.	FERNANDES Pedro Miguel	99	Famalicao	25.14	+0,70	R	647
11.	CARVALHO Fernando Costa	03	Foca Quinta da Lixa CNF	25.49	+0,65		621
12.	DOMINGUES Ricardo Jorge	02	Nautico Academico	25.55	+0,66		616
13.	SILVA Joao Carlos	98	Famalicao	25.69	+0,60		606
14.	FERNANDES Joao Vitor	00	Escola O Liceu	25.77	+0,65		601
15.	LOURENCO Tiago Campos	02	Natacao de Valongo	25.81	+0,72		598
16.	DIAS Rodrigo Reis	03	Belenenses	25.83	+0,65		597
17.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	26.01	+0,67		584
18.	FERNANDES Rui Afonso	03	Desportivo Nacional	26.04	+0,63		582
19.	TEODORO Diogo Filipe	99	Natacao de Valongo	26.19	+0,63		572
20.	ZENZA Francisco Manuel	01	Natacao da Maia	26.31	+0,71		564
DNS	CANCELA Diogo Luis	02	S8 Louzan Natacao/EFAPEL				

Juniores

1.	RIBEIRO Diogo Matos <i>Rec Nacional, Junior 18</i>	04	Benfica	23.85	+0,65	Q	758
2.	REIS Rodrigo Miguel	04	Nautico Academico	25.86	+0,64	Q	594
3.	MADUREIRA Rui Pedro	04	Famalicao	25.90	+0,59	Q	592
4.	VASCONCELOS Francisco Lourenco	05	Geslours	25.92	+0,65	Q	590
5.	APSENECE Kevins Alexandre	04	Porto	26.05	+0,74	Q	582
6.	ANTUNES David Alexandre	04	Leixoes	26.12	+0,67	Q	577
7.	DIOGO Dinis Miranda	04	Nautico Academico	26.23	+0,64	Q	570
8.	RODRIGUES Joao Luis	05	Naval do Funchal	26.27	+0,65	Q	567
9.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	26.32	+0,68	R	564
10.	PINTO Tiago Rodrigues	05	Sporting	26.44	+0,71	R	556
11.	VIEIRA Tomas Sa	04	Alges	26.63	+0,65		544
12.	BARAONA Andre Azevedo	04	Natacao do Montijo	26.68	+0,68		541
13.	NUNES Diogo Severino	04	Natacao de Valongo	27.09	+0,78		517

Classe S8

DNS	CANCELA Diogo Luis	02	S8	Louzan Natacao/EFAPEL			
EXH	FRANCISCO Daniel Sebastiao	00		Porto	25.00	+0,66	658
EXH	HEINIO-WIDELL Nick	05		Alges	25.52	+0,64	619
EXH	NEVES Tiago Correia	97	S15	Belenenses	27.21	+0,74	510
EXH	NEVES Diogo Correia	94	S15	Colegio Vasco da Gama	30.08	+0,68	378



Prova 10	Femin., 400m Estilos					Absolutos
26-11-2021 - 11:00						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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	ANDRE Angelica Maria	94	Porto	4:40.82	+0,74	783	
	50m: 30.71 30.71	150m: 1:42.84	37.81	250m: 2:59.05	39.14	350m: 4:10.37	31.68
	100m: 1:05.03 34.32	200m: 2:19.91	37.07	300m: 3:38.69	39.64	400m: 4:40.82	30.45
2.	PEREIRA Raquel Gomes	00	Benfica	4:42.81	+0,72	767	
	50m: 30.57 30.57	150m: 1:42.18	37.31	250m: 2:57.07	38.20	350m: 4:09.87	33.96
	100m: 1:04.87 34.30	200m: 2:18.87	36.69	300m: 3:35.91	38.84	400m: 4:42.81	32.94
3.	CARDEAL Joana Nunes	02	Academico Viseu	4:50.47	+0,78	708	
	50m: 30.92 30.92	150m: 1:44.87	38.77	250m: 3:03.58	41.49	350m: 4:19.09	33.36
	100m: 1:06.10 35.18	200m: 2:22.09	37.22	300m: 3:45.73	42.15	400m: 4:50.47	31.38
4.	MONTEIRO Ana Catarina	93	Vilacondense	4:50.52	+0,69	708	
	50m: 30.17 30.17	150m: 1:42.08	38.42	250m: 3:01.82	42.26	350m: 4:18.60	34.43
	100m: 1:03.66 33.49	200m: 2:19.56	37.48	300m: 3:44.17	42.35	400m: 4:50.52	31.92
5.	MESQUITA Francisca Salvador	02	Sporting	4:51.50	+0,73	700	
	50m: 30.74 30.74	150m: 1:44.97	39.07	250m: 3:04.72	41.72	350m: 4:20.14	34.48
	100m: 1:05.90 35.16	200m: 2:23.00	38.03	300m: 3:45.66	40.94	400m: 4:51.50	31.36
6.	MENDES Mariana Amaral	02	Sporting	4:51.70	+0,80	699	
	50m: 31.85 31.85	150m: 1:46.36	38.81	250m: 3:05.50	41.54	350m: 4:20.29	33.25
	100m: 1:07.55 35.70	200m: 2:23.96	37.60	300m: 3:47.04	41.54	400m: 4:51.70	31.41
7.	REBELO Maria Carlota	03	Condeixa Clube	4:55.07	+0,62	675	
	50m: 31.11 31.11	150m: 1:45.46	38.86	250m: 3:04.95	41.35	350m: 4:21.33	34.76
	100m: 1:06.60 35.49	200m: 2:23.60	38.14	300m: 3:46.57	41.62	400m: 4:55.07	33.74
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:55.64	+0,69	671	
	50m: 30.79 30.79	150m: 1:45.20	39.13	250m: 3:05.09	41.74	350m: 4:22.42	34.69
	100m: 1:06.07 35.28	200m: 2:23.35	38.15	300m: 3:47.73	42.64	400m: 4:55.64	33.22
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:01.82	+0,78	631	
	50m: 32.05 32.05	150m: 1:48.69	40.15	250m: 3:10.10	41.75	350m: 4:27.27	35.49
	100m: 1:08.54 36.49	200m: 2:28.35	39.66	300m: 3:51.78	41.68	400m: 5:01.82	34.55
10.	MORGADO Alice Jesus	04	Sporting	5:10.35	+0,86	580	
	50m: 32.56 32.56	150m: 1:48.44	38.87	250m: 3:12.62	45.09	350m: 4:34.41	35.95
	100m: 1:09.57 37.01	200m: 2:27.53	39.09	300m: 3:58.46	45.84	400m: 5:10.35	35.94

Prova 10, Femin., 400m Estilos

Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	4:56.60	+0,77	665
	50m: 31.20 31.20	150m: 1:45.89	39.43 250m: 3:07.05	42.69	350m: 4:23.62	33.82
	100m: 1:06.46 35.26	200m: 2:24.36	38.47 300m: 3:49.80	42.75	400m: 4:56.60	32.98
2.	REIS Erica Cristina	05	Sporting	5:05.15	+0,69	611
	50m: 32.45 32.45	150m: 1:49.13	39.32 250m: 3:12.35	43.94	350m: 4:31.45	34.76
	100m: 1:09.81 37.36	200m: 2:28.41	39.28 300m: 3:56.69	44.34	400m: 5:05.15	33.70
3.	ESTEVEENS Laura Fabiana	05	Naval de Faro	5:06.10	+0,75	605
	50m: 33.12 33.12	150m: 1:51.44	40.02 250m: 3:13.14	42.50	350m: 4:32.10	35.48
	100m: 1:11.42 38.30	200m: 2:30.64	39.20 300m: 3:56.62	43.48	400m: 5:06.10	34.00
4.	PINTO Leonor Filipa	06	Porto	5:07.32	+0,86	598
	50m: 33.06 33.06	150m: 1:49.38	38.85 250m: 3:11.53	43.67	350m: 4:32.19	36.44
	100m: 1:10.53 37.47	200m: 2:27.86	38.48 300m: 3:55.75	44.22	400m: 5:07.32	35.13
5.	FROIS Maria Francisca	06	Ba-Leiria	5:19.83	+0,76	530
	50m: 32.33 32.33	150m: 1:53.51	41.76 250m: 3:18.98	45.07	350m: 4:42.94	37.72
	100m: 1:11.75 39.42	200m: 2:33.91	40.40 300m: 4:05.22	46.24	400m: 5:19.83	36.89
6.	SILVA Ana Francisca	06	Alcobaca	5:21.43	+0,78	522
	50m: 33.09 33.09	150m: 1:53.53	41.92 250m: 3:22.24	48.02	350m: 4:46.75	36.48
	100m: 1:11.61 38.52	200m: 2:34.22	40.69 300m: 4:10.27	48.03	400m: 5:21.43	34.68
7.	LOPES Francisca Macedo	05	Vilacondense	5:22.63	+0,81	516
	50m: 33.81 33.81	150m: 1:53.50	40.43 250m: 3:19.28	46.03	350m: 4:45.08	38.28
	100m: 1:13.07 39.26	200m: 2:33.25	39.75 300m: 4:06.80	47.52	400m: 5:22.63	37.55
8.	COSTA Anita Gouveia	06	Condeixa Clube	5:23.96	+0,81	510
	50m: 33.62 33.62	150m: 1:54.38	41.97 250m: 3:22.66	47.56	350m: 4:48.15	36.63
	100m: 1:12.41 38.79	200m: 2:35.10	40.72 300m: 4:11.52	48.86	400m: 5:23.96	35.81
9.	FERREIRA Joana Rosa	05	Naval de Peniche	5:24.26	+0,82	509
	50m: 33.44 33.44	150m: 1:54.88	41.83 250m: 3:22.57	44.86	350m: 4:47.48	39.03
	100m: 1:13.05 39.61	200m: 2:37.71	42.83 300m: 4:08.45	45.88	400m: 5:24.26	36.78
DNS	RAMOS Joana Barbas	06	Gafanha da Encarnacao			

Prova 11	Masc., 400m Estilos					Absolutos
26-11-2021 - 11:10						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
RN S15	4:49.95	NEVES Tiago Correia	CFB	Algés		13-07-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	4:13.17	+0,73	797	
	50m: 27.28 27.28	150m: 1:31.63	32.73	250m: 2:39.87	36.16	350m: 3:44.84	29.09
	100m: 58.90 31.62	200m: 2:03.71	32.08	300m: 3:15.75	35.88	400m: 4:13.17	28.33
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	4:14.74	+0,64	783	
	50m: 27.01 27.01	150m: 1:31.15	32.58	250m: 2:39.39	35.12	350m: 3:44.99	30.12
	100m: 58.57 31.56	200m: 2:04.27	33.12	300m: 3:14.87	35.48	400m: 4:14.74	29.75
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:18.18	+0,71	752	
	50m: 27.72 27.72	150m: 1:31.74	32.69	250m: 2:40.59	35.86	350m: 3:47.90	30.15
	100m: 59.05 31.33	200m: 2:04.73	32.99	300m: 3:17.75	37.16	400m: 4:18.18	30.28
4.	SIMOES Rafael Gomes	00	Braga	4:19.62	+0,80	739	
	50m: 27.51 27.51	150m: 1:33.93	34.36	250m: 2:44.00	35.94	350m: 3:50.31	30.00
	100m: 59.57 32.06	200m: 2:08.06	34.13	300m: 3:20.31	36.31	400m: 4:19.62	29.31
5.	SILVA Tomas Antonio	01	Porto	4:19.71	+0,63	739	
	50m: 26.97 26.97	150m: 1:32.59	33.70	250m: 2:42.93	36.40	350m: 3:49.97	30.47
	100m: 58.89 31.92	200m: 2:06.53	33.94	300m: 3:19.50	36.57	400m: 4:19.71	29.74
6.	CATALAO Daniel Nogueira	00	Benfica	4:25.11	+0,58	694	
	50m: 28.20 28.20	150m: 1:35.73	35.32	250m: 2:46.09	35.79	350m: 3:53.94	31.47
	100m: 1:00.41 32.21	200m: 2:10.30	34.57	300m: 3:22.47	36.38	400m: 4:25.11	31.17
7.	SANTOS Pedro Miguel	01	Porto	4:28.83	+0,65	666	
	50m: 27.85 27.85	150m: 1:34.89	34.59	250m: 2:45.96	37.08	350m: 3:56.92	32.22
	100m: 1:00.30 32.45	200m: 2:08.88	33.99	300m: 3:24.70	38.74	400m: 4:28.83	31.91
8.	LOPES Luis Afonso	03	Viver Santarem	4:28.86	+0,68	666	
	50m: 28.39 28.39	150m: 1:36.33	34.86	250m: 2:49.20	37.84	350m: 3:59.89	31.89
	100m: 1:01.47 33.08	200m: 2:11.36	35.03	300m: 3:28.00	38.80	400m: 4:28.86	28.97
9.	CARDOSO Diogo Santos	01	Sporting	4:30.04	+0,77	657	
	50m: 28.76 28.76	150m: 1:37.64	37.05	250m: 2:51.53	38.50	350m: 4:00.74	30.57
	100m: 1:00.59 31.83	200m: 2:13.03	35.39	300m: 3:30.17	38.64	400m: 4:30.04	29.30
10.	SAMPAIO Jose Pedro	98	Porto	4:36.02	+0,74	615	
	50m: 28.09 28.09	150m: 1:35.10	34.24	250m: 2:49.75	40.18	350m: 4:03.70	32.30
	100m: 1:00.86 32.77	200m: 2:09.57	34.47	300m: 3:31.40	41.65	400m: 4:36.02	32.32
11.	CRISTINO David Matias	01	Uniao Piedense	4:36.17	+0,78	614	
	50m: 28.07 28.07	150m: 1:35.38	34.88	250m: 2:50.23	40.35	350m: 4:04.37	33.43
	100m: 1:00.50 32.43	200m: 2:09.88	34.50	300m: 3:30.94	40.71	400m: 4:36.17	31.80

Prova 11, Masc., 400m Estilos

Juniores

1.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:28.71	+0,61	667
	50m: 28.39 28.39	150m: 1:36.72	34.77 250m: 2:49.23	37.15 350m: 3:59.25	30.91	
	100m: 1:01.95 33.56	200m: 2:12.08	35.36 300m: 3:28.34	39.11 400m: 4:28.71	29.46	
2.	SILVA Afonso Carvalho	05	Famalicao	4:32.69	+0,64	638
	50m: 29.14 29.14	150m: 1:37.66	35.30 250m: 2:50.36	37.99 350m: 4:01.02	32.02	
	100m: 1:02.36 33.22	200m: 2:12.37	34.71 300m: 3:29.00	38.64 400m: 4:32.69	31.67	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:35.77	+0,73	617
	50m: 28.97 28.97	150m: 1:37.79	35.87 250m: 2:51.64	39.65 350m: 4:05.15	32.58	
	100m: 1:01.92 32.95	200m: 2:11.99	34.20 300m: 3:32.57	40.93 400m: 4:35.77	30.62	
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:36.17	+0,71	614
	50m: 29.09 29.09	150m: 1:39.10	36.06 250m: 2:52.73	38.61 350m: 4:05.19	33.03	
	100m: 1:03.04 33.95	200m: 2:14.12	35.02 300m: 3:32.16	39.43 400m: 4:36.17	30.98	
5.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:36.65	+0,68	611
	50m: 29.34 29.34	150m: 1:38.22	35.82 250m: 2:53.75	39.62 350m: 4:05.86	31.63	
	100m: 1:02.40 33.06	200m: 2:14.13	35.91 300m: 3:34.23	40.48 400m: 4:36.65	30.79	
6.	MARQUES Gustavo Pires	04	Sao Roque	4:37.71	+0,69	604
	50m: 27.40 27.40	150m: 1:35.44	35.66 250m: 2:51.68	41.10 350m: 4:05.64	32.62	
	100m: 59.78 32.38	200m: 2:10.58	35.14 300m: 3:33.02	41.34 400m: 4:37.71	32.07	
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:42.19	+0,64	576
	50m: 29.68 29.68	150m: 1:41.01	36.22 250m: 2:57.50	41.73 350m: 4:11.50	32.06	
	100m: 1:04.79 35.11	200m: 2:15.77	34.76 300m: 3:39.44	41.94 400m: 4:42.19	30.69	
8.	SILVA Nuno Marques	04	Ba-Leiria	4:42.70	+0,75	573
	50m: 29.02 29.02	150m: 1:39.51	36.44 250m: 2:55.48	40.11 350m: 4:09.83	33.26	
	100m: 1:03.07 34.05	200m: 2:15.37	35.86 300m: 3:36.57	41.09 400m: 4:42.70	32.87	
9.	CRUZ David Miguel	04	Braga	4:44.00	+0,69	565
	50m: 29.09 29.09	150m: 1:40.11	37.18 250m: 2:57.30	40.54 350m: 4:10.99	33.24	
	100m: 1:02.93 33.84	200m: 2:16.76	36.65 300m: 3:37.75	40.45 400m: 4:44.00	33.01	
10.	PEREIRA Manuel Angelo	05	Sporting	4:44.17	+0,79	564
	50m: 29.10 29.10	150m: 1:39.35	36.64 250m: 2:56.88	40.69 350m: 4:11.84	33.70	
	100m: 1:02.71 33.61	200m: 2:16.19	36.84 300m: 3:38.14	41.26 400m: 4:44.17	32.33	
11.	CLARA Vitor Belo	04	Ba-Leiria	4:44.50	+0,74	562
	50m: 28.10 28.10	150m: 1:37.59	35.88 250m: 2:53.97	41.29 350m: 4:10.73	33.60	
	100m: 1:01.71 33.61	200m: 2:12.68	35.09 300m: 3:37.13	43.16 400m: 4:44.50	33.77	
12.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	4:45.31	+0,72	557
	50m: 29.67 29.67	150m: 1:42.34	36.95 250m: 2:58.48	40.59 350m: 4:13.51	34.04	
	100m: 1:05.39 35.72	200m: 2:17.89	35.55 300m: 3:39.47	40.99 400m: 4:45.31	31.80	
13.	PINTO Tiago Rodrigues	05	Sporting	4:45.80	+0,75	554
	50m: 29.62 29.62	150m: 1:41.58	37.71 250m: 2:59.34	40.18 350m: 4:14.24	32.08	
	100m: 1:03.87 34.25	200m: 2:19.16	37.58 300m: 3:42.16	42.82 400m: 4:45.80	31.56	



Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	SOUZA Joao Maria	05	Braga	4:46.06	+0,73	553	
	50m: 30.13 30.13	150m: 1:40.37	35.17 250m: 2:58.07	41.94	350m: 4:13.79	32.69	
	100m: 1:05.20 35.07	200m: 2:16.13	35.76 300m: 3:41.10	43.03	400m: 4:46.06	32.27	
15.	BORGES David Costa	04	Fluvial Portuense	4:47.33	+0,62	545	
	50m: 28.44 28.44	150m: 1:40.27	38.19 250m: 2:59.46	40.58	350m: 4:14.69	32.92	
	100m: 1:02.08 33.64	200m: 2:18.88	38.61 300m: 3:41.77	42.31	400m: 4:47.33	32.64	
16.	TSYKAL Daniel	04	Alcobaca	4:50.42	+0,68	528	
	50m: 29.80 29.80	150m: 1:43.83	38.31 250m: 3:01.17	40.69	350m: 4:17.05	34.63	
	100m: 1:05.52 35.72	200m: 2:20.48	36.65 300m: 3:42.42	41.25	400m: 4:50.42	33.37	
EXH	CRUZ Miguel Duarte	99	SM15 Belenenses	4:56.65	+0,67	495	
	50m: 30.53 30.53	150m: 1:44.92	38.72 250m: 3:05.73	42.90	350m: 4:23.23	34.79	
	100m: 1:06.20 35.67	200m: 2:22.83	37.91 300m: 3:48.44	42.71	400m: 4:56.65	33.42	

Prova 12

Femin., 1500m Livres

Absolutos

26-11-2021 - 11:30

Resultados

RN25 Absoluto	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
RN25 Sen	15:55.19	DURAES Diana Margarida	SLB	Felgueiras	23-11-2019
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	DURAES Diana Margarida	96	Benfica	16:08.62	+0,75	851	
	50m: 30.54 30.54	450m: 4:47.70	32.17 850m: 9:06.28	32.51	1250m: 13:26.57	32.73	
	100m: 1:02.60 32.06	500m: 5:19.85	32.15 900m: 9:38.82	32.54	1300m: 13:59.15	32.58	
	150m: 1:34.80 32.20	550m: 5:52.19	32.34 950m: 10:11.45	32.63	1350m: 14:31.82	32.67	
	200m: 2:06.92 32.12	600m: 6:24.41	32.22 1000m: 10:43.96	32.51	1400m: 15:04.47	32.65	
	250m: 2:39.09 32.17	650m: 6:56.72	32.31 1050m: 11:16.33	32.37	1450m: 15:37.01	32.54	
	300m: 3:11.23 32.14	700m: 7:29.02	32.30 1100m: 11:48.63	32.30	1500m: 16:08.62	31.61	
	350m: 3:43.33 32.10	750m: 8:01.41	32.39 1150m: 12:21.22	32.59			
	400m: 4:15.53 32.20	800m: 8:33.77	32.36 1200m: 12:53.84	32.62			
2.	ANDRE Angelica Maria	94	Porto	16:18.42	+0,75	825	
	50m: 30.39 30.39	450m: 4:50.54	32.64 850m: 9:12.87	32.92	1250m: 13:35.44	32.86	
	100m: 1:02.72 32.33	500m: 5:23.38	32.84 900m: 9:45.67	32.80	1300m: 14:08.38	32.94	
	150m: 1:35.04 32.32	550m: 5:56.08	32.70 950m: 10:18.19	32.52	1350m: 14:41.20	32.82	
	200m: 2:07.50 32.46	600m: 6:28.91	32.83 1000m: 10:50.93	32.74	1400m: 15:14.06	32.86	
	250m: 2:39.72 32.22	650m: 7:01.68	32.77 1050m: 11:23.67	32.74	1450m: 15:46.72	32.66	
	300m: 3:12.26 32.54	700m: 7:34.47	32.79 1100m: 11:56.73	33.06	1500m: 16:18.42	31.70	
	350m: 3:45.03 32.77	750m: 8:07.34	32.87 1150m: 12:29.51	32.78			
	400m: 4:17.90 32.87	800m: 8:39.95	32.61 1200m: 13:02.58	33.07			

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	MENDES Mariana Amaral	02	Sporting	16:53.76	+0,83	742	
	50m: 31.59 31.59	450m: 5:01.18	33.93 850m: 9:32.50	34.06	1250m: 14:04.92	34.30	
	100m: 1:04.90 33.31	500m: 5:35.10	33.92 900m: 10:06.57	34.07	1300m: 14:39.06	34.14	
	150m: 1:38.43 33.53	550m: 6:09.04	33.94 950m: 10:40.45	33.88	1350m: 15:13.33	34.27	
	200m: 2:12.02 33.59	600m: 6:43.33	34.29 1000m: 11:14.48	34.03	1400m: 15:47.42	34.09	
	250m: 2:45.86 33.84	650m: 7:16.97	33.64 1050m: 11:48.86	34.38	1450m: 16:21.20	33.78	
	300m: 3:19.57 33.71	700m: 7:50.74	33.77 1100m: 12:22.74	33.88	1500m: 16:53.76	32.56	
	350m: 3:53.50 33.93	750m: 8:24.70	33.96 1150m: 12:56.60	33.86			
	400m: 4:27.25 33.75	800m: 8:58.44	33.74 1200m: 13:30.62	34.02			
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:18.25	+0,67	691	
	50m: 31.15 31.15	450m: 5:07.33	35.03 850m: 9:46.57	34.87	1250m: 14:25.87	35.06	
	100m: 1:04.93 33.78	500m: 5:42.42	35.09 900m: 10:21.29	34.72	1300m: 15:00.86	34.99	
	150m: 1:39.15 34.22	550m: 6:17.17	34.75 950m: 10:56.17	34.88	1350m: 15:35.63	34.77	
	200m: 2:13.53 34.38	600m: 6:52.20	35.03 1000m: 11:31.08	34.91	1400m: 16:10.53	34.90	
	250m: 2:47.94 34.41	650m: 7:27.00	34.80 1050m: 12:06.00	34.92	1450m: 16:44.97	34.44	
	300m: 3:22.89 34.95	700m: 8:01.64	34.64 1100m: 12:40.85	34.85	1500m: 17:18.25	33.28	
	350m: 3:57.54 34.65	750m: 8:36.50	34.86 1150m: 13:15.93	35.08			
	400m: 4:32.30 34.76	800m: 9:11.70	35.20 1200m: 13:50.81	34.88			
5.	ARMAS Maria Ornelas	98	Vikings	17:48.78	+0,93	633	
	50m: 31.57 31.57	450m: 5:15.03	35.97 850m: 10:02.53	35.86	1250m: 14:50.09	36.43	
	100m: 1:06.01 34.44	500m: 5:51.01	35.98 900m: 10:38.03	35.50	1300m: 15:26.10	36.01	
	150m: 1:40.94 34.93	550m: 6:26.83	35.82 950m: 11:14.10	36.07	1350m: 16:02.14	36.04	
	200m: 2:16.34 35.40	600m: 7:02.86	36.03 1000m: 11:49.91	35.81	1400m: 16:38.11	35.97	
	250m: 2:52.02 35.68	650m: 7:38.75	35.89 1050m: 12:25.50	35.59	1450m: 17:13.92	35.81	
	300m: 3:27.53 35.51	700m: 8:14.82	36.07 1100m: 13:01.74	36.24	1500m: 17:48.78	34.86	
	350m: 4:03.50 35.97	750m: 8:50.63	35.81 1150m: 13:37.59	35.85			
	400m: 4:39.06 35.56	800m: 9:26.67	36.04 1200m: 14:13.66	36.07			

Juniores

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:29.04	+0,74	670	
	50m: 31.32 31.32	450m: 5:08.18	35.10 850m: 9:50.11	35.38	1250m: 14:33.71	35.31	
	100m: 1:04.94 33.62	500m: 5:43.17	34.99 900m: 10:25.43	35.32	1300m: 15:09.18	35.47	
	150m: 1:39.50 34.56	550m: 6:18.28	35.11 950m: 11:00.89	35.46	1350m: 15:44.61	35.43	
	200m: 2:13.96 34.46	600m: 6:53.67	35.39 1000m: 11:36.30	35.41	1400m: 16:20.07	35.46	
	250m: 2:48.57 34.61	650m: 7:28.96	35.29 1050m: 12:11.93	35.63	1450m: 16:55.23	35.16	
	300m: 3:23.43 34.86	700m: 8:04.30	35.34 1100m: 12:47.78	35.85	1500m: 17:29.04	33.81	
	350m: 3:58.24 34.81	750m: 8:39.73	35.43 1150m: 13:23.21	35.43			
	400m: 4:33.08 34.84	800m: 9:14.73	35.00 1200m: 13:58.40	35.19			
2.	ALVES Joana Silva	05	Benedita	17:37.45	+0,77	654	
	50m: 31.36 31.36	450m: 5:12.10	35.39 850m: 9:55.11	35.33	1250m: 14:40.35	35.82	
	100m: 1:05.81 34.45	500m: 5:47.67	35.57 900m: 10:30.63	35.52	1300m: 15:16.20	35.85	
	150m: 1:40.64 34.83	550m: 6:22.65	34.98 950m: 11:06.22	35.59	1350m: 15:52.31	36.11	
	200m: 2:15.61 34.97	600m: 6:57.92	35.27 1000m: 11:41.70	35.48	1400m: 16:27.96	35.65	
	250m: 2:50.73 35.12	650m: 7:33.23	35.31 1050m: 12:17.14	35.44	1450m: 17:03.56	35.60	
	300m: 3:25.85 35.12	700m: 8:08.57	35.34 1100m: 12:52.90	35.76	1500m: 17:37.45	33.89	
	350m: 4:01.20 35.35	750m: 8:44.37	35.80 1150m: 13:28.68	35.78			
	400m: 4:36.71 35.51	800m: 9:19.78	35.41 1200m: 14:04.53	35.85			



Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	PEIXOTO Carolina Esteves	06	Braga	17:52.82	+0,96	626	
	50m: 31.94 31.94	450m: 5:16.29	36.00 850m: 10:03.73	36.13	1250m: 14:53.51	36.62	
	100m: 1:06.44 34.50	500m: 5:52.17	35.88 900m: 10:39.72	35.99	1300m: 15:29.78	36.27	
	150m: 1:41.76 35.32	550m: 6:28.14	35.97 950m: 11:15.83	36.11	1350m: 16:05.74	35.96	
	200m: 2:17.31 35.55	600m: 7:03.92	35.78 1000m: 11:51.77	35.94	1400m: 16:41.96	36.22	
	250m: 2:52.98 35.67	650m: 7:39.86	35.94 1050m: 12:27.94	36.17	1450m: 17:17.85	35.89	
	300m: 3:28.82 35.84	700m: 8:15.73	35.87 1100m: 13:04.22	36.28	1500m: 17:52.82	34.97	
	350m: 4:04.60 35.78	750m: 8:51.61	35.88 1150m: 13:40.51	36.29			
	400m: 4:40.29 35.69	800m: 9:27.60	35.99 1200m: 14:16.89	36.38			
4.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:02.97	+0,75	609	
	50m: 32.00 32.00	450m: 5:18.40	35.87 850m: 10:08.67	36.37	1250m: 15:00.55	36.54	
	100m: 1:07.07 35.07	500m: 5:54.71	36.31 900m: 10:45.48	36.81	1300m: 15:37.20	36.65	
	150m: 1:42.62 35.55	550m: 6:30.77	36.06 950m: 11:21.89	36.41	1350m: 16:14.11	36.91	
	200m: 2:18.46 35.84	600m: 7:06.89	36.12 1000m: 11:58.20	36.31	1400m: 16:50.85	36.74	
	250m: 2:54.35 35.89	650m: 7:43.08	36.19 1050m: 12:34.51	36.31	1450m: 17:27.36	36.51	
	300m: 3:30.26 35.91	700m: 8:19.62	36.54 1100m: 13:10.73	36.22	1500m: 18:02.97	35.61	
	350m: 4:06.47 36.21	750m: 8:55.98	36.36 1150m: 13:47.45	36.72			
	400m: 4:42.53 36.06	800m: 9:32.30	36.32 1200m: 14:24.01	36.56			
5.	COSTA Mafalda Santos	05	Colegio Monte Maior	18:09.22	+0,80	598	
	50m: 32.40 32.40	450m: 5:22.22	36.27 850m: 10:13.41	36.52	1250m: 15:05.70	36.57	
	100m: 1:07.94 35.54	500m: 5:58.63	36.41 900m: 10:49.79	36.38	1300m: 15:42.36	36.66	
	150m: 1:43.83 35.89	550m: 6:34.94	36.31 950m: 11:26.24	36.45	1350m: 16:19.34	36.98	
	200m: 2:19.73 35.90	600m: 7:11.44	36.50 1000m: 12:02.90	36.66	1400m: 16:56.37	37.03	
	250m: 2:55.88 36.15	650m: 7:47.62	36.18 1050m: 12:39.49	36.59	1450m: 17:33.41	37.04	
	300m: 3:32.41 36.53	700m: 8:24.10	36.48 1100m: 13:16.20	36.71	1500m: 18:09.22	35.81	
	350m: 4:09.31 36.90	750m: 9:00.52	36.42 1150m: 13:52.68	36.48			
	400m: 4:45.95 36.64	800m: 9:36.89	36.37 1200m: 14:29.13	36.45			
6.	PIRES Catarina Gaspar	06	Porto	18:20.99	+0,97	579	
	50m: 32.17 32.17	450m: 5:19.59	36.41 850m: 10:16.07	37.10	1250m: 15:14.88	37.43	
	100m: 1:06.73 34.56	500m: 5:56.45	36.86 900m: 10:53.46	37.39	1300m: 15:52.35	37.47	
	150m: 1:42.68 35.95	550m: 6:33.29	36.84 950m: 11:30.67	37.21	1350m: 16:29.65	37.30	
	200m: 2:18.62 35.94	600m: 7:10.46	37.17 1000m: 12:08.07	37.40	1400m: 17:07.09	37.44	
	250m: 2:54.59 35.97	650m: 7:47.48	37.02 1050m: 12:45.53	37.46	1450m: 17:44.17	37.08	
	300m: 3:30.70 36.11	700m: 8:24.75	37.27 1100m: 13:22.87	37.34	1500m: 18:20.99	36.82	
	350m: 4:06.84 36.14	750m: 9:01.94	37.19 1150m: 14:00.17	37.30			
	400m: 4:43.18 36.34	800m: 9:38.97	37.03 1200m: 14:37.45	37.28			
7.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:28.13	+0,73	568	
	50m: 32.33 32.33	450m: 5:24.43	37.21 850m: 10:21.10	37.74	1250m: 15:22.28	38.02	
	100m: 1:07.98 35.65	500m: 6:01.21	36.78 900m: 10:58.51	37.41	1300m: 15:59.91	37.63	
	150m: 1:44.03 36.05	550m: 6:38.04	36.83 950m: 11:36.07	37.56	1350m: 16:37.55	37.64	
	200m: 2:20.39 36.36	600m: 7:14.84	36.80 1000m: 12:13.51	37.44	1400m: 17:15.12	37.57	
	250m: 2:56.85 36.46	650m: 7:51.66	36.82 1050m: 12:50.77	37.26	1450m: 17:52.05	36.93	
	300m: 3:33.51 36.66	700m: 8:28.88	37.22 1100m: 13:28.39	37.62	1500m: 18:28.13	36.08	
	350m: 4:10.18 36.67	750m: 9:05.99	37.11 1150m: 14:06.36	37.97			
	400m: 4:47.22 37.04	800m: 9:43.36	37.37 1200m: 14:44.26	37.90			

Prova 15	Masc., 4 x 100m Estilos					Absolutos
26-11-2021 - 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	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras		20-12-2019

Pontos: FINA 2021

Lugar			Clube	Tempo Final	TReac	FINA	PARA	
Seniores								
1.	Sporting-SEN		Sporting	3:33.86	+0,63	807		
	<i>Rec Nacional, Sen e Abs</i>							
	SANTOS Francisco Rogerio	+0,63	25.61	53.17	MOGNE Igor Araujo	+0,26	24.36	53.36
	QUINTAS Francisco Robalo	+0,22	27.48	58.81	SANTOS Alexis Manacas	+0,37	23.34	48.52
2.	Vitoria Guimaraes-SEN		Vitoria Guimaraes	3:37.82	+0,49	764		
	COSTA Joao Nogueira	+0,49	25.35	52.29	LOPES Tomas Teixeira	+0,27	25.08	54.15
	AMORIM Alexandre Ferreira	+0,15	27.28	59.03	RIACHOS Frederico Sucena	+0,24	24.62	52.35
3.	Benfica-SEN		Benfica	3:42.33	+0,98	718		
	COSTA Diogo Santos	+0,98	26.50	55.39	NASCIMENTO Miguel Duarte	+0,20	24.21	52.77
	VARGAS Joao Manuel	+0,33	30.15	1:05.07	LEBRE Diogo Ramos	+0,28	23.29	49.10
4.	Porto-SEN		Porto	3:46.58	+0,65	679		
	CASTRO Duarte Monteiro	+0,65	27.95	57.62	NUNES Porfirio Braga	+0,12	24.30	53.12
	SILVA Tomas Antonio	+0,44	29.50	1:04.47	SANTOS Pedro Miguel	+0,10	24.43	51.37
DNS	Despertarecorde-SEN		Despertarecorde					

Juniiores

1.	Galitos / Bresimar-JUN		Galitos / Bresimar	3:52.60	+0,64	627		
	SILVA Diogo Miguel	+0,64	27.08	56.74	TAVARES Bernardo Rodrigues	+0,11	25.50	55.97
	PEREIRA Tiago Maia	+0,47	31.06	1:06.64	JESUS Pedro Duarte	+0,25	25.03	53.25
2.	Sporting-JUN		Sporting	3:55.10	+0,57	607		
	FRASQUILHO Afonso Figueiredo	+0,57	28.20	58.54	PINTO Tiago Rodrigues	+0,37	26.48	57.92
	CARVALHO Antonio Lombardi	+0,45	30.46	1:05.67	ALMEIDA Bernardo Victorino	+0,20	25.71	52.97
3.	Naval do Funchal-JUN		Naval do Funchal	3:55.49	+0,62	604		
	OLIVEIRA Diogo Alexandre	+0,62	28.36	59.09	RODRIGUES Joao Luis	+0,05	26.73	58.30
	FERNANDES Martim Pestana	+0,10	30.10	1:05.17	FERNANDES Diogo Henrique	+0,25	25.32	52.93
4.	Alges-JUN		Alges	3:56.44	+1,19	597		
	ALMEIDA Miguel Cordeiro	+1,19	28.82	1:00.09	VIEIRA Tomas Sa	+0,28	26.72	58.83
	REBELO Joao Lourenco	+0,01	29.90	1:04.39	MAIA Felipe Menegassi	+0,39	24.77	53.13
5.	Ba-Leiria-JUN		Ba-Leiria	3:58.59	+0,58	581		
	FARIA Ricardo Morais	+0,58	28.94	59.86	CLARA Vitor Belo	+0,46	26.67	58.41
	SILVA Nuno Marques	+0,05	31.59	1:07.25	ANICETO Joao Gabriel	+0,07	25.03	53.07
6.	Nautico Academico-JUN		Nautico Academico	3:58.79	+0,60	580		
	DIAS Jose Diogo	+0,60	28.93	59.87	DIOGO Dinis Miranda	+0,38	26.19	57.11
	POIARES Tiago Andre	+0,11	32.47	1:09.84	REIS Rodrigo Miguel	+0,14	23.87	51.97



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

Lugar			Clube	Tempo Final	TReac	FINA	PARA
7.	Porto-JUN		Porto	4:04.79	+1,89	538	
	TORRES Joao Pedro	+1,89 31.63	1:05.66	APSENIECE Kevins Alexandre	+0,26 25.71	56.31	
	SILVA Goncalo Manuel	+0,57 31.36	1:07.36	CARVALHO Goncalo Renato	+0,30 26.36	55.46	
8.	Foca Quinta da Lixa CNF-JUN		Foca Quinta da Lixa CNF	4:06.58	+0,64	526	
	PINTO Guilherme Lobo	+0,64 30.94	1:04.84	LOPES Afonso Teixeira	+0,24 27.25	58.43	
	CARVALHO Guilherme Jesus	+0,43 32.19	1:08.52	LEITE Afonso Martim	+0,31 25.80	54.79	
9.	Braga-JUN		Braga	4:07.87	+0,73	518	
	REMELHE Joao Anibal	+0,73 29.58	1:02.99	SOUSA Joao Maria	+0,19 27.47	59.98	
	ROCHA Goncalo Queiroga	+0,28 32.36	1:10.02	CRUZ David Miguel	+0,11 25.98	54.88	
10.	Aquatico Silves-JUN		Aquatico Silves	4:09.37	+0,61	509	
	GOMES Guilherme Sousa	+0,61 28.00	57.70	VICENTE Tiago Miguel	+0,75 27.48	1:00.67	
	SILVA Guilherme Antonio	+0,04 33.88	1:15.08	AFONSO Martim Rodrigues	+0,41 26.44	55.92	
11.	Vitoria Guimaraes-JUN		Vitoria Guimaraes	4:10.02	+0,61	505	
	CUNHA Rodrigo Manuel	+0,61 28.08	58.94	SOUSA Tomas Castro	+0,21 27.79	1:01.17	
	FERNANDES Lucas Andre	+0,22 32.86	1:13.50	FERREIRA Tiago Felix	+0,05 26.13	56.41	
12.	Portinado-JUN		Portinado	4:10.11	+0,67	504	
	CEPELEAGA Marin	+0,67 28.87	1:00.34	FRANCISCO Ruben Filipe	+0,60 27.55	1:01.14	
	TRISTAO Miguel Salomao	+0,31 31.96	1:09.10	BARRADAS Tiago Trigg	+0,35 27.92	59.53	

Prova 16

26-11-2021 - 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	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar			Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	Sporting-SEN		Sporting	4:14.53	+0,67	686	
	FRISCHKNECHT Rita Barros	+0,67 30.03	1:02.28	HENRIQUES Ines Jacinto	+0,49 28.76	1:02.43	
	CERDEIRA Madalena Reis	+0,47 33.59	1:11.54	MOURA Maria Ferreira	+0,63 27.96	58.28	
2.	Porto-SEN		Porto	4:17.07	+1,03	666	
	RAMOS Ana Rita	+1,03 30.75	1:04.24	SILVA Leonor Santos	+0,37 29.09	1:04.02	
	FIAL Sofia Nunes	+0,23 33.40	1:11.78	OLIVEIRA Rosa Maria	+0,45 27.46	57.03	
3.	Vitoria Guimaraes-SEN		Vitoria Guimaraes	4:24.38	+0,53	612	
	ALMEIDA Catarina Isabel	+0,53 32.44	1:08.50	FERNANDES Filipa Viamonte	+0,27 29.49	1:03.93	
	CASTRO Maria Freitas	+0,36 33.84	1:13.02	FERNANDES Ana Ines	+0,26 27.83	58.93	
4.	Belenenses-SEN		Belenenses	4:25.96	+0,63	601	
	RODRIGUES Luana Correia	+0,63 32.64	1:07.50	MATOS Ana Rita	+0,22 30.33	1:06.65	
	RODRIGUES Lidiana Correia	+0,25 33.61	1:11.93	PIMENTA Margarida Sobral	+0,30 28.35	59.88	

Prova 16, Femin., 4 x 100m Estilos, Seniores

Lugar	Clube	Tempo Final	TReac	FINA	PARA
DNS Natacao de Lisboa-SEN	Natacao de Lisboa				
DNS Benfica-SEN	Benfica				

Juniores

1. Galitos / Bresimar-JUN	Galitos / Bresimar	4:18.50	+1,28	655	
FERNANDES Carolina Miranda +1,28 31.08 1:04.41	ALMEIDA Maria Carolina +0,21 28.22			1:00.89	
VASCONCELOS Lara Rodrigues +0,24 33.83 1:13.80	SOARES Miriam Mortagua +0,11 27.93			59.40	
2. Alges-JUN	Alges	4:22.62	+0,63	624	
MAGALHAES Luana Cardoso +0,63 32.26 1:07.79	FERREIRA Francisca Santos +0,29 29.06			1:03.17	
ANTUNES Rebeca Leonor +0,55 34.19 1:14.24	PIRES Marta Joao +0,43 27.50			57.42	
3. Sporting-JUN	Sporting	4:24.79	+0,60	609	
REIS Erica Cristina +0,60 31.82 1:05.85	CATALAO Leonor Tavares +0,32 29.52			1:04.67	
NUNES Margarida Domingues +0,52 34.39 1:13.42	GOMES Carolina Fonseca +0,39 28.95			1:00.85	
4. Benfica-JUN	Benfica	4:33.35	+0,71	554	
VENTURA Barbara Cunha +0,71 33.57 1:10.65	ANDRE Isadora Maia +0,42 31.88			1:07.34	
LOPES Matilde Nunes +0,37 36.08 1:16.84	COELHO Maria Leonor +0,17 28.12			58.52	
5. Ba-Leiria-JUN	Ba-Leiria	4:36.53	+1,88	535	
DINIS Filipa Paiva +1,88 33.07 1:08.83	LAGOA Carlota Macedo +0,12 30.57			1:07.16	
ALVES Maria Madalena +0,03 35.91 1:18.17	FROIS Maria Francisca +0,29 29.25			1:02.37	
6. Viana Natacao-JUN	Viana Natacao	4:37.77	+0,64	528	
RIGOR Maria Miguel +0,64 33.70 1:10.40	BROCHADO Mariana Goncalves +0,71 32.05			1:08.28	
SILVA Maria Seixeira +0,38 35.72 1:15.47	ROCHA Liliana Lima +0,44 29.81			1:03.62	



2 - 1ª Jornada - 2ª Sessão (finais)

26-11-2021 - 17:00

Prova 12	Femin., 1500m Livres					Absolutos
26-11-2021 - 17:00						Resultados
RN25 Absoluto	15:55.19	DURAES Diana Margarida	SLB	Felgueiras		23-11-2019
RN25 Sen	15:55.19	DURAES Diana Margarida	SLB	Felgueiras		23-11-2019
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	DURAES Diana Margarida	96	Benfica	16:08.62	+0,75	851	
	50m: 30.54 30.54	450m: 4:47.70	32.17	850m: 9:06.28	32.51	1250m: 13:26.57	32.73
	100m: 1:02.60 32.06	500m: 5:19.85	32.15	900m: 9:38.82	32.54	1300m: 13:59.15	32.58
	150m: 1:34.80 32.20	550m: 5:52.19	32.34	950m: 10:11.45	32.63	1350m: 14:31.82	32.67
	200m: 2:06.92 32.12	600m: 6:24.41	32.22	1000m: 10:43.96	32.51	1400m: 15:04.47	32.65
	250m: 2:39.09 32.17	650m: 6:56.72	32.31	1050m: 11:16.33	32.37	1450m: 15:37.01	32.54
	300m: 3:11.23 32.14	700m: 7:29.02	32.30	1100m: 11:48.63	32.30	1500m: 16:08.62	31.61
	350m: 3:43.33 32.10	750m: 8:01.41	32.39	1150m: 12:21.22	32.59		
	400m: 4:15.53 32.20	800m: 8:33.77	32.36	1200m: 12:53.84	32.62		
2.	ANDRE Angelica Maria	94	Porto	16:18.42	+0,75	825	
	50m: 30.39 30.39	450m: 4:50.54	32.64	850m: 9:12.87	32.92	1250m: 13:35.44	32.86
	100m: 1:02.72 32.33	500m: 5:23.38	32.84	900m: 9:45.67	32.80	1300m: 14:08.38	32.94
	150m: 1:35.04 32.32	550m: 5:56.08	32.70	950m: 10:18.19	32.52	1350m: 14:41.20	32.82
	200m: 2:07.50 32.46	600m: 6:28.91	32.83	1000m: 10:50.93	32.74	1400m: 15:14.06	32.86
	250m: 2:39.72 32.22	650m: 7:01.68	32.77	1050m: 11:23.67	32.74	1450m: 15:46.72	32.66
	300m: 3:12.26 32.54	700m: 7:34.47	32.79	1100m: 11:56.73	33.06	1500m: 16:18.42	31.70
	350m: 3:45.03 32.77	750m: 8:07.34	32.87	1150m: 12:29.51	32.78		
	400m: 4:17.90 32.87	800m: 8:39.95	32.61	1200m: 13:02.58	33.07		
3.	MENDES Mariana Amaral	02	Sporting	16:53.76	+0,83	742	
	50m: 31.59 31.59	450m: 5:01.18	33.93	850m: 9:32.50	34.06	1250m: 14:04.92	34.30
	100m: 1:04.90 33.31	500m: 5:35.10	33.92	900m: 10:06.57	34.07	1300m: 14:39.06	34.14
	150m: 1:38.43 33.53	550m: 6:09.04	33.94	950m: 10:40.45	33.88	1350m: 15:13.33	34.27
	200m: 2:12.02 33.59	600m: 6:43.33	34.29	1000m: 11:14.48	34.03	1400m: 15:47.42	34.09
	250m: 2:45.86 33.84	650m: 7:16.97	33.64	1050m: 11:48.86	34.38	1450m: 16:21.20	33.78
	300m: 3:19.57 33.71	700m: 7:50.74	33.77	1100m: 12:22.74	33.88	1500m: 16:53.76	32.56
	350m: 3:53.50 33.93	750m: 8:24.70	33.96	1150m: 12:56.60	33.86		
	400m: 4:27.25 33.75	800m: 8:58.44	33.74	1200m: 13:30.62	34.02		
4.	CARDEAL Beatriz Nunes	04	Academico Viseu	17:18.25	+0,67	691	
	50m: 31.15 31.15	450m: 5:07.33	35.03	850m: 9:46.57	34.87	1250m: 14:25.87	35.06
	100m: 1:04.93 33.78	500m: 5:42.42	35.09	900m: 10:21.29	34.72	1300m: 15:00.86	34.99
	150m: 1:39.15 34.22	550m: 6:17.17	34.75	950m: 10:56.17	34.88	1350m: 15:35.63	34.77
	200m: 2:13.53 34.38	600m: 6:52.20	35.03	1000m: 11:31.08	34.91	1400m: 16:10.53	34.90
	250m: 2:47.94 34.41	650m: 7:27.00	34.80	1050m: 12:06.00	34.92	1450m: 16:44.97	34.44
	300m: 3:22.89 34.95	700m: 8:01.64	34.64	1100m: 12:40.85	34.85	1500m: 17:18.25	33.28
	350m: 3:57.54 34.65	750m: 8:36.50	34.86	1150m: 13:15.93	35.08		
	400m: 4:32.30 34.76	800m: 9:11.70	35.20	1200m: 13:50.81	34.88		

Prova 12, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	ARMAS Maria Ornelas	98	Vikings	17:48.78	+0,93	633	
	50m: 31.57 31.57	450m: 5:15.03	35.97 850m: 10:02.53	35.86	1250m: 14:50.09	36.43	
	100m: 1:06.01 34.44	500m: 5:51.01	35.98 900m: 10:38.03	35.50	1300m: 15:26.10	36.01	
	150m: 1:40.94 34.93	550m: 6:26.83	35.82 950m: 11:14.10	36.07	1350m: 16:02.14	36.04	
	200m: 2:16.34 35.40	600m: 7:02.86	36.03 1000m: 11:49.91	35.81	1400m: 16:38.11	35.97	
	250m: 2:52.02 35.68	650m: 7:38.75	35.89 1050m: 12:25.50	35.59	1450m: 17:13.92	35.81	
	300m: 3:27.53 35.51	700m: 8:14.82	36.07 1100m: 13:01.74	36.24	1500m: 17:48.78	34.86	
	350m: 4:03.50 35.97	750m: 8:50.63	35.81 1150m: 13:37.59	35.85			
	400m: 4:39.06 35.56	800m: 9:26.67	36.04 1200m: 14:13.66	36.07			

Juniores

1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	17:29.04	+0,74	670	
	50m: 31.32 31.32	450m: 5:08.18	35.10 850m: 9:50.11	35.38	1250m: 14:33.71	35.31	
	100m: 1:04.94 33.62	500m: 5:43.17	34.99 900m: 10:25.43	35.32	1300m: 15:09.18	35.47	
	150m: 1:39.50 34.56	550m: 6:18.28	35.11 950m: 11:00.89	35.46	1350m: 15:44.61	35.43	
	200m: 2:13.96 34.46	600m: 6:53.67	35.39 1000m: 11:36.30	35.41	1400m: 16:20.07	35.46	
	250m: 2:48.57 34.61	650m: 7:28.96	35.29 1050m: 12:11.93	35.63	1450m: 16:55.23	35.16	
	300m: 3:23.43 34.86	700m: 8:04.30	35.34 1100m: 12:47.78	35.85	1500m: 17:29.04	33.81	
	350m: 3:58.24 34.81	750m: 8:39.73	35.43 1150m: 13:23.21	35.43			
	400m: 4:33.08 34.84	800m: 9:14.73	35.00 1200m: 13:58.40	35.19			
2.	ALVES Joana Silva	05	Benedita	17:37.45	+0,77	654	
	50m: 31.36 31.36	450m: 5:12.10	35.39 850m: 9:55.11	35.33	1250m: 14:40.35	35.82	
	100m: 1:05.81 34.45	500m: 5:47.67	35.57 900m: 10:30.63	35.52	1300m: 15:16.20	35.85	
	150m: 1:40.64 34.83	550m: 6:22.65	34.98 950m: 11:06.22	35.59	1350m: 15:52.31	36.11	
	200m: 2:15.61 34.97	600m: 6:57.92	35.27 1000m: 11:41.70	35.48	1400m: 16:27.96	35.65	
	250m: 2:50.73 35.12	650m: 7:33.23	35.31 1050m: 12:17.14	35.44	1450m: 17:03.56	35.60	
	300m: 3:25.85 35.12	700m: 8:08.57	35.34 1100m: 12:52.90	35.76	1500m: 17:37.45	33.89	
	350m: 4:01.20 35.35	750m: 8:44.37	35.80 1150m: 13:28.68	35.78			
	400m: 4:36.71 35.51	800m: 9:19.78	35.41 1200m: 14:04.53	35.85			
3.	PEIXOTO Carolina Esteves	06	Braga	17:52.82	+0,96	626	
	50m: 31.94 31.94	450m: 5:16.29	36.00 850m: 10:03.73	36.13	1250m: 14:53.51	36.62	
	100m: 1:06.44 34.50	500m: 5:52.17	35.88 900m: 10:39.72	35.99	1300m: 15:29.78	36.27	
	150m: 1:41.76 35.32	550m: 6:28.14	35.97 950m: 11:15.83	36.11	1350m: 16:05.74	35.96	
	200m: 2:17.31 35.55	600m: 7:03.92	35.78 1000m: 11:51.77	35.94	1400m: 16:41.96	36.22	
	250m: 2:52.98 35.67	650m: 7:39.86	35.94 1050m: 12:27.94	36.17	1450m: 17:17.85	35.89	
	300m: 3:28.82 35.84	700m: 8:15.73	35.87 1100m: 13:04.22	36.28	1500m: 17:52.82	34.97	
	350m: 4:04.60 35.78	750m: 8:51.61	35.88 1150m: 13:40.51	36.29			
	400m: 4:40.29 35.69	800m: 9:27.60	35.99 1200m: 14:16.89	36.38			
4.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	18:02.97	+0,75	609	
	50m: 32.00 32.00	450m: 5:18.40	35.87 850m: 10:08.67	36.37	1250m: 15:00.55	36.54	
	100m: 1:07.07 35.07	500m: 5:54.71	36.31 900m: 10:45.48	36.81	1300m: 15:37.20	36.65	
	150m: 1:42.62 35.55	550m: 6:30.77	36.06 950m: 11:21.89	36.41	1350m: 16:14.11	36.91	
	200m: 2:18.46 35.84	600m: 7:06.89	36.12 1000m: 11:58.20	36.31	1400m: 16:50.85	36.74	
	250m: 2:54.35 35.89	650m: 7:43.08	36.19 1050m: 12:34.51	36.31	1450m: 17:27.36	36.51	
	300m: 3:30.26 35.91	700m: 8:19.62	36.54 1100m: 13:10.73	36.22	1500m: 18:02.97	35.61	
	350m: 4:06.47 36.21	750m: 8:55.98	36.36 1150m: 13:47.45	36.72			
	400m: 4:42.53 36.06	800m: 9:32.30	36.32 1200m: 14:24.01	36.56			

Prova 12, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	COSTA Mafalda Santos	05	Colegio Monte Maior	18:09.22	+0,80	598	
	50m: 32.40 32.40	450m: 5:22.22	36.27 850m: 10:13.41	36.52	1250m: 15:05.70	36.57	
	100m: 1:07.94 35.54	500m: 5:58.63	36.41 900m: 10:49.79	36.38	1300m: 15:42.36	36.66	
	150m: 1:43.83 35.89	550m: 6:34.94	36.31 950m: 11:26.24	36.45	1350m: 16:19.34	36.98	
	200m: 2:19.73 35.90	600m: 7:11.44	36.50 1000m: 12:02.90	36.66	1400m: 16:56.37	37.03	
	250m: 2:55.88 36.15	650m: 7:47.62	36.18 1050m: 12:39.49	36.59	1450m: 17:33.41	37.04	
	300m: 3:32.41 36.53	700m: 8:24.10	36.48 1100m: 13:16.20	36.71	1500m: 18:09.22	35.81	
	350m: 4:09.31 36.90	750m: 9:00.52	36.42 1150m: 13:52.68	36.48			
	400m: 4:45.95 36.64	800m: 9:36.89	36.37 1200m: 14:29.13	36.45			
6.	PIRES Catarina Gaspar	06	Porto	18:20.99	+0,97	579	
	50m: 32.17 32.17	450m: 5:19.59	36.41 850m: 10:16.07	37.10	1250m: 15:14.88	37.43	
	100m: 1:06.73 34.56	500m: 5:56.45	36.86 900m: 10:53.46	37.39	1300m: 15:52.35	37.47	
	150m: 1:42.68 35.95	550m: 6:33.29	36.84 950m: 11:30.67	37.21	1350m: 16:29.65	37.30	
	200m: 2:18.62 35.94	600m: 7:10.46	37.17 1000m: 12:08.07	37.40	1400m: 17:07.09	37.44	
	250m: 2:54.59 35.97	650m: 7:47.48	37.02 1050m: 12:45.53	37.46	1450m: 17:44.17	37.08	
	300m: 3:30.70 36.11	700m: 8:24.75	37.27 1100m: 13:22.87	37.34	1500m: 18:20.99	36.82	
	350m: 4:06.84 36.14	750m: 9:01.94	37.19 1150m: 14:00.17	37.30			
	400m: 4:43.18 36.34	800m: 9:38.97	37.03 1200m: 14:37.45	37.28			
7.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	18:28.13	+0,73	568	
	50m: 32.33 32.33	450m: 5:24.43	37.21 850m: 10:21.10	37.74	1250m: 15:22.28	38.02	
	100m: 1:07.98 35.65	500m: 6:01.21	36.78 900m: 10:58.51	37.41	1300m: 15:59.91	37.63	
	150m: 1:44.03 36.05	550m: 6:38.04	36.83 950m: 11:36.07	37.56	1350m: 16:37.55	37.64	
	200m: 2:20.39 36.36	600m: 7:14.84	36.80 1000m: 12:13.51	37.44	1400m: 17:15.12	37.57	
	250m: 2:56.85 36.46	650m: 7:51.66	36.82 1050m: 12:50.77	37.26	1450m: 17:52.05	36.93	
	300m: 3:33.51 36.66	700m: 8:28.88	37.22 1100m: 13:28.39	37.62	1500m: 18:28.13	36.08	
	350m: 4:10.18 36.67	750m: 9:05.99	37.11 1150m: 14:06.36	37.97			
	400m: 4:47.22 37.04	800m: 9:43.36	37.37 1200m: 14:44.26	37.90			

Prova 1

26-11-2021 - 17:20

Masc., 800m Livres

Absolutos Resultados

RN25 Absoluto	7:42.14	LOPES Jose Paulo	SCB	Felgueiras	20-12-2019
RN25 Sen	7:42.14	LOPES Jose Paulo	SCB	Felgueiras	20-12-2019
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
RN S15	9:07.81	CRUZ Miguel Duarte	CFB	Felgueiras	20-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	LOPES Jose Paulo	00	Braga	7:48.22	+0,70	849	
	50m: 27.09 27.09	250m: 2:25.36	29.92 450m: 4:24.52	29.03	650m: 6:21.43	29.01	
	100m: 56.50 29.41	300m: 2:55.17	29.81 500m: 4:53.76	29.24	700m: 6:50.78	29.35	
	150m: 1:25.76 29.26	350m: 3:25.23	30.06 550m: 5:22.90	29.14	750m: 7:19.81	29.03	
	200m: 1:55.44 29.68	400m: 3:55.49	30.26 600m: 5:52.42	29.52	800m: 7:48.22	28.41	

Prova 1, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
2.	VELOSO Tomas Miguel	96	Nautico Academico	8:01.52	+0,66	780	
	50m: 27.42 27.42	250m: 2:28.16	30.66 450m: 4:29.24	29.86	650m: 6:30.51	30.80	
	100m: 57.15 29.73	300m: 2:58.79	30.63 500m: 4:59.09	29.85	700m: 7:01.40	30.89	
	150m: 1:27.14 29.99	350m: 3:29.02	30.23 550m: 5:29.35	30.26	750m: 7:32.08	30.68	
	200m: 1:57.50 30.36	400m: 3:59.38	30.36 600m: 5:59.71	30.36	800m: 8:01.52	29.44	
3.	SANTOS Pedro Miguel	01	Porto	8:03.13	+0,68	773	
	50m: 27.45 27.45	250m: 2:28.09	30.57 450m: 4:26.81	29.88	650m: 6:30.76	31.67	
	100m: 57.33 29.88	300m: 2:57.52	29.43 500m: 4:57.06	30.25	700m: 7:02.38	31.62	
	150m: 1:27.31 29.98	350m: 3:27.14	29.62 550m: 5:27.76	30.70	750m: 7:33.72	31.34	
	200m: 1:57.52 30.21	400m: 3:56.93	29.79 600m: 5:59.09	31.33	800m: 8:03.13	29.41	
4.	CARDOSO Diogo Santos	01	Sporting	8:03.40	+0,74	771	
	50m: 28.15 28.15	250m: 2:30.16	30.52 450m: 4:31.77	30.09	650m: 6:33.20	30.39	
	100m: 58.64 30.49	300m: 3:00.77	30.61 500m: 5:02.14	30.37	700m: 7:03.88	30.68	
	150m: 1:29.11 30.47	350m: 3:31.34	30.57 550m: 5:32.46	30.32	750m: 7:34.40	30.52	
	200m: 1:59.64 30.53	400m: 4:01.68	30.34 600m: 6:02.81	30.35	800m: 8:03.40	29.00	
5.	AMARAL Francisco Rodriguez	02	Porto	8:14.38	+0,71	721	
	50m: 27.68 27.68	250m: 2:31.00	31.28 450m: 4:36.06	30.90	650m: 6:41.72	31.22	
	100m: 58.01 30.33	300m: 3:02.44	31.44 500m: 5:07.56	31.50	700m: 7:13.08	31.36	
	150m: 1:28.62 30.61	350m: 3:33.82	31.38 550m: 5:39.04	31.48	750m: 7:44.02	30.94	
	200m: 1:59.72 31.10	400m: 4:05.16	31.34 600m: 6:10.50	31.46	800m: 8:14.38	30.36	
DNS	TRAVANCA Sergio Filipe	00	Colegio Efanor				

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	8:22.04	+0,63	689	
	50m: 27.06 27.06	250m: 2:31.07	31.54 450m: 4:38.71	32.23	650m: 6:48.30	32.01	
	100m: 57.63 30.57	300m: 3:02.62	31.55 500m: 5:11.15	32.44	700m: 7:20.38	32.08	
	150m: 1:28.23 30.60	350m: 3:34.26	31.64 550m: 5:43.77	32.62	750m: 7:52.09	31.71	
	200m: 1:59.53 31.30	400m: 4:06.48	32.22 600m: 6:16.29	32.52	800m: 8:22.04	29.95	
2.	CLARA Vitor Belo	04	Ba-Leiria	8:22.69	+0,74	686	
	50m: 27.96 27.96	250m: 2:32.11	31.39 450m: 4:40.90	31.61	650m: 6:48.29	32.33	
	100m: 58.41 30.45	300m: 3:04.19	32.08 500m: 5:12.38	31.48	700m: 7:20.69	32.40	
	150m: 1:29.55 31.14	350m: 3:36.82	32.63 550m: 5:44.09	31.71	750m: 7:52.32	31.63	
	200m: 2:00.72 31.17	400m: 4:09.29	32.47 600m: 6:15.96	31.87	800m: 8:22.69	30.37	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	8:23.64	+0,83	682	
	50m: 28.27 28.27	250m: 2:36.38	32.22 450m: 4:44.49	31.19	650m: 6:52.08	31.14	
	100m: 59.76 31.49	300m: 3:08.64	32.26 500m: 5:16.31	31.82	700m: 7:23.09	31.01	
	150m: 1:31.89 32.13	350m: 3:41.14	32.50 550m: 5:48.62	32.31	750m: 7:53.78	30.69	
	200m: 2:04.16 32.27	400m: 4:13.30	32.16 600m: 6:20.94	32.32	800m: 8:23.64	29.86	
4.	APSENIECE Kevins Alexandre	04	Porto	8:26.31	+0,90	671	
	50m: 28.52 28.52	250m: 2:36.21	32.15 450m: 4:44.77	31.77	650m: 6:52.88	32.00	
	100m: 59.81 31.29	300m: 3:08.59	32.38 500m: 5:16.57	31.80	700m: 7:24.42	31.54	
	150m: 1:31.94 32.13	350m: 3:40.90	32.31 550m: 5:48.78	32.21	750m: 7:56.04	31.62	
	200m: 2:04.06 32.12	400m: 4:13.00	32.10 600m: 6:20.88	32.10	800m: 8:26.31	30.27	



Prova 1, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	MARQUES Gustavo Pires	04	Sao Roque	8:27.85	+0,68	665	
	50m: 27.42 27.42	250m: 2:29.08	30.99 450m: 4:36.67	32.45	650m: 6:48.94	32.89	
	100m: 57.28 29.86	300m: 3:00.59	31.51 500m: 5:09.56	32.89	700m: 7:22.32	33.38	
	150m: 1:27.47 30.19	350m: 3:32.20	31.61 550m: 5:42.62	33.06	750m: 7:55.72	33.40	
	200m: 1:58.09 30.62	400m: 4:04.22	32.02 600m: 6:16.05	33.43	800m: 8:27.85	32.13	
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	8:35.19	+0,64	637	
	50m: 29.25 29.25	250m: 2:39.36	32.99 450m: 4:50.40	32.54	650m: 6:58.98	31.64	
	100m: 1:01.24 31.99	300m: 3:12.24	32.88 500m: 5:22.87	32.47	700m: 7:31.20	32.22	
	150m: 1:33.58 32.34	350m: 3:45.04	32.80 550m: 5:55.33	32.46	750m: 8:03.55	32.35	
	200m: 2:06.37 32.79	400m: 4:17.86	32.82 600m: 6:27.34	32.01	800m: 8:35.19	31.64	
7.	CARVALHO Goncalo Renato	04	Porto	8:41.43	+0,75	614	
	50m: 30.05 30.05	250m: 2:39.89	32.95 450m: 4:51.54	32.65	650m: 7:04.40	32.99	
	100m: 1:02.24 32.19	300m: 3:12.63	32.74 500m: 5:24.74	33.20	700m: 7:37.32	32.92	
	150m: 1:34.72 32.48	350m: 3:45.45	32.82 550m: 5:58.38	33.64	750m: 8:10.15	32.83	
	200m: 2:06.94 32.22	400m: 4:18.89	33.44 600m: 6:31.41	33.03	800m: 8:41.43	31.28	
8.	CARVALHO Joao Carlos	05	Braga	8:44.57	+0,75	603	
	50m: 29.34 29.34	250m: 2:40.73	33.15 450m: 4:53.45	33.43	650m: 7:07.08	33.19	
	100m: 1:01.67 32.33	300m: 3:13.74	33.01 500m: 5:26.73	33.28	700m: 7:40.34	33.26	
	150m: 1:34.60 32.93	350m: 3:46.92	33.18 550m: 6:00.26	33.53	750m: 8:12.99	32.65	
	200m: 2:07.58 32.98	400m: 4:20.02	33.10 600m: 6:33.89	33.63	800m: 8:44.57	31.58	
9.	SOUSA Joao Maria	05	Braga	8:44.89	+0,70	602	
	50m: 28.41 28.41	250m: 2:36.45	32.34 450m: 4:48.11	33.37	650m: 7:04.03	34.40	
	100m: 59.86 31.45	300m: 3:09.28	32.83 500m: 5:21.67	33.56	700m: 7:38.42	34.39	
	150m: 1:31.98 32.12	350m: 3:42.00	32.72 550m: 5:55.41	33.74	750m: 8:12.33	33.91	
	200m: 2:04.11 32.13	400m: 4:14.74	32.74 600m: 6:29.63	34.22	800m: 8:44.89	32.56	
10.	GONCALVES Alexandre Ramos	05	Colegio Efanor	8:46.83	+0,69	596	
	50m: 29.16 29.16	250m: 2:39.95	32.90 450m: 4:52.36	32.97	650m: 7:06.23	33.68	
	100m: 1:01.10 31.94	300m: 3:13.07	33.12 500m: 5:25.34	32.98	700m: 7:40.12	33.89	
	150m: 1:33.78 32.68	350m: 3:46.44	33.37 550m: 5:58.37	33.03	750m: 8:14.36	34.24	
	200m: 2:07.05 33.27	400m: 4:19.39	32.95 600m: 6:32.55	34.18	800m: 8:46.83	32.47	
11.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgad	8:47.77	+0,79	593	
	50m: 29.38 29.38	250m: 2:39.29	32.99 450m: 4:52.62	33.55	650m: 7:08.16	34.16	
	100m: 1:01.08 31.70	300m: 3:12.43	33.14 500m: 5:26.27	33.65	700m: 7:42.15	33.99	
	150m: 1:33.54 32.46	350m: 3:45.75	33.32 550m: 6:00.14	33.87	750m: 8:15.55	33.40	
	200m: 2:06.30 32.76	400m: 4:19.07	33.32 600m: 6:34.00	33.86	800m: 8:47.77	32.22	
12.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	8:48.07	+0,75	592	
	50m: 29.62 29.62	250m: 2:40.18	32.83 450m: 4:53.60	33.44	650m: 7:09.27	33.98	
	100m: 1:01.99 32.37	300m: 3:13.37	33.19 500m: 5:27.40	33.80	700m: 7:43.09	33.82	
	150m: 1:34.59 32.60	350m: 3:46.51	33.14 550m: 6:01.28	33.88	750m: 8:16.09	33.00	
	200m: 2:07.35 32.76	400m: 4:20.16	33.65 600m: 6:35.29	34.01	800m: 8:48.07	31.98	
13.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	8:49.08	+0,71	588	
	50m: 28.98 28.98	250m: 2:39.31	32.62 450m: 4:52.83	33.48	650m: 7:07.54	33.54	
	100m: 1:01.48 32.50	300m: 3:12.35	33.04 500m: 5:26.52	33.69	700m: 7:41.72	34.18	
	150m: 1:34.14 32.66	350m: 3:45.65	33.30 550m: 6:00.24	33.72	750m: 8:15.29	33.57	
	200m: 2:06.69 32.55	400m: 4:19.35	33.70 600m: 6:34.00	33.76	800m: 8:49.08	33.79	

Prova 13	Femin., 4 x 50m Livres					Absolutos
26-11-2021 - 17:30						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 2021

Lugar			Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	Sporting-SEN		Sporting	1:47.64	+0,70	634	
	HENRIQUES Ines Jacinto	00 +0,70	27.49	MOURA Maria Ferreira	04 +0,58	27.33	
	PINTO Mafalda Marques	02 +0,45	26.78	FRISCHKNECHT Rita Barros	98 +0,24	26.04	
2.	Porto-SEN		Porto	1:48.65	+0,72	617	
	OLIVEIRA Rosa Maria	96 +0,72	26.62	RAMOS Ana Rita	02 +0,52	27.26	
	FIAL Sofia Nunes	03 +0,18	27.65	SILVA Leonor Santos	03 +0,23	27.12	
DNS	Benfica-SEN		Benfica				

Juniores

1.	Galitos / Bresimar-JUN		Galitos / Bresimar	1:47.19	+0,73	642	
	FERNANDES Carolina Miranda	05 +0,73	25.81	SOARES Miriam Mortagua	06 +0,54	27.53	
	ALMEIDA Maria Carolina	05 +0,12	26.98	VASCONCELOS Lara Rodrigues	05 +0,37	26.87	

Prova 14	Masc., 4 x 50m Livres					Absolutos
26-11-2021 - 17:30						Resultados
RN25 Absoluto	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras		21-12-2018
RN25 Sen	1:29.16	Sport Lisboa e Benfica	SLB	Felgueiras		21-12-2018
RN25 Jun	1:35.32	Sport Lisboa e Benfica	SLB	Porto		08-12-2017

Pontos: FINA 2021

Lugar			Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	Benfica-SEN		Benfica	1:28.96	+0,69	777	
	<i>Rec Nacional, Sen e Abs</i>						
	LEBRE Diogo Ramos	01 +0,69	22.91	NASCIMENTO Miguel Duarte	95 +0,18	21.19	
	COSTA Diogo Santos	02 +0,09	22.82	MARQUES Miguel Henriques	00 +0,28	22.04	
2.	Sporting-SEN		Sporting	1:31.35	+0,63	718	
	SANTOS Francisco Rogerio	98 +0,63	23.03	MOGNE Igor Araujo	96 +0,37	22.75	
	RIBEIRO Gustavo Carvalhais	03 +0,27	22.81	SANTOS Alexis Manacas	92 +0,27	22.76	
3.	Vitoria Guimaraes-SEN		Vitoria Guimaraes	1:32.00	+0,64	702	
	LOPES Tomas Teixeira	02 +0,64	23.06	AMORIM Alexandre Ferreira	99 +0,22	22.99	
	COSTA Joao Nogueira	01 +0,27	22.94	RIACHOS Frederico Sucena	98 +0,38	23.01	



Prova 14, Masc., 4 x 50m Livres, Seniores

Lugar	Clube	Tempo Final	TReac	FINA	PARA
4.	Porto-SEN NUNES Porfirio Braga SANTOS Pedro Miguel	00 +0,63 23.02 24.04	Porto AMARAL Francisco Rodriguez SILVA Tomas Antonio	1:34.96 02 +0,31 01	639 24.12 23.78
5.	Belenenses-SEN PADRELA Joao Esteves RAMOS Bruno Miguel	99 +0,70 23.23 97 +0,17 22.69	Belenenses DIAS Rodrigo Reis RIBEIRO Afonso Mateus	1:35.00 03 +0,24 95 +0,34	638 24.30 24.78
DNS	Despertarecorde-SEN		Despertarecorde		

Juniores

1.	Galitos / Bresimar-JUN SILVA Diogo Miguel TAVARES Bernardo Rodrigues	05 +1,70 24.32 04 +0,16 24.27	Galitos / Bresimar JESUS Pedro Duarte ANTUNES Joao Afonso	1:37.67 04 +0,38 04 +0,24	587 24.88 24.20
2.	Leixoes-JUN ANTUNES David Alexandre CUNHA Vasco Goncalves	04 +1,79 24.56 05 +0,36 24.39	Leixoes LIMA Gaspar Pinheiro RIBEIRO Filipe Silva	1:37.87 04 +0,42 05 +0,31	583 24.14 24.78
3.	Nautico Academico-JUN MOITA Goncalo Brites REIS Rodrigo Miguel	04 +0,69 24.91 04 +0,31 23.45	Nautico Academico POIARES Tiago Andre DIOGO Dinis Miranda	1:38.32 04 +0,42 04 +0,34	575 25.24 24.72
4.	Foca Quinta da Lixa CNF-JUN CARVALHO Guilherme Jesus LEITE Afonso Martim	05 +0,85 25.49 05 +0,36 25.87	Foca Quinta da Lixa CNF LOPES Afonso Teixeira PINTO Guilherme Lobo	1:41.68 05 +0,85 04 +0,08	520 25.47 24.85

Prova 2

26-11-2021 - 17:55

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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	NUNES Margarida Domingues 50m: 34.11 34.11 100m: 1:11.99	05	Sporting	1:11.99 37.88	+0,70	649	
2.	ANTUNES Rebeca Leonor 50m: 33.85 33.85 100m: 1:13.31	06	Alges	1:13.31 39.46	+0,77	615	
3.	ESTEVENES Laura Fabiana 50m: 34.98 34.98 100m: 1:13.95	05	Naval de Faro	1:13.95 38.97	+0,69	599	
4.	JESUS Mariana Teixeira 50m: 34.46 34.46 100m: 1:14.14	06	Estarreja	1:14.14 39.68	+0,79	595	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	BARREIRA Andreia Monteiro	06	Peso da Regua	1:14.37	+0,73	589	
	50m: 35.12 35.12	100m: 1:14.37	39.25				
6.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	1:14.87	+0,80	577	
	50m: 35.74 35.74	100m: 1:14.87	39.13				
7.	SILVA Maria Seixeira	06	Viana Natacao	1:15.25	+0,84	569	
	50m: 35.86 35.86	100m: 1:15.25	39.39				
8.	ALMEIDA Ana Rita	05	Campinho	1:15.91	+0,74	554	
	50m: 34.67 34.67	100m: 1:15.91	41.24				

Seniores

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	1:07.49	+0,70	788	
	50m: 32.01 32.01	100m: 1:07.49	35.48				
2.	REBELO Maria Carlota	03	Condeixa Clube	1:10.73	+0,69	685	
	50m: 33.68 33.68	100m: 1:10.73	37.05				
3.	FIAL Sofia Nunes	03	Porto	1:11.35	+0,72	667	
	50m: 33.66 33.66	100m: 1:11.35	37.69				
4.	RODRIGUES Lidiana Correia	04	Belenenses	1:11.40	+0,73	666	
	50m: 34.04 34.04	100m: 1:11.40	37.36				
5.	CERDEIRA Madalena Reis	03	Sporting	1:11.58	+0,75	661	
	50m: 33.82 33.82	100m: 1:11.58	37.76				
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	1:11.85	+0,74	653	
	50m: 34.32 34.32	100m: 1:11.85	37.53				
7.	CASTRO Maria Freitas	03	Vitoria Guimaraes	1:12.33	+0,67	640	
	50m: 34.48 34.48	100m: 1:12.33	37.85				
8.	LOPES Margarida Santos	04	Estarreja	1:15.33	+0,71	567	
	50m: 35.26 35.26	100m: 1:15.33	40.07				
EXH	REIS Juliana Branco	05	Alcobaca				
EXH	BELO Catarina Machado	06	Benedita				
EXH	SILVA Natacha Sofia	02	Benfica				

Prova 3	Masc., 100m Bruços				Absolutos
26-11-2021 - 18:00					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
RN S15	1:10.20	NEVES Tiago Correia	CFB	Guarda	16-02-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	1:03.95	+0,71	648
	50m: 29.96 29.96	100m: 1:03.95	33.99			
2.	REBELO Joao Lourenco	04	Alges	1:04.13	+0,66	642
	50m: 30.37 30.37	100m: 1:04.13	33.76			
3.	OLIVEIRA Joao Campelo	04	Famalicao	1:04.15	+0,72	641
	50m: 30.28 30.28	100m: 1:04.15	33.87			
4.	FERNANDES Martim Pestana	04	Naval do Funchal	1:04.94	+0,62	618
	50m: 30.51 30.51	100m: 1:04.94	34.43			
5.	CARVALHO Antonio Lombardi	04	Sporting	1:06.53	+0,74	575
	50m: 30.91 30.91	100m: 1:06.53	35.62			
6.	MOREIRA Joao Pedro	04	Colegio Efanor	1:06.60	+0,68	573
	50m: 31.16 31.16	100m: 1:06.60	35.44			
7.	TSYKAL Daniel	04	Alcobaca	1:06.80	+0,65	568
	50m: 31.22 31.22	100m: 1:06.80	35.58			
8.	SILVA Nuno Marques	04	Ba-Leiria	1:07.63	+0,73	547
	50m: 31.88 31.88	100m: 1:07.63	35.75			

Seniores

1.	QUINTAS Francisco Robalo	95	Sporting	59.90	+0,64	788
	50m: 28.02 28.02	100m: 59.90	31.88			
2.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	1:00.17	+0,66	777
	50m: 28.26 28.26	100m: 1:00.17	31.91			
3.	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes	1:00.29	+0,67	773
	50m: 28.52 28.52	100m: 1:00.29	31.77			
4.	SIMOES Rafael Gomes	00	Braga	1:00.35	+0,75	771
	50m: 28.29 28.29	100m: 1:00.35	32.06			
5.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	1:01.07	+0,60	744
	50m: 29.10 29.10	100m: 1:01.07	31.97			
6.	MENDES Antonio Manuel	99	Sporting	1:01.86	+0,66	715
	50m: 29.19 29.19	100m: 1:01.86	32.67			

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	SANTOS Pedro Andre	94	Alges	1:02.80	+0,68	684	
	50m: 29.49 29.49	100m: 1:02.80	33.31				
8.	GRENHO Andre Tavares	99	Gesloures	1:03.50	+0,69	661	
	50m: 29.45 29.45	100m: 1:03.50	34.05				
EXH	ANICETO Joao Gabriel	04	Ba-Leiria				
EXH	SILVA Goncalo Manuel	05	Porto				
EXH	TEODORO Diogo Filipe	99	Natacao de Valongo				
EXH	FRISCHKNECHT Renato Barros	01	Sporting				

Prova 4 Femin., 100m Livres Absolutos Resultados Final

RN25 Absoluto	54.66	RODRIGUES Ana Pinho	ADS	Felgueiras	20-12-2019
RN25 Sen	54.66	RODRIGUES Ana Pinho	ADS	Felgueiras	20-12-2019
RN25 Jun17	55.94	FERNANDES Carolina Miranda	GCA	Viseu	06-11-2021
RN25 Jun16	56.72	SOUSA Ana Reis	CNLA	Porto	08-12-2017

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	56.05	+0,74	720	
	50m: 26.73 26.73	100m: 56.05	29.32				
2.	PIRES Marta Joao	05	Alges	57.86	+0,76	655	
	50m: 28.08 28.08	100m: 57.86	29.78				
3.	LOURO Ariana Espirito	05	Gualdim Pais	57.90	+0,65	653	
	50m: 27.94 27.94	100m: 57.90	29.96				
4.	COELHO Maria Leonor	06	Benfica	58.58	+0,76	631	
	50m: 28.54 28.54	100m: 58.58	30.04				
5.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	59.00	+0,78	617	
	50m: 28.41 28.41	100m: 59.00	30.59				
6.	AMORIM Ines Santos	06	Desportiva de Viana	59.53	+0,77	601	
	50m: 28.96 28.96	100m: 59.53	30.57				
7.	TEIXEIRA Ines Correia	06	Amadora	59.67	+0,76	597	
	50m: 29.11 29.11	100m: 59.67	30.56				
8.	CATALAO Leonor Tavares	06	Sporting	1:00.11	+0,81	584	
	50m: 28.87 28.87	100m: 1:00.11	31.24				

Prova 4, Femin., 100m Livres, Final

Seniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	55.57	+0,68	739
	50m: 26.67 26.67	100m: 55.57	28.90			
2.	ANDRE Leticia Maia	02	Benfica	56.49	+0,70	703
	50m: 27.38 27.38	100m: 56.49	29.11			
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	56.51	+0,80	703
	50m: 27.56 27.56	100m: 56.51	28.95			
4.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	56.53	+0,64	702
	50m: 27.45 27.45	100m: 56.53	29.08			
5.	AZEVEDO Rafaela Gomes	02	Alges	56.68	+0,81	696
	50m: 27.53 27.53	100m: 56.68	29.15			
6.	OLIVEIRA Rosa Maria	96	Porto	57.41	+0,69	670
	50m: 27.98 27.98	100m: 57.41	29.43			
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	57.77	+0,69	658
	50m: 27.62 27.62	100m: 57.77	30.15			
8.	PINTO Mafalda Marques	02	Sporting	58.98	+0,73	618
	50m: 28.51 28.51	100m: 58.98	30.47			
EXH	BRITES Marta Lopes	06	Bombeiros de Ponta Delgada			
EXH	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar			
EXH	VIANA Carolina Pereira	04	Aquatico Silves			
EXH	DURAES Diana Margarida	96	Benfica			

Prova 5

Masc., 100m Livres

Absolutos Resultados Final

26-11-2021 - 18:10

RN25 Absoluto	47.26	NASCIMENTO Miguel Duarte	SLB	Coimbra	22-12-2020
RN25 Sen	47.26	NASCIMENTO Miguel Duarte	SLB	Coimbra	22-12-2020
RN25 Jun18	48.38	VENANCIO Tiago Andre	CNS	Cantanhede	20-12-2004
RN25 Jun17	49.56	RIBEIRO Diogo Matos	CUC	Coimbra	22-12-2020
RN S15	54.89	NEVES Tiago Correia	CFB	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 5, Masc., 100m Livres, Final

Juniores

1.	RIBEIRO Diogo Matos	04	Benfica	48.32	+0,65	804
	<i>Rec Nacional, Jun 18</i>					
	50m: 23.14 23.14	100m: 48.32	25.18			
2.	GOMES Guilherme Sousa	04	Aquatico Silves	51.60	+0,73	660
	50m: 24.92 24.92	100m: 51.60	26.68			
3.	REIS Rodrigo Miguel	04	Nautico Academico	52.57	+0,62	624
	50m: 24.82 24.82	100m: 52.57	27.75			
4.	FERNANDES Diogo Henrique	04	Naval do Funchal	52.79	+0,70	616
	50m: 25.08 25.08	100m: 52.79	27.71			
5.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	53.04	+0,70	608
	50m: 25.53 25.53	100m: 53.04	27.51			
6.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	53.14	+0,60	604
	50m: 25.49 25.49	100m: 53.14	27.65			
7.	RIBEIRO Vasco Almeida	05	Sao Joao Ver	53.53	+0,72	591
	50m: 25.73 25.73	100m: 53.53	27.80			
8.	MAIA Felipe Menegassi	04	Alges	54.11	+0,63	572
	50m: 25.57 25.57	100m: 54.11	28.54			

Seniores

1.	NASCIMENTO Miguel Duarte	95	Benfica	48.19	+0,64	811
	50m: 22.77 22.77	100m: 48.19	25.42			
2.	SANTOS Alexis Manacas	92	Sporting	49.44	+0,67	751
	50m: 23.79 23.79	100m: 49.44	25.65			
3.	RAMOS Bruno Miguel	97	Belenenses	49.57	+0,61	745
	50m: 23.94 23.94	100m: 49.57	25.63			
4.	LEBRE Diogo Ramos	01	Benfica	49.62	+0,67	742
	50m: 24.09 24.09	100m: 49.62	25.53			
5.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	49.64	+0,66	741
	50m: 24.26 24.26	100m: 49.64	25.38			
6.	RIBEIRO Gustavo Carvalhais	03	Sporting	49.74	+0,72	737
	50m: 23.79 23.79	100m: 49.74	25.95			
7.	COSTA Tiago Cunha	99	Sporting	50.23	+0,64	716
	50m: 24.25 24.25	100m: 50.23	25.98			
8.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	50.71	+0,61	696
	50m: 23.85 23.85	100m: 50.71	26.86			



Prova 5, Masc., 100m Livres, Final

EXH	NUNES Diogo Severino	04	Natacao de Valongo
EXH	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgada
EXH	PADRELA Joao Esteves	99	Belenenses
EXH	VAKULYUK Paulo	03	Torres Novas

Prova 6

Femin., 200m Costas

Absolutos Resultados Final

26-11-2021 - 18:15

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	2:11.13	REBELO Camila Rodrigues	ALN	Felgueiras	20-12-2019
RN25 Jun16	2:11.74	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	EIRA Maria Carolina	05	Ginasio de Vila Real	2:19.15	+1,04	624	
	50m: 31.81 31.81	100m: 1:06.61	34.80	150m: 1:42.87	36.26	200m: 2:19.15	36.28
2.	CAMACHO Carolina Martins	06	Uniao Piedense	2:19.85	+0,64	615	
	50m: 32.96 32.96	100m: 1:08.61	35.65	150m: 1:44.38	35.77	200m: 2:19.85	35.47
3.	REIS Erica Cristina	05	Sporting	2:20.23	+0,63	610	
	50m: 32.85 32.85	100m: 1:08.11	35.26	150m: 1:44.52	36.41	200m: 2:20.23	35.71
4.	PINTO Leonor Filipa	06	Porto	2:22.83	+0,70	577	
	50m: 33.37 33.37	100m: 1:09.00	35.63	150m: 1:45.81	36.81	200m: 2:22.83	37.02
5.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	2:23.63	+0,85	567	
	50m: 32.39 32.39	100m: 1:08.06	35.67	150m: 1:45.38	37.32	200m: 2:23.63	38.25
6.	LAGOA Carlota Macedo	05	Ba-Leiria	2:23.69	+0,66	567	
	50m: 33.42 33.42	100m: 1:10.27	36.85	150m: 1:46.90	36.63	200m: 2:23.69	36.79
7.	SILVA Ana Francisca	06	Alcobaca	2:24.71	+0,65	555	
	50m: 33.87 33.87	100m: 1:10.46	36.59	150m: 1:47.50	37.04	200m: 2:24.71	37.21
8.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	2:26.20	+0,95	538	
	50m: 33.85 33.85	100m: 1:10.84	36.99	150m: 1:48.74	37.90	200m: 2:26.20	37.46

Prova 6, Femin., 200m Costas, Final

Seniores

1.	REBELO Camila Rodrigues <i>Rec Nacional, Sen e Abs</i>	03	Louzan Natacao/EFAPEL	2:07.58	+0,65	810
	50m: 30.33 30.33	100m: 1:02.95	32.62	150m: 1:35.64	32.69	200m: 2:07.58 31.94
2.	FRISCHKNECHT Rita Barros	98	Sporting	2:13.83	+0,69	701
	50m: 31.49 31.49	100m: 1:05.15	33.66	150m: 1:39.71	34.56	200m: 2:13.83 34.12
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	2:15.49	+0,72	676
	50m: 31.62 31.62	100m: 1:06.16	34.54	150m: 1:41.10	34.94	200m: 2:15.49 34.39
4.	RAMOS Ana Rita	02	Porto	2:15.65	+0,67	674
	50m: 32.00 32.00	100m: 1:06.11	34.11	150m: 1:41.25	35.14	200m: 2:15.65 34.40
5.	CARDEAL Joana Nunes	02	Academico Viseu	2:16.49	+0,68	661
	50m: 32.11 32.11	100m: 1:06.96	34.85	150m: 1:42.07	35.11	200m: 2:16.49 34.42
6.	OLIVEIRA Ana Rita	04	Colegio Efanor	2:19.78	+0,72	616
	50m: 32.64 32.64	100m: 1:08.14	35.50	150m: 1:44.38	36.24	200m: 2:19.78 35.40
7.	AMADO Maria Lopes	04	Nautico Marinha Grande	2:20.23	+0,58	610
	50m: 32.50 32.50	100m: 1:07.51	35.01	150m: 1:43.42	35.91	200m: 2:20.23 36.81
8.	COSTA Carolina Fale	04	Colegio Monte Maior	2:20.33	+0,61	608
	50m: 34.08 34.08	100m: 1:09.51	35.43	150m: 1:45.05	35.54	200m: 2:20.33 35.28
EXH	RAMOS Joana Barbas	06	Gafanha da Encarnacao			
EXH	CANINHAS Maria Pinto	05	Natacao do Fundao			
EXH	NUNES Sofia Alexandra	00	Laranjeiro			
EXH	RODRIGUES Joana Francisca	04	Condeixa Clube			

Prova 7	Masc., 200m Costas					Absolutos
26-11-2021 - 18:20						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	
RN S15	2:18.43	NEVES Tiago Correia	CFB	Vila Real St. Antonio	04-11-2018	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	2:01.95	+0,67	649
	50m: 28.76 28.76	100m: 1:00.47	31.71 150m: 1:31.36	30.89	200m: 2:01.95	30.59
2.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:02.00	+1,13	649
	50m: 29.08 29.08	100m: 1:00.24	31.16 150m: 1:31.33	31.09	200m: 2:02.00	30.67
3.	SANTOS Ricardo Matias	05	CPFZ - Natacao	2:04.34	+0,75	613
	50m: 30.76 30.76	100m: 1:02.34	31.58 150m: 1:33.79	31.45	200m: 2:04.34	30.55
4.	BARAONA Andre Azevedo	04	Natacao do Montijo	2:04.78	+0,59	606
	50m: 28.96 28.96	100m: 1:00.77	31.81 150m: 1:33.00	32.23	200m: 2:04.78	31.78
5.	COSTA Joao Peres	04	Naval Praia da Vitoria	2:07.00	+0,65	575
	50m: 29.20 29.20	100m: 1:00.96	31.76 150m: 1:33.36	32.40	200m: 2:07.00	33.64
6.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	2:07.93	+0,66	562
	50m: 29.23 29.23	100m: 1:01.67	32.44 150m: 1:34.89	33.22	200m: 2:07.93	33.04
7.	DIAS Jose Diogo	04	Nautico Academico	2:08.09	+0,65	560
	50m: 30.34 30.34	100m: 1:02.72	32.38 150m: 1:35.48	32.76	200m: 2:08.09	32.61
8.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	2:12.56	+0,60	505
	50m: 30.87 30.87	100m: 1:03.66	32.79 150m: 1:37.78	34.12	200m: 2:12.56	34.78

Seniores

1.	SANTOS Francisco Rogerio	98	Sporting	2:01.12	+0,74	663
	50m: 28.01 28.01	100m: 59.17	31.16 150m: 1:30.31	31.14	200m: 2:01.12	30.81
2.	COSTA Diogo Santos	02	Benfica	2:02.09	+1,10	647
	50m: 28.68 28.68	100m: 1:00.72	32.04 150m: 1:32.02	31.30	200m: 2:02.09	30.07
3.	PIRES Ricardo Saraiva	98	Laranjeiro	2:02.75	+0,62	637
	50m: 29.32 29.32	100m: 1:00.38	31.06 150m: 1:31.73	31.35	200m: 2:02.75	31.02
4.	CASTRO Duarte Monteiro	03	Porto	2:03.89	+1,04	619
	50m: 28.84 28.84	100m: 1:00.40	31.56 150m: 1:31.87	31.47	200m: 2:03.89	32.02
5.	BATE Miguel Ribeiro	99	Sporting	2:06.31	+0,59	584
	50m: 28.93 28.93	100m: 1:01.20	32.27 150m: 1:33.99	32.79	200m: 2:06.31	32.32
6.	SILVA Job Santos	96	UD Oliveirense	2:07.00	+0,65	575
	50m: 29.95 29.95	100m: 1:02.37	32.42 150m: 1:34.80	32.43	200m: 2:07.00	32.20

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



Prova 7, Masc., 200m Costas, Final, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	SOUZA Nuno Alexandre	02	Academico Viseu	2:09.74	+0,67	539	
	50m: 29.02 29.02	100m: 1:01.44	32.42 150m: 1:35.41	33.97	200m: 2:09.74	34.33	
8.	SOUZA Diogo Nunes	03	Vitoria Guimaraes	2:13.26	+0,73	498	
	50m: 30.49 30.49	100m: 1:04.25	33.76 150m: 1:38.68	34.43	200m: 2:13.26	34.58	
EXH	CORDEIRO Tomas Almeida	05	Alges				
EXH	MARQUES Andre Henriques	05	Benfica				

Prova 8

Femin., 50m Mariposa

Absolutos Resultados Final

26-11-2021 - 18:25

RN25 Absoluto	26.38	GUEDES Ana Margarida	GCVR	Mealhada	15-11-2020
RN25 Sen	26.38	GUEDES Ana Margarida	GCVR	Mealhada	15-11-2020
RN25 Jun17	26.74	CUNHA Mariana Pacheco	CNCE	Felgueiras	11-04-2021
RN25 Jun16	27.31	FERNANDES Carolina Miranda	CGA	Gafanha de Nazaré	18-07-2021

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	26.90	+0,71	744	
2.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	28.18	+0,76	647	
3.	LOURO Ariana Espirito	05	Gualdim Pais	28.59	+0,61	620	
4.	FERREIRA Francisca Santos	06	Alges	28.61	+0,68	618	
5.	CATALAO Leonor Tavares	06	Sporting	29.17	+0,74	583	
6.	SOARES Miriam Mortagua	06	Galitos / Bresimar	29.94	+0,75	539	
7.	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira	30.08	+0,70	532	
8.	ANTUNES Rebeca Leonor	06	Alges	30.23	+0,76	524	

Seniores

1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.43	+0,62	784	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	27.39	+0,68	705	
3.	MONTEIRO Ana Catarina	93	Vilacondense	28.29	+0,66	640	
4.	TEJO Beatriz Costa	02	Academica de Coimbra	28.45	+0,64	629	
5.	MOURA Maria Ferreira	04	Sporting	28.69	+0,72	613	
6.	PEGO Isabel Porfirio	01	Fluvial Portuense	28.87	+0,69	602	
7.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	28.91	+0,78	599	
8.	JONES Angelina Bermejo	04	Portinado	29.02	+0,73	592	

Prova 8, Femin., 50m Mariposa, Final

EXH	COELHO Maria Leonor	06	Benfica
EXH	MELO Sara Carreira	05	Gesloures
EXH	SILVA Ines Pereira	02	Nautico Academico
EXH	CASTRO Adriana Daniela	97	CLIP Teams

Prova 9

Masc., 50m Mariposa

Absolutos
Resultados Final

26-11-2021 - 18:30

RN25 Absoluto	23.16	SILVA Fernando Souza	POR	Doha (QAT)	23-10-2021
RN25 Sen	23.16	SILVA Fernando Souza	POR	Doha (QAT)	23-10-2021
RN25 Jun18	23.85	RIBEIRO Diogo Matos	SLB	Leiria	26-11-2021
RN25 Jun17	24.49	RIBEIRO Diogo Matos	CUC	Coimbra	23-12-2020
RN S15	26.42	NEVES Tiago Correia	CFB	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	RIBEIRO Diogo Matos <i>Rec Nacional, Jun 18</i>	04	Benfica	23.82	+0,65	761	
2.	REIS Rodrigo Miguel	04	Nautico Academico	25.67	+0,63	608	
3.	MADUREIRA Rui Pedro	04	Famalicao	25.79	+0,61	599	
4.	APSENIECE Kevins Alexandre	04	Porto	25.97	+0,72	587	
5.	VASCONCELOS Francisco Lourenco	05	Gesloures	25.99	+0,66	586	
6.	DIOGO Dinis Miranda	04	Nautico Academico	26.15	+0,63	575	
7.	ANTUNES David Alexandre	04	Leixoes	26.25	+0,67	568	
8.	RODRIGUES Joao Luis	05	Naval do Funchal	26.29	+0,67	566	

Seniores

1.	SILVA Fernando Souza	86	Uniao Piedense	23.72	+0,71	770	
2.	SILVA Glauber	86	Foca Quinta da Lixa CNF	23.88	+0,69	755	
3.	MARQUES Miguel Henriques	00	Benfica	24.09	+0,63	735	
4.	NUNES Porfirio Braga	00	Porto	24.20	+0,63	725	
5.	COSTA Joao Nogueira	01	Vitoria Guimaraes	24.23	+0,66	723	
6.	MOGNE Igor Araujo	96	Sporting	24.49	+0,72	700	
7.	SANTOS Pedro Andre	94	Alges	24.78	+0,67	676	
8.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	24.85	+0,67	670	



Prova 9, Masc., 50m Mariposa, Final

EXH TAVARES Bernardo Rodrigues	04	Galitos / Bresimar
EXH PINTO Tiago Rodrigues	05	Sporting
EXH VAKULYUK Paulo	03	Torres Novas
EXH FERNANDES Pedro Miguel	99	Famalicao

Prova 10

26-11-2021 - 19:15

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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	ANDRE Angelica Maria	94	Porto	4:40.82	+0,74	783	
	50m: 30.71 30.71	150m: 1:42.84	37.81	250m: 2:59.05	39.14	350m: 4:10.37	31.68
	100m: 1:05.03 34.32	200m: 2:19.91	37.07	300m: 3:38.69	39.64	400m: 4:40.82	30.45
2.	PEREIRA Raquel Gomes	00	Benfica	4:42.81	+0,72	767	
	50m: 30.57 30.57	150m: 1:42.18	37.31	250m: 2:57.07	38.20	350m: 4:09.87	33.96
	100m: 1:04.87 34.30	200m: 2:18.87	36.69	300m: 3:35.91	38.84	400m: 4:42.81	32.94
3.	CARDEAL Joana Nunes	02	Academico Viseu	4:50.47	+0,78	708	
	50m: 30.92 30.92	150m: 1:44.87	38.77	250m: 3:03.58	41.49	350m: 4:19.09	33.36
	100m: 1:06.10 35.18	200m: 2:22.09	37.22	300m: 3:45.73	42.15	400m: 4:50.47	31.38
4.	MONTEIRO Ana Catarina	93	Vilacondense	4:50.52	+0,69	708	
	50m: 30.17 30.17	150m: 1:42.08	38.42	250m: 3:01.82	42.26	350m: 4:18.60	34.43
	100m: 1:03.66 33.49	200m: 2:19.56	37.48	300m: 3:44.17	42.35	400m: 4:50.52	31.92
5.	MESQUITA Francisca Salvador	02	Sporting	4:51.50	+0,73	700	
	50m: 30.74 30.74	150m: 1:44.97	39.07	250m: 3:04.72	41.72	350m: 4:20.14	34.48
	100m: 1:05.90 35.16	200m: 2:23.00	38.03	300m: 3:45.66	40.94	400m: 4:51.50	31.36
6.	MENDES Mariana Amaral	02	Sporting	4:51.70	+0,80	699	
	50m: 31.85 31.85	150m: 1:46.36	38.81	250m: 3:05.50	41.54	350m: 4:20.29	33.25
	100m: 1:07.55 35.70	200m: 2:23.96	37.60	300m: 3:47.04	41.54	400m: 4:51.70	31.41
7.	REBELO Maria Carlota	03	Condeixa Clube	4:55.07	+0,62	675	
	50m: 31.11 31.11	150m: 1:45.46	38.86	250m: 3:04.95	41.35	350m: 4:21.33	34.76
	100m: 1:06.60 35.49	200m: 2:23.60	38.14	300m: 3:46.57	41.62	400m: 4:55.07	33.74
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:55.64	+0,69	671	
	50m: 30.79 30.79	150m: 1:45.20	39.13	250m: 3:05.09	41.74	350m: 4:22.42	34.69
	100m: 1:06.07 35.28	200m: 2:23.35	38.15	300m: 3:47.73	42.64	400m: 4:55.64	33.22
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	5:01.82	+0,78	631	
	50m: 32.05 32.05	150m: 1:48.69	40.15	250m: 3:10.10	41.75	350m: 4:27.27	35.49
	100m: 1:08.54 36.49	200m: 2:28.35	39.66	300m: 3:51.78	41.68	400m: 5:01.82	34.55



Prova 10, Femin., 400m Estilos, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	MORGADO Alice Jesus	04	Sporting	5:10.35	+0,86	580	
	50m: 32.56 32.56	150m: 1:48.44	38.87 250m: 3:12.62	45.09	350m: 4:34.41	35.95	
	100m: 1:09.57 37.01	200m: 2:27.53	39.09 300m: 3:58.46	45.84	400m: 5:10.35	35.94	

Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	4:56.60	+0,77	665	
	50m: 31.20 31.20	150m: 1:45.89	39.43 250m: 3:07.05	42.69	350m: 4:23.62	33.82	
	100m: 1:06.46 35.26	200m: 2:24.36	38.47 300m: 3:49.80	42.75	400m: 4:56.60	32.98	
2.	REIS Erica Cristina	05	Sporting	5:05.15	+0,69	611	
	50m: 32.45 32.45	150m: 1:49.13	39.32 250m: 3:12.35	43.94	350m: 4:31.45	34.76	
	100m: 1:09.81 37.36	200m: 2:28.41	39.28 300m: 3:56.69	44.34	400m: 5:05.15	33.70	
3.	ESTEVENES Laura Fabiana	05	Naval de Faro	5:06.10	+0,75	605	
	50m: 33.12 33.12	150m: 1:51.44	40.02 250m: 3:13.14	42.50	350m: 4:32.10	35.48	
	100m: 1:11.42 38.30	200m: 2:30.64	39.20 300m: 3:56.62	43.48	400m: 5:06.10	34.00	
4.	PINTO Leonor Filipa	06	Porto	5:07.32	+0,86	598	
	50m: 33.06 33.06	150m: 1:49.38	38.85 250m: 3:11.53	43.67	350m: 4:32.19	36.44	
	100m: 1:10.53 37.47	200m: 2:27.86	38.48 300m: 3:55.75	44.22	400m: 5:07.32	35.13	
5.	FROIS Maria Francisca	06	Ba-Leiria	5:19.83	+0,76	530	
	50m: 32.33 32.33	150m: 1:53.51	41.76 250m: 3:18.98	45.07	350m: 4:42.94	37.72	
	100m: 1:11.75 39.42	200m: 2:33.91	40.40 300m: 4:05.22	46.24	400m: 5:19.83	36.89	
6.	SILVA Ana Francisca	06	Alcobaca	5:21.43	+0,78	522	
	50m: 33.09 33.09	150m: 1:53.53	41.92 250m: 3:22.24	48.02	350m: 4:46.75	36.48	
	100m: 1:11.61 38.52	200m: 2:34.22	40.69 300m: 4:10.27	48.03	400m: 5:21.43	34.68	
7.	LOPES Francisca Macedo	05	Vilacondense	5:22.63	+0,81	516	
	50m: 33.81 33.81	150m: 1:53.50	40.43 250m: 3:19.28	46.03	350m: 4:45.08	38.28	
	100m: 1:13.07 39.26	200m: 2:33.25	39.75 300m: 4:06.80	47.52	400m: 5:22.63	37.55	
8.	COSTA Anita Gouveia	06	Condeixa Clube	5:23.96	+0,81	510	
	50m: 33.62 33.62	150m: 1:54.38	41.97 250m: 3:22.66	47.56	350m: 4:48.15	36.63	
	100m: 1:12.41 38.79	200m: 2:35.10	40.72 300m: 4:11.52	48.86	400m: 5:23.96	35.81	
9.	FERREIRA Joana Rosa	05	Naval de Peniche	5:24.26	+0,82	509	
	50m: 33.44 33.44	150m: 1:54.88	41.83 250m: 3:22.57	44.86	350m: 4:47.48	39.03	
	100m: 1:13.05 39.61	200m: 2:37.71	42.83 300m: 4:08.45	45.88	400m: 5:24.26	36.78	
DNS	RAMOS Joana Barbas	06	Gafanha da Encarnacao				



Prova 11	Masc., 400m Estilos					Absolutos
26-11-2021 - 19:20						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
RN S15	4:49.95	NEVES Tiago Correia	CFB	Algés		13-07-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Jose Paulo	00	Braga	4:13.17	+0,73	797	
	50m: 27.28 27.28	150m: 1:31.63	32.73	250m: 2:39.87	36.16	350m: 3:44.84	29.09
	100m: 58.90 31.62	200m: 2:03.71	32.08	300m: 3:15.75	35.88	400m: 4:13.17	28.33
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	4:14.74	+0,64	783	
	50m: 27.01 27.01	150m: 1:31.15	32.58	250m: 2:39.39	35.12	350m: 3:44.99	30.12
	100m: 58.57 31.56	200m: 2:04.27	33.12	300m: 3:14.87	35.48	400m: 4:14.74	29.75
3.	BASTOS Lucas Pereira	00	Nautico Academico	4:18.18	+0,71	752	
	50m: 27.72 27.72	150m: 1:31.74	32.69	250m: 2:40.59	35.86	350m: 3:47.90	30.15
	100m: 59.05 31.33	200m: 2:04.73	32.99	300m: 3:17.75	37.16	400m: 4:18.18	30.28
4.	SIMOES Rafael Gomes	00	Braga	4:19.62	+0,80	739	
	50m: 27.51 27.51	150m: 1:33.93	34.36	250m: 2:44.00	35.94	350m: 3:50.31	30.00
	100m: 59.57 32.06	200m: 2:08.06	34.13	300m: 3:20.31	36.31	400m: 4:19.62	29.31
5.	SILVA Tomas Antonio	01	Porto	4:19.71	+0,63	739	
	50m: 26.97 26.97	150m: 1:32.59	33.70	250m: 2:42.93	36.40	350m: 3:49.97	30.47
	100m: 58.89 31.92	200m: 2:06.53	33.94	300m: 3:19.50	36.57	400m: 4:19.71	29.74
6.	CATALAO Daniel Nogueira	00	Benfica	4:25.11	+0,58	694	
	50m: 28.20 28.20	150m: 1:35.73	35.32	250m: 2:46.09	35.79	350m: 3:53.94	31.47
	100m: 1:00.41 32.21	200m: 2:10.30	34.57	300m: 3:22.47	36.38	400m: 4:25.11	31.17
7.	SANTOS Pedro Miguel	01	Porto	4:28.83	+0,65	666	
	50m: 27.85 27.85	150m: 1:34.89	34.59	250m: 2:45.96	37.08	350m: 3:56.92	32.22
	100m: 1:00.30 32.45	200m: 2:08.88	33.99	300m: 3:24.70	38.74	400m: 4:28.83	31.91
8.	LOPES Luis Afonso	03	Viver Santarem	4:28.86	+0,68	666	
	50m: 28.39 28.39	150m: 1:36.33	34.86	250m: 2:49.20	37.84	350m: 3:59.89	31.89
	100m: 1:01.47 33.08	200m: 2:11.36	35.03	300m: 3:28.00	38.80	400m: 4:28.86	28.97
9.	CARDOSO Diogo Santos	01	Sporting	4:30.04	+0,77	657	
	50m: 28.76 28.76	150m: 1:37.64	37.05	250m: 2:51.53	38.50	350m: 4:00.74	30.57
	100m: 1:00.59 31.83	200m: 2:13.03	35.39	300m: 3:30.17	38.64	400m: 4:30.04	29.30
10.	SAMPAIO Jose Pedro	98	Porto	4:36.02	+0,74	615	
	50m: 28.09 28.09	150m: 1:35.10	34.24	250m: 2:49.75	40.18	350m: 4:03.70	32.30
	100m: 1:00.86 32.77	200m: 2:09.57	34.47	300m: 3:31.40	41.65	400m: 4:36.02	32.32
11.	CRISTINO David Matias	01	Uniao Piedense	4:36.17	+0,78	614	
	50m: 28.07 28.07	150m: 1:35.38	34.88	250m: 2:50.23	40.35	350m: 4:04.37	33.43
	100m: 1:00.50 32.43	200m: 2:09.88	34.50	300m: 3:30.94	40.71	400m: 4:36.17	31.80

Prova 11, Masc., 400m Estilos

Juniores

1.	COSTA Joao Peres	04	Naval Praia da Vitoria	4:28.71	+0,61	667
	50m: 28.39 28.39	150m: 1:36.72	34.77 250m: 2:49.23	37.15 350m: 3:59.25	30.91	
	100m: 1:01.95 33.56	200m: 2:12.08	35.36 300m: 3:28.34	39.11 400m: 4:28.71	29.46	
2.	SILVA Afonso Carvalho	05	Famalicao	4:32.69	+0,64	638
	50m: 29.14 29.14	150m: 1:37.66	35.30 250m: 2:50.36	37.99 350m: 4:01.02	32.02	
	100m: 1:02.36 33.22	200m: 2:12.37	34.71 300m: 3:29.00	38.64 400m: 4:32.69	31.67	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:35.77	+0,73	617
	50m: 28.97 28.97	150m: 1:37.79	35.87 250m: 2:51.64	39.65 350m: 4:05.15	32.58	
	100m: 1:01.92 32.95	200m: 2:11.99	34.20 300m: 3:32.57	40.93 400m: 4:35.77	30.62	
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	4:36.17	+0,71	614
	50m: 29.09 29.09	150m: 1:39.10	36.06 250m: 2:52.73	38.61 350m: 4:05.19	33.03	
	100m: 1:03.04 33.95	200m: 2:14.12	35.02 300m: 3:32.16	39.43 400m: 4:36.17	30.98	
5.	RODRIGUES Rodrigo Reis	04	Sao Roque	4:36.65	+0,68	611
	50m: 29.34 29.34	150m: 1:38.22	35.82 250m: 2:53.75	39.62 350m: 4:05.86	31.63	
	100m: 1:02.40 33.06	200m: 2:14.13	35.91 300m: 3:34.23	40.48 400m: 4:36.65	30.79	
6.	MARQUES Gustavo Pires	04	Sao Roque	4:37.71	+0,69	604
	50m: 27.40 27.40	150m: 1:35.44	35.66 250m: 2:51.68	41.10 350m: 4:05.64	32.62	
	100m: 59.78 32.38	200m: 2:10.58	35.14 300m: 3:33.02	41.34 400m: 4:37.71	32.07	
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:42.19	+0,64	576
	50m: 29.68 29.68	150m: 1:41.01	36.22 250m: 2:57.50	41.73 350m: 4:11.50	32.06	
	100m: 1:04.79 35.11	200m: 2:15.77	34.76 300m: 3:39.44	41.94 400m: 4:42.19	30.69	
8.	SILVA Nuno Marques	04	Ba-Leiria	4:42.70	+0,75	573
	50m: 29.02 29.02	150m: 1:39.51	36.44 250m: 2:55.48	40.11 350m: 4:09.83	33.26	
	100m: 1:03.07 34.05	200m: 2:15.37	35.86 300m: 3:36.57	41.09 400m: 4:42.70	32.87	
9.	CRUZ David Miguel	04	Braga	4:44.00	+0,69	565
	50m: 29.09 29.09	150m: 1:40.11	37.18 250m: 2:57.30	40.54 350m: 4:10.99	33.24	
	100m: 1:02.93 33.84	200m: 2:16.76	36.65 300m: 3:37.75	40.45 400m: 4:44.00	33.01	
10.	PEREIRA Manuel Angelo	05	Sporting	4:44.17	+0,79	564
	50m: 29.10 29.10	150m: 1:39.35	36.64 250m: 2:56.88	40.69 350m: 4:11.84	33.70	
	100m: 1:02.71 33.61	200m: 2:16.19	36.84 300m: 3:38.14	41.26 400m: 4:44.17	32.33	
11.	CLARA Vitor Belo	04	Ba-Leiria	4:44.50	+0,74	562
	50m: 28.10 28.10	150m: 1:37.59	35.88 250m: 2:53.97	41.29 350m: 4:10.73	33.60	
	100m: 1:01.71 33.61	200m: 2:12.68	35.09 300m: 3:37.13	43.16 400m: 4:44.50	33.77	
12.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	4:45.31	+0,72	557
	50m: 29.67 29.67	150m: 1:42.34	36.95 250m: 2:58.48	40.59 350m: 4:13.51	34.04	
	100m: 1:05.39 35.72	200m: 2:17.89	35.55 300m: 3:39.47	40.99 400m: 4:45.31	31.80	
13.	PINTO Tiago Rodrigues	05	Sporting	4:45.80	+0,75	554
	50m: 29.62 29.62	150m: 1:41.58	37.71 250m: 2:59.34	40.18 350m: 4:14.24	32.08	
	100m: 1:03.87 34.25	200m: 2:19.16	37.58 300m: 3:42.16	42.82 400m: 4:45.80	31.56	



Prova 11, Masc., 400m Estilos, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	SOUSA Joao Maria	05	Braga	4:46.06	+0,73	553	
	50m: 30.13 30.13	150m: 1:40.37	35.17	250m: 2:58.07	41.94	350m: 4:13.79	32.69
	100m: 1:05.20 35.07	200m: 2:16.13	35.76	300m: 3:41.10	43.03	400m: 4:46.06	32.27
15.	BORGES David Costa	04	Fluval Portuense	4:47.33	+0,62	545	
	50m: 28.44 28.44	150m: 1:40.27	38.19	250m: 2:59.46	40.58	350m: 4:14.69	32.92
	100m: 1:02.08 33.64	200m: 2:18.88	38.61	300m: 3:41.77	42.31	400m: 4:47.33	32.64
16.	TSYKAL Daniel	04	Alcobaca	4:50.42	+0,68	528	
	50m: 29.80 29.80	150m: 1:43.83	38.31	250m: 3:01.17	40.69	350m: 4:17.05	34.63
	100m: 1:05.52 35.72	200m: 2:20.48	36.65	300m: 3:42.42	41.25	400m: 4:50.42	33.37
EXH	CRUZ Miguel Duarte	99	SM15 Belenenses	4:56.65	+0,67	495	
	50m: 30.53 30.53	150m: 1:44.92	38.72	250m: 3:05.73	42.90	350m: 4:23.23	34.79
	100m: 1:06.20 35.67	200m: 2:22.83	37.91	300m: 3:48.44	42.71	400m: 4:56.65	33.42

Prova 16

Femin., 4 x 100m Estilos

Absolutos

26-11-2021 - 19:25

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	4:15.24	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA			
1.	Sporting-SEN	4:14.53	+0,67	686				
	FRISCHKNECHT Rita Barros	+0,67	30.03	1:02.28	HENRIQUES Ines Jacinto	+0,49	28.76	1:02.43
	CERDEIRA Madalena Reis	+0,47	33.59	1:11.54	MOURA Maria Ferreira	+0,63	27.96	58.28
2.	Porto-SEN	4:17.07	+1,03	666				
	RAMOS Ana Rita	+1,03	30.75	1:04.24	SILVA Leonor Santos	+0,37	29.09	1:04.02
	FIAL Sofia Nunes	+0,23	33.40	1:11.78	OLIVEIRA Rosa Maria	+0,45	27.46	57.03
3.	Vitoria Guimaraes-SEN	4:24.38	+0,53	612				
	ALMEIDA Catarina Isabel	+0,53	32.44	1:08.50	FERNANDES Filipa Viamonte	+0,27	29.49	1:03.93
	CASTRO Maria Freitas	+0,36	33.84	1:13.02	FERNANDES Ana Ines	+0,26	27.83	58.93
4.	Belenenses-SEN	4:25.96	+0,63	601				
	RODRIGUES Luana Correia	+0,63	32.64	1:07.50	MATOS Ana Rita	+0,22	30.33	1:06.65
	RODRIGUES Lidiana Correia	+0,25	33.61	1:11.93	PIMENTA Margarida Sobral	+0,30	28.35	59.88
DNS	Natacao de Lisboa-SEN				Natacao de Lisboa			
DNS	Benfica-SEN				Benfica			



Prova 16, Femin., 4 x 100m Estilos

Juniores

1. Galitos / Bresimar-JUN					Galitos / Bresimar	4:18.50	+1,28	655
FERNANDES Carolina Miranda	+1,28	31.08	1:04.41	ALMEIDA Maria Carolina	+0,21	28.22	1:00.89	
VASCONCELOS Lara Rodrigues	+0,24	33.83	1:13.80	SOARES Miriam Mortagua	+0,11	27.93	59.40	
2. Alges-JUN					Alges	4:22.62	+0,63	624
MAGALHAES Luana Cardoso	+0,63	32.26	1:07.79	FERREIRA Francisca Santos	+0,29	29.06	1:03.17	
ANTUNES Rebeca Leonor	+0,55	34.19	1:14.24	PIRES Marta Joao	+0,43	27.50	57.42	
3. Sporting-JUN					Sporting	4:24.79	+0,60	609
REIS Erica Cristina	+0,60	31.82	1:05.85	CATALAO Leonor Tavares	+0,32	29.52	1:04.67	
NUNES Margarida Domingues	+0,52	34.39	1:13.42	GOMES Carolina Fonseca	+0,39	28.95	1:00.85	
4. Benfica-JUN					Benfica	4:33.35	+0,71	554
VENTURA Barbara Cunha	+0,71	33.57	1:10.65	ANDRE Isadora Maia	+0,42	31.88	1:07.34	
LOPES Matilde Nunes	+0,37	36.08	1:16.84	COELHO Maria Leonor	+0,17	28.12	58.52	
5. Ba-Leiria-JUN					Ba-Leiria	4:36.53	+1,88	535
DINIS Filipa Paiva	+1,88	33.07	1:08.83	LAGOA Carlota Macedo	+0,12	30.57	1:07.16	
ALVES Maria Madalena	+0,03	35.91	1:18.17	FROIS Maria Francisca	+0,29	29.25	1:02.37	
6. Viana Natacao-JUN					Viana Natacao	4:37.77	+0,64	528
RIGOR Maria Miguel	+0,64	33.70	1:10.40	BROCHADO Mariana Goncalves	+0,71	32.05	1:08.28	
SILVA Maria Seixeira	+0,38	35.72	1:15.47	ROCHA Liliana Lima	+0,44	29.81	1:03.62	

Prova 15 26-11-2021 - 19:30

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	3:47.99	Sporting Clube de Portugal	SCP	Felgueiras	20-12-2019

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. Sporting-SEN					Sporting	3:33.86	+0,63	807
<i>Rec Nacional, Sen e Abs</i>								
SANTOS Francisco Rogerio	+0,63	25.61	53.17	MOGNE Igor Araujo	+0,26	24.36	53.36	
QUINTAS Francisco Robalo	+0,22	27.48	58.81	SANTOS Alexis Manacas	+0,37	23.34	48.52	
2. Vitoria Guimaraes-SEN					Vitoria Guimaraes	3:37.82	+0,49	764
COSTA Joao Nogueira	+0,49	25.35	52.29	LOPES Tomas Teixeira	+0,27	25.08	54.15	
AMORIM Alexandre Ferreira	+0,15	27.28	59.03	RIACHOS Frederico Sucena	+0,24	24.62	52.35	
3. Benfica-SEN					Benfica	3:42.33	+0,98	718
COSTA Diogo Santos	+0,98	26.50	55.39	NASCIMENTO Miguel Duarte	+0,20	24.21	52.77	
VARGAS Joao Manuel	+0,33	30.15	1:05.07	LEBRE Diogo Ramos	+0,28	23.29	49.10	

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA			
4.	Porto-SEN	3:46.58	+0,65	679				
	CASTRO Duarte Monteiro	+0,65	27.95	57.62	NUNES Porfirio Braga	+0,12	24.30	53.12
	SILVA Tomas Antonio	+0,44	29.50	1:04.47	SANTOS Pedro Miguel	+0,10	24.43	51.37
DNS	Despertarecorde-SEN				Despertarecorde			

Juniores

1.	Galitos / Bresimar-JUN	3:52.60	+0,64	627				
	SILVA Diogo Miguel	+0,64	27.08	56.74	TAVARES Bernardo Rodrigues	+0,11	25.50	55.97
	PEREIRA Tiago Maia	+0,47	31.06	1:06.64	JESUS Pedro Duarte	+0,25	25.03	53.25
2.	Sporting-JUN	3:55.10	+0,57	607				
	FRASQUILHO Afonso Figueiredo	+0,57	28.20	58.54	PINTO Tiago Rodrigues	+0,37	26.48	57.92
	CARVALHO Antonio Lombardi	+0,45	30.46	1:05.67	ALMEIDA Bernardo Victorino	+0,20	25.71	52.97
3.	Naval do Funchal-JUN	3:55.49	+0,62	604				
	OLIVEIRA Diogo Alexandre	+0,62	28.36	59.09	RODRIGUES Joao Luis	+0,05	26.73	58.30
	FERNANDES Martim Pestana	+0,10	30.10	1:05.17	FERNANDES Diogo Henrique	+0,25	25.32	52.93
4.	Alges-JUN	3:56.44	+1,19	597				
	ALMEIDA Miguel Cordeiro	+1,19	28.82	1:00.09	VIEIRA Tomas Sa	+0,28	26.72	58.83
	REBELO Joao Lourenco	+0,01	29.90	1:04.39	MAIA Felipe Menegassi	+0,39	24.77	53.13
5.	Ba-Leiria-JUN	3:58.59	+0,58	581				
	FARIA Ricardo Morais	+0,58	28.94	59.86	CLARA Vitor Belo	+0,46	26.67	58.41
	SILVA Nuno Marques	+0,05	31.59	1:07.25	ANICETO Joao Gabriel	+0,07	25.03	53.07
6.	Nautico Academico-JUN	3:58.79	+0,60	580				
	DIAS Jose Diogo	+0,60	28.93	59.87	DIOGO Dinis Miranda	+0,38	26.19	57.11
	POIARES Tiago Andre	+0,11	32.47	1:09.84	REIS Rodrigo Miguel	+0,14	23.87	51.97
7.	Porto-JUN	4:04.79	+1,89	538				
	TORRES Joao Pedro	+1,89	31.63	1:05.66	APSENIECE Kevins Alexandre	+0,26	25.71	56.31
	SILVA Goncalo Manuel	+0,57	31.36	1:07.36	CARVALHO Goncalo Renato	+0,30	26.36	55.46
8.	Foca Quinta da Lixa CNF-JUN	4:06.58	+0,64	526				
	PINTO Guilherme Lobo	+0,64	30.94	1:04.84	LOPES Afonso Teixeira	+0,24	27.25	58.43
	CARVALHO Guilherme Jesus	+0,43	32.19	1:08.52	LEITE Afonso Martim	+0,31	25.80	54.79
9.	Braga-JUN	4:07.87	+0,73	518				
	REMELHE Joao Anibal	+0,73	29.58	1:02.99	SOUSA Joao Maria	+0,19	27.47	59.98
	ROCHA Goncalo Queiroga	+0,28	32.36	1:10.02	CRUZ David Miguel	+0,11	25.98	54.88
10.	Aquatico Silves-JUN	4:09.37	+0,61	509				
	GOMES Guilherme Sousa	+0,61	28.00	57.70	VICENTE Tiago Miguel	+0,75	27.48	1:00.67
	SILVA Guilherme Antonio	+0,04	33.88	1:15.08	AFONSO Martim Rodrigues	+0,41	26.44	55.92
11.	Vitoria Guimaraes-JUN	4:10.02	+0,61	505				
	CUNHA Rodrigo Manuel	+0,61	28.08	58.94	SOUSA Tomas Castro	+0,21	27.79	1:01.17
	FERNANDES Lucas Andre	+0,22	32.86	1:13.50	FERREIRA Tiago Felix	+0,05	26.13	56.41



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

Lugar	Clube	Tempo Final	TReac	FINA	PARA			
12.	Portinado-JUN	4:10.11	+0,67	504				
	CEPELEAGA Marin	+0,67	28.87	1:00.34	FRANCISCO Ruben Filipe	+0,60	27.55	1:01.14
	TRISTAO Miguel Salomao	+0,31	31.96	1:09.10	BARRADAS Tiago Trigg	+0,35	27.92	59.53

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

27-11-2021 - 9:00

Prova 29 Masc., 4 x 50m Estilos Absolutos Resultados

RN25 Absoluto	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Jun	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	21-12-2019

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. Sporting-SEN Sporting **1:38.14** +0,62 782

Rec Nacional, Sen e Abs

SANTOS Francisco Rogerio	98	+0,62	24.87	COSTA Tiago Cunha	99	+0,10	24.43
QUINTAS Francisco Robalo	95	+0,05	26.92	SANTOS Alexis Manacas	92	+0,28	21.92

2. Vitoria Guimaraes-SEN Vitoria Guimaraes **1:38.77** +0,59 767

COSTA Joao Nogueira	01	+0,59	24.33	LOPES Tomas Teixeira	02	+0,09	24.38
AMORIM Alexandre Ferreira	99	+0,10	27.09	RIACHOS Frederico Sucena	98	+0,22	22.97

3. Benfica-SEN Benfica **1:38.85** +0,54 765

COSTA Diogo Santos	02	+0,54	25.67	MARQUES Miguel Henriques	00	+0,36	23.65
NASCIMENTO Miguel Duarte	95	+0,69	27.39	LEBRE Diogo Ramos	01	+0,14	22.14

4. Porto-SEN Porto **1:45.11** +0,96 637

CASTRO Duarte Monteiro	03	+0,96	26.96	NUNES Porfirio Braga	00	+0,41	24.04
SILVA Tomas Antonio	01	+0,26	30.18	AMARAL Francisco Rodriguez	02	+0,28	23.93

5. Belenenses-SEN Belenenses **1:45.25** +1,02 634

RAMOS Bruno Miguel	97	+1,02	26.64	NEVES Tiago Correia	97	+0,32	26.10
CABRITO Rodrigo Almeida	01	+0,29	30.04	PADRELA Joao Esteves	99	+0,12	22.47

DNS Despertarecorde-SEN Despertarecorde

Prova 29, Masc., 4 x 50m Estilos

Juniores

1. Naval do Funchal-JUN				Naval do Funchal	1:45.69	+0,53	626
OLIVEIRA Diogo Alexandre	05	+0,53	27.64	RODRIGUES Joao Luis	05	+0,10	25.35
FERNANDES Martim Pestana	04	+0,11	29.29	FERNANDES Diogo Henrique	04	+0,14	23.41
2. Galitos / Bresimar-JUN				Galitos / Bresimar	1:47.14	+0,73	601
SILVA Diogo Miguel	05	+0,73	26.64	TAVARES Bernardo Rodrigues	04	+0,09	25.33
ANTUNES Joao Afonso	04	+0,21	30.84	JESUS Pedro Duarte	04	+0,24	24.33
3. Sporting-JUN				Sporting	1:47.26	+0,95	599
FRASQUILHO Afonso Figueiredo	04	+0,95	27.43	PINTO Tiago Rodrigues	05	+1,70	26.24
CARVALHO Antonio Lombardi	04	+0,45	30.24	ALMEIDA Bernardo Victorino	04	+0,28	23.35
4. Alges-JUN				Alges	1:47.36	+0,61	597
ALMEIDA Miguel Cordeiro	05	+0,61	28.12	VIEIRA Tomas Sa	04	+0,34	26.34
REBELO Joao Lourenco	04	+0,28	29.36	MAIA Felipe Menegassi	04	+0,32	23.54
5. Nautico Academico-JUN				Nautico Academico	1:47.79	+0,61	590
DIAS Jose Diogo	04	+0,61	27.80	DIOGO Dinis Miranda	04	+0,47	25.72
MOITA Goncalo Brites	04	+0,19	30.46	REIS Rodrigo Miguel	04	+0,23	23.81
6. Ba-Leiria-JUN				Ba-Leiria	1:49.53	+0,63	562
FARIA Ricardo Morais	04	+0,63	28.02	CLARA Vitor Belo	04	+0,28	25.96
SILVA Nuno Marques	04	+0,01	31.22	ANICETO Joao Gabriel	04	+0,19	24.33
7. Leixoes-JUN				Leixoes	1:50.31	+1,17	551
LIMA Gaspar Pinheiro	04	+1,17	26.95	ANTUNES David Alexandre	04	+0,39	25.86
CUNHA Vasco Goncalves	05	+0,49	32.91	RIBEIRO Filipe Silva	05	+0,32	24.59

Prova 30

Femin., 4 x 50m Estilos

Absolutos

27-11-2021 - 9:05

Resultados

RN25 Absoluto	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN25 Sen	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN25 Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA		
1. Sporting-SEN				Sporting	1:56.64	+0,61	676
FRISCHKNECHT Rita Barros	98	+0,61	28.97	HENRIQUES Ines Jacinto	00	+1,97	28.20
CERDEIRA Madalena Reis	03	+0,39	32.99	PINTO Mafalda Marques	02	+0,26	26.48
2. Porto-SEN				Porto	1:58.05	+0,69	652
RAMOS Ana Rita	02	+0,69	29.51	SILVA Leonor Santos	03	+0,28	28.84
FIAL Sofia Nunes	03		33.10	OLIVEIRA Rosa Maria	96	+0,38	26.60
3. Vitoria Guimaraes-SEN				Vitoria Guimaraes	2:01.83	+0,79	593
ALMEIDA Catarina Isabel	02	+0,79	32.18	FERNANDES Filipa Viamonte	02	+0,41	28.69
CASTRO Maria Freitas	03	+0,43	33.77	FERNANDES Ana Ines	00	+0,30	27.19



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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
4.	Natacao de Lisboa-SEN	2:04.30	+0,70	558	
	MESTRE Catarina Martins	00 +0,70 29.52	LEITAO Rita Fernandes	96 +0,58	31.30
	SEQUEIRA Catarina Costa	98 +0,44 35.01	FERREIRA Ana Raquel	98 +0,09	28.47
DNS	Benfica-SEN				Benfica

Juniores

1.	Galitos / Bresimar-JUN	1:56.61	+0,62	676	
	FERNANDES Carolina Miranda	05 +0,62 28.57	ALMEIDA Maria Carolina	05 +0,14	27.39
	VASCONCELOS Lara Rodrigues	05 -0,01 33.34	SOARES Miriam Mortagua	06 +0,32	27.31
2.	Alges-JUN	2:00.08	+0,59	619	
	MAGALHAES Luana Cardoso	06 +0,59 31.71	FERREIRA Francisca Santos	06 +0,38	28.07
	ANTUNES Rebeca Leonor	06 +0,46 33.86	PIRES Marta Joao	05 +0,56	26.44
3.	Sporting-JUN	2:00.42	+0,63	614	
	REIS Erica Cristina	05 +0,63 30.62	CATALAO Leonor Tavares	06 +0,33	28.51
	NUNES Margarida Domingues	05 +0,43 33.81	GOMES Carolina Fonseca	05 +0,50	27.48
4.	Ba-Leiria-JUN	2:07.03	+1,75	523	
	DINIS Filipa Paiva	06 +1,75 31.92	LAGOA Carlota Macedo	05 +0,40	30.28
	ALVES Maria Madalena	06 +0,03 36.36	FROIS Maria Francisca	06 +0,27	28.47

Prova 17 27-11-2021 - 9:05

Masc., 400m Livres

Absoluto 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
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003
RN S15	4:20.31	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	LOPES Jose Paulo	00	Braga	3:46.78	+0,74	819	
	50m: 26.29 26.29	150m: 1:24.18	29.12	250m: 2:21.82	28.55	350m: 3:18.86	28.69
	100m: 55.06 28.77	200m: 1:53.27	29.09	300m: 2:50.17	28.35	400m: 3:46.78	27.92
2.	VELOSO Tomas Miguel	96	Nautico Academico	3:49.96	+0,65	786	
	50m: 26.78 26.78	150m: 1:25.17	29.33	250m: 2:23.05	28.69	350m: 3:21.28	29.37
	100m: 55.84 29.06	200m: 1:54.36	29.19	300m: 2:51.91	28.86	400m: 3:49.96	28.68

Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
3.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	3:51.44	+0,64	771	
	50m: 26.40 26.40	150m: 1:25.69	29.92 250m: 2:25.99	30.31	350m: 3:24.69	28.66	
	100m: 55.77 29.37	200m: 1:55.68	29.99 300m: 2:56.03	30.04	400m: 3:51.44	26.75	
4.	SANTOS Pedro Miguel	01	Porto	3:52.93	+0,70	756	
	50m: 26.75 26.75	150m: 1:25.34	29.40 250m: 2:23.95	29.29	350m: 3:23.48	30.04	
	100m: 55.94 29.19	200m: 1:54.66	29.32 300m: 2:53.44	29.49	400m: 3:52.93	29.45	
5.	BASTOS Lucas Pereira	00	Nautico Academico	3:55.85	+0,77	728	
	50m: 26.71 26.71	150m: 1:25.43	29.72 250m: 2:24.97	29.61	350m: 3:25.49	30.48	
	100m: 55.71 29.00	200m: 1:55.36	29.93 300m: 2:55.01	30.04	400m: 3:55.85	30.36	
6.	CARDOSO Diogo Santos	01	Sporting	3:56.09	+0,76	726	
	50m: 27.52 27.52	150m: 1:27.45	29.92 250m: 2:27.60	29.87	350m: 3:27.17	29.80	
	100m: 57.53 30.01	200m: 1:57.73	30.28 300m: 2:57.37	29.77	400m: 3:56.09	28.92	
7.	LOPES Luis Afonso	03	Viver Santarem	4:00.50	+0,71	687	
	50m: 27.18 27.18	150m: 1:27.49	30.25 250m: 2:29.30	30.52	350m: 3:31.07	31.03	
	100m: 57.24 30.06	200m: 1:58.78	31.29 300m: 3:00.04	30.74	400m: 4:00.50	29.43	
8.	AMARAL Francisco Rodriguez	02	Porto	4:00.73	+0,71	685	
	50m: 27.29 27.29	150m: 1:27.40	30.33 250m: 2:28.94	30.96	350m: 3:30.94	30.52	
	100m: 57.07 29.78	200m: 1:57.98	30.58 300m: 3:00.42	31.48	400m: 4:00.73	29.79	
9.	RIBEIRO Gustavo Carvalhais	03	Sporting	4:05.06	+0,81	649	
	50m: 27.43 27.43	150m: 1:27.63	30.55 250m: 2:29.33	30.90	350m: 3:33.13	32.19	
	100m: 57.08 29.65	200m: 1:58.43	30.80 300m: 3:00.94	31.61	400m: 4:05.06	31.93	
10.	CRISTINO David Matias	01	Uniao Piedense	4:05.80	+0,73	643	
	50m: 27.22 27.22	150m: 1:28.08	30.97 250m: 2:31.30	31.71	350m: 3:34.54	31.43	
	100m: 57.11 29.89	200m: 1:59.59	31.51 300m: 3:03.11	31.81	400m: 4:05.80	31.26	

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	3:55.70	+0,62	730	
	50m: 26.83 26.83	150m: 1:26.36	30.02 250m: 2:25.50	29.45	350m: 3:25.83	30.26	
	100m: 56.34 29.51	200m: 1:56.05	29.69 300m: 2:55.57	30.07	400m: 3:55.70	29.87	
2.	MARQUES Gustavo Pires	04	Sao Roque	4:01.02	+0,68	682	
	50m: 26.81 26.81	150m: 1:27.21	30.51 250m: 2:28.74	30.72	350m: 3:30.49	31.07	
	100m: 56.70 29.89	200m: 1:58.02	30.81 300m: 2:59.42	30.68	400m: 4:01.02	30.53	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:04.04	+0,74	657	
	50m: 27.78 27.78	150m: 1:29.98	31.21 250m: 2:31.62	30.42	350m: 3:33.95	31.03	
	100m: 58.77 30.99	200m: 2:01.20	31.22 300m: 3:02.92	31.30	400m: 4:04.04	30.09	
4.	SIMOES Miguel Costa	04	Uniao Piedense	4:04.42	+0,78	654	
	50m: 28.06 28.06	150m: 1:30.33	31.26 250m: 2:33.07	30.82	350m: 3:34.56	30.71	
	100m: 59.07 31.01	200m: 2:02.25	31.92 300m: 3:03.85	30.78	400m: 4:04.42	29.86	
5.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:05.48	+0,73	646	
	50m: 27.72 27.72	150m: 1:29.69	31.45 250m: 2:32.84	31.59	350m: 3:35.10	30.69	
	100m: 58.24 30.52	200m: 2:01.25	31.56 300m: 3:04.41	31.57	400m: 4:05.48	30.38	



Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:06.73	+0,63	636	
	50m: 28.28 28.28	150m: 1:29.71	30.97	250m: 2:32.83	31.63	350m: 3:36.45	31.62
	100m: 58.74 30.46	200m: 2:01.20	31.49	300m: 3:04.83	32.00	400m: 4:06.73	30.28
7.	SILVA Afonso Carvalho	05	Famalicao	4:06.83	+0,63	635	
	50m: 28.16 28.16	150m: 1:30.81	31.42	250m: 2:33.76	31.63	350m: 3:36.49	31.08
	100m: 59.39 31.23	200m: 2:02.13	31.32	300m: 3:05.41	31.65	400m: 4:06.83	30.34
8.	CLARA Vitor Belo	04	Ba-Leiria	4:10.49	+0,69	608	
	50m: 27.60 27.60	150m: 1:28.48	30.60	250m: 2:31.14	31.10	350m: 3:37.26	33.68
	100m: 57.88 30.28	200m: 2:00.04	31.56	300m: 3:03.58	32.44	400m: 4:10.49	33.23
9.	PEREIRA Manuel Angelo	05	Sporting	4:11.09	+0,72	604	
	50m: 28.71 28.71	150m: 1:31.56	31.72	250m: 2:35.42	31.92	350m: 3:39.64	31.98
	100m: 59.84 31.13	200m: 2:03.50	31.94	300m: 3:07.66	32.24	400m: 4:11.09	31.45
10.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:12.83	+0,75	591	
	50m: 28.68 28.68	150m: 1:31.27	31.57	250m: 2:35.67	32.48	350m: 3:41.51	33.13
	100m: 59.70 31.02	200m: 2:03.19	31.92	300m: 3:08.38	32.71	400m: 4:12.83	31.32
11.	SOUSA Joao Maria	05	Braga	4:13.21	+0,74	588	
	50m: 28.17 28.17	150m: 1:30.51	31.34	250m: 2:34.86	32.24	350m: 3:40.54	32.90
	100m: 59.17 31.00	200m: 2:02.62	32.11	300m: 3:07.64	32.78	400m: 4:13.21	32.67
12.	NUNES Diogo Severino	04	Natacao de Valongo	4:14.51	+0,78	580	
	50m: 28.40 28.40	150m: 1:31.75	31.99	250m: 2:35.65	32.16	350m: 3:41.61	32.99
	100m: 59.76 31.36	200m: 2:03.49	31.74	300m: 3:08.62	32.97	400m: 4:14.51	32.90
13.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgad	4:14.82	+0,73	577	
	50m: 28.15 28.15	150m: 1:30.17	31.43	250m: 2:35.58	33.10	350m: 3:42.16	33.58
	100m: 58.74 30.59	200m: 2:02.48	32.31	300m: 3:08.58	33.00	400m: 4:14.82	32.66
EXH	CRUZ Miguel Duarte	99 S15	Belenenses	4:27.57	+0,69	499	
	50m: 29.85 29.85	150m: 1:37.76	34.47	250m: 2:46.30	34.37	350m: 3:54.25	33.92
	100m: 1:03.29 33.44	200m: 2:11.93	34.17	300m: 3:20.33	34.03	400m: 4:27.57	33.32

Prova 18	Femin., 400m Livres					Absoluto
27-11-2021 - 9:15						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	
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004	
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004	
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980	
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	DURAES Diana Margarida	96	Benfica	4:08.98	+0,75	829	
	50m: 29.54 29.54	150m: 1:31.91	31.33	250m: 2:34.54	31.22	350m: 3:37.56	31.66
	100m: 1:00.58 31.04	200m: 2:03.32	31.41	300m: 3:05.90	31.36	400m: 4:08.98	31.42
2.	HOLUB Tamila Hryhorivna	99	Braga	4:13.06	+0,79	789	
	50m: 29.99 29.99	150m: 1:32.78	31.47	250m: 2:36.22	31.82	350m: 3:40.98	32.45
	100m: 1:01.31 31.32	200m: 2:04.40	31.62	300m: 3:08.53	32.31	400m: 4:13.06	32.08
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:13.68	+0,68	784	
	50m: 29.76 29.76	150m: 1:32.91	31.78	250m: 2:37.92	32.64	350m: 3:42.92	32.33
	100m: 1:01.13 31.37	200m: 2:05.28	32.37	300m: 3:10.59	32.67	400m: 4:13.68	30.76
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:14.55	+0,81	776	
	50m: 30.07 30.07	150m: 1:34.35	32.24	250m: 2:39.05	32.30	350m: 3:42.82	31.89
	100m: 1:02.11 32.04	200m: 2:06.75	32.40	300m: 3:10.93	31.88	400m: 4:14.55	31.73
5.	ANDRE Angelica Maria	94	Porto	4:16.56	+0,75	757	
	50m: 29.56 29.56	150m: 1:33.12	32.18	250m: 2:38.33	32.82	350m: 3:43.71	32.56
	100m: 1:00.94 31.38	200m: 2:05.51	32.39	300m: 3:11.15	32.82	400m: 4:16.56	32.85
6.	CARDEAL Joana Nunes	02	Academico Viseu	4:18.25	+0,73	743	
	50m: 30.13 30.13	150m: 1:35.43	32.66	250m: 2:40.66	32.51	350m: 3:46.07	32.66
	100m: 1:02.77 32.64	200m: 2:08.15	32.72	300m: 3:13.41	32.75	400m: 4:18.25	32.18
7.	MENDES Mariana Amaral	02	Sporting	4:22.47	+0,76	707	
	50m: 30.88 30.88	150m: 1:36.51	32.80	250m: 2:43.20	33.59	350m: 3:50.23	33.44
	100m: 1:03.71 32.83	200m: 2:09.61	33.10	300m: 3:16.79	33.59	400m: 4:22.47	32.24
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:23.76	+0,70	697	
	50m: 30.53 30.53	150m: 1:36.73	33.37	250m: 2:44.29	33.70	350m: 3:51.45	33.50
	100m: 1:03.36 32.83	200m: 2:10.59	33.86	300m: 3:17.95	33.66	400m: 4:23.76	32.31
9.	HENRIQUES Ines Jacinto	00	Sporting	4:23.97	+0,71	695	
	50m: 29.87 29.87	150m: 1:34.50	32.54	250m: 2:41.20	33.54	350m: 3:49.61	34.47
	100m: 1:01.96 32.09	200m: 2:07.66	33.16	300m: 3:15.14	33.94	400m: 4:23.97	34.36
10.	MOURA Maria Ferreira	04	Sporting	4:25.44	+0,84	684	
	50m: 29.85 29.85	150m: 1:35.77	33.30	250m: 2:42.97	33.49	350m: 3:51.10	34.25
	100m: 1:02.47 32.62	200m: 2:09.48	33.71	300m: 3:16.85	33.88	400m: 4:25.44	34.34

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	RAMOS Ana Rita	02	Porto	4:26.03	+0,82	679	
	50m: 29.56 29.56	150m: 1:35.23	33.45	250m: 2:43.04	34.00	350m: 3:51.72	34.43
	100m: 1:01.78 32.22	200m: 2:09.04	33.81	300m: 3:17.29	34.25	400m: 4:26.03	34.31
12.	MONTEIRO Ana Catarina	93	Vilacondense	4:29.17	+0,67	656	
	50m: 30.88 30.88	150m: 1:38.20	33.74	250m: 2:45.47	33.16	350m: 3:54.88	35.24
	100m: 1:04.46 33.58	200m: 2:12.31	34.11	300m: 3:19.64	34.17	400m: 4:29.17	34.29
13.	MORGADO Alice Jesus	04	Sporting	4:40.52	+0,82	579	
	50m: 31.23 31.23	150m: 1:39.53	34.49	250m: 2:50.31	35.73	350m: 4:03.80	37.11
	100m: 1:05.04 33.81	200m: 2:14.58	35.05	300m: 3:26.69	36.38	400m: 4:40.52	36.72

Juniores

1.	PIRES Marta Joao	05	Alges	4:21.06	+0,75	719	
	50m: 29.80 29.80	150m: 1:35.90	33.40	250m: 2:43.46	33.77	350m: 3:49.69	32.80
	100m: 1:02.50 32.70	200m: 2:09.69	33.79	300m: 3:16.89	33.43	400m: 4:21.06	31.37
2.	LOPES Daniela Magalhaes	05	Famalicao	4:22.22	+0,76	709	
	50m: 30.23 30.23	150m: 1:35.14	32.69	250m: 2:42.04	33.50	350m: 3:49.29	33.67
	100m: 1:02.45 32.22	200m: 2:08.54	33.40	300m: 3:15.62	33.58	400m: 4:22.22	32.93
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:29.49	+0,72	653	
	50m: 31.43 31.43	150m: 1:39.42	34.31	250m: 2:48.19	34.23	350m: 3:56.20	33.78
	100m: 1:05.11 33.68	200m: 2:13.96	34.54	300m: 3:22.42	34.23	400m: 4:29.49	33.29
4.	ALVES Joana Silva	05	Benedita	4:32.53	+0,79	632	
	50m: 30.78 30.78	150m: 1:39.01	34.43	250m: 2:48.74	34.85	350m: 3:58.48	34.69
	100m: 1:04.58 33.80	200m: 2:13.89	34.88	300m: 3:23.79	35.05	400m: 4:32.53	34.05
5.	LOPES Francisca Macedo	05	Vilacondense	4:34.46	+0,82	619	
	50m: 30.89 30.89	150m: 1:39.16	34.42	250m: 2:49.02	35.05	350m: 3:59.21	35.10
	100m: 1:04.74 33.85	200m: 2:13.97	34.81	300m: 3:24.11	35.09	400m: 4:34.46	35.25
6.	REIS Erica Cristina	05	Sporting	4:34.59	+0,68	618	
	50m: 30.98 30.98	150m: 1:39.47	34.42	250m: 2:49.32	35.01	350m: 3:59.94	35.41
	100m: 1:05.05 34.07	200m: 2:14.31	34.84	300m: 3:24.53	35.21	400m: 4:34.59	34.65
7.	COELHO Maria Leonor	06	Benfica	4:35.08	+0,81	614	
	50m: 31.24 31.24	150m: 1:39.49	34.55	250m: 2:49.38	35.01	350m: 4:00.11	35.64
	100m: 1:04.94 33.70	200m: 2:14.37	34.88	300m: 3:24.47	35.09	400m: 4:35.08	34.97
8.	AMORIM Ines Santos	06	Desportiva de Viana	4:36.92	+0,83	602	
	50m: 32.14 32.14	150m: 1:40.97	34.81	250m: 2:51.22	35.35	350m: 4:03.19	35.68
	100m: 1:06.16 34.02	200m: 2:15.87	34.90	300m: 3:27.51	36.29	400m: 4:36.92	33.73
9.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:36.93	+0,79	602	
	50m: 31.81 31.81	150m: 1:40.82	34.90	250m: 2:51.16	35.38	350m: 4:02.18	35.33
	100m: 1:05.92 34.11	200m: 2:15.78	34.96	300m: 3:26.85	35.69	400m: 4:36.93	34.75
10.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:37.25	+0,79	600	
	50m: 31.81 31.81	150m: 1:41.82	35.28	250m: 2:52.57	35.31	350m: 4:03.39	35.38
	100m: 1:06.54 34.73	200m: 2:17.26	35.44	300m: 3:28.01	35.44	400m: 4:37.25	33.86

Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	PEIXOTO Carolina Esteves	06	Braga	4:38.38	+0,92	593	
	50m: 31.59 31.59	150m: 1:40.28	34.81 250m: 2:51.30	35.73	350m: 4:03.35	36.05	
	100m: 1:05.47 33.88	200m: 2:15.57	35.29 300m: 3:27.30	36.00	400m: 4:38.38	35.03	
12.	SILVA Ana Francisca	06	Alcobaca	4:40.33	+0,77	581	
	50m: 32.29 32.29	150m: 1:43.25	35.97 250m: 2:54.03	35.16	350m: 4:05.96	35.81	
	100m: 1:07.28 34.99	200m: 2:18.87	35.62 300m: 3:30.15	36.12	400m: 4:40.33	34.37	
13.	PIRES Catarina Gaspar	06	Porto	4:41.40	+0,84	574	
	50m: 32.10 32.10	150m: 1:42.41	35.64 250m: 2:54.06	35.59	350m: 4:06.25	36.12	
	100m: 1:06.77 34.67	200m: 2:18.47	36.06 300m: 3:30.13	36.07	400m: 4:41.40	35.15	
14.	LOPES Matilde Nunes	06	Benfica	4:41.58	+0,76	573	
	50m: 33.02 33.02	150m: 1:44.00	35.76 250m: 2:55.97	35.51	350m: 4:07.27	35.77	
	100m: 1:08.24 35.22	200m: 2:20.46	36.46 300m: 3:31.50	35.53	400m: 4:41.58	34.31	
15.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:43.61	+0,69	561	
	50m: 31.34 31.34	150m: 1:40.79	35.46 250m: 2:53.41	36.68	350m: 4:07.59	37.09	
	100m: 1:05.33 33.99	200m: 2:16.73	35.94 300m: 3:30.50	37.09	400m: 4:43.61	36.02	
16.	DINIS Filipa Paiva	06	Ba-Leiria	4:48.19	+0,88	534	
	50m: 33.35 33.35	150m: 1:45.40	36.07 250m: 2:57.95	36.28	350m: 4:11.25	36.94	
	100m: 1:09.33 35.98	200m: 2:21.67	36.27 300m: 3:34.31	36.36	400m: 4:48.19	36.94	
17.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	4:48.22	+0,76	534	
	50m: 32.05 32.05	150m: 1:43.32	36.16 250m: 2:56.89	36.78	350m: 4:11.46	37.25	
	100m: 1:07.16 35.11	200m: 2:20.11	36.79 300m: 3:34.21	37.32	400m: 4:48.22	36.76	
DNS	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	4:30.91	+0,75	643	
	50m: 30.54 30.54	150m: 1:36.97	33.47 250m: 2:45.53	34.34	350m: 3:56.15	35.52	
	100m: 1:03.50 32.96	200m: 2:11.19	34.22 300m: 3:20.63	35.10	400m: 4:30.91	34.76	

Prova 19	Masc., 50m Costas				Absolutos
27-11-2021 - 9:35					Resultados Elimin
RN25 Absoluto	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Absoluto	23.69	SANTOS Alexis Manacas	SCP	Felgueiras	21-12-2019
RN25 Sen	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	23.69	SANTOS Alexis Manacas	SCP	Felgueiras	21-12-2019
RN25 Jun18	25.01	SANTOS Alexis Manacas	SCP	Leiria	04-12-2009
RN25 Jun17	25.37	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014
RN S15	29.37	NEVES Tiago Correia	CFB	Algés	24-11-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	SANTOS Alexis Manacas	92	Sporting	24.88	+0,47 Q	712	
2.	COSTA Diogo Santos	02	Benfica	25.60	+0,52 Q	653	
3.	SANTOS Francisco Rogerio	98	Sporting	25.82	+0,69 Q	637	
4.	PIRES Ricardo Saraiva	98	Laranjeiro	26.36	+1,15 Q	598	
5.	CASTRO Duarte Monteiro	03	Porto	26.68	+0,98 Q	577	
6.	ZENZA Francisco Manuel	01	Natacao da Maia	26.73	+0,58 Q	574	
7.	FERNANDES Rui Afonso	03	Desportivo Nacional	27.17	+0,91 Q	546	
8.	BATE Miguel Ribeiro	99	Sporting	27.47	+1,08 Q	529	
DSQ	COSTA Joao Nogueira 403 - Falsa partida - SW 4.4	01	Vitoria Guimaraes				

Juniores

1.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	25.94	+0,66 Q	628	
2.	GOMES Guilherme Sousa	04	Aquatico Silves	26.65	+1,12 Q	579	
	SILVA Diogo Miguel	05	Galitos / Bresimar	26.65	+0,60 Q	579	
4.	BARAONA Andre Azevedo	04	Natacao do Montijo	26.70	+0,53 Q	576	
5.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	26.88	+0,61 Q	564	
6.	VASCONCELOS Francisco Lourenco	05	Geslours	27.18	+0,76 Q	546	
7.	LIMA Gaspar Pinheiro	04	Leixoes	27.35	+0,61 Q	536	
8.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	27.37	+0,91 Q	535	
9.	PEREIRA Tomas Coelho	05	Penafiel	27.44	+0,65 R	530	
10.	FRASQUILHO Afonso Figueiredo	04	Sporting	27.52	+0,57 R	526	
11.	DIAS Jose Diogo	04	Nautico Academico	27.65	+0,58	518	
12.	MARQUES Andre Henriques	05	Benfica	27.83	+0,53	508	
13.	RIBEIRO Filipe Silva	05	Leixoes	27.90	+0,57	505	
14.	CEPELEAGA Marin	05	Portinado	27.98	+0,66	500	
15.	CORDEIRO Tomas Almeida	05	Alges	28.26	+0,92	486	
16.	REMELHE Joao Anibal	05	Braga	28.92	+0,86	453	

Prova 20	Femin., 50m Costas					Absolutos
27-11-2021 - 9:40						Resultados Elimin
RN25 Absoluto	27.33	AZEVEDO Rafaela Gomes	SAD	Albufeira	13-11-2021	
RN25 Sen	27.33	AZEVEDO Rafaela Gomes	SAD	Albufeira	13-11-2021	
RN25 Jun17	28.22	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2019	
RN25 Jun16	28.42	FERNANDES Ines Camacho	SCP	Porto	08-12-2012	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	28.22	+0,68 Q	746	
2.	AZEVEDO Rafaela Gomes	02	Alges	28.64	+0,88 Q	714	
3.	FRISCHKNECHT Rita Barros	98	Sporting	29.10	+0,67 Q	680	
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	29.85	+0,66 Q	630	
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	29.88	+0,61 Q	628	
6.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	30.50	+0,59 Q	591	
7.	MARQUES Mariana Nunes	03	Estarreja	30.70	+0,53 Q	579	
8.	MARQUES Maria Vieira	04	Natacao de Vagos	30.78	+1,20 Q	575	
9.	RODRIGUES Joana Francisca	04	Condeixa Clube	30.88	+0,53 R	569	
10.	NUNES Sofia Alexandra	00	Laranjeiro	30.95	+1,14 R	565	
11.	JONES Angelina Bermejo	04	Portinado	31.12	+0,59	556	
12.	SOARES Ana Beatriz	03	Feirense	31.45	+1,10	539	
13.	MENDES Ana Sebastiao	04	Natacao de Lagos	31.53	+0,60	535	
14.	AMADO Maria Lopes	04	Nautico Marinha Grande	31.68	+0,59	527	
15.	SOARES Ines Apolinario	03	Pimpoes/Cimai	31.90	+1,60	516	

Juniores

1.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	30.32	+1,09 Q	601	
2.	EIRA Maria Carolina	05	Ginasio de Vila Real	30.58	+0,68 Q	586	
3.	GONCALVES Rita Abibe	05	Gesloures	30.65	+1,37 Q	582	
4.	SALGADO Soraia Maria	05	Fisica Torres Vedras	30.91	+0,81 Q	568	
5.	LAGOA Carlota Macedo	05	Ba-Leiria	30.97	+1,06 Q	564	
6.	ROMAO Ana Teresa	06	Naval de Faro	31.48	+0,66 Q	537	
7.	DINIS Filipa Paiva	06	Ba-Leiria	31.65	+0,73 Q	529	
8.	RODRIGUES Filipa Guerreiro	05	Naval de Faro	31.72	+0,73 Q	525	
9.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	31.86	+0,59 R	518	
10.	BRITES Marta Lopes	06	Bombeiros de Ponta Delgada	31.87	+1,17 ?	518	
	JARDIM Lara Filipa	06	Naval do Funchal	31.87	+1,04 ?	518	
12.	PEREIRA Isabel dos Santos	05	Colegio Efanor	32.03	+0,68	510	
13.	MAGALHAES Luana Cardoso	06	Alges	32.12	+0,63	506	
14.	COSTA Maria Jardim	06	Desportivo Nacional	32.16	+0,66	504	
15.	NEVES Maria Manuel	05	Braga	32.21	+0,79	502	
16.	COSTA Daniela Alexandra	06	Leixoes	32.94	+0,68	469	

Prova 21	Masc., 200m Bruços					Absolutos
27-11-2021 - 9:50						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
RN S15	2:49.41	CRUZ Miguel Duarte	CFB	Alges		22-11-2015

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:13.02	+0,58 Q	737	
	50m: 30.47 30.47	100m: 1:04.03	33.56	150m: 1:38.34	34.31	200m: 2:13.02	34.68
2.	SIMOES Rafael Gomes	00	Braga	2:13.31	+0,81 Q	732	
	50m: 29.38 29.38	100m: 1:03.08	33.70	150m: 1:37.86	34.78	200m: 2:13.31	35.45
3.	QUINTAS Francisco Robalo	95	Sporting	2:17.70	+0,67 Q	664	
	50m: 31.54 31.54	100m: 1:06.90	35.36	150m: 1:43.04	36.14	200m: 2:17.70	34.66
4.	MENDES Antonio Manuel	99	Sporting	2:17.91	+0,67 Q	661	
	50m: 31.49 31.49	100m: 1:06.56	35.07	150m: 1:42.58	36.02	200m: 2:17.91	35.33
5.	CABRITO Rodrigo Almeida	01	Belenenses	2:18.67	+0,66 Q	650	
	50m: 31.54 31.54	100m: 1:06.83	35.29	150m: 1:42.95	36.12	200m: 2:18.67	35.72
6.	FRISCHKNECHT Renato Barros	01	Sporting	2:18.96	+0,62 Q	646	
	50m: 30.68 30.68	100m: 1:05.82	35.14	150m: 1:41.93	36.11	200m: 2:18.96	37.03
7.	SILVA Tomas Antonio	01	Porto	2:19.31	+0,63 Q	641	
	50m: 31.27 31.27	100m: 1:06.22	34.95	150m: 1:42.37	36.15	200m: 2:19.31	36.94
8.	GOMES Filipe Miguel	97	Ba-Leiria	2:20.72	+0,67 Q	622	
	50m: 31.92 31.92	100m: 1:08.13	36.21	150m: 1:43.90	35.77	200m: 2:20.72	36.82
9.	RIBEIRO Afonso Mateus	95	Belenenses	2:20.78	+0,66 R	621	
	50m: 32.24 32.24	100m: 1:07.89	35.65	150m: 1:43.92	36.03	200m: 2:20.78	36.86
10.	MERUJE Joaquim Agra	01	Uniao Coimbra	2:21.39	+0,71 R	613	
	50m: 31.29 31.29	100m: 1:06.79	35.50	150m: 1:43.02	36.23	200m: 2:21.39	38.37
11.	AFONSO Francisco Lopes	03	Alges	2:23.74	+0,66	584	
	50m: 33.04 33.04	100m: 1:09.44	36.40	150m: 1:46.29	36.85	200m: 2:23.74	37.45
12.	TEODORO Diogo Filipe	99	Natacao de Valongo	2:24.07	+0,64	580	
	50m: 31.60 31.60	100m: 1:08.29	36.69	150m: 1:46.19	37.90	200m: 2:24.07	37.88
13.	BRAS Ricardo Martins	01	Vikings	2:25.73	+0,73	560	
	50m: 32.38 32.38	100m: 1:09.84	37.46	150m: 1:47.70	37.86	200m: 2:25.73	38.03
14.	VARGAS Joao Manuel	00	Benfica	2:28.38	+0,64	531	
	50m: 32.56 32.56	100m: 1:09.90	37.34	150m: 1:48.50	38.60	200m: 2:28.38	39.88
15.	FONSECA Joao Costa	00	Natacao de Lisboa	2:28.50	+0,82	529	
	50m: 32.59 32.59	100m: 1:09.86	37.27	150m: 1:49.01	39.15	200m: 2:28.50	39.49

Prova 21, Masc., 200m Bruços, Elimin

Juniores

1.	OLIVEIRA Joao Campelo	04	Famalicao	2:22.96	+0,67	Q	593
	50m: 32.14 32.14	100m: 1:08.72	36.58 150m: 1:46.19	37.47	200m: 2:22.96	36.77	
2.	REBELO Joao Lourenco	04	Alges	2:23.12	+0,67	Q	591
	50m: 32.10 32.10	100m: 1:07.88	35.78 150m: 1:45.28	37.40	200m: 2:23.12	37.84	
3.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	2:23.70	+0,72	Q	584
	50m: 32.36 32.36	100m: 1:09.43	37.07 150m: 1:46.43	37.00	200m: 2:23.70	37.27	
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	2:24.88	+0,71	Q	570
	50m: 32.74 32.74	100m: 1:09.83	37.09 150m: 1:47.21	37.38	200m: 2:24.88	37.67	
5.	CARVALHO Antonio Lombardi	04	Sporting	2:25.20	+0,80	Q	566
	50m: 32.46 32.46	100m: 1:09.95	37.49 150m: 1:47.34	37.39	200m: 2:25.20	37.86	
6.	OLIVEIRA Simao Lopes	05	Naval Setubalense	2:25.54	+0,71	Q	562
	50m: 33.23 33.23	100m: 1:10.96	37.73 150m: 1:47.99	37.03	200m: 2:25.54	37.55	
7.	ALVES Paulo Rodrigues	04	Desportivo Nacional	2:25.67	+0,76	Q	561
	50m: 32.42 32.42	100m: 1:09.48	37.06 150m: 1:47.64	38.16	200m: 2:25.67	38.03	
8.	CRUZ David Miguel	04	Braga	2:26.38	+0,74	Q	553
	50m: 32.63 32.63	100m: 1:09.42	36.79 150m: 1:47.59	38.17	200m: 2:26.38	38.79	
9.	SILVA Goncalo Manuel	05	Porto	2:26.63	+0,76	R	550
	50m: 32.87 32.87	100m: 1:09.93	37.06 150m: 1:47.93	38.00	200m: 2:26.63	38.70	
10.	FERNANDES Martim Pestana	04	Naval do Funchal	2:26.88	+0,65	R	547
	50m: 32.51 32.51	100m: 1:10.53	38.02 150m: 1:48.73	38.20	200m: 2:26.88	38.15	
11.	TSYKAL Daniel	04	Alcobaca	2:27.08	+0,67		545
	50m: 32.69 32.69	100m: 1:10.18	37.49 150m: 1:49.04	38.86	200m: 2:27.08	38.04	
12.	ANICETO Joao Gabriel	04	Ba-Leiria	2:28.02	+0,71		534
	50m: 32.72 32.72	100m: 1:10.48	37.76 150m: 1:49.40	38.92	200m: 2:28.02	38.62	
13.	SILVA Nuno Marques	04	Ba-Leiria	2:28.25	+0,79		532
	50m: 34.08 34.08	100m: 1:11.85	37.77 150m: 1:50.02	38.17	200m: 2:28.25	38.23	
14.	GUIMARAES Hugo Goncalves	04	Desportiva de Viana	2:29.33	+0,69		521
	50m: 33.44 33.44	100m: 1:11.86	38.42 150m: 1:50.50	38.64	200m: 2:29.33	38.83	
15.	NEAGU Tiberius Sebastian	04	Academico Viseu	2:29.47	+0,69		519
	50m: 34.11 34.11	100m: 1:12.46	38.35 150m: 1:51.26	38.80	200m: 2:29.47	38.21	
16.	MOREIRA Joao Pedro	04	Colegio Efanor	2:29.88	+0,66		515
	50m: 33.30 33.30	100m: 1:10.59	37.29 150m: 1:49.69	39.10	200m: 2:29.88	40.19	
17.	LOPES Francisco Oliveira	04	Bombeiros de Ponta Delgad	2:30.32	+0,80		510
	50m: 33.88 33.88	100m: 1:12.23	38.35 150m: 1:50.94	38.71	200m: 2:30.32	39.38	
DSQ	BARRETO Guilherme Pedro	05	Desportiva de Viana				
	<i>730 - Vários movimentos verticais de pernas após viragem aos 50 m - SW 7.1</i>						



Prova 22	Femin., 200m Bruços					Absolutos
27-11-2021 - 10:05						Resultados Elimin
RN25 Absoluto	2:22.12	PEREIRA Raquel Gomes	SAD	Algés		29-06-2019
RN25 Sen	2:22.12	PEREIRA Raquel Gomes	SAD	Algés		29-06-2019
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	ANDRE Angelica Maria	94	Porto	2:35.72	+0,75 Q	645	
	50m: 35.37 35.37	100m: 1:14.90	39.53	150m: 1:55.16	40.26	200m: 2:35.72	40.56
2.	FIAL Sofia Nunes	03	Porto	2:36.04	+0,68 Q	641	
	50m: 35.55 35.55	100m: 1:15.74	40.19	150m: 1:55.85	40.11	200m: 2:36.04	40.19
3.	RODRIGUES Lidiana Correia	04	Belenenses	2:37.11	+0,76 Q	628	
	50m: 35.78 35.78	100m: 1:15.90	40.12	150m: 1:56.50	40.60	200m: 2:37.11	40.61
4.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:38.01	+0,79 Q	617	
	50m: 36.32 36.32	100m: 1:16.44	40.12	150m: 1:57.39	40.95	200m: 2:38.01	40.62
5.	REBELO Maria Carlota	03	Condeixa Clube	2:39.49	+0,69 Q	600	
	50m: 36.15 36.15	100m: 1:16.59	40.44	150m: 1:58.08	41.49	200m: 2:39.49	41.41
6.	CERDEIRA Madalena Reis	03	Sporting	2:39.60	+0,81 Q	599	
	50m: 35.91 35.91	100m: 1:17.09	41.18	150m: 1:58.67	41.58	200m: 2:39.60	40.93
7.	CASTRO Maria Freitas	03	Vitoria Guimaraes	2:43.27	+0,69 Q	559	
	50m: 36.88 36.88	100m: 1:18.54	41.66	150m: 2:00.62	42.08	200m: 2:43.27	42.65
8.	SILVA Natacha Sofia	02	Benfica	2:51.57	+0,86 Q	482	
	50m: 38.27 38.27	100m: 1:21.49	43.22	150m: 2:06.22	44.73	200m: 2:51.57	45.35
DNS	KAMINSKAYA Victoria	95	Benfica				

Juniores

1.	ESTEVEENS Laura Fabiana	05	Naval de Faro	2:39.62	+0,75 Q	599	
	50m: 36.82 36.82	100m: 1:17.63	40.81	150m: 1:58.49	40.86	200m: 2:39.62	41.13
2.	NUNES Margarida Domingues	05	Sporting	2:39.92	+0,72 Q	595	
	50m: 36.25 36.25	100m: 1:16.08	39.83	150m: 1:57.42	41.34	200m: 2:39.92	42.50
3.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	2:40.68	+0,82 Q	587	
	50m: 37.08 37.08	100m: 1:18.12	41.04	150m: 1:59.25	41.13	200m: 2:40.68	41.43
4.	JESUS Mariana Teixeira	06	Estarreja	2:42.18	+0,85 Q	571	
	50m: 36.49 36.49	100m: 1:17.78	41.29	150m: 1:59.97	42.19	200m: 2:42.18	42.21
5.	SILVA Maria Seixeira	06	Viana Natacao	2:42.73	+0,82 Q	565	
	50m: 36.97 36.97	100m: 1:18.83	41.86	150m: 2:00.90	42.07	200m: 2:42.73	41.83
6.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:42.85	+0,74 Q	564	
	50m: 36.43 36.43	100m: 1:17.14	40.71	150m: 1:59.43	42.29	200m: 2:42.85	43.42

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	FERREIRA Joana Rosa 50m: 36.06 36.06	05	Naval de Peniche 100m: 1:17.31 41.25 150m: 2:01.01	2:44.33 43.70 200m: 2:44.33	+0,85 Q	549	43.32
8.	ANTUNES Rebeca Leonor 50m: 35.05 35.05	06	Alges 100m: 1:15.53 40.48 150m: 1:59.56	2:44.46 44.03 200m: 2:44.46	+0,76 Q	547	44.90
9.	LOPES Matilde Nunes 50m: 37.78 37.78	06	Benfica 100m: 1:19.60 41.82 150m: 2:01.96	2:44.97 42.36 200m: 2:44.97	+0,81 R	542	43.01
10.	RIBEIRO Maria Joao 50m: 36.49 36.49	05	Sao Joao Ver 100m: 1:18.15 41.66 150m: 2:01.83	2:46.91 43.68 200m: 2:46.91	+0,78 R	524	45.08
11.	REIS Juliana Branco 50m: 37.33 37.33	05	Alcobaca 100m: 1:19.78 42.45 150m: 2:02.86	2:47.14 43.08 200m: 2:47.14	+0,81	521	44.28
12.	VARGAS Maria Carolina 50m: 38.84 38.84	05	Benfica 100m: 1:22.25 43.41 150m: 2:05.36	2:47.83 43.11 200m: 2:47.83	+0,93	515	42.47
13.	FERNANDES Maria Teresa 50m: 38.98 38.98	05	Alges 100m: 1:22.16 43.18 150m: 2:05.11	2:47.86 42.95 200m: 2:47.86	+0,74	515	42.75
14.	REBELO Mariana Cunha 50m: 37.68 37.68	06	Natacao de Vagos 100m: 1:19.83 42.15 150m: 2:03.68	2:48.33 43.85 200m: 2:48.33	+0,86	510	44.65
15.	BELO Catarina Machado 50m: 36.36 36.36	06	Benedita 100m: 1:18.77 42.41 150m: 2:03.22	2:48.67 44.45 200m: 2:48.67	+0,73	507	45.45
16.	GASPAR Beatriz Andre 50m: 37.73 37.73	06	Nautico Academico 100m: 1:20.41 42.68 150m: 2:04.77	2:48.81 44.36 200m: 2:48.81	+0,73	506	44.04
17.	SA Madalena Correa 50m: 38.85 38.85	06	Gesloures 100m: 1:21.86 43.01 150m: 2:06.05	2:50.97 44.19 200m: 2:50.97	+0,85	487	44.92
18.	LOPES Francisca Macedo 50m: 38.08 38.08	05	Vilacondense 100m: 1:22.01 43.93 150m: 2:06.69	2:52.16 44.68 200m: 2:52.16	+0,79	477	45.47
19.	COSTA Francisca Vila 50m: 38.28 38.28	06	Viana Natacao 100m: 1:21.97 43.69 150m: 2:07.29	2:52.89 45.32 200m: 2:52.89	+0,79	471	45.60
20.	ALVES Maria Madalena 50m: 38.88 38.88	06	Ba-Leiria 100m: 1:22.75 43.87 150m: 2:08.26	2:54.49 45.51 200m: 2:54.49	+0,73	458	46.23
21.	FROIS Maria Francisca 50m: 38.80 38.80	06	Ba-Leiria 100m: 1:23.99 45.19 150m: 2:09.68	2:54.98 45.69 200m: 2:54.98	+0,71	454	45.30
22.	CARDOSO Eduarda Oliveira 50m: 40.23 40.23	06	Estamos Juntos 100m: 1:25.91 45.68 150m: 2:11.37	2:55.26 45.46 200m: 2:55.26	+0,74	452	43.89



Prova 23	Masc., 100m Mariposa					Absoluto
27-11-2021 - 10:25						Resultados Elimin
RN25 Absoluto	51.27	SILVA Fernando Souza	POR	Doha (QAT)		21-10-2021
RN25 Sen	51.27	SILVA Fernando Souza	POR	Doha (QAT)		21-10-2021
RN25 Jun18	53.87	VENANCIO Tiago Andre	CNS	Cantanhede		19-12-2004
RN25 Jun17	53.97	VENANCIO Tiago Andre	CNS	Alapraia		15-02-2004
RN25 Juv A	55.60	SOUSA Diogo Gomes	CNCVG	Porto		05-12-2010
RN25 Juv B	56.68	RIBEIRO Diogo Matos	CUC	Lousã		23-06-2019
RN25 Inf A	59.56	SILVA Fabio Parrilha da	CNAL	Leiria		07-04-2001
RN25 Inf B	1:01.78	SILVA Fabio Parrilha da	CNAL	Penafiel		01-04-2000
RN S8	1:06.51	CANCELA Diogo Luis	CNMC	Coimbra		02-02-2020
RN S15	58.67	NEVES Tiago Correia	CFB	Felgueiras		21-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	SILVA Fernando Souza	86	Uniao Piedense	52.37	+0,69 Q	759	
	50m: 23.99 23.99	100m: 52.37 28.38					
2.	NUNES Porfirio Braga	00	Porto	53.54	+0,69 Q	710	
	50m: 25.12 25.12	100m: 53.54 28.42					
3.	VAKULYUK Paulo	03	Torres Novas	53.89	+0,70 Q	696	
	50m: 24.96 24.96	100m: 53.89 28.93					
4.	SILVA Glauber	86	Foca Quinta da Lixa CNF	54.27	+0,78 Q	682	
	50m: 25.47 25.47	100m: 54.27 28.80					
5.	COSTA Joao Nogueira	01	Vitoria Guimaraes	54.30	+0,68 Q	681	
	50m: 25.39 25.39	100m: 54.30 28.91					
6.	SANTOS Pedro Andre	94	Alges	54.62	+0,69 Q	669	
	50m: 25.10 25.10	100m: 54.62 29.52					
7.	RAMOS Bruno Miguel	97	Belenenses	54.74	+0,66 Q	665	
	50m: 25.70 25.70	100m: 54.74 29.04					
8.	COSTA Tiago Cunha	99	Sporting	54.86	+0,61 Q	660	
	50m: 25.67 25.67	100m: 54.86 29.19					
9.	MOGNE Igor Araujo	96	Sporting	54.93	+0,74 R	658	
	50m: 25.89 25.89	100m: 54.93 29.04					
10.	COSTA Diogo Santos	02	Benfica	55.29	+0,66 R	645	
	50m: 25.43 25.43	100m: 55.29 29.86					
11.	SILVA Henrique Gomes	02	Estamos Juntos	55.48	+0,66	638	
	50m: 26.02 26.02	100m: 55.48 29.46					
12.	SILVA Joao Carlos	98	Famalicao	56.68	+0,50	599	
	50m: 25.59 25.59	100m: 56.68 31.09					
13.	DOMINGUES Ricardo Jorge	02	Nautico Academico	57.24	+0,68	581	
	50m: 26.69 26.69	100m: 57.24 30.55					

Prova 23, Masc., 100m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	CANCELA Diogo Luis	02	S8 Louzan Natacao/EFAPEL				
DNS	TRAVANCA Sergio Filipe	00	Colegio Efanor				

Juniores

1.	RIBEIRO Diogo Matos	04	Benfica	53.26	+0,66	Q	721
	<i>Rec Nacional, Jun 18</i>						
	50m: 25.34 25.34	100m: 53.26	27.92				
2.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	56.59	+0,76	Q	601
	50m: 26.16 26.16	100m: 56.59	30.43				
3.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	56.73	+0,71	Q	597
	50m: 26.31 26.31	100m: 56.73	30.42				
4.	APSENIECE Kevins Alexandre	04	Porto	56.93	+0,73	Q	591
	50m: 26.55 26.55	100m: 56.93	30.38				
5.	MADUREIRA Rui Pedro	04	Famalicao	57.53	+0,61	Q	572
	50m: 26.76 26.76	100m: 57.53	30.77				
6.	DIOGO Dinis Miranda	04	Nautico Academico	57.70	+0,62	Q	567
	50m: 26.82 26.82	100m: 57.70	30.88				
7.	FERRAO Gabriel Carvalho	05	Uniao Piedense	58.09	+0,66	Q	556
	50m: 27.23 27.23	100m: 58.09	30.86				
8.	REIS Rodrigo Miguel	04	Nautico Academico	58.44	+0,64	Q	546
	50m: 26.83 26.83	100m: 58.44	31.61				
9.	ANTUNES David Alexandre	04	Leixoes	58.54	+0,69	R	543
	50m: 27.10 27.10	100m: 58.54	31.44				
10.	BARAONA Andre Azevedo	04	Natacao do Montijo	58.75	+0,66	R	537
	50m: 27.09 27.09	100m: 58.75	31.66				
11.	BORGES David Costa	04	Fluvial Portuense	58.91	+0,60		533
	50m: 27.10 27.10	100m: 58.91	31.81				
12.	DIAS Andre Vicente	05	Desportivo Nacional	59.10	+0,69		528
	50m: 27.43 27.43	100m: 59.10	31.67				
13.	PINTO Tiago Rodrigues	05	Sporting	59.39	+0,73		520
	50m: 27.54 27.54	100m: 59.39	31.85				

Classe S8

DNS	CANCELA Diogo Luis	02	S8 Louzan Natacao/EFAPEL
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Prova 23, Masc., 100m Mariposa, Elimin

EXH	HEINIO-WIDELL Nick	05	Alges	57.39	+0,61	577
	50m: 26.30 26.30	100m: 57.39	31.09			
EXH	FRANCISCO Daniel Sebastiao	00	Porto	59.48	+0,67	518
	50m: 24.98 24.98	100m: 59.48	34.50			
EXH	NEVES Tiago Correia	97	S15 Belenenses	59.71	+0,66	512
	50m: 27.56 27.56	100m: 59.71	32.15			

Prova 24

Femin., 100m Mariposa

Absolutos

27-11-2021 - 10:30

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	59.36	CUNHA Mariana Pacheco	CNCE	Felgueiras	10-04-2021
RN25 Jun16	1:00.66	FERNANDES Carolina Miranda	CGA	Gafanha de Nazaré	25-04-2021

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	GUEDES Ana Margarida	01	Ginasio de Vila Real	59.78	+0,63	Q	762
	50m: 27.49 27.49	100m: 59.78	32.29				
2.	MONTEIRO Ana Catarina	93	Vilacondense	1:01.13	+0,68	Q	712
	50m: 28.90 28.90	100m: 1:01.13	32.23				
3.	CUNHA Mariana Pacheco	04	Colegio Efanor	1:02.17	+0,69	Q	677
	50m: 28.70 28.70	100m: 1:02.17	33.47				
4.	MOURA Maria Ferreira	04	Sporting	1:02.98	+0,75	Q	651
	50m: 29.55 29.55	100m: 1:02.98	33.43				
5.	HENRIQUES Ines Jacinto	00	Sporting	1:03.29	+0,71	Q	642
	50m: 29.48 29.48	100m: 1:03.29	33.81				
6.	TEJO Beatriz Costa	02	Academica de Coimbra	1:03.32	+0,64	Q	641
	50m: 29.50 29.50	100m: 1:03.32	33.82				
7.	MESQUITA Francisca Salvador	02	Sporting	1:03.54	+0,74	Q	634
	50m: 29.76 29.76	100m: 1:03.54	33.78				
8.	MONTEIRO Ana Carolina	04	Uniao Coimbra	1:04.09	+0,69	Q	618
	50m: 29.91 29.91	100m: 1:04.09	34.18				
9.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	1:04.29	+0,78	R	612
	50m: 30.46 30.46	100m: 1:04.29	33.83				
10.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	1:04.83	+0,74	R	597
	50m: 30.22 30.22	100m: 1:04.83	34.61				
11.	SILVA Leonor Santos	03	Porto	1:05.20	+0,72		587
	50m: 30.27 30.27	100m: 1:05.20	34.93				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
12.	FIDALGO Maria Jardim 50m: 30.21 30.21	04	Colegio Vasco da Gama	1:05.35	+0,67	583	
13.	SANTOS Beatriz Rocha 50m: 30.93 30.93	02	Campinho	1:05.75	+0,72	572	
14.	MENDES Ana Sebastiao 50m: 30.66 30.66	04	Natacao de Lagos	1:06.62	+0,72	550	

Juniores

1.	FERNANDES Carolina Miranda 50m: 29.06 29.06	05	Galitos / Bresimar	1:01.80	+0,75 Q	690	
2.	ALMEIDA Maria Carolina 50m: 29.42 29.42	05	Galitos / Bresimar	1:02.43	+0,80 Q	669	
3.	FERREIRA Francisca Santos 50m: 30.00 30.00	06	Alges	1:03.85	+0,68 Q	625	
4.	LOURO Ariana Espirito 50m: 30.12 30.12	05	Gualdim Pais	1:04.49	+0,65 Q	607	
5.	CATALAO Leonor Tavares 50m: 30.78 30.78	06	Sporting	1:05.53	+0,74 Q	578	
6.	SILVA Joana Ferreira 50m: 31.43 31.43	05	Colegio Efanor	1:06.21	+0,68 Q	561	
7.	BENTO Maria Madalena 50m: 31.38 31.38	05	BUZIOS - Coruche	1:06.75	+0,75 Q	547	
8.	SILVA Ana Francisca 50m: 31.61 31.61	06	Alcobaca	1:06.92	+0,78 Q	543	
9.	NEVES Gabriela Ferreira 50m: 31.84 31.84	06	Foca Quinta da Lixa CNF	1:07.11	+0,87 R	538	
10.	BARBEITO Laura Espinola 50m: 31.60 31.60	06	Nucleo Sporting da Terceira	1:07.98	+0,76 R	518	
11.	TINOCO Diana Silva 50m: 31.73 31.73	06	Columbofila Cantanhedense	1:08.02	+0,71	517	
12.	BROCHADO Mariana Goncalves 50m: 31.63 31.63	06	Viana Natacao	1:08.86	+0,85	498	
13.	BUCHA Marta Filipa 50m: 32.70 32.70	06	Viver Santarem	1:10.30	+0,86	468	



Prova 25	Masc., 50m Livres					Absoluto
27-11-2021 - 10:50						Resultados Elimin
RN25 Absoluto	21.57	NASCIMENTO Miguel Duarte	SLB	Coimbra		23-12-2020
RN25 Sen	21.57	NASCIMENTO Miguel Duarte	SLB	Coimbra		23-12-2020
RN25 Jun18	22.24	NASCIMENTO Miguel Duarte	PORTIN	Porto		08-12-2012
RN25 Jun17	23.12	MACHADO Tiago Andrade	SCA	Felgueiras		22-12-2018
RN25 Juv A	23.83	RIBEIRO Diogo Matos	CUC	Coimbra		02-02-2020
RN25 Juv B	23.96	SOUSA Diogo Gomes	CNCVG	Ponte de Sôr		13-12-2009
RN25 Inf A	25.30	CASTRO Joao Cruz	CSM	Funchal		12-04-2014
RN25 Inf B	26.65	LOPES Gabriel Jose	CDL	Lousã		19-06-2010
RN S9	25.62	CAETANO Gino Santos	CGA	Felgueiras		21-12-2019
RN S15	25.20	CRUZ Miguel Duarte	CFB	Felgueiras		22-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	NASCIMENTO Miguel Duarte	95	Benfica	22.00	+0,66 Q	769	
2.	MARQUES Miguel Henriques	00	Benfica	22.60	+0,63 Q	709	
3.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	22.77	+0,66 Q	694	
4.	PADRELA Joao Esteves	99	Belenenses	22.84	+0,67 Q	687	
5.	LEBRE Diogo Ramos	01	Benfica	22.90	+0,68 Q	682	
6.	NUNES Porfirio Braga	00	Porto	23.22	+0,65 Q	654	
7.	SANTOS Francisco Rogerio	98	Sporting	23.26	+0,59 Q	651	
8.	VAKULYUK Paulo	03	Torres Novas	23.29	+0,71 Q	648	
9.	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes	23.41	+0,64 R	638	
10.	LOURENCO Tiago Campos	02	Natacao de Valongo	23.55	+0,72 R	627	
11.	RIACHOS Frederico Sucena	98	Vitoria Guimaraes	23.56	+0,65	626	
12.	SILVA Miguel Vicente	02	Nautico Marinha Grande	23.70	+0,74	615	
13.	FERNANDES Pedro Miguel	99	Famalicao	24.00	+0,71	592	
14.	PEDRO Daniel Rochinha	98	Bombeiros Estoris	24.26	+0,68	573	
15.	ZENZA Francisco Manuel	01	Natacao da Maia	24.38	+0,71	565	
16.	FERNANDES Joao Vitor	00	Escola O Liceu	24.51	+0,63	556	
17.	RELVAS David Ferreira	03	Nautico Marinha Grande	24.66	+0,72	546	

Juniores

1.	RIBEIRO Diogo Matos	04	Benfica	22.68	+0,65 Q	702	
2.	ALMEIDA Bernardo Victorino	04	Sporting	23.99	+0,64 Q	593	
3.	PEREIRA Tomas Coelho	05	Penafiel	24.03	+0,74 Q	590	
4.	MAIA Felipe Menegassi	04	Alges	24.13	+0,61 Q	583	
5.	SILVA Diogo Miguel	05	Galitos / Bresimar	24.17	+0,69 Q	580	
6.	GOMES Guilherme Sousa	04	Aquatico Silves	24.23	+0,72 Q	575	
7.	SANTOS Rui Mamede	04	Uniao Coimbra	24.32	+0,71 Q	569	
8.	FERNANDES Diogo Henrique	04	Naval do Funchal	24.38	+0,69 Q	565	
9.	REIS Rodrigo Miguel	04	Nautico Academico	24.39	+0,65 R	564	
10.	RIBEIRO Vasco Almeida	05	Sao Joao Ver	24.48	+0,69 R	558	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	24.57	+0,69	552	
12.	BILRO Simao Valadas	05	Aminata	24.66	+0,72	546	
13.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	24.72	+0,70	542	
14.	PIRES Joao Antonio	05	Torres Novas	25.03	+0,64	522	
15.	CUNHA Vasco Goncalves	05	Leixoes	25.54	+0,63	491	
EXH	HEINIO-WIDELL Nick	05	Alges	23.93	+0,62	597	
EXH	FRANCISCO Daniel Sebastiao	00	Porto	24.21	+0,65	577	
EXH	CAETANO Gino Santos	94	S9 Galitos / Bresimar	25.83	+0,80	475	982
EXH	BELEZAS Ricardo Andrade	91	S15 Sporting	26.81	+0,72	425	
EXH	NEVES Diogo Correia	94	S15 Colegio Vasco da Gama	27.35	+0,64	400	

Prova 26 Femin., 50m Livres Absoluto Resultados Elimin

27-11-2021 - 11:00

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	25.42	FERNANDES Carolina Miranda	CGA	Albufeira	14-11-2021
RN25 Jun16	26.07	FERNANDES Carolina Miranda	CGA	Gafanha de Nazaré	18-07-2021
RN25 Juv A	26.37	FERNANDES Carolina Miranda	CGA	Albufeira	09-11-2019
RN25 Juv B	26.85	GUEDES Ana Margarida	GCVR	Bragança	05-07-2015
RN25 Inf A	27.43	BRITES Marta Lopes	CNPDL	Ponta Delgada	12-07-2019
RN25 Inf B	27.89	FERNANDES Carolina Miranda	CGA	Espinho	13-05-2017
RN S9	29.27	VEIGA Susana Pereira	CNCVG	Felgueiras	21-12-2019
RN S15	30.88	ALMEIDA Eunice Evora	CNA	Vila Real Stº Antonio	07-11-2015

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	25.80	+0,69 Q	702	
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.16	+0,63 Q	673	
3.	PEGO Isabel Porfiro	01	Fluvial Portuense	26.25	+0,70 Q	666	
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	26.53	+0,79 Q	645	
5.	ANDRE Leticia Maia	02	Benfica	26.55	+0,68 Q	644	
6.	OLIVEIRA Rosa Maria	96	Porto	26.62	+0,72 Q	639	
7.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	26.70	+0,77 Q	633	
8.	VIANA Carolina Pereira	04	Aquatico Silves	26.84	+0,67 Q	623	
9.	CASTRO Adriana Daniela	97	CLIP Teams	27.02	+0,67 R	611	
10.	NUNES Sofia Alexandra	00	Laranjeiro	27.28	+0,71 R	593	
11.	PINTO Mafalda Marques	02	Sporting	27.38	+0,73	587	
12.	RODRIGUES Joana Francisca	04	Condeixa Clube	27.46	+0,74	582	
13.	JONES Angelina Bermejo	04	Portinado	27.47	+0,70	581	
14.	RIESENBERGER Bruna Martins	97	Laranjeiro	27.49	+0,68	580	

Prova 26, Femin., 50m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	DURAES Diana Margarida	96	Benfica	27.70	+0,72	567	
16.	MARQUES Maria Vieira	04	Natacao de Vagos	27.83	+0,76	559	

Juniors

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	25.45	+0,70	Q	731
2.	LOURO Ariana Espirito	05	Gualdim Pais	27.40	+0,63	Q	586
3.	MELO Sara Carreira	05	Gesloures	27.53	+0,70	Q	577
4.	FERREIRA Francisca Santos	06	Alges	27.59	+0,67	Q	574
5.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	27.68	+0,60	Q	568
6.	TEIXEIRA Ines Correia	06	Amadora	27.73	+0,73	Q	565
7.	COELHO Maria Leonor	06	Benfica	27.75	+0,71	Q	564
8.	PEREIRA Carolina Rei	05	Natacao de Vagos	27.81	+0,69	Q	560
9.	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira	27.88	+0,71	R	556
10.	EIRA Maria Carolina	05	Ginasio de Vila Real	27.92	+0,71	R	553
11.	BRITES Marta Lopes	06	Bombeiros de Ponta Delgada	27.94	+0,64		552
12.	GOMES Carolina Fonseca	05	Sporting	28.09	+0,80		543
13.	JESUS Mariana Teixeira	06	Estarreja	28.11	+0,82		542
14.	VALENTE Maria Esteves	06	Benfica	28.35	+0,83		529
15.	FARIA Leonor Verissimo	06	Nucleo de Pombal	28.39	+0,68		526
16.	NEVES Maria Manuel	05	Braga	28.48	+0,84		521
17.	GRILO Maria Vitoria	06	Uniao Coimbra	28.61	+0,73		514
18.	DIAS Madalena Graca	06	Natacao de Lisboa	28.81	+0,94		504
19.	JARDIM Lara Filipa	06	Naval do Funchal	28.92	+0,75		498
20.	FROIS Maria Francisca	06	Ba-Leiria	29.58	+0,74		465
EXH	FOMINA Anna	02	Louletano / Loule Concelho	27.21	+0,71		598
EXH	VEIGA Susana Pereira	00	S9 Colegio Vasco da Gama	29.55	+0,77		467 960



Prova 27	Masc., 200m Estilos					Absoluto
27-11-2021 - 11:05						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	
RN25 Juv A	2:05.34	CARVALHO Diogo Filipe	CGA	Aveiro	15-05-2004	
RN25 Juv B	2:08.27	CARVALHO Diogo Filipe	CGA	Fafe	10-05-2003	
RN25 Inf A	2:13.38	FREITAS Tomas Miguel	CDN	Funchal	17-07-2004	
RN25 Inf B	2:17.96	RUIVO Andre Vilas	DNMG	Nazaré	02-06-2013	
RN S8	2:30.12	CANCELA Diogo Luis	CNMC	Guarda	17-02-2019	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:02.21	+0,63 Q	721	
	50m: 26.31 26.31	100m: 56.31	30.00	150m: 1:31.68	35.37	200m: 2:02.21	30.53
2.	LOPES Jose Paulo	00	Braga	2:02.50	+0,73 Q	716	
	50m: 27.01 27.01	100m: 57.50	30.49	150m: 1:32.26	34.76	200m: 2:02.50	30.24
3.	BASTOS Lucas Pereira	00	Nautico Academico	2:03.85	+0,72 Q	693	
	50m: 26.61 26.61	100m: 57.54	30.93	150m: 1:33.81	36.27	200m: 2:03.85	30.04
4.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	2:04.27	+0,67 Q	686	
	50m: 25.81 25.81	100m: 56.53	30.72	150m: 1:31.49	34.96	200m: 2:04.27	32.78
5.	SILVA Tomas Antonio	01	Porto	2:05.25	+0,62 Q	670	
	50m: 26.92 26.92	100m: 58.94	32.02	150m: 1:35.14	36.20	200m: 2:05.25	30.11
6.	VELOSO Tomas Miguel	96	Nautico Academico	2:05.58	+0,66 Q	665	
	50m: 27.25 27.25	100m: 59.94	32.69	150m: 1:35.71	35.77	200m: 2:05.58	29.87
7.	GOMES Filipe Miguel	97	Ba-Leiria	2:06.95	+0,63 Q	644	
	50m: 27.22 27.22	100m: 1:00.35	33.13	150m: 1:37.09	36.74	200m: 2:06.95	29.86
8.	LOPES Luis Afonso	03	Viver Santarem	2:07.29	+0,68 Q	638	
	50m: 27.66 27.66	100m: 1:01.46	33.80	150m: 1:37.46	36.00	200m: 2:07.29	29.83
9.	SILVA Henrique Gomes	02	Estamos Juntos	2:07.33	+0,63 R	638	
	50m: 26.98 26.98	100m: 59.27	32.29	150m: 1:36.42	37.15	200m: 2:07.33	30.91
10.	SAMPAIO Jose Pedro	98	Porto	2:08.09	+0,70 R	626	
	50m: 27.20 27.20	100m: 59.82	32.62	150m: 1:37.71	37.89	200m: 2:08.09	30.38
11.	CRISTINO David Matias	01	Uniao Piedense	2:08.24	+0,77	624	
	50m: 27.24 27.24	100m: 59.82	32.58	150m: 1:38.25	38.43	200m: 2:08.24	29.99
DSQ	CATALAO Daniel Nogueira	00	Benfica				
	<i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>						
DNS	CANCELA Diogo Luis	02	SM8 Louzan Natacao/EFAPEL				
DNS	SIMÕES Rafael Gomes	00	Braga				

Prova 27, Masc., 200m Estilos, Elimin

Juniores

1.	COSTA Joao Peres	04	Naval Praia da Vitoria	2:04.70	+0,60	Q	679
	50m: 27.26 27.26	100m: 59.24	31.98 150m: 1:35.39	36.15	200m: 2:04.70	29.31	
2.	CLARA Vitor Belo	04	Ba-Leiria	2:08.97	+0,71	Q	614
	50m: 27.92 27.92	100m: 1:00.79	32.87 150m: 1:39.04	38.25	200m: 2:08.97	29.93	
3.	SILVA Afonso Carvalho	05	Famalicao	2:09.02	+0,62	Q	613
	50m: 28.42 28.42	100m: 1:02.42	34.00 150m: 1:38.86	36.44	200m: 2:09.02	30.16	
4.	MARQUES Gustavo Pires	04	Sao Roque	2:09.83	+0,70	Q	602
	50m: 26.62 26.62	100m: 59.66	33.04 150m: 1:38.98	39.32	200m: 2:09.83	30.85	
5.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	2:10.88	+0,63	Q	587
	50m: 28.09 28.09	100m: 1:00.25	32.16 150m: 1:40.07	39.82	200m: 2:10.88	30.81	
6.	ALVES Paulo Rodrigues	04	Desportivo Nacional	2:11.20	+0,75	Q	583
	50m: 28.01 28.01	100m: 1:03.23	35.22 150m: 1:40.10	36.87	200m: 2:11.20	31.10	
7.	RODRIGUES Rodrigo Reis	04	Sao Roque	2:11.29	+0,66	Q	582
	50m: 28.25 28.25	100m: 1:02.41	34.16 150m: 1:41.15	38.74	200m: 2:11.29	30.14	
8.	FRASQUILHO Afonso Figueiredo	04	Sporting	2:11.30	+0,74	Q	582
	50m: 27.72 27.72	100m: 1:00.75	33.03 150m: 1:40.31	39.56	200m: 2:11.30	30.99	
9.	PEREIRA Tiago Maia	04	Galitos / Bresimar	2:11.59	+0,74	R	578
	50m: 28.23 28.23	100m: 1:01.88	33.65 150m: 1:40.53	38.65	200m: 2:11.59	31.06	
10.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:11.80	+0,69	R	575
	50m: 27.64 27.64	100m: 1:00.40	32.76 150m: 1:40.74	40.34	200m: 2:11.80	31.06	
11.	OLIVEIRA Joao Campelo	04	Famalicao	2:12.30	+0,68		568
	50m: 28.13 28.13	100m: 1:03.29	35.16 150m: 1:41.13	37.84	200m: 2:12.30	31.17	
12.	ALMEIDA Miguel Cordeiro	05	Alges	2:13.14	+0,72		558
	50m: 28.43 28.43	100m: 1:01.56	33.13 150m: 1:42.05	40.49	200m: 2:13.14	31.09	
13.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	2:13.94	+0,68		548
	50m: 28.47 28.47	100m: 1:03.49	35.02 150m: 1:43.68	40.19	200m: 2:13.94	30.26	
14.	PINHEIRO Joao Seixedo	05	Natacao de Lisboa	2:14.18	+0,66		545
	50m: 28.39 28.39	100m: 1:03.47	35.08 150m: 1:43.80	40.33	200m: 2:14.18	30.38	
15.	SILVA Nuno Marques	04	Ba-Leiria	2:15.23	+0,73		532
	50m: 28.70 28.70	100m: 1:03.04	34.34 150m: 1:43.24	40.20	200m: 2:15.23	31.99	

Classe S8

DNS	CANCELA Diogo Luis	02	SM8	Louzan Natacao/EFAPEL			
EXH	CRUZ Miguel Duarte	99	SM15	Belenenses	2:20.08	+0,62	479
	50m: 29.21 29.21	100m: 1:06.18	36.97 150m: 1:47.57	41.39	200m: 2:20.08	32.51	



Prova 28	Femin., 200m Estilos					Absolutos
27-11-2021 - 11:20						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	2:15.10	CUNHA Mariana Pacheco	CNCE	Felgueiras	10-04-2021	
RN25 Jun16	2:14.94	ROSA Maria Carolina	SCP	S. António Cavaleiros	19-12-2009	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:16.57	+0,68 Q	710	
	50m: 30.11 30.11	100m: 1:04.09	33.98	150m: 1:45.32	41.23	200m: 2:16.57	31.25
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:19.62	+0,69 Q	664	
	50m: 29.28 29.28	100m: 1:05.10	35.82	150m: 1:45.68	40.58	200m: 2:19.62	33.94
3.	CARDEAL Joana Nunes	02	Academico Viseu	2:19.88	+0,77 Q	661	
	50m: 30.03 30.03	100m: 1:05.64	35.61	150m: 1:45.72	40.08	200m: 2:19.88	34.16
4.	MESQUITA Francisca Salvador	02	Sporting	2:21.82	+0,75 Q	634	
	50m: 30.10 30.10	100m: 1:07.06	36.96	150m: 1:48.28	41.22	200m: 2:21.82	33.54
5.	REBELO Maria Carlota	03	Condeixa Clube	2:23.19	+0,69 Q	616	
	50m: 30.76 30.76	100m: 1:07.96	37.20	150m: 1:48.78	40.82	200m: 2:23.19	34.41
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:23.70	+0,79 Q	609	
	50m: 31.18 31.18	100m: 1:09.42	38.24	150m: 1:50.33	40.91	200m: 2:23.70	33.37
7.	MENDES Mariana Amaral	02	Sporting	2:24.40	+0,82 Q	601	
	50m: 31.65 31.65	100m: 1:09.64	37.99	150m: 1:51.58	41.94	200m: 2:24.40	32.82
8.	MONTEIRO Ana Catarina	93	Vilacondense	2:26.22	+0,67 ?	578	
	50m: 30.20 30.20	100m: 1:08.04	37.84	150m: 1:50.17	42.13	200m: 2:26.22	36.05
	RODRIGUES Lidiana Correia	04	Belenenses	2:26.22	+0,74 ?	578	
	50m: 31.61 31.61	100m: 1:11.26	39.65	150m: 1:51.76	40.50	200m: 2:26.22	34.46
10.	RIBEIRO Margarida Messias	98	Geslours	2:27.17	+0,71 R	567	
	50m: 31.58 31.58	100m: 1:09.43	37.85	150m: 1:52.38	42.95	200m: 2:27.17	34.79
EXH	LAGOA Carlota Macedo	05	Ba-Leiria				
EXH	SOARES Miriam Mortagua	06	Galitos / Bresimar				
EXH	CARAPINHA Ariana Bento	06	Nautico Marinha Grande				
EXH	PINTO Leonor Filipa	06	Porto				
EXH	ESTEVEENS Laura Fabiana	05	Naval de Faro				
EXH	BARREIRA Andreia Monteiro	06	Peso da Regua				
EXH	CATALAO Leonor Tavares	06	Sporting				
EXH	REIS Erica Cristina	05	Sporting				

Prova 31	Masc., 4 x 200m Livres					Absolutos
27-11-2021 - 11:30						Resultados
RN25 Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras		22-12-2018
RN25 Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras		22-12-2018
RN25 Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras		22-12-2013

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Sporting-SEN	7:17.45	+0,64	804	
	SANTOS Francisco Rogerio	98	+0,64	24.35	51.97
	RIBEIRO Gustavo Carvalhais	03	+0,36	24.90	52.17
	COSTA Tiago Cunha	99	+0,39	25.10	52.68
	MOGNE Igor Araujo	96	+0,51	25.17	53.04
					1:20.47
					1:48.16
					1:49.06
					1:49.67
					1:50.56
2.	Porto-SEN	7:26.27	+0,66	757	
	NUNES Porfirio Braga	00	+0,66	25.02	52.59
	AMARAL Francisco Rodriguez	02	+0,56	25.90	54.57
	SAMPAIO Jose Pedro	98	+0,21	26.07	55.68
	SANTOS Pedro Miguel	01	+0,21	24.76	52.73
					1:20.81
					1:49.33
					1:52.21
					1:53.85
					1:50.88
3.	Nautico Academico-SEN	7:40.03	+0,73	691	
	BASTOS Lucas Pereira	00	+0,73	26.15	54.45
	GOMES Goncalo Andre	03	+0,15	26.29	56.32
	VELOSO Tomas Miguel	96	+0,42	25.74	53.66
	DOMINGUES Ricardo Jorge	02	+0,26	25.35	55.37
					1:23.15
					1:52.82
					1:57.85
					1:52.28
					1:57.08
Juniores					
1.	Sporting-JUN	7:43.37	+0,64	676	
	ALMEIDA Bernardo Victorino	04	+0,64	25.49	53.49
	FRASQUILHO Afonso Figueiredo	04	+0,33	26.40	55.80
	CARVALHO Antonio Lombardi	04	+0,39	26.41	55.94
	PEREIRA Manuel Angelo	05	+0,42	27.29	57.03
					1:22.52
					1:51.74
					1:57.76
					1:56.49
					1:57.38
2.	Galitos / Bresimar-JUN	7:53.86	+0,67	632	
	SILVA Diogo Miguel	05	+0,67	26.64	56.30
	TAVARES Bernardo Rodrigues	04	+0,31	26.45	56.11
	JESUS Pedro Duarte	04	+0,40	27.16	57.42
	PEREIRA Tiago Maia	04	+0,56	27.53	58.16
					1:27.30
					1:58.26
					1:57.67
					1:59.52
					1:58.41
3.	Nautico Academico-JUN	7:54.28	+0,66	631	
	REIS Rodrigo Miguel	04	+0,66	26.56	56.62
	POIARES Tiago Andre	04	+0,54	26.93	56.55
	DIAS Jose Diogo	04	+0,38	27.31	57.41
	DIOGO Dinis Miranda	04	+0,31	26.96	57.58
					1:27.92
					1:58.58
					1:57.64
					2:00.45
					1:57.61
4.	Porto-JUN	7:56.39	+0,72	622	
	CARVALHO Goncalo Renato	04	+0,72	27.50	57.59
	TORRES Joao Pedro	05	+0,58	27.28	57.41
	APSENIECE Kevins Alexandre	04	+0,43	26.60	56.50
	SILVA Goncalo Manuel	05	+0,65	27.52	58.73
					1:28.62
					1:59.31
					1:59.76
					1:55.67
					2:01.65



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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
5.	Braga-JUN	8:02.56	+0,73	599	
	Braga				
	SOUSA Joao Maria	05 +0,73 27.37 57.29 1:28.15 1:59.60	1:59.60		
	CRUZ David Miguel	04 +0,12 26.80 56.75 1:28.03 1:59.58	1:59.58		
	ROCHA Goncalo Queiroga	05 +0,27 27.42 58.51 1:31.27 2:04.66	2:04.66		
	CARVALHO Joao Carlos	05 +0,47 27.10 57.46 1:28.20 1:58.72	1:58.72		
6.	Foca Quinta da Lixa CNF-JUN	8:08.15	+0,81	578	
	Foca Quinta da Lixa CNF				
	LEITE Afonso Martim	05 +0,81 27.61 57.48 1:28.04 1:58.99	1:58.99		
	LOPES Afonso Teixeira	05 +0,25 27.92 58.68 1:30.40 2:01.85	2:01.85		
	CARVALHO Guilherme Jesus	05 +0,21 27.66 59.75 1:32.86 2:06.76	2:06.76		
	PINTO Guilherme Lobo	04 +0,21 26.85 57.25 1:29.06 2:00.55	2:00.55		
DSQ	Ba-Leiria-JUN				
	Ba-Leiria				
	<i>111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>				
	FARIA Ricardo Morais	04 +0,66 26.97 57.20 1:28.66 2:01.08	2:01.08		
	SILVA Nuno Marques	04 +0,25 26.35 55.93 1:26.58 1:57.42	1:57.42		
	ANICETO Joao Gabriel	04 -0,12			
	CLARA Vitor Belo	04 +0,46			

Prova 32

Femin., 4 x 200m Livres

Absolutos

27-11-2021 - 11:40

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	8:24.59	Futebol Clube do Porto	FCP	Felgueiras	22-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Sporting-SEN	8:18.55	+0,80	749	
	Sporting				
	MOURA Maria Ferreira	04 +0,80 29.32 1:00.71 1:32.83 2:05.20	2:05.20		
	HENRIQUES Ines Jacinto	00 +0,47 28.64 1:00.26 1:32.85 2:04.65	2:04.65		
	MESQUITA Francisca Salvador	02 +0,54 29.13 1:01.11 1:34.16 2:06.36	2:06.36		
	FRISCHKNECHT Rita Barros	98 +0,48 27.60 58.18 1:30.11 2:02.34	2:02.34		
2.	Porto-SEN	8:28.67	+0,75	705	
	Porto				
	ANDRE Angelica Maria	94 +0,75 29.31 1:00.65 1:32.14 2:03.66	2:03.66		
	FIAL Sofia Nunes	03 +0,36 28.63 1:00.91 1:34.08 2:07.26	2:07.26		
	RAMOS Ana Rita	02 +0,58 28.57 59.68 1:31.92 2:04.20	2:04.20		
	OLIVEIRA Rosa Maria	96 +0,45 30.42 1:04.29 1:38.66 2:13.55	2:13.55		
DNS	Benfica-SEN				
	Benfica				

Prova 32, Femin., 4 x 200m Livres

Juniores

1. Benfica-JUN				Benfica			8:38.81	+0,82	665
FERREIRA Joana Rocha	05	+0,82	29.64	1:02.05	1:36.16	2:10.75	2:10.75		
LOPES Matilde Nunes	06	+0,47	29.50	1:02.14	1:35.75	2:11.02	2:11.02		
COELHO Maria Leonor	06	+0,02	28.08	59.82	1:32.62	2:05.76	2:05.76		
VALENTE Maria Esteves	06	+0,15	29.36	1:02.31	1:36.89	2:11.28	2:11.28		
2. Galitos / Bresimar-JUN				Galitos / Bresimar			8:41.99	+0,77	652
FERNANDES Carolina Miranda	05	+0,77	29.50	1:02.19	1:35.68	2:09.14	2:09.14		
ALMEIDA Maria Carolina	05	+0,14	29.14	1:01.86	1:34.85	2:07.48	2:07.48		
SOARES Miriam Mortagua	06	+0,29	29.84	1:03.37	1:38.33	2:13.26	2:13.26		
VASCONCELOS Lara Rodrigues	05	+0,39	28.61	1:01.73	1:36.98	2:12.11	2:12.11		
3. Sporting-JUN				Sporting			8:45.31	+0,75	640
CATALAO Leonor Tavares	06	+0,75	29.88	1:02.15	1:36.04	2:09.59	2:09.59		
REIS Erica Cristina	05	+0,27	29.47	1:02.36	1:35.90	2:08.29	2:08.29		
NUNES Margarida Domingues	05	+0,51	30.25	1:03.64	1:38.62	2:13.82	2:13.82		
GOMES Carolina Fonseca	05	+0,52	29.60	1:02.87	1:38.16	2:13.61	2:13.61		
4. Ba-Leiria-JUN				Ba-Leiria			9:13.38	+0,79	548
ALVES Maria Madalena	06	+0,79	32.80	1:09.29	1:45.48	2:20.88	2:20.88		
LAGOA Carlota Macedo	05	+0,11	31.04	1:06.72	1:43.03	2:19.18	2:19.18		
DINIS Filipa Paiva	06	0.00	30.55	1:04.94	1:39.64	2:15.68	2:15.68		
FROIS Maria Francisca	06	0.00	29.49	1:04.42	1:41.61	2:17.64	2:17.64		

4 - 2ª Jornada - 2ª Sessão (finais)

27-11-2021 - 17:00

Prova 29	Masc., 4 x 50m Estilos				Absolutos
27-11-2021 - 17:00					Resultados
RN25 Absoluto	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Sen	1:38.33	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Jun	1:44.33	Sporting Clube de Portugal	SCP	Felgueiras	21-12-2019

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
Seniores					
1.	Sporting-SEN <i>Rec Nacional, Sen e Abs</i>	Sporting	1:38.14	+0,62	782
	SANTOS Francisco Rogerio	98 +0,62 24.87	COSTA Tiago Cunha	99 +0,10 24.43	
	QUINTAS Francisco Robalo	95 +0,05 26.92	SANTOS Alexis Manacas	92 +0,28 21.92	
2.	Vitoria Guimaraes-SEN	Vitoria Guimaraes	1:38.77	+0,59	767
	COSTA Joao Nogueira	01 +0,59 24.33	LOPES Tomas Teixeira	02 +0,09 24.38	
	AMORIM Alexandre Ferreira	99 +0,10 27.09	RIACHOS Frederico Sucena	98 +0,22 22.97	
3.	Benfica-SEN	Benfica	1:38.85	+0,54	765
	COSTA Diogo Santos	02 +0,54 25.67	MARQUES Miguel Henriques	00 +0,36 23.65	
	NASCIMENTO Miguel Duarte	95 +0,69 27.39	LEBRE Diogo Ramos	01 +0,14 22.14	
4.	Porto-SEN	Porto	1:45.11	+0,96	637
	CASTRO Duarte Monteiro	03 +0,96 26.96	NUNES Porfirio Braga	00 +0,41 24.04	
	SILVA Tomas Antonio	01 +0,26 30.18	AMARAL Francisco Rodriguez	02 +0,28 23.93	
5.	Belenenses-SEN	Belenenses	1:45.25	+1,02	634
	RAMOS Bruno Miguel	97 +1,02 26.64	NEVES Tiago Correia	97 +0,32 26.10	
	CABRITO Rodrigo Almeida	01 +0,29 30.04	PADRELA Joao Esteves	99 +0,12 22.47	
DNS	Despertarecorde-SEN	Despertarecorde			
Juniores					
1.	Naval do Funchal-JUN	Naval do Funchal	1:45.69	+0,53	626
	OLIVEIRA Diogo Alexandre	05 +0,53 27.64	RODRIGUES Joao Luis	05 +0,10 25.35	
	FERNANDES Martim Pestana	04 +0,11 29.29	FERNANDES Diogo Henrique	04 +0,14 23.41	
2.	Galitos / Bresimar-JUN	Galitos / Bresimar	1:47.14	+0,73	601
	SILVA Diogo Miguel	05 +0,73 26.64	TAVARES Bernardo Rodrigues	04 +0,09 25.33	
	ANTUNES Joao Afonso	04 +0,21 30.84	JESUS Pedro Duarte	04 +0,24 24.33	
3.	Sporting-JUN	Sporting	1:47.26	+0,95	599
	FRASQUILHO Afonso Figueiredo	04 +0,95 27.43	PINTO Tiago Rodrigues	05 +1,70 26.24	
	CARVALHO Antonio Lombardi	04 +0,45 30.24	ALMEIDA Bernardo Victorino	04 +0,28 23.35	
4.	Alges-JUN	Alges	1:47.36	+0,61	597
	ALMEIDA Miguel Cordeiro	05 +0,61 28.12	VIEIRA Tomas Sa	04 +0,34 26.34	
	REBELO Joao Lourenco	04 +0,28 29.36	MAIA Felipe Menegassi	04 +0,32 23.54	

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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
5.	Nautico Academico-JUN	1:47.79	+0,61	590	
	DIAS Jose Diogo 04 +0,61 27.80	DIOGO Dinis Miranda 04 +0,47 25.72			
	MOITA Goncalo Brites 04 +0,19 30.46	REIS Rodrigo Miguel 04 +0,23 23.81			
6.	Ba-Leiria-JUN	1:49.53	+0,63	562	
	FARIA Ricardo Morais 04 +0,63 28.02	CLARA Vitor Belo 04 +0,28 25.96			
	SILVA Nuno Marques 04 +0,01 31.22	ANICETO Joao Gabriel 04 +0,19 24.33			
7.	Leixoes-JUN	1:50.31	+1,17	551	
	LIMA Gaspar Pinheiro 04 +1,17 26.95	ANTUNES David Alexandre 04 +0,39 25.86			
	CUNHA Vasco Goncalves 05 +0,49 32.91	RIBEIRO Filipe Silva 05 +0,32 24.59			

Prova 30 27-11-2021 - 17:05

Femin., 4 x 50m Estilos

Absolutos Resultados

RN25 Absoluto	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN25 Sen	1:53.11	Sport Alges e Dafundo	SAD	Felgueiras	21-12-2019
RN25 Jun	1:56.40	Sport Alges e Dafundo	SAD	Felgueiras	22-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
1.	Sporting-SEN	1:56.64	+0,61	676	
	FRISCHKNECHT Rita Barros 98 +0,61 28.97	HENRIQUES Ines Jacinto 00 +1,97 28.20			
	CERDEIRA Madalena Reis 03 +0,39 32.99	PINTO Mafalda Marques 02 +0,26 26.48			
2.	Porto-SEN	1:58.05	+0,69	652	
	RAMOS Ana Rita 02 +0,69 29.51	SILVA Leonor Santos 03 +0,28 28.84			
	FIAL Sofia Nunes 03 33.10	OLIVEIRA Rosa Maria 96 +0,38 26.60			
3.	Vitoria Guimaraes-SEN	2:01.83	+0,79	593	
	ALMEIDA Catarina Isabel 02 +0,79 32.18	FERNANDES Filipa Viamonte 02 +0,41 28.69			
	CASTRO Maria Freitas 03 +0,43 33.77	FERNANDES Ana Ines 00 +0,30 27.19			
4.	Natacao de Lisboa-SEN	2:04.30	+0,70	558	
	MESTRE Catarina Martins 00 +0,70 29.52	LEITAO Rita Fernandes 96 +0,58 31.30			
	SEQUEIRA Catarina Costa 98 +0,44 35.01	FERREIRA Ana Raquel 98 +0,09 28.47			
DNS	Benfica-SEN				
	Benfica				

Prova 30, Femin., 4 x 50m Estilos

Juniores

1. Galitos / Bresimar-JUN	Galitos / Bresimar				1:56.61	+0,62	676
FERNANDES Carolina Miranda	05	+0,62	28.57	ALMEIDA Maria Carolina	05	+0,14	27.39
VASCONCELOS Lara Rodrigues	05	-0,01	33.34	SOARES Miriam Mortagua	06	+0,32	27.31
2. Alges-JUN	Alges				2:00.08	+0,59	619
MAGALHAES Luana Cardoso	06	+0,59	31.71	FERREIRA Francisca Santos	06	+0,38	28.07
ANTUNES Rebeca Leonor	06	+0,46	33.86	PIRES Marta Joao	05	+0,56	26.44
3. Sporting-JUN	Sporting				2:00.42	+0,63	614
REIS Erica Cristina	05	+0,63	30.62	CATALAO Leonor Tavares	06	+0,33	28.51
NUNES Margarida Domingues	05	+0,43	33.81	GOMES Carolina Fonseca	05	+0,50	27.48
4. Ba-Leiria-JUN	Ba-Leiria				2:07.03	+1,75	523
DINIS Filipa Paiva	06	+1,75	31.92	LAGOA Carlota Macedo	05	+0,40	30.28
ALVES Maria Madalena	06	+0,03	36.36	FROIS Maria Francisca	06	+0,27	28.47

Prova 17

27-11-2021 - 17:05

Masc., 400m Livres

Absoluto

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
RN25 Juv A	3:58.82	RIBEIRO Diogo Matos	CUC	Mealhada	07-12-2019
RN25 Juv B	4:02.41	RIBEIRO Diogo Matos	CUC	Lousã	23-06-2019
RN25 Inf A	4:12.35	RUIVO Andre Vilas	DNMG	Campo Maior	29-03-2014
RN25 Inf B	4:21.95	OLIVEIRA Pedro Fontoura	CFB	Santarém	04-04-2003
RN S15	4:20.31	NEVES Tiago Correia	CFB	Vila Franca de Xira	04-02-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. LOPES Jose Paulo	00				Braga		3:46.78	+0,74	819		
50m:	26.29	26.29	150m:	1:24.18	29.12	250m:	2:21.82	28.55	350m:	3:18.86	28.69
100m:	55.06	28.77	200m:	1:53.27	29.09	300m:	2:50.17	28.35	400m:	3:46.78	27.92
2. VELOSO Tomas Miguel	96				Nautico Academico		3:49.96	+0,65	786		
50m:	26.78	26.78	150m:	1:25.17	29.33	250m:	2:23.05	28.69	350m:	3:21.28	29.37
100m:	55.84	29.06	200m:	1:54.36	29.19	300m:	2:51.91	28.86	400m:	3:49.96	28.68
3. LOPES Tomas Teixeira	02				Vitoria Guimaraes		3:51.44	+0,64	771		
50m:	26.40	26.40	150m:	1:25.69	29.92	250m:	2:25.99	30.31	350m:	3:24.69	28.66
100m:	55.77	29.37	200m:	1:55.68	29.99	300m:	2:56.03	30.04	400m:	3:51.44	26.75
4. SANTOS Pedro Miguel	01				Porto		3:52.93	+0,70	756		
50m:	26.75	26.75	150m:	1:25.34	29.40	250m:	2:23.95	29.29	350m:	3:23.48	30.04
100m:	55.94	29.19	200m:	1:54.66	29.32	300m:	2:53.44	29.49	400m:	3:52.93	29.45



Prova 17, Masc., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	BASTOS Lucas Pereira	00	Nautico Academico	3:55.85	+0,77	728	
	50m: 26.71 26.71	150m: 1:25.43	29.72 250m: 2:24.97	29.61	350m: 3:25.49	30.48	
	100m: 55.71 29.00	200m: 1:55.36	29.93 300m: 2:55.01	30.04	400m: 3:55.85	30.36	
6.	CARDOSO Diogo Santos	01	Sporting	3:56.09	+0,76	726	
	50m: 27.52 27.52	150m: 1:27.45	29.92 250m: 2:27.60	29.87	350m: 3:27.17	29.80	
	100m: 57.53 30.01	200m: 1:57.73	30.28 300m: 2:57.37	29.77	400m: 3:56.09	28.92	
7.	LOPES Luis Afonso	03	Viver Santarem	4:00.50	+0,71	687	
	50m: 27.18 27.18	150m: 1:27.49	30.25 250m: 2:29.30	30.52	350m: 3:31.07	31.03	
	100m: 57.24 30.06	200m: 1:58.78	31.29 300m: 3:00.04	30.74	400m: 4:00.50	29.43	
8.	AMARAL Francisco Rodriguez	02	Porto	4:00.73	+0,71	685	
	50m: 27.29 27.29	150m: 1:27.40	30.33 250m: 2:28.94	30.96	350m: 3:30.94	30.52	
	100m: 57.07 29.78	200m: 1:57.98	30.58 300m: 3:00.42	31.48	400m: 4:00.73	29.79	
9.	RIBEIRO Gustavo Carvalhais	03	Sporting	4:05.06	+0,81	649	
	50m: 27.43 27.43	150m: 1:27.63	30.55 250m: 2:29.33	30.90	350m: 3:33.13	32.19	
	100m: 57.08 29.65	200m: 1:58.43	30.80 300m: 3:00.94	31.61	400m: 4:05.06	31.93	
10.	CRISTINO David Matias	01	Uniao Piedense	4:05.80	+0,73	643	
	50m: 27.22 27.22	150m: 1:28.08	30.97 250m: 2:31.30	31.71	350m: 3:34.54	31.43	
	100m: 57.11 29.89	200m: 1:59.59	31.51 300m: 3:03.11	31.81	400m: 4:05.80	31.26	

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	3:55.70	+0,62	730	
	50m: 26.83 26.83	150m: 1:26.36	30.02 250m: 2:25.50	29.45	350m: 3:25.83	30.26	
	100m: 56.34 29.51	200m: 1:56.05	29.69 300m: 2:55.57	30.07	400m: 3:55.70	29.87	
2.	MARQUES Gustavo Pires	04	Sao Roque	4:01.02	+0,68	682	
	50m: 26.81 26.81	150m: 1:27.21	30.51 250m: 2:28.74	30.72	350m: 3:30.49	31.07	
	100m: 56.70 29.89	200m: 1:58.02	30.81 300m: 2:59.42	30.68	400m: 4:01.02	30.53	
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	4:04.04	+0,74	657	
	50m: 27.78 27.78	150m: 1:29.98	31.21 250m: 2:31.62	30.42	350m: 3:33.95	31.03	
	100m: 58.77 30.99	200m: 2:01.20	31.22 300m: 3:02.92	31.30	400m: 4:04.04	30.09	
4.	SIMOES Miguel Costa	04	Uniao Piedense	4:04.42	+0,78	654	
	50m: 28.06 28.06	150m: 1:30.33	31.26 250m: 2:33.07	30.82	350m: 3:34.56	30.71	
	100m: 59.07 31.01	200m: 2:02.25	31.92 300m: 3:03.85	30.78	400m: 4:04.42	29.86	
5.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	4:05.48	+0,73	646	
	50m: 27.72 27.72	150m: 1:29.69	31.45 250m: 2:32.84	31.59	350m: 3:35.10	30.69	
	100m: 58.24 30.52	200m: 2:01.25	31.56 300m: 3:04.41	31.57	400m: 4:05.48	30.38	
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	4:06.73	+0,63	636	
	50m: 28.28 28.28	150m: 1:29.71	30.97 250m: 2:32.83	31.63	350m: 3:36.45	31.62	
	100m: 58.74 30.46	200m: 2:01.20	31.49 300m: 3:04.83	32.00	400m: 4:06.73	30.28	
7.	SILVA Afonso Carvalho	05	Famalicao	4:06.83	+0,63	635	
	50m: 28.16 28.16	150m: 1:30.81	31.42 250m: 2:33.76	31.63	350m: 3:36.49	31.08	
	100m: 59.39 31.23	200m: 2:02.13	31.32 300m: 3:05.41	31.65	400m: 4:06.83	30.34	



Prova 17, Masc., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	CLARA Vitor Belo	04	Ba-Leiria	4:10.49	+0,69	608	
	50m: 27.60 27.60	150m: 1:28.48	30.60	250m: 2:31.14	31.10	350m: 3:37.26	33.68
	100m: 57.88 30.28	200m: 2:00.04	31.56	300m: 3:03.58	32.44	400m: 4:10.49	33.23
9.	PEREIRA Manuel Angelo	05	Sporting	4:11.09	+0,72	604	
	50m: 28.71 28.71	150m: 1:31.56	31.72	250m: 2:35.42	31.92	350m: 3:39.64	31.98
	100m: 59.84 31.13	200m: 2:03.50	31.94	300m: 3:07.66	32.24	400m: 4:11.09	31.45
10.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense	4:12.83	+0,75	591	
	50m: 28.68 28.68	150m: 1:31.27	31.57	250m: 2:35.67	32.48	350m: 3:41.51	33.13
	100m: 59.70 31.02	200m: 2:03.19	31.92	300m: 3:08.38	32.71	400m: 4:12.83	31.32
11.	SOUSA Joao Maria	05	Braga	4:13.21	+0,74	588	
	50m: 28.17 28.17	150m: 1:30.51	31.34	250m: 2:34.86	32.24	350m: 3:40.54	32.90
	100m: 59.17 31.00	200m: 2:02.62	32.11	300m: 3:07.64	32.78	400m: 4:13.21	32.67
12.	NUNES Diogo Severino	04	Natacao de Valongo	4:14.51	+0,78	580	
	50m: 28.40 28.40	150m: 1:31.75	31.99	250m: 2:35.65	32.16	350m: 3:41.61	32.99
	100m: 59.76 31.36	200m: 2:03.49	31.74	300m: 3:08.62	32.97	400m: 4:14.51	32.90
13.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgad	4:14.82	+0,73	577	
	50m: 28.15 28.15	150m: 1:30.17	31.43	250m: 2:35.58	33.10	350m: 3:42.16	33.58
	100m: 58.74 30.59	200m: 2:02.48	32.31	300m: 3:08.58	33.00	400m: 4:14.82	32.66
EXH	CRUZ Miguel Duarte	99	S15 Belenenses	4:27.57	+0,69	499	
	50m: 29.85 29.85	150m: 1:37.76	34.47	250m: 2:46.30	34.37	350m: 3:54.25	33.92
	100m: 1:03.29 33.44	200m: 2:11.93	34.17	300m: 3:20.33	34.03	400m: 4:27.57	33.32

Prova 18	Femin., 400m Livres					Absoluto
27-11-2021 - 17:10						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	
RN25 Juv A	4:18.39	SANTOS Ana Claudia	SFUAP	Cantanhede	20-12-2004	
RN25 Juv B	4:23.08	MIGUEL Susana Patricia	SFUAP	Alhandra	15-05-2004	
RN25 Inf A	4:25.30	SILVA Alexandra Maria	FCP	Porto	19-07-1980	
RN25 Inf B	4:38.40	RUIVO Filipa Vilas	DNMG	Alcobaça	13-06-2009	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	DURAES Diana Margarida	96	Benfica	4:08.98	+0,75	829	
	50m: 29.54 29.54	150m: 1:31.91	31.33	250m: 2:34.54	31.22	350m: 3:37.56	31.66
	100m: 1:00.58 31.04	200m: 2:03.32	31.41	300m: 3:05.90	31.36	400m: 4:08.98	31.42
2.	HOLUB Tamila Hryhorivna	99	Braga	4:13.06	+0,79	789	
	50m: 29.99 29.99	150m: 1:32.78	31.47	250m: 2:36.22	31.82	350m: 3:40.98	32.45
	100m: 1:01.31 31.32	200m: 2:04.40	31.62	300m: 3:08.53	32.31	400m: 4:13.06	32.08
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	4:13.68	+0,68	784	
	50m: 29.76 29.76	150m: 1:32.91	31.78	250m: 2:37.92	32.64	350m: 3:42.92	32.33
	100m: 1:01.13 31.37	200m: 2:05.28	32.37	300m: 3:10.59	32.67	400m: 4:13.68	30.76
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	4:14.55	+0,81	776	
	50m: 30.07 30.07	150m: 1:34.35	32.24	250m: 2:39.05	32.30	350m: 3:42.82	31.89
	100m: 1:02.11 32.04	200m: 2:06.75	32.40	300m: 3:10.93	31.88	400m: 4:14.55	31.73
5.	ANDRE Angelica Maria	94	Porto	4:16.56	+0,75	757	
	50m: 29.56 29.56	150m: 1:33.12	32.18	250m: 2:38.33	32.82	350m: 3:43.71	32.56
	100m: 1:00.94 31.38	200m: 2:05.51	32.39	300m: 3:11.15	32.82	400m: 4:16.56	32.85
6.	CARDEAL Joana Nunes	02	Academico Viseu	4:18.25	+0,73	743	
	50m: 30.13 30.13	150m: 1:35.43	32.66	250m: 2:40.66	32.51	350m: 3:46.07	32.66
	100m: 1:02.77 32.64	200m: 2:08.15	32.72	300m: 3:13.41	32.75	400m: 4:18.25	32.18
7.	MENDES Mariana Amaral	02	Sporting	4:22.47	+0,76	707	
	50m: 30.88 30.88	150m: 1:36.51	32.80	250m: 2:43.20	33.59	350m: 3:50.23	33.44
	100m: 1:03.71 32.83	200m: 2:09.61	33.10	300m: 3:16.79	33.59	400m: 4:22.47	32.24
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	4:23.76	+0,70	697	
	50m: 30.53 30.53	150m: 1:36.73	33.37	250m: 2:44.29	33.70	350m: 3:51.45	33.50
	100m: 1:03.36 32.83	200m: 2:10.59	33.86	300m: 3:17.95	33.66	400m: 4:23.76	32.31
9.	HENRIQUES Ines Jacinto	00	Sporting	4:23.97	+0,71	695	
	50m: 29.87 29.87	150m: 1:34.50	32.54	250m: 2:41.20	33.54	350m: 3:49.61	34.47
	100m: 1:01.96 32.09	200m: 2:07.66	33.16	300m: 3:15.14	33.94	400m: 4:23.97	34.36
10.	MOURA Maria Ferreira	04	Sporting	4:25.44	+0,84	684	
	50m: 29.85 29.85	150m: 1:35.77	33.30	250m: 2:42.97	33.49	350m: 3:51.10	34.25
	100m: 1:02.47 32.62	200m: 2:09.48	33.71	300m: 3:16.85	33.88	400m: 4:25.44	34.34

Prova 18, Femin., 400m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	RAMOS Ana Rita	02	Porto	4:26.03	+0,82	679	
	50m: 29.56 29.56	150m: 1:35.23	33.45	250m: 2:43.04	34.00	350m: 3:51.72	34.43
	100m: 1:01.78 32.22	200m: 2:09.04	33.81	300m: 3:17.29	34.25	400m: 4:26.03	34.31
12.	MONTEIRO Ana Catarina	93	Vilacondense	4:29.17	+0,67	656	
	50m: 30.88 30.88	150m: 1:38.20	33.74	250m: 2:45.47	33.16	350m: 3:54.88	35.24
	100m: 1:04.46 33.58	200m: 2:12.31	34.11	300m: 3:19.64	34.17	400m: 4:29.17	34.29
13.	MORGADO Alice Jesus	04	Sporting	4:40.52	+0,82	579	
	50m: 31.23 31.23	150m: 1:39.53	34.49	250m: 2:50.31	35.73	350m: 4:03.80	37.11
	100m: 1:05.04 33.81	200m: 2:14.58	35.05	300m: 3:26.69	36.38	400m: 4:40.52	36.72

Juniores

1.	PIRES Marta Joao	05	Alges	4:21.06	+0,75	719	
	50m: 29.80 29.80	150m: 1:35.90	33.40	250m: 2:43.46	33.77	350m: 3:49.69	32.80
	100m: 1:02.50 32.70	200m: 2:09.69	33.79	300m: 3:16.89	33.43	400m: 4:21.06	31.37
2.	LOPES Daniela Magalhaes	05	Famalicao	4:22.22	+0,76	709	
	50m: 30.23 30.23	150m: 1:35.14	32.69	250m: 2:42.04	33.50	350m: 3:49.29	33.67
	100m: 1:02.45 32.22	200m: 2:08.54	33.40	300m: 3:15.62	33.58	400m: 4:22.22	32.93
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	4:29.49	+0,72	653	
	50m: 31.43 31.43	150m: 1:39.42	34.31	250m: 2:48.19	34.23	350m: 3:56.20	33.78
	100m: 1:05.11 33.68	200m: 2:13.96	34.54	300m: 3:22.42	34.23	400m: 4:29.49	33.29
4.	ALVES Joana Silva	05	Benedita	4:32.53	+0,79	632	
	50m: 30.78 30.78	150m: 1:39.01	34.43	250m: 2:48.74	34.85	350m: 3:58.48	34.69
	100m: 1:04.58 33.80	200m: 2:13.89	34.88	300m: 3:23.79	35.05	400m: 4:32.53	34.05
5.	LOPES Francisca Macedo	05	Vilacondense	4:34.46	+0,82	619	
	50m: 30.89 30.89	150m: 1:39.16	34.42	250m: 2:49.02	35.05	350m: 3:59.21	35.10
	100m: 1:04.74 33.85	200m: 2:13.97	34.81	300m: 3:24.11	35.09	400m: 4:34.46	35.25
6.	REIS Erica Cristina	05	Sporting	4:34.59	+0,68	618	
	50m: 30.98 30.98	150m: 1:39.47	34.42	250m: 2:49.32	35.01	350m: 3:59.94	35.41
	100m: 1:05.05 34.07	200m: 2:14.31	34.84	300m: 3:24.53	35.21	400m: 4:34.59	34.65
7.	COELHO Maria Leonor	06	Benfica	4:35.08	+0,81	614	
	50m: 31.24 31.24	150m: 1:39.49	34.55	250m: 2:49.38	35.01	350m: 4:00.11	35.64
	100m: 1:04.94 33.70	200m: 2:14.37	34.88	300m: 3:24.47	35.09	400m: 4:35.08	34.97
8.	AMORIM Ines Santos	06	Desportiva de Viana	4:36.92	+0,83	602	
	50m: 32.14 32.14	150m: 1:40.97	34.81	250m: 2:51.22	35.35	350m: 4:03.19	35.68
	100m: 1:06.16 34.02	200m: 2:15.87	34.90	300m: 3:27.51	36.29	400m: 4:36.92	33.73
9.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	4:36.93	+0,79	602	
	50m: 31.81 31.81	150m: 1:40.82	34.90	250m: 2:51.16	35.38	350m: 4:02.18	35.33
	100m: 1:05.92 34.11	200m: 2:15.78	34.96	300m: 3:26.85	35.69	400m: 4:36.93	34.75
10.	SOARES Miriam Mortagua	06	Galitos / Bresimar	4:37.25	+0,79	600	
	50m: 31.81 31.81	150m: 1:41.82	35.28	250m: 2:52.57	35.31	350m: 4:03.39	35.38
	100m: 1:06.54 34.73	200m: 2:17.26	35.44	300m: 3:28.01	35.44	400m: 4:37.25	33.86



Prova 18, Femin., 400m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	PEIXOTO Carolina Esteves	06	Braga	4:38.38	+0,92	593	
	50m: 31.59 31.59	150m: 1:40.28	34.81 250m: 2:51.30	35.73	350m: 4:03.35	36.05	
	100m: 1:05.47 33.88	200m: 2:15.57	35.29 300m: 3:27.30	36.00	400m: 4:38.38	35.03	
12.	SILVA Ana Francisca	06	Alcobaca	4:40.33	+0,77	581	
	50m: 32.29 32.29	150m: 1:43.25	35.97 250m: 2:54.03	35.16	350m: 4:05.96	35.81	
	100m: 1:07.28 34.99	200m: 2:18.87	35.62 300m: 3:30.15	36.12	400m: 4:40.33	34.37	
13.	PIRES Catarina Gaspar	06	Porto	4:41.40	+0,84	574	
	50m: 32.10 32.10	150m: 1:42.41	35.64 250m: 2:54.06	35.59	350m: 4:06.25	36.12	
	100m: 1:06.77 34.67	200m: 2:18.47	36.06 300m: 3:30.13	36.07	400m: 4:41.40	35.15	
14.	LOPES Matilde Nunes	06	Benfica	4:41.58	+0,76	573	
	50m: 33.02 33.02	150m: 1:44.00	35.76 250m: 2:55.97	35.51	350m: 4:07.27	35.77	
	100m: 1:08.24 35.22	200m: 2:20.46	36.46 300m: 3:31.50	35.53	400m: 4:41.58	34.31	
15.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	4:43.61	+0,69	561	
	50m: 31.34 31.34	150m: 1:40.79	35.46 250m: 2:53.41	36.68	350m: 4:07.59	37.09	
	100m: 1:05.33 33.99	200m: 2:16.73	35.94 300m: 3:30.50	37.09	400m: 4:43.61	36.02	
16.	DINIS Filipa Paiva	06	Ba-Leiria	4:48.19	+0,88	534	
	50m: 33.35 33.35	150m: 1:45.40	36.07 250m: 2:57.95	36.28	350m: 4:11.25	36.94	
	100m: 1:09.33 35.98	200m: 2:21.67	36.27 300m: 3:34.31	36.36	400m: 4:48.19	36.94	
17.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	4:48.22	+0,76	534	
	50m: 32.05 32.05	150m: 1:43.32	36.16 250m: 2:56.89	36.78	350m: 4:11.46	37.25	
	100m: 1:07.16 35.11	200m: 2:20.11	36.79 300m: 3:34.21	37.32	400m: 4:48.22	36.76	
DNS	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF				
EXH	FOMINA Anna	02	Louletano / Loule Concelho	4:30.91	+0,75	643	
	50m: 30.54 30.54	150m: 1:36.97	33.47 250m: 2:45.53	34.34	350m: 3:56.15	35.52	
	100m: 1:03.50 32.96	200m: 2:11.19	34.22 300m: 3:20.63	35.10	400m: 4:30.91	34.76	

Prova 19	Masc., 50m Costas				Absolutos
27-11-2021 - 17:35					Resultados Final
RN25 Absoluto	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Absoluto	23.69	SANTOS Alexis Manacas	SCP	Felgueiras	21-12-2019
RN25 Sen	23.69	LOPES Gabriel Jose	POR	Hangzhou (CHN)	13-12-2018
RN25 Sen	23.69	SANTOS Alexis Manacas	SCP	Felgueiras	21-12-2019
RN25 Jun18	25.01	SANTOS Alexis Manacas	SCP	Leiria	04-12-2009
RN25 Jun17	25.37	LOPES Gabriel Jose	CDL	Coimbra	11-05-2014
RN S15	29.37	NEVES Tiago Correia	CFB	Algés	24-11-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	25.79	+0,87	639	
2.	GOMES Guilherme Sousa	04	Aquatico Silves	26.28	+0,68	604	
3.	SILVA Diogo Miguel	05	Galitos / Bresimar	26.33	+1,76	601	
4.	BARAONA Andre Azevedo	04	Natacao do Montijo	26.37	+0,55	598	
5.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	26.72	+0,60	575	
6.	LIMA Gaspar Pinheiro	04	Leixoes	27.09	+0,65	551	
7.	VASCONCELOS Francisco Lourenco	05	Gesloures	27.37	+0,55	535	
8.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	27.63	+0,70	520	

Seniores

1.	SANTOS Alexis Manacas	92	Sporting	24.02	+0,65	791	
2.	SANTOS Francisco Rogerio	98	Sporting	24.67	+1,67	730	
3.	COSTA Diogo Santos	02	Benfica	25.06	+0,56	697	
4.	PIRES Ricardo Saraiva	98	Laranjeiro	26.50	+0,60	589	
	ZENZA Francisco Manuel	01	Natacao da Maia	26.50	+0,52	589	
6.	CASTRO Duarte Monteiro	03	Porto	26.75	+1,03	573	
7.	BATE Miguel Ribeiro	99	Sporting	26.89	+0,67	564	
8.	FERNANDES Rui Afonso	03	Desportivo Nacional	27.17	+0,55	546	
EXH	PEREIRA Tomas Coelho	05	Penafiel				
EXH	FRASQUILHO Afonso Figueiredo	04	Sporting				



Prova 20	Femin., 50m Costas					Absolutos
27-11-2021 - 17:40						Resultados Final
RN25 Absoluto	27.33	AZEVEDO Rafaela Gomes	SAD	Albufeira	13-11-2021	
RN25 Sen	27.33	AZEVEDO Rafaela Gomes	SAD	Albufeira	13-11-2021	
RN25 Jun17	28.22	REBELO Camila Rodrigues	ALN	Felgueiras	21-12-2019	
RN25 Jun16	28.42	FERNANDES Ines Camacho	SCP	Porto	08-12-2012	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	EIRA Maria Carolina	05	Ginasio de Vila Real	30.11	+0,62	614	
2.	GONCALVES Rita Abibe	05	Gesloures	30.18	+1,30	610	
3.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	30.25	+0,61	606	
4.	LAGOA Carlota Macedo	05	Ba-Leiria	30.85	+0,62	571	
5.	ROMAO Ana Teresa	06	Naval de Faro	31.04	+0,70	560	
6.	RODRIGUES Filipa Guerreiro	05	Naval de Faro	31.15	+0,72	555	
7.	SALGADO Soraia Maria	05	Fisica Torres Vedras	31.18	+0,64	553	
8.	DINIS Filipa Paiva	06	Ba-Leiria	31.58	+0,62	532	
Seniores							
1.	AZEVEDO Rafaela Gomes	02	Alges	27.51	+0,85	805	
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	27.73	+0,60	786	
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	29.07	+0,63	682	
4.	FRISCHKNECHT Rita Barros	98	Sporting	29.14	+1,24	678	
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	29.70	+1,05	640	
6.	MARQUES Maria Vieira	04	Natacao de Vagos	30.28	+0,67	604	
7.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	30.43	+0,61	595	
	MARQUES Mariana Nunes	03	Estarreja	30.43	+0,52	595	
EXH	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF				
EXH	RODRIGUES Joana Francisca	04	Condeixa Clube				
EXH	NUNES Sofia Alexandra	00	Laranjeiro				

Prova 21	Masc., 200m Bruços					Absolutos
27-11-2021 - 17:45						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
RN S15	2:49.41	CRUZ Miguel Duarte	CFB	Alges		22-11-2015

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	REBELO Joao Lourenco	04	Alges	2:17.51	+0,64	667
	50m: 31.50 31.50	100m: 1:06.48	34.98	150m: 1:41.81	35.33	200m: 2:17.51 35.70
2.	OLIVEIRA Joao Campelo	04	Famalicao	2:19.60	+0,66	637
	50m: 31.57 31.57	100m: 1:07.19	35.62	150m: 1:43.12	35.93	200m: 2:19.60 36.48
3.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	2:22.96	+0,70	593
	50m: 33.01 33.01	100m: 1:07.96	34.95	150m: 1:44.93	36.97	200m: 2:22.96 38.03
4.	PEREIRA Tiago Maia	04	Galitos / Bresimar	2:24.23	+0,72	578
	50m: 32.64 32.64	100m: 1:09.35	36.71	150m: 1:46.35	37.00	200m: 2:24.23 37.88
5.	ALVES Paulo Rodrigues	04	Desportivo Nacional	2:24.79	+0,76	571
	50m: 32.51 32.51	100m: 1:09.52	37.01	150m: 1:46.89	37.37	200m: 2:24.79 37.90
6.	OLIVEIRA Simao Lopes	05	Naval Setubalense	2:24.80	+0,75	571
	50m: 33.83 33.83	100m: 1:10.94	37.11	150m: 1:47.94	37.00	200m: 2:24.80 36.86
7.	CARVALHO Antonio Lombardi	04	Sporting	2:26.79	+0,73	548
	50m: 32.43 32.43	100m: 1:09.45	37.02	150m: 1:47.60	38.15	200m: 2:26.79 39.19
8.	CRUZ David Miguel	04	Braga	2:28.23	+0,68	532
	50m: 32.99 32.99	100m: 1:10.35	37.36	150m: 1:48.64	38.29	200m: 2:28.23 39.59

Seniores

1.	QUINTAS Francisco Robalo	95	Sporting	2:09.80	+0,67	793
	50m: 29.01 29.01	100m: 1:01.85	32.84	150m: 1:36.55	34.70	200m: 2:09.80 33.25
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	2:09.87	+0,60	792
	50m: 29.70 29.70	100m: 1:02.50	32.80	150m: 1:36.11	33.61	200m: 2:09.87 33.76
3.	SIMOES Rafael Gomes	00	Braga	2:10.56	+0,74	779
	50m: 29.61 29.61	100m: 1:03.03	33.42	150m: 1:37.13	34.10	200m: 2:10.56 33.43
4.	MENDES Antonio Manuel	99	Sporting	2:13.16	+0,63	734
	50m: 30.53 30.53	100m: 1:04.02	33.49	150m: 1:38.32	34.30	200m: 2:13.16 34.84
5.	CABRITO Rodrigo Almeida	01	Belenenses	2:16.54	+0,65	681
	50m: 30.36 30.36	100m: 1:04.96	34.60	150m: 1:40.49	35.53	200m: 2:16.54 36.05
6.	SILVA Tomas Antonio	01	Porto	2:16.91	+0,63	676
	50m: 30.60 30.60	100m: 1:05.10	34.50	150m: 1:40.69	35.59	200m: 2:16.91 36.22

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



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PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	FRISCHKNECHT Renato Barros	01	Sporting	2:19.28	+0,56	642	
	50m: 30.64 30.64 100m: 1:05.87 35.23 150m: 1:42.71 36.84 200m: 2:19.28 36.57						
8.	RIBEIRO Afonso Mateus	95	Belenenses	2:21.79	+0,68	608	
	50m: 31.81 31.81 100m: 1:06.95 35.14 150m: 1:43.67 36.72 200m: 2:21.79 38.12						
EXH	SILVA Goncalo Manuel	05	Porto				
EXH	FERNANDES Martim Pestana	04	Naval do Funchal				
EXH	MERUJE Joaquim Agra	01	Uniao Coimbra				
EXH	AFONSO Francisco Lopes	03	Alges				

Prova 22

Femin., 200m Bruços

Absolutos Resultados Final

27-11-2021 - 17:50

RN25 Absoluto	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29-06-2019
RN25 Sen	2:22.12	PEREIRA Raquel Gomes	SAD	Algés	29-06-2019
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	NUNES Margarida Domingues	05	Sporting	2:37.90	+0,73	619	
	50m: 35.34 35.34 100m: 1:14.83 39.49 150m: 1:55.98 41.15 200m: 2:37.90 41.92						
2.	JESUS Mariana Teixeira	06	Estarreja	2:38.45	+0,81	612	
	50m: 36.15 36.15 100m: 1:17.02 40.87 150m: 1:57.78 40.76 200m: 2:38.45 40.67						
3.	ESTEVENES Laura Fabiana	05	Naval de Faro	2:38.93	+0,75	607	
	50m: 35.19 35.19 100m: 1:14.42 39.23 150m: 1:55.45 41.03 200m: 2:38.93 43.48						
4.	MADEIRA Margarida Correia	06	Nautico Marinha Grande	2:39.95	+0,81	595	
	50m: 36.96 36.96 100m: 1:17.15 40.19 150m: 1:58.27 41.12 200m: 2:39.95 41.68						
5.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:40.51	+0,75	589	
	50m: 36.25 36.25 100m: 1:16.21 39.96 150m: 1:57.58 41.37 200m: 2:40.51 42.93						
6.	SILVA Maria Seixeira	06	Viana Natacao	2:40.68	+0,79	587	
	50m: 37.07 37.07 100m: 1:18.57 41.50 150m: 2:00.09 41.52 200m: 2:40.68 40.59						
7.	ANTUNES Rebeca Leonor	06	Alges	2:42.31	+0,77	569	
	50m: 36.87 36.87 100m: 1:18.26 41.39 150m: 2:00.22 41.96 200m: 2:42.31 42.09						
8.	FERREIRA Joana Rosa	05	Naval de Peniche	2:46.90	+0,77	524	
	50m: 36.54 36.54 100m: 1:19.03 42.49 150m: 2:02.99 43.96 200m: 2:46.90 43.91						

Prova 22, Femin., 200m Bruços, Final

Seniores

1.	ANDRE Angelica Maria	94	Porto	2:29.05	+0,72	735
	50m: 34.40 34.40	100m: 1:12.00	37.60 150m: 1:50.38	38.38	200m: 2:29.05	38.67
2.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:31.82	+0,78	696
	50m: 35.06 35.06	100m: 1:13.74	38.68 150m: 1:52.70	38.96	200m: 2:31.82	39.12
3.	REBELO Maria Carlota	03	Condeixa Clube	2:32.06	+0,69	693
	50m: 35.01 35.01	100m: 1:13.47	38.46 150m: 1:52.73	39.26	200m: 2:32.06	39.33
4.	CASTRO Maria Freitas	03	Vitoria Guimaraes	2:34.96	+0,69	654
	50m: 35.92 35.92	100m: 1:15.61	39.69 150m: 1:55.76	40.15	200m: 2:34.96	39.20
5.	RODRIGUES Lidiana Correia	04	Belenenses	2:35.83	+0,78	644
	50m: 35.36 35.36	100m: 1:14.69	39.33 150m: 1:55.00	40.31	200m: 2:35.83	40.83
6.	CERDEIRA Madalena Reis	03	Sporting	2:35.85	+0,77	643
	50m: 35.22 35.22	100m: 1:14.46	39.24 150m: 1:55.33	40.87	200m: 2:35.85	40.52
7.	FIAL Sofia Nunes	03	Porto	2:38.53	+0,72	611
	50m: 35.13 35.13	100m: 1:14.26	39.13 150m: 1:55.06	40.80	200m: 2:38.53	43.47
8.	SILVA Natacha Sofia	02	Benfica	2:48.25	+0,86	511
	50m: 38.02 38.02	100m: 1:20.47	42.45 150m: 2:04.00	43.53	200m: 2:48.25	44.25
EXH	LOPES Matilde Nunes	06	Benfica			
EXH	RIBEIRO Maria Joao	05	Sao Joao Ver			

Prova 23

27-11-2021 - 18:00

Masc., 100m Mariposa

Absolutos Resultados Final

RN25 Absoluto	51.27	SILVA Fernando Souza	POR	Doha (QAT)	21-10-2021
RN25 Sen	51.27	SILVA Fernando Souza	POR	Doha (QAT)	21-10-2021
RN25 Jun18	53.26	RIBEIRO Diogo Matos	SLB	Leiria	27-11-2021
RN25 Jun17	53.97	VENANCIO Tiago Andre	CNS	Alapraia	15-02-2004
RN S15	58.67	NEVES Tiago Correia	CFB	Felgueiras	21-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	RIBEIRO Diogo Matos	04	Benfica	52.87	+0,64	738
	<i>Rec Nacional, Jun 18</i>					
	50m: 24.85 24.85	100m: 52.87	28.02			
2.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	56.13	+0,76	616
	50m: 26.16 26.16	100m: 56.13	29.97			
3.	APSENIECE Kevins Alexandre	04	Porto	56.17	+0,72	615
	50m: 26.45 26.45	100m: 56.17	29.72			



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	MADUREIRA Rui Pedro 50m: 26.64 26.64	04	Famalicao	57.21	+0,61	582	
	100m: 57.21 30.57						
5.	REIS Rodrigo Miguel 50m: 26.47 26.47	04	Nautico Academico	57.77	+0,64	565	
	100m: 57.77 31.30						
6.	DIOGO Dinis Miranda 50m: 26.85 26.85	04	Nautico Academico	57.83	+0,62	563	
	100m: 57.83 30.98						
7.	FERRAO Gabriel Carvalho 50m: 26.34 26.34	05	Uniao Piedense	58.16	+0,63	554	
	100m: 58.16 31.82						
DSQ	TAVARES Bernardo Rodrigues <i>803 - Perdeu a posição ventral durante o percurso - SW 8.1</i>	04	Galitos / Bresimar				

Seniores

1.	SILVA Fernando Souza 50m: 23.77 23.77	86	Uniao Piedense	51.30	+0,68	807	
	100m: 51.30 27.53						
2.	SILVA Glauber 50m: 24.50 24.50	86	Foca Quinta da Lixa CNF	53.46	+0,72	713	
	100m: 53.46 28.96						
3.	NUNES Porfirio Braga 50m: 24.86 24.86	00	Porto	53.50	+0,65	712	
	100m: 53.50 28.64						
4.	VAKULYUK Paulo 50m: 24.91 24.91	03	Torres Novas	53.92	+0,70	695	
	100m: 53.92 29.01						
5.	COSTA Joao Nogueira 50m: 25.00 25.00	01	Vitoria Guimaraes	54.00	+0,67	692	
	100m: 54.00 29.00						
6.	SANTOS Pedro Andre 50m: 25.37 25.37	94	Alges	54.17	+0,67	686	
	100m: 54.17 28.80						
7.	RAMOS Bruno Miguel 50m: 25.40 25.40	97	Belenenses	54.36	+0,61	679	
	100m: 54.36 28.96						
8.	COSTA Tiago Cunha 50m: 25.80 25.80	99	Sporting	54.77	+0,63	663	
	100m: 54.77 28.97						



Prova 23, Masc., 100m Mariposa, Final

EXH	ANTUNES David Alexandre	04	Leixoes
EXH	BARAONA Andre Azevedo	04	Natacao do Montijo
EXH	MOGNE Igor Araujo	96	Sporting
EXH	COSTA Diogo Santos	02	Benfica

Prova 24

27-11-2021 - 18:05

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	59.36	CUNHA Mariana Pacheco	CNCE	Felgueiras	10-04-2021
RN25 Jun16	1:00.66	FERNANDES Carolina Miranda	CGA	Gafanha de Nazaré	25-04-2021

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	59.91	+0,71	757	
	50m: 27.60 27.60	100m: 59.91	32.31				
2.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	1:01.97	+0,80	684	
	50m: 29.12 29.12	100m: 1:01.97	32.85				
3.	LOURO Ariana Espirito	05	Gualdim Pais	1:02.48	+0,63	667	
	50m: 29.20 29.20	100m: 1:02.48	33.28				
4.	FERREIRA Francisca Santos	06	Alges	1:03.01	+0,68	651	
	50m: 29.61 29.61	100m: 1:03.01	33.40				
5.	CATALAO Leonor Tavares	06	Sporting	1:05.19	+0,75	587	
	50m: 30.20 30.20	100m: 1:05.19	34.99				
6.	BENTO Maria Madalena	05	BUZIOS - Coruche	1:06.17	+0,73	562	
	50m: 31.19 31.19	100m: 1:06.17	34.98				
7.	SILVA Joana Ferreira	05	Colegio Efanor	1:06.54	+0,69	552	
	50m: 31.37 31.37	100m: 1:06.54	35.17				
8.	SILVA Ana Francisca	06	Alcobaca	1:06.63	+0,77	550	
	50m: 31.45 31.45	100m: 1:06.63	35.18				

Prova 24, Femin., 100m Mariposa, Final

Seniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	59.22	+0,69	784
	50m: 27.52 27.52	100m: 59.22	31.70			
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	59.31	+0,64	780
	50m: 27.21 27.21	100m: 59.31	32.10			
3.	MONTEIRO Ana Catarina	93	Vilacondense	1:01.19	+0,68	710
	50m: 28.80 28.80	100m: 1:01.19	32.39			
4.	TEJO Beatriz Costa	02	Academica de Coimbra	1:02.36	+0,64	671
	50m: 29.07 29.07	100m: 1:02.36	33.29			
5.	MOURA Maria Ferreira	04	Sporting	1:03.02	+0,76	650
	50m: 29.36 29.36	100m: 1:03.02	33.66			
6.	HENRIQUES Ines Jacinto	00	Sporting	1:03.66	+0,70	631
	50m: 29.85 29.85	100m: 1:03.66	33.81			
7.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	1:04.37	+0,76	610
	50m: 29.85 29.85	100m: 1:04.37	34.52			
8.	MONTEIRO Ana Carolina	04	Uniao Coimbra	1:04.71	+0,68	601
	50m: 29.96 29.96	100m: 1:04.71	34.75			
EXH	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF			
EXH	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira			
EXH	VARGAS Giovanna Vaz	00	Nautico Marinha Grande			
EXH	SILVA Leonor Santos	03	Porto			

Prova 25

27-11-2021 - 18:05

Masc., 50m Livres

Absolutos Resultados Final

RN25 Absoluto	21.57	NASCIMENTO Miguel Duarte	SLB	Coimbra	23-12-2020
RN25 Sen	21.57	NASCIMENTO Miguel Duarte	SLB	Coimbra	23-12-2020
RN25 Jun18	22.24	NASCIMENTO Miguel Duarte	PORTIN	Porto	08-12-2012
RN25 Jun17	23.12	MACHADO Tiago Andrade	SCA	Felgueiras	22-12-2018
RN S15	25.20	CRUZ Miguel Duarte	CFB	Felgueiras	22-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 25, Masc., 50m Livres, Final

Juniores

1.	RIBEIRO Diogo Matos	04	Benfica	22.34	+0,65	734
2.	PEREIRA Tomas Coelho	05	Penafiel	23.72	+0,76	613
3.	ALMEIDA Bernardo Victorino	04	Sporting	23.74	+0,63	612
4.	MAIA Felipe Menegassi	04	Alges	23.99	+0,62	593
5.	GOMES Guilherme Sousa	04	Aquatico Silves	24.15	+0,69	581
6.	SILVA Diogo Miguel	05	Galitos / Bresimar	24.16	+0,66	581
7.	SANTOS Rui Mamede	04	Uniao Coimbra	24.26	+0,70	573
8.	FERNANDES Diogo Henrique	04	Naval do Funchal	24.28	+0,71	572

Seniores

1.	NASCIMENTO Miguel Duarte	95	Benfica	22.00	+0,63	769
2.	MARQUES Miguel Henriques	00	Benfica	22.44	+0,62	725
3.	PADRELA Joao Esteves	99	Belenenses	22.77	+0,66	694
4.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	22.82	+0,65	689
5.	LEBRE Diogo Ramos	01	Benfica	22.94	+0,66	678
6.	SANTOS Francisco Rogerio	98	Sporting	23.24	+0,65	652
7.	NUNES Porfirio Braga	00	Porto	23.27	+0,61	650
8.	VAKULYUK Paulo	03	Torres Novas	23.55	+0,69	627

EXH	REIS Rodrigo Miguel	04	Nautico Academico
EXH	RIBEIRO Vasco Almeida	05	Sao Joao Ver
EXH	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes
EXH	LOURENCO Tiago Campos	02	Natacao de Valongo

Prova 26

27-11-2021 - 18:10

Femin., 50m Livres

Absolutos 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	25.42	FERNANDES Carolina Miranda	CGA	Albufeira	14-11-2021
RN25 Jun16	26.07	FERNANDES Carolina Miranda	CGA	Gafanha de Nazaré	18-07-2021

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 26, Femin., 50m Livres, Final

Juniores

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	25.68	+0,70	711
2.	LOURO Ariana Espirito	05	Gualdim Pais	27.09	+0,59	606
3.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	27.39	+0,59	586
4.	COELHO Maria Leonor	06	Benfica	27.52	+0,68	578
5.	MELO Sara Carreira	05	Gesloures	27.55	+0,66	576
6.	FERREIRA Francisca Santos	06	Alges	27.61	+0,67	572
7.	TEIXEIRA Ines Correia	06	Amadora	27.82	+0,69	559
8.	PEREIRA Carolina Rei	05	Natacao de Vagos	28.08	+0,67	544

Seniores

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	25.80	+0,70	702
2.	PEGO Isabel Porfirio	01	Fluval Portuense	26.12	+0,68	676
3.	ANDRE Leticia Maia	02	Benfica	26.40	+0,67	655
4.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	26.46	+0,70	650
5.	OLIVEIRA Rosa Maria	96	Porto	26.80	+0,70	626
6.	GUEDES Ana Margarida	01	Ginasio de Vila Real	26.83	+0,65	624
7.	VIANA Carolina Pereira	04	Aquatico Silves	27.00	+0,67	612
8.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	27.82	+0,81	559

EXH	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira
EXH	EIRA Maria Carolina	05	Ginasio de Vila Real
EXH	CASTRO Adriana Daniela	97	CLIP Teams
EXH	NUNES Sofia Alexandra	00	Laranjeiro

Prova 27

27-11-2021 - 18:15

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
RN S15	2:14.80	NEVES Tiago Correia	CFB	Felgueiras	22-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 27, Masc., 200m Estilos, Final

Juniores

1.	COSTA Joao Peres	04	Naval Praia da Vitoria	2:03.12	+0,58	705
	50m: 26.55 26.55	100m: 58.00	31.45 150m: 1:34.25	36.25	200m: 2:03.12	28.87
2.	CLARA Vitor Belo	04	Ba-Leiria	2:07.45	+0,67	636
	50m: 27.45 27.45	100m: 59.61	32.16 150m: 1:37.61	38.00	200m: 2:07.45	29.84
3.	MARQUES Gustavo Pires	04	Sao Roque	2:07.81	+0,67	631
	50m: 26.37 26.37	100m: 58.95	32.58 150m: 1:38.67	39.72	200m: 2:07.81	29.14
4.	SILVA Afonso Carvalho	05	Famalicao	2:09.26	+0,55	610
	50m: 28.63 28.63	100m: 1:01.59	32.96 150m: 1:38.99	37.40	200m: 2:09.26	30.27
5.	ALVES Paulo Rodrigues	04	Desportivo Nacional	2:10.79	+0,72	588
	50m: 27.64 27.64	100m: 1:02.98	35.34 150m: 1:40.38	37.40	200m: 2:10.79	30.41
6.	FRASQUILHO Afonso Figueiredo	04	Sporting	2:11.33	+0,73	581
	50m: 27.78 27.78	100m: 1:00.23	32.45 150m: 1:40.32	40.09	200m: 2:11.33	31.01
7.	RODRIGUES Rodrigo Reis	04	Sao Roque	2:11.82	+0,65	575
	50m: 28.55 28.55	100m: 1:03.09	34.54 150m: 1:41.71	38.62	200m: 2:11.82	30.11
8.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	2:11.97	+0,63	573
	50m: 28.41 28.41	100m: 1:01.85	33.44 150m: 1:42.39	40.54	200m: 2:11.97	29.58

Seniores

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	1:55.60	+0,60	852
	50m: 25.25 25.25	100m: 54.49	29.24 150m: 1:27.67	33.18	200m: 1:55.60	27.93
2.	LOPES Jose Paulo	00	Braga	1:59.83	+0,72	765
	50m: 26.14 26.14	100m: 56.29	30.15 150m: 1:31.18	34.89	200m: 1:59.83	28.65
3.	VELOSO Tomas Miguel	96	Nautico Academico	2:02.85	+0,61	710
	50m: 27.09 27.09	100m: 58.91	31.82 150m: 1:33.65	34.74	200m: 2:02.85	29.20
4.	BASTOS Lucas Pereira	00	Nautico Academico	2:03.55	+0,72	698
	50m: 26.86 26.86	100m: 57.56	30.70 150m: 1:34.10	36.54	200m: 2:03.55	29.45
5.	SILVA Tomas Antonio	01	Porto	2:03.80	+0,63	694
	50m: 26.39 26.39	100m: 57.96	31.57 150m: 1:34.09	36.13	200m: 2:03.80	29.71
6.	SILVA Henrique Gomes	02	Estamos Juntos	2:05.93	+0,64	659
	50m: 26.37 26.37	100m: 58.66	32.29 150m: 1:35.78	37.12	200m: 2:05.93	30.15
7.	LOPES Luis Afonso	03	Viver Santarem	2:07.69	+0,68	632
	50m: 27.77 27.77	100m: 1:01.70	33.93 150m: 1:38.15	36.45	200m: 2:07.69	29.54

DSQ CARVALHO Diogo Filipe 88 Galitos / Bresimar
704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 125 m - SW 7.1



Prova 27, Masc., 200m Estilos, Final

EXH PEREIRA Tiago Maia	04	Galitos / Bresimar
EXH TAVARES Bernardo Rodrigues	04	Galitos / Bresimar
EXH SAMPAIO Jose Pedro	98	Porto
EXH CRISTINO David Matias	01	Uniao Piedense

Prova 28

27-11-2021 - 18:20

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	2:15.10	CUNHA Mariana Pacheco	CNCE	Felgueiras	10-04-2021
RN25 Jun16	2:14.94	ROSA Maria Carolina	SCP	S. António Cavaleiros	19-12-2009

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	REIS Erica Cristina	05	Sporting	2:23.21	+0,64	616	
	50m: 31.70 31.70	100m: 1:08.52	36.82	150m: 1:50.33	41.81	200m: 2:23.21	32.88
2.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	2:24.50	+0,83	599	
	50m: 30.33 30.33	100m: 1:06.18	35.85	150m: 1:49.36	43.18	200m: 2:24.50	35.14
3.	CATALAO Leonor Tavares	06	Sporting	2:25.14	+0,83	591	
	50m: 31.25 31.25	100m: 1:09.00	37.75	150m: 1:52.28	43.28	200m: 2:25.14	32.86
4.	ESTEVENES Laura Fabiana	05	Naval de Faro	2:25.20	+0,72	591	
	50m: 31.31 31.31	100m: 1:09.57	38.26	150m: 1:52.09	42.52	200m: 2:25.20	33.11
5.	PINTO Leonor Filipa	06	Porto	2:25.49	+0,82	587	
	50m: 31.54 31.54	100m: 1:08.76	37.22	150m: 1:51.40	42.64	200m: 2:25.49	34.09
6.	BARREIRA Andreia Monteiro	06	Peso da Regua	2:28.42	+0,80	553	
	50m: 31.79 31.79	100m: 1:11.08	39.29	150m: 1:52.77	41.69	200m: 2:28.42	35.65
7.	SOARES Miriam Mortagua	06	Galitos / Bresimar	2:29.59	+0,75	540	
	50m: 30.96 30.96	100m: 1:09.60	38.64	150m: 1:54.21	44.61	200m: 2:29.59	35.38
8.	LAGOA Carlota Macedo	05	Ba-Leiria	2:32.18	+0,79	513	
	50m: 32.39 32.39	100m: 1:09.49	37.10	150m: 1:55.09	45.60	200m: 2:32.18	37.09

Prova 28, Femin., 200m Estilos, Final

Seniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:14.54	+0,68	743
	50m: 28.61 28.61	100m: 1:02.78	34.17 150m: 1:42.89	40.11	200m: 2:14.54	31.65
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:16.67	+0,69	708
	50m: 29.76 29.76	100m: 1:04.22	34.46 150m: 1:45.68	41.46	200m: 2:16.67	30.99
3.	CARDEAL Joana Nunes	02	Academico Viseu	2:16.98	+0,77	704
	50m: 29.76 29.76	100m: 1:05.05	35.29 150m: 1:45.66	40.61	200m: 2:16.98	31.32
4.	MESQUITA Francisca Salvador	02	Sporting	2:19.11	+0,72	672
	50m: 29.83 29.83	100m: 1:06.25	36.42 150m: 1:46.32	40.07	200m: 2:19.11	32.79
5.	MENDES Mariana Amaral	02	Sporting	2:21.82	+0,74	634
	50m: 31.30 31.30	100m: 1:08.73	37.43 150m: 1:49.48	40.75	200m: 2:21.82	32.34
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	2:22.00	+0,74	632
	50m: 31.38 31.38	100m: 1:09.41	38.03 150m: 1:49.53	40.12	200m: 2:22.00	32.47
7.	REBELO Maria Carlota	03	Condeixa Clube	2:22.40	+0,69	626
	50m: 30.56 30.56	100m: 1:07.69	37.13 150m: 1:48.92	41.23	200m: 2:22.40	33.48
8.	RODRIGUES Lidiana Correia	04	Belenenses	2:27.09	+0,75	568
	50m: 32.22 32.22	100m: 1:11.68	39.46 150m: 1:52.18	40.50	200m: 2:27.09	34.91

EXH RIBEIRO Margarida Messias 98 Gesloures

Prova 31

27-11-2021 - 19:20

Masc., 4 x 200m Livres

Absolutos

Resultados

RN25 Absoluto	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Sen	7:10.67	Sporting Clube de Portugal	SCP	Felgueiras	22-12-2018
RN25 Jun	7:35.58	Associacao Naval Amorense	ANAM	Felgueiras	22-12-2013

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA	
1.	Sporting-SEN	7:17.45	+0,64	804		
	SANTOS Francisco Rogerio	98	+0,64	24.35	51.97 1:20.47 1:48.16	1:48.16
	RIBEIRO Gustavo Carvalhais	03	+0,36	24.90	52.17 1:20.57 1:49.06	1:49.06
	COSTA Tiago Cunha	99	+0,39	25.10	52.68 1:21.12 1:49.67	1:49.67
	MOGNE Igor Araujo	96	+0,51	25.17	53.04 1:21.85 1:50.56	1:50.56
2.	Porto-SEN	7:26.27	+0,66	757		
	NUNES Porfirio Braga	00	+0,66	25.02	52.59 1:20.81 1:49.33	1:49.33
	AMARAL Francisco Rodriguez	02	+0,56	25.90	54.57 1:23.55 1:52.21	1:52.21
	SAMPAIO Jose Pedro	98	+0,21	26.07	55.68 1:24.84 1:53.85	1:53.85
	SANTOS Pedro Miguel	01	+0,21	24.76	52.73 1:21.43 1:50.88	1:50.88



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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
3.	Nautico Academico-SEN	7:40.03	+0,73	691	
	BASTOS Lucas Pereira	00 +0,73 26.15 54.45 1:23.15 1:52.82	1:52.82		
	GOMES Goncalo Andre	03 +0,15 26.29 56.32 1:27.32 1:57.85	1:57.85		
	VELOSO Tomas Miguel	96 +0,42 25.74 53.66 1:22.76 1:52.28	1:52.28		
	DOMINGUES Ricardo Jorge	02 +0,26 25.35 55.37 1:26.32 1:57.08	1:57.08		

Juniores

1.	Sporting-JUN	7:43.37	+0,64	676	
	ALMEIDA Bernardo Victorino	04 +0,64 25.49 53.49 1:22.52 1:51.74	1:51.74		
	FRASQUILHO Afonso Figueiredo	04 +0,33 26.40 55.80 1:27.03 1:57.76	1:57.76		
	CARVALHO Antonio Lombardi	04 +0,39 26.41 55.94 1:26.10 1:56.49	1:56.49		
	PEREIRA Manuel Angelo	05 +0,42 27.29 57.03 1:27.11 1:57.38	1:57.38		
2.	Galitos / Bresimar-JUN	7:53.86	+0,67	632	
	SILVA Diogo Miguel	05 +0,67 26.64 56.30 1:27.30 1:58.26	1:58.26		
	TAVARES Bernardo Rodrigues	04 +0,31 26.45 56.11 1:26.82 1:57.67	1:57.67		
	JESUS Pedro Duarte	04 +0,40 27.16 57.42 1:28.51 1:59.52	1:59.52		
	PEREIRA Tiago Maia	04 +0,56 27.53 58.16 1:28.96 1:58.41	1:58.41		
3.	Nautico Academico-JUN	7:54.28	+0,66	631	
	REIS Rodrigo Miguel	04 +0,66 26.56 56.62 1:27.92 1:58.58	1:58.58		
	POIARES Tiago Andre	04 +0,54 26.93 56.55 1:27.16 1:57.64	1:57.64		
	DIAS Jose Diogo	04 +0,38 27.31 57.41 1:28.95 2:00.45	2:00.45		
	DIOGO Dinis Miranda	04 +0,31 26.96 57.58 1:28.28 1:57.61	1:57.61		
4.	Porto-JUN	7:56.39	+0,72	622	
	CARVALHO Goncalo Renato	04 +0,72 27.50 57.59 1:28.62 1:59.31	1:59.31		
	TORRES Joao Pedro	05 +0,58 27.28 57.41 1:29.02 1:59.76	1:59.76		
	APSENIECE Kevins Alexandre	04 +0,43 26.60 56.50 1:26.28 1:55.67	1:55.67		
	SILVA Goncalo Manuel	05 +0,65 27.52 58.73 1:30.51 2:01.65	2:01.65		
5.	Braga-JUN	8:02.56	+0,73	599	
	SOUSA Joao Maria	05 +0,73 27.37 57.29 1:28.15 1:59.60	1:59.60		
	CRUZ David Miguel	04 +0,12 26.80 56.75 1:28.03 1:59.58	1:59.58		
	ROCHA Goncalo Queiroga	05 +0,27 27.42 58.51 1:31.27 2:04.66	2:04.66		
	CARVALHO Joao Carlos	05 +0,47 27.10 57.46 1:28.20 1:58.72	1:58.72		
6.	Foca Quinta da Lixa CNF-JUN	8:08.15	+0,81	578	
	LEITE Afonso Martim	05 +0,81 27.61 57.48 1:28.04 1:58.99	1:58.99		
	LOPES Afonso Teixeira	05 +0,25 27.92 58.68 1:30.40 2:01.85	2:01.85		
	CARVALHO Guilherme Jesus	05 +0,21 27.66 59.75 1:32.86 2:06.76	2:06.76		
	PINTO Guilherme Lobo	04 +0,21 26.85 57.25 1:29.06 2:00.55	2:00.55		
DSQ	Ba-Leiria-JUN				
	<i>111 - Rendição antecipada do(a) 3 nadador(a) - SW 10.11</i>				
	FARIA Ricardo Morais	04 +0,66 26.97 57.20 1:28.66 2:01.08	2:01.08		
	SILVA Nuno Marques	04 +0,25 26.35 55.93 1:26.58 1:57.42	1:57.42		
	ANICETO Joao Gabriel	04 -0,12			
	CLARA Vitor Belo	04 +0,46			

Prova 32	Femin., 4 x 200m Livres					Absolutos
27-11-2021 - 19:25						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	8:24.59	Futebol Clube do Porto	FCP	Felgueiras		22-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. Sporting-SEN	Sporting		8:18.55	+0,80	749
MOURA Maria Ferreira	04	+0,80 29.32	1:00.71 1:32.83	2:05.20	2:05.20
HENRIQUES Ines Jacinto	00	+0,47 28.64	1:00.26 1:32.85	2:04.65	2:04.65
MESQUITA Francisca Salvador	02	+0,54 29.13	1:01.11 1:34.16	2:06.36	2:06.36
FRISCHKNECHT Rita Barros	98	+0,48 27.60	58.18 1:30.11	2:02.34	2:02.34
2. Porto-SEN	Porto		8:28.67	+0,75	705
ANDRE Angelica Maria	94	+0,75 29.31	1:00.65 1:32.14	2:03.66	2:03.66
FIAL Sofia Nunes	03	+0,36 28.63	1:00.91 1:34.08	2:07.26	2:07.26
RAMOS Ana Rita	02	+0,58 28.57	59.68 1:31.92	2:04.20	2:04.20
OLIVEIRA Rosa Maria	96	+0,45 30.42	1:04.29 1:38.66	2:13.55	2:13.55

DNS Benfica-SEN

Benfica

Juniores

1. Benfica-JUN	Benfica		8:38.81	+0,82	665
FERREIRA Joana Rocha	05	+0,82 29.64	1:02.05 1:36.16	2:10.75	2:10.75
LOPES Matilde Nunes	06	+0,47 29.50	1:02.14 1:35.75	2:11.02	2:11.02
COELHO Maria Leonor	06	+0,02 28.08	59.82 1:32.62	2:05.76	2:05.76
VALENTE Maria Esteves	06	+0,15 29.36	1:02.31 1:36.89	2:11.28	2:11.28
2. Galitos / Bresimar-JUN	Galitos / Bresimar		8:41.99	+0,77	652
FERNANDES Carolina Miranda	05	+0,77 29.50	1:02.19 1:35.68	2:09.14	2:09.14
ALMEIDA Maria Carolina	05	+0,14 29.14	1:01.86 1:34.85	2:07.48	2:07.48
SOARES Miriam Mortagua	06	+0,29 29.84	1:03.37 1:38.33	2:13.26	2:13.26
VASCONCELOS Lara Rodrigues	05	+0,39 28.61	1:01.73 1:36.98	2:12.11	2:12.11
3. Sporting-JUN	Sporting		8:45.31	+0,75	640
CATALAO Leonor Tavares	06	+0,75 29.88	1:02.15 1:36.04	2:09.59	2:09.59
REIS Erica Cristina	05	+0,27 29.47	1:02.36 1:35.90	2:08.29	2:08.29
NUNES Margarida Domingues	05	+0,51 30.25	1:03.64 1:38.62	2:13.82	2:13.82
GOMES Carolina Fonseca	05	+0,52 29.60	1:02.87 1:38.16	2:13.61	2:13.61
4. Ba-Leiria-JUN	Ba-Leiria		9:13.38	+0,79	548
ALVES Maria Madalena	06	+0,79 32.80	1:09.29 1:45.48	2:20.88	2:20.88
LAGOA Carlota Macedo	05	+0,11 31.04	1:06.72 1:43.03	2:19.18	2:19.18
DINIS Filipa Paiva	06	0.00 30.55	1:04.94 1:39.64	2:15.68	2:15.68
FROIS Maria Francisca	06	0.00 29.49	1:04.42 1:41.61	2:17.64	2:17.64

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

28-11-2021 - 9:00

Prova 33	Femin., 800m Livres					Absolutos
28-11-2021 - 9:00						Resultados
RN25 Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019	
RN25 Sen	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019	
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	DURAES Diana Margarida	96	Benfica	8:31.18	+0,80	824	
	50m: 29.92 29.92	250m: 2:37.45	31.74	450m: 4:45.12	31.82	650m: 6:53.57	32.20
	100m: 1:01.77 31.85	300m: 3:09.28	31.83	500m: 5:16.90	31.78	700m: 7:26.01	32.44
	150m: 1:33.74 31.97	350m: 3:41.28	32.00	550m: 5:49.05	32.15	750m: 7:58.43	32.42
	200m: 2:05.71 31.97	400m: 4:13.30	32.02	600m: 6:21.37	32.32	800m: 8:31.18	32.75
2.	HOLUB Tamila Hryhorivna	99	Braga	8:37.71	+0,79	793	
	50m: 30.02 30.02	250m: 2:38.10	31.98	450m: 4:48.03	32.60	650m: 6:59.58	32.96
	100m: 1:02.01 31.99	300m: 3:10.22	32.12	500m: 5:20.79	32.76	700m: 7:32.52	32.94
	150m: 1:34.14 32.13	350m: 3:42.74	32.52	550m: 5:53.84	33.05	750m: 8:05.27	32.75
	200m: 2:06.12 31.98	400m: 4:15.43	32.69	600m: 6:26.62	32.78	800m: 8:37.71	32.44
3.	ANDRE Angelica Maria	94	Porto	8:42.30	+0,76	772	
	50m: 30.25 30.25	250m: 2:40.63	33.14	450m: 4:52.09	32.81	650m: 7:03.70	33.02
	100m: 1:02.36 32.11	300m: 3:13.74	33.11	500m: 5:24.82	32.73	700m: 7:36.87	33.17
	150m: 1:34.60 32.24	350m: 3:46.55	32.81	550m: 5:57.58	32.76	750m: 8:10.08	33.21
	200m: 2:07.49 32.89	400m: 4:19.28	32.73	600m: 6:30.68	33.10	800m: 8:42.30	32.22
4.	CARDEAL Joana Nunes	02	Academico Viseu	8:47.49	+0,74	750	
	50m: 30.58 30.58	250m: 2:44.78	33.71	450m: 4:58.24	33.17	650m: 7:10.39	32.85
	100m: 1:03.71 33.13	300m: 3:18.39	33.61	500m: 5:31.34	33.10	700m: 7:43.11	32.72
	150m: 1:37.34 33.63	350m: 3:51.80	33.41	550m: 6:04.45	33.11	750m: 8:15.98	32.87
	200m: 2:11.07 33.73	400m: 4:25.07	33.27	600m: 6:37.54	33.09	800m: 8:47.49	31.51
5.	MENDES Mariana Amaral	02	Sporting	8:48.10	+0,75	747	
	50m: 30.98 30.98	250m: 2:43.84	33.45	450m: 4:57.20	33.22	650m: 7:10.01	33.17
	100m: 1:03.85 32.87	300m: 3:17.33	33.49	500m: 5:30.50	33.30	700m: 7:43.08	33.07
	150m: 1:37.03 33.18	350m: 3:50.63	33.30	550m: 6:03.67	33.17	750m: 8:16.42	33.34
	200m: 2:10.39 33.36	400m: 4:23.98	33.35	600m: 6:36.84	33.17	800m: 8:48.10	31.68
6.	RAMOS Ana Rita	02	Porto	8:50.02	+0,80	739	
	50m: 31.13 31.13	250m: 2:41.04	33.03	450m: 4:53.87	33.46	650m: 7:09.24	33.82
	100m: 1:03.03 31.90	300m: 3:14.11	33.07	500m: 5:27.40	33.53	700m: 7:43.29	34.05
	150m: 1:35.25 32.22	350m: 3:47.20	33.09	550m: 6:01.57	34.17	750m: 8:16.98	33.69
	200m: 2:08.01 32.76	400m: 4:20.41	33.21	600m: 6:35.42	33.85	800m: 8:50.02	33.04
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:09.38	+0,66	664	
	50m: 31.45 31.45	250m: 2:47.08	34.06	450m: 5:05.82	35.10	650m: 7:25.79	34.87
	100m: 1:05.13 33.68	300m: 3:21.52	34.44	500m: 5:40.71	34.89	700m: 8:00.70	34.91
	150m: 1:38.98 33.85	350m: 3:55.88	34.36	550m: 6:15.81	35.10	750m: 8:35.50	34.80
	200m: 2:13.02 34.04	400m: 4:30.72	34.84	600m: 6:50.92	35.11	800m: 9:09.38	33.88

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	MORGADO Alice Jesus	04	Sporting	9:31.54	+0,81	589	
	50m: 31.99 31.99	250m: 2:52.49	35.43 450m: 5:15.14	35.79	650m: 7:40.98	36.80	
	100m: 1:06.62 34.63	300m: 3:27.99	35.50 500m: 5:51.27	36.13	700m: 8:17.88	36.90	
	150m: 1:41.65 35.03	350m: 4:03.58	35.59 550m: 6:27.59	36.32	750m: 8:55.38	37.50	
	200m: 2:17.06 35.41	400m: 4:39.35	35.77 600m: 7:04.18	36.59	800m: 9:31.54	36.16	

Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	8:54.50	+0,78	721	
	50m: 31.08 31.08	250m: 2:45.57	33.71 450m: 4:59.61	33.42	650m: 7:14.76	33.67	
	100m: 1:04.31 33.23	300m: 3:19.30	33.73 500m: 5:33.48	33.87	700m: 7:48.55	33.79	
	150m: 1:37.93 33.62	350m: 3:52.70	33.40 550m: 6:07.22	33.74	750m: 8:22.01	33.46	
	200m: 2:11.86 33.93	400m: 4:26.19	33.49 600m: 6:41.09	33.87	800m: 8:54.50	32.49	
2.	PIRES Marta Joao	05	Alges	9:05.37	+0,77	678	
	50m: 30.57 30.57	250m: 2:48.89	34.41 450m: 5:07.50	34.57	650m: 7:24.48	33.75	
	100m: 1:04.95 34.38	300m: 3:23.44	34.55 500m: 5:41.83	34.33	700m: 7:58.85	34.37	
	150m: 1:39.57 34.62	350m: 3:58.10	34.66 550m: 6:16.25	34.42	750m: 8:32.73	33.88	
	200m: 2:14.48 34.91	400m: 4:32.93	34.83 600m: 6:50.73	34.48	800m: 9:05.37	32.64	
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:09.66	+0,72	663	
	50m: 31.03 31.03	250m: 2:49.34	34.81 450m: 5:08.56	34.78	650m: 7:27.90	34.74	
	100m: 1:04.98 33.95	300m: 3:24.04	34.70 500m: 5:43.50	34.94	700m: 8:02.56	34.66	
	150m: 1:39.71 34.73	350m: 3:58.69	34.65 550m: 6:18.33	34.83	750m: 8:37.32	34.76	
	200m: 2:14.53 34.82	400m: 4:33.78	35.09 600m: 6:53.16	34.83	800m: 9:09.66	32.34	
4.	ALVES Joana Silva	05	Benedita	9:22.81	+0,75	617	
	50m: 31.21 31.21	250m: 2:49.95	34.76 450m: 5:11.58	35.72	650m: 7:36.37	36.33	
	100m: 1:05.40 34.19	300m: 3:24.95	35.00 500m: 5:47.62	36.04	700m: 8:12.43	36.06	
	150m: 1:39.87 34.47	350m: 4:00.11	35.16 550m: 6:23.52	35.90	750m: 8:47.99	35.56	
	200m: 2:15.19 35.32	400m: 4:35.86	35.75 600m: 7:00.04	36.52	800m: 9:22.81	34.82	
5.	PEIXOTO Carolina Esteves	06	Braga	9:24.28	+0,84	612	
	50m: 31.87 31.87	250m: 2:52.53	35.83 450m: 5:16.36	35.70	650m: 7:38.71	35.49	
	100m: 1:06.21 34.34	300m: 3:28.35	35.82 500m: 5:51.92	35.56	700m: 8:14.25	35.54	
	150m: 1:41.32 35.11	350m: 4:04.44	36.09 550m: 6:27.62	35.70	750m: 8:49.71	35.46	
	200m: 2:16.70 35.38	400m: 4:40.66	36.22 600m: 7:03.22	35.60	800m: 9:24.28	34.57	
6.	LOURO Ariana Espirito	05	Gualdim Pais	9:24.91	+0,63	610	
	50m: 30.63 30.63	250m: 2:50.57	35.64 450m: 5:15.66	36.56	650m: 7:39.84	36.15	
	100m: 1:04.92 34.29	300m: 3:26.31	35.74 500m: 5:51.30	35.64	700m: 8:15.15	35.31	
	150m: 1:39.75 34.83	350m: 4:02.80	36.49 550m: 6:27.75	36.45	750m: 8:50.16	35.01	
	200m: 2:14.93 35.18	400m: 4:39.10	36.30 600m: 7:03.69	35.94	800m: 9:24.91	34.75	
7.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	9:28.60	+0,78	599	
	50m: 32.62 32.62	250m: 2:55.27	35.87 450m: 5:19.08	36.11	650m: 7:42.42	35.65	
	100m: 1:07.80 35.18	300m: 3:31.22	35.95 500m: 5:55.21	36.13	700m: 8:18.08	35.66	
	150m: 1:43.53 35.73	350m: 4:07.27	36.05 550m: 6:30.95	35.74	750m: 8:53.76	35.68	
	200m: 2:19.40 35.87	400m: 4:42.97	35.70 600m: 7:06.77	35.82	800m: 9:28.60	34.84	

Prova 33, Femin., 800m Livres, Júniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	LOPES Francisca Macedo	05	Vilacondense	9:29.02	+0,78	597	
	50m: 31.30 31.30	250m: 2:52.63	35.65 450m: 5:16.72	35.94	650m: 7:40.61	36.22	
	100m: 1:06.05 34.75	300m: 3:28.68	36.05 500m: 5:52.39	35.67	700m: 8:17.11	36.50	
	150m: 1:41.39 35.34	350m: 4:04.67	35.99 550m: 6:28.20	35.81	750m: 8:53.37	36.26	
	200m: 2:16.98 35.59	400m: 4:40.78	36.11 600m: 7:04.39	36.19	800m: 9:29.02	35.65	
9.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:33.27	+0,69	584	
	50m: 32.36 32.36	250m: 2:54.64	35.91 450m: 5:19.58	36.58	650m: 7:45.59	36.32	
	100m: 1:07.11 34.75	300m: 3:30.75	36.11 500m: 5:56.13	36.55	700m: 8:22.00	36.41	
	150m: 1:42.81 35.70	350m: 4:06.86	36.11 550m: 6:32.74	36.61	750m: 8:57.86	35.86	
	200m: 2:18.73 35.92	400m: 4:43.00	36.14 600m: 7:09.27	36.53	800m: 9:33.27	35.41	
10.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	9:36.49	+0,67	574	
	50m: 31.59 31.59	250m: 2:53.37	36.53 450m: 5:21.50	36.71	650m: 7:49.47	37.10	
	100m: 1:05.60 34.01	300m: 3:30.34	36.97 500m: 5:58.40	36.90	700m: 8:26.27	36.80	
	150m: 1:40.83 35.23	350m: 4:07.68	37.34 550m: 6:35.44	37.04	750m: 9:02.53	36.26	
	200m: 2:16.84 36.01	400m: 4:44.79	37.11 600m: 7:12.37	36.93	800m: 9:36.49	33.96	
11.	PIRES Catarina Gaspar	06	Porto	9:36.63	+0,86	574	
	50m: 32.08 32.08	250m: 2:55.89	36.90 450m: 5:22.60	36.46	650m: 7:49.24	36.60	
	100m: 1:06.70 34.62	300m: 3:32.55	36.66 500m: 5:59.24	36.64	700m: 8:26.02	36.78	
	150m: 1:42.71 36.01	350m: 4:09.62	37.07 550m: 6:35.98	36.74	750m: 9:02.24	36.22	
	200m: 2:18.99 36.28	400m: 4:46.14	36.52 600m: 7:12.64	36.66	800m: 9:36.63	34.39	
12.	FERREIRA Joana Rocha	05	Benfica	9:37.39	+0,81	572	
	50m: 31.43 31.43	250m: 2:54.55	35.85 450m: 5:20.45	36.74	650m: 7:48.60	37.11	
	100m: 1:06.51 35.08	300m: 3:30.90	36.35 500m: 5:57.21	36.76	700m: 8:25.46	36.86	
	150m: 1:42.56 36.05	350m: 4:07.16	36.26 550m: 6:34.38	37.17	750m: 9:01.94	36.48	
	200m: 2:18.70 36.14	400m: 4:43.71	36.55 600m: 7:11.49	37.11	800m: 9:37.39	35.45	
13.	FERREIRA Joana Rosa	05	Naval de Peniche	9:48.44	+0,85	540	
	50m: 31.19 31.19	250m: 2:56.86	37.01 450m: 5:27.35	37.70	650m: 7:57.47	37.48	
	100m: 1:06.51 35.32	300m: 3:34.19	37.33 500m: 6:04.75	37.40	700m: 8:35.01	37.54	
	150m: 1:42.96 36.45	350m: 4:12.01	37.82 550m: 6:42.34	37.59	750m: 9:12.54	37.53	
	200m: 2:19.85 36.89	400m: 4:49.65	37.64 600m: 7:19.99	37.65	800m: 9:48.44	35.90	
14.	FROIS Maria Francisca	06	Ba-Leiria	9:49.76	+0,72	536	
	50m: 32.18 32.18	250m: 2:59.38	36.58 450m: 5:27.07	36.57	650m: 7:57.74	38.00	
	100m: 1:08.30 36.12	300m: 3:36.36	36.98 500m: 6:04.57	37.50	700m: 8:35.93	38.19	
	150m: 1:45.58 37.28	350m: 4:13.17	36.81 550m: 6:42.22	37.65	750m: 9:13.58	37.65	
	200m: 2:22.80 37.22	400m: 4:50.50	37.33 600m: 7:19.74	37.52	800m: 9:49.76	36.18	
15.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	9:53.36	+0,82	527	
	50m: 32.61 32.61	250m: 3:01.24	37.77 450m: 5:32.16	37.19	650m: 8:02.08	37.63	
	100m: 1:08.67 36.06	300m: 3:39.19	37.95 500m: 6:09.33	37.17	700m: 8:39.47	37.39	
	150m: 1:45.87 37.20	350m: 4:17.12	37.93 550m: 6:46.76	37.43	750m: 9:16.87	37.40	
	200m: 2:23.47 37.60	400m: 4:54.97	37.85 600m: 7:24.45	37.69	800m: 9:53.36	36.49	
16.	COSTA Anita Gouveia	06	Condeixa Clube	9:59.29	+0,78	511	
	50m: 32.57 32.57	250m: 2:59.19	37.81 450m: 5:32.09	38.22	650m: 8:06.22	38.61	
	100m: 1:07.92 35.35	300m: 3:36.97	37.78 500m: 6:10.77	38.68	700m: 8:44.43	38.21	
	150m: 1:44.30 36.38	350m: 4:15.58	38.61 550m: 6:48.82	38.05	750m: 9:22.84	38.41	
	200m: 2:21.38 37.08	400m: 4:53.87	38.29 600m: 7:27.61	38.79	800m: 9:59.29	36.45	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	HUTYY Adriana Carolina	05	Braga				

Prova 34

Masc., 50m Bruços

28-11-2021 - 9:30

Absoluto
Resultados Elimin

RN25 Absoluto	27.12	SANTOS Alexis Manacas	SCP	Felgueiras		22-12-2019
RN25 Sen	27.12	SANTOS Alexis Manacas	SCP	Felgueiras		22-12-2019
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
RN25 Juv A	29.23	tempo limite				
RN25 Juv B	30.65	tempo limite				
RN25 Inf A	31.28	tempo limite				
RN25 Inf B	33.81	tempo limite				
RN S15	32.40	NEVES Tiago Correia	CFB	Guarda		17-02-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1.	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes	28.35	+0,66 Q	706
2.	TEODORO Diogo Filipe	99	Natacao de Valongo	28.82	+0,62 Q	672
	SANTOS Alexis Manacas	92	Sporting	28.82	+0,66 Q	672
4.	MENDES Antonio Manuel	99	Sporting	28.88	+0,66 Q	668
5.	FRISCHKNECHT Renato Barros	01	Sporting	29.03	+0,63 Q	658
6.	QUINTAS Francisco Robalo	95	Sporting	29.12	+0,66 Q	651
7.	SANTOS Pedro Andre	94	Alges	29.26	+0,66 Q	642
8.	MOURA Andre Magalhaes	98	Academico Viseu	29.40	+0,63 Q	633
9.	MATEUS Diogo Garcez	02	Sporting	29.55	+0,67 R	623
10.	GRENHO Andre Tavares	99	Geslourses	29.63	+0,68 R	618
11.	FONSECA Joao Costa	00	Natacao de Lisboa	29.97	+0,75	598
12.	MAGALHAES Andre Filipe	98	Despertarecorde	30.19	+0,81	585
13.	AFONSO Francisco Lopes	03	Alges	30.29	+0,68	579
14.	VENTOSO Vicente Morgado	00	Vikings	30.33	+0,75	576
15.	RIBEIRO Afonso Mateus	95	Belenenses	30.34	+0,68	576
16.	MERUJE Joaquim Agra	01	Uniao Coimbra	30.63	+0,71	560
17.	PAIS Joao Ventura	02	Condeixa Clube	31.16	+0,67	532

Juniores

1.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	29.64	+0,68 Q	618
2.	REBELO Joao Lourenco	04	Alges	29.99	+0,62 Q	596
3.	FERNANDES Martim Pestana	04	Naval do Funchal	30.30	+0,61 Q	578
4.	OLIVEIRA Joao Campelo	04	Famalicao	30.52	+0,64 Q	566
5.	MOREIRA Joao Pedro	04	Colegio Efanor	30.67	+0,64 Q	558



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	ALVES Paulo Rodrigues	04	Desportivo Nacional	30.74	+0,73 Q	554	
7.	ANJO Miguel Filipe	04	Uniao Piedense	30.81	+0,68 Q	550	
8.	ANICETO Joao Gabriel	04	Ba-Leiria	31.05	+0,71 Q	537	
9.	SILVA Tony Stefano	05	Desportivo Nacional	31.21	+0,66 R	529	
10.	PIRES Joao Antonio	05	Torres Novas	31.22	+0,65 R	529	
11.	LOPES Andre Prates	05	Electrico Clube/ FGil.pt	31.23	+0,72	528	
12.	CHOCAS Afonso Alves	04	Electrico Clube/ FGil.pt	31.27	+0,62	526	
13.	VASCONCELOS Francisco Lourenco	05	Gesloures	31.30	+0,65	524	
14.	SILVA Goncalo Manuel	05	Porto	31.46	+0,78	517	
15.	ASCENSO Afonso Manuel	05	Nautico Marinha Grande	31.50	+0,69	515	
16.	CARVALHO Goncalo Duarte	05	Benfica	31.51	+0,70	514	
17.	OLIVEIRA Simao Lopes	05	Naval Setubalense	31.89	+0,68	496	
18.	COSTA Goncalo Ramos	05	CPCD-Povoa St Iria	31.99	+0,74	491	
19.	ROCHA Rodrigo Manuel	05	Sporting de Espinho	32.29	+0,78	478	
20.	FONSECA Afonso Valente	05	Fluvial Portuense	32.33	+0,63	476	
21.	GOUVEIA Afonso Martim	05	FC Ferreiras/AlgarExperience	32.65	+0,74	462	
EXH	FRANCISCO Daniel Sebastiao	00	Porto	29.85	+0,67	605	
EXH	HEINIO-WIDELL Nick	05	Alges	30.42	+0,62	571	
EXH	NEVES Tiago Correia	97	SB15 Belenenses	32.49	+0,66	469	

Prova 35

28-11-2021 - 9:40

Femin., 50m Bruços

Absolutos
Resultados Elimin

RN25 Absoluto	30.79	RODRIGUES Ana Pinho	EDV	Ponte da Barca	10-07-2021
RN25 Sen	30.79	RODRIGUES Ana Pinho	EDV	Ponte da Barca	10-07-2021
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	31.21	+0,68 Q	766	
2.	RODRIGUES Lidiana Correia	04	Belenenses	33.33	+0,70 Q	629	
3.	FIAL Sofia Nunes	03	Porto	33.36	+0,71 Q	627	
4.	OLIVEIRA Rosa Maria	96	Porto	33.74	+0,76 Q	606	
5.	CERDEIRA Madalena Reis	03	Sporting	33.92	+0,79 Q	596	
6.	VIANA Carolina Pereira	04	Aquatico Silves	34.28	+0,65 Q	578	
7.	REBELO Maria Carlota	03	Condeixa Clube	34.31	+0,68 Q	576	
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	34.43	+0,74 Q	570	
9.	RIESENBERGER Bruna Martins	97	Laranjeiro	34.46	+0,68 R	569	
10.	CASTRO Maria Freitas	03	Vitoria Guimaraes	34.47	+0,71 R	568	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
11.	MORAIS Margarida Mateus	04	Torres Novas	34.82	+0,75	551	
12.	RODRIGUES Luana Correia	01	Belenenses	34.87	+0,72	549	
13.	LOPES Margarida Santos	04	Estarreja	35.22	+0,67	533	
14.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	35.60	+0,73	516	

Júniores

1.	ANTUNES Rebeca Leonor	06	Alges	33.96	+0,72	Q	594
2.	ALMEIDA Ana Rita	05	Campinho	34.14	+0,71	Q	585
3.	NUNES Margarida Domingues	05	Sporting	34.37	+0,70	Q	573
4.	BELO Catarina Machado	06	Benedita	34.72	+0,73	Q	556
	BARREIRA Andreia Monteiro	06	Peso da Regua	34.72	+0,74	Q	556
6.	FERREIRA Joana Rosa	05	Naval de Peniche	34.81	+0,84	Q	552
7.	PEREIRA Carolina Rei	05	Natacao de Vagos	34.82	+0,71	Q	551
8.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	34.84	+0,64	Q	550
9.	JESUS Mariana Teixeira	06	Estarreja	35.15	+0,71	R	536
10.	RIBEIRO Maria Joao	05	Sao Joao Ver	35.17	+0,74	R	535
11.	REBELO Mariana Cunha	06	Natacao de Vagos	35.26	+0,69		531
12.	SA Madalena Correa	06	Gesloures	35.55	+0,84		518
13.	MADEIRA Margarida Correa	06	Nautico Marinha Grande	35.62	+0,77		515
14.	REIS Juliana Branco	05	Alcobaca	35.76	+0,76		509
15.	LOURENCO Beatriz Vale	05	Portinado	36.08	+0,83		495
16.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	36.14	+0,69		493
17.	SILVA Maria Seixeira	06	Viana Natacao	36.23	+0,81		489
18.	NEVES Maria Manuel	05	Braga	36.46	+0,80		480
19.	ALVES Maria Madalena	06	Ba-Leiria	36.61	+0,75		474

Prova 36	Masc., 100m Costas					Absolutos
28-11-2021 - 9:50						Resultados Elimin
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 S15	1:02.97	NEVES Tiago Correia	CFB	Vila Real St. Antonio	03-11-2018	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	51.95	+0,57 Q	805	
	50m: 24.97 24.97	100m: 51.95	26.98				
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	54.78	+0,69 Q	686	
	50m: 26.49 26.49	100m: 54.78	28.29				
3.	SANTOS Francisco Rogerio	98	Sporting	56.44	+0,71 Q	627	
	50m: 27.01 27.01	100m: 56.44	29.43				
4.	PIRES Ricardo Saraiva	98	Laranjeiro	56.68	+0,60 Q	619	
	50m: 27.59 27.59	100m: 56.68	29.09				
5.	COSTA Diogo Santos	02	Benfica	57.31	+0,83 Q	599	
	50m: 26.70 26.70	100m: 57.31	30.61				
6.	CASTRO Duarte Monteiro	03	Porto	57.71	+0,86 Q	587	
	50m: 27.78 27.78	100m: 57.71	29.93				
7.	ZENZA Francisco Manuel	01	Natacao da Maia	58.57	+0,60 Q	561	
	50m: 27.83 27.83	100m: 58.57	30.74				
DSQ	FERNANDES Rui Afonso	03	Desportivo Nacional				
	<i>606 - Não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida - SW 6.3</i>						
DSQ	BATE Miguel Ribeiro	99	Sporting				
	<i>403 - Falsa partida - SW 4.4</i>						

Juniores

1.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	56.31	+0,68 Q	632	
	50m: 26.70 26.70	100m: 56.31	29.61				
2.	SILVA Diogo Miguel	05	Galitos / Bresimar	57.38	+0,57 Q	597	
	50m: 27.49 27.49	100m: 57.38	29.89				
3.	GOMES Guilherme Sousa	04	Aquatico Silves	57.58	+0,88 Q	591	
	50m: 28.17 28.17	100m: 57.58	29.41				
	BARAONA Andre Azevedo	04	Natacao do Montijo	57.58	+0,52 Q	591	
	50m: 27.86 27.86	100m: 57.58	29.72				
5.	COSTA Joao Peres	04	Naval Praia da Vitoria	57.69	+0,44 Q	587	
	50m: 26.81 26.81	100m: 57.69	30.88				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	CUNHA Rodrigo Manuel 50m: 28.08 28.08 100m: 58.14 30.06	04	Vitoria Guimaraes	58.14	+1,06	Q	574
7.	FRASQUILHO Afonso Figueiredo 50m: 28.07 28.07 100m: 58.38 30.31	04	Sporting	58.38	+0,84	Q	567
8.	PEREIRA Tomas Coelho 50m: 28.27 28.27 100m: 58.42 30.15	05	Penafiel	58.42	+0,59	Q	566
9.	MARQUES Andre Henriques 50m: 28.36 28.36 100m: 58.90 30.54	05	Benfica	58.90	+0,54	R	552
10.	DIAS Jose Diogo 50m: 28.73 28.73 100m: 59.36 30.63	04	Nautico Academico	59.36	+0,58	R	539
11.	ALMEIDA Miguel Cordeiro 50m: 28.79 28.79 100m: 59.51 30.72	05	Alges	59.51	+0,58		535
12.	CORDEIRO Tomas Almeida 50m: 28.97 28.97 100m: 59.73 30.76	05	Alges	59.73	+0,61		529
13.	RIBEIRO Filipe Silva 50m: 28.82 28.82 100m: 59.84 31.02	05	Leixoes	59.84	+0,59		526
14.	SANTOS Ricardo Matias 50m: 29.71 29.71 100m: 59.88 30.17	05	CPFZ - Natacao	59.88	+0,75		525
15.	PINHEIRO Joao Seixedo 50m: 29.00 29.00 100m: 59.95 30.95	05	Natacao de Lisboa	59.95	+0,58		523
16.	OLIVEIRA Miguel Fernandes 50m: 29.39 29.39 100m: 59.99 30.60	05	Nautico Marinha Grande	59.99	+0,56		522
17.	SA Jose Manuel 50m: 29.04 29.04 100m: 1:00.88 31.84	05	Sporting	1:00.88	+0,95		500
18.	LIMA Gaspar Pinheiro 50m: 28.83 28.83 100m: 1:00.89 32.06	04	Leixoes	1:00.89	+1,08		500
19.	CARVALHO Joao Carlos 50m: 29.88 29.88 100m: 1:00.98 31.10	05	Braga	1:00.98	+0,98		497
DSQ	CEPELEGA Marin 616 - O atleta efectuou a chegada totalmente submerso - SW 6.3	05	Portinado				



Prova 37	Femin., 100m Costas					Absolutos
28-11-2021 - 10:00						Resultados Elimin
RN25 Absoluto	58.39	AZEVEDO Rafaela Gomes	SAD	Albufeira		14-11-2021
RN25 Sen	58.39	AZEVEDO Rafaela Gomes	SAD	Albufeira		14-11-2021
RN25 Jun17	59.61	AZEVEDO Rafaela Gomes	SAD	Algés		29-06-2019
RN25 Jun16	1:01.55	FERNANDES Ines Camacho	SCP	Porto		08-12-2013

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	1:00.37	+0,65 Q	751	
	50m: 29.19 29.19	100m: 1:00.37	31.18				
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:03.06	+0,85 Q	659	
	50m: 29.80 29.80	100m: 1:03.06	33.26				
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	1:03.37	+0,62 Q	649	
	50m: 30.81 30.81	100m: 1:03.37	32.56				
4.	AZEVEDO Rafaela Gomes	02	Alges	1:04.26	+0,85 Q	623	
	50m: 29.99 29.99	100m: 1:04.26	34.27				
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	1:04.74	+0,85 Q	609	
	50m: 31.10 31.10	100m: 1:04.74	33.64				
6.	NUNES Sofia Alexandra	00	Laranjeiro	1:05.42	+0,69 Q	590	
	50m: 31.41 31.41	100m: 1:05.42	34.01				
7.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	1:05.52	+0,64 Q	587	
	50m: 31.87 31.87	100m: 1:05.52	33.65				
8.	AMADO Maria Lopes	04	Nautico Marinha Grande	1:06.15	+0,59 Q	571	
	50m: 31.74 31.74	100m: 1:06.15	34.41				
9.	MARQUES Mariana Nunes	03	Estarreja	1:06.95	+0,53 R	551	
	50m: 31.83 31.83	100m: 1:06.95	35.12				
10.	MENDES Ana Sebastiao	04	Natacao de Lagos	1:07.58	+0,60 R	535	
	50m: 32.29 32.29	100m: 1:07.58	35.29				
11.	RODRIGUES Luana Correia	01	Belenenses	1:08.31	+0,59	518	
	50m: 33.22 33.22	100m: 1:08.31	35.09				
12.	FERREIRA Ana Raquel	98	Natacao de Lisboa	1:08.93	+0,71	504	
	50m: 32.87 32.87	100m: 1:08.93	36.06				
DSQ	SOARES Ines Apolinario	03	Pimpoes/Cimai				
	<i>614 - Nadador não efectuou viragem aos 75 m após terminar movimento contínuo de braços - SW 6.4</i>						

Prova 37, Femin., 100m Costas, Elimin

Juniiores

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	1:03.82	+0,93	Q	636
	50m: 30.69 30.69	100m: 1:03.82	33.13				
2.	GONCALVES Rita Abibe	05	Geslours	1:05.84	+1,01	Q	579
	50m: 32.02 32.02	100m: 1:05.84	33.82				
3.	EIRA Maria Carolina	05	Ginasio de Vila Real	1:05.95	+0,63	Q	576
	50m: 31.63 31.63	100m: 1:05.95	34.32				
4.	REIS Erica Cristina	05	Sporting	1:06.04	+0,61	Q	574
	50m: 32.15 32.15	100m: 1:06.04	33.89				
5.	LAGOA Carlota Macedo	05	Ba-Leiria	1:06.43	+0,92	Q	564
	50m: 32.31 32.31	100m: 1:06.43	34.12				
6.	SALGADO Soraia Maria	05	Fisica Torres Vedras	1:06.63	+0,63	Q	559
	50m: 31.81 31.81	100m: 1:06.63	34.82				
7.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	1:06.64	+0,58	Q	558
	50m: 31.94 31.94	100m: 1:06.64	34.70				
8.	CAMACHO Carolina Martins	06	Uniao Piedense	1:06.68	+0,66	Q	557
	50m: 32.49 32.49	100m: 1:06.68	34.19				
9.	PINTO Leonor Filipa	06	Porto	1:06.80	+0,66	R	554
	50m: 32.25 32.25	100m: 1:06.80	34.55				
10.	ESTEVEENS Laura Fabiana	05	Naval de Faro	1:06.98	+0,75	R	550
	50m: 32.09 32.09	100m: 1:06.98	34.89				
11.	MAGALHAES Luana Cardoso	06	Alges	1:08.03	+0,59		525
	50m: 32.73 32.73	100m: 1:08.03	35.30				
12.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	1:08.42	+0,62		516
	50m: 33.36 33.36	100m: 1:08.42	35.06				
13.	ROMAO Ana Teresa	06	Naval de Faro	1:08.56	+0,69		513
	50m: 33.06 33.06	100m: 1:08.56	35.50				
14.	PEREIRA Isabel dos Santos	05	Colegio Efanor	1:08.78	+1,08		508
	50m: 32.98 32.98	100m: 1:08.78	35.80				
15.	BRITES Marta Lopes	06	Bombeiros de Ponta Delgad	1:09.17	+0,83		499
	50m: 32.77 32.77	100m: 1:09.17	36.40				
16.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	1:09.65	+0,71		489
	50m: 34.20 34.20	100m: 1:09.65	35.45				
17.	COSTA Maria Jardim	06	Desportivo Nacional	1:09.74	+0,92		487
	50m: 33.27 33.27	100m: 1:09.74	36.47				
18.	DINIS Filipa Paiva	06	Ba-Leiria	1:10.13	+1,02		479
	50m: 33.06 33.06	100m: 1:10.13	37.07				



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
19.	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira	1:10.22	+0,70	477	
	50m: 34.16 34.16	100m: 1:10.22	36.06				
	SILVA Maria Seixeira	06	Viana Natacao	1:10.22	+1,07	477	
	50m: 34.43 34.43	100m: 1:10.22	35.79				
21.	COSTA Daniela Alexandra	06	Leixoes	1:10.98	+0,98	462	
	50m: 33.81 33.81	100m: 1:10.98	37.17				

Prova 38

Masc., 200m Mariposa

Absoluto

28-11-2021 - 10:10

Resultados Elimin

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
RN25 Juv A	2:03.38	SILVA Diogo Parrilha da	CNAL	Alcobaça	13-06-2009
RN25 Juv B	2:06.17	RIBEIRO Diogo Matos	CUC	Felgueiras	27-04-2019
RN25 Inf A	2:12.42	FREITAS Tomas Miguel	CDN	Funchal	11-07-2004
RN25 Inf B	2:19.18	RUIVO Andre Vilas	DNMG	Nazaré	01-06-2013
RN S15	2:16.14	NEVES Tiago Correia	CFB	Guarda	16-02-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DNS	CANCELA Diogo Luis	02	S8 Louzan Natacao/EFAPEL				
DNS	TRAVANCA Sergio Filipe	00	Colegio Efanor				

Juniores

1.	APSENIECE Kevins Alexandre	04	Porto	2:09.42	+0,84	Q 585	
	50m: 28.59 28.59	100m: 1:02.51	33.92	150m: 1:35.71	33.20	200m: 2:09.42	33.71
2.	BORGES David Costa	04	Fluval Portuense	2:10.54	+0,60	Q 570	
	50m: 28.19 28.19	100m: 1:01.58	33.39	150m: 1:35.61	34.03	200m: 2:10.54	34.93
3.	MORGADO Vasco Alves	05	Alges	2:11.08	+0,64	Q 563	
	50m: 29.57 29.57	100m: 1:03.19	33.62	150m: 1:37.35	34.16	200m: 2:11.08	33.73
4.	MADUREIRA Rui Pedro	04	Famalicao	2:11.14	+0,63	Q 562	
	50m: 28.89 28.89	100m: 1:02.46	33.57	150m: 1:36.74	34.28	200m: 2:11.14	34.40
5.	FERRAO Gabriel Carvalho	05	Uniao Piedense	2:11.27	+0,61	Q 560	
	50m: 27.50 27.50	100m: 1:01.03	33.53	150m: 1:36.92	35.89	200m: 2:11.27	34.35
6.	RODRIGUES Rodrigo Reis	04	Sao Roque	2:11.71	+0,67	Q 555	
	50m: 29.56 29.56	100m: 1:02.98	33.42	150m: 1:37.29	34.31	200m: 2:11.71	34.42
7.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:12.02	+0,70	Q 551	
	50m: 28.71 28.71	100m: 1:02.92	34.21	150m: 1:36.94	34.02	200m: 2:12.02	35.08

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	PINTO Tiago Rodrigues	05	Sporting	2:12.18	+0,74	Q	549
	50m: 29.09 29.09	100m: 1:03.57	34.48 150m: 1:38.54	34.97	200m: 2:12.18	33.64	
9.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	2:12.27	+0,66	R	547
	50m: 28.35 28.35	100m: 1:02.68	34.33 150m: 1:37.67	34.99	200m: 2:12.27	34.60	
10.	PEREIRA Manuel Angelo	05	Sporting	2:12.89	+0,72	R	540
	50m: 29.00 29.00	100m: 1:02.77	33.77 150m: 1:37.82	35.05	200m: 2:12.89	35.07	
11.	MENDES Diogo Alexandre	05	Natacao de Vagos	2:17.19	+0,72		491
	50m: 30.17 30.17	100m: 1:04.26	34.09 150m: 1:40.63	36.37	200m: 2:17.19	36.56	

Classe S8

DNS	CANCELA Diogo Luis	02	S8	Louzan Natacao/EFAPEL			
EXH	SILVA Henrique Gomes	02		Estamos Juntos			
EXH	CARVALHO Diogo Filipe	88		Galitos / Bresimar			
EXH	SILVA Tomas Antonio	01		Porto			
EXH	CARDOSO Diogo Santos	01		Sporting			
EXH	MENDES Antonio Manuel	99		Sporting			
EXH	CRISTINO David Matias	01		Uniao Piedense			
EXH	DIAS Rodrigo Reis	03		Belenenses			
EXH	CRUZ Miguel Duarte	99	S15	Belenenses	2:21.36	+0,58	448
	50m: 30.04 30.04	100m: 1:05.78	35.74 150m: 1:43.54	37.76	200m: 2:21.36	37.82	

Prova 39

Femin., 200m Mariposa

28-11-2021 - 10:25

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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	MONTEIRO Ana Catarina	93	Vilacondense	2:11.73	+0,66	Q	748
	50m: 29.76 29.76	100m: 1:03.09	33.33 150m: 1:37.29	34.20	200m: 2:11.73	34.44	
2.	MOURA Maria Ferreira	04	Sporting	2:17.22	+0,80	Q	662
	50m: 30.05 30.05	100m: 1:04.62	34.57 150m: 1:40.87	36.25	200m: 2:17.22	36.35	
3.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:18.12	+0,71	Q	649
	50m: 30.85 30.85	100m: 1:06.11	35.26 150m: 1:41.99	35.88	200m: 2:18.12	36.13	

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:18.13	+0,74	Q 649	
	50m: 30.03 30.03	100m: 1:04.53	34.50 150m: 1:40.71	36.18	200m: 2:18.13	37.42	
5.	MESQUITA Francisca Salvador	02	Sporting	2:19.52	+0,77	Q 630	
	50m: 30.34 30.34	100m: 1:05.66	35.32 150m: 1:42.20	36.54	200m: 2:19.52	37.32	
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	2:20.19	+0,79	Q 621	
	50m: 31.40 31.40	100m: 1:06.90	35.50 150m: 1:43.80	36.90	200m: 2:20.19	36.39	
7.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	2:21.26	+0,72	Q 607	
	50m: 31.63 31.63	100m: 1:07.05	35.42 150m: 1:43.57	36.52	200m: 2:21.26	37.69	
8.	TEJO Beatriz Costa	02	Academica de Coimbra	2:23.18	+0,64	Q 582	
	50m: 30.78 30.78	100m: 1:06.72	35.94 150m: 1:44.44	37.72	200m: 2:23.18	38.74	
9.	LIGEIRO Daniela Silva	04	Viana Natacao	2:23.98	+0,76	R 573	
	50m: 31.55 31.55	100m: 1:07.61	36.06 150m: 1:45.37	37.76	200m: 2:23.98	38.61	
10.	MONTEIRO Ana Carolina	04	Uniao Coimbra	2:24.97	+0,72	R 561	
	50m: 32.09 32.09	100m: 1:09.65	37.56 150m: 1:46.51	36.86	200m: 2:24.97	38.46	
11.	FERREIRA Ana Claudia	90	Alcobaca	2:26.28	+0,82	546	
	50m: 32.55 32.55	100m: 1:10.67	38.12 150m: 1:47.51	36.84	200m: 2:26.28	38.77	
12.	MORGADO Alice Jesus	04	Sporting	2:27.14	+0,84	537	
	50m: 32.72 32.72	100m: 1:10.20	37.48 150m: 1:48.54	38.34	200m: 2:27.14	38.60	
13.	MATOS Ana Rita	02	Belenenses	2:28.48	+0,83	522	
	50m: 32.74 32.74	100m: 1:09.41	36.67 150m: 1:48.18	38.77	200m: 2:28.48	40.30	
DNS	HENRIQUES Ines Jacinto	00	Sporting				

Juniores

1.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	2:20.56	+0,85	Q 616	
	50m: 31.14 31.14	100m: 1:06.87	35.73 150m: 1:43.99	37.12	200m: 2:20.56	36.57	
2.	FERREIRA Francisca Santos	06	Alges	2:23.93	+0,69	Q 573	
	50m: 30.81 30.81	100m: 1:07.07	36.26 150m: 1:45.29	38.22	200m: 2:23.93	38.64	
3.	BENTO Maria Madalena	05	BUZIOS - Coruche	2:25.63	+0,75	Q 554	
	50m: 32.31 32.31	100m: 1:08.62	36.31 150m: 1:46.99	38.37	200m: 2:25.63	38.64	
4.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	2:26.40	+0,81	Q 545	
	50m: 32.74 32.74	100m: 1:08.53	35.79 150m: 1:46.93	38.40	200m: 2:26.40	39.47	
5.	SILVA Joana Ferreira	05	Colegio Efanor	2:28.15	+0,69	Q 526	
	50m: 32.28 32.28	100m: 1:09.87	37.59 150m: 1:48.57	38.70	200m: 2:28.15	39.58	
6.	TINOCO Diana Silva	06	Columbofila Cantanhedense	2:28.54	+0,68	Q 522	
	50m: 33.03 33.03	100m: 1:10.35	37.32 150m: 1:49.57	39.22	200m: 2:28.54	38.97	
7.	SILVA Ana Francisca	06	Alcobaca	2:28.79	+0,72	Q 519	
	50m: 33.31 33.31	100m: 1:11.09	37.78 150m: 1:50.04	38.95	200m: 2:28.79	38.75	



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	2:29.75	+0,87	Q 509	
	50m: 32.58 32.58	100m: 1:09.48	36.90 150m: 1:48.33	38.85	200m: 2:29.75	41.42	
9.	PIRES Catarina Gaspar	06	Porto	2:30.78	+0,89	R 499	
	50m: 33.70 33.70	100m: 1:11.30	37.60 150m: 1:50.46	39.16	200m: 2:30.78	40.32	
10.	FERREIRA Maria Neto	06	Nautico Academico	2:31.83	+0,82	R 488	
	50m: 33.28 33.28	100m: 1:11.41	38.13 150m: 1:51.21	39.80	200m: 2:31.83	40.62	
11.	CATALAO Leonor Tavares	06	Sporting	2:32.04	+0,79	486	
	50m: 33.17 33.17	100m: 1:11.26	38.09 150m: 1:50.91	39.65	200m: 2:32.04	41.13	
12.	BUCHA Marta Filipa	06	Viver Santarem	2:32.55	+0,87	482	
	50m: 33.01 33.01	100m: 1:11.30	38.29 150m: 1:51.60	40.30	200m: 2:32.55	40.95	
13.	ANDRE Isadora Maia	05	Benfica	2:37.01	+0,73	442	
	50m: 33.16 33.16	100m: 1:10.86	37.70 150m: 1:52.11	41.25	200m: 2:37.01	44.90	

Prova 40 28-11-2021 - 10:50

Masc., 200m Livres

Absolutos 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	1:47.65	RIBEIRO Diogo Matos	CLC	Felgueiras	11-04-2021
RN S15	1:59.52	NEVES Tiago Correia	CFB	Felgueiras	23-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	1:48.24	+0,65	Q 773	
	50m: 25.12 25.12	100m: 52.63	27.51 150m: 1:20.40	27.77	200m: 1:48.24	27.84	
2.	RAMOS Bruno Miguel	97	Belenenses	1:48.77	+0,64	Q 762	
	50m: 25.18 25.18	100m: 52.65	27.47 150m: 1:20.43	27.78	200m: 1:48.77	28.34	
3.	VELOSO Tomas Miguel	96	Nautico Academico	1:49.72	+0,66	Q 742	
	50m: 25.98 25.98	100m: 53.60	27.62 150m: 1:21.25	27.65	200m: 1:49.72	28.47	
	COSTA Tiago Cunha	99	Sporting	1:49.72	+0,64	Q 742	
	50m: 25.59 25.59	100m: 53.06	27.47 150m: 1:21.26	28.20	200m: 1:49.72	28.46	
5.	LOPES Jose Paulo	00	Braga	1:50.14	+0,69	Q 734	
	50m: 26.19 26.19	100m: 54.33	28.14 150m: 1:22.53	28.20	200m: 1:50.14	27.61	
6.	RIBEIRO Gustavo Carvalhais	03	Sporting	1:50.25	+0,74	Q 732	
	50m: 25.81 25.81	100m: 53.16	27.35 150m: 1:21.35	28.19	200m: 1:50.25	28.90	
7.	NUNES Porfirio Braga	00	Porto	1:50.37	+0,66	Q 729	
	50m: 25.32 25.32	100m: 53.53	28.21 150m: 1:21.78	28.25	200m: 1:50.37	28.59	

Prova 40, Masc., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	SANTOS Pedro Miguel	01	Porto	1:50.38	+0,66 Q	729	
	50m: 26.35 26.35	100m: 54.48	28.13 150m: 1:22.40	27.92 200m: 1:50.38	27.98		
9.	MOGNE Igor Araujo	96	Sporting	1:50.94	+0,75 R	718	
	50m: 26.08 26.08	100m: 54.08	28.00 150m: 1:22.31	28.23 200m: 1:50.94	28.63		
10.	BASTOS Lucas Pereira	00	Nautico Academico	1:51.95	+0,68 R	699	
	50m: 26.14 26.14	100m: 54.26	28.12 150m: 1:22.70	28.44 200m: 1:51.95	29.25		
11.	AMARAL Francisco Rodriguez	02	Porto	1:52.85	+0,72	682	
	50m: 26.62 26.62	100m: 55.10	28.48 150m: 1:23.83	28.73 200m: 1:52.85	29.02		
12.	PADRELA Joao Esteves	99	Belenenses	1:54.09	+0,71	660	
	50m: 26.49 26.49	100m: 55.60	29.11 150m: 1:24.97	29.37 200m: 1:54.09	29.12		

Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	1:51.45	+0,64 Q	708	
	50m: 25.82 25.82	100m: 54.16	28.34 150m: 1:22.78	28.62 200m: 1:51.45	28.67		
2.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	1:53.01	+0,73 Q	679	
	50m: 26.26 26.26	100m: 55.05	28.79 150m: 1:23.70	28.65 200m: 1:53.01	29.31		
3.	MARQUES Gustavo Pires	04	Sao Roque	1:54.03	+0,67 Q	661	
	50m: 25.78 25.78	100m: 53.77	27.99 150m: 1:23.71	29.94 200m: 1:54.03	30.32		
4.	SIMOES Miguel Costa	04	Uniao Piedense	1:55.91	+0,72 Q	630	
	50m: 26.83 26.83	100m: 56.63	29.80 150m: 1:26.32	29.69 200m: 1:55.91	29.59		
5.	REIS Rodrigo Miguel	04	Nautico Academico	1:56.10	+0,63 Q	627	
	50m: 26.33 26.33	100m: 55.41	29.08 150m: 1:25.24	29.83 200m: 1:56.10	30.86		
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	1:56.75	+0,64 Q	616	
	50m: 27.01 27.01	100m: 56.51	29.50 150m: 1:26.48	29.97 200m: 1:56.75	30.27		
7.	SILVA Afonso Carvalho	05	Famalicao	1:56.93	+0,63 Q	613	
	50m: 27.04 27.04	100m: 56.95	29.91 150m: 1:27.51	30.56 200m: 1:56.93	29.42		
8.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	1:58.59	+0,70 Q	588	
	50m: 26.94 26.94	100m: 56.91	29.97 150m: 1:27.87	30.96 200m: 1:58.59	30.72		
9.	SILVA Diogo Miguel	05	Galitos / Bresimar	2:00.26	+0,68 R	564	
	50m: 27.20 27.20	100m: 57.20	30.00 150m: 1:28.34	31.14 200m: 2:00.26	31.92		
10.	FERRAO Gabriel Carvalho	05	Uniao Piedense	2:00.31	+0,61 R	563	
	50m: 27.75 27.75	100m: 58.72	30.97 150m: 1:29.96	31.24 200m: 2:00.31	30.35		
11.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delgad	2:00.55	+0,70	560	
	50m: 27.42 27.42	100m: 57.48	30.06 150m: 1:28.91	31.43 200m: 2:00.55	31.64		

Prova 40, Masc., 200m Livres, Elimin

EXH	NEVES Tiago Correia	97	S15	Belenenses	2:02.98	+0,72	527
	50m: 27.34 27.34	100m: 58.39	31.05	150m: 1:30.65	32.26	200m: 2:02.98	32.33
EXH	BELEZAS Ricardo Andrade	91	S15	Sporting	2:06.76	+0,75	481
	50m: 28.84 28.84	100m: 1:00.19	31.35	150m: 1:32.83	32.64	200m: 2:06.76	33.93
EXH	NEVES Diogo Correia	94	S15	Colegio Vasco da Gama	2:17.91	+0,79	374
	50m: 30.27 30.27	100m: 1:04.95	34.68	150m: 1:41.24	36.29	200m: 2:17.91	36.67

Prova 41

Femin., 200m Livres

Absoluto

28-11-2021 - 11:00

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	1:59.62	ANDRE Leticia Maia	SLB	Felgueiras	23-12-2018
RN25 Jun16	2:01.12	MARTINS Francisca Soares	FOCA	Felgueiras	27-04-2019
RN25 Juv A	2:03.90	MOURA Maria Ferreira	SCP	Algés	29-06-2019
RN25 Juv B	2:04.38	REBELO Camila Rodrigues	SANC	Coimbra	25-06-2017
RN25 Inf A	2:07.47	FERNANDES Carolina Miranda	CGA	Felgueiras	09-03-2018
RN25 Inf B	2:11.27	FERNANDES Carolina Miranda	CGA	Mealhada	25-03-2017
RN S15	2:34.67	ALMEIDA Eunice Evora	SCP	Recarei	16-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:02.06	+0,67	Q	740
	50m: 28.85 28.85	100m: 59.91	31.06	150m: 1:31.35	31.44	200m: 2:02.06	30.71
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	2:02.08	+0,78	Q	740
	50m: 28.86 28.86	100m: 59.92	31.06	150m: 1:31.19	31.27	200m: 2:02.08	30.89
3.	FRISCHKNECHT Rita Barros	98	Sporting	2:03.35	+0,74	Q	717
	50m: 28.14 28.14	100m: 59.15	31.01	150m: 1:31.43	32.28	200m: 2:03.35	31.92
4.	ANDRE Leticia Maia	02	Benfica	2:03.67	+0,71	Q	711
	50m: 28.43 28.43	100m: 59.52	31.09	150m: 1:31.54	32.02	200m: 2:03.67	32.13
5.	CARDEAL Joana Nunes	02	Academico Viseu	2:04.15	+0,76	Q	703
	50m: 29.01 29.01	100m: 1:00.32	31.31	150m: 1:32.53	32.21	200m: 2:04.15	31.62
6.	HOLUB Tamila Hryhorivna	99	Braga	2:04.36	+0,77	Q	700
	50m: 28.78 28.78	100m: 1:00.13	31.35	150m: 1:32.57	32.44	200m: 2:04.36	31.79
7.	RAMOS Ana Rita	02	Porto	2:05.36	+0,83	Q	683
	50m: 29.20 29.20	100m: 1:00.57	31.37	150m: 1:32.79	32.22	200m: 2:05.36	32.57
8.	MENDES Mariana Amaral	02	Sporting	2:06.62	+0,74	Q	663
	50m: 30.09 30.09	100m: 1:02.03	31.94	150m: 1:34.60	32.57	200m: 2:06.62	32.02
9.	PINTO Mafalda Marques	02	Sporting	2:06.76	+0,74	R	661
	50m: 29.91 29.91	100m: 1:02.40	32.49	150m: 1:34.06	31.66	200m: 2:06.76	32.70

Prova 41, Femin., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	RODRIGUES Joana Francisca	04	Condeixa Clube	2:09.86	+0,75	R 614	
	50m: 29.97 29.97 100m: 1:02.92		32.95 150m: 1:37.06	34.14 200m: 2:09.86		32.80	
DNS	PEGO Isabel Porfirio	01	Fluvial Portuense				

Juniores

1.	COELHO Maria Leonor	06	Benfica	2:07.91	+0,76	Q 643	
	50m: 29.58 29.58 100m: 1:02.13		32.55 150m: 1:35.03	32.90 200m: 2:07.91		32.88	
2.	AMORIM Ines Santos	06	Desportiva de Viana	2:08.27	+0,80	Q 638	
	50m: 30.04 30.04 100m: 1:02.53		32.49 150m: 1:35.68	33.15 200m: 2:08.27		32.59	
3.	PIRES Marta Joao	05	Alges	2:08.38	+0,75	Q 636	
	50m: 29.20 29.20 100m: 1:01.73		32.53 150m: 1:35.02	33.29 200m: 2:08.38		33.36	
4.	LOPES Daniela Magalhaes	05	Famalicao	2:09.04	+0,77	Q 626	
	50m: 29.97 29.97 100m: 1:02.48		32.51 150m: 1:35.73	33.25 200m: 2:09.04		33.31	
5.	FARIA Leonor Verissimo	06	Nucleo de Pombal	2:09.66	+0,61	Q 617	
	50m: 30.46 30.46 100m: 1:03.77		33.31 150m: 1:37.77	34.00 200m: 2:09.66		31.89	
6.	LOPES Francisca Macedo	05	Vilacondense	2:10.01	+0,77	Q 612	
	50m: 30.00 30.00 100m: 1:02.77		32.77 150m: 1:36.16	33.39 200m: 2:10.01		33.85	
7.	LOPES Matilde Nunes	06	Benfica	2:10.91	+0,76	Q 600	
	50m: 31.27 31.27 100m: 1:04.09		32.82 150m: 1:37.10	33.01 200m: 2:10.91		33.81	
8.	TEIXEIRA Ines Correia	06	Amadora	2:10.92	+0,78	Q 600	
	50m: 30.71 30.71 100m: 1:03.66		32.95 150m: 1:36.74	33.08 200m: 2:10.92		34.18	
9.	SOARES Miriam Mortagua	06	Galitos / Bresimar	2:12.39	+0,77	R 580	
	50m: 30.65 30.65 100m: 1:03.97		33.32 150m: 1:38.37	34.40 200m: 2:12.39		34.02	
10.	ALVES Joana Silva	05	Benedita	2:12.55	+0,70	R 578	
	50m: 30.53 30.53 100m: 1:04.16		33.63 150m: 1:38.41	34.25 200m: 2:12.55		34.14	
11.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	2:13.70	+0,67	563	
	50m: 30.94 30.94 100m: 1:05.13		34.19 150m: 1:39.96	34.83 200m: 2:13.70		33.74	
12.	FERREIRA Joana Rocha	05	Benfica	2:14.07	+0,87	558	
	50m: 31.38 31.38 100m: 1:04.84		33.46 150m: 1:39.57	34.73 200m: 2:14.07		34.50	
EXH	FOMINA Anna	02	Louletano / Loule Concelho	2:05.56	+0,75	680	
	50m: 29.03 29.03 100m: 1:00.38		31.35 150m: 1:32.57	32.19 200m: 2:05.56		32.99	
EXH	VEIGA Susana Pereira	00 S9	Colegio Vasco da Gama	2:30.78	+0,78	392	868
	<i>Rec Nacional Classe S9, na passagem aos 100 m</i>						
	50m: 29.99 29.99 100m: 1:03.30		33.31 150m: 1:49.88	46.58 200m: 2:30.78		40.90	



Prova 42	Masc., 100m Estilos					Absoluto
28-11-2021 - 11:15						Resultados Elimin
RN25 Absoluto	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019	
RN25 Sen	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019	
RN25 Jun18	56.47	SANTOS Alexis Manacas	SCP	Leiria	06-12-2009	
RN25 Jun17	57.40	CARVALHO Diogo Filipe	CGA	Aveiro	14-05-2005	
RN25 Juv A	59.38	RIBEIRO Diogo Matos	CUC	Coimbra	01-02-2020	
RN25 Juv B	1:00.62					
RN25 Inf A	1:02.84					
RN25 Inf B	1:06.44					
RN S8	59:00.00	start				

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	55.86	+0,64 Q	686	
	50m: 25.08 25.08	100m: 55.86	30.78				
2.	SILVA Fernando Souza	86	Uniao Piedense	56.05	+0,68 Q	679	
	50m: 24.51 24.51	100m: 56.05	31.54				
3.	SANTOS Alexis Manacas	92	Sporting	56.41	+0,68 Q	666	
	50m: 25.01 25.01	100m: 56.41	31.40				
4.	CATALAO Daniel Nogueira	00	Benfica	56.54	+0,54 Q	662	
	50m: 25.74 25.74	100m: 56.54	30.80				
5.	SANTOS Pedro Andre	94	Alges	56.75	+0,67 Q	654	
	50m: 25.61 25.61	100m: 56.75	31.14				
6.	COSTA Diogo Santos	02	Benfica	57.12	+0,68 Q	642	
	50m: 25.69 25.69	100m: 57.12	31.43				
7.	VAKULYUK Paulo	03	Torres Novas	57.26	+0,68 Q	637	
	50m: 25.55 25.55	100m: 57.26	31.71				
8.	QUINTAS Francisco Robalo	95	Sporting	57.32	+0,63 Q	635	
	50m: 27.96 27.96	100m: 57.32	29.36				
9.	NASCIMENTO Miguel Duarte	95	Benfica	58.33	+0,63 R	603	
	50m: 26.40 26.40	100m: 58.33	31.93				
10.	LOPES Luis Afonso	03	Viver Santarem	58.72	+0,67 R	591	
	50m: 27.52 27.52	100m: 58.72	31.20				
11.	FRISCHKNECHT Renato Barros	01	Sporting	58.96	+0,60	583	
	50m: 28.18 28.18	100m: 58.96	30.78				
12.	SAMPAIO Jose Pedro	98	Porto	59.68	+0,70	563	
	50m: 27.03 27.03	100m: 59.68	32.65				
13.	DOMINGUES Ricardo Jorge	02	Nautico Academico	59.96	+0,68	555	
	50m: 26.86 26.86	100m: 59.96	33.10				

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
DSQ	ZENZA Francisco Manuel <i>609 - Não terminou percurso de costas na posição dorsal - SW 6.5</i>	01	Natacao da Maia				
DNS	CANCELA Diogo Luis	02	SM8 Louzan Natacao/EFAPEL				
DNS	CARVALHO Diogo Filipe	88	Galitos / Bresimar				
DNS	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes				

Juniores

1.	COSTA Joao Peres	04	Naval Praia da Vitoria	57.36	+0,58	Q	634
	50m: 25.80 25.80	100m: 57.36	31.56				
2.	PEREIRA Tomas Coelho	05	Penafiel	59.56	+0,67	Q	566
	50m: 27.14 27.14	100m: 59.56	32.42				
3.	REBELO Joao Lourenco	04	Alges	59.97	+0,65	Q	554
	50m: 29.58 29.58	100m: 59.97	30.39				
4.	ANTUNES Joao Afonso	04	Galitos / Bresimar	1:00.21	+0,65	Q	548
	50m: 27.25 27.25	100m: 1:00.21	32.96				
	OLIVEIRA Joao Campelo	04	Famalicao	1:00.21	+0,74	Q	548
	50m: 28.07 28.07	100m: 1:00.21	32.14				
6.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	1:00.63	+0,60	Q	536
	50m: 27.37 27.37	100m: 1:00.63	33.26				
7.	ALMEIDA Miguel Cordeiro	05	Alges	1:00.83	+0,68	Q	531
	50m: 27.59 27.59	100m: 1:00.83	33.24				
8.	ALVES Paulo Rodrigues	04	Desportivo Nacional	1:00.86	+0,72	Q	530
	50m: 27.80 27.80	100m: 1:00.86	33.06				
9.	CARVALHO Antonio Lombardi	04	Sporting	1:01.23	+0,73	R	521
	50m: 28.88 28.88	100m: 1:01.23	32.35				
10.	DIOGO Dinis Miranda	04	Nautico Academico	1:01.29	+0,62	R	519
	50m: 28.02 28.02	100m: 1:01.29	33.27				
11.	PEREIRA Tiago Maia	04	Galitos / Bresimar	1:01.32	+0,71		519
	50m: 28.36 28.36	100m: 1:01.32	32.96				
12.	ALMEIDA Bernardo Victorino	04	Sporting	1:02.35	+0,62		493
	50m: 28.38 28.38	100m: 1:02.35	33.97				
DNS	BARAONA Andre Azevedo	04	Natacao do Montijo				

Classe S8

DNS	CANCELA Diogo Luis	02	SM8 Louzan Natacao/EFAPEL				
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Prova 42, Masc., 100m Estilos, Elimin

EXH	FRANCISCO Daniel Sebastiao	00	Porto	58.58	+0,65	595
	50m: 26.34 26.34	100m: 58.58	32.24			
EXH	HEINIO-WIDELL Nick	05	Alges	59.61	+0,62	565
	50m: 26.79 26.79	100m: 59.61	32.82			

Prova 43

28-11-2021 - 11:25

Femin., 100m Estilos

Absolutos
Resultados Elimin

RN25 Absoluto	1:01.58	RODRIGUES Ana Pinho	ADS	Felgueiras	22-12-2019
RN25 Sen	1:01.58	RODRIGUES Ana Pinho	ADS	Felgueiras	22-12-2019
RN25 Jun17	1:02.34	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	1:03.25	CUNHA Mariana Pacheco	CNCE	Felgueiras	22-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Seniores							
1.	CUNHA Mariana Pacheco	04	Colegio Efanor	1:02.69	+0,69 Q	732	
	50m: 28.82 28.82	100m: 1:02.69	33.87				
2.	PEREIRA Raquel Gomes	00	Benfica	1:03.79	+0,71 Q	695	
	50m: 30.44 30.44	100m: 1:03.79	33.35				
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:05.04	+0,67 Q	655	
	50m: 28.78 28.78	100m: 1:05.04	36.26				
4.	MONTEIRO Ana Catarina	93	Vilacondense	1:05.82	+0,65 Q	632	
	50m: 30.26 30.26	100m: 1:05.82	35.56				
5.	RODRIGUES Ana Pinho	94	Desportiva de Viana	1:06.03	+0,66 Q	626	
	50m: 30.02 30.02	100m: 1:06.03	36.01				
6.	REBELO Maria Carlota	03	Condeixa Clube	1:06.61	+0,70 Q	610	
	50m: 30.64 30.64	100m: 1:06.61	35.97				
7.	RIESENBERGER Bruna Martins	97	Laranjeiro	1:06.77	+0,68 Q	606	
	50m: 30.85 30.85	100m: 1:06.77	35.92				
8.	VIANA Carolina Pereira	04	Aquatico Silves	1:07.92	+0,66 Q	575	
	50m: 32.00 32.00	100m: 1:07.92	35.92				
9.	CASTRO Maria Freitas	03	Vitoria Guimaraes	1:08.00	+0,66 R	573	
	50m: 31.96 31.96	100m: 1:08.00	36.04				
10.	RODRIGUES Lidiana Correia	04	Belenenses	1:08.08	+0,74 R	571	
	50m: 32.46 32.46	100m: 1:08.08	35.62				
11.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	1:08.12	+0,79	570	
	50m: 32.45 32.45	100m: 1:08.12	35.67				
12.	RIBEIRO Margarida Messias	98	Geslours	1:08.20	+0,70	568	
	50m: 31.70 31.70	100m: 1:08.20	36.50				



Prova 43, Femin., 100m Estilos, Elimin

Juniores

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	1:03.30	+0,72	Q	711
	50m: 28.30 28.30	100m: 1:03.30	35.00				
2.	LOURO Ariana Espirito	05	Gualdim Pais	1:06.98	+0,63	Q	600
	50m: 31.64 31.64	100m: 1:06.98	35.34				
3.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	1:07.09	+0,84	Q	597
	50m: 30.00 30.00	100m: 1:07.09	37.09				
4.	ESTEVENES Laura Fabiana	05	Naval de Faro	1:07.23	+0,71	Q	593
	50m: 31.61 31.61	100m: 1:07.23	35.62				
5.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	1:07.85	+0,87	Q	577
	50m: 31.07 31.07	100m: 1:07.85	36.78				
6.	ANTUNES Rebeca Leonor	06	Alges	1:07.99	+0,72	Q	574
	50m: 31.89 31.89	100m: 1:07.99	36.10				
7.	CATALAO Leonor Tavares	06	Sporting	1:08.01	+0,75	Q	573
	50m: 30.99 30.99	100m: 1:08.01	37.02				
8.	PINTO Leonor Filipa	06	Porto	1:08.22	+0,75	Q	568
	50m: 31.41 31.41	100m: 1:08.22	36.81				
9.	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	1:08.23	+0,62	R	568
	50m: 31.16 31.16	100m: 1:08.23	37.07				
10.	BRITES Marta Lopes	06	Bombeiros de Ponta Delgad	1:09.18	+0,63	R	545
	50m: 31.22 31.22	100m: 1:09.18	37.96				
11.	BARREIRA Andreia Monteiro	06	Peso da Regua	1:09.75	+0,74		531
	50m: 32.25 32.25	100m: 1:09.75	37.50				
12.	SILVA Joana Ferreira	05	Colegio Efanor	1:10.54	+0,73		514
	50m: 32.56 32.56	100m: 1:10.54	37.98				
13.	LOPES Matilde Nunes	06	Benfica	1:10.63	+0,76		512
	50m: 34.16 34.16	100m: 1:10.63	36.47				
14.	LOPES Francisca Macedo	05	Vilacondense	1:11.19	+0,77		500
	50m: 33.86 33.86	100m: 1:11.19	37.33				
15.	ALVES Maria Madalena	06	Ba-Leiria	1:11.38	+0,76		496
	50m: 32.90 32.90	100m: 1:11.38	38.48				
DSQ	PEREIRA Carolina Rei	05	Natacao de Vagos				
	<i>704 - Mais de uma pernada de golfinho na braçada submarina após viragem aos 50 m - SW 7.1</i>						



Prova 44	Masc., 1500m Livres					Absolutos
28-11-2021 - 11:30						Resultados
RN25 Absoluto	14:48.89	LOPES Jose Paulo	SCB	Felgueiras		22-12-2019
RN25 Sen	14:48.89	LOPES Jose Paulo	SCB	Felgueiras		22-12-2019
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
RN S15	17:29.93	CRUZ Miguel Duarte	CFB	Felgueiras		22-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. LOPES Jose Paulo	00	Braga	14:55.33	+0,71	849
50m: 27.13 27.13	450m: 4:26.99 30.20	850m: 8:26.67 30.10	1250m: 12:27.15 29.96		
100m: 57.03 29.90	500m: 4:57.00 30.01	900m: 8:56.69 30.02	1300m: 12:57.24 30.09		
150m: 1:26.77 29.74	550m: 5:26.86 29.86	950m: 9:26.98 30.29	1350m: 13:27.19 29.95		
200m: 1:56.72 29.95	600m: 5:56.76 29.90	1000m: 9:57.23 30.25	1400m: 13:57.17 29.98		
250m: 2:26.76 30.04	650m: 6:26.69 29.93	1050m: 10:27.11 29.88	1450m: 14:26.79 29.62		
300m: 2:56.87 30.11	700m: 6:56.60 29.91	1100m: 10:56.94 29.83	1500m: 14:55.33 28.54		
350m: 3:26.80 29.93	750m: 7:26.67 30.07	1150m: 11:27.02 30.08			
400m: 3:56.79 29.99	800m: 7:56.57 29.90	1200m: 11:57.19 30.17			
2. CARDOSO Diogo Santos	01	Sporting	15:10.89	+0,74	807
50m: 28.20 28.20	450m: 4:36.52 30.86	850m: 8:40.30 30.27	1250m: 12:42.55 30.30		
100m: 59.25 31.05	500m: 5:07.16 30.64	900m: 9:10.60 30.30	1300m: 13:12.65 30.10		
150m: 1:30.06 30.81	550m: 5:37.80 30.64	950m: 9:40.89 30.29	1350m: 13:42.84 30.19		
200m: 2:01.27 31.21	600m: 6:08.26 30.46	1000m: 10:11.24 30.35	1400m: 14:12.91 30.07		
250m: 2:32.50 31.23	650m: 6:38.74 30.48	1050m: 10:41.34 30.10	1450m: 14:42.61 29.70		
300m: 3:03.67 31.17	700m: 7:09.24 30.50	1100m: 11:11.71 30.37	1500m: 15:10.89 28.28		
350m: 3:34.70 31.03	750m: 7:39.68 30.44	1150m: 11:42.07 30.36			
400m: 4:05.66 30.96	800m: 8:10.03 30.35	1200m: 12:12.25 30.18			
3. SANTOS Pedro Miguel	01	Porto	15:33.81	+0,70	749
50m: 28.13 28.13	450m: 4:36.16 31.16	850m: 8:43.78 31.26	1250m: 12:57.37 31.90		
100m: 58.74 30.61	500m: 5:07.27 31.11	900m: 9:15.56 31.78	1300m: 13:28.54 31.17		
150m: 1:29.55 30.81	550m: 5:37.96 30.69	950m: 9:47.06 31.50	1350m: 14:00.53 31.99		
200m: 2:00.62 31.07	600m: 6:08.68 30.72	1000m: 10:18.43 31.37	1400m: 14:32.18 31.65		
250m: 2:31.66 31.04	650m: 6:39.22 30.54	1050m: 10:49.61 31.18	1450m: 15:03.81 31.63		
300m: 3:02.68 31.02	700m: 7:10.08 30.86	1100m: 11:21.29 31.68	1500m: 15:33.81 30.00		
350m: 3:33.81 31.13	750m: 7:40.93 30.85	1150m: 11:53.45 32.16			
400m: 4:05.00 31.19	800m: 8:12.52 31.59	1200m: 12:25.47 32.02			
4. AMARAL Francisco Rodriguez	02	Porto	15:51.10	+0,77	708
50m: 28.70 28.70	450m: 4:43.34 31.92	850m: 8:58.98 32.08	1250m: 13:12.90 31.91		
100m: 59.79 31.09	500m: 5:15.46 32.12	900m: 9:30.81 31.83	1300m: 13:44.54 31.64		
150m: 1:31.45 31.66	550m: 5:47.09 31.63	950m: 10:02.47 31.66	1350m: 14:16.24 31.70		
200m: 2:03.31 31.86	600m: 6:18.99 31.90	1000m: 10:34.38 31.91	1400m: 14:48.40 32.16		
250m: 2:35.30 31.99	650m: 6:51.08 32.09	1050m: 11:06.20 31.82	1450m: 15:20.35 31.95		
300m: 3:07.23 31.93	700m: 7:23.00 31.92	1100m: 11:38.11 31.91	1500m: 15:51.10 30.75		
350m: 3:39.45 32.22	750m: 7:54.91 31.91	1150m: 12:09.50 31.39			
400m: 4:11.42 31.97	800m: 8:26.90 31.99	1200m: 12:40.99 31.49			

Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	LOPES Luis Afonso	03	Viver Santarem	16:22.01	+0,68	644	
	50m: 28.29 28.29	450m: 4:43.60	32.07 850m: 9:05.46	33.21	1250m: 13:34.78	33.74	
	100m: 59.71 31.42	500m: 5:15.97	32.37 900m: 9:39.08	33.62	1300m: 14:08.55	33.77	
	150m: 1:31.54 31.83	550m: 5:48.56	32.59 950m: 10:12.56	33.48	1350m: 14:42.60	34.05	
	200m: 2:03.20 31.66	600m: 6:20.92	32.36 1000m: 10:45.81	33.25	1400m: 15:16.05	33.45	
	250m: 2:34.99 31.79	650m: 6:53.51	32.59 1050m: 11:19.38	33.57	1450m: 15:49.88	33.83	
	300m: 3:07.35 32.36	700m: 7:26.33	32.82 1100m: 11:52.90	33.52	1500m: 16:22.01	32.13	
	350m: 3:39.52 32.17	750m: 7:59.23	32.90 1150m: 12:27.03	34.13			
	400m: 4:11.53 32.01	800m: 8:32.25	33.02 1200m: 13:01.04	34.01			

DNS TRAVANCA Sergio Filipe 00 Colegio Efanor

Juniores

1.	MARQUES Gustavo Pires	04	Sao Roque	16:01.26	+0,67	686	
	50m: 27.97 27.97	450m: 4:42.60	32.36 850m: 9:01.48	32.41	1250m: 13:20.16	32.50	
	100m: 59.05 31.08	500m: 5:14.92	32.32 900m: 9:33.57	32.09	1300m: 13:52.72	32.56	
	150m: 1:30.50 31.45	550m: 5:47.36	32.44 950m: 10:05.59	32.02	1350m: 14:25.11	32.39	
	200m: 2:01.93 31.43	600m: 6:19.46	32.10 1000m: 10:38.10	32.51	1400m: 14:57.38	32.27	
	250m: 2:33.52 31.59	650m: 6:51.49	32.03 1050m: 11:10.47	32.37	1450m: 15:29.62	32.24	
	300m: 3:05.37 31.85	700m: 7:23.79	32.30 1100m: 11:42.59	32.12	1500m: 16:01.26	31.64	
	350m: 3:37.86 32.49	750m: 7:56.38	32.59 1150m: 12:15.01	32.42			
	400m: 4:10.24 32.38	800m: 8:29.07	32.69 1200m: 12:47.66	32.65			
2.	CLARA Vitor Belo	04	Ba-Leiria	16:07.76	+0,73	672	
	50m: 28.75 28.75	450m: 4:46.54	32.48 850m: 9:03.36	32.33	1250m: 13:21.67	32.64	
	100m: 59.97 31.22	500m: 5:18.19	31.65 900m: 9:35.29	31.93	1300m: 13:54.85	33.18	
	150m: 1:31.96 31.99	550m: 5:49.96	31.77 950m: 10:07.39	32.10	1350m: 14:28.22	33.37	
	200m: 2:04.19 32.23	600m: 6:21.97	32.01 1000m: 10:39.15	31.76	1400m: 15:01.68	33.46	
	250m: 2:36.71 32.52	650m: 6:54.02	32.05 1050m: 11:10.94	31.79	1450m: 15:34.99	33.31	
	300m: 3:09.03 32.32	700m: 7:26.24	32.22 1100m: 11:43.34	32.40	1500m: 16:07.76	32.77	
	350m: 3:41.33 32.30	750m: 7:58.56	32.32 1150m: 12:16.12	32.78			
	400m: 4:14.06 32.73	800m: 8:31.03	32.47 1200m: 12:49.03	32.91			
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	16:23.51	+0,71	641	
	50m: 28.35 28.35	450m: 4:47.10	32.85 850m: 9:11.88	33.38	1250m: 13:39.30	33.63	
	100m: 1:00.40 32.05	500m: 5:19.93	32.83 900m: 9:45.33	33.45	1300m: 14:12.57	33.27	
	150m: 1:32.90 32.50	550m: 5:52.48	32.55 950m: 10:19.02	33.69	1350m: 14:45.92	33.35	
	200m: 2:04.96 32.06	600m: 6:25.49	33.01 1000m: 10:52.54	33.52	1400m: 15:18.97	33.05	
	250m: 2:36.87 31.91	650m: 6:58.42	32.93 1050m: 11:25.62	33.08	1450m: 15:52.18	33.21	
	300m: 3:09.24 32.37	700m: 7:31.63	33.21 1100m: 11:58.89	33.27	1500m: 16:23.51	31.33	
	350m: 3:41.43 32.19	750m: 8:04.88	33.25 1150m: 12:31.97	33.08			
	400m: 4:14.25 32.82	800m: 8:38.50	33.62 1200m: 13:05.67	33.70			
4.	CARVALHO Goncalo Renato	04	Porto	16:31.81	+0,67	625	
	50m: 29.74 29.74	450m: 4:53.25	33.32 850m: 9:18.78	33.27	1250m: 13:46.49	33.33	
	100m: 1:02.78 33.04	500m: 5:26.35	33.10 900m: 9:52.01	33.23	1300m: 14:20.24	33.75	
	150m: 1:35.44 32.66	550m: 5:59.16	32.81 950m: 10:25.49	33.48	1350m: 14:53.71	33.47	
	200m: 2:08.10 32.66	600m: 6:32.21	33.05 1000m: 10:59.10	33.61	1400m: 15:26.69	32.98	
	250m: 2:40.85 32.75	650m: 7:05.38	33.17 1050m: 11:32.49	33.39	1450m: 15:59.96	33.27	
	300m: 3:13.85 33.00	700m: 7:38.60	33.22 1100m: 12:06.12	33.63	1500m: 16:31.81	31.85	
	350m: 3:46.77 32.92	750m: 8:12.15	33.55 1150m: 12:39.59	33.47			
	400m: 4:19.93 33.16	800m: 8:45.51	33.36 1200m: 13:13.16	33.57			



Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
5.	PEREIRA Manuel Angelo	05	Sporting	16:33.14	+0,75	622	
	50m: 30.06 30.06	450m: 4:55.52	33.14 850m: 9:24.96	33.43	1250m: 13:51.96	33.11	
	100m: 1:02.54 32.48	500m: 5:29.08	33.56 900m: 9:58.37	33.41	1300m: 14:25.10	33.14	
	150m: 1:35.80 33.26	550m: 6:02.80	33.72 950m: 10:31.98	33.61	1350m: 14:58.13	33.03	
	200m: 2:09.10 33.30	600m: 6:36.59	33.79 1000m: 11:05.24	33.26	1400m: 15:31.08	32.95	
	250m: 2:42.39 33.29	650m: 7:10.36	33.77 1050m: 11:38.76	33.52	1450m: 16:03.75	32.67	
	300m: 3:15.65 33.26	700m: 7:43.94	33.58 1100m: 12:12.14	33.38	1500m: 16:33.14	29.39	
	350m: 3:48.92 33.27	750m: 8:17.90	33.96 1150m: 12:45.53	33.39			
	400m: 4:22.38 33.46	800m: 8:51.53	33.63 1200m: 13:18.85	33.32			
6.	AMADO Pedro Maria	05	Alges	16:33.71	+0,82	621	
	50m: 29.32 29.32	450m: 4:51.99	33.15 850m: 9:19.12	33.56	1250m: 13:46.94	33.41	
	100m: 1:00.91 31.59	500m: 5:25.26	33.27 900m: 9:52.63	33.51	1300m: 14:20.44	33.50	
	150m: 1:33.12 32.21	550m: 5:58.50	33.24 950m: 10:26.12	33.49	1350m: 14:54.09	33.65	
	200m: 2:05.70 32.58	600m: 6:31.70	33.20 1000m: 10:59.54	33.42	1400m: 15:27.78	33.69	
	250m: 2:38.78 33.08	650m: 7:05.16	33.46 1050m: 11:33.08	33.54	1450m: 16:01.13	33.35	
	300m: 3:11.93 33.15	700m: 7:38.67	33.51 1100m: 12:06.41	33.33	1500m: 16:33.71	32.58	
	350m: 3:45.38 33.45	750m: 8:12.05	33.38 1150m: 12:39.96	33.55			
	400m: 4:18.84 33.46	800m: 8:45.56	33.51 1200m: 13:13.53	33.57			
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	16:37.47	+0,69	614	
	50m: 29.20 29.20	450m: 4:58.16	34.24 850m: 9:28.97	33.49	1250m: 13:55.24	33.42	
	100m: 1:01.60 32.40	500m: 5:32.43	34.27 900m: 10:02.24	33.27	1300m: 14:28.66	33.42	
	150m: 1:34.53 32.93	550m: 6:06.44	34.01 950m: 10:35.47	33.23	1350m: 15:01.45	32.79	
	200m: 2:07.79 33.26	600m: 6:40.38	33.94 1000m: 11:08.39	32.92	1400m: 15:34.42	32.97	
	250m: 2:41.62 33.83	650m: 7:14.16	33.78 1050m: 11:41.69	33.30	1450m: 16:06.61	32.19	
	300m: 3:15.67 34.05	700m: 7:48.22	34.06 1100m: 12:15.03	33.34	1500m: 16:37.47	30.86	
	350m: 3:49.61 33.94	750m: 8:21.96	33.74 1150m: 12:48.46	33.43			
	400m: 4:23.92 34.31	800m: 8:55.48	33.52 1200m: 13:21.82	33.36			
8.	CARVALHO Joao Carlos	05	Braga	16:44.55	+0,76	601	
	50m: 29.68 29.68	450m: 4:58.83	33.73 850m: 9:29.27	33.60	1250m: 13:59.32	33.63	
	100m: 1:03.05 33.37	500m: 5:32.39	33.56 900m: 10:03.04	33.77	1300m: 14:33.07	33.75	
	150m: 1:36.73 33.68	550m: 6:06.21	33.82 950m: 10:36.78	33.74	1350m: 15:06.79	33.72	
	200m: 2:10.00 33.27	600m: 6:39.96	33.75 1000m: 11:10.45	33.67	1400m: 15:40.60	33.81	
	250m: 2:43.77 33.77	650m: 7:13.74	33.78 1050m: 11:44.47	34.02	1450m: 16:13.45	32.85	
	300m: 3:17.45 33.68	700m: 7:47.94	34.20 1100m: 12:18.22	33.75	1500m: 16:44.55	31.10	
	350m: 3:51.15 33.70	750m: 8:21.82	33.88 1150m: 12:52.12	33.90			
	400m: 4:25.10 33.95	800m: 8:55.67	33.85 1200m: 13:25.69	33.57			
9.	SOUSA Joao Maria	05	Braga	16:45.98	+0,78	599	
	50m: 29.70 29.70	450m: 4:56.12	33.22 850m: 9:23.76	33.67	1250m: 13:55.42	34.18	
	100m: 1:02.55 32.85	500m: 5:29.50	33.38 900m: 9:57.39	33.63	1300m: 14:29.56	34.14	
	150m: 1:35.62 33.07	550m: 6:02.85	33.35 950m: 10:31.19	33.80	1350m: 15:03.62	34.06	
	200m: 2:09.20 33.58	600m: 6:36.23	33.38 1000m: 11:05.27	34.08	1400m: 15:37.89	34.27	
	250m: 2:42.52 33.32	650m: 7:09.74	33.51 1050m: 11:39.30	34.03	1450m: 16:12.54	34.65	
	300m: 3:15.95 33.43	700m: 7:43.20	33.46 1100m: 12:12.99	33.69	1500m: 16:45.98	33.44	
	350m: 3:49.41 33.46	750m: 8:16.55	33.35 1150m: 12:47.07	34.08			
	400m: 4:22.90 33.49	800m: 8:50.09	33.54 1200m: 13:21.24	34.17			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
10.	SILVA Nuno Marques	04	Ba-Leiria	16:52.59	+0,77	587	
	50m: 28.19 28.19	450m: 4:49.32	33.73 850m: 9:24.44	34.92	1250m: 14:03.01	34.56	
	100m: 59.28 31.09	500m: 5:23.18	33.86 900m: 9:59.00	34.56	1300m: 14:38.21	35.20	
	150m: 1:31.06 31.78	550m: 5:57.05	33.87 950m: 10:33.62	34.62	1350m: 15:12.74	34.53	
	200m: 2:03.41 32.35	600m: 6:31.15	34.10 1000m: 11:08.42	34.80	1400m: 15:46.84	34.10	
	250m: 2:36.04 32.63	650m: 7:05.47	34.32 1050m: 11:43.61	35.19	1450m: 16:20.82	33.98	
	300m: 3:08.71 32.67	700m: 7:40.03	34.56 1100m: 12:18.65	35.04	1500m: 16:52.59	31.77	
	350m: 3:42.02 33.31	750m: 8:14.76	34.73 1150m: 12:53.72	35.07			
	400m: 4:15.59 33.57	800m: 8:49.52	34.76 1200m: 13:28.45	34.73			
11.	BORGES David Costa	04	Fluvial Portuense	16:54.90	+0,62	583	
	50m: 29.78 29.78	450m: 4:57.09	33.51 850m: 9:29.71	34.71	1250m: 14:04.76	34.01	
	100m: 1:02.68 32.90	500m: 5:30.15	33.06 900m: 10:04.45	34.74	1300m: 14:39.19	34.43	
	150m: 1:35.76 33.08	550m: 6:04.03	33.88 950m: 10:39.11	34.66	1350m: 15:13.22	34.03	
	200m: 2:09.11 33.35	600m: 6:38.06	34.03 1000m: 11:13.34	34.23	1400m: 15:47.71	34.49	
	250m: 2:42.65 33.54	650m: 7:12.04	33.98 1050m: 11:47.68	34.34	1450m: 16:21.53	33.82	
	300m: 3:16.38 33.73	700m: 7:46.35	34.31 1100m: 12:22.31	34.63	1500m: 16:54.90	33.37	
	350m: 3:49.86 33.48	750m: 8:20.55	34.20 1150m: 12:56.84	34.53			
	400m: 4:23.58 33.72	800m: 8:55.00	34.45 1200m: 13:30.75	33.91			
12.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedens	16:58.50	+0,74	577	
	50m: 29.85 29.85	450m: 4:58.06	33.76 850m: 9:30.51	33.82	1250m: 14:07.52	34.54	
	100m: 1:02.38 32.53	500m: 5:32.00	33.94 900m: 10:04.42	33.91	1300m: 14:42.22	34.70	
	150m: 1:35.59 33.21	550m: 6:05.77	33.77 950m: 10:38.90	34.48	1350m: 15:17.11	34.89	
	200m: 2:09.15 33.56	600m: 6:39.54	33.77 1000m: 11:13.46	34.56	1400m: 15:51.46	34.35	
	250m: 2:42.71 33.56	650m: 7:13.38	33.84 1050m: 11:48.29	34.83	1450m: 16:26.32	34.86	
	300m: 3:16.48 33.77	700m: 7:48.23	34.85 1100m: 12:23.83	35.54	1500m: 16:58.50	32.18	
	350m: 3:50.54 34.06	750m: 8:22.63	34.40 1150m: 12:58.35	34.52			
	400m: 4:24.30 33.76	800m: 8:56.69	34.06 1200m: 13:32.98	34.63			
13.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delga	16:59.25	+0,75	576	
	50m: 29.94 29.94	450m: 4:59.66	34.33 850m: 9:32.82	34.26	1250m: 14:09.01	34.44	
	100m: 1:03.02 33.08	500m: 5:33.90	34.24 900m: 10:07.27	34.45	1300m: 14:43.59	34.58	
	150m: 1:36.29 33.27	550m: 6:07.96	34.06 950m: 10:41.41	34.14	1350m: 15:18.27	34.68	
	200m: 2:10.02 33.73	600m: 6:42.14	34.18 1000m: 11:15.72	34.31	1400m: 15:53.15	34.88	
	250m: 2:43.69 33.67	650m: 7:16.10	33.96 1050m: 11:50.71	34.99	1450m: 16:26.87	33.72	
	300m: 3:17.32 33.63	700m: 7:50.07	33.97 1100m: 12:25.49	34.78	1500m: 16:59.25	32.38	
	350m: 3:51.28 33.96	750m: 8:24.25	34.18 1150m: 13:00.00	34.51			
	400m: 4:25.33 34.05	800m: 8:58.56	34.31 1200m: 13:34.57	34.57			
14.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	17:13.10	+0,66	553	
	50m: 29.89 29.89	450m: 5:01.08	34.41 850m: 9:37.11	34.67	1250m: 14:17.39	35.08	
	100m: 1:03.19 33.30	500m: 5:35.36	34.28 900m: 10:11.75	34.64	1300m: 14:52.72	35.33	
	150m: 1:36.80 33.61	550m: 6:09.76	34.40 950m: 10:46.72	34.97	1350m: 15:28.09	35.37	
	200m: 2:10.76 33.96	600m: 6:44.67	34.91 1000m: 11:21.46	34.74	1400m: 16:03.51	35.42	
	250m: 2:44.33 33.57	650m: 7:19.06	34.39 1050m: 11:56.60	35.14	1450m: 16:38.37	34.86	
	300m: 3:18.41 34.08	700m: 7:53.46	34.40 1100m: 12:31.69	35.09	1500m: 17:13.10	34.73	
	350m: 3:52.53 34.12	750m: 8:28.01	34.55 1150m: 13:07.14	35.45			
	400m: 4:26.67 34.14	800m: 9:02.44	34.43 1200m: 13:42.31	35.17			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
15.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	17:29.08	+0,70	528	
	50m: 29.85 29.85	450m: 5:02.24	34.88 850m: 9:47.45	35.75	1250m: 14:35.84	36.04	
	100m: 1:02.58 32.73	500m: 5:37.69	35.45 900m: 10:23.94	36.49	1300m: 15:11.44	35.60	
	150m: 1:36.04 33.46	550m: 6:13.43	35.74 950m: 11:00.03	36.09	1350m: 15:47.38	35.94	
	200m: 2:09.63 33.59	600m: 6:49.09	35.66 1000m: 11:36.29	36.26	1400m: 16:23.21	35.83	
	250m: 2:43.65 34.02	650m: 7:24.52	35.43 1050m: 12:12.24	35.95	1450m: 16:57.07	33.86	
	300m: 3:18.05 34.40	700m: 8:00.16	35.64 1100m: 12:47.86	35.62	1500m: 17:29.08	32.01	
	350m: 3:52.71 34.66	750m: 8:35.94	35.78 1150m: 13:23.89	36.03			
	400m: 4:27.36 34.65	800m: 9:11.70	35.76 1200m: 13:59.80	35.91			

Prova 45 28-11-2021 - 12:10

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	3:54.55	Futebol Clube do Porto	FCP	Felgueiras	23-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
1.	Porto-SEN	3:51.85	+0,69	706	
	OLIVEIRA Rosa Maria	+0,69 27.73	57.98	RAMOS Ana Rita	+0,44 27.48 57.77
	FIAL Sofia Nunes	+0,32 27.82	58.62	ANDRE Angelica Maria	+0,22 27.52 57.48
2.	Sporting-SEN	3:52.64	+0,71	699	
	FRISCHKNECHT Rita Barros	+0,71 27.13	56.46	MESQUITA Francisca Salvador	+0,42 28.20 58.91
	MOURA Maria Ferreira	+0,43 28.23	59.06	PINTO Mafalda Marques	+0,42 27.39 58.21
DNS	Benfica-SEN			Benfica	

Juniores

1.	Galitos / Bresimar-JUN		Galitos / Bresimar	3:52.24	+0,71	703
	<i>Rec Nacional, Jun e Rec Nac Jun 17 primeiro percurso 100 L</i>					
	FERNANDES Carolina Miranda	+0,71 26.73	55.54	SOARES Miriam Mortagua	+0,36 28.02	59.25
	ALMEIDA Maria Carolina	+0,45 28.09	58.56	VASCONCELOS Lara Rodrigues	+0,32 27.51	58.89
2.	Sporting-JUN		Sporting	4:00.28	+0,68	635
	REIS Erica Cristina	+0,68 28.85	1:00.02	GOMES Carolina Fonseca	+0,29 28.78	1:00.50
	CATALAO Leonor Tavares	+0,33 27.95	59.16	NUNES Margarida Domingues	+0,38 29.07	1:00.60
3.	Benfica-JUN		Benfica	4:00.82	+0,75	630
	FERREIRA Joana Rocha	+0,75 29.24	1:00.79	COELHO Maria Leonor	+0,13 27.53	57.95
	VALENTE Maria Esteves	+0,27 28.82	1:01.20	LOPES Matilde Nunes	+0,64 29.55	1:00.88

Prova 46	Masc., 4 x 100m Livres					Absolutos
28-11-2021 - 12:10						Resultados
RN25 Absoluto	3:15.63	Sport Lisboa e Benfica		SLB	Felgueiras	23-12-2018
RN25 Sen	3:15.63	Sport Lisboa e Benfica		SLB	Felgueiras	23-12-2018
RN25 Jun	3:28.98	Sport Lisboa e Benfica		SLB	Felgueiras	23-12-2018

Pontos: FINA 2021

Lugar			Clube	Tempo Final	TReac	FINA	PARA	
Seniores								
1.			Benfica	3:16.20	+0,63	811		
	NASCIMENTO Miguel Duarte	+0,63	22.58	47.94	LEBRE Diogo Ramos	+1,80	23.14	49.22
	COSTA Diogo Santos	+0,05	23.17	49.36	MARQUES Miguel Henriques	+0,05	22.45	49.68
2.			Sporting	3:16.81	+0,68	804		
	SANTOS Francisco Rogerio	+0,68	23.51	49.67	MOGNE Igor Araujo	+0,35	23.37	49.28
	RIBEIRO Gustavo Carvalhais	+0,24	23.61	49.33	SANTOS Alexis Manacas	+0,38	23.42	48.53
3.			Vitoria Guimaraes	3:22.03	+0,66	743		
	LOPES Tomas Teixeira	+0,66	23.95	49.77	AMORIM Alexandre Ferreira	+0,16	23.71	50.35
	COSTA Joao Nogueira	+0,31	23.62	49.98	RIACHOS Frederico Sucena	+0,30	24.12	51.93
4.			Porto	3:24.08	+0,66	721		
	NUNES Porfirio Braga	+0,66	23.76	49.94	AMARAL Francisco Rodriguez		24.47	51.30
	SILVA Tomas Antonio		23.80	51.54	SANTOS Pedro Miguel		24.28	51.30
5.			Belenenses	3:26.36	+0,65	697		
	PADRELA Joao Esteves	+0,65	24.09	50.81	DIAS Rodrigo Reis	+0,28	24.96	53.05
	RAMOS Bruno Miguel	+0,26	23.23	48.56	RIBEIRO Afonso Mateus	+0,24	25.49	53.94
Juniores								
1.			Galitos / Bresimar	3:32.12	+0,65	642		
	SILVA Diogo Miguel	+0,65	25.16	53.34	ANTUNES Joao Afonso	+0,22	25.03	52.99
	TAVARES Bernardo Rodrigues	+0,08	24.81	52.69	JESUS Pedro Duarte	+0,19	25.21	53.10
2.			Sporting	3:32.43	+0,71	639		
	FRASQUILHO Afonso Figueiredo	+0,71	25.39	53.15	CARVALHO Antonio Lombardi	+0,38	25.50	53.80
	PEREIRA Manuel Angelo	+1,48	26.27	55.04	ALMEIDA Bernardo Victorino	+0,23	24.07	50.44
3.			Ba-Leiria	3:34.79	+0,71	618		
	FARIA Ricardo Morais	+0,71	25.90	54.69	ANICETO Joao Gabriel	+0,12	24.94	53.58
	SILVA Nuno Marques	+0,28	25.74	54.23	CLARA Vitor Belo	+0,33	24.74	52.29
4.			Leixoes	3:38.35	+0,66	588		
	ANTUNES David Alexandre	+0,66	25.74	54.08	LIMA Gaspar Pinheiro	+0,26	25.39	54.38
	CUNHA Vasco Goncalves	+0,53	26.35	55.49	RIBEIRO Filipe Silva	+0,47	25.42	54.40
5.			Porto	3:39.40	+0,71	580		
	SILVA Goncalo Manuel	+0,71	26.15	54.65	APSENIECE Kevins Alexandre	+0,37	24.92	52.68
	TORRES Joao Pedro	+0,64	26.57	55.50	CARVALHO Goncalo Renato	+0,35	27.09	56.57
6.			Aquatico Silves	3:41.18	+0,68	566		
	GOMES Guilherme Sousa	+0,68	25.36	52.34	SILVA Guilherme Antonio	+0,23	26.99	57.72
	VICENTE Tiago Miguel	+0,61	26.38	55.81	AFONSO Martim Rodrigues	+0,46	25.69	55.31

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



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PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Clube	Tempo Final	TReac	FINA	PARA
DSQ	Nautico Academico-JUN 403 - Falsa partida - SW 4.4				
MOITA Goncalo Brites, POIARES Tiago Andre, REIS Rodrigo Miguel, DIOGO Dinis Miranda					

6 - 3ª Jornada - 2ª Sessão (finais)

28-11-2021 - 16:00

Prova 44 Masc., 1500m Livres Absolutos Resultados

Tempo	Clube	Tempo Final	TReac	FINA	PARA
RN25 Absoluto	LOPES Jose Paulo	SCB	Felgueiras	22-12-2019	
RN25 Sen	LOPES Jose Paulo	SCB	Felgueiras	22-12-2019	
RN25 Jun18	SANTO Filipe Miguel	SLB	Funchal	26-03-2018	
RN25 Jun17	SANTA Gustavo Manuel	CNLA	Leiria	06-12-2009	
RN S15	CRUZ Miguel Duarte	CFB	Felgueiras	22-12-2019	

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Seniores

1. LOPES Jose Paulo	00	Braga	14:55.33	+0,71	849
50m: 27.13 27.13	450m: 4:26.99 30.20	850m: 8:26.67 30.10	1250m: 12:27.15 29.96		
100m: 57.03 29.90	500m: 4:57.00 30.01	900m: 8:56.69 30.02	1300m: 12:57.24 30.09		
150m: 1:26.77 29.74	550m: 5:26.86 29.86	950m: 9:26.98 30.29	1350m: 13:27.19 29.95		
200m: 1:56.72 29.95	600m: 5:56.76 29.90	1000m: 9:57.23 30.25	1400m: 13:57.17 29.98		
250m: 2:26.76 30.04	650m: 6:26.69 29.93	1050m: 10:27.11 29.88	1450m: 14:26.79 29.62		
300m: 2:56.87 30.11	700m: 6:56.60 29.91	1100m: 10:56.94 29.83	1500m: 14:55.33 28.54		
350m: 3:26.80 29.93	750m: 7:26.67 30.07	1150m: 11:27.02 30.08			
400m: 3:56.79 29.99	800m: 7:56.57 29.90	1200m: 11:57.19 30.17			
2. CARDOSO Diogo Santos	01	Sporting	15:10.89	+0,74	807
50m: 28.20 28.20	450m: 4:36.52 30.86	850m: 8:40.30 30.27	1250m: 12:42.55 30.30		
100m: 59.25 31.05	500m: 5:07.16 30.64	900m: 9:10.60 30.30	1300m: 13:12.65 30.10		
150m: 1:30.06 30.81	550m: 5:37.80 30.64	950m: 9:40.89 30.29	1350m: 13:42.84 30.19		
200m: 2:01.27 31.21	600m: 6:08.26 30.46	1000m: 10:11.24 30.35	1400m: 14:12.91 30.07		
250m: 2:32.50 31.23	650m: 6:38.74 30.48	1050m: 10:41.34 30.10	1450m: 14:42.61 29.70		
300m: 3:03.67 31.17	700m: 7:09.24 30.50	1100m: 11:11.71 30.37	1500m: 15:10.89 28.28		
350m: 3:34.70 31.03	750m: 7:39.68 30.44	1150m: 11:42.07 30.36			
400m: 4:05.66 30.96	800m: 8:10.03 30.35	1200m: 12:12.25 30.18			
3. SANTOS Pedro Miguel	01	Porto	15:33.81	+0,70	749
50m: 28.13 28.13	450m: 4:36.16 31.16	850m: 8:43.78 31.26	1250m: 12:57.37 31.90		
100m: 58.74 30.61	500m: 5:07.27 31.11	900m: 9:15.56 31.78	1300m: 13:28.54 31.17		
150m: 1:29.55 30.81	550m: 5:37.96 30.69	950m: 9:47.06 31.50	1350m: 14:00.53 31.99		
200m: 2:00.62 31.07	600m: 6:08.68 30.72	1000m: 10:18.43 31.37	1400m: 14:32.18 31.65		
250m: 2:31.66 31.04	650m: 6:39.22 30.54	1050m: 10:49.61 31.18	1450m: 15:03.81 31.63		
300m: 3:02.68 31.02	700m: 7:10.08 30.86	1100m: 11:21.29 31.68	1500m: 15:33.81 30.00		
350m: 3:33.81 31.13	750m: 7:40.93 30.85	1150m: 11:53.45 32.16			
400m: 4:05.00 31.19	800m: 8:12.52 31.59	1200m: 12:25.47 32.02			



Prova 44, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	AMARAL Francisco Rodriguez	02	Porto	15:51.10	+0,77	708	
	50m: 28.70 28.70	450m: 4:43.34	31.92 850m: 8:58.98	32.08	1250m: 13:12.90	31.91	
	100m: 59.79 31.09	500m: 5:15.46	32.12 900m: 9:30.81	31.83	1300m: 13:44.54	31.64	
	150m: 1:31.45 31.66	550m: 5:47.09	31.63 950m: 10:02.47	31.66	1350m: 14:16.24	31.70	
	200m: 2:03.31 31.86	600m: 6:18.99	31.90 1000m: 10:34.38	31.91	1400m: 14:48.40	32.16	
	250m: 2:35.30 31.99	650m: 6:51.08	32.09 1050m: 11:06.20	31.82	1450m: 15:20.35	31.95	
	300m: 3:07.23 31.93	700m: 7:23.00	31.92 1100m: 11:38.11	31.91	1500m: 15:51.10	30.75	
	350m: 3:39.45 32.22	750m: 7:54.91	31.91 1150m: 12:09.50	31.39			
	400m: 4:11.42 31.97	800m: 8:26.90	31.99 1200m: 12:40.99	31.49			
5.	LOPES Luis Afonso	03	Viver Santarem	16:22.01	+0,68	644	
	50m: 28.29 28.29	450m: 4:43.60	32.07 850m: 9:05.46	33.21	1250m: 13:34.78	33.74	
	100m: 59.71 31.42	500m: 5:15.97	32.37 900m: 9:39.08	33.62	1300m: 14:08.55	33.77	
	150m: 1:31.54 31.83	550m: 5:48.56	32.59 950m: 10:12.56	33.48	1350m: 14:42.60	34.05	
	200m: 2:03.20 31.66	600m: 6:20.92	32.36 1000m: 10:45.81	33.25	1400m: 15:16.05	33.45	
	250m: 2:34.99 31.79	650m: 6:53.51	32.59 1050m: 11:19.38	33.57	1450m: 15:49.88	33.83	
	300m: 3:07.35 32.36	700m: 7:26.33	32.82 1100m: 11:52.90	33.52	1500m: 16:22.01	32.13	
	350m: 3:39.52 32.17	750m: 7:59.23	32.90 1150m: 12:27.03	34.13			
	400m: 4:11.53 32.01	800m: 8:32.25	33.02 1200m: 13:01.04	34.01			

DNS TRAVANCA Sergio Filipe 00 Colegio Efanor

Juniores

1.	MARQUES Gustavo Pires	04	Sao Roque	16:01.26	+0,67	686	
	50m: 27.97 27.97	450m: 4:42.60	32.36 850m: 9:01.48	32.41	1250m: 13:20.16	32.50	
	100m: 59.05 31.08	500m: 5:14.92	32.32 900m: 9:33.57	32.09	1300m: 13:52.72	32.56	
	150m: 1:30.50 31.45	550m: 5:47.36	32.44 950m: 10:05.59	32.02	1350m: 14:25.11	32.39	
	200m: 2:01.93 31.43	600m: 6:19.46	32.10 1000m: 10:38.10	32.51	1400m: 14:57.38	32.27	
	250m: 2:33.52 31.59	650m: 6:51.49	32.03 1050m: 11:10.47	32.37	1450m: 15:29.62	32.24	
	300m: 3:05.37 31.85	700m: 7:23.79	32.30 1100m: 11:42.59	32.12	1500m: 16:01.26	31.64	
	350m: 3:37.86 32.49	750m: 7:56.38	32.59 1150m: 12:15.01	32.42			
	400m: 4:10.24 32.38	800m: 8:29.07	32.69 1200m: 12:47.66	32.65			
2.	CLARA Vitor Belo	04	Ba-Leiria	16:07.76	+0,73	672	
	50m: 28.75 28.75	450m: 4:46.54	32.48 850m: 9:03.36	32.33	1250m: 13:21.67	32.64	
	100m: 59.97 31.22	500m: 5:18.19	31.65 900m: 9:35.29	31.93	1300m: 13:54.85	33.18	
	150m: 1:31.96 31.99	550m: 5:49.96	31.77 950m: 10:07.39	32.10	1350m: 14:28.22	33.37	
	200m: 2:04.19 32.23	600m: 6:21.97	32.01 1000m: 10:39.15	31.76	1400m: 15:01.68	33.46	
	250m: 2:36.71 32.52	650m: 6:54.02	32.05 1050m: 11:10.94	31.79	1450m: 15:34.99	33.31	
	300m: 3:09.03 32.32	700m: 7:26.24	32.22 1100m: 11:43.34	32.40	1500m: 16:07.76	32.77	
	350m: 3:41.33 32.30	750m: 7:58.56	32.32 1150m: 12:16.12	32.78			
	400m: 4:14.06 32.73	800m: 8:31.03	32.47 1200m: 12:49.03	32.91			
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	16:23.51	+0,71	641	
	50m: 28.35 28.35	450m: 4:47.10	32.85 850m: 9:11.88	33.38	1250m: 13:39.30	33.63	
	100m: 1:00.40 32.05	500m: 5:19.93	32.83 900m: 9:45.33	33.45	1300m: 14:12.57	33.27	
	150m: 1:32.90 32.50	550m: 5:52.48	32.55 950m: 10:19.02	33.69	1350m: 14:45.92	33.35	
	200m: 2:04.96 32.06	600m: 6:25.49	33.01 1000m: 10:52.54	33.52	1400m: 15:18.97	33.05	
	250m: 2:36.87 31.91	650m: 6:58.42	32.93 1050m: 11:25.62	33.08	1450m: 15:52.18	33.21	
	300m: 3:09.24 32.37	700m: 7:31.63	33.21 1100m: 11:58.89	33.27	1500m: 16:23.51	31.33	
	350m: 3:41.43 32.19	750m: 8:04.88	33.25 1150m: 12:31.97	33.08			
	400m: 4:14.25 32.82	800m: 8:38.50	33.62 1200m: 13:05.67	33.70			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	CARVALHO Goncalo Renato	04	Porto	16:31.81	+0,67	625	
	50m: 29.74 29.74	450m: 4:53.25	33.32 850m: 9:18.78	33.27	1250m: 13:46.49	33.33	
	100m: 1:02.78 33.04	500m: 5:26.35	33.10 900m: 9:52.01	33.23	1300m: 14:20.24	33.75	
	150m: 1:35.44 32.66	550m: 5:59.16	32.81 950m: 10:25.49	33.48	1350m: 14:53.71	33.47	
	200m: 2:08.10 32.66	600m: 6:32.21	33.05 1000m: 10:59.10	33.61	1400m: 15:26.69	32.98	
	250m: 2:40.85 32.75	650m: 7:05.38	33.17 1050m: 11:32.49	33.39	1450m: 15:59.96	33.27	
	300m: 3:13.85 33.00	700m: 7:38.60	33.22 1100m: 12:06.12	33.63	1500m: 16:31.81	31.85	
	350m: 3:46.77 32.92	750m: 8:12.15	33.55 1150m: 12:39.59	33.47			
	400m: 4:19.93 33.16	800m: 8:45.51	33.36 1200m: 13:13.16	33.57			
5.	PEREIRA Manuel Angelo	05	Sporting	16:33.14	+0,75	622	
	50m: 30.06 30.06	450m: 4:55.52	33.14 850m: 9:24.96	33.43	1250m: 13:51.96	33.11	
	100m: 1:02.54 32.48	500m: 5:29.08	33.56 900m: 9:58.37	33.41	1300m: 14:25.10	33.14	
	150m: 1:35.80 33.26	550m: 6:02.80	33.72 950m: 10:31.98	33.61	1350m: 14:58.13	33.03	
	200m: 2:09.10 33.30	600m: 6:36.59	33.79 1000m: 11:05.24	33.26	1400m: 15:31.08	32.95	
	250m: 2:42.39 33.29	650m: 7:10.36	33.77 1050m: 11:38.76	33.52	1450m: 16:03.75	32.67	
	300m: 3:15.65 33.26	700m: 7:43.94	33.58 1100m: 12:12.14	33.38	1500m: 16:33.14	29.39	
	350m: 3:48.92 33.27	750m: 8:17.90	33.96 1150m: 12:45.53	33.39			
	400m: 4:22.38 33.46	800m: 8:51.53	33.63 1200m: 13:18.85	33.32			
6.	AMADO Pedro Maria	05	Alges	16:33.71	+0,82	621	
	50m: 29.32 29.32	450m: 4:51.99	33.15 850m: 9:19.12	33.56	1250m: 13:46.94	33.41	
	100m: 1:00.91 31.59	500m: 5:25.26	33.27 900m: 9:52.63	33.51	1300m: 14:20.44	33.50	
	150m: 1:33.12 32.21	550m: 5:58.50	33.24 950m: 10:26.12	33.49	1350m: 14:54.09	33.65	
	200m: 2:05.70 32.58	600m: 6:31.70	33.20 1000m: 10:59.54	33.42	1400m: 15:27.78	33.69	
	250m: 2:38.78 33.08	650m: 7:05.16	33.46 1050m: 11:33.08	33.54	1450m: 16:01.13	33.35	
	300m: 3:11.93 33.15	700m: 7:38.67	33.51 1100m: 12:06.41	33.33	1500m: 16:33.71	32.58	
	350m: 3:45.38 33.45	750m: 8:12.05	33.38 1150m: 12:39.96	33.55			
	400m: 4:18.84 33.46	800m: 8:45.56	33.51 1200m: 13:13.53	33.57			
7.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	16:37.47	+0,69	614	
	50m: 29.20 29.20	450m: 4:58.16	34.24 850m: 9:28.97	33.49	1250m: 13:55.24	33.42	
	100m: 1:01.60 32.40	500m: 5:32.43	34.27 900m: 10:02.24	33.27	1300m: 14:28.66	33.42	
	150m: 1:34.53 32.93	550m: 6:06.44	34.01 950m: 10:35.47	33.23	1350m: 15:01.45	32.79	
	200m: 2:07.79 33.26	600m: 6:40.38	33.94 1000m: 11:08.39	32.92	1400m: 15:34.42	32.97	
	250m: 2:41.62 33.83	650m: 7:14.16	33.78 1050m: 11:41.69	33.30	1450m: 16:06.61	32.19	
	300m: 3:15.67 34.05	700m: 7:48.22	34.06 1100m: 12:15.03	33.34	1500m: 16:37.47	30.86	
	350m: 3:49.61 33.94	750m: 8:21.96	33.74 1150m: 12:48.46	33.43			
	400m: 4:23.92 34.31	800m: 8:55.48	33.52 1200m: 13:21.82	33.36			
8.	CARVALHO Joao Carlos	05	Braga	16:44.55	+0,76	601	
	50m: 29.68 29.68	450m: 4:58.83	33.73 850m: 9:29.27	33.60	1250m: 13:59.32	33.63	
	100m: 1:03.05 33.37	500m: 5:32.39	33.56 900m: 10:03.04	33.77	1300m: 14:33.07	33.75	
	150m: 1:36.73 33.68	550m: 6:06.21	33.82 950m: 10:36.78	33.74	1350m: 15:06.79	33.72	
	200m: 2:10.00 33.27	600m: 6:39.96	33.75 1000m: 11:10.45	33.67	1400m: 15:40.60	33.81	
	250m: 2:43.77 33.77	650m: 7:13.74	33.78 1050m: 11:44.47	34.02	1450m: 16:13.45	32.85	
	300m: 3:17.45 33.68	700m: 7:47.94	34.20 1100m: 12:18.22	33.75	1500m: 16:44.55	31.10	
	350m: 3:51.15 33.70	750m: 8:21.82	33.88 1150m: 12:52.12	33.90			
	400m: 4:25.10 33.95	800m: 8:55.67	33.85 1200m: 13:25.69	33.57			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
9.	SOUZA Joao Maria	05	Braga	16:45.98	+0,78	599	
	50m: 29.70 29.70	450m: 4:56.12	33.22 850m: 9:23.76	33.67	1250m: 13:55.42	34.18	
	100m: 1:02.55 32.85	500m: 5:29.50	33.38 900m: 9:57.39	33.63	1300m: 14:29.56	34.14	
	150m: 1:35.62 33.07	550m: 6:02.85	33.35 950m: 10:31.19	33.80	1350m: 15:03.62	34.06	
	200m: 2:09.20 33.58	600m: 6:36.23	33.38 1000m: 11:05.27	34.08	1400m: 15:37.89	34.27	
	250m: 2:42.52 33.32	650m: 7:09.74	33.51 1050m: 11:39.30	34.03	1450m: 16:12.54	34.65	
	300m: 3:15.95 33.43	700m: 7:43.20	33.46 1100m: 12:12.99	33.69	1500m: 16:45.98	33.44	
	350m: 3:49.41 33.46	750m: 8:16.55	33.35 1150m: 12:47.07	34.08			
	400m: 4:22.90 33.49	800m: 8:50.09	33.54 1200m: 13:21.24	34.17			
10.	SILVA Nuno Marques	04	Ba-Leiria	16:52.59	+0,77	587	
	50m: 28.19 28.19	450m: 4:49.32	33.73 850m: 9:24.44	34.92	1250m: 14:03.01	34.56	
	100m: 59.28 31.09	500m: 5:23.18	33.86 900m: 9:59.00	34.56	1300m: 14:38.21	35.20	
	150m: 1:31.06 31.78	550m: 5:57.05	33.87 950m: 10:33.62	34.62	1350m: 15:12.74	34.53	
	200m: 2:03.41 32.35	600m: 6:31.15	34.10 1000m: 11:08.42	34.80	1400m: 15:46.84	34.10	
	250m: 2:36.04 32.63	650m: 7:05.47	34.32 1050m: 11:43.61	35.19	1450m: 16:20.82	33.98	
	300m: 3:08.71 32.67	700m: 7:40.03	34.56 1100m: 12:18.65	35.04	1500m: 16:52.59	31.77	
	350m: 3:42.02 33.31	750m: 8:14.76	34.73 1150m: 12:53.72	35.07			
	400m: 4:15.59 33.57	800m: 8:49.52	34.76 1200m: 13:28.45	34.73			
11.	BORGES David Costa	04	Fluvial Portuense	16:54.90	+0,62	583	
	50m: 29.78 29.78	450m: 4:57.09	33.51 850m: 9:29.71	34.71	1250m: 14:04.76	34.01	
	100m: 1:02.68 32.90	500m: 5:30.15	33.06 900m: 10:04.45	34.74	1300m: 14:39.19	34.43	
	150m: 1:35.76 33.08	550m: 6:04.03	33.88 950m: 10:39.11	34.66	1350m: 15:13.22	34.03	
	200m: 2:09.11 33.35	600m: 6:38.06	34.03 1000m: 11:13.34	34.23	1400m: 15:47.71	34.49	
	250m: 2:42.65 33.54	650m: 7:12.04	33.98 1050m: 11:47.68	34.34	1450m: 16:21.53	33.82	
	300m: 3:16.38 33.73	700m: 7:46.35	34.31 1100m: 12:22.31	34.63	1500m: 16:54.90	33.37	
	350m: 3:49.86 33.48	750m: 8:20.55	34.20 1150m: 12:56.84	34.53			
	400m: 4:23.58 33.72	800m: 8:55.00	34.45 1200m: 13:30.75	33.91			
12.	CARDOSO Guilherme Maia	05	Columbofila Cantanhedens	16:58.50	+0,74	577	
	50m: 29.85 29.85	450m: 4:58.06	33.76 850m: 9:30.51	33.82	1250m: 14:07.52	34.54	
	100m: 1:02.38 32.53	500m: 5:32.00	33.94 900m: 10:04.42	33.91	1300m: 14:42.22	34.70	
	150m: 1:35.59 33.21	550m: 6:05.77	33.77 950m: 10:38.90	34.48	1350m: 15:17.11	34.89	
	200m: 2:09.15 33.56	600m: 6:39.54	33.77 1000m: 11:13.46	34.56	1400m: 15:51.46	34.35	
	250m: 2:42.71 33.56	650m: 7:13.38	33.84 1050m: 11:48.29	34.83	1450m: 16:26.32	34.86	
	300m: 3:16.48 33.77	700m: 7:48.23	34.85 1100m: 12:23.83	35.54	1500m: 16:58.50	32.18	
	350m: 3:50.54 34.06	750m: 8:22.63	34.40 1150m: 12:58.35	34.52			
	400m: 4:24.30 33.76	800m: 8:56.69	34.06 1200m: 13:32.98	34.63			
13.	ANSELMO Raul Sousa	05	Bombeiros de Ponta Delga	16:59.25	+0,75	576	
	50m: 29.94 29.94	450m: 4:59.66	34.33 850m: 9:32.82	34.26	1250m: 14:09.01	34.44	
	100m: 1:03.02 33.08	500m: 5:33.90	34.24 900m: 10:07.27	34.45	1300m: 14:43.59	34.58	
	150m: 1:36.29 33.27	550m: 6:07.96	34.06 950m: 10:41.41	34.14	1350m: 15:18.27	34.68	
	200m: 2:10.02 33.73	600m: 6:42.14	34.18 1000m: 11:15.72	34.31	1400m: 15:53.15	34.88	
	250m: 2:43.69 33.67	650m: 7:16.10	33.96 1050m: 11:50.71	34.99	1450m: 16:26.87	33.72	
	300m: 3:17.32 33.63	700m: 7:50.07	33.97 1100m: 12:25.49	34.78	1500m: 16:59.25	32.38	
	350m: 3:51.28 33.96	750m: 8:24.25	34.18 1150m: 13:00.00	34.51			
	400m: 4:25.33 34.05	800m: 8:58.56	34.31 1200m: 13:34.57	34.57			

Prova 44, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
14.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	17:13.10	+0,66	553	
	50m: 29.89 29.89	450m: 5:01.08	34.41 850m: 9:37.11	34.67	1250m: 14:17.39	35.08	
	100m: 1:03.19 33.30	500m: 5:35.36	34.28 900m: 10:11.75	34.64	1300m: 14:52.72	35.33	
	150m: 1:36.80 33.61	550m: 6:09.76	34.40 950m: 10:46.72	34.97	1350m: 15:28.09	35.37	
	200m: 2:10.76 33.96	600m: 6:44.67	34.91 1000m: 11:21.46	34.74	1400m: 16:03.51	35.42	
	250m: 2:44.33 33.57	650m: 7:19.06	34.39 1050m: 11:56.60	35.14	1450m: 16:38.37	34.86	
	300m: 3:18.41 34.08	700m: 7:53.46	34.40 1100m: 12:31.69	35.09	1500m: 17:13.10	34.73	
	350m: 3:52.53 34.12	750m: 8:28.01	34.55 1150m: 13:07.14	35.45			
	400m: 4:26.67 34.14	800m: 9:02.44	34.43 1200m: 13:42.31	35.17			
15.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	17:29.08	+0,70	528	
	50m: 29.85 29.85	450m: 5:02.24	34.88 850m: 9:47.45	35.75	1250m: 14:35.84	36.04	
	100m: 1:02.58 32.73	500m: 5:37.69	35.45 900m: 10:23.94	36.49	1300m: 15:11.44	35.60	
	150m: 1:36.04 33.46	550m: 6:13.43	35.74 950m: 11:00.03	36.09	1350m: 15:47.38	35.94	
	200m: 2:09.63 33.59	600m: 6:49.09	35.66 1000m: 11:36.29	36.26	1400m: 16:23.21	35.83	
	250m: 2:43.65 34.02	650m: 7:24.52	35.43 1050m: 12:12.24	35.95	1450m: 16:57.07	33.86	
	300m: 3:18.05 34.40	700m: 8:00.16	35.64 1100m: 12:47.86	35.62	1500m: 17:29.08	32.01	
	350m: 3:52.71 34.66	750m: 8:35.94	35.78 1150m: 13:23.89	36.03			
	400m: 4:27.36 34.65	800m: 9:11.70	35.76 1200m: 13:59.80	35.91			

Prova 33 28-11-2021 - 16:20

Femin., 800m Livres

Absolutos Resultados

RN25 Absoluto	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019
RN25 Sen	8:20.97	DURAES Diana Margarida	POR	Glasgow (GBR)	04-12-2019
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
1.	DURAES Diana Margarida	96	Benfica	8:31.18	+0,80	824	
	50m: 29.92 29.92	250m: 2:37.45	31.74 450m: 4:45.12	31.82	650m: 6:53.57	32.20	
	100m: 1:01.77 31.85	300m: 3:09.28	31.83 500m: 5:16.90	31.78	700m: 7:26.01	32.44	
	150m: 1:33.74 31.97	350m: 3:41.28	32.00 550m: 5:49.05	32.15	750m: 7:58.43	32.42	
	200m: 2:05.71 31.97	400m: 4:13.30	32.02 600m: 6:21.37	32.32	800m: 8:31.18	32.75	
2.	HOLUB Tamila Hryhorivna	99	Braga	8:37.71	+0,79	793	
	50m: 30.02 30.02	250m: 2:38.10	31.98 450m: 4:48.03	32.60	650m: 6:59.58	32.96	
	100m: 1:02.01 31.99	300m: 3:10.22	32.12 500m: 5:20.79	32.76	700m: 7:32.52	32.94	
	150m: 1:34.14 32.13	350m: 3:42.74	32.52 550m: 5:53.84	33.05	750m: 8:05.27	32.75	
	200m: 2:06.12 31.98	400m: 4:15.43	32.69 600m: 6:26.62	32.78	800m: 8:37.71	32.44	
3.	ANDRE Angelica Maria	94	Porto	8:42.30	+0,76	772	
	50m: 30.25 30.25	250m: 2:40.63	33.14 450m: 4:52.09	32.81	650m: 7:03.70	33.02	
	100m: 1:02.36 32.11	300m: 3:13.74	33.11 500m: 5:24.82	32.73	700m: 7:36.87	33.17	
	150m: 1:34.60 32.24	350m: 3:46.55	32.81 550m: 5:57.58	32.76	750m: 8:10.08	33.21	
	200m: 2:07.49 32.89	400m: 4:19.28	32.73 600m: 6:30.68	33.10	800m: 8:42.30	32.22	

Prova 33, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	CARDEAL Joana Nunes	02	Academico Viseu	8:47.49	+0,74	750	
	50m: 30.58 30.58	250m: 2:44.78	33.71 450m: 4:58.24	33.17	650m: 7:10.39	32.85	
	100m: 1:03.71 33.13	300m: 3:18.39	33.61 500m: 5:31.34	33.10	700m: 7:43.11	32.72	
	150m: 1:37.34 33.63	350m: 3:51.80	33.41 550m: 6:04.45	33.11	750m: 8:15.98	32.87	
	200m: 2:11.07 33.73	400m: 4:25.07	33.27 600m: 6:37.54	33.09	800m: 8:47.49	31.51	
5.	MENDES Mariana Amaral	02	Sporting	8:48.10	+0,75	747	
	50m: 30.98 30.98	250m: 2:43.84	33.45 450m: 4:57.20	33.22	650m: 7:10.01	33.17	
	100m: 1:03.85 32.87	300m: 3:17.33	33.49 500m: 5:30.50	33.30	700m: 7:43.08	33.07	
	150m: 1:37.03 33.18	350m: 3:50.63	33.30 550m: 6:03.67	33.17	750m: 8:16.42	33.34	
	200m: 2:10.39 33.36	400m: 4:23.98	33.35 600m: 6:36.84	33.17	800m: 8:48.10	31.68	
6.	RAMOS Ana Rita	02	Porto	8:50.02	+0,80	739	
	50m: 31.13 31.13	250m: 2:41.04	33.03 450m: 4:53.87	33.46	650m: 7:09.24	33.82	
	100m: 1:03.03 31.90	300m: 3:14.11	33.07 500m: 5:27.40	33.53	700m: 7:43.29	34.05	
	150m: 1:35.25 32.22	350m: 3:47.20	33.09 550m: 6:01.57	34.17	750m: 8:16.98	33.69	
	200m: 2:08.01 32.76	400m: 4:20.41	33.21 600m: 6:35.42	33.85	800m: 8:50.02	33.04	
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	9:09.38	+0,66	664	
	50m: 31.45 31.45	250m: 2:47.08	34.06 450m: 5:05.82	35.10	650m: 7:25.79	34.87	
	100m: 1:05.13 33.68	300m: 3:21.52	34.44 500m: 5:40.71	34.89	700m: 8:00.70	34.91	
	150m: 1:38.98 33.85	350m: 3:55.88	34.36 550m: 6:15.81	35.10	750m: 8:35.50	34.80	
	200m: 2:13.02 34.04	400m: 4:30.72	34.84 600m: 6:50.92	35.11	800m: 9:09.38	33.88	
8.	MORGADO Alice Jesus	04	Sporting	9:31.54	+0,81	589	
	50m: 31.99 31.99	250m: 2:52.49	35.43 450m: 5:15.14	35.79	650m: 7:40.98	36.80	
	100m: 1:06.62 34.63	300m: 3:27.99	35.50 500m: 5:51.27	36.13	700m: 8:17.88	36.90	
	150m: 1:41.65 35.03	350m: 4:03.58	35.59 550m: 6:27.59	36.32	750m: 8:55.38	37.50	
	200m: 2:17.06 35.41	400m: 4:39.35	35.77 600m: 7:04.18	36.59	800m: 9:31.54	36.16	

Juniores

1.	LOPES Daniela Magalhaes	05	Famalicao	8:54.50	+0,78	721	
	50m: 31.08 31.08	250m: 2:45.57	33.71 450m: 4:59.61	33.42	650m: 7:14.76	33.67	
	100m: 1:04.31 33.23	300m: 3:19.30	33.73 500m: 5:33.48	33.87	700m: 7:48.55	33.79	
	150m: 1:37.93 33.62	350m: 3:52.70	33.40 550m: 6:07.22	33.74	750m: 8:22.01	33.46	
	200m: 2:11.86 33.93	400m: 4:26.19	33.49 600m: 6:41.09	33.87	800m: 8:54.50	32.49	
2.	PIRES Marta Joao	05	Alges	9:05.37	+0,77	678	
	50m: 30.57 30.57	250m: 2:48.89	34.41 450m: 5:07.50	34.57	650m: 7:24.48	33.75	
	100m: 1:04.95 34.38	300m: 3:23.44	34.55 500m: 5:41.83	34.33	700m: 7:58.85	34.37	
	150m: 1:39.57 34.62	350m: 3:58.10	34.66 550m: 6:16.25	34.42	750m: 8:32.73	33.88	
	200m: 2:14.48 34.91	400m: 4:32.93	34.83 600m: 6:50.73	34.48	800m: 9:05.37	32.64	
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	9:09.66	+0,72	663	
	50m: 31.03 31.03	250m: 2:49.34	34.81 450m: 5:08.56	34.78	650m: 7:27.90	34.74	
	100m: 1:04.98 33.95	300m: 3:24.04	34.70 500m: 5:43.50	34.94	700m: 8:02.56	34.66	
	150m: 1:39.71 34.73	350m: 3:58.69	34.65 550m: 6:18.33	34.83	750m: 8:37.32	34.76	
	200m: 2:14.53 34.82	400m: 4:33.78	35.09 600m: 6:53.16	34.83	800m: 9:09.66	32.34	

Prova 33, Femin., 800m Livres, Júniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
4.	ALVES Joana Silva	05	Benedita	9:22.81	+0,75	617	
	50m: 31.21 31.21	250m: 2:49.95	34.76 450m: 5:11.58	35.72	650m: 7:36.37	36.33	
	100m: 1:05.40 34.19	300m: 3:24.95	35.00 500m: 5:47.62	36.04	700m: 8:12.43	36.06	
	150m: 1:39.87 34.47	350m: 4:00.11	35.16 550m: 6:23.52	35.90	750m: 8:47.99	35.56	
	200m: 2:15.19 35.32	400m: 4:35.86	35.75 600m: 7:00.04	36.52	800m: 9:22.81	34.82	
5.	PEIXOTO Carolina Esteves	06	Braga	9:24.28	+0,84	612	
	50m: 31.87 31.87	250m: 2:52.53	35.83 450m: 5:16.36	35.70	650m: 7:38.71	35.49	
	100m: 1:06.21 34.34	300m: 3:28.35	35.82 500m: 5:51.92	35.56	700m: 8:14.25	35.54	
	150m: 1:41.32 35.11	350m: 4:04.44	36.09 550m: 6:27.62	35.70	750m: 8:49.71	35.46	
	200m: 2:16.70 35.38	400m: 4:40.66	36.22 600m: 7:03.22	35.60	800m: 9:24.28	34.57	
6.	LOURO Ariana Espirito	05	Gualdim Pais	9:24.91	+0,63	610	
	50m: 30.63 30.63	250m: 2:50.57	35.64 450m: 5:15.66	36.56	650m: 7:39.84	36.15	
	100m: 1:04.92 34.29	300m: 3:26.31	35.74 500m: 5:51.30	35.64	700m: 8:15.15	35.31	
	150m: 1:39.75 34.83	350m: 4:02.80	36.49 550m: 6:27.75	36.45	750m: 8:50.16	35.01	
	200m: 2:14.93 35.18	400m: 4:39.10	36.30 600m: 7:03.69	35.94	800m: 9:24.91	34.75	
7.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	9:28.60	+0,78	599	
	50m: 32.62 32.62	250m: 2:55.27	35.87 450m: 5:19.08	36.11	650m: 7:42.42	35.65	
	100m: 1:07.80 35.18	300m: 3:31.22	35.95 500m: 5:55.21	36.13	700m: 8:18.08	35.66	
	150m: 1:43.53 35.73	350m: 4:07.27	36.05 550m: 6:30.95	35.74	750m: 8:53.76	35.68	
	200m: 2:19.40 35.87	400m: 4:42.97	35.70 600m: 7:06.77	35.82	800m: 9:28.60	34.84	
8.	LOPES Francisca Macedo	05	Vilacondense	9:29.02	+0,78	597	
	50m: 31.30 31.30	250m: 2:52.63	35.65 450m: 5:16.72	35.94	650m: 7:40.61	36.22	
	100m: 1:06.05 34.75	300m: 3:28.68	36.05 500m: 5:52.39	35.67	700m: 8:17.11	36.50	
	150m: 1:41.39 35.34	350m: 4:04.67	35.99 550m: 6:28.20	35.81	750m: 8:53.37	36.26	
	200m: 2:16.98 35.59	400m: 4:40.78	36.11 600m: 7:04.39	36.19	800m: 9:29.02	35.65	
9.	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao	9:33.27	+0,69	584	
	50m: 32.36 32.36	250m: 2:54.64	35.91 450m: 5:19.58	36.58	650m: 7:45.59	36.32	
	100m: 1:07.11 34.75	300m: 3:30.75	36.11 500m: 5:56.13	36.55	700m: 8:22.00	36.41	
	150m: 1:42.81 35.70	350m: 4:06.86	36.11 550m: 6:32.74	36.61	750m: 8:57.86	35.86	
	200m: 2:18.73 35.92	400m: 4:43.00	36.14 600m: 7:09.27	36.53	800m: 9:33.27	35.41	
10.	NOBRE Marisa Isabel	05	Columbofila Cantanhedense	9:36.49	+0,67	574	
	50m: 31.59 31.59	250m: 2:53.37	36.53 450m: 5:21.50	36.71	650m: 7:49.47	37.10	
	100m: 1:05.60 34.01	300m: 3:30.34	36.97 500m: 5:58.40	36.90	700m: 8:26.27	36.80	
	150m: 1:40.83 35.23	350m: 4:07.68	37.34 550m: 6:35.44	37.04	750m: 9:02.53	36.26	
	200m: 2:16.84 36.01	400m: 4:44.79	37.11 600m: 7:12.37	36.93	800m: 9:36.49	33.96	
11.	PIRES Catarina Gaspar	06	Porto	9:36.63	+0,86	574	
	50m: 32.08 32.08	250m: 2:55.89	36.90 450m: 5:22.60	36.46	650m: 7:49.24	36.60	
	100m: 1:06.70 34.62	300m: 3:32.55	36.66 500m: 5:59.24	36.64	700m: 8:26.02	36.78	
	150m: 1:42.71 36.01	350m: 4:09.62	37.07 550m: 6:35.98	36.74	750m: 9:02.24	36.22	
	200m: 2:18.99 36.28	400m: 4:46.14	36.52 600m: 7:12.64	36.66	800m: 9:36.63	34.39	
12.	FERREIRA Joana Rocha	05	Benfica	9:37.39	+0,81	572	
	50m: 31.43 31.43	250m: 2:54.55	35.85 450m: 5:20.45	36.74	650m: 7:48.60	37.11	
	100m: 1:06.51 35.08	300m: 3:30.90	36.35 500m: 5:57.21	36.76	700m: 8:25.46	36.86	
	150m: 1:42.56 36.05	350m: 4:07.16	36.26 550m: 6:34.38	37.17	750m: 9:01.94	36.48	
	200m: 2:18.70 36.14	400m: 4:43.71	36.55 600m: 7:11.49	37.11	800m: 9:37.39	35.45	

Prova 33, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
13.	FERREIRA Joana Rosa	05	Naval de Peniche	9:48.44	+0,85	540	
	50m: 31.19 31.19	250m: 2:56.86	37.01 450m: 5:27.35	37.70	650m: 7:57.47	37.48	
	100m: 1:06.51 35.32	300m: 3:34.19	37.33 500m: 6:04.75	37.40	700m: 8:35.01	37.54	
	150m: 1:42.96 36.45	350m: 4:12.01	37.82 550m: 6:42.34	37.59	750m: 9:12.54	37.53	
	200m: 2:19.85 36.89	400m: 4:49.65	37.64 600m: 7:19.99	37.65	800m: 9:48.44	35.90	
14.	FROIS Maria Francisca	06	Ba-Leiria	9:49.76	+0,72	536	
	50m: 32.18 32.18	250m: 2:59.38	36.58 450m: 5:27.07	36.57	650m: 7:57.74	38.00	
	100m: 1:08.30 36.12	300m: 3:36.36	36.98 500m: 6:04.57	37.50	700m: 8:35.93	38.19	
	150m: 1:45.58 37.28	350m: 4:13.17	36.81 550m: 6:42.22	37.65	750m: 9:13.58	37.65	
	200m: 2:22.80 37.22	400m: 4:50.50	37.33 600m: 7:19.74	37.52	800m: 9:49.76	36.18	
15.	CARLOTA Catarina Isabel	05	BUZIOS - Coruche	9:53.36	+0,82	527	
	50m: 32.61 32.61	250m: 3:01.24	37.77 450m: 5:32.16	37.19	650m: 8:02.08	37.63	
	100m: 1:08.67 36.06	300m: 3:39.19	37.95 500m: 6:09.33	37.17	700m: 8:39.47	37.39	
	150m: 1:45.87 37.20	350m: 4:17.12	37.93 550m: 6:46.76	37.43	750m: 9:16.87	37.40	
	200m: 2:23.47 37.60	400m: 4:54.97	37.85 600m: 7:24.45	37.69	800m: 9:53.36	36.49	
16.	COSTA Anita Gouveia	06	Condeixa Clube	9:59.29	+0,78	511	
	50m: 32.57 32.57	250m: 2:59.19	37.81 450m: 5:32.09	38.22	650m: 8:06.22	38.61	
	100m: 1:07.92 35.35	300m: 3:36.97	37.78 500m: 6:10.77	38.68	700m: 8:44.43	38.21	
	150m: 1:44.30 36.38	350m: 4:15.58	38.61 550m: 6:48.82	38.05	750m: 9:22.84	38.41	
	200m: 2:21.38 37.08	400m: 4:53.87	38.29 600m: 7:27.61	38.79	800m: 9:59.29	36.45	
DNS	HUTYY Adriana Carolina	05	Braga				

Prova 34

28-11-2021 - 16:30

Masc., 50m Bruços

Absolutos Resultados Final

RN25 Absoluto	27.12	SANTOS Alexis Manacas	SCP	Felgueiras	22-12-2019
RN25 Sen	27.12	SANTOS Alexis Manacas	SCP	Felgueiras	22-12-2019
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
RN S15	32.40	NEVES Tiago Correia	CFB	Guarda	17-02-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	29.67	+0,69	616	
2.	REBELO Joao Lourenco	04	Alges	29.71	+0,61	613	
3.	FERNANDES Martim Pestana	04	Naval do Funchal	29.95	+0,62	599	
4.	MOREIRA Joao Pedro	04	Colegio Efanor	29.98	+0,62	597	
5.	OLIVEIRA Joao Campelo	04	Famalicao	30.20	+0,62	584	
6.	ANJO Miguel Filipe	04	Uniao Piedense	30.46	+0,65	569	
7.	ANICETO Joao Gabriel	04	Ba-Leiria	30.91	+0,72	545	
8.	ALVES Paulo Rodrigues	04	Desportivo Nacional	31.07	+0,67	536	

Prova 34, Masc., 50m Bruços, Final

Seniores

1.	SANTOS Alexis Manacas	92	Sporting	27.38	+0,63	784
2.	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes	27.64	+0,64	762
3.	QUINTAS Francisco Robalo	95	Sporting	27.91	+0,62	740
4.	TEODORO Diogo Filipe	99	Natacao de Valongo	28.52	+0,59	693
5.	MENDES Antonio Manuel	99	Sporting	28.60	+0,61	688
6.	FRISCHKNECHT Renato Barros	01	Sporting	28.89	+0,62	667
7.	SANTOS Pedro Andre	94	Alges	29.09	+0,67	653
8.	MOURA Andre Magalhaes	98	Academico Viseu	29.11	+0,61	652
EXH	SILVA Tony Stefano	05	Desportivo Nacional			
EXH	PIRES Joao Antonio	05	Torres Novas			
EXH	MATEUS Diogo Garcez	02	Sporting			
EXH	GRENHO Andre Tavares	99	Gesloures			

Prova 35

28-11-2021 - 16:30

Femin., 50m Bruços

Absolutos
Resultados Final

RN25 Absoluto	30.79	RODRIGUES Ana Pinho	EDV	Ponte da Barca	10-07-2021
RN25 Sen	30.79	RODRIGUES Ana Pinho	EDV	Ponte da Barca	10-07-2021
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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Júniores

1.	ANTUNES Rebeca Leonor	06	Alges	33.72	+0,71	607
2.	BARREIRA Andreia Monteiro	06	Peso da Regua	33.85	+0,69	600
3.	NUNES Margarida Domingues	05	Sporting	33.98	+0,72	593
	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar	33.98	+0,59	593
5.	ALMEIDA Ana Rita	05	Campinho	34.12	+0,72	586
6.	PEREIRA Carolina Rei	05	Natacao de Vagos	34.29	+0,69	577
7.	BELO Catarina Machado	06	Benedita	34.55	+0,69	564
8.	FERREIRA Joana Rosa	05	Naval de Peniche	34.75	+0,73	555



Prova 35, Femin., 50m Bruços, Final

Seniores

1.	RODRIGUES Ana Pinho	94	Desportiva de Viana	30.88	+0,66	791
2.	FIAL Sofia Nunes	03	Porto	33.01	+0,68	647
3.	RODRIGUES Lidiana Correia	04	Belenenses	33.13	+0,74	640
4.	OLIVEIRA Rosa Maria	96	Porto	33.39	+0,69	625
5.	CERDEIRA Madalena Reis	03	Sporting	33.63	+0,68	612
6.	VIANA Carolina Pereira	04	Aquatico Silves	33.77	+0,67	604
7.	REBELO Maria Carlota	03	Condeixa Clube	33.95	+0,65	595
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	34.23	+0,76	580
EXH	JESUS Mariana Teixeira	06	Estarreja			
EXH	RIBEIRO Maria Joao	05	Sao Joao Ver			
EXH	RIESENBERGER Bruna Martins	97	Laranjeiro			
EXH	CASTRO Maria Freitas	03	Vitoria Guimaraes			

Prova 36

28-11-2021 - 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
RN S15	1:02.97	NEVES Tiago Correia	CFB	Vila Real St. Antonio	03-11-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	55.94	+0,68	644
	50m: 26.84 26.84	100m: 55.94	29.10			
2.	GOMES Guilherme Sousa	04	Aquatico Silves	56.73	+0,59	618
	50m: 27.56 27.56	100m: 56.73	29.17			
3.	SILVA Diogo Miguel	05	Galitos / Bresimar	56.82	+0,63	615
	50m: 27.13 27.13	100m: 56.82	29.69			
4.	BARAONA Andre Azevedo	04	Natacao do Montijo	56.93	+0,53	611
	50m: 27.19 27.19	100m: 56.93	29.74			
5.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	57.69	+1,01	587
	50m: 27.43 27.43	100m: 57.69	30.26			
6.	FRASQUILHO Afonso Figueiredo	04	Sporting	58.68	+0,59	558
	50m: 28.03 28.03	100m: 58.68	30.65			
7.	MARQUES Andre Henriques	05	Benfica	58.82	+0,93	554
	50m: 28.37 28.37	100m: 58.82	30.45			

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
8.	PEREIRA Tomas Coelho	05	Penafiel	1:05.31	+0,63	405	
	50m: 31.11 31.11	100m: 1:05.31	34.20				

Seniores

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	51.57	+0,57	823	
	50m: 24.80 24.80	100m: 51.57	26.77				
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	51.64	+0,53	819	
	50m: 24.81 24.81	100m: 51.64	26.83				
3.	SANTOS Francisco Rogerio	98	Sporting	53.28	+0,57	746	
	50m: 25.61 25.61	100m: 53.28	27.67				
4.	COSTA Diogo Santos	02	Benfica	55.64	+1,01	655	
	50m: 26.28 26.28	100m: 55.64	29.36				
5.	PIRES Ricardo Saraiva	98	Laranjeiro	56.30	+0,60	632	
	50m: 27.21 27.21	100m: 56.30	29.09				
6.	ZENZA Francisco Manuel	01	Natacao da Maia	56.97	+0,55	610	
	50m: 27.05 27.05	100m: 56.97	29.92				
7.	CASTRO Duarte Monteiro	03	Porto	57.35	+0,57	598	
	50m: 27.54 27.54	100m: 57.35	29.81				
EXH	DIAS Jose Diogo	04	Nautico Academico				
EXH	ALMEIDA Miguel Cordeiro	05	Alges				

Prova 37

Femin., 100m Costas

Absolutos

28-11-2021 - 17:00

Resultados Final

RN25 Absoluto	58.39	AZEVEDO Rafaela Gomes	SAD	Albufeira	14-11-2021
RN25 Sen	58.39	AZEVEDO Rafaela Gomes	SAD	Albufeira	14-11-2021
RN25 Jun17	59.61	AZEVEDO Rafaela Gomes	SAD	Algés	29-06-2019
RN25 Jun16	1:01.55	FERNANDES Ines Camacho	SCP	Porto	08-12-2013

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 37, Femin., 100m Costas, Final

Juniores

1.	FERNANDES Carolina Miranda	05	Galitos / Bresimar	1:02.47	+0,62	678
	50m: 30.16 30.16	100m: 1:02.47	32.31			
2.	EIRA Maria Carolina	05	Ginasio de Vila Real	1:04.44	+0,59	618
	50m: 31.22 31.22	100m: 1:04.44	33.22			
3.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	1:05.20	+0,57	596
	50m: 31.20 31.20	100m: 1:05.20	34.00			
4.	REIS Erica Cristina	05	Sporting	1:05.52	+0,59	587
	50m: 32.19 32.19	100m: 1:05.52	33.33			
5.	GONCALVES Rita Abibe	05	Gesloures	1:06.05	+0,93	573
	50m: 32.09 32.09	100m: 1:06.05	33.96			
6.	CAMACHO Carolina Martins	06	Uniao Piedense	1:06.15	+0,72	571
	50m: 32.04 32.04	100m: 1:06.15	34.11			
7.	LAGOA Carlota Macedo	05	Ba-Leiria	1:06.46	+1,13	563
	50m: 32.30 32.30	100m: 1:06.46	34.16			
8.	SALGADO Soraia Maria	05	Fisica Torres Vedras	1:06.92	+0,63	551
	50m: 32.15 32.15	100m: 1:06.92	34.77			

Seniores

1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	59.34	+0,61	791
	50m: 28.93 28.93	100m: 59.34	30.41			
2.	AZEVEDO Rafaela Gomes	02	Alges	1:00.10	+0,60	761
	50m: 28.98 28.98	100m: 1:00.10	31.12			
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:02.42	+0,54	679
	50m: 29.57 29.57	100m: 1:02.42	32.85			
4.	MESTRE Catarina Martins	00	Natacao de Lisboa	1:02.58	+0,62	674
	50m: 30.18 30.18	100m: 1:02.58	32.40			
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	1:03.47	+1,10	646
	50m: 30.46 30.46	100m: 1:03.47	33.01			
6.	PAIVA Leonor Correia	04	Louzan Natacao/EFAPEL	1:05.58	+0,61	586
	50m: 31.46 31.46	100m: 1:05.58	34.12			
7.	NUNES Sofia Alexandra	00	Laranjeiro	1:05.81	+0,59	580
	50m: 31.51 31.51	100m: 1:05.81	34.30			
8.	AMADO Maria Lopes	04	Nautico Marinha Grande	1:06.07	+0,89	573
	50m: 31.89 31.89	100m: 1:06.07	34.18			



Prova 37, Femin., 100m Costas, Final

EXH	PINTO Leonor Filipa	06	Porto
EXH	ESTEVEENS Laura Fabiana	05	Naval de Faro
EXH	MARQUES Mariana Nunes	03	Estarreja
EXH	MENDES Ana Sebastiao	04	Natacao de Lagos

Prova 38

28-11-2021 - 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
RN S15	2:16.14	NEVES Tiago Correia	CFB	Guarda	16-02-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	APSENIECE Kevins Alexandre	04	Porto	2:04.00	+0,78	665	
	50m: 27.37 27.37 100m: 59.27 31.90 150m: 1:31.61 32.34 200m: 2:04.00 32.39						
2.	TAVARES Bernardo Rodrigues	04	Galitos / Bresimar	2:06.28	+0,71	629	
	50m: 27.58 27.58 100m: 59.57 31.99 150m: 1:32.39 32.82 200m: 2:06.28 33.89						
3.	RODRIGUES Rodrigo Reis	04	Sao Roque	2:08.25	+0,64	601	
	50m: 28.81 28.81 100m: 1:01.48 32.67 150m: 1:34.62 33.14 200m: 2:08.25 33.63						
4.	FERRAO Gabriel Carvalho	05	Uniao Piedense	2:08.78	+0,60	593	
	50m: 28.49 28.49 100m: 1:02.30 33.81 150m: 1:36.28 33.98 200m: 2:08.78 32.50						
5.	MADUREIRA Rui Pedro	04	Famalicao	2:09.33	+0,61	586	
	50m: 27.95 27.95 100m: 1:00.50 32.55 150m: 1:33.60 33.10 200m: 2:09.33 35.73						
6.	BORGES David Costa	04	Fluvial Portuense	2:10.63	+0,60	568	
	50m: 27.67 27.67 100m: 1:00.29 32.62 150m: 1:34.14 33.85 200m: 2:10.63 36.49						
7.	PINTO Tiago Rodrigues	05	Sporting	2:11.58	+0,74	556	
	50m: 28.59 28.59 100m: 1:02.31 33.72 150m: 1:37.64 35.33 200m: 2:11.58 33.94						
8.	MORGADO Vasco Alves	05	Alges	2:11.60	+0,62	556	
	50m: 29.36 29.36 100m: 1:02.84 33.48 150m: 1:36.88 34.04 200m: 2:11.60 34.72						

Prova 38, Masc., 200m Mariposa, Final

Seniores

1.	SILVA Henrique Gomes	02	Estamos Juntos	1:57.60	+0,65	779
	50m: 26.31 26.31	100m: 56.82	30.51 150m: 1:27.59	30.77	200m: 1:57.60	30.01
2.	CARVALHO Diogo Filipe	88	Galitos / Bresimar	1:58.35	+0,68	764
	50m: 25.87 25.87	100m: 56.19	30.32 150m: 1:27.15	30.96	200m: 1:58.35	31.20
3.	SILVA Tomas Antonio	01	Porto	1:59.47	+0,61	743
	50m: 26.61 26.61	100m: 57.66	31.05 150m: 1:28.34	30.68	200m: 1:59.47	31.13
4.	CARDOSO Diogo Santos	01	Sporting	2:04.27	+0,73	660
	50m: 28.66 28.66	100m: 1:00.84	32.18 150m: 1:32.81	31.97	200m: 2:04.27	31.46
5.	MENDES Antonio Manuel	99	Sporting	2:05.50	+0,69	641
	50m: 28.07 28.07	100m: 1:00.02	31.95 150m: 1:32.63	32.61	200m: 2:05.50	32.87
6.	CRISTINO David Matias	01	Uniao Piedense	2:05.94	+0,81	634
	50m: 27.96 27.96	100m: 1:00.21	32.25 150m: 1:33.15	32.94	200m: 2:05.94	32.79
7.	DIAS Rodrigo Reis	03	Belenenses	2:09.65	+0,67	581
	50m: 28.22 28.22	100m: 1:00.77	32.55 150m: 1:34.32	33.55	200m: 2:09.65	35.33
EXH	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras			
EXH	PEREIRA Manuel Angelo	05	Sporting			

Prova 39 28-11-2021 - 17:10

Femin., 200m Mariposa

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 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	2:16.51	+0,80	672
	50m: 30.36 30.36	100m: 1:04.76	34.40 150m: 1:40.09	35.33	200m: 2:16.51	36.42
2.	FERREIRA Francisca Santos	06	Alges	2:21.53	+0,68	603
	50m: 30.73 30.73	100m: 1:06.59	35.86 150m: 1:43.67	37.08	200m: 2:21.53	37.86
3.	BENTO Maria Madalena	05	BUZIOS - Coruche	2:24.73	+0,71	564
	50m: 32.30 32.30	100m: 1:08.94	36.64 150m: 1:47.30	38.36	200m: 2:24.73	37.43
4.	SILVA Ana Francisca	06	Alcobaca	2:25.98	+0,73	550
	50m: 32.17 32.17	100m: 1:08.75	36.58 150m: 1:47.24	38.49	200m: 2:25.98	38.74
5.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	2:27.04	+0,86	538
	50m: 32.59 32.59	100m: 1:08.90	36.31 150m: 1:47.55	38.65	200m: 2:27.04	39.49

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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
6.	TINOCO Diana Silva	06	Columbofila Cantanhedense	2:27.09	+0,70	537	
	50m: 33.39 33.39	100m: 1:11.19	37.80 150m: 1:49.26	38.07	200m: 2:27.09	37.83	
7.	SILVA Joana Ferreira	05	Colegio Efanor	2:27.11	+0,76	537	
	50m: 32.73 32.73	100m: 1:09.79	37.06 150m: 1:48.00	38.21	200m: 2:27.11	39.11	
8.	PIMENTEL Sara Calisto	05	Galitos / Bresimar	2:29.00	+0,80	517	
	50m: 33.22 33.22	100m: 1:10.85	37.63 150m: 1:49.52	38.67	200m: 2:29.00	39.48	

Seniores

1.	MONTEIRO Ana Catarina	93	Vilacondense	2:11.74	+0,66	748	
	50m: 29.78 29.78	100m: 1:02.96	33.18 150m: 1:37.08	34.12	200m: 2:11.74	34.66	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	2:12.65	+0,70	733	
	50m: 29.85 29.85	100m: 1:03.95	34.10 150m: 1:38.00	34.05	200m: 2:12.65	34.65	
3.	MOURA Maria Ferreira	04	Sporting	2:14.61	+0,75	701	
	50m: 30.15 30.15	100m: 1:04.31	34.16 150m: 1:38.73	34.42	200m: 2:14.61	35.88	
4.	MESQUITA Francisca Salvador	02	Sporting	2:15.74	+0,73	684	
	50m: 30.31 30.31	100m: 1:04.66	34.35 150m: 1:39.96	35.30	200m: 2:15.74	35.78	
5.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	2:17.95	+0,78	651	
	50m: 31.30 31.30	100m: 1:06.14	34.84 150m: 1:42.19	36.05	200m: 2:17.95	35.76	
6.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	2:19.84	+0,71	625	
	50m: 30.89 30.89	100m: 1:06.15	35.26 150m: 1:42.56	36.41	200m: 2:19.84	37.28	
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	2:21.03	+0,70	610	
	50m: 31.39 31.39	100m: 1:06.69	35.30 150m: 1:43.70	37.01	200m: 2:21.03	37.33	
8.	TEJO Beatriz Costa	02	Academica de Coimbra	2:22.65	+0,69	589	
	50m: 31.21 31.21	100m: 1:06.96	35.75 150m: 1:44.29	37.33	200m: 2:22.65	38.36	
EXH	PIRES Catarina Gaspar	06	Porto				
EXH	FERREIRA Maria Neto	06	Nautico Academico				
EXH	LIGEIRO Daniela Silva	04	Viana Natacao				
EXH	MONTEIRO Ana Carolina	04	Uniao Coimbra				

Prova 40	Masc., 200m Livres					Absolutos
28-11-2021 - 17:15						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	1:47.65	RIBEIRO Diogo Matos	CUC	Felgueiras		11-04-2021
RN S15	1:59.52	NEVES Tiago Correia	CFB	Felgueiras		23-12-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Juniores

1.	ALMEIDA Bernardo Victorino	04	Sporting	1:49.88	+0,61	739	
	50m: 25.26 25.26 100m: 53.02 27.76 150m: 1:21.51 28.49 200m: 1:49.88 28.37						
2.	MARQUES Gustavo Pires	04	Sao Roque	1:52.95	+0,64	680	
	50m: 25.59 25.59 100m: 54.00 28.41 150m: 1:23.46 29.46 200m: 1:52.95 29.49						
3.	SIMOES Miguel Costa	04	Uniao Piedense	1:53.90	+0,73	664	
	50m: 26.62 26.62 100m: 55.61 28.99 150m: 1:24.66 29.05 200m: 1:53.90 29.24						
4.	REIS Rodrigo Miguel	04	Nautico Academico	1:55.11	+0,65	643	
	50m: 26.18 26.18 100m: 55.12 28.94 150m: 1:24.93 29.81 200m: 1:55.11 30.18						
5.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	1:56.23	+0,76	624	
	50m: 26.80 26.80 100m: 55.99 29.19 150m: 1:25.44 29.45 200m: 1:56.23 30.79						
6.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	1:56.60	+0,62	618	
	50m: 27.24 27.24 100m: 56.94 29.70 150m: 1:27.07 30.13 200m: 1:56.60 29.53						
7.	SILVA Afonso Carvalho	05	Famalicao	1:56.78	+0,63	616	
	50m: 27.19 27.19 100m: 57.08 29.89 150m: 1:27.26 30.18 200m: 1:56.78 29.52						
8.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	1:58.31	+0,67	592	
	50m: 27.22 27.22 100m: 57.13 29.91 150m: 1:28.05 30.92 200m: 1:58.31 30.26						

Seniores

1.	RAMOS Bruno Miguel	97	Belenenses	1:46.82	+0,63	805	
	50m: 24.78 24.78 100m: 51.55 26.77 150m: 1:18.94 27.39 200m: 1:46.82 27.88						
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	1:47.10	+0,65	798	
	50m: 24.37 24.37 100m: 50.66 26.29 150m: 1:18.18 27.52 200m: 1:47.10 28.92						
3.	VELOSO Tomas Miguel	96	Nautico Academico	1:48.66	+0,61	764	
	50m: 25.47 25.47 100m: 52.64 27.17 150m: 1:20.50 27.86 200m: 1:48.66 28.16						
4.	COSTA Tiago Cunha	99	Sporting	1:49.37	+0,63	750	
	50m: 25.48 25.48 100m: 52.63 27.15 150m: 1:20.80 28.17 200m: 1:49.37 28.57						
5.	LOPES Jose Paulo	00	Braga	1:49.55	+0,68	746	
	50m: 25.31 25.31 100m: 52.61 27.30 150m: 1:21.03 28.42 200m: 1:49.55 28.52						
6.	NUNES Porfirio Braga	00	Porto	1:49.79	+0,66	741	
	50m: 25.74 25.74 100m: 53.50 27.76 150m: 1:22.15 28.65 200m: 1:49.79 27.64						

Splash Meet Manager, 11.71344

Registered to Federacao Portuguesa De Natacao

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ORGANIZAÇÃO



PATROCINADOR PRINCIPAL



PATROCINADOR OFICIAL



PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIROS



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

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
7.	SANTOS Pedro Miguel	01	Porto	1:51.25	+0,65	712	
	50m: 26.11 26.11 100m: 53.99 27.88 150m: 1:22.33 28.34 200m: 1:51.25 28.92						
8.	RIBEIRO Gustavo Carvalhais	03	Sporting	1:52.80	+0,75	683	
	50m: 25.89 25.89 100m: 53.76 27.87 150m: 1:23.12 29.36 200m: 1:52.80 29.68						
EXH	SILVA Diogo Miguel	05	Galitos / Bresimar				
EXH	FERRAO Gabriel Carvalho	05	Uniao Piedense				
EXH	MOGNE Igor Araujo	96	Sporting				
EXH	BASTOS Lucas Pereira	00	Nautico Academico				

Prova 41

Femin., 200m Livres

Absolutos
Resultados Final

28-11-2021 - 17:25

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	1:59.62	ANDRE Leticia Maia	SLB	Felgueiras	23-12-2018
RN25 Jun16	2:01.12	MARTINS Francisca Soares	FOCA	Felgueiras	27-04-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	PIRES Marta Joao	05	Alges	2:04.01	+0,72	706	
	50m: 28.25 28.25 100m: 59.38 31.13 150m: 1:31.81 32.43 200m: 2:04.01 32.20						
2.	COELHO Maria Leonor	06	Benfica	2:06.84	+0,76	659	
	50m: 28.94 28.94 100m: 1:00.70 31.76 150m: 1:33.59 32.89 200m: 2:06.84 33.25						
3.	AMORIM Ines Santos	06	Desportiva de Viana	2:07.29	+0,81	652	
	50m: 29.44 29.44 100m: 1:01.16 31.72 150m: 1:34.49 33.33 200m: 2:07.29 32.80						
4.	FARIA Leonor Verissimo	06	Nucleo de Pombal	2:08.20	+0,66	639	
	50m: 29.99 29.99 100m: 1:02.39 32.40 150m: 1:35.52 33.13 200m: 2:08.20 32.68						
5.	LOPES Daniela Magalhaes	05	Famalicao	2:08.67	+0,76	632	
	50m: 30.01 30.01 100m: 1:02.33 32.32 150m: 1:35.63 33.30 200m: 2:08.67 33.04						
6.	LOPES Francisca Macedo	05	Vilacondense	2:09.26	+0,73	623	
	50m: 29.79 29.79 100m: 1:02.46 32.67 150m: 1:35.90 33.44 200m: 2:09.26 33.36						
7.	LOPES Matilde Nunes	06	Benfica	2:11.24	+0,77	595	
	50m: 30.52 30.52 100m: 1:02.88 32.36 150m: 1:36.69 33.81 200m: 2:11.24 34.55						
8.	TEIXEIRA Ines Correia	06	Amadora	2:12.97	+0,77	572	
	50m: 31.01 31.01 100m: 1:03.89 32.88 150m: 1:37.77 33.88 200m: 2:12.97 35.20						



Prova 41, Femin., 200m Livres, Final

Seniores

1.	ANDRE Leticia Maia	02	Benfica	2:00.01	+0,69	779
	50m: 28.21 28.21	100m: 58.29	30.08	150m: 1:28.63	30.34	200m: 2:00.01 31.38
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	2:01.26	+0,77	755
	50m: 28.77 28.77	100m: 59.41	30.64	150m: 1:30.58	31.17	200m: 2:01.26 30.68
3.	FRISCHKNECHT Rita Barros	98	Sporting	2:01.57	+0,72	749
	50m: 28.65 28.65	100m: 59.92	31.27	150m: 1:31.45	31.53	200m: 2:01.57 30.12
4.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	2:01.90	+0,68	743
	50m: 28.81 28.81	100m: 59.71	30.90	150m: 1:31.09	31.38	200m: 2:01.90 30.81
5.	HOLUB Tamila Hryhorivna	99	Braga	2:03.67	+0,76	711
	50m: 29.03 29.03	100m: 1:00.38	31.35	150m: 1:31.99	31.61	200m: 2:03.67 31.68
6.	CARDEAL Joana Nunes	02	Academico Viseu	2:03.99	+0,73	706
	50m: 28.93 28.93	100m: 1:00.52	31.59	150m: 1:32.71	32.19	200m: 2:03.99 31.28
7.	RAMOS Ana Rita	02	Porto	2:04.74	+0,80	693
	50m: 29.25 29.25	100m: 1:00.45	31.20	150m: 1:32.45	32.00	200m: 2:04.74 32.29
8.	MENDES Mariana Amaral	02	Sporting	2:08.31	+0,78	637
	50m: 30.45 30.45	100m: 1:03.06	32.61	150m: 1:36.05	32.99	200m: 2:08.31 32.26
EXH	SOARES Miriam Mortagua	06	Galitos / Bresimar			
EXH	ALVES Joana Silva	05	Benedita			
EXH	PINTO Mafalda Marques	02	Sporting			
EXH	RODRIGUES Joana Francisca	04	Condeixa Clube			

Prova 42

28-11-2021 - 17:30

Masc., 100m Estilos

Absolutos Resultados Final

RN25 Absoluto	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019
RN25 Sen	52.73	SANTOS Alexis Manacas	POR	Glasgow (GBR)	07-12-2019
RN25 Jun18	56.47	SANTOS Alexis Manacas	SCP	Leiria	06-12-2009
RN25 Jun17	57.40	CARVALHO Diogo Filipe	CGA	Aveiro	14-05-2005
RN S15	1:02.60	NEVES Tiago Correia	CFB	Vila Real St. Antonio	03-11-2018

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
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Prova 42, Masc., 100m Estilos, Final

Juniores

1.	COSTA Joao Peres <i>Rec Nacional, Jun 18</i>	04	Naval Praia da Vitoria	56.40	+0,60	667
	50m: 25.45 25.45	100m: 56.40	30.95			
2.	OLIVEIRA Joao Campelo	04	Famalicao	58.70	+0,65	591
	50m: 27.57 27.57	100m: 58.70	31.13			
3.	PEREIRA Tomas Coelho	05	Penafiel	58.74	+0,75	590
	50m: 26.70 26.70	100m: 58.74	32.04			
4.	REBELO Joao Lourenco	04	Alges	59.74	+0,63	561
	50m: 28.69 28.69	100m: 59.74	31.05			
5.	ANTUNES Joao Afonso	04	Galitos / Bresimar	59.91	+0,66	556
	50m: 28.02 28.02	100m: 59.91	31.89			
6.	ALVES Paulo Rodrigues	04	Desportivo Nacional	1:00.37	+0,70	543
	50m: 28.00 28.00	100m: 1:00.37	32.37			
7.	OLIVEIRA Miguel Fernandes	05	Nautico Marinha Grande	1:00.48	+0,59	540
	50m: 27.63 27.63	100m: 1:00.48	32.85			
8.	ALMEIDA Miguel Cordeiro	05	Alges	1:00.66	+0,70	536
	50m: 27.71 27.71	100m: 1:00.66	32.95			

Seniores

1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	53.08	+0,56	800
	50m: 24.14 24.14	100m: 53.08	28.94			
2.	SANTOS Alexis Manacas	92	Sporting	53.52	+0,61	780
	50m: 24.36 24.36	100m: 53.52	29.16			
3.	SILVA Fernando Souza	86	Uniao Piedense	54.56	+0,68	736
	50m: 24.36 24.36	100m: 54.56	30.20			
4.	SANTOS Pedro Andre	94	Alges	56.37	+0,68	668
	50m: 25.25 25.25	100m: 56.37	31.12			
5.	QUINTAS Francisco Robalo	95	Sporting	56.85	+0,62	651
	50m: 27.04 27.04	100m: 56.85	29.81			
6.	VAKULYUK Paulo	03	Torres Novas	56.93	+0,67	648
	50m: 25.37 25.37	100m: 56.93	31.56			
7.	CATALAO Daniel Nogueira	00	Benfica	57.21	+0,55	639
	50m: 25.87 25.87	100m: 57.21	31.34			
8.	LOPES Luis Afonso	03	Viver Santarem	58.99	+0,67	583
	50m: 27.81 27.81	100m: 58.99	31.18			



Prova 42, Masc., 100m Estilos, Final

EXH	CARVALHO Antonio Lombardi	04	Sporting
EXH	DIOGO Dinis Miranda	04	Nautico Academico
EXH	FRISCHKNECHT Renato Barros	01	Sporting
EXH	SAMPAIO Jose Pedro	98	Porto

Prova 43

Femin., 100m Estilos

Absolutos
Resultados Final

28-11-2021 - 17:35

RN25 Absoluto	1:01.58	RODRIGUES Ana Pinho	ADS	Felgueiras	22-12-2019
RN25 Sen	1:01.58	RODRIGUES Ana Pinho	ADS	Felgueiras	22-12-2019
RN25 Jun17	1:02.34	PEREIRA Raquel Gomes	SAD	Funchal	11-12-2016
RN25 Jun16	1:03.25	CUNHA Mariana Pacheco	CNCE	Felgueiras	22-12-2019

Pontos: FINA 2021

Lugar	Nome	Ano	Clube	Tempo Final	TReac	FINA	PARA
Juniores							
1.	FERNANDES Carolina Miranda <i>Rec Nacional, Jun 17</i>	05	Galitos / Bresimar	1:02.10	+0,68	753	
	50m: 28.13 28.13	100m: 1:02.10	33.97				
2.	LOURO Ariana Espirito	05	Gualdim Pais	1:06.24	+0,60	620	
	50m: 31.04 31.04	100m: 1:06.24	35.20				
3.	CATALAO Leonor Tavares	06	Sporting	1:06.34	+0,76	618	
	50m: 30.29 30.29	100m: 1:06.34	36.05				
4.	ESTEVENES Laura Fabiana	05	Naval de Faro	1:06.38	+0,72	616	
	50m: 30.61 30.61	100m: 1:06.38	35.77				
5.	CARAPINHA Ariana Bento	06	Nautico Marinha Grande	1:06.44	+0,84	615	
	50m: 30.18 30.18	100m: 1:06.44	36.26				
6.	ANTUNES Rebeca Leonor	06	Alges	1:07.44	+0,72	588	
	50m: 31.92 31.92	100m: 1:07.44	35.52				
7.	PINTO Leonor Filipa	06	Porto	1:08.09	+0,75	571	
	50m: 31.59 31.59	100m: 1:08.09	36.50				
8.	ALMEIDA Maria Carolina	05	Galitos / Bresimar	1:08.36	+0,78	564	
	50m: 31.45 31.45	100m: 1:08.36	36.91				

Prova 43, Femin., 100m Estilos, Final

Seniores

1.	CUNHA Mariana Pacheco	04	Colegio Efanor	1:02.40	+0,65	742
	50m: 28.83 28.83	100m: 1:02.40	33.57			
2.	PEREIRA Raquel Gomes	00	Benfica	1:02.68	+0,71	732
	50m: 29.73 29.73	100m: 1:02.68	32.95			
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	1:02.79	+0,57	728
	50m: 28.39 28.39	100m: 1:02.79	34.40			
4.	REBELO Maria Carlota	03	Condeixa Clube	1:05.31	+0,68	647
	50m: 29.94 29.94	100m: 1:05.31	35.37			
5.	MONTEIRO Ana Catarina	93	Vilacondense	1:05.49	+0,63	642
	50m: 30.29 30.29	100m: 1:05.49	35.20			
6.	RIESENBERGER Bruna Martins	97	Laranjeiro	1:06.19	+0,68	622
	50m: 30.50 30.50	100m: 1:06.19	35.69			
7.	CASTRO Maria Freitas	03	Vitoria Guimaraes	1:07.98	+0,68	574
	50m: 31.48 31.48	100m: 1:07.98	36.50			
8.	VIANA Carolina Pereira	04	Aquatico Silves	1:08.25	+0,68	567
	50m: 32.20 32.20	100m: 1:08.25	36.05			
EXH	VASCONCELOS Lara Rodrigues	05	Galitos / Bresimar			
EXH	Brites Marta Lopes	06	Bombeiros de Ponta Delgada			
EXH	RODRIGUES Lidiana Correia	04	Belenenses			
EXH	VEIGA Ana Filipa	01	Gafanha da Encarnacao			

Prova 46

28-11-2021 - 18:20

Masc., 4 x 100m Livres

Absolutos
Resultados

RN25 Absoluto	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
RN25 Sen	3:15.63	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018
RN25 Jun	3:28.98	Sport Lisboa e Benfica	SLB	Felgueiras	23-12-2018

Pontos: FINA 2021

Lugar	Clube	Tempo Final	TReac	FINA	PARA
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Prova 46, Masc., 4 x 100m Livres

Seniores

1. Benfica-SEN				Benfica	3:16.20	+0,63	811
NASCIMENTO Miguel Duarte	+0,63	22.58	47.94	LEBRE Diogo Ramos	+1,80	23.14	49.22
COSTA Diogo Santos	+0,05	23.17	49.36	MARQUES Miguel Henriques	+0,05	22.45	49.68
2. Sporting-SEN				Sporting	3:16.81	+0,68	804
SANTOS Francisco Rogerio	+0,68	23.51	49.67	MOGNE Igor Araujo	+0,35	23.37	49.28
RIBEIRO Gustavo Carvalhais	+0,24	23.61	49.33	SANTOS Alexis Manacas	+0,38	23.42	48.53
3. Vitoria Guimaraes-SEN				Vitoria Guimaraes	3:22.03	+0,66	743
LOPES Tomas Teixeira	+0,66	23.95	49.77	AMORIM Alexandre Ferreira	+0,16	23.71	50.35
COSTA Joao Nogueira	+0,31	23.62	49.98	RIACHOS Frederico Sucena	+0,30	24.12	51.93
4. Porto-SEN				Porto	3:24.08	+0,66	721
NUNES Porfirio Braga	+0,66	23.76	49.94	AMARAL Francisco Rodriguez		24.47	51.30
SILVA Tomas Antonio		23.80	51.54	SANTOS Pedro Miguel		24.28	51.30
5. Belenenses-SEN				Belenenses	3:26.36	+0,65	697
PADRELA Joao Esteves	+0,65	24.09	50.81	DIAS Rodrigo Reis	+0,28	24.96	53.05
RAMOS Bruno Miguel	+0,26	23.23	48.56	RIBEIRO Afonso Mateus	+0,24	25.49	53.94

Juniores

1. Galitos / Bresimar-JUN				Galitos / Bresimar	3:32.12	+0,65	642
SILVA Diogo Miguel	+0,65	25.16	53.34	ANTUNES Joao Afonso	+0,22	25.03	52.99
TAVARES Bernardo Rodrigues	+0,08	24.81	52.69	JESUS Pedro Duarte	+0,19	25.21	53.10
2. Sporting-JUN				Sporting	3:32.43	+0,71	639
FRASQUILHO Afonso Figueiredo	+0,71	25.39	53.15	CARVALHO Antonio Lombardi	+0,38	25.50	53.80
PEREIRA Manuel Angelo	+1,48	26.27	55.04	ALMEIDA Bernardo Victorino	+0,23	24.07	50.44
3. Ba-Leiria-JUN				Ba-Leiria	3:34.79	+0,71	618
FARIA Ricardo Morais	+0,71	25.90	54.69	ANICETO Joao Gabriel	+0,12	24.94	53.58
SILVA Nuno Marques	+0,28	25.74	54.23	CLARA Vitor Belo	+0,33	24.74	52.29
4. Leixoes-JUN				Leixoes	3:38.35	+0,66	588
ANTUNES David Alexandre	+0,66	25.74	54.08	LIMA Gaspar Pinheiro	+0,26	25.39	54.38
CUNHA Vasco Goncalves	+0,53	26.35	55.49	RIBEIRO Filipe Silva	+0,47	25.42	54.40
5. Porto-JUN				Porto	3:39.40	+0,71	580
SILVA Goncalo Manuel	+0,71	26.15	54.65	APSENIECE Kevins Alexandre	+0,37	24.92	52.68
TORRES Joao Pedro	+0,64	26.57	55.50	CARVALHO Goncalo Renato	+0,35	27.09	56.57
6. Aquatico Silves-JUN				Aquatico Silves	3:41.18	+0,68	566
GOMES Guilherme Sousa	+0,68	25.36	52.34	SILVA Guilherme Antonio	+0,23	26.99	57.72
VICENTE Tiago Miguel	+0,61	26.38	55.81	AFONSO Martim Rodrigues	+0,46	25.69	55.31

DSQ Nautico Academico-JUN
403 - Falsa partida - SW 4.4

MOITA Goncalo Brites, POIARES Tiago Andre, REIS Rodrigo Miguel, DIOGO Dinis Miranda



Prova 45	Femin., 4 x 100m Livres					Absolutos
28-11-2021 - 18:25						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	3:54.55	Futebol Clube do Porto	FCP	Felgueiras		23-12-2018

Pontos: FINA 2021

Lugar				Clube	Tempo Final	TReac	FINA	PARA
Seniores								
1.	Porto-SEN			Porto	3:51.85	+0,69	706	
	OLIVEIRA Rosa Maria	+0,69	27.73	57.98	RAMOS Ana Rita	+0,44	27.48	57.77
	FIAL Sofia Nunes	+0,32	27.82	58.62	ANDRE Angelica Maria	+0,22	27.52	57.48
2.	Sporting-SEN			Sporting	3:52.64	+0,71	699	
	FRISCHKNECHT Rita Barros	+0,71	27.13	56.46	MESQUITA Francisca Salvador	+0,42	28.20	58.91
	MOURA Maria Ferreira	+0,43	28.23	59.06	PINTO Mafalda Marques	+0,42	27.39	58.21
DNS	Benfica-SEN			Benfica				

Juniores

1.	Galitos / Bresimar-JUN			Galitos / Bresimar	3:52.24	+0,71	703	
	<i>Rec Nacional, Jun e Rec Nac Jun 17 primeiro percurso 100 L</i>							
	FERNANDES Carolina Miranda	+0,71	26.73	55.54	SOARES Miriam Mortagua	+0,36	28.02	59.25
	ALMEIDA Maria Carolina	+0,45	28.09	58.56	VASCONCELOS Lara Rodrigues	+0,32	27.51	58.89
2.	Sporting-JUN			Sporting	4:00.28	+0,68	635	
	REIS Erica Cristina	+0,68	28.85	1:00.02	GOMES Carolina Fonseca	+0,29	28.78	1:00.50
	CATALAO Leonor Tavares	+0,33	27.95	59.16	NUNES Margarida Domingues	+0,38	29.07	1:00.60
3.	Benfica-JUN			Benfica	4:00.82	+0,75	630	
	FERREIRA Joana Rocha	+0,75	29.24	1:00.79	COELHO Maria Leonor	+0,13	27.53	57.95
	VALENTE Maria Esteves	+0,27	28.82	1:01.20	LOPES Matilde Nunes	+0,64	29.55	1:00.88