

1 - 1ª Jornada - 1ª Sessão - Eliminatórias

31/03/2022 - 10:00

Prova 1 Femin., 1500m Livres Juniores  
31/03/2022 - 10:00 Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015

CEJun\_Fem 14 - 17: 17:14.78 / CMJun\_Fem 14 - 17: 16:54.49 / CEPL 15 +: 16:28.47 / CMPL 15 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>FARIA Leonor Verissimo</b>	06	Nucleo de Pombal	<b>17:45.38</b>	+0,71	644	
	50m: 32.55 32.55	450m: 5:16.83 35.52	850m: 10:01.66 35.61	1250m: 14:47.91 36.02			
	100m: 1:07.24 34.69	500m: 5:52.42 35.59	900m: 10:37.32 35.66	1300m: 15:23.94 36.03			
	150m: 1:42.82 35.58	550m: 6:28.10 35.68	950m: 11:12.91 35.59	1350m: 15:59.74 35.80			
	200m: 2:18.40 35.58	600m: 7:03.96 35.86	1000m: 11:48.95 36.04	1400m: 16:35.72 35.98			
	250m: 2:54.11 35.71	650m: 7:39.28 35.32	1050m: 12:24.66 35.71	1450m: 17:10.89 35.17			
	300m: 3:30.01 35.90	700m: 8:14.90 35.62	1100m: 13:00.37 35.71	1500m: 17:45.38 34.49			
	350m: 4:05.48 35.47	750m: 8:50.45 35.55	1150m: 13:35.94 35.57				
	400m: 4:41.31 35.83	800m: 9:26.05 35.60	1200m: 14:11.89 35.95				
2.	<b>LOPES Daniela Magalhaes</b>	05	Famalicao	<b>17:56.39</b>	+0,76	625	
	50m: 32.25 32.25	450m: 5:17.13 35.88	850m: 10:04.13 35.85	1250m: 14:54.43 36.39			
	100m: 1:07.35 35.10	500m: 5:52.90 35.77	900m: 10:40.39 36.26	1300m: 15:31.23 36.80			
	150m: 1:42.94 35.59	550m: 6:28.60 35.70	950m: 11:16.34 35.95	1350m: 16:07.80 36.57			
	200m: 2:18.18 35.24	600m: 7:04.43 35.83	1000m: 11:52.66 36.32	1400m: 16:44.90 37.10			
	250m: 2:53.78 35.60	650m: 7:40.19 35.76	1050m: 12:28.42 35.76	1450m: 17:20.73 35.83			
	300m: 3:29.64 35.86	700m: 8:16.28 36.09	1100m: 13:05.23 36.81	1500m: 17:56.39 35.66			
	350m: 4:05.34 35.70	750m: 8:52.28 36.00	1150m: 13:41.37 36.14				
	400m: 4:41.25 35.91	800m: 9:28.28 36.00	1200m: 14:18.04 36.67				
3.	<b>PEIXOTO Carolina Esteves</b>	06	Braga	<b>18:10.79</b>	+0,84	600	
	50m: 32.28 32.28	450m: 5:20.02 36.12	850m: 10:12.53 36.27	1250m: 15:08.11 37.15			
	100m: 1:07.61 35.33	500m: 5:56.76 36.74	900m: 10:49.88 37.35	1300m: 15:45.25 37.14			
	150m: 1:42.98 35.37	550m: 6:33.04 36.28	950m: 11:26.76 36.88	1350m: 16:21.95 36.70			
	200m: 2:19.36 36.38	600m: 7:09.72 36.68	1000m: 12:03.62 36.86	1400m: 16:58.76 36.81			
	250m: 2:54.96 35.60	650m: 7:46.20 36.48	1050m: 12:40.50 36.88	1450m: 17:35.15 36.39			
	300m: 3:31.52 36.56	700m: 8:23.22 37.02	1100m: 13:17.51 37.01	1500m: 18:10.79 35.64			
	350m: 4:07.35 35.83	750m: 8:59.70 36.48	1150m: 13:53.73 36.22				
	400m: 4:43.90 36.55	800m: 9:36.26 36.56	1200m: 14:30.96 37.23				
4.	<b>RAMOS Joana Barbas</b>	06	Gafanha da Encarnacao	<b>18:37.69</b>	+0,72	558	
	50m: 33.04 33.04	450m: 5:28.05 37.47	850m: 10:26.95 37.58	1250m: 15:29.97 37.94			
	100m: 1:08.92 35.88	500m: 6:05.35 37.30	900m: 11:04.56 37.61	1300m: 16:08.01 38.04			
	150m: 1:45.53 36.61	550m: 6:42.77 37.42	950m: 11:42.15 37.59	1350m: 16:45.87 37.86			
	200m: 2:22.06 36.53	600m: 7:19.97 37.20	1000m: 12:20.28 38.13	1400m: 17:23.46 37.59			
	250m: 2:59.09 37.03	650m: 7:57.22 37.25	1050m: 12:58.06 37.78	1450m: 18:01.01 37.55			
	300m: 3:36.15 37.06	700m: 8:34.49 37.27	1100m: 13:35.93 37.87	1500m: 18:37.69 36.68			
	350m: 4:13.22 37.07	750m: 9:11.90 37.41	1150m: 14:13.90 37.97				
	400m: 4:50.58 37.36	800m: 9:49.37 37.47	1200m: 14:52.03 38.13				

## Prova 1, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>NUNES Rita Sofia</b>	05	Colegio Efanor	<b>18:43.23</b>	+0,90	550	
	50m: 33.12 33.12	450m: 5:29.38 37.51	850m: 10:31.96 37.69	1250m: 15:34.60 38.24			
	100m: 1:09.16 36.04	500m: 6:07.10 37.72	900m: 11:09.62 37.66	1300m: 16:12.54 37.94			
	150m: 1:46.86 37.70	550m: 6:44.44 37.34	950m: 11:46.30 36.68	1350m: 16:50.82 38.28			
	200m: 2:24.08 37.22	600m: 7:22.72 38.28	1000m: 12:24.26 37.96	1400m: 17:28.97 38.15			
	250m: 3:01.16 37.08	650m: 8:00.52 37.80	1050m: 13:02.13 37.87	1450m: 18:06.14 37.17			
	300m: 3:38.13 36.97	700m: 8:38.24 37.72	1100m: 13:40.18 38.05	1500m: 18:43.23 37.09			
	350m: 4:15.00 36.87	750m: 9:16.04 37.80	1150m: 14:18.00 37.82				
	400m: 4:51.87 36.87	800m: 9:54.27 38.23	1200m: 14:56.36 38.36				
6.	<b>COSTA Mafalda Santos</b>	05	Colegio Monte Maior	<b>18:51.46</b>	+0,82	538	
	50m: 33.08 33.08	450m: 5:30.36 37.48	850m: 10:31.26 37.95	1250m: 15:37.88 38.49			
	100m: 1:09.43 36.35	500m: 6:07.66 37.30	900m: 11:09.43 38.17	1300m: 16:16.60 38.72			
	150m: 1:46.52 37.09	550m: 6:45.24 37.58	950m: 11:47.35 37.92	1350m: 16:55.60 39.00			
	200m: 2:23.58 37.06	600m: 7:22.71 37.47	1000m: 12:25.53 38.18	1400m: 17:34.61 39.01			
	250m: 3:01.09 37.51	650m: 8:00.28 37.57	1050m: 13:04.03 38.50	1450m: 18:13.62 39.01			
	300m: 3:38.36 37.27	700m: 8:38.03 37.75	1100m: 13:42.34 38.31	1500m: 18:51.46 37.84			
	350m: 4:15.65 37.29	750m: 9:15.71 37.68	1150m: 14:20.81 38.47				
	400m: 4:52.88 37.23	800m: 9:53.31 37.60	1200m: 14:59.39 38.58				
7.	<b>CARLOTA Catarina Isabel</b>	05	BUZIOS-Coruche	<b>19:06.82</b>	+0,75	517	
	50m: 32.79 32.79	450m: 5:33.49 38.54	850m: 10:43.09 38.79	1250m: 15:54.42 38.97			
	100m: 1:08.87 36.08	500m: 6:12.07 38.58	900m: 11:21.93 38.84	1300m: 16:33.50 39.08			
	150m: 1:46.23 37.36	550m: 6:50.88 38.81	950m: 12:01.09 39.16	1350m: 17:12.43 38.93			
	200m: 2:23.84 37.61	600m: 7:29.48 38.60	1000m: 12:40.10 39.01	1400m: 17:50.94 38.51			
	250m: 3:01.60 37.76	650m: 8:08.32 38.84	1050m: 13:18.88 38.78	1450m: 18:29.60 38.66			
	300m: 3:39.12 37.52	700m: 8:46.91 38.59	1100m: 13:57.61 38.73	1500m: 19:06.82 37.22			
	350m: 4:17.17 38.05	750m: 9:25.58 38.67	1150m: 14:36.53 38.92				
	400m: 4:54.95 37.78	800m: 10:04.30 38.72	1200m: 15:15.45 38.92				

DNS OLIVEIRA Vanessa Sofia 05 Gafanha da Encarnacao

## Prova 1 Femin., 1500m Livres Seniores Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020

CEPL 15 +: 16:28.47 / CMPL 15 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>HOLUB Tamila Hryhorivna</b>	99	Braga	<b>16:28.19</b>	+0,83	808	
	<i>Minimos CE PL, Minimos CM PL</i>						
	50m: 30.76 30.76	450m: 4:50.52 32.65	850m: 9:14.32 33.24	1250m: 13:40.72 33.41			
	100m: 1:03.21 32.45	500m: 5:23.23 32.71	900m: 9:47.40 33.08	1300m: 14:14.57 33.85			
	150m: 1:35.54 32.33	550m: 5:56.13 32.90	950m: 10:20.63 33.23	1350m: 14:48.15 33.58			
	200m: 2:08.00 32.46	600m: 6:29.04 32.91	1000m: 10:53.91 33.28	1400m: 15:21.99 33.84			
	250m: 2:40.57 32.57	650m: 7:02.14 33.10	1050m: 11:27.00 33.09	1450m: 15:55.58 33.59			
	300m: 3:13.01 32.44	700m: 7:35.11 32.97	1100m: 12:00.46 33.46	1500m: 16:28.19 32.61			
	350m: 3:45.51 32.50	750m: 8:08.20 33.09	1150m: 12:33.75 33.29				
	400m: 4:17.87 32.36	800m: 8:41.08 32.88	1200m: 13:07.31 33.56				

## Prova 1, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
2.	<b>DURAES Diana Margarida</b>	96	Benfica	<b>16:34.61</b>	<b>+0,77</b>	<b>792</b>	
	50m: 30.92 30.92	450m: 4:53.37	33.22	850m: 9:18.57	33.19	1250m: 13:47.41	33.25
	100m: 1:03.17 32.25	500m: 5:26.48	33.11	900m: 9:51.98	33.41	1300m: 14:21.04	33.63
	150m: 1:35.95 32.78	550m: 5:59.71	33.23	950m: 10:25.87	33.89	1350m: 14:54.89	33.85
	200m: 2:08.60 32.65	600m: 6:32.76	33.05	1000m: 10:59.57	33.70	1400m: 15:28.56	33.67
	250m: 2:41.47 32.87	650m: 7:05.88	33.12	1050m: 11:33.13	33.56	1450m: 16:02.01	33.45
	300m: 3:14.22 32.75	700m: 7:38.95	33.07	1100m: 12:06.87	33.74	1500m: 16:34.61	32.60
	350m: 3:47.26 33.04	750m: 8:12.30	33.35	1150m: 12:40.57	33.70		
	400m: 4:20.15 32.89	800m: 8:45.38	33.08	1200m: 13:14.16	33.59		
3.	<b>ANDRE Angelica Maria</b>	94	Porto	<b>16:48.19</b>	<b>+0,71</b>	<b>761</b>	
	50m: 30.98 30.98	450m: 5:00.37	34.05	850m: 9:30.14	33.59	1250m: 14:00.90	33.55
	100m: 1:03.71 32.73	500m: 5:34.00	33.63	900m: 10:03.95	33.81	1300m: 14:34.98	34.08
	150m: 1:37.00 33.29	550m: 6:07.75	33.75	950m: 10:37.47	33.52	1350m: 15:08.93	33.95
	200m: 2:10.54 33.54	600m: 6:41.55	33.80	1000m: 11:11.44	33.97	1400m: 15:42.60	33.67
	250m: 2:44.45 33.91	650m: 7:15.40	33.85	1050m: 11:45.56	34.12	1450m: 16:16.02	33.42
	300m: 3:18.32 33.87	700m: 7:49.21	33.81	1100m: 12:19.60	34.04	1500m: 16:48.19	32.17
	350m: 3:52.51 34.19	750m: 8:22.91	33.70	1150m: 12:53.26	33.66		
	400m: 4:26.32 33.81	800m: 8:56.55	33.64	1200m: 13:27.35	34.09		
4.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>17:24.67</b>	<b>+0,87</b>	<b>684</b>	
	50m: 32.55 32.55	450m: 5:11.85	35.15	850m: 9:51.96	34.95	1250m: 14:32.03	35.04
	100m: 1:07.03 34.48	500m: 5:46.84	34.99	900m: 10:27.05	35.09	1300m: 15:07.03	35.00
	150m: 1:41.91 34.88	550m: 6:21.93	35.09	950m: 11:02.08	35.03	1350m: 15:42.14	35.11
	200m: 2:16.78 34.87	600m: 6:56.99	35.06	1000m: 11:37.10	35.02	1400m: 16:17.09	34.95
	250m: 2:51.84 35.06	650m: 7:32.07	35.08	1050m: 12:12.08	34.98	1450m: 16:51.68	34.59
	300m: 3:26.68 34.84	700m: 8:07.09	35.02	1100m: 12:46.95	34.87	1500m: 17:24.67	32.99
	350m: 4:01.69 35.01	750m: 8:42.13	35.04	1150m: 13:21.95	35.00		
	400m: 4:36.70 35.01	800m: 9:17.01	34.88	1200m: 13:56.99	35.04		
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>17:43.72</b>		<b>647</b>	
	50m: 32.53 32.53	450m: 5:16.81	35.69	850m: 10:02.50	35.89	1250m: 14:47.75	35.59
	100m: 1:07.61 35.08	500m: 5:52.41	35.60	900m: 10:38.47	35.97	1300m: 15:23.52	35.77
	150m: 1:43.16 35.55	550m: 6:28.05	35.64	950m: 11:14.24	35.77	1350m: 15:59.03	35.51
	200m: 2:18.62 35.46	600m: 7:03.56	35.51	1000m: 11:50.25	36.01	1400m: 16:34.40	35.37
	250m: 2:54.34 35.72	650m: 7:39.17	35.61	1050m: 12:25.75	35.50	1450m: 17:09.58	35.18
	300m: 3:29.88 35.54	700m: 8:14.72	35.55	1100m: 13:01.13	35.38	1500m: 17:43.72	34.14
	350m: 4:05.56 35.68	750m: 8:50.77	36.05	1150m: 13:36.66	35.53		
	400m: 4:41.12 35.56	800m: 9:26.61	35.84	1200m: 14:12.16	35.50		
6.	<b>ARMAS Maria Ornelas</b>	98	Vikings	<b>18:09.24</b>	<b>+0,90</b>	<b>603</b>	
	50m: 32.64 32.64	450m: 5:18.35	35.97	850m: 10:10.13	36.40	1250m: 15:05.11	36.67
	100m: 1:07.74 35.10	500m: 5:54.80	36.45	900m: 10:47.07	36.94	1300m: 15:42.20	37.09
	150m: 1:42.94 35.20	550m: 6:31.06	36.26	950m: 11:23.41	36.34	1350m: 16:19.24	37.04
	200m: 2:18.89 35.95	600m: 7:07.94	36.88	1000m: 12:00.47	37.06	1400m: 16:56.58	37.34
	250m: 2:54.68 35.79	650m: 7:44.06	36.12	1050m: 12:37.36	36.89	1450m: 17:33.26	36.68
	300m: 3:30.72 36.04	700m: 8:20.67	36.61	1100m: 13:14.58	37.22	1500m: 18:09.24	35.98
	350m: 4:06.37 35.65	750m: 8:56.96	36.29	1150m: 13:51.35	36.77		
	400m: 4:42.38 36.01	800m: 9:33.73	36.77	1200m: 14:28.44	37.09		

## Prova 1, Femin., 1500m Livres

Prova 1  
31/03/2022 - 10:00

Femin., 1500m Livres					Absolutos
					Resultados
Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015

CEJun\_Fem 14 - 17: 17:14.78 / CMJun\_Fem 14 - 17: 16:54.49 / CEPL 15 +: 16:28.47 / CMPL 15 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna <i>Minimos CE PL, Minimos CM PL</i>	99	Braga	<b>16:28.19</b>	+0,83	808	
	50m: 30.76 30.76	450m: 4:50.52 32.65	850m: 9:14.32 33.24	1250m: 13:40.72 33.41			
	100m: 1:03.21 32.45	500m: 5:23.23 32.71	900m: 9:47.40 33.08	1300m: 14:14.57 33.85			
	150m: 1:35.54 32.33	550m: 5:56.13 32.90	950m: 10:20.63 33.23	1350m: 14:48.15 33.58			
	200m: 2:08.00 32.46	600m: 6:29.04 32.91	1000m: 10:53.91 33.28	1400m: 15:21.99 33.84			
	250m: 2:40.57 32.57	650m: 7:02.14 33.10	1050m: 11:27.00 33.09	1450m: 15:55.58 33.59			
	300m: 3:13.01 32.44	700m: 7:35.11 32.97	1100m: 12:00.46 33.46	1500m: 16:28.19 32.61			
	350m: 3:45.51 32.50	750m: 8:08.20 33.09	1150m: 12:33.75 33.29				
	400m: 4:17.87 32.36	800m: 8:41.08 32.88	1200m: 13:07.31 33.56				
2.	DURAES Diana Margarida	96	Benfica	<b>16:34.61</b>	+0,77	792	
	50m: 30.92 30.92	450m: 4:53.37 33.22	850m: 9:18.57 33.19	1250m: 13:47.41 33.25			
	100m: 1:03.17 32.25	500m: 5:26.48 33.11	900m: 9:51.98 33.41	1300m: 14:21.04 33.63			
	150m: 1:35.95 32.78	550m: 5:59.71 33.23	950m: 10:25.87 33.89	1350m: 14:54.89 33.85			
	200m: 2:08.60 32.65	600m: 6:32.76 33.05	1000m: 10:59.57 33.70	1400m: 15:28.56 33.67			
	250m: 2:41.47 32.87	650m: 7:05.88 33.12	1050m: 11:33.13 33.56	1450m: 16:02.01 33.45			
	300m: 3:14.22 32.75	700m: 7:38.95 33.07	1100m: 12:06.87 33.74	1500m: 16:34.61 32.60			
	350m: 3:47.26 33.04	750m: 8:12.30 33.35	1150m: 12:40.57 33.70				
	400m: 4:20.15 32.89	800m: 8:45.38 33.08	1200m: 13:14.16 33.59				
3.	ANDRE Angelica Maria	94	Porto	<b>16:48.19</b>	+0,71	761	
	50m: 30.98 30.98	450m: 5:00.37 34.05	850m: 9:30.14 33.59	1250m: 14:00.90 33.55			
	100m: 1:03.71 32.73	500m: 5:34.00 33.63	900m: 10:03.95 33.81	1300m: 14:34.98 34.08			
	150m: 1:37.00 33.29	550m: 6:07.75 33.75	950m: 10:37.47 33.52	1350m: 15:08.93 33.95			
	200m: 2:10.54 33.54	600m: 6:41.55 33.80	1000m: 11:11.44 33.97	1400m: 15:42.60 33.67			
	250m: 2:44.45 33.91	650m: 7:15.40 33.85	1050m: 11:45.56 34.12	1450m: 16:16.02 33.42			
	300m: 3:18.32 33.87	700m: 7:49.21 33.81	1100m: 12:19.60 34.04	1500m: 16:48.19 32.17			
	350m: 3:52.51 34.19	750m: 8:22.91 33.70	1150m: 12:53.26 33.66				
	400m: 4:26.32 33.81	800m: 8:56.55 33.64	1200m: 13:27.35 34.09				
4.	MENDES Mariana Amaral	02	Sporting	<b>17:24.67</b>	+0,87	684	
	50m: 32.55 32.55	450m: 5:11.85 35.15	850m: 9:51.96 34.95	1250m: 14:32.03 35.04			
	100m: 1:07.03 34.48	500m: 5:46.84 34.99	900m: 10:27.05 35.09	1300m: 15:07.03 35.00			
	150m: 1:41.91 34.88	550m: 6:21.93 35.09	950m: 11:02.08 35.03	1350m: 15:42.14 35.11			
	200m: 2:16.78 34.87	600m: 6:56.99 35.06	1000m: 11:37.10 35.02	1400m: 16:17.09 34.95			
	250m: 2:51.84 35.06	650m: 7:32.07 35.08	1050m: 12:12.08 34.98	1450m: 16:51.68 34.59			
	300m: 3:26.68 34.84	700m: 8:07.09 35.02	1100m: 12:46.95 34.87	1500m: 17:24.67 32.99			
	350m: 4:01.69 35.01	750m: 8:42.13 35.04	1150m: 13:21.95 35.00				
	400m: 4:36.70 35.01	800m: 9:17.01 34.88	1200m: 13:56.99 35.04				

## Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>17:43.72</b>		<b>647</b>	
	50m: 32.53 32.53	450m: 5:16.81 35.69	850m: 10:02.50 35.89	1250m: 14:47.75 35.59			
	100m: 1:07.61 35.08	500m: 5:52.41 35.60	900m: 10:38.47 35.97	1300m: 15:23.52 35.77			
	150m: 1:43.16 35.55	550m: 6:28.05 35.64	950m: 11:14.24 35.77	1350m: 15:59.03 35.51			
	200m: 2:18.62 35.46	600m: 7:03.56 35.51	1000m: 11:50.25 36.01	1400m: 16:34.40 35.37			
	250m: 2:54.34 35.72	650m: 7:39.17 35.61	1050m: 12:25.75 35.50	1450m: 17:09.58 35.18			
	300m: 3:29.88 35.54	700m: 8:14.72 35.55	1100m: 13:01.13 35.38	1500m: 17:43.72 34.14			
	350m: 4:05.56 35.68	750m: 8:50.77 36.05	1150m: 13:36.66 35.53				
	400m: 4:41.12 35.56	800m: 9:26.61 35.84	1200m: 14:12.16 35.50				
6.	<b>FARIA Leonor Verissimo</b>	06	Nucleo de Pombal	<b>17:45.38</b>	+0,71	<b>644</b>	
	50m: 32.55 32.55	450m: 5:16.83 35.52	850m: 10:01.66 35.61	1250m: 14:47.91 36.02			
	100m: 1:07.24 34.69	500m: 5:52.42 35.59	900m: 10:37.32 35.66	1300m: 15:23.94 36.03			
	150m: 1:42.82 35.58	550m: 6:28.10 35.68	950m: 11:12.91 35.59	1350m: 15:59.74 35.80			
	200m: 2:18.40 35.58	600m: 7:03.96 35.86	1000m: 11:48.95 36.04	1400m: 16:35.72 35.98			
	250m: 2:54.11 35.71	650m: 7:39.28 35.32	1050m: 12:24.66 35.71	1450m: 17:10.89 35.17			
	300m: 3:30.01 35.90	700m: 8:14.90 35.62	1100m: 13:00.37 35.71	1500m: 17:45.38 34.49			
	350m: 4:05.48 35.47	750m: 8:50.45 35.55	1150m: 13:35.94 35.57				
	400m: 4:41.31 35.83	800m: 9:26.05 35.60	1200m: 14:11.89 35.95				
7.	<b>LOPES Daniela Magalhaes</b>	05	Famalicao	<b>17:56.39</b>	+0,76	<b>625</b>	
	50m: 32.25 32.25	450m: 5:17.13 35.88	850m: 10:04.13 35.85	1250m: 14:54.43 36.39			
	100m: 1:07.35 35.10	500m: 5:52.90 35.77	900m: 10:40.39 36.26	1300m: 15:31.23 36.80			
	150m: 1:42.94 35.59	550m: 6:28.60 35.70	950m: 11:16.34 35.95	1350m: 16:07.80 36.57			
	200m: 2:18.18 35.24	600m: 7:04.43 35.83	1000m: 11:52.66 36.32	1400m: 16:44.90 37.10			
	250m: 2:53.78 35.60	650m: 7:40.19 35.76	1050m: 12:28.42 35.76	1450m: 17:20.73 35.83			
	300m: 3:29.64 35.86	700m: 8:16.28 36.09	1100m: 13:05.23 36.81	1500m: 17:56.39 35.66			
	350m: 4:05.34 35.70	750m: 8:52.28 36.00	1150m: 13:41.37 36.14				
	400m: 4:41.25 35.91	800m: 9:28.28 36.00	1200m: 14:18.04 36.67				
8.	<b>ARMAS Maria Ornelas</b>	98	Vikings	<b>18:09.24</b>	+0,90	<b>603</b>	
	50m: 32.64 32.64	450m: 5:18.35 35.97	850m: 10:10.13 36.40	1250m: 15:05.11 36.67			
	100m: 1:07.74 35.10	500m: 5:54.80 36.45	900m: 10:47.07 36.94	1300m: 15:42.20 37.09			
	150m: 1:42.94 35.20	550m: 6:31.06 36.26	950m: 11:23.41 36.34	1350m: 16:19.24 37.04			
	200m: 2:18.89 35.95	600m: 7:07.94 36.88	1000m: 12:00.47 37.06	1400m: 16:56.58 37.34			
	250m: 2:54.68 35.79	650m: 7:44.06 36.12	1050m: 12:37.36 36.89	1450m: 17:33.26 36.68			
	300m: 3:30.72 36.04	700m: 8:20.67 36.61	1100m: 13:14.58 37.22	1500m: 18:09.24 35.98			
	350m: 4:06.37 35.65	750m: 8:56.96 36.29	1150m: 13:51.35 36.77				
	400m: 4:42.38 36.01	800m: 9:33.73 36.77	1200m: 14:28.44 37.09				
9.	<b>PEIXOTO Carolina Esteves</b>	06	Braga	<b>18:10.79</b>	+0,84	<b>600</b>	
	50m: 32.28 32.28	450m: 5:20.02 36.12	850m: 10:12.53 36.27	1250m: 15:08.11 37.15			
	100m: 1:07.61 35.33	500m: 5:56.76 36.74	900m: 10:49.88 37.35	1300m: 15:45.25 37.14			
	150m: 1:42.98 35.37	550m: 6:33.04 36.28	950m: 11:26.76 36.88	1350m: 16:21.95 36.70			
	200m: 2:19.36 36.38	600m: 7:09.72 36.68	1000m: 12:03.62 36.86	1400m: 16:58.76 36.81			
	250m: 2:54.96 35.60	650m: 7:46.20 36.48	1050m: 12:40.50 36.88	1450m: 17:35.15 36.39			
	300m: 3:31.52 36.56	700m: 8:23.22 37.02	1100m: 13:17.51 37.01	1500m: 18:10.79 35.64			
	350m: 4:07.35 35.83	750m: 8:59.70 36.48	1150m: 13:53.73 36.22				
	400m: 4:43.90 36.55	800m: 9:36.26 36.56	1200m: 14:30.96 37.23				

## Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	<b>RAMOS Joana Barbas</b>	06	Gafanha da Encarnacao	<b>18:37.69</b>	<b>+0,72</b>	<b>558</b>	
	50m: 33.04 33.04	450m: 5:28.05 37.47	850m: 10:26.95 37.58	1250m: 15:29.97 37.94			
	100m: 1:08.92 35.88	500m: 6:05.35 37.30	900m: 11:04.56 37.61	1300m: 16:08.01 38.04			
	150m: 1:45.53 36.61	550m: 6:42.77 37.42	950m: 11:42.15 37.59	1350m: 16:45.87 37.86			
	200m: 2:22.06 36.53	600m: 7:19.97 37.20	1000m: 12:20.28 38.13	1400m: 17:23.46 37.59			
	250m: 2:59.09 37.03	650m: 7:57.22 37.25	1050m: 12:58.06 37.78	1450m: 18:01.01 37.55			
	300m: 3:36.15 37.06	700m: 8:34.49 37.27	1100m: 13:35.93 37.87	1500m: 18:37.69 36.68			
	350m: 4:13.22 37.07	750m: 9:11.90 37.41	1150m: 14:13.90 37.97				
	400m: 4:50.58 37.36	800m: 9:49.37 37.47	1200m: 14:52.03 38.13				
11.	<b>NUNES Rita Sofia</b>	05	Colegio Efanor	<b>18:43.23</b>	<b>+0,90</b>	<b>550</b>	
	50m: 33.12 33.12	450m: 5:29.38 37.51	850m: 10:31.96 37.69	1250m: 15:34.60 38.24			
	100m: 1:09.16 36.04	500m: 6:07.10 37.72	900m: 11:09.62 37.66	1300m: 16:12.54 37.94			
	150m: 1:46.86 37.70	550m: 6:44.44 37.34	950m: 11:46.30 36.68	1350m: 16:50.82 38.28			
	200m: 2:24.08 37.22	600m: 7:22.72 38.28	1000m: 12:24.26 37.96	1400m: 17:28.97 38.15			
	250m: 3:01.16 37.08	650m: 8:00.52 37.80	1050m: 13:02.13 37.87	1450m: 18:06.14 37.17			
	300m: 3:38.13 36.97	700m: 8:38.24 37.72	1100m: 13:40.18 38.05	1500m: 18:43.23 37.09			
	350m: 4:15.00 36.87	750m: 9:16.04 37.80	1150m: 14:18.00 37.82				
	400m: 4:51.87 36.87	800m: 9:54.27 38.23	1200m: 14:56.36 38.36				
12.	<b>COSTA Mafalda Santos</b>	05	Colegio Monte Maior	<b>18:51.46</b>	<b>+0,82</b>	<b>538</b>	
	50m: 33.08 33.08	450m: 5:30.36 37.48	850m: 10:31.26 37.95	1250m: 15:37.88 38.49			
	100m: 1:09.43 36.35	500m: 6:07.66 37.30	900m: 11:09.43 38.17	1300m: 16:16.60 38.72			
	150m: 1:46.52 37.09	550m: 6:45.24 37.58	950m: 11:47.35 37.92	1350m: 16:55.60 39.00			
	200m: 2:23.58 37.06	600m: 7:22.71 37.47	1000m: 12:25.53 38.18	1400m: 17:34.61 39.01			
	250m: 3:01.09 37.51	650m: 8:00.28 37.57	1050m: 13:04.03 38.50	1450m: 18:13.62 39.01			
	300m: 3:38.36 37.27	700m: 8:38.03 37.75	1100m: 13:42.34 38.31	1500m: 18:51.46 37.84			
	350m: 4:15.65 37.29	750m: 9:15.71 37.68	1150m: 14:20.81 38.47				
	400m: 4:52.88 37.23	800m: 9:53.31 37.60	1200m: 14:59.39 38.58				
13.	<b>CARLOTA Catarina Isabel</b>	05	BUZIOS-Coruche	<b>19:06.82</b>	<b>+0,75</b>	<b>517</b>	
	50m: 32.79 32.79	450m: 5:33.49 38.54	850m: 10:43.09 38.79	1250m: 15:54.42 38.97			
	100m: 1:08.87 36.08	500m: 6:12.07 38.58	900m: 11:21.93 38.84	1300m: 16:33.50 39.08			
	150m: 1:46.23 37.36	550m: 6:50.88 38.81	950m: 12:01.09 39.16	1350m: 17:12.43 38.93			
	200m: 2:23.84 37.61	600m: 7:29.48 38.60	1000m: 12:40.10 39.01	1400m: 17:50.94 38.51			
	250m: 3:01.60 37.76	650m: 8:08.32 38.84	1050m: 13:18.88 38.78	1450m: 18:29.60 38.66			
	300m: 3:39.12 37.52	700m: 8:46.91 38.59	1100m: 13:57.61 38.73	1500m: 19:06.82 37.22			
	350m: 4:17.17 38.05	750m: 9:25.58 38.67	1150m: 14:36.53 38.92				
	400m: 4:54.95 37.78	800m: 10:04.30 38.72	1200m: 15:15.45 38.92				
DNS	<b>OLIVEIRA Vanessa Sofia</b>	05	Gafanha da Encarnacao				

Prova 2 Masc., 1500m Livres Juniores  
31/03/2022 - 10:20 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30/08/2015

CEJun\_Masc 15 - 18: 15:56.90 / CMJun\_Masc 15 - 18: 15:38.05 / CEPL Abs: 15:18.18 / CMPL Abs: 15:04.64

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>MARQUES Gustavo Pires</b>	04	Uniao Coimbra	<b>16:18.04</b>	<b>+0,71</b>	<b>706</b>	
	50m: 29.09 29.09	450m: 4:46.49 32.34	850m: 9:09.63 32.62	1250m: 13:33.88 33.44			
	100m: 1:00.79 31.70	500m: 5:19.28 32.79	900m: 9:42.19 32.56	1300m: 14:07.20 33.32			
	150m: 1:33.03 32.24	550m: 5:52.07 32.79	950m: 10:15.01 32.82	1350m: 14:40.42 33.22			
	200m: 2:05.00 31.97	600m: 6:25.02 32.95	1000m: 10:48.06 33.05	1400m: 15:13.77 33.35			
	250m: 2:37.34 32.34	650m: 6:58.11 33.09	1050m: 11:20.90 32.84	1450m: 15:46.46 32.69			
	300m: 3:09.99 32.65	700m: 7:31.04 32.93	1100m: 11:54.38 33.48	1500m: 16:18.04 31.58			
	350m: 3:41.92 31.93	750m: 8:03.98 32.94	1150m: 12:26.83 32.45				
	400m: 4:14.15 32.23	800m: 8:37.01 33.03	1200m: 13:00.44 33.61				
2.	<b>SARREIRA Tomas Amor</b>	05	Nautico Marinha Grande	<b>16:25.20</b>	<b>+0,74</b>	<b>691</b>	
	50m: 28.74 28.74	450m: 4:53.04 33.19	850m: 9:16.44 32.91	1250m: 13:41.40 33.36			
	100m: 1:01.09 32.35	500m: 5:26.54 33.50	900m: 9:49.54 33.10	1300m: 14:14.59 33.19			
	150m: 1:34.15 33.06	550m: 5:59.17 32.63	950m: 10:22.66 33.12	1350m: 14:47.80 33.21			
	200m: 2:07.30 33.15	600m: 6:32.04 32.87	1000m: 10:55.78 33.12	1400m: 15:20.83 33.03			
	250m: 2:40.42 33.12	650m: 7:04.90 32.86	1050m: 11:28.78 33.00	1450m: 15:53.64 32.81			
	300m: 3:13.71 33.29	700m: 7:38.08 33.18	1100m: 12:01.82 33.04	1500m: 16:25.20 31.56			
	350m: 3:46.65 32.94	750m: 8:10.75 32.67	1150m: 12:34.73 32.91				
	400m: 4:19.85 33.20	800m: 8:43.53 32.78	1200m: 13:08.04 33.31				
3.	<b>CARDOSO Filipe Santos</b>	04	Gafanha da Encarnacao	<b>16:46.39</b>	<b>+0,67</b>	<b>648</b>	
	50m: 30.64 30.64	450m: 5:01.69 33.83	850m: 9:32.72 33.54	1250m: 14:01.55 33.58			
	100m: 1:04.15 33.51	500m: 5:35.53 33.84	900m: 10:06.35 33.63	1300m: 14:35.16 33.61			
	150m: 1:37.76 33.61	550m: 6:09.41 33.88	950m: 10:39.75 33.40	1350m: 15:08.71 33.55			
	200m: 2:11.65 33.89	600m: 6:43.24 33.83	1000m: 11:13.43 33.68	1400m: 15:42.13 33.42			
	250m: 2:45.59 33.94	650m: 7:17.01 33.77	1050m: 11:47.21 33.78	1450m: 16:14.60 32.47			
	300m: 3:19.73 34.14	700m: 7:50.82 33.81	1100m: 12:21.03 33.82	1500m: 16:46.39 31.79			
	350m: 3:53.75 34.02	750m: 8:25.11 34.29	1150m: 12:54.29 33.26				
	400m: 4:27.86 34.11	800m: 8:59.18 34.07	1200m: 13:27.97 33.68				
4.	<b>CARVALHO Martim Henriques</b>	04	Rio Maior	<b>16:54.42</b>	<b>+0,68</b>	<b>633</b>	
	50m: 30.77 30.77	450m: 5:00.40 34.51	850m: 9:33.86 34.46	1250m: 14:06.93 33.79			
	100m: 1:04.14 33.37	500m: 5:34.57 34.17	900m: 10:07.64 33.78	1300m: 14:40.92 33.99			
	150m: 1:37.50 33.36	550m: 6:08.51 33.94	950m: 10:42.17 34.53	1350m: 15:14.96 34.04			
	200m: 2:11.19 33.69	600m: 6:42.70 34.19	1000m: 11:16.14 33.97	1400m: 15:48.81 33.85			
	250m: 2:45.36 34.17	650m: 7:16.77 34.07	1050m: 11:50.98 34.84	1450m: 16:22.31 33.50			
	300m: 3:19.41 34.05	700m: 7:51.22 34.45	1100m: 12:25.03 34.05	1500m: 16:54.42 32.11			
	350m: 3:51.79 32.38	750m: 8:25.39 34.17	1150m: 12:59.44 34.41				
	400m: 4:25.89 34.10	800m: 8:59.40 34.01	1200m: 13:33.14 33.70				
5.	<b>ANSELMO Raul Sousa</b>	05	Bombeiros Ponta Delgada	<b>16:58.60</b>	<b>+0,74</b>	<b>625</b>	
	50m: 29.60 29.60	450m: 4:56.62 34.18	850m: 9:30.23 34.25	1250m: 14:07.59 34.49			
	100m: 1:02.01 32.41	500m: 5:30.36 33.74	900m: 10:04.43 34.20	1300m: 14:42.66 35.07			
	150m: 1:34.90 32.89	550m: 6:04.37 34.01	950m: 10:39.27 34.84	1350m: 15:17.91 35.25			
	200m: 2:07.96 33.06	600m: 6:38.55 34.18	1000m: 11:13.64 34.37	1400m: 15:52.35 34.44			
	250m: 2:41.57 33.61	650m: 7:12.95 34.40	1050m: 11:48.99 35.35	1450m: 16:25.91 33.56			
	300m: 3:15.05 33.48	700m: 7:47.08 34.13	1100m: 12:23.72 34.73	1500m: 16:58.60 32.69			
	350m: 3:48.73 33.68	750m: 8:21.89 34.81	1150m: 12:58.34 34.62				
	400m: 4:22.44 33.71	800m: 8:55.98 34.09	1200m: 13:33.10 34.76				

## Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	<b>CARVALHO Goncalo Renato</b>	04	Porto	<b>17:02.17</b>	<b>+0,73</b>	<b>618</b>	
	50m: 29.91 29.91	450m: 4:59.07	33.87	850m: 9:34.50	34.34	1250m: 14:11.72	34.32
	100m: 1:02.94 33.03	500m: 5:33.77	34.70	900m: 10:09.24	34.74	1300m: 14:46.82	35.10
	150m: 1:36.07 33.13	550m: 6:08.17	34.40	950m: 10:43.94	34.70	1350m: 15:20.89	34.07
	200m: 2:09.53 33.46	600m: 6:42.67	34.50	1000m: 11:18.93	34.99	1400m: 15:55.31	34.42
	250m: 2:43.26 33.73	650m: 7:16.96	34.29	1050m: 11:53.45	34.52	1450m: 16:29.29	33.98
	300m: 3:17.25 33.99	700m: 7:51.77	34.81	1100m: 12:28.42	34.97	1500m: 17:02.17	32.88
	350m: 3:51.17 33.92	750m: 8:25.94	34.17	1150m: 13:02.68	34.26		
	400m: 4:25.20 34.03	800m: 9:00.16	34.22	1200m: 13:37.40	34.72		
7.	<b>PEREIRA Manuel Angelo</b>	05	Sporting	<b>17:02.51</b>	<b>+0,74</b>	<b>618</b>	
	50m: 29.57 29.57	450m: 5:00.82	34.62	850m: 9:36.00	34.42	1250m: 14:12.01	34.45
	100m: 1:02.09 32.52	500m: 5:34.99	34.17	900m: 10:10.21	34.21	1300m: 14:46.30	34.29
	150m: 1:35.66 33.57	550m: 6:09.43	34.44	950m: 10:44.73	34.52	1350m: 15:20.90	34.60
	200m: 2:09.58 33.92	600m: 6:43.68	34.25	1000m: 11:19.12	34.39	1400m: 15:55.42	34.52
	250m: 2:43.65 34.07	650m: 7:18.25	34.57	1050m: 11:53.94	34.82	1450m: 16:29.44	34.02
	300m: 3:17.64 33.99	700m: 7:52.74	34.49	1100m: 12:28.05	34.11	1500m: 17:02.51	33.07
	350m: 3:52.11 34.47	750m: 8:27.40	34.66	1150m: 13:02.46	34.41		
	400m: 4:26.20 34.09	800m: 9:01.58	34.18	1200m: 13:37.56	35.10		
8.	<b>SOUSA Joao Maria</b>	05	Braga	<b>17:08.55</b>	<b>+0,68</b>	<b>607</b>	
	50m: 29.34 29.34	450m: 4:58.99	34.03	850m: 9:33.92	34.20	1250m: 14:15.32	35.36
	100m: 1:02.00 32.66	500m: 5:33.43	34.44	900m: 10:08.91	34.99	1300m: 14:50.56	35.24
	150m: 1:35.24 33.24	550m: 6:07.72	34.29	950m: 10:43.67	34.76	1350m: 15:24.77	34.21
	200m: 2:09.00 33.76	600m: 6:42.31	34.59	1000m: 11:18.72	35.05	1400m: 16:00.33	35.56
	250m: 2:42.74 33.74	650m: 7:16.61	34.30	1050m: 11:53.89	35.17	1450m: 16:34.65	34.32
	300m: 3:16.91 34.17	700m: 7:51.23	34.62	1100m: 12:29.35	35.46	1500m: 17:08.55	33.90
	350m: 3:50.75 33.84	750m: 8:25.22	33.99	1150m: 13:04.54	35.19		
	400m: 4:24.96 34.21	800m: 8:59.72	34.50	1200m: 13:39.96	35.42		
9.	<b>GOMES Marcio Fernandes</b>	04	Braga	<b>17:08.65</b>	<b>+0,63</b>	<b>607</b>	
	50m: 30.17 30.17	450m: 4:59.09	34.01	850m: 9:33.56	33.94	1250m: 14:12.13	35.26
	100m: 1:03.05 32.88	500m: 5:32.98	33.89	900m: 10:08.16	34.60	1300m: 14:47.32	35.19
	150m: 1:36.14 33.09	550m: 6:07.44	34.46	950m: 10:42.68	34.52	1350m: 15:23.06	35.74
	200m: 2:09.61 33.47	600m: 6:41.59	34.15	1000m: 11:17.28	34.60	1400m: 15:58.71	35.65
	250m: 2:43.43 33.82	650m: 7:15.70	34.11	1050m: 11:52.40	35.12	1450m: 16:34.69	35.98
	300m: 3:17.37 33.94	700m: 7:50.22	34.52	1100m: 12:27.32	34.92	1500m: 17:08.65	33.96
	350m: 3:51.05 33.68	750m: 8:25.07	34.85	1150m: 13:01.94	34.62		
	400m: 4:25.08 34.03	800m: 8:59.62	34.55	1200m: 13:36.87	34.93		
10.	<b>AMADO Pedro Maria</b>	05	Alges	<b>17:43.32</b>	<b>+0,76</b>	<b>549</b>	
	50m: 29.83 29.83	450m: 5:05.55	35.00	850m: 9:51.30	36.07	1250m: 14:42.56	36.23
	100m: 1:02.63 32.80	500m: 5:40.83	35.28	900m: 10:27.23	35.93	1300m: 15:19.20	36.64
	150m: 1:36.53 33.90	550m: 6:16.29	35.46	950m: 11:03.13	35.90	1350m: 15:55.79	36.59
	200m: 2:11.06 34.53	600m: 6:52.22	35.93	1000m: 11:39.38	36.25	1400m: 16:32.55	36.76
	250m: 2:45.78 34.72	650m: 7:27.79	35.57	1050m: 12:15.87	36.49	1450m: 17:08.55	36.00
	300m: 3:20.75 34.97	700m: 8:03.56	35.77	1100m: 12:52.28	36.41	1500m: 17:43.32	34.77
	350m: 3:55.47 34.72	750m: 8:39.16	35.60	1150m: 13:29.25	36.97		
	400m: 4:30.55 35.08	800m: 9:15.23	36.07	1200m: 14:06.33	37.08		

## Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Seniores  
31/03/2022 - 10:20 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017

CEPL Abs: 15:18.18 / CMPL Abs: 15:04.64

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>LOPES Jose Paulo</b>	00	Braga	<b>15:37.28</b>	+0,70	802	
	50m: 28.68 28.68	450m: 4:39.21	31.55	850m: 8:52.08	31.84	1250m: 13:04.14	31.35
	100m: 59.66 30.98	500m: 5:10.70	31.49	900m: 9:23.57	31.49	1300m: 13:35.43	31.29
	150m: 1:30.48 30.82	550m: 5:42.33	31.63	950m: 9:55.17	31.60	1350m: 14:06.45	31.02
	200m: 2:01.66 31.18	600m: 6:13.88	31.55	1000m: 10:26.73	31.56	1400m: 14:37.48	31.03
	250m: 2:33.18 31.52	650m: 6:45.36	31.48	1050m: 10:58.17	31.44	1450m: 15:08.27	30.79
	300m: 3:04.41 31.23	700m: 7:16.94	31.58	1100m: 11:29.73	31.56	1500m: 15:37.28	29.01
	350m: 3:36.01 31.60	750m: 7:48.57	31.63	1150m: 12:01.24	31.51		
	400m: 4:07.66 31.65	800m: 8:20.24	31.67	1200m: 12:32.79	31.55		
2.	<b>CARDOSO Diogo Santos</b>	01	Sporting	<b>15:37.49</b>	+0,70	802	
	50m: 28.99 28.99	450m: 4:42.82	31.76	850m: 8:54.74	31.51	1250m: 13:05.01	31.29
	100m: 1:00.48 31.49	500m: 5:14.26	31.44	900m: 9:25.89	31.15	1300m: 13:36.23	31.22
	150m: 1:32.32 31.84	550m: 5:45.66	31.40	950m: 9:57.32	31.43	1350m: 14:07.31	31.08
	200m: 2:04.10 31.78	600m: 6:17.20	31.54	1000m: 10:28.84	31.52	1400m: 14:38.02	30.71
	250m: 2:36.08 31.98	650m: 6:48.76	31.56	1050m: 11:00.13	31.29	1450m: 15:08.64	30.62
	300m: 3:07.77 31.69	700m: 7:20.22	31.46	1100m: 11:31.42	31.29	1500m: 15:37.49	28.85
	350m: 3:39.67 31.90	750m: 7:51.77	31.55	1150m: 12:02.83	31.41		
	400m: 4:11.06 31.39	800m: 8:23.23	31.46	1200m: 12:33.72	30.89		
3.	<b>SANTOS Pedro Miguel</b>	01	Porto	<b>16:07.92</b>	+0,72	728	
	50m: 29.04 29.04	450m: 4:44.88	32.06	850m: 9:01.81	32.62	1250m: 13:24.75	32.94
	100m: 1:01.08 32.04	500m: 5:16.64	31.76	900m: 9:34.36	32.55	1300m: 13:57.58	32.83
	150m: 1:33.38 32.30	550m: 5:48.44	31.80	950m: 10:07.14	32.78	1350m: 14:30.48	32.90
	200m: 2:05.40 32.02	600m: 6:20.69	32.25	1000m: 10:39.81	32.67	1400m: 15:03.01	32.53
	250m: 2:37.79 32.39	650m: 6:52.60	31.91	1050m: 11:12.39	32.58	1450m: 15:35.74	32.73
	300m: 3:10.00 32.21	700m: 7:24.54	31.94	1100m: 11:45.39	33.00	1500m: 16:07.92	32.18
	350m: 3:41.36 31.36	750m: 7:56.79	32.25	1150m: 12:18.47	33.08		
	400m: 4:12.82 31.46	800m: 8:29.19	32.40	1200m: 12:51.81	33.34		
4.	<b>AMARAL Francisco Rodriguez</b>	02	Porto	<b>16:16.92</b>	+0,75	708	
	50m: 29.19 29.19	450m: 4:45.90	32.77	850m: 9:10.08	33.25	1250m: 13:34.29	33.53
	100m: 1:00.97 31.78	500m: 5:18.99	33.09	900m: 9:42.94	32.86	1300m: 14:07.54	33.25
	150m: 1:32.91 31.94	550m: 5:51.63	32.64	950m: 10:15.91	32.97	1350m: 14:41.18	33.64
	200m: 2:04.67 31.76	600m: 6:24.59	32.96	1000m: 10:48.87	32.96	1400m: 15:14.16	32.98
	250m: 2:36.70 32.03	650m: 6:57.77	33.18	1050m: 11:22.01	33.14	1450m: 15:46.63	32.47
	300m: 3:08.60 31.90	700m: 7:30.75	32.98	1100m: 11:54.93	32.92	1500m: 16:16.92	30.29
	350m: 3:40.58 31.98	750m: 8:03.84	33.09	1150m: 12:27.67	32.74		
	400m: 4:13.13 32.55	800m: 8:36.83	32.99	1200m: 13:00.76	33.09		

## Prova 2, Masc., 1500m Livres

Prova 2 Masc., 1500m Livres Absolutos  
31/03/2022 - 10:20 Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Jun18	15:23.46	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016
Rec Nac Jun17	15:43.45	PINA Guilherme Filipe	POR	Singapore (SGP)	30/08/2015

CEJun\_Masc 15 - 18: 15:56.90 / CMJun\_Masc 15 - 18: 15:38.05 / CEPL Abs: 15:18.18 / CMPL Abs: 15:04.64

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>LOPES Jose Paulo</b>	00	Braga	<b>15:37.28</b>	<b>+0,70</b>	<b>802</b>	
	50m: 28.68 28.68	450m: 4:39.21 31.55	850m: 8:52.08 31.84	1250m: 13:04.14 31.35			
	100m: 59.66 30.98	500m: 5:10.70 31.49	900m: 9:23.57 31.49	1300m: 13:35.43 31.29			
	150m: 1:30.48 30.82	550m: 5:42.33 31.63	950m: 9:55.17 31.60	1350m: 14:06.45 31.02			
	200m: 2:01.66 31.18	600m: 6:13.88 31.55	1000m: 10:26.73 31.56	1400m: 14:37.48 31.03			
	250m: 2:33.18 31.52	650m: 6:45.36 31.48	1050m: 10:58.17 31.44	1450m: 15:08.27 30.79			
	300m: 3:04.41 31.23	700m: 7:16.94 31.58	1100m: 11:29.73 31.56	1500m: 15:37.28 29.01			
	350m: 3:36.01 31.60	750m: 7:48.57 31.63	1150m: 12:01.24 31.51				
	400m: 4:07.66 31.65	800m: 8:20.24 31.67	1200m: 12:32.79 31.55				
2.	<b>CARDOSO Diogo Santos</b>	01	Sporting	<b>15:37.49</b>	<b>+0,70</b>	<b>802</b>	
	50m: 28.99 28.99	450m: 4:42.82 31.76	850m: 8:54.74 31.51	1250m: 13:05.01 31.29			
	100m: 1:00.48 31.49	500m: 5:14.26 31.44	900m: 9:25.89 31.15	1300m: 13:36.23 31.22			
	150m: 1:32.32 31.84	550m: 5:45.66 31.40	950m: 9:57.32 31.43	1350m: 14:07.31 31.08			
	200m: 2:04.10 31.78	600m: 6:17.20 31.54	1000m: 10:28.84 31.52	1400m: 14:38.02 30.71			
	250m: 2:36.08 31.98	650m: 6:48.76 31.56	1050m: 11:00.13 31.29	1450m: 15:08.64 30.62			
	300m: 3:07.77 31.69	700m: 7:20.22 31.46	1100m: 11:31.42 31.29	1500m: 15:37.49 28.85			
	350m: 3:39.67 31.90	750m: 7:51.77 31.55	1150m: 12:02.83 31.41				
	400m: 4:11.06 31.39	800m: 8:23.23 31.46	1200m: 12:33.72 30.89				
3.	<b>SANTOS Pedro Miguel</b>	01	Porto	<b>16:07.92</b>	<b>+0,72</b>	<b>728</b>	
	50m: 29.04 29.04	450m: 4:44.88 32.06	850m: 9:01.81 32.62	1250m: 13:24.75 32.94			
	100m: 1:01.08 32.04	500m: 5:16.64 31.76	900m: 9:34.36 32.55	1300m: 13:57.58 32.83			
	150m: 1:33.38 32.30	550m: 5:48.44 31.80	950m: 10:07.14 32.78	1350m: 14:30.48 32.90			
	200m: 2:05.40 32.02	600m: 6:20.69 32.25	1000m: 10:39.81 32.67	1400m: 15:03.01 32.53			
	250m: 2:37.79 32.39	650m: 6:52.60 31.91	1050m: 11:12.39 32.58	1450m: 15:35.74 32.73			
	300m: 3:10.00 32.21	700m: 7:24.54 31.94	1100m: 11:45.39 33.00	1500m: 16:07.92 32.18			
	350m: 3:41.36 31.36	750m: 7:56.79 32.25	1150m: 12:18.47 33.08				
	400m: 4:12.82 31.46	800m: 8:29.19 32.40	1200m: 12:51.81 33.34				
4.	<b>AMARAL Francisco Rodriguez</b>	02	Porto	<b>16:16.92</b>	<b>+0,75</b>	<b>708</b>	
	50m: 29.19 29.19	450m: 4:45.90 32.77	850m: 9:10.08 33.25	1250m: 13:34.29 33.53			
	100m: 1:00.97 31.78	500m: 5:18.99 33.09	900m: 9:42.94 32.86	1300m: 14:07.54 33.25			
	150m: 1:32.91 31.94	550m: 5:51.63 32.64	950m: 10:15.91 32.97	1350m: 14:41.18 33.64			
	200m: 2:04.67 31.76	600m: 6:24.59 32.96	1000m: 10:48.87 32.96	1400m: 15:14.16 32.98			
	250m: 2:36.70 32.03	650m: 6:57.77 33.18	1050m: 11:22.01 33.14	1450m: 15:46.63 32.47			
	300m: 3:08.60 31.90	700m: 7:30.75 32.98	1100m: 11:54.93 32.92	1500m: 16:16.92 30.29			
	350m: 3:40.58 31.98	750m: 8:03.84 33.09	1150m: 12:27.67 32.74				
	400m: 4:13.13 32.55	800m: 8:36.83 32.99	1200m: 13:00.76 33.09				

## Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>MARQUES Gustavo Pires</b>	04	Uniao Coimbra	<b>16:18.04</b>	+0,71	706	
	50m: 29.09 29.09	450m: 4:46.49 32.34	850m: 9:09.63 32.62	1250m: 13:33.88 33.44			
	100m: 1:00.79 31.70	500m: 5:19.28 32.79	900m: 9:42.19 32.56	1300m: 14:07.20 33.32			
	150m: 1:33.03 32.24	550m: 5:52.07 32.79	950m: 10:15.01 32.82	1350m: 14:40.42 33.22			
	200m: 2:05.00 31.97	600m: 6:25.02 32.95	1000m: 10:48.06 33.05	1400m: 15:13.77 33.35			
	250m: 2:37.34 32.34	650m: 6:58.11 33.09	1050m: 11:20.90 32.84	1450m: 15:46.46 32.69			
	300m: 3:09.99 32.65	700m: 7:31.04 32.93	1100m: 11:54.38 33.48	1500m: 16:18.04 31.58			
	350m: 3:41.92 31.93	750m: 8:03.98 32.94	1150m: 12:26.83 32.45				
	400m: 4:14.15 32.23	800m: 8:37.01 33.03	1200m: 13:00.44 33.61				
6.	<b>SARREIRA Tomas Amor</b>	05	Nautico Marinha Grande	<b>16:25.20</b>	+0,74	691	
	50m: 28.74 28.74	450m: 4:53.04 33.19	850m: 9:16.44 32.91	1250m: 13:41.40 33.36			
	100m: 1:01.09 32.35	500m: 5:26.54 33.50	900m: 9:49.54 33.10	1300m: 14:14.59 33.19			
	150m: 1:34.15 33.06	550m: 5:59.17 32.63	950m: 10:22.66 33.12	1350m: 14:47.80 33.21			
	200m: 2:07.30 33.15	600m: 6:32.04 32.87	1000m: 10:55.78 33.12	1400m: 15:20.83 33.03			
	250m: 2:40.42 33.12	650m: 7:04.90 32.86	1050m: 11:28.78 33.00	1450m: 15:53.64 32.81			
	300m: 3:13.71 33.29	700m: 7:38.08 33.18	1100m: 12:01.82 33.04	1500m: 16:25.20 31.56			
	350m: 3:46.65 32.94	750m: 8:10.75 32.67	1150m: 12:34.73 32.91				
	400m: 4:19.85 33.20	800m: 8:43.53 32.78	1200m: 13:08.04 33.31				
7.	<b>CARDOSO Filipe Santos</b>	04	Gafanha da Encarnacao	<b>16:46.39</b>	+0,67	648	
	50m: 30.64 30.64	450m: 5:01.69 33.83	850m: 9:32.72 33.54	1250m: 14:01.55 33.58			
	100m: 1:04.15 33.51	500m: 5:35.53 33.84	900m: 10:06.35 33.63	1300m: 14:35.16 33.61			
	150m: 1:37.76 33.61	550m: 6:09.41 33.88	950m: 10:39.75 33.40	1350m: 15:08.71 33.55			
	200m: 2:11.65 33.89	600m: 6:43.24 33.83	1000m: 11:13.43 33.68	1400m: 15:42.13 33.42			
	250m: 2:45.59 33.94	650m: 7:17.01 33.77	1050m: 11:47.21 33.78	1450m: 16:14.60 32.47			
	300m: 3:19.73 34.14	700m: 7:50.82 33.81	1100m: 12:21.03 33.82	1500m: 16:46.39 31.79			
	350m: 3:53.75 34.02	750m: 8:25.11 34.29	1150m: 12:54.29 33.26				
	400m: 4:27.86 34.11	800m: 8:59.18 34.07	1200m: 13:27.97 33.68				
8.	<b>CARVALHO Martim Henriques</b>	04	Rio Maior	<b>16:54.42</b>	+0,68	633	
	50m: 30.77 30.77	450m: 5:00.40 34.51	850m: 9:33.86 34.46	1250m: 14:06.93 33.79			
	100m: 1:04.14 33.37	500m: 5:34.57 34.17	900m: 10:07.64 33.78	1300m: 14:40.92 33.99			
	150m: 1:37.50 33.36	550m: 6:08.51 33.94	950m: 10:42.17 34.53	1350m: 15:14.96 34.04			
	200m: 2:11.19 33.69	600m: 6:42.70 34.19	1000m: 11:16.14 33.97	1400m: 15:48.81 33.85			
	250m: 2:45.36 34.17	650m: 7:16.77 34.07	1050m: 11:50.98 34.84	1450m: 16:22.31 33.50			
	300m: 3:19.41 34.05	700m: 7:51.22 34.45	1100m: 12:25.03 34.05	1500m: 16:54.42 32.11			
	350m: 3:51.79 32.38	750m: 8:25.39 34.17	1150m: 12:59.44 34.41				
	400m: 4:25.89 34.10	800m: 8:59.40 34.01	1200m: 13:33.14 33.70				
9.	<b>ANSELMO Raul Sousa</b>	05	Bombeiros Ponta Delgada	<b>16:58.60</b>	+0,74	625	
	50m: 29.60 29.60	450m: 4:56.62 34.18	850m: 9:30.23 34.25	1250m: 14:07.59 34.49			
	100m: 1:02.01 32.41	500m: 5:30.36 33.74	900m: 10:04.43 34.20	1300m: 14:42.66 35.07			
	150m: 1:34.90 32.89	550m: 6:04.37 34.01	950m: 10:39.27 34.84	1350m: 15:17.91 35.25			
	200m: 2:07.96 33.06	600m: 6:38.55 34.18	1000m: 11:13.64 34.37	1400m: 15:52.35 34.44			
	250m: 2:41.57 33.61	650m: 7:12.95 34.40	1050m: 11:48.99 35.35	1450m: 16:25.91 33.56			
	300m: 3:15.05 33.48	700m: 7:47.08 34.13	1100m: 12:23.72 34.73	1500m: 16:58.60 32.69			
	350m: 3:48.73 33.68	750m: 8:21.89 34.81	1150m: 12:58.34 34.62				
	400m: 4:22.44 33.71	800m: 8:55.98 34.09	1200m: 13:33.10 34.76				

## Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	<b>CARVALHO Goncalo Renato</b>	04	Porto	<b>17:02.17</b>	<b>+0,73</b>	<b>618</b>	
	50m: 29.91 29.91	450m: 4:59.07	33.87	850m: 9:34.50	34.34	1250m: 14:11.72	34.32
	100m: 1:02.94 33.03	500m: 5:33.77	34.70	900m: 10:09.24	34.74	1300m: 14:46.82	35.10
	150m: 1:36.07 33.13	550m: 6:08.17	34.40	950m: 10:43.94	34.70	1350m: 15:20.89	34.07
	200m: 2:09.53 33.46	600m: 6:42.67	34.50	1000m: 11:18.93	34.99	1400m: 15:55.31	34.42
	250m: 2:43.26 33.73	650m: 7:16.96	34.29	1050m: 11:53.45	34.52	1450m: 16:29.29	33.98
	300m: 3:17.25 33.99	700m: 7:51.77	34.81	1100m: 12:28.42	34.97	1500m: 17:02.17	32.88
	350m: 3:51.17 33.92	750m: 8:25.94	34.17	1150m: 13:02.68	34.26		
	400m: 4:25.20 34.03	800m: 9:00.16	34.22	1200m: 13:37.40	34.72		
11.	<b>PEREIRA Manuel Angelo</b>	05	Sporting	<b>17:02.51</b>	<b>+0,74</b>	<b>618</b>	
	50m: 29.57 29.57	450m: 5:00.82	34.62	850m: 9:36.00	34.42	1250m: 14:12.01	34.45
	100m: 1:02.09 32.52	500m: 5:34.99	34.17	900m: 10:10.21	34.21	1300m: 14:46.30	34.29
	150m: 1:35.66 33.57	550m: 6:09.43	34.44	950m: 10:44.73	34.52	1350m: 15:20.90	34.60
	200m: 2:09.58 33.92	600m: 6:43.68	34.25	1000m: 11:19.12	34.39	1400m: 15:55.42	34.52
	250m: 2:43.65 34.07	650m: 7:18.25	34.57	1050m: 11:53.94	34.82	1450m: 16:29.44	34.02
	300m: 3:17.64 33.99	700m: 7:52.74	34.49	1100m: 12:28.05	34.11	1500m: 17:02.51	33.07
	350m: 3:52.11 34.47	750m: 8:27.40	34.66	1150m: 13:02.46	34.41		
	400m: 4:26.20 34.09	800m: 9:01.58	34.18	1200m: 13:37.56	35.10		
12.	<b>SOUSA Joao Maria</b>	05	Braga	<b>17:08.55</b>	<b>+0,68</b>	<b>607</b>	
	50m: 29.34 29.34	450m: 4:58.99	34.03	850m: 9:33.92	34.20	1250m: 14:15.32	35.36
	100m: 1:02.00 32.66	500m: 5:33.43	34.44	900m: 10:08.91	34.99	1300m: 14:50.56	35.24
	150m: 1:35.24 33.24	550m: 6:07.72	34.29	950m: 10:43.67	34.76	1350m: 15:24.77	34.21
	200m: 2:09.00 33.76	600m: 6:42.31	34.59	1000m: 11:18.72	35.05	1400m: 16:00.33	35.56
	250m: 2:42.74 33.74	650m: 7:16.61	34.30	1050m: 11:53.89	35.17	1450m: 16:34.65	34.32
	300m: 3:16.91 34.17	700m: 7:51.23	34.62	1100m: 12:29.35	35.46	1500m: 17:08.55	33.90
	350m: 3:50.75 33.84	750m: 8:25.22	33.99	1150m: 13:04.54	35.19		
	400m: 4:24.96 34.21	800m: 8:59.72	34.50	1200m: 13:39.96	35.42		
13.	<b>GOMES Marcio Fernandes</b>	04	Braga	<b>17:08.65</b>	<b>+0,63</b>	<b>607</b>	
	50m: 30.17 30.17	450m: 4:59.09	34.01	850m: 9:33.56	33.94	1250m: 14:12.13	35.26
	100m: 1:03.05 32.88	500m: 5:32.98	33.89	900m: 10:08.16	34.60	1300m: 14:47.32	35.19
	150m: 1:36.14 33.09	550m: 6:07.44	34.46	950m: 10:42.68	34.52	1350m: 15:23.06	35.74
	200m: 2:09.61 33.47	600m: 6:41.59	34.15	1000m: 11:17.28	34.60	1400m: 15:58.71	35.65
	250m: 2:43.43 33.82	650m: 7:15.70	34.11	1050m: 11:52.40	35.12	1450m: 16:34.69	35.98
	300m: 3:17.37 33.94	700m: 7:50.22	34.52	1100m: 12:27.32	34.92	1500m: 17:08.65	33.96
	350m: 3:51.05 33.68	750m: 8:25.07	34.85	1150m: 13:01.94	34.62		
	400m: 4:25.08 34.03	800m: 8:59.62	34.55	1200m: 13:36.87	34.93		
14.	<b>AMADO Pedro Maria</b>	05	Alges	<b>17:43.32</b>	<b>+0,76</b>	<b>549</b>	
	50m: 29.83 29.83	450m: 5:05.55	35.00	850m: 9:51.30	36.07	1250m: 14:42.56	36.23
	100m: 1:02.63 32.80	500m: 5:40.83	35.28	900m: 10:27.23	35.93	1300m: 15:19.20	36.64
	150m: 1:36.53 33.90	550m: 6:16.29	35.46	950m: 11:03.13	35.90	1350m: 15:55.79	36.59
	200m: 2:11.06 34.53	600m: 6:52.22	35.93	1000m: 11:39.38	36.25	1400m: 16:32.55	36.76
	250m: 2:45.78 34.72	650m: 7:27.79	35.57	1050m: 12:15.87	36.49	1450m: 17:08.55	36.00
	300m: 3:20.75 34.97	700m: 8:03.56	35.77	1100m: 12:52.28	36.41	1500m: 17:43.32	34.77
	350m: 3:55.47 34.72	750m: 8:39.16	35.60	1150m: 13:29.25	36.97		
	400m: 4:30.55 35.08	800m: 9:15.23	36.07	1200m: 14:06.33	37.08		

Prova 3 Femin., 50m Costas Juniores  
31/03/2022 - 10:35 Resultados Elimin

Rec Nac Absoluto	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05/07/2019
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	23/08/2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26/07/2018

CEPL 15 +: 28.40 / CMPL 15 +: 28.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>30.31</b>	+0,60	705 Q	
2.	EIRA Maria Carolina	05	Ginasio de Vila Real	<b>30.72</b>	+0,69	677 Q	
3.	GONCALVES Rita Abibe	05	Gesloures	<b>31.65</b>	+0,69	619 Q	
4.	ROMAO Ana Teresa	06	Naval de Faro	<b>31.85</b>	+0,65	607 Q	
5.	REIS Erica Cristina	05	Sporting	<b>31.96</b>	+0,58	601 R	
6.	NEVES Maria Manuel	05	Braga	<b>32.17</b>	+0,65	589 R	
7.	MAGALHAES Luana Cardoso	06	Alges	<b>32.19</b>	+0,63	588	
8.	LAGOA Carlota Macedo	05	Ba-Leiria	<b>32.46</b>	+0,64	574	
9.	SILVA Maria Ines	05	Porto	<b>32.47</b>	+0,70	573	
10.	TEIXEIRA Ines Correia	06	Amadora	<b>32.54</b>	+0,61	569	
11.	COSTA Maria Jardim	06	Desportivo Nacional	<b>33.11</b>	+0,70	541	
12.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>33.13</b>	+0,56	540	
13.	RODRIGUES Filipa Guerreiro	05	Naval de Faro	<b>33.14</b>	+0,65	539	
14.	DINIS Filipa Paiva	06	Ba-Leiria	<b>33.18</b>	+0,68	537	
DSQ	SALGADO Soraia Maria	05	Fisica Torres Vedras				

SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida

Prova 3 Femin., 50m Costas Seniores  
31/03/2022 - 10:35 Resultados Elimin

Rec Nac Absoluto	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Sen	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021

CEPL 15 +: 28.40 / CMPL 15 +: 28.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes	02	Alges	<b>29.19</b>	+0,64	789 Q	
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>29.39</b>	+0,67	773 Q	
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>30.18</b>	+0,62	714 Q	
4.	RAMOS Ana Rita	02	Porto	<b>31.11</b>	+0,69	652 Q	
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>31.44</b>	+0,67	631 Q	
6.	MARQUES Mariana Nunes	03	Estarreja	<b>31.90</b>	+0,55	604 Q	
7.	RODRIGUES Joana Francisca	04	Condeixa Clube	<b>32.45</b>	+0,61	574	
8.	JONES Angelina Bermejo	04	Portinado	<b>32.47</b>	+0,60	573	

## Prova 3, Femin., 50m Costas, Elimin

Prova 3	Femin., 50m Costas				Absolutos
31/03/2022 - 10:35					Resultados Elimin
Rec Nac Absoluto	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Sen	28.24	AZEVEDO Rafaela Gomes	SAD	Oeiras	23/12/2021
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Kazan (RUS)	05/07/2019
Rec Nac Jun17	28.55	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	23/08/2019
Rec Nac Jun16	29.33	AZEVEDO Rafaela Gomes	SAD	Oeiras	26/07/2018

CEPL 15 +: 28.40 / CMPL 15 +: 28.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	AZEVEDO Rafaela Gomes	02	Alges	<b>29.19</b>	+0,64	789	Q
2.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>29.39</b>	+0,67	773	Q
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>30.18</b>	+0,62	714	Q
4.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>30.31</b>	+0,60	705	Q
5.	EIRA Maria Carolina	05	Ginasio de Vila Real	<b>30.72</b>	+0,69	677	Q
6.	RAMOS Ana Rita	02	Porto	<b>31.11</b>	+0,69	652	Q
7.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>31.44</b>	+0,67	631	Q
8.	GONCALVES Rita Abibe	05	Gesloures	<b>31.65</b>	+0,69	619	Q
9.	ROMAO Ana Teresa	06	Naval de Faro	<b>31.85</b>	+0,65	607	Q
10.	MARQUES Mariana Nunes	03	Estarreja	<b>31.90</b>	+0,55	604	Q
11.	REIS Erica Cristina	05	Sporting	<b>31.96</b>	+0,58	601	R
12.	NEVES Maria Manuel	05	Braga	<b>32.17</b>	+0,65	589	R
13.	MAGALHAES Luana Cardoso	06	Alges	<b>32.19</b>	+0,63	588	
14.	RODRIGUES Joana Francisca	04	Condeixa Clube	<b>32.45</b>	+0,61	574	
15.	LAGOA Carlota Macedo	05	Ba-Leiria	<b>32.46</b>	+0,64	574	
16.	JONES Angelina Bermejo	04	Portinado	<b>32.47</b>	+0,60	573	
	SILVA Maria Ines	05	Porto	<b>32.47</b>	+0,70	573	
18.	TEIXEIRA Ines Correia	06	Amadora	<b>32.54</b>	+0,61	569	
19.	COSTA Maria Jardim	06	Desportivo Nacional	<b>33.11</b>	+0,70	541	
20.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>33.13</b>	+0,56	540	
21.	RODRIGUES Filipa Guerreiro	05	Naval de Faro	<b>33.14</b>	+0,65	539	
22.	DINIS Filipa Paiva	06	Ba-Leiria	<b>33.18</b>	+0,68	537	
DSQ	SALGADO Soraia Maria	05	Fisica Torres Vedras				

SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 4 Masc., 50m Costas Juniores

31/03/2022 - 10:45 Resultados Elimin

Rec Nac Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021
Rec Nac Jun18	26.22	COSTA Joao Nogueira	POR	Budapest (HUN)	22/08/2019
Rec Nac Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14/04/2019

CMPL Abs: 25.17 / CEPL Abs: 25.29

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>27.47</b>	+0,61	650	Q
2.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>27.74</b>	+0,79	631	R
3.	PEREIRA Tomas Coelho	05	Penafiel	<b>27.77</b>	+0,62	629	R
4.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>27.81</b>	+0,62	626	
5.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>27.93</b>	+0,55	618	
6.	MARQUES Andre Henriques	05	Benfica	<b>28.13</b>	+0,57	605	
7.	VASCONCELOS Francisco Louren	05	Geslours	<b>28.18</b>	+0,64	602	
8.	GOMES Guilherme Sousa	04	Aquatico Silves	<b>28.25</b>	+0,70	597	
	LIMA Gaspar Pinheiro	04	Leixoes	<b>28.25</b>	+0,70	597	
10.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	<b>28.36</b>	+0,55	591	
11.	FRASQUILHO Afonso Figueiredo	04	Sporting	<b>28.57</b>	+0,69	578	
12.	ALMEIDA Miguel Cordeiro	05	Alges	<b>28.69</b>	+0,59	570	
13.	RIBEIRO Filipe Silva	05	Leixoes	<b>28.87</b>	+0,61	560	
14.	REMELHE Joao Anibal	05	Braga	<b>28.89</b>	+0,66	559	
15.	CEPELEAGA Marin	05	Portinado	<b>29.00</b>	+0,66	552	
16.	CORDEIRO Tomas Almeida	05	Alges	<b>29.04</b>	+0,85	550	
17.	SA Jose Manuel	05	Sporting	<b>29.19</b>	+0,85	542	
18.	BILRO Simao Valadas	05	Aminata	<b>29.56</b>	+0,52	521	
19.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	<b>29.67</b>	+0,71	516	
DSQ	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes				

SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida

## Prova 4 Masc., 50m Costas Seniores

31/03/2022 - 10:45 Resultados Elimin

Rec Nac Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021
Rec Nac Sen	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021

CMPL Abs: 25.17 / CEPL Abs: 25.29

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>25.60</b>	+0,56	803	Q
2.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>26.20</b>	+0,56	749	Q
	SANTOS Alexis Manacas	92	Sporting	<b>26.20</b>	+0,53	749	Q
4.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>26.22</b>	+0,63	747	Q
5.	COSTA Diogo Santos	02	Benfica	<b>26.72</b>	+0,57	706	Q
6.	SANTOS Francisco Rogerio	98	Sporting	<b>26.86</b>	+0,61	695	Q
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>27.22</b>	+0,62	668	Q
8.	NUNES Porfirio Braga	00	Porto	<b>27.33</b>	+0,60	660	Q
9.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>27.65</b>	+0,65	637	Q

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 15

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 4, Masc., 50m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	CASTRO Duarte Monteiro	03	Porto	<b>28.18</b>	+0,59	602	
11.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>28.20</b>	+0,59	601	

## Prova 4 Masc., 50m Costas Absolutos

31/03/2022 - 10:45

Rec	Nac	Tempo	Nac	Tempo	Clube	Local	Data
Rec	Nac	25.28	Sen	25.28	SANTOS Alexis Manacas	Budapest (HUN)	17/05/2021
Rec	Nac	26.22	Jun18	26.22	COSTA Joao Nogueira	Budapest (HUN)	22/08/2019
Rec	Nac	26.67	Jun17	26.67	COSTA Diogo Santos	Oeiras	14/04/2019

CMPL Abs: 25.17 / CEPL Abs: 25.29

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>25.60</b>	+0,56	803	Q
2.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>26.20</b>	+0,56	749	Q
	SANTOS Alexis Manacas	92	Sporting	<b>26.20</b>	+0,53	749	Q
4.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>26.22</b>	+0,63	747	Q
5.	COSTA Diogo Santos	02	Benfica	<b>26.72</b>	+0,57	706	Q
6.	SANTOS Francisco Rogerio	98	Sporting	<b>26.86</b>	+0,61	695	Q
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>27.22</b>	+0,62	668	Q
8.	NUNES Porfirio Braga	00	Porto	<b>27.33</b>	+0,60	660	Q
9.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>27.47</b>	+0,61	650	Q
10.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>27.65</b>	+0,65	637	Q
11.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>27.74</b>	+0,79	631	R
12.	PEREIRA Tomas Coelho	05	Penafiel	<b>27.77</b>	+0,62	629	R
13.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>27.81</b>	+0,62	626	
14.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>27.93</b>	+0,55	618	
15.	MARQUES Andre Henriques	05	Benfica	<b>28.13</b>	+0,57	605	
16.	CASTRO Duarte Monteiro	03	Porto	<b>28.18</b>	+0,59	602	
	VASCONCELOS Francisco Louren	05	Geslours	<b>28.18</b>	+0,64	602	
18.	ZENZA Francisco Manuel	01	Natacao da Maia	<b>28.20</b>	+0,59	601	
19.	GOMES Guilherme Sousa	04	Aquatico Silves	<b>28.25</b>	+0,70	597	
	LIMA Gaspar Pinheiro	04	Leixoes	<b>28.25</b>	+0,70	597	
21.	VIEIRA Francisco Ribeiro	04	Fisica Torres Vedras	<b>28.36</b>	+0,55	591	
22.	FRASQUILHO Afonso Figueiredo	04	Sporting	<b>28.57</b>	+0,69	578	
23.	ALMEIDA Miguel Cordeiro	05	Alges	<b>28.69</b>	+0,59	570	
24.	RIBEIRO Filipe Silva	05	Leixoes	<b>28.87</b>	+0,61	560	
25.	REMELHE Joao Anibal	05	Braga	<b>28.89</b>	+0,66	559	
26.	CEPELEGA Marin	05	Portinado	<b>29.00</b>	+0,66	552	
27.	CORDEIRO Tomas Almeida	05	Alges	<b>29.04</b>	+0,85	550	
28.	SA Jose Manuel	05	Sporting	<b>29.19</b>	+0,85	542	
29.	BILRO Simao Valadas	05	Aminata	<b>29.56</b>	+0,52	521	
30.	SANTOS Tomas Carvalho	05	Louzan Natacao/EFAPEL	<b>29.67</b>	+0,71	516	
DSQ	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes				

SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 5 Femin., 200m Mariposa Juniores  
31/03/2022 - 10:50 Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04/08/2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29/07/2018

CEJun\_Fem 14 - 17: 2:17.07 / CMJun\_Fem 14 - 17: 2:14.38 / CEPL 15 +: 2:11.00 / CMPL 15 +: 2:09.21

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOURO Ariana Espirito	05	Gualdim Pais	<b>2:20.71</b>	+0,72	648 Q	
	50m: 31.19 31.19	100m: 1:06.73 35.54	150m: 1:43.26 36.53	200m: 2:20.71 37.45			
2.	ALMEIDA Maria Carolina	05	Galitos/ Bresimar	<b>2:24.87</b>	+0,71	594 Q	
	50m: 31.28 31.28	100m: 1:07.20 35.92	150m: 1:44.32 37.12	200m: 2:24.87 40.55			
3.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	<b>2:28.95</b>	+0,87	546	
	50m: 32.90 32.90	100m: 1:09.19 36.29	150m: 1:48.39 39.20	200m: 2:28.95 40.56			
4.	FERREIRA Francisca Santos	06	Alges	<b>2:29.20</b>	+0,67	544	
	50m: 32.65 32.65	100m: 1:09.64 36.99	150m: 1:48.74 39.10	200m: 2:29.20 40.46			
5.	BENTO Maria Madalena	05	BUZIOS-Coruche	<b>2:29.71</b>	+0,78	538	
	50m: 32.44 32.44	100m: 1:09.60 37.16	150m: 1:49.22 39.62	200m: 2:29.71 40.49			
6.	SILVA Joana Ferreira	05	Colegio Efanor	<b>2:30.65</b>	+0,70	528	
	50m: 33.00 33.00	100m: 1:12.35 39.35	150m: 1:50.34 37.99	200m: 2:30.65 40.31			
7.	LOPES Matilde Nunes	06	Benfica	<b>2:31.79</b>	+0,80	516	
	50m: 33.65 33.65	100m: 1:11.93 38.28	150m: 1:50.63 38.70	200m: 2:31.79 41.16			
8.	BUCHA Marta Filipa	06	Viver Santarem	<b>2:32.83</b>	+0,90	506	
	50m: 32.36 32.36	100m: 1:10.75 38.39	150m: 1:51.06 40.31	200m: 2:32.83 41.77			
9.	BROCHADO Mariana Goncalves	06	Viana Natacao	<b>2:33.30</b>		501	
	50m: 33.94 33.94	100m: 1:12.46 38.52	150m: 1:53.01 40.55	200m: 2:33.30 40.29			
10.	PIRES Catarina Gaspar	06	Porto	<b>2:33.69</b>	+0,92	497	
	50m: 32.70 32.70	100m: 1:09.96 37.26	150m: 1:50.47 40.51	200m: 2:33.69 43.22			
11.	SILVA Ana Francisca	06	Alcobaca	<b>2:34.47</b>	+0,74	490	
	50m: 32.76 32.76	100m: 1:11.82 39.06	150m: 1:52.15 40.33	200m: 2:34.47 42.32			

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 5, Femin., 200m Mariposa, Elimin

Prova 5 Femin., 200m Mariposa Seniores  
31/03/2022 - 10:50 Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
CEPL 15 +: 2:11.00 / CMPL 15 +: 2:09.21					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:11.17</b>	+0,56	800 Q	
	50m: 29.61 29.61	100m: 1:02.59 32.98	150m: 1:36.71	34.12	200m: 2:11.17	34.46	
2.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:15.26</b>	+0,75	730 Q	
	50m: 30.18 30.18	100m: 1:03.65 33.47	150m: 1:38.86	35.21	200m: 2:15.26	36.40	
3.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:17.28</b>	+0,69	698 Q	
	50m: 29.94 29.94	100m: 1:04.85 34.91	150m: 1:40.00	35.15	200m: 2:17.28	37.28	
4.	MOURA Maria Ferreira	04	Sporting	<b>2:20.93</b>	+0,73	645 Q	
	50m: 31.10 31.10	100m: 1:06.29 35.19	150m: 1:42.90	36.61	200m: 2:20.93	38.03	
5.	MESQUITA Francisca Salvador	02	Sporting	<b>2:21.33</b>	+0,74	640 Q	
	50m: 31.51 31.51	100m: 1:07.07 35.56	150m: 1:43.74	36.67	200m: 2:21.33	37.59	
6.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>2:21.72</b>	+0,66	634 Q	
	50m: 31.52 31.52	100m: 1:08.05 36.53	150m: 1:44.51	36.46	200m: 2:21.72	37.21	
7.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>2:22.95</b>	+0,74	618 Q	
	50m: 32.02 32.02	100m: 1:08.52 36.50	150m: 1:46.28	37.76	200m: 2:22.95	36.67	
8.	LIGEIRO Daniela Silva	04	Viana Natacao	<b>2:25.48</b>	+0,77	587 Q	
	50m: 32.15 32.15	100m: 1:09.10 36.95	150m: 1:46.86	37.76	200m: 2:25.48	38.62	
9.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>2:27.69</b>	+0,94	561 R	
	50m: 33.17 33.17	100m: 1:10.68 37.51	150m: 1:48.56	37.88	200m: 2:27.69	39.13	
10.	FIDALGO Maria Jardim	04	Colegio Vasco da Gama	<b>2:27.79</b>	+0,74	559 R	
	50m: 32.66 32.66	100m: 1:09.34 36.68	150m: 1:47.49	38.15	200m: 2:27.79	40.30	
11.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>2:28.56</b>	+0,70	551	
	50m: 31.70 31.70	100m: 1:08.63 36.93	150m: 1:48.05	39.42	200m: 2:28.56	40.51	
12.	MARQUES Maria Alexandra	04	Academica de Coimbra	<b>2:33.96</b>	+0,71	495	
	50m: 32.97 32.97	100m: 1:11.74 38.77	150m: 1:51.48	39.74	200m: 2:33.96	42.48	

Prova 5, Femin., 200m Mariposa, Elimin

Prova 5 Femin., 200m Mariposa Absolutos  
31/03/2022 - 10:50 Resultados Elimin

Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04/08/2002
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29/07/2018

CEJun\_Fem 14 - 17: 2:17.07 / CMJun\_Fem 14 - 17: 2:14.38 / CEPL 15 +: 2:11.00 / CMPL 15 +: 2:09.21

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina 50m: 29.61 29.61	93	Vilacondense	<b>2:11.17</b> 34.12	+0,56	800 Q	34.46
2.	HENRIQUES Ines Jacinto 50m: 30.18 30.18	00	Sporting	<b>2:15.26</b> 35.21	+0,75	730 Q	36.40
3.	CUNHA Mariana Pacheco 50m: 29.94 29.94	04	Colegio Efanor	<b>2:17.28</b> 35.15	+0,69	698 Q	37.28
4.	LOURO Ariana Espirito 50m: 31.19 31.19	05	Gualdim Pais	<b>2:20.71</b> 36.53	+0,72	648 Q	37.45
5.	MOURA Maria Ferreira 50m: 31.10 31.10	04	Sporting	<b>2:20.93</b> 36.61	+0,73	645 Q	38.03
6.	MESQUITA Francisca Salvador 50m: 31.51 31.51	02	Sporting	<b>2:21.33</b> 36.67	+0,74	640 Q	37.59
7.	CARDEAL Beatriz Nunes 50m: 31.52 31.52	04	Academico Viseu	<b>2:21.72</b> 36.46	+0,66	634 Q	37.21
8.	VARGAS Giovanna Vaz 50m: 32.02 32.02	00	Nautico Marinha Grande	<b>2:22.95</b> 37.76	+0,74	618 Q	36.67
9.	ALMEIDA Maria Carolina 50m: 31.28 31.28	05	Galitos/ Bresimar	<b>2:24.87</b> 37.12	+0,71	594 Q	40.55
10.	LIGEIRO Daniela Silva 50m: 32.15 32.15	04	Viana Natacao	<b>2:25.48</b> 37.76	+0,77	587 Q	38.62
11.	FERNANDES Filipa Viamonte 50m: 33.17 33.17	02	Vitoria Guimaraes	<b>2:27.69</b> 37.88	+0,94	561 R	39.13
12.	FIDALGO Maria Jardim 50m: 32.66 32.66	04	Colegio Vasco da Gama	<b>2:27.79</b> 38.15	+0,74	559 R	40.30
13.	TEJO Beatriz Costa 50m: 31.70 31.70	02	Academica de Coimbra	<b>2:28.56</b> 39.42	+0,70	551	40.51
14.	NEVES Gabriela Ferreira 50m: 32.90 32.90	06	Foca Quinta da Lixa CNF	<b>2:28.95</b> 39.20	+0,87	546	40.56
15.	FERREIRA Francisca Santos 50m: 32.65 32.65	06	Alges	<b>2:29.20</b> 39.10	+0,67	544	40.46
16.	BENTO Maria Madalena 50m: 32.44 32.44	05	BUZIOS-Coruche	<b>2:29.71</b> 39.62	+0,78	538	40.49

## Prova 5, Femin., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	SILVA Joana Ferreira	05	Colegio Efanor	<b>2:30.65</b>	+0,70	528	
	50m: 33.00 33.00	100m: 1:12.35 39.35	150m: 1:50.34 37.99	200m: 2:30.65 40.31			
18.	LOPES Matilde Nunes	06	Benfica	<b>2:31.79</b>	+0,80	516	
	50m: 33.65 33.65	100m: 1:11.93 38.28	150m: 1:50.63 38.70	200m: 2:31.79 41.16			
19.	BUCHA Marta Filipa	06	Viver Santarem	<b>2:32.83</b>	+0,90	506	
	50m: 32.36 32.36	100m: 1:10.75 38.39	150m: 1:51.06 40.31	200m: 2:32.83 41.77			
20.	BROCHADO Mariana Goncalves	06	Viana Natacao	<b>2:33.30</b>		501	
	50m: 33.94 33.94	100m: 1:12.46 38.52	150m: 1:53.01 40.55	200m: 2:33.30 40.29			
21.	PIRES Catarina Gaspar	06	Porto	<b>2:33.69</b>	+0,92	497	
	50m: 32.70 32.70	100m: 1:09.96 37.26	150m: 1:50.47 40.51	200m: 2:33.69 43.22			
22.	MARQUES Maria Alexandra	04	Academica de Coimbra	<b>2:33.96</b>	+0,71	495	
	50m: 32.97 32.97	100m: 1:11.74 38.77	150m: 1:51.48 39.74	200m: 2:33.96 42.48			
23.	SILVA Ana Francisca	06	Alcobaca	<b>2:34.47</b>	+0,74	490	
	50m: 32.76 32.76	100m: 1:11.82 39.06	150m: 1:52.15 40.33	200m: 2:34.47 42.32			

## Prova 6

## Masc., 200m Mariposa

## Juniores

31/03/2022 - 11:00

Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16/07/2005
RNS8	2:30.02	CANCELA Diogo Luis	CNMC	Coimbra	09/07/2021

CMJun\_Masc 15 - 18: 2:01.39 / CMPL Abs: 1:56.71 / CEPL Abs: 1:57.96

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	APSENIECE Kevins Alexandre	04	Porto	<b>2:03.33</b>	+0,71	723 Q	
	50m: 27.08 27.08	100m: 58.66 31.58	150m: 1:30.75 32.09	200m: 2:03.33 32.58			
2.	GOUVEIA Luis Galvao	05	Desportivo Nacional	<b>2:08.91</b>	+0,64	633 Q	
	50m: 28.72 28.72	100m: 1:01.31 32.59	150m: 1:35.92 34.61	200m: 2:08.91 32.99			
3.	RODRIGUES Rodrigo Reis	04	Sao Roque	<b>2:10.88</b>	+0,63	605 Q	
	50m: 28.94 28.94	100m: 1:02.15 33.21	150m: 1:35.76 33.61	200m: 2:10.88 35.12			
4.	MORGADO Vasco Alves	05	Alges	<b>2:12.05</b>	+0,60	589 R	
	50m: 29.17 29.17	100m: 1:02.95 33.78	150m: 1:37.31 34.36	200m: 2:12.05 34.74			
5.	TAVARES Bernardo Rodrigues	04	Galitos/ Bresimar	<b>2:12.62</b>	+0,75	582 R	
	50m: 29.09 29.09	100m: 1:02.57 33.48	150m: 1:36.77 34.20	200m: 2:12.62 35.85			
6.	CABRAL Jose Pinto	05	Viver Santarem	<b>2:15.05</b>	+0,77	551	
	50m: 28.46 28.46	100m: 1:01.78 33.32	150m: 1:38.00 36.22	200m: 2:15.05 37.05			
7.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>2:15.65</b>	+0,66	543	
	50m: 28.61 28.61	100m: 1:03.01 34.40	150m: 1:38.86 35.85	200m: 2:15.65 36.79			
8.	PINTO Tiago Rodrigues	05	Sporting	<b>2:16.60</b>	+0,74	532	
	50m: 28.96 28.96	100m: 1:03.18 34.22	150m: 1:38.86 35.68	200m: 2:16.60 37.74			

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 6, Masc., 200m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	MENDES Diogo Alexandre	05	Natacao de Vagos	<b>2:16.67</b>	+0,70	531	
	50m: 31.01 31.01	100m: 1:05.61 34.60	150m: 1:41.22 35.61	200m: 2:16.67 35.45			
10.	PEREIRA Manuel Angelo	05	Sporting	<b>2:17.10</b>	+0,76	526	
	50m: 29.55 29.55	100m: 1:04.56 35.01	150m: 1:40.50 35.94	200m: 2:17.10 36.60			

## Prova 6 Masc., 200m Mariposa Seniores Resultados Elimin

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
RNS8	2:30.02	CANCELA Diogo Luis	CNMC	Coimbra	09/07/2021

CMPL Abs: 1:56.71 / CEPL Abs: 1:57.96

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:02.99</b>	+0,64	729 Q	
	50m: 27.73 27.73	100m: 58.79 31.06	150m: 1:30.70 31.91	200m: 2:02.99 32.29			
2.	CORDEIRO Tiago Roberto	00	Benfica	<b>2:07.16</b>	+0,70	660 Q	
	50m: 28.05 28.05	100m: 59.74 31.69	150m: 1:32.90 33.16	200m: 2:07.16 34.26			
3.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:08.46</b>	+0,71	640 Q	
	50m: 28.56 28.56	100m: 1:00.88 32.32	150m: 1:34.36 33.48	200m: 2:08.46 34.10			
4.	SANTOS Pedro Andre	94	Alges	<b>2:08.80</b>	+0,73	635 Q	
	50m: 28.46 28.46	100m: 1:00.78 32.32	150m: 1:34.20 33.42	200m: 2:08.80 34.60			
5.	SILVA Tomas Antonio	01	Porto	<b>2:09.40</b>	+0,63	626 Q	
	50m: 28.55 28.55	100m: 1:01.37 32.82	150m: 1:35.59 34.22	200m: 2:09.40 33.81			
6.	CARDOSO Diogo Santos	01	Sporting	<b>2:10.06</b>	+0,71	617 Q	
	50m: 29.72 29.72	100m: 1:02.41 32.69	150m: 1:36.61 34.20	200m: 2:10.06 33.45			
7.	CRISTINO David Matias	01	Uniao Piedense	<b>2:10.82</b>	+0,75	606 Q	
	50m: 28.60 28.60	100m: 1:01.94 33.34	150m: 1:35.95 34.01	200m: 2:10.82 34.87			



CÂMARA MUNICIPAL  
COIMBRA



Prova 6, Masc., 200m Mariposa, Elimin

Prova 6	Masc., 200m Mariposa				Absolutos
31/03/2022 - 11:00					Resultados Elimin
Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16/07/2005
RNS8	2:30.02	CANCELA Diogo Luis	CNMC	Coimbra	09/07/2021

CMJun\_Masc 15 - 18: 2:01.39 / CMPL Abs: 1:56.71 / CEPL Abs: 1:57.96

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:02.99</b>	+0,64	729 Q	
	50m: 27.73 27.73	100m: 58.79 31.06	150m: 1:30.70	31.91	200m: 2:02.99	32.29	
2.	APSENIECE Kevins Alexandre	04	Porto	<b>2:03.33</b>	+0,71	723 Q	
	50m: 27.08 27.08	100m: 58.66 31.58	150m: 1:30.75	32.09	200m: 2:03.33	32.58	
3.	CORDEIRO Tiago Roberto	00	Benfica	<b>2:07.16</b>	+0,70	660 Q	
	50m: 28.05 28.05	100m: 59.74 31.69	150m: 1:32.90	33.16	200m: 2:07.16	34.26	
4.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:08.46</b>	+0,71	640 Q	
	50m: 28.56 28.56	100m: 1:00.88 32.32	150m: 1:34.36	33.48	200m: 2:08.46	34.10	
5.	SANTOS Pedro Andre	94	Alges	<b>2:08.80</b>	+0,73	635 Q	
	50m: 28.46 28.46	100m: 1:00.78 32.32	150m: 1:34.20	33.42	200m: 2:08.80	34.60	
6.	GOUVEIA Luis Galvao	05	Desportivo Nacional	<b>2:08.91</b>	+0,64	633 Q	
	50m: 28.72 28.72	100m: 1:01.31 32.59	150m: 1:35.92	34.61	200m: 2:08.91	32.99	
7.	SILVA Tomas Antonio	01	Porto	<b>2:09.40</b>	+0,63	626 Q	
	50m: 28.55 28.55	100m: 1:01.37 32.82	150m: 1:35.59	34.22	200m: 2:09.40	33.81	
8.	CARDOSO Diogo Santos	01	Sporting	<b>2:10.06</b>	+0,71	617 Q	
	50m: 29.72 29.72	100m: 1:02.41 32.69	150m: 1:36.61	34.20	200m: 2:10.06	33.45	
9.	CRISTINO David Matias	01	Uniao Piedense	<b>2:10.82</b>	+0,75	606 Q	
	50m: 28.60 28.60	100m: 1:01.94 33.34	150m: 1:35.95	34.01	200m: 2:10.82	34.87	
10.	RODRIGUES Rodrigo Reis	04	Sao Roque	<b>2:10.88</b>	+0,63	605 Q	
	50m: 28.94 28.94	100m: 1:02.15 33.21	150m: 1:35.76	33.61	200m: 2:10.88	35.12	
11.	MORGADO Vasco Alves	05	Alges	<b>2:12.05</b>	+0,60	589 R	
	50m: 29.17 29.17	100m: 1:02.95 33.78	150m: 1:37.31	34.36	200m: 2:12.05	34.74	
12.	TAVARES Bernardo Rodrigues	04	Galitos/ Bresimar	<b>2:12.62</b>	+0,75	582 R	
	50m: 29.09 29.09	100m: 1:02.57 33.48	150m: 1:36.77	34.20	200m: 2:12.62	35.85	
13.	CABRAL Jose Pinto	05	Viver Santarem	<b>2:15.05</b>	+0,77	551	
	50m: 28.46 28.46	100m: 1:01.78 33.32	150m: 1:38.00	36.22	200m: 2:15.05	37.05	
14.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>2:15.65</b>	+0,66	543	
	50m: 28.61 28.61	100m: 1:03.01 34.40	150m: 1:38.86	35.85	200m: 2:15.65	36.79	
15.	PINTO Tiago Rodrigues	05	Sporting	<b>2:16.60</b>	+0,74	532	
	50m: 28.96 28.96	100m: 1:03.18 34.22	150m: 1:38.86	35.68	200m: 2:16.60	37.74	
16.	MENDES Diogo Alexandre	05	Natacao de Vagos	<b>2:16.67</b>	+0,70	531	
	50m: 31.01 31.01	100m: 1:05.61 34.60	150m: 1:41.22	35.61	200m: 2:16.67	35.45	

## Prova 6, Masc., 200m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	PEREIRA Manuel Angelo	05	Sporting	<b>2:17.10</b>	+0,76	526	
	50m: 29.55 29.55	100m: 1:04.56 35.01	150m: 1:40.50 35.94	200m: 2:17.10 36.60			
EXH	CANCELA Diogo Luis <i>Rec Nac S8, Rec Europeu S8</i>	02	Louzan Natacao/EFAPEL	<b>2:22.35</b>	+0,63	470	
	50m: 31.68 31.68	100m: 1:07.73 36.05	150m: 1:45.16 37.43	200m: 2:22.35 37.19			

## Prova 7

## Femin., 100m Livres

## Juniores

31/03/2022 - 11:10

Resultados Elimin

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04/04/2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04/07/2018

CEJun\_Fem 14 - 17: 57.81 / CMJun\_Fem 14 - 17: 56.68 / CEPL 15 +: 54.68 / CMPL 15 +: 54.25

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>57.83</b>	+0,68	714	Q
	50m: 27.54 27.54	100m: 57.83 30.29					
2.	COELHO Maria Leonor	06	Benfica	<b>1:00.19</b>	+0,76	634	R
	50m: 29.30 29.30	100m: 1:00.19 30.89					
3.	LOURO Ariana Espirito	05	Gualdim Pais	<b>1:00.51</b>	+0,67	624	
	50m: 29.41 29.41	100m: 1:00.51 31.10					
4.	AMORIM Ines Santos	06	Desportiva de Viana	<b>1:00.56</b>	+0,77	622	
	50m: 29.52 29.52	100m: 1:00.56 31.04					
5.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>1:00.76</b>	+0,72	616	
	50m: 29.86 29.86	100m: 1:00.76 30.90					
6.	CATALAO Leonor Tavares	06	Sporting	<b>1:00.77</b>	+0,78	616	
	50m: 29.07 29.07	100m: 1:00.77 31.70					
7.	TEIXEIRA Ines Correia	06	Amadora	<b>1:01.05</b>	+0,75	607	
	50m: 29.59 29.59	100m: 1:01.05 31.46					
8.	BRITES Marta Lopes	06	Bombeiros Ponta Delgada	<b>1:01.55</b>	+0,65	592	
	50m: 29.18 29.18	100m: 1:01.55 32.37					
9.	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar	<b>1:01.79</b>	+0,64	586	
	50m: 29.25 29.25	100m: 1:01.79 32.54					
10.	JESUS Mariana Teixeira	06	Estarreja	<b>1:01.83</b>	+0,71	584	
	50m: 29.79 29.79	100m: 1:01.83 32.04					
11.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>1:02.15</b>	+0,74	575	
	50m: 29.25 29.25	100m: 1:02.15 32.90					
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				

## Prova 7, Femin., 100m Livres, Elimin

Prova 7	Femin., 100m Livres				Seniores
31/03/2022 - 11:10					Resultados Elimin
Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
CEPL 15 +: 54.68 / CMPL 15 +: 54.25					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>57.11</b>	+0,64	742	Q
	50m: 27.98 27.98	100m: 57.11 29.13					
2.	ANDRE Leticia Maia	02	Benfica	<b>58.12</b>	+0,67	704	Q
	50m: 28.51 28.51	100m: 58.12 29.61					
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>58.14</b>	+0,78	703	Q
	50m: 28.17 28.17	100m: 58.14 29.97					
4.	FRISCHKNECHT Rita Barros	98	Sporting	<b>58.28</b>	+0,72	698	Q
	50m: 28.05 28.05	100m: 58.28 30.23					
5.	FOMINA Anna	02	Louletano/Loule Concelho	<b>58.78</b>	+0,73	680	Q
	50m: 28.35 28.35	100m: 58.78 30.43					
6.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>58.94</b>	+0,69	675	Q
	50m: 28.24 28.24	100m: 58.94 30.70					
7.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>59.40</b>	+0,66	659	Q
	50m: 28.47 28.47	100m: 59.40 30.93					
8.	PINTO Mafalda Marques	02	Sporting	<b>59.65</b>	+0,76	651	Q
	50m: 28.72 28.72	100m: 59.65 30.93					
9.	VIANA Carolina Pereira	04	Aquatico Silves	<b>59.82</b>	+0,69	645	Q
	50m: 28.98 28.98	100m: 59.82 30.84					
10.	OLIVEIRA Rosa Maria	96	Porto	<b>1:00.01</b>	+0,69	639	R
	50m: 28.86 28.86	100m: 1:00.01 31.15					

Prova 7, Femin., 100m Livres, Elimin

Prova 7 Femin., 100m Livres Absolutos  
31/03/2022 - 11:10 Resultados Elimin

Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04/04/2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04/07/2018

CEJun\_Fem 14 - 17: 57.81 / CMJun\_Fem 14 - 17: 56.68 / CEPL 15 +: 54.68 / CMPL 15 +: 54.25

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares 50m: 27.98 27.98 100m: 57.11 29.13	03	Foca Quinta da Lixa CNF	<b>57.11</b>	+0,64	742	Q
2.	FERNANDES Carolina Miranda 50m: 27.54 27.54 100m: 57.83 30.29	05	Galitos/ Bresimar	<b>57.83</b>	+0,68	714	Q
3.	ANDRE Leticia Maia 50m: 28.51 28.51 100m: 58.12 29.61	02	Benfica	<b>58.12</b>	+0,67	704	Q
4.	CONCEICAO Ema Jeronimo 50m: 28.17 28.17 100m: 58.14 29.97	03	Fisica Torres Vedras	<b>58.14</b>	+0,78	703	Q
5.	FRISCHKNECHT Rita Barros 50m: 28.05 28.05 100m: 58.28 30.23	98	Sporting	<b>58.28</b>	+0,72	698	Q
6.	FOMINA Anna 50m: 28.35 28.35 100m: 58.78 30.43	02	Louletano/Loule Concelho	<b>58.78</b>	+0,73	680	Q
7.	PEGO Isabel Porfirio 50m: 28.24 28.24 100m: 58.94 30.70	01	Fluvial Portuense	<b>58.94</b>	+0,69	675	Q
8.	RODRIGUES Ana Pinho 50m: 28.47 28.47 100m: 59.40 30.93	94	Desportiva de Viana	<b>59.40</b>	+0,66	659	Q
9.	PINTO Mafalda Marques 50m: 28.72 28.72 100m: 59.65 30.93	02	Sporting	<b>59.65</b>	+0,76	651	Q
10.	VIANA Carolina Pereira 50m: 28.98 28.98 100m: 59.82 30.84	04	Aquatico Silves	<b>59.82</b>	+0,69	645	Q
11.	OLIVEIRA Rosa Maria 50m: 28.86 28.86 100m: 1:00.01 31.15	96	Porto	<b>1:00.01</b>	+0,69	639	R
12.	COELHO Maria Leonor 50m: 29.30 29.30 100m: 1:00.19 30.89	06	Benfica	<b>1:00.19</b>	+0,76	634	R
13.	LOURO Ariana Espirito 50m: 29.41 29.41 100m: 1:00.51 31.10	05	Gualdim Pais	<b>1:00.51</b>	+0,67	624	
14.	AMORIM Ines Santos 50m: 29.52 29.52 100m: 1:00.56 31.04	06	Desportiva de Viana	<b>1:00.56</b>	+0,77	622	
15.	FARIA Leonor Verissimo 50m: 29.86 29.86 100m: 1:00.76 30.90	06	Nucleo de Pombal	<b>1:00.76</b>	+0,72	616	
16.	CATALAO Leonor Tavares 50m: 29.07 29.07 100m: 1:00.77 31.70	06	Sporting	<b>1:00.77</b>	+0,78	616	

## Prova 7, Femin., 100m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	TEIXEIRA Ines Correia	06	Amadora	<b>1:01.05</b>	+0,75	607	
	50m: 29.59 29.59	100m:	1:01.05 31.46				
18.	BRITES Marta Lopes	06	Bombeiros Ponta Delgada	<b>1:01.55</b>	+0,65	592	
	50m: 29.18 29.18	100m:	1:01.55 32.37				
19.	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar	<b>1:01.79</b>	+0,64	586	
	50m: 29.25 29.25	100m:	1:01.79 32.54				
20.	JESUS Mariana Teixeira	06	Estarreja	<b>1:01.83</b>	+0,71	584	
	50m: 29.79 29.79	100m:	1:01.83 32.04				
21.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>1:02.15</b>	+0,74	575	
	50m: 29.25 29.25	100m:	1:02.15 32.90				
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	<b>1:05.09</b>	+0,84	501	
	50m: 30.65 30.65	100m:	1:05.09 34.44				

## Prova 8

## Masc., 100m Livres

## Juniores

31/03/2022 - 11:15

Resultados Elimin

Rec Nac Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Jun18	50.04	RIBEIRO Diogo Matos	POR	Las Palmas (ESP)	19/03/2022
Rec Nac Jun17	49.34	RIBEIRO Diogo Matos	POR	Rome (ITA)	07/07/2021
RNS10	56.94	CAETANO Gino Santos	CGA	Coimbra	30/03/2017
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18/03/2018

CMJun\_Masc 15 - 18: 50.52 / CMPL Abs: 48.77 / CEPL Abs: 49.02

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos	04	Benfica	<b>48.96</b>	+0,60	879 Q	
	<i>Rec Nac, Minimos CE Jun, Minimos CM Jun, Minimos CE PL, Minimos CE PL</i>						
	50m: 23.21 23.21	100m:	48.96 25.75				
2.	REIS Rodrigo Miguel	04	Nautico Academico	<b>53.39</b>	+0,65	678	
	50m: 25.44 25.44	100m:	53.39 27.95				
3.	PEREIRA Tomas Coelho	05	Penafiel	<b>53.56</b>	+0,73	671	
	50m: 26.02 26.02	100m:	53.56 27.54				
4.	GOMES Guilherme Sousa	04	Aquatico Silves	<b>53.79</b>	+0,72	663	
	50m: 26.10 26.10	100m:	53.79 27.69				
5.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>53.94</b>	+0,68	657	
	50m: 25.46 25.46	100m:	53.94 28.48				
6.	BILRO Simao Valadas	05	Aminata	<b>54.62</b>	+0,69	633	
	50m: 25.93 25.93	100m:	54.62 28.69				
7.	SOUSA Rafael Fidelis	05	Uniao Piedense	<b>54.98</b>	+0,80	621	
	50m: 26.32 26.32	100m:	54.98 28.66				

## Prova 8, Masc., 100m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	OLIVEIRA Diogo Alexandre 50m: 26.25 26.25	05	Naval do Funchal	<b>55.19</b>	+0,66	614	
9.	SILVA Diogo Miguel 50m: 26.20 26.20	05	Galitos/ Bresimar	<b>55.43</b>	+0,69	606	
10.	ANSELMO Raul Sousa 50m: 26.83 26.83	05	Bombeiros Ponta Delgada	<b>56.00</b>	+0,71	587	

## Prova 8 Masc., 100m Livres Seniores Resultados Elimin

Rec Nac Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Sen	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
RNS10	56.94	CAETANO Gino Santos	CGA	Coimbra	30/03/2017
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18/03/2018

CMPL Abs: 48.77 / CEPL Abs: 49.02

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte 50m: 23.45 23.45	95	Benfica	<b>49.37</b>	+0,63	857	Q
2.	RAMOS Bruno Miguel 50m: 24.35 24.35	97	Belenenses	<b>51.05</b>	+0,64	775	Q
3.	RIBEIRO Gustavo Carvalhais 50m: 24.75 24.75	03	Sporting	<b>51.18</b>	+0,73	770	Q
4.	SILVA Fernando Souza 50m: 24.47 24.47	86	Naval do Funchal	<b>51.21</b>	+0,70	768	Q
5.	COSTA Tiago Cunha 50m: 24.41 24.41	99	Sporting	<b>51.24</b>	+0,64	767	Q
6.	LOPES Tomas Teixeira 50m: 24.58 24.58	02	Vitoria Guimaraes	<b>51.48</b>	+0,66	756	Q
7.	LEBRE Diogo Ramos 50m: 24.74 24.74	01	Benfica	<b>51.51</b>	+0,71	755	Q
8.	PADRELA Joao Esteves 50m: 24.69 24.69	99	Belenenses	<b>51.69</b>	+0,63	747	Q
9.	POLIAKOV Artiom Viatcheslavovitch 50m: 24.63 24.63	93	Oriental	<b>52.01</b>	+0,61	733	Q
10.	VAKULYUK Paulo 50m: 24.61 24.61	03	Torres Novas	<b>52.14</b>	+0,69	728	R
11.	NUNES Porfirio Braga 50m: 25.10 25.10	00	Porto	<b>52.43</b>	+0,64	716	R
12.	COSTA Diogo Santos 50m: 25.73 25.73	02	Benfica	<b>52.92</b>	+0,64	696	

## Prova 8, Masc., 100m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MARQUES Miguel Henriques	00	Benfica	<b>53.00</b>	+0,65	693	
	50m: 23.95 23.95	100m: 53.00 29.05					

## Prova 8 Masc., 100m Livres Absolutos Resultados Elimin

Rec Nac Absoluto	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Sen	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020
Rec Nac Jun18	50.04	RIBEIRO Diogo Matos	POR	Las Palmas (ESP)	19/03/2022
Rec Nac Jun17	49.34	RIBEIRO Diogo Matos	POR	Rome (ITA)	07/07/2021
RNS10	56.94	CAETANO Gino Santos	CGA	Coimbra	30/03/2017
RNS15	55.31	NEVES Tiago Correia	CFB	Coimbra	18/03/2018

CMJun\_Masc 15 - 18: 50.52 / CMPL Abs: 48.77 / CEPL Abs: 49.02

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos	04	Benfica	<b>48.96</b>	+0,60	879	Q
	<i>Rec Nac, Minimos CE Jun, Minimos CM Jun, Minimos CE PL, Minimos CE PL</i>						
	50m: 23.21 23.21	100m: 48.96 25.75					
2.	NASCIMENTO Miguel Duarte	95	Benfica	<b>49.37</b>	+0,63	857	Q
	50m: 23.45 23.45	100m: 49.37 25.92					
3.	RAMOS Bruno Miguel	97	Belenenses	<b>51.05</b>	+0,64	775	Q
	50m: 24.35 24.35	100m: 51.05 26.70					
4.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>51.18</b>	+0,73	770	Q
	50m: 24.75 24.75	100m: 51.18 26.43					
5.	SILVA Fernando Souza	86	Naval do Funchal	<b>51.21</b>	+0,70	768	Q
	50m: 24.47 24.47	100m: 51.21 26.74					
6.	COSTA Tiago Cunha	99	Sporting	<b>51.24</b>	+0,64	767	Q
	50m: 24.41 24.41	100m: 51.24 26.83					
7.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>51.48</b>	+0,66	756	Q
	50m: 24.58 24.58	100m: 51.48 26.90					
8.	LEBRE Diogo Ramos	01	Benfica	<b>51.51</b>	+0,71	755	Q
	50m: 24.74 24.74	100m: 51.51 26.77					
9.	PADRELA Joao Esteves	99	Belenenses	<b>51.69</b>	+0,63	747	Q
	50m: 24.69 24.69	100m: 51.69 27.00					
10.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	<b>52.01</b>	+0,61	733	Q
	50m: 24.63 24.63	100m: 52.01 27.38					
11.	VAKULYUK Paulo	03	Torres Novas	<b>52.14</b>	+0,69	728	R
	50m: 24.61 24.61	100m: 52.14 27.53					
12.	NUNES Porfirio Braga	00	Porto	<b>52.43</b>	+0,64	716	R
	50m: 25.10 25.10	100m: 52.43 27.33					
13.	COSTA Diogo Santos	02	Benfica	<b>52.92</b>	+0,64	696	
	50m: 25.73 25.73	100m: 52.92 27.19					

## Prova 8, Masc., 100m Livres, Elimim, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	MARQUES Miguel Henriques 50m: 23.95 23.95	00	Benfica	<b>53.00</b> 100m: 53.00 29.05	+0,65	693	
15.	REIS Rodrigo Miguel 50m: 25.44 25.44	04	Nautico Academico	<b>53.39</b> 100m: 53.39 27.95	+0,65	678	
16.	PEREIRA Tomas Coelho 50m: 26.02 26.02	05	Penafiel	<b>53.56</b> 100m: 53.56 27.54	+0,73	671	
17.	GOMES Guilherme Sousa 50m: 26.10 26.10	04	Aquatico Silves	<b>53.79</b> 100m: 53.79 27.69	+0,72	663	
18.	MARQUES Gustavo Pires 50m: 25.46 25.46	04	Uniao Coimbra	<b>53.94</b> 100m: 53.94 28.48	+0,68	657	
19.	BILRO Simao Valadas 50m: 25.93 25.93	05	Aminata	<b>54.62</b> 100m: 54.62 28.69	+0,69	633	
20.	SOUSA Rafael Fidelis 50m: 26.32 26.32	05	Uniao Piedense	<b>54.98</b> 100m: 54.98 28.66	+0,80	621	
21.	OLIVEIRA Diogo Alexandre 50m: 26.25 26.25	05	Naval do Funchal	<b>55.19</b> 100m: 55.19 28.94	+0,66	614	
22.	SILVA Diogo Miguel 50m: 26.20 26.20	05	Galitos/ Bresimar	<b>55.43</b> 100m: 55.43 29.23	+0,69	606	
23.	ANSELMO Raul Sousa 50m: 26.83 26.83	05	Bombeiros Ponta Delgada	<b>56.00</b> 100m: 56.00 29.17	+0,71	587	
EXH	SCHILLING Leonardo 50m: 25.25 25.25	93	Porto	<b>51.77</b> 100m: 51.77 26.52	+0,72	743	
EXH	HEINIO-WIDELL Nick 50m: 25.73 25.73	05	Alges	<b>54.05</b> 100m: 54.05 28.32	+0,62	653	
EXH	CORDEIRO Tomas Coelho 50m: 29.10 29.10	04	Colegio Efanor	<b>1:00.88</b> 100m: 1:00.88 31.78	+0,76	457	
EXH	NEVES Diogo Correia 50m: 29.66 29.66	94	Colegio Vasco da Gama	<b>1:03.36</b> 100m: 1:03.36 33.70	+0,69	405	

Prova 9 Femin., 200m Estilos Juniores  
31/03/2022 - 11:20 Resultados Elimin

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30/03/2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03/06/2012

CEJun\_Fem 14 - 17: 2:21.10 / CMJun\_Fem 14 - 17: 2:18.33 / CEPL 15 +: 2:13.84 / CMPL 15 +: 2:12.98

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	<b>2:26.76</b>	+0,71	634 Q	
	50m: 30.74 30.74	100m: 1:08.87 38.13	150m: 1:53.90 45.03	200m: 2:26.76 32.86			
2.	REIS Erica Cristina	05	Sporting	<b>2:28.13</b>	+0,64	617 Q	
	50m: 32.47 32.47	100m: 1:09.79 37.32	150m: 1:54.33 44.54	200m: 2:28.13 33.80			
3.	ESTEVENES Laura Fabiana	05	Naval de Faro	<b>2:28.62</b>	+0,59	611 Q	
	50m: 31.75 31.75	100m: 1:10.80 39.05	150m: 1:54.47 43.67	200m: 2:28.62 34.15			
4.	PINTO Leonor Filipa	06	Porto	<b>2:30.24</b>	+0,76	591 R	
	50m: 32.19 32.19	100m: 1:10.72 38.53	150m: 1:54.29 43.57	200m: 2:30.24 35.95			
5.	LOPES Daniela Magalhaes	05	Famalicao	<b>2:30.29</b>	+0,75	590	
	50m: 31.59 31.59	100m: 1:11.39 39.80	150m: 1:55.85 44.46	200m: 2:30.29 34.44			
6.	CATALAO Leonor Tavares	06	Sporting	<b>2:32.33</b>	+0,71	567	
	50m: 31.60 31.60	100m: 1:11.52 39.92	150m: 1:57.27 45.75	200m: 2:32.33 35.06			
7.	ANTUNES Rebeca Leonor	06	Alges	<b>2:32.42</b>	+0,76	566	
	50m: 31.13 31.13	100m: 1:13.95 42.82	150m: 1:55.79 41.84	200m: 2:32.42 36.63			
8.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>2:32.72</b>	+0,85	563	
	50m: 33.10 33.10	100m: 1:10.03 36.93	150m: 1:56.59 46.56	200m: 2:32.72 36.13			
9.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>2:33.87</b>	+0,74	550	
	50m: 31.45 31.45	100m: 1:12.73 41.28	150m: 1:57.22 44.49	200m: 2:33.87 36.65			

Prova 9 Femin., 200m Estilos Seniores  
31/03/2022 - 11:20 Resultados Elimin

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017

CEPL 15 +: 2:13.84 / CMPL 15 +: 2:12.98

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>2:22.15</b>	+0,68	698 Q	
	50m: 29.42 29.42	100m: 1:05.32 35.90	150m: 1:45.77 40.45	200m: 2:22.15 36.38			
2.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:23.15</b>	+0,74	683 Q	
	50m: 30.04 30.04	100m: 1:06.82 36.78	150m: 1:50.10 43.28	200m: 2:23.15 33.05			
3.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:24.80</b>	+0,75	660 Q	
	50m: 30.51 30.51	100m: 1:09.71 39.20	150m: 1:51.33 41.62	200m: 2:24.80 33.47			
4.	REBELO Maria Carlota	03	Condeixa Clube	<b>2:25.65</b>	+0,64	649 Q	
	50m: 30.79 30.79	100m: 1:08.15 37.36	150m: 1:50.18 42.03	200m: 2:25.65 35.47			
5.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:25.93</b>	+0,68	645 Q	
	50m: 30.18 30.18	100m: 1:08.01 37.83	150m: 1:51.86 43.85	200m: 2:25.93 34.07			

## Prova 9, Femin., 200m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	MESQUITA Francisca Salvador	02	Sporting	<b>2:25.93</b>	+0,72	645 Q	
	50m: 30.67 30.67 100m: 1:08.91 38.24 150m: 1:51.31 42.40 200m: 2:25.93 34.62						
7.	MENDES Mariana Amaral	02	Sporting	<b>2:26.48</b>	+0,71	638 Q	
	50m: 31.90 31.90 100m: 1:10.41 38.51 150m: 1:53.88 43.47 200m: 2:26.48 32.60						
8.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:29.81</b>	+0,74	596 R	
	50m: 31.66 31.66 100m: 1:13.23 41.57 150m: 1:52.82 39.59 200m: 2:29.81 36.99						

## Prova 9 Femin., 200m Estilos Absolutos 31/03/2022 - 11:20 Resultados Elimin

Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30/03/2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03/06/2012

CEJun\_Fem 14 - 17: 2:21.10 / CMJun\_Fem 14 - 17: 2:18.33 / CEPL 15 +: 2:13.84 / CMPL 15 +: 2:12.98

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>2:22.15</b>	+0,68	698 Q	
	50m: 29.42 29.42 100m: 1:05.32 35.90 150m: 1:45.77 40.45 200m: 2:22.15 36.38						
2.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:23.15</b>	+0,74	683 Q	
	50m: 30.04 30.04 100m: 1:06.82 36.78 150m: 1:50.10 43.28 200m: 2:23.15 33.05						
3.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:24.80</b>	+0,75	660 Q	
	50m: 30.51 30.51 100m: 1:09.71 39.20 150m: 1:51.33 41.62 200m: 2:24.80 33.47						
4.	REBELO Maria Carlota	03	Condeixa Clube	<b>2:25.65</b>	+0,64	649 Q	
	50m: 30.79 30.79 100m: 1:08.15 37.36 150m: 1:50.18 42.03 200m: 2:25.65 35.47						
5.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:25.93</b>	+0,68	645 Q	
	50m: 30.18 30.18 100m: 1:08.01 37.83 150m: 1:51.86 43.85 200m: 2:25.93 34.07						
	MESQUITA Francisca Salvador	02	Sporting	<b>2:25.93</b>	+0,72	645 Q	
	50m: 30.67 30.67 100m: 1:08.91 38.24 150m: 1:51.31 42.40 200m: 2:25.93 34.62						
7.	MENDES Mariana Amaral	02	Sporting	<b>2:26.48</b>	+0,71	638 Q	
	50m: 31.90 31.90 100m: 1:10.41 38.51 150m: 1:53.88 43.47 200m: 2:26.48 32.60						
8.	PIRES Marta Joao	05	Alges	<b>2:26.76</b>	+0,71	634 Q	
	50m: 30.74 30.74 100m: 1:08.87 38.13 150m: 1:53.90 45.03 200m: 2:26.76 32.86						
9.	REIS Erica Cristina	05	Sporting	<b>2:28.13</b>	+0,64	617 Q	
	50m: 32.47 32.47 100m: 1:09.79 37.32 150m: 1:54.33 44.54 200m: 2:28.13 33.80						
10.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>2:28.62</b>	+0,59	611 Q	
	50m: 31.75 31.75 100m: 1:10.80 39.05 150m: 1:54.47 43.67 200m: 2:28.62 34.15						
11.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:29.81</b>	+0,74	596 R	
	50m: 31.66 31.66 100m: 1:13.23 41.57 150m: 1:52.82 39.59 200m: 2:29.81 36.99						
12.	PINTO Leonor Filipa	06	Porto	<b>2:30.24</b>	+0,76	591 R	
	50m: 32.19 32.19 100m: 1:10.72 38.53 150m: 1:54.29 43.57 200m: 2:30.24 35.95						

## Prova 9, Femin., 200m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	LOPES Daniela Magalhaes	05	Famalicao	<b>2:30.29</b>	+0,75	590	
	50m: 31.59 31.59	100m: 1:11.39 39.80	150m: 1:55.85 44.46	200m: 2:30.29 34.44			
14.	CATALAO Leonor Tavares	06	Sporting	<b>2:32.33</b>	+0,71	567	
	50m: 31.60 31.60	100m: 1:11.52 39.92	150m: 1:57.27 45.75	200m: 2:32.33 35.06			
15.	ANTUNES Rebeca Leonor	06	Alges	<b>2:32.42</b>	+0,76	566	
	50m: 31.13 31.13	100m: 1:13.95 42.82	150m: 1:55.79 41.84	200m: 2:32.42 36.63			
16.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>2:32.72</b>	+0,85	563	
	50m: 33.10 33.10	100m: 1:10.03 36.93	150m: 1:56.59 46.56	200m: 2:32.72 36.13			
17.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>2:33.87</b>	+0,74	550	
	50m: 31.45 31.45	100m: 1:12.73 41.28	150m: 1:57.22 44.49	200m: 2:33.87 36.65			
EXH	PINTO Renata Vaz	99	ADADA Porto	<b>3:00.75</b>	+0,81	339	
	50m: 38.13 38.13	100m: 1:24.89 46.76	150m: 2:16.45 51.56	200m: 3:00.75 44.30			

## 2 - 1ª Jornada - 2ª Sessão - Finais

31/03/2022 - 18:00

### Prova 1 Femin., 1500m Livres Juniores Resultados

31/03/2022 - 18:00

Rec Nac	Tempo	Clube	Local	Data
Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB Singapore (SGP)	29/08/2015

CEJun\_Fem 14 - 17: 17:14.78 / CMJun\_Fem 14 - 17: 16:54.49 / CEPL 15 +: 16:28.47 / CMPL 15 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>17:45.38</b>	+0,71	644	
	50m: 32.55 32.55	450m: 5:16.83 35.52	850m: 10:01.66 35.61	1250m: 14:47.91 36.02			
	100m: 1:07.24 34.69	500m: 5:52.42 35.59	900m: 10:37.32 35.66	1300m: 15:23.94 36.03			
	150m: 1:42.82 35.58	550m: 6:28.10 35.68	950m: 11:12.91 35.59	1350m: 15:59.74 35.80			
	200m: 2:18.40 35.58	600m: 7:03.96 35.86	1000m: 11:48.95 36.04	1400m: 16:35.72 35.98			
	250m: 2:54.11 35.71	650m: 7:39.28 35.32	1050m: 12:24.66 35.71	1450m: 17:10.89 35.17			
	300m: 3:30.01 35.90	700m: 8:14.90 35.62	1100m: 13:00.37 35.71	1500m: 17:45.38 34.49			
	350m: 4:05.48 35.47	750m: 8:50.45 35.55	1150m: 13:35.94 35.57				
	400m: 4:41.31 35.83	800m: 9:26.05 35.60	1200m: 14:11.89 35.95				
2.	LOPES Daniela Magalhaes	05	Famalicao	<b>17:56.39</b>	+0,76	625	
	50m: 32.25 32.25	450m: 5:17.13 35.88	850m: 10:04.13 35.85	1250m: 14:54.43 36.39			
	100m: 1:07.35 35.10	500m: 5:52.90 35.77	900m: 10:40.39 36.26	1300m: 15:31.23 36.80			
	150m: 1:42.94 35.59	550m: 6:28.60 35.70	950m: 11:16.34 35.95	1350m: 16:07.80 36.57			
	200m: 2:18.18 35.24	600m: 7:04.43 35.83	1000m: 11:52.66 36.32	1400m: 16:44.90 37.10			
	250m: 2:53.78 35.60	650m: 7:40.19 35.76	1050m: 12:28.42 35.76	1450m: 17:20.73 35.83			
	300m: 3:29.64 35.86	700m: 8:16.28 36.09	1100m: 13:05.23 36.81	1500m: 17:56.39 35.66			
	350m: 4:05.34 35.70	750m: 8:52.28 36.00	1150m: 13:41.37 36.14				
	400m: 4:41.25 35.91	800m: 9:28.28 36.00	1200m: 14:18.04 36.67				

## Prova 1, Femin., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	PEIXOTO Carolina Esteves	06	Braga	<b>18:10.79</b>	<b>+0,84</b>	<b>600</b>	
	50m: 32.28 32.28	450m: 5:20.02	36.12	850m: 10:12.53	36.27	1250m: 15:08.11	37.15
	100m: 1:07.61 35.33	500m: 5:56.76	36.74	900m: 10:49.88	37.35	1300m: 15:45.25	37.14
	150m: 1:42.98 35.37	550m: 6:33.04	36.28	950m: 11:26.76	36.88	1350m: 16:21.95	36.70
	200m: 2:19.36 36.38	600m: 7:09.72	36.68	1000m: 12:03.62	36.86	1400m: 16:58.76	36.81
	250m: 2:54.96 35.60	650m: 7:46.20	36.48	1050m: 12:40.50	36.88	1450m: 17:35.15	36.39
	300m: 3:31.52 36.56	700m: 8:23.22	37.02	1100m: 13:17.51	37.01	1500m: 18:10.79	35.64
	350m: 4:07.35 35.83	750m: 8:59.70	36.48	1150m: 13:53.73	36.22		
	400m: 4:43.90 36.55	800m: 9:36.26	36.56	1200m: 14:30.96	37.23		
4.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>18:37.69</b>	<b>+0,72</b>	<b>558</b>	
	50m: 33.04 33.04	450m: 5:28.05	37.47	850m: 10:26.95	37.58	1250m: 15:29.97	37.94
	100m: 1:08.92 35.88	500m: 6:05.35	37.30	900m: 11:04.56	37.61	1300m: 16:08.01	38.04
	150m: 1:45.53 36.61	550m: 6:42.77	37.42	950m: 11:42.15	37.59	1350m: 16:45.87	37.86
	200m: 2:22.06 36.53	600m: 7:19.97	37.20	1000m: 12:20.28	38.13	1400m: 17:23.46	37.59
	250m: 2:59.09 37.03	650m: 7:57.22	37.25	1050m: 12:58.06	37.78	1450m: 18:01.01	37.55
	300m: 3:36.15 37.06	700m: 8:34.49	37.27	1100m: 13:35.93	37.87	1500m: 18:37.69	36.68
	350m: 4:13.22 37.07	750m: 9:11.90	37.41	1150m: 14:13.90	37.97		
	400m: 4:50.58 37.36	800m: 9:49.37	37.47	1200m: 14:52.03	38.13		
5.	NUNES Rita Sofia	05	Colegio Efanor	<b>18:43.23</b>	<b>+0,90</b>	<b>550</b>	
	50m: 33.12 33.12	450m: 5:29.38	37.51	850m: 10:31.96	37.69	1250m: 15:34.60	38.24
	100m: 1:09.16 36.04	500m: 6:07.10	37.72	900m: 11:09.62	37.66	1300m: 16:12.54	37.94
	150m: 1:46.86 37.70	550m: 6:44.44	37.34	950m: 11:46.30	36.68	1350m: 16:50.82	38.28
	200m: 2:24.08 37.22	600m: 7:22.72	38.28	1000m: 12:24.26	37.96	1400m: 17:28.97	38.15
	250m: 3:01.16 37.08	650m: 8:00.52	37.80	1050m: 13:02.13	37.87	1450m: 18:06.14	37.17
	300m: 3:38.13 36.97	700m: 8:38.24	37.72	1100m: 13:40.18	38.05	1500m: 18:43.23	37.09
	350m: 4:15.00 36.87	750m: 9:16.04	37.80	1150m: 14:18.00	37.82		
	400m: 4:51.87 36.87	800m: 9:54.27	38.23	1200m: 14:56.36	38.36		
6.	COSTA Mafalda Santos	05	Colegio Monte Maior	<b>18:51.46</b>	<b>+0,82</b>	<b>538</b>	
	50m: 33.08 33.08	450m: 5:30.36	37.48	850m: 10:31.26	37.95	1250m: 15:37.88	38.49
	100m: 1:09.43 36.35	500m: 6:07.66	37.30	900m: 11:09.43	38.17	1300m: 16:16.60	38.72
	150m: 1:46.52 37.09	550m: 6:45.24	37.58	950m: 11:47.35	37.92	1350m: 16:55.60	39.00
	200m: 2:23.58 37.06	600m: 7:22.71	37.47	1000m: 12:25.53	38.18	1400m: 17:34.61	39.01
	250m: 3:01.09 37.51	650m: 8:00.28	37.57	1050m: 13:04.03	38.50	1450m: 18:13.62	39.01
	300m: 3:38.36 37.27	700m: 8:38.03	37.75	1100m: 13:42.34	38.31	1500m: 18:51.46	37.84
	350m: 4:15.65 37.29	750m: 9:15.71	37.68	1150m: 14:20.81	38.47		
	400m: 4:52.88 37.23	800m: 9:53.31	37.60	1200m: 14:59.39	38.58		
7.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	<b>19:06.82</b>	<b>+0,75</b>	<b>517</b>	
	50m: 32.79 32.79	450m: 5:33.49	38.54	850m: 10:43.09	38.79	1250m: 15:54.42	38.97
	100m: 1:08.87 36.08	500m: 6:12.07	38.58	900m: 11:21.93	38.84	1300m: 16:33.50	39.08
	150m: 1:46.23 37.36	550m: 6:50.88	38.81	950m: 12:01.09	39.16	1350m: 17:12.43	38.93
	200m: 2:23.84 37.61	600m: 7:29.48	38.60	1000m: 12:40.10	39.01	1400m: 17:50.94	38.51
	250m: 3:01.60 37.76	650m: 8:08.32	38.84	1050m: 13:18.88	38.78	1450m: 18:29.60	38.66
	300m: 3:39.12 37.52	700m: 8:46.91	38.59	1100m: 13:57.61	38.73	1500m: 19:06.82	37.22
	350m: 4:17.17 38.05	750m: 9:25.58	38.67	1150m: 14:36.53	38.92		
	400m: 4:54.95 37.78	800m: 10:04.30	38.72	1200m: 15:15.45	38.92		
DNS	OLIVEIRA Vanessa Sofia	05	Gafanha da Encarnacao				

## Prova 1, Femin., 1500m Livres

Prova 1 Femin., 1500m Livres Seniores  
31/03/2022 - 18:00 Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
CEPL 15 +: 16:28.47 / CMPL 15 +: 16:29.57					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna <i>Minimos CE PL, Minimos CM PL</i>	99	Braga	<b>16:28.19</b>	+0,83	808	
	50m: 30.76 30.76	450m: 4:50.52 32.65	850m: 9:14.32 33.24	1250m: 13:40.72 33.41			
	100m: 1:03.21 32.45	500m: 5:23.23 32.71	900m: 9:47.40 33.08	1300m: 14:14.57 33.85			
	150m: 1:35.54 32.33	550m: 5:56.13 32.90	950m: 10:20.63 33.23	1350m: 14:48.15 33.58			
	200m: 2:08.00 32.46	600m: 6:29.04 32.91	1000m: 10:53.91 33.28	1400m: 15:21.99 33.84			
	250m: 2:40.57 32.57	650m: 7:02.14 33.10	1050m: 11:27.00 33.09	1450m: 15:55.58 33.59			
	300m: 3:13.01 32.44	700m: 7:35.11 32.97	1100m: 12:00.46 33.46	1500m: 16:28.19 32.61			
	350m: 3:45.51 32.50	750m: 8:08.20 33.09	1150m: 12:33.75 33.29				
	400m: 4:17.87 32.36	800m: 8:41.08 32.88	1200m: 13:07.31 33.56				
2.	DURAES Diana Margarida	96	Benfica	<b>16:34.61</b>	+0,77	792	
	50m: 30.92 30.92	450m: 4:53.37 33.22	850m: 9:18.57 33.19	1250m: 13:47.41 33.25			
	100m: 1:03.17 32.25	500m: 5:26.48 33.11	900m: 9:51.98 33.41	1300m: 14:21.04 33.63			
	150m: 1:35.95 32.78	550m: 5:59.71 33.23	950m: 10:25.87 33.89	1350m: 14:54.89 33.85			
	200m: 2:08.60 32.65	600m: 6:32.76 33.05	1000m: 10:59.57 33.70	1400m: 15:28.56 33.67			
	250m: 2:41.47 32.87	650m: 7:05.88 33.12	1050m: 11:33.13 33.56	1450m: 16:02.01 33.45			
	300m: 3:14.22 32.75	700m: 7:38.95 33.07	1100m: 12:06.87 33.74	1500m: 16:34.61 32.60			
	350m: 3:47.26 33.04	750m: 8:12.30 33.35	1150m: 12:40.57 33.70				
	400m: 4:20.15 32.89	800m: 8:45.38 33.08	1200m: 13:14.16 33.59				
3.	ANDRE Angelica Maria	94	Porto	<b>16:48.19</b>	+0,71	761	
	50m: 30.98 30.98	450m: 5:00.37 34.05	850m: 9:30.14 33.59	1250m: 14:00.90 33.55			
	100m: 1:03.71 32.73	500m: 5:34.00 33.63	900m: 10:03.95 33.81	1300m: 14:34.98 34.08			
	150m: 1:37.00 33.29	550m: 6:07.75 33.75	950m: 10:37.47 33.52	1350m: 15:08.93 33.95			
	200m: 2:10.54 33.54	600m: 6:41.55 33.80	1000m: 11:11.44 33.97	1400m: 15:42.60 33.67			
	250m: 2:44.45 33.91	650m: 7:15.40 33.85	1050m: 11:45.56 34.12	1450m: 16:16.02 33.42			
	300m: 3:18.32 33.87	700m: 7:49.21 33.81	1100m: 12:19.60 34.04	1500m: 16:48.19 32.17			
	350m: 3:52.51 34.19	750m: 8:22.91 33.70	1150m: 12:53.26 33.66				
	400m: 4:26.32 33.81	800m: 8:56.55 33.64	1200m: 13:27.35 34.09				
4.	MENDES Mariana Amaral	02	Sporting	<b>17:24.67</b>	+0,87	684	
	50m: 32.55 32.55	450m: 5:11.85 35.15	850m: 9:51.96 34.95	1250m: 14:32.03 35.04			
	100m: 1:07.03 34.48	500m: 5:46.84 34.99	900m: 10:27.05 35.09	1300m: 15:07.03 35.00			
	150m: 1:41.91 34.88	550m: 6:21.93 35.09	950m: 11:02.08 35.03	1350m: 15:42.14 35.11			
	200m: 2:16.78 34.87	600m: 6:56.99 35.06	1000m: 11:37.10 35.02	1400m: 16:17.09 34.95			
	250m: 2:51.84 35.06	650m: 7:32.07 35.08	1050m: 12:12.08 34.98	1450m: 16:51.68 34.59			
	300m: 3:26.68 34.84	700m: 8:07.09 35.02	1100m: 12:46.95 34.87	1500m: 17:24.67 32.99			
	350m: 4:01.69 35.01	750m: 8:42.13 35.04	1150m: 13:21.95 35.00				
	400m: 4:36.70 35.01	800m: 9:17.01 34.88	1200m: 13:56.99 35.04				

## Prova 1, Femin., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>17:43.72</b>		647	
	50m: 32.53 32.53	450m: 5:16.81 35.69	850m: 10:02.50 35.89	1250m: 14:47.75 35.59			
	100m: 1:07.61 35.08	500m: 5:52.41 35.60	900m: 10:38.47 35.97	1300m: 15:23.52 35.77			
	150m: 1:43.16 35.55	550m: 6:28.05 35.64	950m: 11:14.24 35.77	1350m: 15:59.03 35.51			
	200m: 2:18.62 35.46	600m: 7:03.56 35.51	1000m: 11:50.25 36.01	1400m: 16:34.40 35.37			
	250m: 2:54.34 35.72	650m: 7:39.17 35.61	1050m: 12:25.75 35.50	1450m: 17:09.58 35.18			
	300m: 3:29.88 35.54	700m: 8:14.72 35.55	1100m: 13:01.13 35.38	1500m: 17:43.72 34.14			
	350m: 4:05.56 35.68	750m: 8:50.77 36.05	1150m: 13:36.66 35.53				
	400m: 4:41.12 35.56	800m: 9:26.61 35.84	1200m: 14:12.16 35.50				
6.	<b>ARMAS Maria Ornelas</b>	98	Vikings	<b>18:09.24</b>	+0,90	603	
	50m: 32.64 32.64	450m: 5:18.35 35.97	850m: 10:10.13 36.40	1250m: 15:05.11 36.67			
	100m: 1:07.74 35.10	500m: 5:54.80 36.45	900m: 10:47.07 36.94	1300m: 15:42.20 37.09			
	150m: 1:42.94 35.20	550m: 6:31.06 36.26	950m: 11:23.41 36.34	1350m: 16:19.24 37.04			
	200m: 2:18.89 35.95	600m: 7:07.94 36.88	1000m: 12:00.47 37.06	1400m: 16:56.58 37.34			
	250m: 2:54.68 35.79	650m: 7:44.06 36.12	1050m: 12:37.36 36.89	1450m: 17:33.26 36.68			
	300m: 3:30.72 36.04	700m: 8:20.67 36.61	1100m: 13:14.58 37.22	1500m: 18:09.24 35.98			
	350m: 4:06.37 35.65	750m: 8:56.96 36.29	1150m: 13:51.35 36.77				
	400m: 4:42.38 36.01	800m: 9:33.73 36.77	1200m: 14:28.44 37.09				

## Prova 1 Femin., 1500m Livres Absolutos Resultados

Rec Nac Absoluto	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Sen	16:15.12	DURAES Diana Margarida	SLB	Lisboa	09/02/2020
Rec Nac Jun17	16:20.80	HOLUB Tamila Hryhorivna	POR	Hodmezovasarhely (HUN)	08/07/2016
Rec Nac Jun16	16:43.22	HOLUB Tamila Hryhorivna	SCB	Singapore (SGP)	29/08/2015

CEJun\_Fem 14 - 17: 17:14.78 / CMJun\_Fem 14 - 17: 16:54.49 / CEPL 15 +: 16:28.47 / CMPL 15 +: 16:29.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>HOLUB Tamila Hryhorivna</b> <i>Minimos CE PL, Minimos CM PL</i>	99	Braga	<b>16:28.19</b>	+0,83	808	
	50m: 30.76 30.76	450m: 4:50.52 32.65	850m: 9:14.32 33.24	1250m: 13:40.72 33.41			
	100m: 1:03.21 32.45	500m: 5:23.23 32.71	900m: 9:47.40 33.08	1300m: 14:14.57 33.85			
	150m: 1:35.54 32.33	550m: 5:56.13 32.90	950m: 10:20.63 33.23	1350m: 14:48.15 33.58			
	200m: 2:08.00 32.46	600m: 6:29.04 32.91	1000m: 10:53.91 33.28	1400m: 15:21.99 33.84			
	250m: 2:40.57 32.57	650m: 7:02.14 33.10	1050m: 11:27.00 33.09	1450m: 15:55.58 33.59			
	300m: 3:13.01 32.44	700m: 7:35.11 32.97	1100m: 12:00.46 33.46	1500m: 16:28.19 32.61			
	350m: 3:45.51 32.50	750m: 8:08.20 33.09	1150m: 12:33.75 33.29				
	400m: 4:17.87 32.36	800m: 8:41.08 32.88	1200m: 13:07.31 33.56				
2.	<b>DURAES Diana Margarida</b>	96	Benfica	<b>16:34.61</b>	+0,77	792	
	50m: 30.92 30.92	450m: 4:53.37 33.22	850m: 9:18.57 33.19	1250m: 13:47.41 33.25			
	100m: 1:03.17 32.25	500m: 5:26.48 33.11	900m: 9:51.98 33.41	1300m: 14:21.04 33.63			
	150m: 1:35.95 32.78	550m: 5:59.71 33.23	950m: 10:25.87 33.89	1350m: 14:54.89 33.85			
	200m: 2:08.60 32.65	600m: 6:32.76 33.05	1000m: 10:59.57 33.70	1400m: 15:28.56 33.67			
	250m: 2:41.47 32.87	650m: 7:05.88 33.12	1050m: 11:33.13 33.56	1450m: 16:02.01 33.45			
	300m: 3:14.22 32.75	700m: 7:38.95 33.07	1100m: 12:06.87 33.74	1500m: 16:34.61 32.60			
	350m: 3:47.26 33.04	750m: 8:12.30 33.35	1150m: 12:40.57 33.70				
	400m: 4:20.15 32.89	800m: 8:45.38 33.08	1200m: 13:14.16 33.59				

## Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	<b>ANDRE Angelica Maria</b>	94	Porto	<b>16:48.19</b>	<b>+0,71</b>	<b>761</b>	
	50m: 30.98 30.98	450m: 5:00.37	34.05	850m: 9:30.14	33.59	1250m: 14:00.90	33.55
	100m: 1:03.71 32.73	500m: 5:34.00	33.63	900m: 10:03.95	33.81	1300m: 14:34.98	34.08
	150m: 1:37.00 33.29	550m: 6:07.75	33.75	950m: 10:37.47	33.52	1350m: 15:08.93	33.95
	200m: 2:10.54 33.54	600m: 6:41.55	33.80	1000m: 11:11.44	33.97	1400m: 15:42.60	33.67
	250m: 2:44.45 33.91	650m: 7:15.40	33.85	1050m: 11:45.56	34.12	1450m: 16:16.02	33.42
	300m: 3:18.32 33.87	700m: 7:49.21	33.81	1100m: 12:19.60	34.04	1500m: 16:48.19	32.17
	350m: 3:52.51 34.19	750m: 8:22.91	33.70	1150m: 12:53.26	33.66		
	400m: 4:26.32 33.81	800m: 8:56.55	33.64	1200m: 13:27.35	34.09		
4.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>17:24.67</b>	<b>+0,87</b>	<b>684</b>	
	50m: 32.55 32.55	450m: 5:11.85	35.15	850m: 9:51.96	34.95	1250m: 14:32.03	35.04
	100m: 1:07.03 34.48	500m: 5:46.84	34.99	900m: 10:27.05	35.09	1300m: 15:07.03	35.00
	150m: 1:41.91 34.88	550m: 6:21.93	35.09	950m: 11:02.08	35.03	1350m: 15:42.14	35.11
	200m: 2:16.78 34.87	600m: 6:56.99	35.06	1000m: 11:37.10	35.02	1400m: 16:17.09	34.95
	250m: 2:51.84 35.06	650m: 7:32.07	35.08	1050m: 12:12.08	34.98	1450m: 16:51.68	34.59
	300m: 3:26.68 34.84	700m: 8:07.09	35.02	1100m: 12:46.95	34.87	1500m: 17:24.67	32.99
	350m: 4:01.69 35.01	750m: 8:42.13	35.04	1150m: 13:21.95	35.00		
	400m: 4:36.70 35.01	800m: 9:17.01	34.88	1200m: 13:56.99	35.04		
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>17:43.72</b>		<b>647</b>	
	50m: 32.53 32.53	450m: 5:16.81	35.69	850m: 10:02.50	35.89	1250m: 14:47.75	35.59
	100m: 1:07.61 35.08	500m: 5:52.41	35.60	900m: 10:38.47	35.97	1300m: 15:23.52	35.77
	150m: 1:43.16 35.55	550m: 6:28.05	35.64	950m: 11:14.24	35.77	1350m: 15:59.03	35.51
	200m: 2:18.62 35.46	600m: 7:03.56	35.51	1000m: 11:50.25	36.01	1400m: 16:34.40	35.37
	250m: 2:54.34 35.72	650m: 7:39.17	35.61	1050m: 12:25.75	35.50	1450m: 17:09.58	35.18
	300m: 3:29.88 35.54	700m: 8:14.72	35.55	1100m: 13:01.13	35.38	1500m: 17:43.72	34.14
	350m: 4:05.56 35.68	750m: 8:50.77	36.05	1150m: 13:36.66	35.53		
	400m: 4:41.12 35.56	800m: 9:26.61	35.84	1200m: 14:12.16	35.50		
6.	<b>FARIA Leonor Verissimo</b>	06	Nucleo de Pombal	<b>17:45.38</b>	<b>+0,71</b>	<b>644</b>	
	50m: 32.55 32.55	450m: 5:16.83	35.52	850m: 10:01.66	35.61	1250m: 14:47.91	36.02
	100m: 1:07.24 34.69	500m: 5:52.42	35.59	900m: 10:37.32	35.66	1300m: 15:23.94	36.03
	150m: 1:42.82 35.58	550m: 6:28.10	35.68	950m: 11:12.91	35.59	1350m: 15:59.74	35.80
	200m: 2:18.40 35.58	600m: 7:03.96	35.86	1000m: 11:48.95	36.04	1400m: 16:35.72	35.98
	250m: 2:54.11 35.71	650m: 7:39.28	35.32	1050m: 12:24.66	35.71	1450m: 17:10.89	35.17
	300m: 3:30.01 35.90	700m: 8:14.90	35.62	1100m: 13:00.37	35.71	1500m: 17:45.38	34.49
	350m: 4:05.48 35.47	750m: 8:50.45	35.55	1150m: 13:35.94	35.57		
	400m: 4:41.31 35.83	800m: 9:26.05	35.60	1200m: 14:11.89	35.95		
7.	<b>LOPES Daniela Magalhaes</b>	05	Famalicao	<b>17:56.39</b>	<b>+0,76</b>	<b>625</b>	
	50m: 32.25 32.25	450m: 5:17.13	35.88	850m: 10:04.13	35.85	1250m: 14:54.43	36.39
	100m: 1:07.35 35.10	500m: 5:52.90	35.77	900m: 10:40.39	36.26	1300m: 15:31.23	36.80
	150m: 1:42.94 35.59	550m: 6:28.60	35.70	950m: 11:16.34	35.95	1350m: 16:07.80	36.57
	200m: 2:18.18 35.24	600m: 7:04.43	35.83	1000m: 11:52.66	36.32	1400m: 16:44.90	37.10
	250m: 2:53.78 35.60	650m: 7:40.19	35.76	1050m: 12:28.42	35.76	1450m: 17:20.73	35.83
	300m: 3:29.64 35.86	700m: 8:16.28	36.09	1100m: 13:05.23	36.81	1500m: 17:56.39	35.66
	350m: 4:05.34 35.70	750m: 8:52.28	36.00	1150m: 13:41.37	36.14		
	400m: 4:41.25 35.91	800m: 9:28.28	36.00	1200m: 14:18.04	36.67		

## Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	<b>ARMAS Maria Ornelas</b>	98	Vikings	<b>18:09.24</b>	<b>+0,90</b>	<b>603</b>	
	50m: 32.64 32.64	450m: 5:18.35 35.97	850m: 10:10.13 36.40	1250m: 15:05.11 36.67			
	100m: 1:07.74 35.10	500m: 5:54.80 36.45	900m: 10:47.07 36.94	1300m: 15:42.20 37.09			
	150m: 1:42.94 35.20	550m: 6:31.06 36.26	950m: 11:23.41 36.34	1350m: 16:19.24 37.04			
	200m: 2:18.89 35.95	600m: 7:07.94 36.88	1000m: 12:00.47 37.06	1400m: 16:56.58 37.34			
	250m: 2:54.68 35.79	650m: 7:44.06 36.12	1050m: 12:37.36 36.89	1450m: 17:33.26 36.68			
	300m: 3:30.72 36.04	700m: 8:20.67 36.61	1100m: 13:14.58 37.22	1500m: 18:09.24 35.98			
	350m: 4:06.37 35.65	750m: 8:56.96 36.29	1150m: 13:51.35 36.77				
	400m: 4:42.38 36.01	800m: 9:33.73 36.77	1200m: 14:28.44 37.09				
9.	<b>PEIXOTO Carolina Esteves</b>	06	Braga	<b>18:10.79</b>	<b>+0,84</b>	<b>600</b>	
	50m: 32.28 32.28	450m: 5:20.02 36.12	850m: 10:12.53 36.27	1250m: 15:08.11 37.15			
	100m: 1:07.61 35.33	500m: 5:56.76 36.74	900m: 10:49.88 37.35	1300m: 15:45.25 37.14			
	150m: 1:42.98 35.37	550m: 6:33.04 36.28	950m: 11:26.76 36.88	1350m: 16:21.95 36.70			
	200m: 2:19.36 36.38	600m: 7:09.72 36.68	1000m: 12:03.62 36.86	1400m: 16:58.76 36.81			
	250m: 2:54.96 35.60	650m: 7:46.20 36.48	1050m: 12:40.50 36.88	1450m: 17:35.15 36.39			
	300m: 3:31.52 36.56	700m: 8:23.22 37.02	1100m: 13:17.51 37.01	1500m: 18:10.79 35.64			
	350m: 4:07.35 35.83	750m: 8:59.70 36.48	1150m: 13:53.73 36.22				
	400m: 4:43.90 36.55	800m: 9:36.26 36.56	1200m: 14:30.96 37.23				
10.	<b>RAMOS Joana Barbas</b>	06	Gafanha da Encarnacao	<b>18:37.69</b>	<b>+0,72</b>	<b>558</b>	
	50m: 33.04 33.04	450m: 5:28.05 37.47	850m: 10:26.95 37.58	1250m: 15:29.97 37.94			
	100m: 1:08.92 35.88	500m: 6:05.35 37.30	900m: 11:04.56 37.61	1300m: 16:08.01 38.04			
	150m: 1:45.53 36.61	550m: 6:42.77 37.42	950m: 11:42.15 37.59	1350m: 16:45.87 37.86			
	200m: 2:22.06 36.53	600m: 7:19.97 37.20	1000m: 12:20.28 38.13	1400m: 17:23.46 37.59			
	250m: 2:59.09 37.03	650m: 7:57.22 37.25	1050m: 12:58.06 37.78	1450m: 18:01.01 37.55			
	300m: 3:36.15 37.06	700m: 8:34.49 37.27	1100m: 13:35.93 37.87	1500m: 18:37.69 36.68			
	350m: 4:13.22 37.07	750m: 9:11.90 37.41	1150m: 14:13.90 37.97				
	400m: 4:50.58 37.36	800m: 9:49.37 37.47	1200m: 14:52.03 38.13				
11.	<b>NUNES Rita Sofia</b>	05	Colegio Efanor	<b>18:43.23</b>	<b>+0,90</b>	<b>550</b>	
	50m: 33.12 33.12	450m: 5:29.38 37.51	850m: 10:31.96 37.69	1250m: 15:34.60 38.24			
	100m: 1:09.16 36.04	500m: 6:07.10 37.72	900m: 11:09.62 37.66	1300m: 16:12.54 37.94			
	150m: 1:46.86 37.70	550m: 6:44.44 37.34	950m: 11:46.30 36.68	1350m: 16:50.82 38.28			
	200m: 2:24.08 37.22	600m: 7:22.72 38.28	1000m: 12:24.26 37.96	1400m: 17:28.97 38.15			
	250m: 3:01.16 37.08	650m: 8:00.52 37.80	1050m: 13:02.13 37.87	1450m: 18:06.14 37.17			
	300m: 3:38.13 36.97	700m: 8:38.24 37.72	1100m: 13:40.18 38.05	1500m: 18:43.23 37.09			
	350m: 4:15.00 36.87	750m: 9:16.04 37.80	1150m: 14:18.00 37.82				
	400m: 4:51.87 36.87	800m: 9:54.27 38.23	1200m: 14:56.36 38.36				
12.	<b>COSTA Mafalda Santos</b>	05	Colegio Monte Maior	<b>18:51.46</b>	<b>+0,82</b>	<b>538</b>	
	50m: 33.08 33.08	450m: 5:30.36 37.48	850m: 10:31.26 37.95	1250m: 15:37.88 38.49			
	100m: 1:09.43 36.35	500m: 6:07.66 37.30	900m: 11:09.43 38.17	1300m: 16:16.60 38.72			
	150m: 1:46.52 37.09	550m: 6:45.24 37.58	950m: 11:47.35 37.92	1350m: 16:55.60 39.00			
	200m: 2:23.58 37.06	600m: 7:22.71 37.47	1000m: 12:25.53 38.18	1400m: 17:34.61 39.01			
	250m: 3:01.09 37.51	650m: 8:00.28 37.57	1050m: 13:04.03 38.50	1450m: 18:13.62 39.01			
	300m: 3:38.36 37.27	700m: 8:38.03 37.75	1100m: 13:42.34 38.31	1500m: 18:51.46 37.84			
	350m: 4:15.65 37.29	750m: 9:15.71 37.68	1150m: 14:20.81 38.47				
	400m: 4:52.88 37.23	800m: 9:53.31 37.60	1200m: 14:59.39 38.58				

## Prova 1, Femin., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	CARLOTA Catarina Isabel	05	BUZIOS-Coruche	<b>19:06.82</b>	+0,75	517	
	50m: 32.79 32.79	450m: 5:33.49 38.54	850m: 10:43.09 38.79	1250m: 15:54.42 38.97			
	100m: 1:08.87 36.08	500m: 6:12.07 38.58	900m: 11:21.93 38.84	1300m: 16:33.50 39.08			
	150m: 1:46.23 37.36	550m: 6:50.88 38.81	950m: 12:01.09 39.16	1350m: 17:12.43 38.93			
	200m: 2:23.84 37.61	600m: 7:29.48 38.60	1000m: 12:40.10 39.01	1400m: 17:50.94 38.51			
	250m: 3:01.60 37.76	650m: 8:08.32 38.84	1050m: 13:18.88 38.78	1450m: 18:29.60 38.66			
	300m: 3:39.12 37.52	700m: 8:46.91 38.59	1100m: 13:57.61 38.73	1500m: 19:06.82 37.22			
	350m: 4:17.17 38.05	750m: 9:25.58 38.67	1150m: 14:36.53 38.92				
	400m: 4:54.95 37.78	800m: 10:04.30 38.72	1200m: 15:15.45 38.92				

DNS OLIVEIRA Vanessa Sofia 05 Gafanha da Encarnacao

## Prova 2 Masc., 1500m Livres Juniores Resultados

Rec Nat	Tempo	Clube	Local	Data
Rec Nat Absoluto	15:15.12	PINA Guilherme Filipe	SCP Coimbra	30/03/2017
Rec Nat Jun18	15:23.46	PINA Guilherme Filipe	POR Hodmezovasarhely (HUN)	07/07/2016
Rec Nat Jun17	15:43.45	PINA Guilherme Filipe	POR Singapore (SGP)	30/08/2015

CEJun\_Masc 15 - 18: 15:56.90 / CMJun\_Masc 15 - 18: 15:38.05 / CEPL Abs: 15:18.18 / CMPL Abs: 15:04.64

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>16:18.04</b>	+0,71	706	
	50m: 29.09 29.09	450m: 4:46.49 32.34	850m: 9:09.63 32.62	1250m: 13:33.88 33.44			
	100m: 1:00.79 31.70	500m: 5:19.28 32.79	900m: 9:42.19 32.56	1300m: 14:07.20 33.32			
	150m: 1:33.03 32.24	550m: 5:52.07 32.79	950m: 10:15.01 32.82	1350m: 14:40.42 33.22			
	200m: 2:05.00 31.97	600m: 6:25.02 32.95	1000m: 10:48.06 33.05	1400m: 15:13.77 33.35			
	250m: 2:37.34 32.34	650m: 6:58.11 33.09	1050m: 11:20.90 32.84	1450m: 15:46.46 32.69			
	300m: 3:09.99 32.65	700m: 7:31.04 32.93	1100m: 11:54.38 33.48	1500m: 16:18.04 31.58			
	350m: 3:41.92 31.93	750m: 8:03.98 32.94	1150m: 12:26.83 32.45				
	400m: 4:14.15 32.23	800m: 8:37.01 33.03	1200m: 13:00.44 33.61				
2.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>16:25.20</b>	+0,74	691	
	50m: 28.74 28.74	450m: 4:53.04 33.19	850m: 9:16.44 32.91	1250m: 13:41.40 33.36			
	100m: 1:01.09 32.35	500m: 5:26.54 33.50	900m: 9:49.54 33.10	1300m: 14:14.59 33.19			
	150m: 1:34.15 33.06	550m: 5:59.17 32.63	950m: 10:22.66 33.12	1350m: 14:47.80 33.21			
	200m: 2:07.30 33.15	600m: 6:32.04 32.87	1000m: 10:55.78 33.12	1400m: 15:20.83 33.03			
	250m: 2:40.42 33.12	650m: 7:04.90 32.86	1050m: 11:28.78 33.00	1450m: 15:53.64 32.81			
	300m: 3:13.71 33.29	700m: 7:38.08 33.18	1100m: 12:01.82 33.04	1500m: 16:25.20 31.56			
	350m: 3:46.65 32.94	750m: 8:10.75 32.67	1150m: 12:34.73 32.91				
	400m: 4:19.85 33.20	800m: 8:43.53 32.78	1200m: 13:08.04 33.31				
3.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>16:46.39</b>	+0,67	648	
	50m: 30.64 30.64	450m: 5:01.69 33.83	850m: 9:32.72 33.54	1250m: 14:01.55 33.58			
	100m: 1:04.15 33.51	500m: 5:35.53 33.84	900m: 10:06.35 33.63	1300m: 14:35.16 33.61			
	150m: 1:37.76 33.61	550m: 6:09.41 33.88	950m: 10:39.75 33.40	1350m: 15:08.71 33.55			
	200m: 2:11.65 33.89	600m: 6:43.24 33.83	1000m: 11:13.43 33.68	1400m: 15:42.13 33.42			
	250m: 2:45.59 33.94	650m: 7:17.01 33.77	1050m: 11:47.21 33.78	1450m: 16:14.60 32.47			
	300m: 3:19.73 34.14	700m: 7:50.82 33.81	1100m: 12:21.03 33.82	1500m: 16:46.39 31.79			
	350m: 3:53.75 34.02	750m: 8:25.11 34.29	1150m: 12:54.29 33.26				
	400m: 4:27.86 34.11	800m: 8:59.18 34.07	1200m: 13:27.97 33.68				

## Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	<b>CARVALHO Martim Henriques</b>	04	Rio Maior	<b>16:54.42</b>	<b>+0,68</b>	<b>633</b>	
	50m: 30.77 30.77	450m: 5:00.40 34.51	850m: 9:33.86 34.46	1250m: 14:06.93 33.79			
	100m: 1:04.14 33.37	500m: 5:34.57 34.17	900m: 10:07.64 33.78	1300m: 14:40.92 33.99			
	150m: 1:37.50 33.36	550m: 6:08.51 33.94	950m: 10:42.17 34.53	1350m: 15:14.96 34.04			
	200m: 2:11.19 33.69	600m: 6:42.70 34.19	1000m: 11:16.14 33.97	1400m: 15:48.81 33.85			
	250m: 2:45.36 34.17	650m: 7:16.77 34.07	1050m: 11:50.98 34.84	1450m: 16:22.31 33.50			
	300m: 3:19.41 34.05	700m: 7:51.22 34.45	1100m: 12:25.03 34.05	1500m: 16:54.42 32.11			
	350m: 3:51.79 32.38	750m: 8:25.39 34.17	1150m: 12:59.44 34.41				
	400m: 4:25.89 34.10	800m: 8:59.40 34.01	1200m: 13:33.14 33.70				
5.	<b>ANSELMO Raul Sousa</b>	05	Bombeiros Ponta Delgada	<b>16:58.60</b>	<b>+0,74</b>	<b>625</b>	
	50m: 29.60 29.60	450m: 4:56.62 34.18	850m: 9:30.23 34.25	1250m: 14:07.59 34.49			
	100m: 1:02.01 32.41	500m: 5:30.36 33.74	900m: 10:04.43 34.20	1300m: 14:42.66 35.07			
	150m: 1:34.90 32.89	550m: 6:04.37 34.01	950m: 10:39.27 34.84	1350m: 15:17.91 35.25			
	200m: 2:07.96 33.06	600m: 6:38.55 34.18	1000m: 11:13.64 34.37	1400m: 15:52.35 34.44			
	250m: 2:41.57 33.61	650m: 7:12.95 34.40	1050m: 11:48.99 35.35	1450m: 16:25.91 33.56			
	300m: 3:15.05 33.48	700m: 7:47.08 34.13	1100m: 12:23.72 34.73	1500m: 16:58.60 32.69			
	350m: 3:48.73 33.68	750m: 8:21.89 34.81	1150m: 12:58.34 34.62				
	400m: 4:22.44 33.71	800m: 8:55.98 34.09	1200m: 13:33.10 34.76				
6.	<b>CARVALHO Goncalo Renato</b>	04	Porto	<b>17:02.17</b>	<b>+0,73</b>	<b>618</b>	
	50m: 29.91 29.91	450m: 4:59.07 33.87	850m: 9:34.50 34.34	1250m: 14:11.72 34.32			
	100m: 1:02.94 33.03	500m: 5:33.77 34.70	900m: 10:09.24 34.74	1300m: 14:46.82 35.10			
	150m: 1:36.07 33.13	550m: 6:08.17 34.40	950m: 10:43.94 34.70	1350m: 15:20.89 34.07			
	200m: 2:09.53 33.46	600m: 6:42.67 34.50	1000m: 11:18.93 34.99	1400m: 15:55.31 34.42			
	250m: 2:43.26 33.73	650m: 7:16.96 34.29	1050m: 11:53.45 34.52	1450m: 16:29.29 33.98			
	300m: 3:17.25 33.99	700m: 7:51.77 34.81	1100m: 12:28.42 34.97	1500m: 17:02.17 32.88			
	350m: 3:51.17 33.92	750m: 8:25.94 34.17	1150m: 13:02.68 34.26				
	400m: 4:25.20 34.03	800m: 9:00.16 34.22	1200m: 13:37.40 34.72				
7.	<b>PEREIRA Manuel Angelo</b>	05	Sporting	<b>17:02.51</b>	<b>+0,74</b>	<b>618</b>	
	50m: 29.57 29.57	450m: 5:00.82 34.62	850m: 9:36.00 34.42	1250m: 14:12.01 34.45			
	100m: 1:02.09 32.52	500m: 5:34.99 34.17	900m: 10:10.21 34.21	1300m: 14:46.30 34.29			
	150m: 1:35.66 33.57	550m: 6:09.43 34.44	950m: 10:44.73 34.52	1350m: 15:20.90 34.60			
	200m: 2:09.58 33.92	600m: 6:43.68 34.25	1000m: 11:19.12 34.39	1400m: 15:55.42 34.52			
	250m: 2:43.65 34.07	650m: 7:18.25 34.57	1050m: 11:53.94 34.82	1450m: 16:29.44 34.02			
	300m: 3:17.64 33.99	700m: 7:52.74 34.49	1100m: 12:28.05 34.11	1500m: 17:02.51 33.07			
	350m: 3:52.11 34.47	750m: 8:27.40 34.66	1150m: 13:02.46 34.41				
	400m: 4:26.20 34.09	800m: 9:01.58 34.18	1200m: 13:37.56 35.10				
8.	<b>SOUSA Joao Maria</b>	05	Braga	<b>17:08.55</b>	<b>+0,68</b>	<b>607</b>	
	50m: 29.34 29.34	450m: 4:58.99 34.03	850m: 9:33.92 34.20	1250m: 14:15.32 35.36			
	100m: 1:02.00 32.66	500m: 5:33.43 34.44	900m: 10:08.91 34.99	1300m: 14:50.56 35.24			
	150m: 1:35.24 33.24	550m: 6:07.72 34.29	950m: 10:43.67 34.76	1350m: 15:24.77 34.21			
	200m: 2:09.00 33.76	600m: 6:42.31 34.59	1000m: 11:18.72 35.05	1400m: 16:00.33 35.56			
	250m: 2:42.74 33.74	650m: 7:16.61 34.30	1050m: 11:53.89 35.17	1450m: 16:34.65 34.32			
	300m: 3:16.91 34.17	700m: 7:51.23 34.62	1100m: 12:29.35 35.46	1500m: 17:08.55 33.90			
	350m: 3:50.75 33.84	750m: 8:25.22 33.99	1150m: 13:04.54 35.19				
	400m: 4:24.96 34.21	800m: 8:59.72 34.50	1200m: 13:39.96 35.42				

## Prova 2, Masc., 1500m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	<b>GOMES Marcio Fernandes</b>	04	Braga	<b>17:08.65</b>	<b>+0,63</b>	<b>607</b>	
	50m: 30.17 30.17	450m: 4:59.09 34.01	850m: 9:33.56 33.94	1250m: 14:12.13 35.26			
	100m: 1:03.05 32.88	500m: 5:32.98 33.89	900m: 10:08.16 34.60	1300m: 14:47.32 35.19			
	150m: 1:36.14 33.09	550m: 6:07.44 34.46	950m: 10:42.68 34.52	1350m: 15:23.06 35.74			
	200m: 2:09.61 33.47	600m: 6:41.59 34.15	1000m: 11:17.28 34.60	1400m: 15:58.71 35.65			
	250m: 2:43.43 33.82	650m: 7:15.70 34.11	1050m: 11:52.40 35.12	1450m: 16:34.69 35.98			
	300m: 3:17.37 33.94	700m: 7:50.22 34.52	1100m: 12:27.32 34.92	1500m: 17:08.65 33.96			
	350m: 3:51.05 33.68	750m: 8:25.07 34.85	1150m: 13:01.94 34.62				
	400m: 4:25.08 34.03	800m: 8:59.62 34.55	1200m: 13:36.87 34.93				
10.	<b>AMADO Pedro Maria</b>	05	Alges	<b>17:43.32</b>	<b>+0,76</b>	<b>549</b>	
	50m: 29.83 29.83	450m: 5:05.55 35.00	850m: 9:51.30 36.07	1250m: 14:42.56 36.23			
	100m: 1:02.63 32.80	500m: 5:40.83 35.28	900m: 10:27.23 35.93	1300m: 15:19.20 36.64			
	150m: 1:36.53 33.90	550m: 6:16.29 35.46	950m: 11:03.13 35.90	1350m: 15:55.79 36.59			
	200m: 2:11.06 34.53	600m: 6:52.22 35.93	1000m: 11:39.38 36.25	1400m: 16:32.55 36.76			
	250m: 2:45.78 34.72	650m: 7:27.79 35.57	1050m: 12:15.87 36.49	1450m: 17:08.55 36.00			
	300m: 3:20.75 34.97	700m: 8:03.56 35.77	1100m: 12:52.28 36.41	1500m: 17:43.32 34.77			
	350m: 3:55.47 34.72	750m: 8:39.16 35.60	1150m: 13:29.25 36.97				
	400m: 4:30.55 35.08	800m: 9:15.23 36.07	1200m: 14:06.33 37.08				

## Prova 2 Masc., 1500m Livres Seniores Resultados

Rec Nac Absoluto	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
Rec Nac Sen	15:15.12	PINA Guilherme Filipe	SCP	Coimbra	30/03/2017
CEPL Abs: 15:18.18 / CMPL Abs: 15:04.64					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>LOPES Jose Paulo</b>	00	Braga	<b>15:37.28</b>	<b>+0,70</b>	<b>802</b>	
	50m: 28.68 28.68	450m: 4:39.21 31.55	850m: 8:52.08 31.84	1250m: 13:04.14 31.35			
	100m: 59.66 30.98	500m: 5:10.70 31.49	900m: 9:23.57 31.49	1300m: 13:35.43 31.29			
	150m: 1:30.48 30.82	550m: 5:42.33 31.63	950m: 9:55.17 31.60	1350m: 14:06.45 31.02			
	200m: 2:01.66 31.18	600m: 6:13.88 31.55	1000m: 10:26.73 31.56	1400m: 14:37.48 31.03			
	250m: 2:33.18 31.52	650m: 6:45.36 31.48	1050m: 10:58.17 31.44	1450m: 15:08.27 30.79			
	300m: 3:04.41 31.23	700m: 7:16.94 31.58	1100m: 11:29.73 31.56	1500m: 15:37.28 29.01			
	350m: 3:36.01 31.60	750m: 7:48.57 31.63	1150m: 12:01.24 31.51				
	400m: 4:07.66 31.65	800m: 8:20.24 31.67	1200m: 12:32.79 31.55				
2.	<b>CARDOSO Diogo Santos</b>	01	Sporting	<b>15:37.49</b>	<b>+0,70</b>	<b>802</b>	
	50m: 28.99 28.99	450m: 4:42.82 31.76	850m: 8:54.74 31.51	1250m: 13:05.01 31.29			
	100m: 1:00.48 31.49	500m: 5:14.26 31.44	900m: 9:25.89 31.15	1300m: 13:36.23 31.22			
	150m: 1:32.32 31.84	550m: 5:45.66 31.40	950m: 9:57.32 31.43	1350m: 14:07.31 31.08			
	200m: 2:04.10 31.78	600m: 6:17.20 31.54	1000m: 10:28.84 31.52	1400m: 14:38.02 30.71			
	250m: 2:36.08 31.98	650m: 6:48.76 31.56	1050m: 11:00.13 31.29	1450m: 15:08.64 30.62			
	300m: 3:07.77 31.69	700m: 7:20.22 31.46	1100m: 11:31.42 31.29	1500m: 15:37.49 28.85			
	350m: 3:39.67 31.90	750m: 7:51.77 31.55	1150m: 12:02.83 31.41				
	400m: 4:11.06 31.39	800m: 8:23.23 31.46	1200m: 12:33.72 30.89				

## Prova 2, Masc., 1500m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	SANTOS Pedro Miguel	01	Porto	<b>16:07.92</b>	<b>+0,72</b>	<b>728</b>	
	50m: 29.04 29.04	450m: 4:44.88	32.06	850m: 9:01.81	32.62	1250m: 13:24.75	32.94
	100m: 1:01.08 32.04	500m: 5:16.64	31.76	900m: 9:34.36	32.55	1300m: 13:57.58	32.83
	150m: 1:33.38 32.30	550m: 5:48.44	31.80	950m: 10:07.14	32.78	1350m: 14:30.48	32.90
	200m: 2:05.40 32.02	600m: 6:20.69	32.25	1000m: 10:39.81	32.67	1400m: 15:03.01	32.53
	250m: 2:37.79 32.39	650m: 6:52.60	31.91	1050m: 11:12.39	32.58	1450m: 15:35.74	32.73
	300m: 3:10.00 32.21	700m: 7:24.54	31.94	1100m: 11:45.39	33.00	1500m: 16:07.92	32.18
	350m: 3:41.36 31.36	750m: 7:56.79	32.25	1150m: 12:18.47	33.08		
	400m: 4:12.82 31.46	800m: 8:29.19	32.40	1200m: 12:51.81	33.34		
4.	AMARAL Francisco Rodriguez	02	Porto	<b>16:16.92</b>	<b>+0,75</b>	<b>708</b>	
	50m: 29.19 29.19	450m: 4:45.90	32.77	850m: 9:10.08	33.25	1250m: 13:34.29	33.53
	100m: 1:00.97 31.78	500m: 5:18.99	33.09	900m: 9:42.94	32.86	1300m: 14:07.54	33.25
	150m: 1:32.91 31.94	550m: 5:51.63	32.64	950m: 10:15.91	32.97	1350m: 14:41.18	33.64
	200m: 2:04.67 31.76	600m: 6:24.59	32.96	1000m: 10:48.87	32.96	1400m: 15:14.16	32.98
	250m: 2:36.70 32.03	650m: 6:57.77	33.18	1050m: 11:22.01	33.14	1450m: 15:46.63	32.47
	300m: 3:08.60 31.90	700m: 7:30.75	32.98	1100m: 11:54.93	32.92	1500m: 16:16.92	30.29
	350m: 3:40.58 31.98	750m: 8:03.84	33.09	1150m: 12:27.67	32.74		
	400m: 4:13.13 32.55	800m: 8:36.83	32.99	1200m: 13:00.76	33.09		

## Prova 2 Masc., 1500m Livres Absolutos Resultados

Rec	Nac	Tempo	Nac	Tempo	Nac	Tempo	Nac	Tempo
Rec Nac Absoluto	15:15.12	PINA	Guilherme Filipe	SCP	Coimbra	30/03/2017		
Rec Nac Sen	15:15.12	PINA	Guilherme Filipe	SCP	Coimbra	30/03/2017		
Rec Nac Jun18	15:23.46	PINA	Guilherme Filipe	POR	Hodmezovasarhely (HUN)	07/07/2016		
Rec Nac Jun17	15:43.45	PINA	Guilherme Filipe	POR	Singapore (SGP)	30/08/2015		

CEJun\_Masc 15 - 18: 15:56.90 / CMJun\_Masc 15 - 18: 15:38.05 / CEPL Abs: 15:18.18 / CMPL Abs: 15:04.64

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>15:37.28</b>	<b>+0,70</b>	<b>802</b>	
	50m: 28.68 28.68	450m: 4:39.21	31.55	850m: 8:52.08	31.84	1250m: 13:04.14	31.35
	100m: 59.66 30.98	500m: 5:10.70	31.49	900m: 9:23.57	31.49	1300m: 13:35.43	31.29
	150m: 1:30.48 30.82	550m: 5:42.33	31.63	950m: 9:55.17	31.60	1350m: 14:06.45	31.02
	200m: 2:01.66 31.18	600m: 6:13.88	31.55	1000m: 10:26.73	31.56	1400m: 14:37.48	31.03
	250m: 2:33.18 31.52	650m: 6:45.36	31.48	1050m: 10:58.17	31.44	1450m: 15:08.27	30.79
	300m: 3:04.41 31.23	700m: 7:16.94	31.58	1100m: 11:29.73	31.56	1500m: 15:37.28	29.01
	350m: 3:36.01 31.60	750m: 7:48.57	31.63	1150m: 12:01.24	31.51		
	400m: 4:07.66 31.65	800m: 8:20.24	31.67	1200m: 12:32.79	31.55		
2.	CARDOSO Diogo Santos	01	Sporting	<b>15:37.49</b>	<b>+0,70</b>	<b>802</b>	
	50m: 28.99 28.99	450m: 4:42.82	31.76	850m: 8:54.74	31.51	1250m: 13:05.01	31.29
	100m: 1:00.48 31.49	500m: 5:14.26	31.44	900m: 9:25.89	31.15	1300m: 13:36.23	31.22
	150m: 1:32.32 31.84	550m: 5:45.66	31.40	950m: 9:57.32	31.43	1350m: 14:07.31	31.08
	200m: 2:04.10 31.78	600m: 6:17.20	31.54	1000m: 10:28.84	31.52	1400m: 14:38.02	30.71
	250m: 2:36.08 31.98	650m: 6:48.76	31.56	1050m: 11:00.13	31.29	1450m: 15:08.64	30.62
	300m: 3:07.77 31.69	700m: 7:20.22	31.46	1100m: 11:31.42	31.29	1500m: 15:37.49	28.85
	350m: 3:39.67 31.90	750m: 7:51.77	31.55	1150m: 12:02.83	31.41		
	400m: 4:11.06 31.39	800m: 8:23.23	31.46	1200m: 12:33.72	30.89		

## Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	<b>SANTOS Pedro Miguel</b>	01	Porto	<b>16:07.92</b>	<b>+0,72</b>	<b>728</b>	
	50m: 29.04 29.04	450m: 4:44.88	32.06	850m: 9:01.81	32.62	1250m: 13:24.75	32.94
	100m: 1:01.08 32.04	500m: 5:16.64	31.76	900m: 9:34.36	32.55	1300m: 13:57.58	32.83
	150m: 1:33.38 32.30	550m: 5:48.44	31.80	950m: 10:07.14	32.78	1350m: 14:30.48	32.90
	200m: 2:05.40 32.02	600m: 6:20.69	32.25	1000m: 10:39.81	32.67	1400m: 15:03.01	32.53
	250m: 2:37.79 32.39	650m: 6:52.60	31.91	1050m: 11:12.39	32.58	1450m: 15:35.74	32.73
	300m: 3:10.00 32.21	700m: 7:24.54	31.94	1100m: 11:45.39	33.00	1500m: 16:07.92	32.18
	350m: 3:41.36 31.36	750m: 7:56.79	32.25	1150m: 12:18.47	33.08		
	400m: 4:12.82 31.46	800m: 8:29.19	32.40	1200m: 12:51.81	33.34		
4.	<b>AMARAL Francisco Rodriguez</b>	02	Porto	<b>16:16.92</b>	<b>+0,75</b>	<b>708</b>	
	50m: 29.19 29.19	450m: 4:45.90	32.77	850m: 9:10.08	33.25	1250m: 13:34.29	33.53
	100m: 1:00.97 31.78	500m: 5:18.99	33.09	900m: 9:42.94	32.86	1300m: 14:07.54	33.25
	150m: 1:32.91 31.94	550m: 5:51.63	32.64	950m: 10:15.91	32.97	1350m: 14:41.18	33.64
	200m: 2:04.67 31.76	600m: 6:24.59	32.96	1000m: 10:48.87	32.96	1400m: 15:14.16	32.98
	250m: 2:36.70 32.03	650m: 6:57.77	33.18	1050m: 11:22.01	33.14	1450m: 15:46.63	32.47
	300m: 3:08.60 31.90	700m: 7:30.75	32.98	1100m: 11:54.93	32.92	1500m: 16:16.92	30.29
	350m: 3:40.58 31.98	750m: 8:03.84	33.09	1150m: 12:27.67	32.74		
	400m: 4:13.13 32.55	800m: 8:36.83	32.99	1200m: 13:00.76	33.09		
5.	<b>MARQUES Gustavo Pires</b>	04	Uniao Coimbra	<b>16:18.04</b>	<b>+0,71</b>	<b>706</b>	
	50m: 29.09 29.09	450m: 4:46.49	32.34	850m: 9:09.63	32.62	1250m: 13:33.88	33.44
	100m: 1:00.79 31.70	500m: 5:19.28	32.79	900m: 9:42.19	32.56	1300m: 14:07.20	33.32
	150m: 1:33.03 32.24	550m: 5:52.07	32.79	950m: 10:15.01	32.82	1350m: 14:40.42	33.22
	200m: 2:05.00 31.97	600m: 6:25.02	32.95	1000m: 10:48.06	33.05	1400m: 15:13.77	33.35
	250m: 2:37.34 32.34	650m: 6:58.11	33.09	1050m: 11:20.90	32.84	1450m: 15:46.46	32.69
	300m: 3:09.99 32.65	700m: 7:31.04	32.93	1100m: 11:54.38	33.48	1500m: 16:18.04	31.58
	350m: 3:41.92 31.93	750m: 8:03.98	32.94	1150m: 12:26.83	32.45		
	400m: 4:14.15 32.23	800m: 8:37.01	33.03	1200m: 13:00.44	33.61		
6.	<b>SARREIRA Tomas Amor</b>	05	Nautico Marinha Grande	<b>16:25.20</b>	<b>+0,74</b>	<b>691</b>	
	50m: 28.74 28.74	450m: 4:53.04	33.19	850m: 9:16.44	32.91	1250m: 13:41.40	33.36
	100m: 1:01.09 32.35	500m: 5:26.54	33.50	900m: 9:49.54	33.10	1300m: 14:14.59	33.19
	150m: 1:34.15 33.06	550m: 5:59.17	32.63	950m: 10:22.66	33.12	1350m: 14:47.80	33.21
	200m: 2:07.30 33.15	600m: 6:32.04	32.87	1000m: 10:55.78	33.12	1400m: 15:20.83	33.03
	250m: 2:40.42 33.12	650m: 7:04.90	32.86	1050m: 11:28.78	33.00	1450m: 15:53.64	32.81
	300m: 3:13.71 33.29	700m: 7:38.08	33.18	1100m: 12:01.82	33.04	1500m: 16:25.20	31.56
	350m: 3:46.65 32.94	750m: 8:10.75	32.67	1150m: 12:34.73	32.91		
	400m: 4:19.85 33.20	800m: 8:43.53	32.78	1200m: 13:08.04	33.31		
7.	<b>CARDOSO Filipe Santos</b>	04	Gafanha da Encarnacao	<b>16:46.39</b>	<b>+0,67</b>	<b>648</b>	
	50m: 30.64 30.64	450m: 5:01.69	33.83	850m: 9:32.72	33.54	1250m: 14:01.55	33.58
	100m: 1:04.15 33.51	500m: 5:35.53	33.84	900m: 10:06.35	33.63	1300m: 14:35.16	33.61
	150m: 1:37.76 33.61	550m: 6:09.41	33.88	950m: 10:39.75	33.40	1350m: 15:08.71	33.55
	200m: 2:11.65 33.89	600m: 6:43.24	33.83	1000m: 11:13.43	33.68	1400m: 15:42.13	33.42
	250m: 2:45.59 33.94	650m: 7:17.01	33.77	1050m: 11:47.21	33.78	1450m: 16:14.60	32.47
	300m: 3:19.73 34.14	700m: 7:50.82	33.81	1100m: 12:21.03	33.82	1500m: 16:46.39	31.79
	350m: 3:53.75 34.02	750m: 8:25.11	34.29	1150m: 12:54.29	33.26		
	400m: 4:27.86 34.11	800m: 8:59.18	34.07	1200m: 13:27.97	33.68		

## Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	<b>CARVALHO Martim Henriques</b>	04	Rio Maior	<b>16:54.42</b>	<b>+0,68</b>	<b>633</b>	
	50m: 30.77 30.77	450m: 5:00.40 34.51	850m: 9:33.86 34.46	1250m: 14:06.93 33.79			
	100m: 1:04.14 33.37	500m: 5:34.57 34.17	900m: 10:07.64 33.78	1300m: 14:40.92 33.99			
	150m: 1:37.50 33.36	550m: 6:08.51 33.94	950m: 10:42.17 34.53	1350m: 15:14.96 34.04			
	200m: 2:11.19 33.69	600m: 6:42.70 34.19	1000m: 11:16.14 33.97	1400m: 15:48.81 33.85			
	250m: 2:45.36 34.17	650m: 7:16.77 34.07	1050m: 11:50.98 34.84	1450m: 16:22.31 33.50			
	300m: 3:19.41 34.05	700m: 7:51.22 34.45	1100m: 12:25.03 34.05	1500m: 16:54.42 32.11			
	350m: 3:51.79 32.38	750m: 8:25.39 34.17	1150m: 12:59.44 34.41				
	400m: 4:25.89 34.10	800m: 8:59.40 34.01	1200m: 13:33.14 33.70				
9.	<b>ANSELMO Raul Sousa</b>	05	Bombeiros Ponta Delgada	<b>16:58.60</b>	<b>+0,74</b>	<b>625</b>	
	50m: 29.60 29.60	450m: 4:56.62 34.18	850m: 9:30.23 34.25	1250m: 14:07.59 34.49			
	100m: 1:02.01 32.41	500m: 5:30.36 33.74	900m: 10:04.43 34.20	1300m: 14:42.66 35.07			
	150m: 1:34.90 32.89	550m: 6:04.37 34.01	950m: 10:39.27 34.84	1350m: 15:17.91 35.25			
	200m: 2:07.96 33.06	600m: 6:38.55 34.18	1000m: 11:13.64 34.37	1400m: 15:52.35 34.44			
	250m: 2:41.57 33.61	650m: 7:12.95 34.40	1050m: 11:48.99 35.35	1450m: 16:25.91 33.56			
	300m: 3:15.05 33.48	700m: 7:47.08 34.13	1100m: 12:23.72 34.73	1500m: 16:58.60 32.69			
	350m: 3:48.73 33.68	750m: 8:21.89 34.81	1150m: 12:58.34 34.62				
	400m: 4:22.44 33.71	800m: 8:55.98 34.09	1200m: 13:33.10 34.76				
10.	<b>CARVALHO Goncalo Renato</b>	04	Porto	<b>17:02.17</b>	<b>+0,73</b>	<b>618</b>	
	50m: 29.91 29.91	450m: 4:59.07 33.87	850m: 9:34.50 34.34	1250m: 14:11.72 34.32			
	100m: 1:02.94 33.03	500m: 5:33.77 34.70	900m: 10:09.24 34.74	1300m: 14:46.82 35.10			
	150m: 1:36.07 33.13	550m: 6:08.17 34.40	950m: 10:43.94 34.70	1350m: 15:20.89 34.07			
	200m: 2:09.53 33.46	600m: 6:42.67 34.50	1000m: 11:18.93 34.99	1400m: 15:55.31 34.42			
	250m: 2:43.26 33.73	650m: 7:16.96 34.29	1050m: 11:53.45 34.52	1450m: 16:29.29 33.98			
	300m: 3:17.25 33.99	700m: 7:51.77 34.81	1100m: 12:28.42 34.97	1500m: 17:02.17 32.88			
	350m: 3:51.17 33.92	750m: 8:25.94 34.17	1150m: 13:02.68 34.26				
	400m: 4:25.20 34.03	800m: 9:00.16 34.22	1200m: 13:37.40 34.72				
11.	<b>PEREIRA Manuel Angelo</b>	05	Sporting	<b>17:02.51</b>	<b>+0,74</b>	<b>618</b>	
	50m: 29.57 29.57	450m: 5:00.82 34.62	850m: 9:36.00 34.42	1250m: 14:12.01 34.45			
	100m: 1:02.09 32.52	500m: 5:34.99 34.17	900m: 10:10.21 34.21	1300m: 14:46.30 34.29			
	150m: 1:35.66 33.57	550m: 6:09.43 34.44	950m: 10:44.73 34.52	1350m: 15:20.90 34.60			
	200m: 2:09.58 33.92	600m: 6:43.68 34.25	1000m: 11:19.12 34.39	1400m: 15:55.42 34.52			
	250m: 2:43.65 34.07	650m: 7:18.25 34.57	1050m: 11:53.94 34.82	1450m: 16:29.44 34.02			
	300m: 3:17.64 33.99	700m: 7:52.74 34.49	1100m: 12:28.05 34.11	1500m: 17:02.51 33.07			
	350m: 3:52.11 34.47	750m: 8:27.40 34.66	1150m: 13:02.46 34.41				
	400m: 4:26.20 34.09	800m: 9:01.58 34.18	1200m: 13:37.56 35.10				
12.	<b>SOUSA Joao Maria</b>	05	Braga	<b>17:08.55</b>	<b>+0,68</b>	<b>607</b>	
	50m: 29.34 29.34	450m: 4:58.99 34.03	850m: 9:33.92 34.20	1250m: 14:15.32 35.36			
	100m: 1:02.00 32.66	500m: 5:33.43 34.44	900m: 10:08.91 34.99	1300m: 14:50.56 35.24			
	150m: 1:35.24 33.24	550m: 6:07.72 34.29	950m: 10:43.67 34.76	1350m: 15:24.77 34.21			
	200m: 2:09.00 33.76	600m: 6:42.31 34.59	1000m: 11:18.72 35.05	1400m: 16:00.33 35.56			
	250m: 2:42.74 33.74	650m: 7:16.61 34.30	1050m: 11:53.89 35.17	1450m: 16:34.65 34.32			
	300m: 3:16.91 34.17	700m: 7:51.23 34.62	1100m: 12:29.35 35.46	1500m: 17:08.55 33.90			
	350m: 3:50.75 33.84	750m: 8:25.22 33.99	1150m: 13:04.54 35.19				
	400m: 4:24.96 34.21	800m: 8:59.72 34.50	1200m: 13:39.96 35.42				

## Prova 2, Masc., 1500m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	<b>GOMES Marcio Fernandes</b>	04	Braga	<b>17:08.65</b>	+0,63	607	
	50m: 30.17 30.17	450m: 4:59.09 34.01	850m: 9:33.56 33.94	1250m: 14:12.13 35.26			
	100m: 1:03.05 32.88	500m: 5:32.98 33.89	900m: 10:08.16 34.60	1300m: 14:47.32 35.19			
	150m: 1:36.14 33.09	550m: 6:07.44 34.46	950m: 10:42.68 34.52	1350m: 15:23.06 35.74			
	200m: 2:09.61 33.47	600m: 6:41.59 34.15	1000m: 11:17.28 34.60	1400m: 15:58.71 35.65			
	250m: 2:43.43 33.82	650m: 7:15.70 34.11	1050m: 11:52.40 35.12	1450m: 16:34.69 35.98			
	300m: 3:17.37 33.94	700m: 7:50.22 34.52	1100m: 12:27.32 34.92	1500m: 17:08.65 33.96			
	350m: 3:51.05 33.68	750m: 8:25.07 34.85	1150m: 13:01.94 34.62				
	400m: 4:25.08 34.03	800m: 8:59.62 34.55	1200m: 13:36.87 34.93				
14.	<b>AMADO Pedro Maria</b>	05	Alges	<b>17:43.32</b>	+0,76	549	
	50m: 29.83 29.83	450m: 5:05.55 35.00	850m: 9:51.30 36.07	1250m: 14:42.56 36.23			
	100m: 1:02.63 32.80	500m: 5:40.83 35.28	900m: 10:27.23 35.93	1300m: 15:19.20 36.64			
	150m: 1:36.53 33.90	550m: 6:16.29 35.46	950m: 11:03.13 35.90	1350m: 15:55.79 36.59			
	200m: 2:11.06 34.53	600m: 6:52.22 35.93	1000m: 11:39.38 36.25	1400m: 16:32.55 36.76			
	250m: 2:45.78 34.72	650m: 7:27.79 35.57	1050m: 12:15.87 36.49	1450m: 17:08.55 36.00			
	300m: 3:20.75 34.97	700m: 8:03.56 35.77	1100m: 12:52.28 36.41	1500m: 17:43.32 34.77			
	350m: 3:55.47 34.72	750m: 8:39.16 35.60	1150m: 13:29.25 36.97				
	400m: 4:30.55 35.08	800m: 9:15.23 36.07	1200m: 14:06.33 37.08				

## Prova 3

31/03/2022 - 18:35

## Femin., 50m Costas

## Absolutos

Rec	Nome	Tempo	Clube	Local	Data	Resultados Final
Rec Nac Absoluto	AZEVEDO Rafaela Gomes	28.24	SAD	Oeiras	23/12/2021	
Rec Nac Sen	AZEVEDO Rafaela Gomes	28.24	SAD	Oeiras	23/12/2021	
Rec Nac Jun17	AZEVEDO Rafaela Gomes	28.55	POR	Kazan (RUS)	05/07/2019	
Rec Nac Jun17	AZEVEDO Rafaela Gomes	28.55	POR	Budapest (HUN)	23/08/2019	
Rec Nac Jun16	AZEVEDO Rafaela Gomes	29.33	SAD	Oeiras	26/07/2018	

CEPL 15 +: 28.40 / CMPL 15 +: 28.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>AZEVEDO Rafaela Gomes</b>	02	Alges	<b>28.46</b>	+0,62	851	
2.	<b>REBELO Camila Rodrigues</b>	03	Louzan Natacao/EFAPEL	<b>28.82</b>	+0,60	820	
3.	<b>MESTRE Catarina Martins</b>	00	Natacao de Lisboa	<b>29.92</b>	+0,63	733	
4.	<b>RAMOS Ana Rita</b>	02	Porto	<b>30.88</b>	+0,65	666	
5.	<b>EIRA Maria Carolina</b>	05	Ginasio de Vila Real	<b>30.91</b>	+0,67	665	
6.	<b>OLIVEIRA Ana Rita</b>	04	Colegio Efanor	<b>31.39</b>	+0,63	634	
7.	<b>MARQUES Mariana Nunes</b>	03	Estarreja	<b>31.58</b>	+0,60	623	
8.	<b>ROMAO Ana Teresa</b>	06	Naval de Faro	<b>31.64</b>	+0,65	620	
9.	<b>REIS Erica Cristina</b>	05	Sporting	<b>31.73</b>	+0,61	614	
10.	<b>GONCALVES Rita Abibe</b>	05	Geslours	<b>31.80</b>	+0,64	610	

Prova 4		Masc., 50m Costas				Absolutos
31/03/2022 - 18:40						Resultados Final
Rec Nac Absoluto	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021	
Rec Nac Sen	25.28	SANTOS Alexis Manacas	POR	Budapeste (HUN)	17/05/2021	
Rec Nac Jun18	26.22	COSTA Joao Nogueira	POR	Budapest (HUN)	22/08/2019	
Rec Nac Jun17	26.67	COSTA Diogo Santos	ADRCIMM	Oeiras	14/04/2019	
CEPL Abs: 25.29 / CMPL Abs: 25.17						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>25.51</b>	+0,55	812	
2.	SANTOS Alexis Manacas	92	Sporting	<b>25.66</b>	+0,55	797	
3.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>25.80</b>	+0,61	785	
4.	SANTOS Francisco Rogerio	98	Sporting	<b>25.94</b>	+0,58	772	
5.	COSTA Diogo Santos	02	Benfica	<b>26.35</b>	+0,59	736	
6.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>26.40</b>	+0,65	732	
7.	NUNES Porfirio Braga	00	Porto	<b>26.99</b>	+0,60	685	
8.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>27.18</b>	+0,73	671	
9.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>27.25</b>	+0,58	666	
10.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>27.94</b>	+0,66	618	

Prova 5		Femin., 200m Mariposa				Absolutos
31/03/2022 - 18:40						Resultados Final
Rec Nac Absoluto	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018	
Rec Nac Sen	2:08.03	MONTEIRO Ana Catarina	POR	Glasgow (GBR)	06/08/2018	
Rec Nac Jun17	2:12.56	OLIVEIRA Sara Freitas	POR	Berlim (GER)	04/08/2002	
Rec Nac Jun16	2:17.09	BARBOSA Mariana Fernandes	FCP	Oeiras	29/07/2018	
CEJun_Fem 14 - 17: 2:17.07 / CMJun_Fem 14 - 17: 2:14.38 / CEPL 15 +: 2:11.00 / CMPL 15 +: 2:09.21						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina <i>Minimos CE PL</i>	93	Vilacondense	<b>2:10.84</b>	+0,53	806	
	50m: 29.48 29.48	100m: 1:02.19 32.71	150m: 1:36.39 34.20	200m: 2:10.84 34.45			
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:14.40</b>	+0,71	744	
	50m: 29.58 29.58	100m: 1:03.06 33.48	150m: 1:38.14 35.08	200m: 2:14.40 36.26			
3.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:14.75</b>	+0,73	738	
	50m: 29.55 29.55	100m: 1:02.50 32.95	150m: 1:37.49 34.99	200m: 2:14.75 37.26			
4.	MESQUITA Francisca Salvador	02	Sporting	<b>2:19.32</b>	+0,75	668	
	50m: 30.58 30.58	100m: 1:06.52 35.94	150m: 1:42.18 35.66	200m: 2:19.32 37.14			
5.	MOURA Maria Ferreira	04	Sporting	<b>2:20.46</b>	+0,73	652	
	50m: 30.43 30.43	100m: 1:05.18 34.75	150m: 1:41.68 36.50	200m: 2:20.46 38.78			
6.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>2:22.20</b>	+0,81	628	
	50m: 31.49 31.49	100m: 1:07.52 36.03	150m: 1:44.36 36.84	200m: 2:22.20 37.84			
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>2:22.60</b>	+0,62	623	
	50m: 32.12 32.12	100m: 1:09.19 37.07	150m: 1:46.15 36.96	200m: 2:22.60 36.45			

## Prova 5, Femin., 200m Mariposa, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	ALMEIDA Maria Carolina	05	Galitos/ Bresimar	<b>2:22.95</b>	+0,72	618	
	50m: 31.54 31.54	100m: 1:08.02 36.48	150m: 1:45.18 37.16	200m: 2:22.95 37.77			
9.	LIGEIRO Daniela Silva	04	Viana Natacao	<b>2:23.17</b>	+0,76	615	
	50m: 31.41 31.41	100m: 1:08.13 36.72	150m: 1:44.73 36.60	200m: 2:23.17 38.44			
10.	LOURO Ariana Espirito	05	Gualdim Pais	<b>2:23.90</b>	+0,63	606	
	50m: 31.33 31.33	100m: 1:07.31 35.98	150m: 1:45.06 37.75	200m: 2:23.90 38.84			

## Prova 6 Masc., 200m Mariposa Absolutos Resultados Final

Rec Nac Absoluto	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Sen	1:56.17	OLIVEIRA Pedro Diogo	POR	Roma (ITA)	28/07/2009
Rec Nac Jun18	2:01.46	OLIVEIRA Pedro Diogo	POR	Palma de Mallorca (ESP)	08/07/2006
Rec Nac Jun17	2:02.12	OLIVEIRA Pedro Diogo	POR	Belgrado (HUN)	16/07/2005

CEJun\_Masc 15 - 18: 2:03.83 / CMJun\_Masc 15 - 18: 2:01.39 / CEPL Abs: 1:57.96 / CMPL Abs: 1:56.71

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	APSENEICE Kevins Alexandre <i>Minimos CE Jun</i>	04	Porto	<b>2:02.33</b>	+0,70	741	
	50m: 27.62 27.62	100m: 58.63 31.01	150m: 1:30.77 32.14	200m: 2:02.33 31.56			
2.	SILVA Henrique Gomes	02	Estamos Juntos	<b>2:03.70</b>	+0,65	717	
	50m: 27.51 27.51	100m: 58.46 30.95	150m: 1:30.82 32.36	200m: 2:03.70 32.88			
3.	SILVA Tomas Antonio	01	Porto	<b>2:04.70</b>	+0,63	700	
	50m: 27.74 27.74	100m: 59.57 31.83	150m: 1:32.04 32.47	200m: 2:04.70 32.66			
4.	CORDEIRO Tiago Roberto	00	Benfica	<b>2:04.87</b>	+0,63	697	
	50m: 27.60 27.60	100m: 58.74 31.14	150m: 1:31.02 32.28	200m: 2:04.87 33.85			
5.	SANTOS Pedro Andre	94	Alges	<b>2:06.74</b>	+0,71	666	
	50m: 27.87 27.87	100m: 1:00.05 32.18	150m: 1:33.28 33.23	200m: 2:06.74 33.46			
6.	GOUVEIA Luis Galvao	05	Desportivo Nacional	<b>2:08.07</b>	+0,67	646	
	50m: 28.06 28.06	100m: 1:00.72 32.66	150m: 1:34.67 33.95	200m: 2:08.07 33.40			
7.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:08.46</b>	+0,71	640	
	50m: 28.28 28.28	100m: 1:00.07 31.79	150m: 1:33.90 33.83	200m: 2:08.46 34.56			
8.	CARDOSO Diogo Santos	01	Sporting	<b>2:08.51</b>	+0,72	639	
	50m: 29.35 29.35	100m: 1:02.51 33.16	150m: 1:35.92 33.41	200m: 2:08.51 32.59			
9.	RODRIGUES Rodrigo Reis	04	Sao Roque	<b>2:12.96</b>	+0,63	577	
	50m: 29.35 29.35	100m: 1:03.32 33.97	150m: 1:37.63 34.31	200m: 2:12.96 35.33			
10.	CRISTINO David Matias	01	Uniao Piedense	<b>2:13.48</b>	+0,75	570	
	50m: 28.47 28.47	100m: 1:02.17 33.70	150m: 1:37.24 35.07	200m: 2:13.48 36.24			

Prova 7	Femin., 100m Livres				Absolutos
31/03/2022 - 19:05					Resultados Final
Rec Nac Absoluto	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Sen	56.39	RODRIGUES Ana Pinho	ADS	Coimbra	04/04/2019
Rec Nac Jun17	56.56	SOUSA Ana Reis	SAD	Coimbra	04/04/2019
Rec Nac Jun16	57.11	SOUSA Ana Reis	POR	Helsinki (FIN)	04/07/2018

CEJun\_Fem 14 - 17: 57.81 / CMJun\_Fem 14 - 17: 56.68 / CEPL 15 +: 54.68 / CMPL 15 +: 54.25

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>56.96</b>	+0,64	748	
	50m: 27.73 27.73	100m: 56.96 29.23					
2.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>57.31</b>	+0,68	734	
	<i>Minimos CE Jun</i>						
	50m: 27.24 27.24	100m: 57.31 30.07					
3.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>57.80</b>	+0,79	716	
	50m: 28.10 28.10	100m: 57.80 29.70					
4.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>58.09</b>	+0,71	705	
	50m: 28.59 28.59	100m: 58.09 29.50					
5.	ANDRE Leticia Maia	02	Benfica	<b>58.11</b>	+0,66	704	
	50m: 27.97 27.97	100m: 58.11 30.14					
6.	FRISCHKNECHT Rita Barros	98	Sporting	<b>58.22</b>	+0,65	700	
	50m: 27.90 27.90	100m: 58.22 30.32					
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>58.62</b>	+0,66	686	
	50m: 27.89 27.89	100m: 58.62 30.73					
8.	FOMINA Anna	02	Louletano/Loule Concelho	<b>59.01</b>	+0,73	672	
	50m: 28.05 28.05	100m: 59.01 30.96					
9.	PINTO Mafalda Marques	02	Sporting	<b>59.29</b>	+0,72	663	
	50m: 28.83 28.83	100m: 59.29 30.46					
10.	VIANA Carolina Pereira	04	Aquatico Silves	<b>1:00.22</b>	+0,72	633	
	50m: 28.63 28.63	100m: 1:00.22 31.59					

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 8	Masc., 100m Livres					Absolutos
31/03/2022 - 19:05						Resultados Final
Rec Nac Absoluto	48.96	RIBEIRO Diogo Matos	SLB	Coimbra	31/03/2022	
Rec Nac Sen	49.04	NASCIMENTO Miguel Duarte	SLB	Oeiras	20/12/2020	
Rec Nac Jun18	48.96	RIBEIRO Diogo Matos	SLB	Coimbra	31/03/2022	
Rec Nac Jun17	49.34	RIBEIRO Diogo Matos	POR	Rome (ITA)	07/07/2021	

CEJun\_Masc 15 - 18: 51.54 / CMJun\_Masc 15 - 18: 50.52 / CEPL Abs: 49.02 / CMPL Abs: 48.77

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CE Jun, Minimos CM Jun, Minimos CE PL, Minimos CM PL</i>	04	Benfica	<b>48.72</b>	+0,63	892	
	50m: 23.21 23.21		100m: 48.72 25.51				
2.	NASCIMENTO Miguel Duarte	95	Benfica	<b>49.07</b>	+0,60	873	
	50m: 23.02 23.02		100m: 49.07 26.05				
3.	RAMOS Bruno Miguel	97	Belenenses	<b>50.83</b>	+0,64	786	
	50m: 24.32 24.32		100m: 50.83 26.51				
4.	COSTA Tiago Cunha	99	Sporting	<b>50.86</b>	+0,65	784	
	50m: 24.10 24.10		100m: 50.86 26.76				
5.	SILVA Fernando Souza	86	Naval do Funchal	<b>51.00</b>	+0,68	778	
	50m: 24.05 24.05		100m: 51.00 26.95				
6.	LEBRE Diogo Ramos	01	Benfica	<b>51.09</b>	+0,68	774	
	50m: 24.77 24.77		100m: 51.09 26.32				
7.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>51.45</b>	+0,73	757	
	50m: 24.77 24.77		100m: 51.45 26.68				
8.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>51.66</b>	+0,66	748	
	50m: 24.43 24.43		100m: 51.66 27.23				
9.	PADRELA Joao Esteves	99	Belenenses	<b>51.87</b>	+0,64	739	
	50m: 24.66 24.66		100m: 51.87 27.21				
10.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	<b>52.80</b>	+0,64	701	
	50m: 25.00 25.00		100m: 52.80 27.80				

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 9	Femin., 200m Estilos				Absolutos
31/03/2022 - 19:10					Resultados Final
Rec Nac Absoluto	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Sen	2:13.87	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	10/04/2017
Rec Nac Jun17	2:17.22	PEREIRA Raquel Gomes	SAD	Coimbra	30/03/2017
Rec Nac Jun16	2:20.61	DURAES Diana Margarida	FOCA	Porto	03/06/2012
CEJun_Fem 14 - 17: 2:21.10 / CMJun_Fem 14 - 17: 2:18.33 / CEPL 15 +: 2:13.84 / CMPL 15 +: 2:12.98					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>2:16.51</b>	+0,69	788	
	50m: 29.25 29.25	100m: 1:04.82 35.57	150m: 1:43.50 38.68	200m: 2:16.51 33.01			
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:19.98</b>	+0,69	731	
	50m: 29.19 29.19	100m: 1:05.69 36.50	150m: 1:47.92 42.23	200m: 2:19.98 32.06			
3.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:22.05</b>	+0,74	699	
	50m: 29.84 29.84	100m: 1:06.28 36.44	150m: 1:49.84 43.56	200m: 2:22.05 32.21			
4.	REBELO Maria Carlota	03	Condeixa Clube	<b>2:22.13</b>	+0,66	698	
	50m: 30.45 30.45	100m: 1:07.39 36.94	150m: 1:48.65 41.26	200m: 2:22.13 33.48			
5.	MESQUITA Francisca Salvador	02	Sporting	<b>2:24.00</b>	+0,72	671	
	50m: 30.87 30.87	100m: 1:09.77 38.90	150m: 1:50.73 40.96	200m: 2:24.00 33.27			
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:24.59</b>	+0,75	663	
	50m: 30.79 30.79	100m: 1:10.33 39.54	150m: 1:51.31 40.98	200m: 2:24.59 33.28			
7.	PIRES Marta Joao	05	Alges	<b>2:25.63</b>	+0,72	649	
	50m: 30.72 30.72	100m: 1:09.07 38.35	150m: 1:52.72 43.65	200m: 2:25.63 32.91			
8.	MENDES Mariana Amaral	02	Sporting	<b>2:27.38</b>	+0,78	626	
	50m: 31.63 31.63	100m: 1:11.19 39.56	150m: 1:54.49 43.30	200m: 2:27.38 32.89			
9.	REIS Erica Cristina	05	Sporting	<b>2:29.07</b>	+0,67	605	
	50m: 32.52 32.52	100m: 1:10.60 38.08	150m: 1:55.13 44.53	200m: 2:29.07 33.94			
10.	ESTEVENES Laura Fabiana	05	Naval de Faro	<b>2:31.66</b>	+0,66	575	
	50m: 31.44 31.44	100m: 1:11.67 40.23	150m: 1:55.40 43.73	200m: 2:31.66 36.26			

## 3 - 2ª Jornada - 1ª Sessão - Eliminatórias

01/04/2022 - 10:05

Prova 10 Masc., 800m Livres Juniores  
01/04/2022 - 10:05 Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinki (FIN)	17/07/2010

CEJun\_Masc 15 - 18: 8:16.80 / CMJun\_Masc 15 - 18: 8:07.01 / CEPL Abs: 7:55.34 / CMPL Abs: 7:53.11

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>8:24.35</b>	+0,67	720	
	50m: 28.77 28.77	250m: 2:35.23 31.89	450m: 4:42.16 31.87	650m: 6:49.64 31.94			
	100m: 59.99 31.22	300m: 3:06.80 31.57	500m: 5:13.88 31.72	700m: 7:21.38 31.74			
	150m: 1:31.90 31.91	350m: 3:38.61 31.81	550m: 5:45.87 31.99	750m: 7:53.52 32.14			
	200m: 2:03.34 31.44	400m: 4:10.29 31.68	600m: 6:17.70 31.83	800m: 8:24.35 30.83			
2.	ALMEIDA Bernardo Victorino	04	Sporting	<b>8:26.09</b>	+0,66	712	
	50m: 27.64 27.64	250m: 2:32.39 31.27	450m: 4:39.86 31.87	650m: 6:50.47 32.63			
	100m: 58.80 31.16	300m: 3:04.22 31.83	500m: 5:12.49 32.63	700m: 7:23.18 32.71			
	150m: 1:29.76 30.96	350m: 3:35.66 31.44	550m: 5:44.76 32.27	750m: 7:55.28 32.10			
	200m: 2:01.12 31.36	400m: 4:07.99 32.33	600m: 6:17.84 33.08	800m: 8:26.09 30.81			
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>8:37.40</b>	+0,75	667	
	50m: 28.61 28.61	250m: 2:39.44 32.89	450m: 4:50.27 32.47	650m: 7:01.16 32.72			
	100m: 1:00.82 32.21	300m: 3:12.09 32.65	500m: 5:22.72 32.45	700m: 7:33.72 32.56			
	150m: 1:33.77 32.95	350m: 3:45.12 33.03	550m: 5:55.50 32.78	750m: 8:06.30 32.58			
	200m: 2:06.55 32.78	400m: 4:17.80 32.68	600m: 6:28.44 32.94	800m: 8:37.40 31.10			
4.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>8:43.03</b>	+0,67	645	
	50m: 29.94 29.94	250m: 2:41.17 32.86	450m: 4:53.49 33.02	650m: 7:06.90 33.00			
	100m: 1:02.43 32.49	300m: 3:14.24 33.07	500m: 5:27.01 33.52	700m: 7:39.90 33.00			
	150m: 1:35.16 32.73	350m: 3:47.24 33.00	550m: 6:00.25 33.24	750m: 8:12.00 32.10			
	200m: 2:08.31 33.15	400m: 4:20.47 33.23	600m: 6:33.90 33.65	800m: 8:43.03 31.03			
5.	CARVALHO Martim Henriques	04	Rio Maior	<b>8:48.89</b>	+0,67	624	
	50m: 29.60 29.60	250m: 2:41.77 32.83	450m: 4:54.83 32.82	650m: 7:08.22 33.27			
	100m: 1:02.27 32.67	300m: 3:15.24 33.47	500m: 5:28.38 33.55	700m: 7:42.43 34.21			
	150m: 1:35.41 33.14	350m: 3:48.40 33.16	550m: 6:01.49 33.11	750m: 8:16.21 33.78			
	200m: 2:08.94 33.53	400m: 4:22.01 33.61	600m: 6:34.95 33.46	800m: 8:48.89 32.68			
6.	PEREIRA Manuel Angelo	05	Sporting	<b>8:52.29</b>	+0,72	612	
	50m: 30.02 30.02	250m: 2:43.61 34.00	450m: 4:59.01 33.54	650m: 7:13.67 33.62			
	100m: 1:02.45 32.43	300m: 3:17.60 33.99	500m: 5:32.65 33.64	700m: 7:47.07 33.40			
	150m: 1:36.06 33.61	350m: 3:51.44 33.84	550m: 6:06.43 33.78	750m: 8:20.18 33.11			
	200m: 2:09.61 33.55	400m: 4:25.47 34.03	600m: 6:40.05 33.62	800m: 8:52.29 32.11			
7.	CARVALHO Goncalo Renato	04	Porto	<b>8:57.40</b>	+0,64	595	
	50m: 29.45 29.45	250m: 2:41.83 33.25	450m: 4:58.47 34.20	650m: 7:16.03 34.43			
	100m: 1:01.79 32.34	300m: 3:15.72 33.89	500m: 5:32.85 34.38	700m: 7:50.59 34.56			
	150m: 1:35.10 33.31	350m: 3:49.80 34.08	550m: 6:06.97 34.12	750m: 8:24.96 34.37			
	200m: 2:08.58 33.48	400m: 4:24.27 34.47	600m: 6:41.60 34.63	800m: 8:57.40 32.44			
8.	GONCALVES Alexandre Ramos	05	Colegio Efanor	<b>8:57.57</b>	+0,75	594	
	50m: 30.32 30.32	250m: 2:43.51 33.89	450m: 4:59.75 33.71	650m: 7:16.27 34.38			
	100m: 1:02.93 32.61	300m: 3:17.53 34.02	500m: 5:33.68 33.93	700m: 7:50.86 34.59			
	150m: 1:36.16 33.23	350m: 3:51.85 34.32	550m: 6:07.84 34.16	750m: 8:24.84 33.98			
	200m: 2:09.62 33.46	400m: 4:26.04 34.19	600m: 6:41.89 34.05	800m: 8:57.57 32.73			

## Prova 10, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	<b>ANSELMO Raul Sousa</b>	05	Bombeiros Ponta Delgada	<b>8:59.54</b>	+0,75	588	
	50m: 29.16 29.16	250m: 2:41.51 33.17	450m: 4:58.15 34.29	650m: 7:16.97 34.73			
	100m: 1:01.57 32.41	300m: 3:15.68 34.17	500m: 5:32.87 34.72	700m: 7:52.13 35.16			
	150m: 1:34.74 33.17	350m: 3:49.52 33.84	550m: 6:07.33 34.46	750m: 8:26.25 34.12			
	200m: 2:08.34 33.60	400m: 4:23.86 34.34	600m: 6:42.24 34.91	800m: 8:59.54 33.29			
10.	<b>SOUZA Joao Maria</b>	05	Braga	<b>9:00.27</b>	+0,69	586	
	50m: 28.86 28.86	250m: 2:39.09 33.21	450m: 4:55.23 35.18	650m: 7:16.02 35.55			
	100m: 1:00.39 31.53	300m: 3:12.15 33.06	500m: 5:30.09 34.86	700m: 7:51.11 35.09			
	150m: 1:33.29 32.90	350m: 3:46.02 33.87	550m: 6:05.60 35.51	750m: 8:26.39 35.28			
	200m: 2:05.88 32.59	400m: 4:20.05 34.03	600m: 6:40.47 34.87	800m: 9:00.27 33.88			
11.	<b>LEITE Afonso Martim</b>	05	Foca Quinta da Lixa CNF	<b>9:05.31</b>	+0,77	569	
	50m: 29.48 29.48	250m: 2:43.09 34.14	450m: 5:00.79 34.58	650m: 7:20.37 35.38			
	100m: 1:01.84 32.36	300m: 3:17.36 34.27	500m: 5:35.18 34.39	700m: 7:56.10 35.73			
	150m: 1:35.28 33.44	350m: 3:51.72 34.36	550m: 6:09.80 34.62	750m: 8:31.20 35.10			
	200m: 2:08.95 33.67	400m: 4:26.21 34.49	600m: 6:44.99 35.19	800m: 9:05.31 34.11			
12.	<b>PINTO Guilherme Lobo</b>	04	Foca Quinta da Lixa CNF	<b>9:13.87</b>	+0,54	543	
	50m: 29.08 29.08	250m: 2:42.55 34.06	450m: 5:00.91 34.69	650m: 7:24.83 36.74			
	100m: 1:01.35 32.27	300m: 3:17.02 34.47	500m: 5:36.29 35.38	700m: 8:01.34 36.51			
	150m: 1:34.63 33.28	350m: 3:51.54 34.52	550m: 6:12.31 36.02	750m: 8:38.01 36.67			
	200m: 2:08.49 33.86	400m: 4:26.22 34.68	600m: 6:48.09 35.78	800m: 9:13.87 35.86			
DNS	<b>CARDOSO Guilherme Maia</b>	05	Columbofila Cantanhedense				

## Prova 10 Masc., 800m Livres Seniores Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021

CEPL Abs: 7:55.34 / CMPL Abs: 7:53.11

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>LOPES Jose Paulo</b>	00	Braga	<b>8:17.40</b>	+0,69	751	
	50m: 28.54 28.54	250m: 2:33.89 31.63	450m: 4:38.59 30.98	650m: 6:43.03 31.32			
	100m: 59.60 31.06	300m: 3:05.02 31.13	500m: 5:09.50 30.91	700m: 7:14.69 31.66			
	150m: 1:30.93 31.33	350m: 3:36.49 31.47	550m: 5:40.62 31.12	750m: 7:46.55 31.86			
	200m: 2:02.26 31.33	400m: 4:07.61 31.12	600m: 6:11.71 31.09	800m: 8:17.40 30.85			
2.	<b>SANTOS Pedro Miguel</b>	01	Porto	<b>8:18.96</b>	+0,69	743	
	50m: 28.76 28.76	250m: 2:34.45 31.79	450m: 4:39.25 31.19	650m: 6:46.25 32.32			
	100m: 59.86 31.10	300m: 3:05.62 31.17	500m: 5:10.20 30.95	700m: 7:18.41 32.16			
	150m: 1:31.31 31.45	350m: 3:36.85 31.23	550m: 5:41.71 31.51	750m: 7:50.03 31.62			
	200m: 2:02.66 31.35	400m: 4:08.06 31.21	600m: 6:13.93 32.22	800m: 8:18.96 28.93			
3.	<b>CARDOSO Diogo Santos</b>	01	Sporting	<b>8:19.09</b>	+0,73	743	
	50m: 28.95 28.95	250m: 2:35.15 31.92	450m: 4:41.91 31.84	650m: 6:48.56 31.68			
	100m: 1:00.07 31.12	300m: 3:06.63 31.48	500m: 5:13.41 31.50	700m: 7:19.78 31.22			
	150m: 1:31.82 31.75	350m: 3:38.56 31.93	550m: 5:45.40 31.99	750m: 7:50.17 30.39			
	200m: 2:03.23 31.41	400m: 4:10.07 31.51	600m: 6:16.88 31.48	800m: 8:19.09 28.92			

## Prova 10, Masc., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
4.	AMARAL Francisco Rodriguez	02	Porto	<b>8:29.11</b>	+0,73	700	
	50m: 29.02 29.02	250m: 2:35.53 31.98	450m: 4:43.76 32.16	650m: 6:53.29 32.34			
	100m: 1:00.45 31.43	300m: 3:07.31 31.78	500m: 5:16.17 32.41	700m: 7:25.62 32.33			
	150m: 1:31.94 31.49	350m: 3:39.18 31.87	550m: 5:48.50 32.33	750m: 7:57.76 32.14			
	200m: 2:03.55 31.61	400m: 4:11.60 32.42	600m: 6:20.95 32.45	800m: 8:29.11 31.35			

## Prova 10 Masc., 800m Livres Absolutos Resultados

Rec	Tempo	Nome	Clube	Local	Data
Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsingquia (FIN)	17/07/2010

CEJun\_Masc 15 - 18: 8:16.80 / CMJun\_Masc 15 - 18: 8:07.01 / CEPL Abs: 7:55.34 / CMPL Abs: 7:53.11

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>8:17.40</b>	+0,69	751	
	50m: 28.54 28.54	250m: 2:33.89 31.63	450m: 4:38.59 30.98	650m: 6:43.03 31.32			
	100m: 59.60 31.06	300m: 3:05.02 31.13	500m: 5:09.50 30.91	700m: 7:14.69 31.66			
	150m: 1:30.93 31.33	350m: 3:36.49 31.47	550m: 5:40.62 31.12	750m: 7:46.55 31.86			
	200m: 2:02.26 31.33	400m: 4:07.61 31.12	600m: 6:11.71 31.09	800m: 8:17.40 30.85			
2.	SANTOS Pedro Miguel	01	Porto	<b>8:18.96</b>	+0,69	743	
	50m: 28.76 28.76	250m: 2:34.45 31.79	450m: 4:39.25 31.19	650m: 6:46.25 32.32			
	100m: 59.86 31.10	300m: 3:05.62 31.17	500m: 5:10.20 30.95	700m: 7:18.41 32.16			
	150m: 1:31.31 31.45	350m: 3:36.85 31.23	550m: 5:41.71 31.51	750m: 7:50.03 31.62			
	200m: 2:02.66 31.35	400m: 4:08.06 31.21	600m: 6:13.93 32.22	800m: 8:18.96 28.93			
3.	CARDOSO Diogo Santos	01	Sporting	<b>8:19.09</b>	+0,73	743	
	50m: 28.95 28.95	250m: 2:35.15 31.92	450m: 4:41.91 31.84	650m: 6:48.56 31.68			
	100m: 1:00.07 31.12	300m: 3:06.63 31.48	500m: 5:13.41 31.50	700m: 7:19.78 31.22			
	150m: 1:31.82 31.75	350m: 3:38.56 31.93	550m: 5:45.40 31.99	750m: 7:50.17 30.39			
	200m: 2:03.23 31.41	400m: 4:10.07 31.51	600m: 6:16.88 31.48	800m: 8:19.09 28.92			
4.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>8:24.35</b>	+0,67	720	
	50m: 28.77 28.77	250m: 2:35.23 31.89	450m: 4:42.16 31.87	650m: 6:49.64 31.94			
	100m: 59.99 31.22	300m: 3:06.80 31.57	500m: 5:13.88 31.72	700m: 7:21.38 31.74			
	150m: 1:31.90 31.91	350m: 3:38.61 31.81	550m: 5:45.87 31.99	750m: 7:53.52 32.14			
	200m: 2:03.34 31.44	400m: 4:10.29 31.68	600m: 6:17.70 31.83	800m: 8:24.35 30.83			
5.	ALMEIDA Bernardo Victorino	04	Sporting	<b>8:26.09</b>	+0,66	712	
	50m: 27.64 27.64	250m: 2:32.39 31.27	450m: 4:39.86 31.87	650m: 6:50.47 32.63			
	100m: 58.80 31.16	300m: 3:04.22 31.83	500m: 5:12.49 32.63	700m: 7:23.18 32.71			
	150m: 1:29.76 30.96	350m: 3:35.66 31.44	550m: 5:44.76 32.27	750m: 7:55.28 32.10			
	200m: 2:01.12 31.36	400m: 4:07.99 32.33	600m: 6:17.84 33.08	800m: 8:26.09 30.81			
6.	AMARAL Francisco Rodriguez	02	Porto	<b>8:29.11</b>	+0,73	700	
	50m: 29.02 29.02	250m: 2:35.53 31.98	450m: 4:43.76 32.16	650m: 6:53.29 32.34			
	100m: 1:00.45 31.43	300m: 3:07.31 31.78	500m: 5:16.17 32.41	700m: 7:25.62 32.33			
	150m: 1:31.94 31.49	350m: 3:39.18 31.87	550m: 5:48.50 32.33	750m: 7:57.76 32.14			
	200m: 2:03.55 31.61	400m: 4:11.60 32.42	600m: 6:20.95 32.45	800m: 8:29.11 31.35			

## Prova 10, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>8:37.40</b>	+0,75	667	
	50m: 28.61 28.61	250m: 2:39.44 32.89	450m: 4:50.27 32.47	650m: 7:01.16 32.72			
	100m: 1:00.82 32.21	300m: 3:12.09 32.65	500m: 5:22.72 32.45	700m: 7:33.72 32.56			
	150m: 1:33.77 32.95	350m: 3:45.12 33.03	550m: 5:55.50 32.78	750m: 8:06.30 32.58			
	200m: 2:06.55 32.78	400m: 4:17.80 32.68	600m: 6:28.44 32.94	800m: 8:37.40 31.10			
8.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>8:43.03</b>	+0,67	645	
	50m: 29.94 29.94	250m: 2:41.17 32.86	450m: 4:53.49 33.02	650m: 7:06.90 33.00			
	100m: 1:02.43 32.49	300m: 3:14.24 33.07	500m: 5:27.01 33.52	700m: 7:39.90 33.00			
	150m: 1:35.16 32.73	350m: 3:47.24 33.00	550m: 6:00.25 33.24	750m: 8:12.00 32.10			
	200m: 2:08.31 33.15	400m: 4:20.47 33.23	600m: 6:33.90 33.65	800m: 8:43.03 31.03			
9.	CARVALHO Martim Henriques	04	Rio Maior	<b>8:48.89</b>	+0,67	624	
	50m: 29.60 29.60	250m: 2:41.77 32.83	450m: 4:54.83 32.82	650m: 7:08.22 33.27			
	100m: 1:02.27 32.67	300m: 3:15.24 33.47	500m: 5:28.38 33.55	700m: 7:42.43 34.21			
	150m: 1:35.41 33.14	350m: 3:48.40 33.16	550m: 6:01.49 33.11	750m: 8:16.21 33.78			
	200m: 2:08.94 33.53	400m: 4:22.01 33.61	600m: 6:34.95 33.46	800m: 8:48.89 32.68			
10.	PEREIRA Manuel Angelo	05	Sporting	<b>8:52.29</b>	+0,72	612	
	50m: 30.02 30.02	250m: 2:43.61 34.00	450m: 4:59.01 33.54	650m: 7:13.67 33.62			
	100m: 1:02.45 32.43	300m: 3:17.60 33.99	500m: 5:32.65 33.64	700m: 7:47.07 33.40			
	150m: 1:36.06 33.61	350m: 3:51.44 33.84	550m: 6:06.43 33.78	750m: 8:20.18 33.11			
	200m: 2:09.61 33.55	400m: 4:25.47 34.03	600m: 6:40.05 33.62	800m: 8:52.29 32.11			
11.	CARVALHO Goncalo Renato	04	Porto	<b>8:57.40</b>	+0,64	595	
	50m: 29.45 29.45	250m: 2:41.83 33.25	450m: 4:58.47 34.20	650m: 7:16.03 34.43			
	100m: 1:01.79 32.34	300m: 3:15.72 33.89	500m: 5:32.85 34.38	700m: 7:50.59 34.56			
	150m: 1:35.10 33.31	350m: 3:49.80 34.08	550m: 6:06.97 34.12	750m: 8:24.96 34.37			
	200m: 2:08.58 33.48	400m: 4:24.27 34.47	600m: 6:41.60 34.63	800m: 8:57.40 32.44			
12.	GONCALVES Alexandre Ramos	05	Colegio Efanor	<b>8:57.57</b>	+0,75	594	
	50m: 30.32 30.32	250m: 2:43.51 33.89	450m: 4:59.75 33.71	650m: 7:16.27 34.38			
	100m: 1:02.93 32.61	300m: 3:17.53 34.02	500m: 5:33.68 33.93	700m: 7:50.86 34.59			
	150m: 1:36.16 33.23	350m: 3:51.85 34.32	550m: 6:07.84 34.16	750m: 8:24.84 33.98			
	200m: 2:09.62 33.46	400m: 4:26.04 34.19	600m: 6:41.89 34.05	800m: 8:57.57 32.73			
13.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>8:59.54</b>	+0,75	588	
	50m: 29.16 29.16	250m: 2:41.51 33.17	450m: 4:58.15 34.29	650m: 7:16.97 34.73			
	100m: 1:01.57 32.41	300m: 3:15.68 34.17	500m: 5:32.87 34.72	700m: 7:52.13 35.16			
	150m: 1:34.74 33.17	350m: 3:49.52 33.84	550m: 6:07.33 34.46	750m: 8:26.25 34.12			
	200m: 2:08.34 33.60	400m: 4:23.86 34.34	600m: 6:42.24 34.91	800m: 8:59.54 33.29			
14.	SOUSA Joao Maria	05	Braga	<b>9:00.27</b>	+0,69	586	
	50m: 28.86 28.86	250m: 2:39.09 33.21	450m: 4:55.23 35.18	650m: 7:16.02 35.55			
	100m: 1:00.39 31.53	300m: 3:12.15 33.06	500m: 5:30.09 34.86	700m: 7:51.11 35.09			
	150m: 1:33.29 32.90	350m: 3:46.02 33.87	550m: 6:05.60 35.51	750m: 8:26.39 35.28			
	200m: 2:05.88 32.59	400m: 4:20.05 34.03	600m: 6:40.47 34.87	800m: 9:00.27 33.88			
15.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	<b>9:05.31</b>	+0,77	569	
	50m: 29.48 29.48	250m: 2:43.09 34.14	450m: 5:00.79 34.58	650m: 7:20.37 35.38			
	100m: 1:01.84 32.36	300m: 3:17.36 34.27	500m: 5:35.18 34.39	700m: 7:56.10 35.73			
	150m: 1:35.28 33.44	350m: 3:51.72 34.36	550m: 6:09.80 34.62	750m: 8:31.20 35.10			
	200m: 2:08.95 33.67	400m: 4:26.21 34.49	600m: 6:44.99 35.19	800m: 9:05.31 34.11			

## Prova 10, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	<b>9:13.87</b>	+0,54	543	
	50m: 29.08 29.08	250m: 2:42.55 34.06	450m: 5:00.91 34.69	650m: 7:24.83 36.74			
	100m: 1:01.35 32.27	300m: 3:17.02 34.47	500m: 5:36.29 35.38	700m: 8:01.34 36.51			
	150m: 1:34.63 33.28	350m: 3:51.54 34.52	550m: 6:12.31 36.02	750m: 8:38.01 36.67			
	200m: 2:08.49 33.86	400m: 4:26.22 34.68	600m: 6:48.09 35.78	800m: 9:13.87 35.86			
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				

## Prova 11 Femin., 800m Livres Juniores Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30/05/2015

CEJun\_Fem 14 - 17: 9:04.96 / CMJun\_Fem 14 - 17: 8:54.28 / CEPL 15 +: 8:36.84 / CMPL 15 +: 8:37.90

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	<b>9:17.69</b>	+0,72	656	
	50m: 31.30 31.30	250m: 2:50.48 34.76	450m: 5:12.48 34.88	650m: 7:34.48 34.98			
	100m: 1:06.41 35.11	300m: 3:26.38 35.90	500m: 5:48.74 36.26	700m: 8:10.04 35.56			
	150m: 1:40.66 34.25	350m: 4:01.51 35.13	550m: 6:23.70 34.96	750m: 8:43.45 33.41			
	200m: 2:15.72 35.06	400m: 4:37.60 36.09	600m: 6:59.50 35.80	800m: 9:17.69 34.24			
2.	LOPES Daniela Magalhaes	05	Famalicao	<b>9:19.91</b>	+0,76	649	
	50m: 31.43 31.43	250m: 2:50.04 35.16	450m: 5:12.36 35.49	650m: 7:34.91 35.46			
	100m: 1:05.51 34.08	300m: 3:25.70 35.66	500m: 5:48.27 35.91	700m: 8:10.14 35.23			
	150m: 1:39.79 34.28	350m: 4:01.02 35.32	550m: 6:23.79 35.52	750m: 8:44.95 34.81			
	200m: 2:14.88 35.09	400m: 4:36.87 35.85	600m: 6:59.45 35.66	800m: 9:19.91 34.96			
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>9:25.11</b>	+0,61	631	
	50m: 31.92 31.92	250m: 2:52.62 35.64	450m: 5:16.27 36.15	650m: 7:39.79 35.88			
	100m: 1:06.22 34.30	300m: 3:28.25 35.63	500m: 5:52.03 35.76	700m: 8:15.72 35.93			
	150m: 1:41.71 35.49	350m: 4:04.23 35.98	550m: 6:28.02 35.99	750m: 8:51.09 35.37			
	200m: 2:16.98 35.27	400m: 4:40.12 35.89	600m: 7:03.91 35.89	800m: 9:25.11 34.02			
4.	PEIXOTO Carolina Esteves	06	Braga	<b>9:31.82</b>	+0,85	609	
	50m: 32.19 32.19	250m: 2:53.49 36.06	450m: 5:18.79 36.01	650m: 7:44.37 36.58			
	100m: 1:06.39 34.20	300m: 3:29.82 36.33	500m: 5:55.01 36.22	700m: 8:20.62 36.25			
	150m: 1:41.95 35.56	350m: 4:06.49 36.67	550m: 6:31.53 36.52	750m: 8:56.65 36.03			
	200m: 2:17.43 35.48	400m: 4:42.78 36.29	600m: 7:07.79 36.26	800m: 9:31.82 35.17			
5.	PIRES Catarina Gaspar	06	Porto	<b>9:35.72</b>	+0,85	597	
	50m: 32.33 32.33	250m: 2:53.87 35.71	450m: 5:19.51 36.17	650m: 7:45.95 36.75			
	100m: 1:06.73 34.40	300m: 3:30.32 36.45	500m: 5:55.97 36.46	700m: 8:22.71 36.76			
	150m: 1:42.21 35.48	350m: 4:06.80 36.48	550m: 6:32.43 36.46	750m: 8:59.54 36.83			
	200m: 2:18.16 35.95	400m: 4:43.34 36.54	600m: 7:09.20 36.77	800m: 9:35.72 36.18			
6.	LOPES Francisca Macedo	05	Vilacondense	<b>9:39.08</b>	+0,75	586	
	50m: 31.03 31.03	250m: 2:50.89 35.47	450m: 5:15.38 36.29	650m: 7:44.36 37.32			
	100m: 1:05.41 34.38	300m: 3:26.92 36.03	500m: 5:52.60 37.22	700m: 8:23.09 38.73			
	150m: 1:40.20 34.79	350m: 4:02.73 35.81	550m: 6:29.42 36.82	750m: 9:01.13 38.04			
	200m: 2:15.42 35.22	400m: 4:39.09 36.36	600m: 7:07.04 37.62	800m: 9:39.08 37.95			

## Prova 11, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	<b>RAMOS Joana Barbas</b>	06	Gafanha da Encarnacao	<b>9:49.65</b>	+0,73	555	
	50m: 33.01 33.01	250m: 2:58.70 36.92	450m: 5:27.32 37.51	650m: 7:57.76 37.75			
	100m: 1:08.79 35.78	300m: 3:35.58 36.88	500m: 6:05.02 37.70	700m: 8:35.00 37.24			
	150m: 1:45.34 36.55	350m: 4:12.72 37.14	550m: 6:42.59 37.57	750m: 9:12.98 37.98			
	200m: 2:21.78 36.44	400m: 4:49.81 37.09	600m: 7:20.01 37.42	800m: 9:49.65 36.67			
8.	<b>SILVA Ana Francisca</b>	06	Alcobaca	<b>9:55.24</b>		540	
	50m: 32.90 32.90	250m: 2:59.71 37.16	450m: 5:30.88 37.83	650m: 8:02.70 37.94			
	100m: 1:08.65 35.75	300m: 3:37.24 37.53	500m: 6:08.84 37.96	700m: 8:40.53 37.83			
	150m: 1:45.53 36.88	350m: 4:15.04 37.80	550m: 6:46.74 37.90	750m: 9:17.98 37.45			
	200m: 2:22.55 37.02	400m: 4:53.05 38.01	600m: 7:24.76 38.02	800m: 9:55.24 37.26			

## Prova 11 Femin., 800m Livres Seniores Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018

CEPL 15 +: 8:36.84 / CMPL 15 +: 8:37.90

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>HOLUB Tamila Hryhorivna</b>	99	Braga	<b>8:38.51</b>	+0,77	817	
	50m: 29.99 29.99	250m: 2:37.97 32.47	450m: 4:48.22 32.81	650m: 7:00.59 33.28			
	100m: 1:01.58 31.59	300m: 3:10.23 32.26	500m: 5:21.08 32.86	700m: 7:33.85 33.26			
	150m: 1:33.62 32.04	350m: 3:42.83 32.60	550m: 5:54.19 33.11	750m: 8:06.93 33.08			
	200m: 2:05.50 31.88	400m: 4:15.41 32.58	600m: 6:27.31 33.12	800m: 8:38.51 31.58			
2.	<b>DURAES Diana Margarida</b>	96	Benfica	<b>8:47.75</b>	+0,76	775	
	50m: 30.12 30.12	250m: 2:39.54 32.75	450m: 4:51.47 33.21	650m: 7:06.57 34.13			
	100m: 1:02.03 31.91	300m: 3:12.31 32.77	500m: 5:24.65 33.18	700m: 7:40.64 34.07			
	150m: 1:34.37 32.34	350m: 3:45.32 33.01	550m: 5:58.46 33.81	750m: 8:14.66 34.02			
	200m: 2:06.79 32.42	400m: 4:18.26 32.94	600m: 6:32.44 33.98	800m: 8:47.75 33.09			
3.	<b>ANDRE Angelica Maria</b>	94	Porto	<b>8:54.40</b>	+0,70	746	
	50m: 30.33 30.33	250m: 2:43.42 34.12	450m: 5:00.11 34.01	650m: 7:15.16 33.86			
	100m: 1:02.58 32.25	300m: 3:17.69 34.27	500m: 5:33.62 33.51	700m: 7:48.97 33.81			
	150m: 1:35.81 33.23	350m: 3:52.16 34.47	550m: 6:07.37 33.75	750m: 8:22.59 33.62			
	200m: 2:09.30 33.49	400m: 4:26.10 33.94	600m: 6:41.30 33.93	800m: 8:54.40 31.81			
4.	<b>CARDEAL Joana Nunes</b>	02	Academico Viseu	<b>8:56.04</b>	+0,74	739	
	50m: 30.56 30.56	250m: 2:45.22 34.10	450m: 5:00.61 33.92	650m: 7:16.18 33.91			
	100m: 1:03.48 32.92	300m: 3:19.11 33.89	500m: 5:34.78 34.17	700m: 7:50.04 33.86			
	150m: 1:37.19 33.71	350m: 3:52.73 33.62	550m: 6:08.44 33.66	750m: 8:23.37 33.33			
	200m: 2:11.12 33.93	400m: 4:26.69 33.96	600m: 6:42.27 33.83	800m: 8:56.04 32.67			
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>9:07.78</b>	+0,65	693	
	50m: 31.26 31.26	250m: 2:48.40 34.44	450m: 5:06.57 34.58	650m: 7:25.25 34.54			
	100m: 1:05.08 33.82	300m: 3:22.85 34.45	500m: 5:41.26 34.69	700m: 7:59.87 34.62			
	150m: 1:39.41 34.33	350m: 3:57.45 34.60	550m: 6:15.99 34.73	750m: 8:34.40 34.53			
	200m: 2:13.96 34.55	400m: 4:31.99 34.54	600m: 6:50.71 34.72	800m: 9:07.78 33.38			
6.	<b>MONTEIRO Ana Catarina</b>	93	Vilacondense	<b>9:09.93</b>	+0,64	685	
	50m: 30.93 30.93	250m: 2:48.28 35.01	450m: 5:08.36 34.93	650m: 7:28.85 35.19			
	100m: 1:04.15 33.22	300m: 3:23.35 35.07	500m: 5:43.35 34.99	700m: 8:03.86 35.01			
	150m: 1:38.61 34.46	350m: 3:58.36 35.01	550m: 6:18.52 35.17	750m: 8:37.94 34.08			
	200m: 2:13.27 34.66	400m: 4:33.43 35.07	600m: 6:53.66 35.14	800m: 9:09.93 31.99			

## Prova 11, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MENDES Mariana Amaral	02	Sporting	<b>9:10.03</b>	+0,69	684	
	50m: 31.44 31.44	250m: 2:48.35 35.04	450m: 5:07.62 34.84	650m: 7:27.57 35.15			
	100m: 1:04.53 33.09	300m: 3:23.12 34.77	500m: 5:42.55 34.93	700m: 8:02.32 34.75			
	150m: 1:38.80 34.27	350m: 3:58.03 34.91	550m: 6:17.68 35.13	750m: 8:36.92 34.60			
	200m: 2:13.31 34.51	400m: 4:32.78 34.75	600m: 6:52.42 34.74	800m: 9:10.03 33.11			
8.	RAMOS Ana Rita	02	Porto	<b>9:16.98</b>	+0,82	659	
	50m: 31.05 31.05	250m: 2:45.65 34.20	450m: 5:05.89 35.61	650m: 7:30.08 35.91			
	100m: 1:03.69 32.64	300m: 3:20.21 34.56	500m: 5:42.07 36.18	700m: 8:06.40 36.32			
	150m: 1:37.46 33.77	350m: 3:54.78 34.57	550m: 6:17.71 35.64	750m: 8:41.89 35.49			
	200m: 2:11.45 33.99	400m: 4:30.28 35.50	600m: 6:54.17 36.46	800m: 9:16.98 35.09			

## Prova 11 Femin., 800m Livres Absolutos Resultados

Rec	Nac	Tempo	Clube	País	Local	Data
Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018	
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018	
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28/05/2016	
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30/05/2015	

CEJun\_Fem 14 - 17: 9:04.96 / CMJun\_Fem 14 - 17: 8:54.28 / CEPL 15 +: 8:36.84 / CMPL 15 +: 8:37.90

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:38.51</b>	+0,77	817	
	50m: 29.99 29.99	250m: 2:37.97 32.47	450m: 4:48.22 32.81	650m: 7:00.59 33.28			
	100m: 1:01.58 31.59	300m: 3:10.23 32.26	500m: 5:21.08 32.86	700m: 7:33.85 33.26			
	150m: 1:33.62 32.04	350m: 3:42.83 32.60	550m: 5:54.19 33.11	750m: 8:06.93 33.08			
	200m: 2:05.50 31.88	400m: 4:15.41 32.58	600m: 6:27.31 33.12	800m: 8:38.51 31.58			
2.	DURAES Diana Margarida	96	Benfica	<b>8:47.75</b>	+0,76	775	
	50m: 30.12 30.12	250m: 2:39.54 32.75	450m: 4:51.47 33.21	650m: 7:06.57 34.13			
	100m: 1:02.03 31.91	300m: 3:12.31 32.77	500m: 5:24.65 33.18	700m: 7:40.64 34.07			
	150m: 1:34.37 32.34	350m: 3:45.32 33.01	550m: 5:58.46 33.81	750m: 8:14.66 34.02			
	200m: 2:06.79 32.42	400m: 4:18.26 32.94	600m: 6:32.44 33.98	800m: 8:47.75 33.09			
3.	ANDRE Angelica Maria	94	Porto	<b>8:54.40</b>	+0,70	746	
	50m: 30.33 30.33	250m: 2:43.42 34.12	450m: 5:00.11 34.01	650m: 7:15.16 33.86			
	100m: 1:02.58 32.25	300m: 3:17.69 34.27	500m: 5:33.62 33.51	700m: 7:48.97 33.81			
	150m: 1:35.81 33.23	350m: 3:52.16 34.47	550m: 6:07.37 33.75	750m: 8:22.59 33.62			
	200m: 2:09.30 33.49	400m: 4:26.10 33.94	600m: 6:41.30 33.93	800m: 8:54.40 31.81			
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>8:56.04</b>	+0,74	739	
	50m: 30.56 30.56	250m: 2:45.22 34.10	450m: 5:00.61 33.92	650m: 7:16.18 33.91			
	100m: 1:03.48 32.92	300m: 3:19.11 33.89	500m: 5:34.78 34.17	700m: 7:50.04 33.86			
	150m: 1:37.19 33.71	350m: 3:52.73 33.62	550m: 6:08.44 33.66	750m: 8:23.37 33.33			
	200m: 2:11.12 33.93	400m: 4:26.69 33.96	600m: 6:42.27 33.83	800m: 8:56.04 32.67			
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:07.78</b>	+0,65	693	
	50m: 31.26 31.26	250m: 2:48.40 34.44	450m: 5:06.57 34.58	650m: 7:25.25 34.54			
	100m: 1:05.08 33.82	300m: 3:22.85 34.45	500m: 5:41.26 34.69	700m: 7:59.87 34.62			
	150m: 1:39.41 34.33	350m: 3:57.45 34.60	550m: 6:15.99 34.73	750m: 8:34.40 34.53			
	200m: 2:13.96 34.55	400m: 4:31.99 34.54	600m: 6:50.71 34.72	800m: 9:07.78 33.38			

## Prova 11, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	<b>MONTEIRO Ana Catarina</b>	93	Vilacondense	<b>9:09.93</b>	+0,64	685	
	50m: 30.93 30.93	250m: 2:48.28 35.01	450m: 5:08.36 34.93	650m: 7:28.85 35.19			
	100m: 1:04.15 33.22	300m: 3:23.35 35.07	500m: 5:43.35 34.99	700m: 8:03.86 35.01			
	150m: 1:38.61 34.46	350m: 3:58.36 35.01	550m: 6:18.52 35.17	750m: 8:37.94 34.08			
	200m: 2:13.27 34.66	400m: 4:33.43 35.07	600m: 6:53.66 35.14	800m: 9:09.93 31.99			
7.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>9:10.03</b>	+0,69	684	
	50m: 31.44 31.44	250m: 2:48.35 35.04	450m: 5:07.62 34.84	650m: 7:27.57 35.15			
	100m: 1:04.53 33.09	300m: 3:23.12 34.77	500m: 5:42.55 34.93	700m: 8:02.32 34.75			
	150m: 1:38.80 34.27	350m: 3:58.03 34.91	550m: 6:17.68 35.13	750m: 8:36.92 34.60			
	200m: 2:13.31 34.51	400m: 4:32.78 34.75	600m: 6:52.42 34.74	800m: 9:10.03 33.11			
8.	<b>RAMOS Ana Rita</b>	02	Porto	<b>9:16.98</b>	+0,82	659	
	50m: 31.05 31.05	250m: 2:45.65 34.20	450m: 5:05.89 35.61	650m: 7:30.08 35.91			
	100m: 1:03.69 32.64	300m: 3:20.21 34.56	500m: 5:42.07 36.18	700m: 8:06.40 36.32			
	150m: 1:37.46 33.77	350m: 3:54.78 34.57	550m: 6:17.71 35.64	750m: 8:41.89 35.49			
	200m: 2:11.45 33.99	400m: 4:30.28 35.50	600m: 6:54.17 36.46	800m: 9:16.98 35.09			
9.	<b>PIRES Marta Joao</b>	05	Alges	<b>9:17.69</b>	+0,72	656	
	50m: 31.30 31.30	250m: 2:50.48 34.76	450m: 5:12.48 34.88	650m: 7:34.48 34.98			
	100m: 1:06.41 35.11	300m: 3:26.38 35.90	500m: 5:48.74 36.26	700m: 8:10.04 35.56			
	150m: 1:40.66 34.25	350m: 4:01.51 35.13	550m: 6:23.70 34.96	750m: 8:43.45 33.41			
	200m: 2:15.72 35.06	400m: 4:37.60 36.09	600m: 6:59.50 35.80	800m: 9:17.69 34.24			
10.	<b>LOPES Daniela Magalhaes</b>	05	Famalicao	<b>9:19.91</b>	+0,76	649	
	50m: 31.43 31.43	250m: 2:50.04 35.16	450m: 5:12.36 35.49	650m: 7:34.91 35.46			
	100m: 1:05.51 34.08	300m: 3:25.70 35.66	500m: 5:48.27 35.91	700m: 8:10.14 35.23			
	150m: 1:39.79 34.28	350m: 4:01.02 35.32	550m: 6:23.79 35.52	750m: 8:44.95 34.81			
	200m: 2:14.88 35.09	400m: 4:36.87 35.85	600m: 6:59.45 35.66	800m: 9:19.91 34.96			
11.	<b>FARIA Leonor Verissimo</b>	06	Nucleo de Pombal	<b>9:25.11</b>	+0,61	631	
	50m: 31.92 31.92	250m: 2:52.62 35.64	450m: 5:16.27 36.15	650m: 7:39.79 35.88			
	100m: 1:06.22 34.30	300m: 3:28.25 35.63	500m: 5:52.03 35.76	700m: 8:15.72 35.93			
	150m: 1:41.71 35.49	350m: 4:04.23 35.98	550m: 6:28.02 35.99	750m: 8:51.09 35.37			
	200m: 2:16.98 35.27	400m: 4:40.12 35.89	600m: 7:03.91 35.89	800m: 9:25.11 34.02			
12.	<b>PEIXOTO Carolina Esteves</b>	06	Braga	<b>9:31.82</b>	+0,85	609	
	50m: 32.19 32.19	250m: 2:53.49 36.06	450m: 5:18.79 36.01	650m: 7:44.37 36.58			
	100m: 1:06.39 34.20	300m: 3:29.82 36.33	500m: 5:55.01 36.22	700m: 8:20.62 36.25			
	150m: 1:41.95 35.56	350m: 4:06.49 36.67	550m: 6:31.53 36.52	750m: 8:56.65 36.03			
	200m: 2:17.43 35.48	400m: 4:42.78 36.29	600m: 7:07.79 36.26	800m: 9:31.82 35.17			
13.	<b>PIRES Catarina Gaspar</b>	06	Porto	<b>9:35.72</b>	+0,85	597	
	50m: 32.33 32.33	250m: 2:53.87 35.71	450m: 5:19.51 36.17	650m: 7:45.95 36.75			
	100m: 1:06.73 34.40	300m: 3:30.32 36.45	500m: 5:55.97 36.46	700m: 8:22.71 36.76			
	150m: 1:42.21 35.48	350m: 4:06.80 36.48	550m: 6:32.43 36.46	750m: 8:59.54 36.83			
	200m: 2:18.16 35.95	400m: 4:43.34 36.54	600m: 7:09.20 36.77	800m: 9:35.72 36.18			
14.	<b>LOPES Francisca Macedo</b>	05	Vilacondense	<b>9:39.08</b>	+0,75	586	
	50m: 31.03 31.03	250m: 2:50.89 35.47	450m: 5:15.38 36.29	650m: 7:44.36 37.32			
	100m: 1:05.41 34.38	300m: 3:26.92 36.03	500m: 5:52.60 37.22	700m: 8:23.09 38.73			
	150m: 1:40.20 34.79	350m: 4:02.73 35.81	550m: 6:29.42 36.82	750m: 9:01.13 38.04			
	200m: 2:15.42 35.22	400m: 4:39.09 36.36	600m: 7:07.04 37.62	800m: 9:39.08 37.95			

## Prova 11, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>9:49.65</b>	+0,73	555	
	50m: 33.01 33.01	250m: 2:58.70 36.92	450m: 5:27.32 37.51	650m: 7:57.76 37.75			
	100m: 1:08.79 35.78	300m: 3:35.58 36.88	500m: 6:05.02 37.70	700m: 8:35.00 37.24			
	150m: 1:45.34 36.55	350m: 4:12.72 37.14	550m: 6:42.59 37.57	750m: 9:12.98 37.98			
	200m: 2:21.78 36.44	400m: 4:49.81 37.09	600m: 7:20.01 37.42	800m: 9:49.65 36.67			
16.	SILVA Ana Francisca	06	Alcobaca	<b>9:55.24</b>		540	
	50m: 32.90 32.90	250m: 2:59.71 37.16	450m: 5:30.88 37.83	650m: 8:02.70 37.94			
	100m: 1:08.65 35.75	300m: 3:37.24 37.53	500m: 6:08.84 37.96	700m: 8:40.53 37.83			
	150m: 1:45.53 36.88	350m: 4:15.04 37.80	550m: 6:46.74 37.90	750m: 9:17.98 37.45			
	200m: 2:22.55 37.02	400m: 4:53.05 38.01	600m: 7:24.76 38.02	800m: 9:55.24 37.26			

## Prova 12

## Masc., 100m Costas

## Juniores

01/04/2022 - 10:25

Resultados Elimin

Rec Nac	Tempo	Nome	Nac	Local	Data
Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Jun18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12/07/2009
RNS8	1:13.33	CANCELA Diogo Luis	POR	Dublin (IRL)	16/08/2018

CEJun\_Masc 15 - 18: 57.28 / CMJun\_Masc 15 - 18: 56.15 / CEPL Abs: 54.45 / CMPL Abs: 54.03

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>58.74</b>	+0,75	687	Q
	50m: 28.10 28.10	100m: 58.74 30.64					
2.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>59.50</b>	+0,54	661	Q
	50m: 28.67 28.67	100m: 59.50 30.83					
3.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>59.70</b>	+0,58	655	Q
	50m: 28.37 28.37	100m: 59.70 31.33					
4.	PEREIRA Tomas Coelho	05	Penafiel	<b>1:00.06</b>	+0,61	643	R
	50m: 29.22 29.22	100m: 1:00.06 30.84					
5.	GOMES Guilherme Sousa	04	Aquatico Silves	<b>1:00.36</b>	+0,71	633	
	50m: 29.00 29.00	100m: 1:00.36 31.36					
6.	MARQUES Andre Henriques	05	Benfica	<b>1:00.53</b>	+0,55	628	
	50m: 29.13 29.13	100m: 1:00.53 31.40					
7.	SANTOS Ricardo Matias	05	CPFZ - Natacao	<b>1:01.14</b>	+0,67	609	
	50m: 29.40 29.40	100m: 1:01.14 31.74					
8.	FRASQUILHO Afonso Figueiredo	04	Sporting	<b>1:01.24</b>	+0,67	606	
	50m: 29.36 29.36	100m: 1:01.24 31.88					
9.	CORDEIRO Tomas Almeida	05	Alges	<b>1:01.48</b>	+0,65	599	
	50m: 29.60 29.60	100m: 1:01.48 31.88					
10.	ALMEIDA Miguel Cordeiro	05	Alges	<b>1:01.76</b>	+0,59	591	
	50m: 29.72 29.72	100m: 1:01.76 32.04					
11.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	<b>1:01.98</b>	+0,61	585	
	50m: 29.64 29.64	100m: 1:01.98 32.34					

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 12, Masc., 100m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FERRAO Gabriel Carvalho 50m: 29.34 29.34	05	Uniao Piedense	<b>1:02.10</b> 100m: 1:02.10 32.76	+0,57	582	
13.	CEPELEAGA Marin 50m: 29.59 29.59	05	Portinado	<b>1:02.32</b> 100m: 1:02.32 32.73	+0,62	575	
14.	VASCONCELOS Francisco Louren 50m: 29.58 29.58	05	Gesloures	<b>1:03.04</b> 100m: 1:03.04 33.46	+0,57	556	
15.	SA Jose Manuel 50m: 30.49 30.49	05	Sporting	<b>1:03.53</b> 100m: 1:03.53 33.04	+0,74	543	
16.	RIBEIRO Filipe Silva 50m: 29.79 29.79	05	Leixoes	<b>1:03.92</b> 100m: 1:03.92 34.13	+0,61	533	
DSQ	CUNHA Rodrigo Manuel <i>SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida</i>	04	Vitoria Guimaraes				

## Prova 12 Masc., 100m Costas Seniores Resultados Elimin

Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Sen	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
RNS8	1:13.33	CANCELA Diogo Luis	POR	Dublin (IRL)	16/08/2018

CEPL Abs: 54.45 / CMPL Abs: 54.03

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira 50m: 26.75 26.75	01	Vitoria Guimaraes	<b>54.56</b> 100m: 54.56 27.81	+0,58	858	Q
2.	LOPES Gabriel Jose 50m: 27.16 27.16	97	Louzan Natacao/EFAPEL	<b>55.85</b> 100m: 55.85 28.69	+0,63	800	Q
3.	SANTOS Francisco Rogerio 50m: 28.00 28.00	98	Sporting	<b>57.98</b> 100m: 57.98 29.98	+0,63	715	Q
4.	COSTA Diogo Santos 50m: 28.40 28.40	02	Benfica	<b>58.82</b> 100m: 58.82 30.42	+0,59	684	Q
5.	PIRES Ricardo Saraiva 50m: 28.90 28.90	98	Laranjeiro	<b>59.24</b> 100m: 59.24 30.34	+0,70	670	Q
6.	ROCHA Ricardo Filipe 50m: 28.87 28.87	02	Aquatico Pacense	<b>59.26</b> 100m: 59.26 30.39	+0,59	669	Q
7.	CASTRO Duarte Monteiro 50m: 28.95 28.95	03	Porto	<b>59.56</b> 100m: 59.56 30.61	+0,63	659	Q
8.	FERNANDES Joao Diogo 50m: 29.11 29.11	98	Belenenses	<b>59.97</b> 100m: 59.97 30.86	+0,58	646	R
9.	ZENZA Francisco Manuel 50m: 29.63 29.63	01	Natacao da Maia	<b>1:02.20</b> 100m: 1:02.20 32.57	+0,65	579	
DNS	SANTOS Alexis Manacas	92	Sporting				

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 59

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 12, Masc., 100m Costas, Elimin

Prova 12 Masc., 100m Costas Absolutos  
01/04/2022 - 10:25 Resultados Elimin

Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Sen	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Jun18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12/07/2009
RNS8	1:13.33	CANCELA Diogo Luis	POR	Dublin (IRL)	16/08/2018

CEJun\_Masc 15 - 18: 57.28 / CMJun\_Masc 15 - 18: 56.15 / CEPL Abs: 54.45 / CMPL Abs: 54.03

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira 50m: 26.75 26.75	01	Vitoria Guimaraes	<b>54.56</b>	+0,58	858 Q	
2.	LOPES Gabriel Jose 50m: 27.16 27.16	97	Louzan Natacao/EFAPEL	<b>55.85</b>	+0,63	800 Q	
3.	SANTOS Francisco Rogerio 50m: 28.00 28.00	98	Sporting	<b>57.98</b>	+0,63	715 Q	
4.	SILVA Gustavo Carvalho 50m: 28.10 28.10	04	Naval Praia da Vitoria	<b>58.74</b>	+0,75	687 Q	
5.	COSTA Diogo Santos 50m: 28.40 28.40	02	Benfica	<b>58.82</b>	+0,59	684 Q	
6.	PIRES Ricardo Saraiva 50m: 28.90 28.90	98	Laranjeiro	<b>59.24</b>	+0,70	670 Q	
7.	ROCHA Ricardo Filipe 50m: 28.87 28.87	02	Aquatico Pacense	<b>59.26</b>	+0,59	669 Q	
8.	BARAONA Andre Azevedo 50m: 28.67 28.67	04	Natacao do Montijo	<b>59.50</b>	+0,54	661 Q	
9.	CASTRO Duarte Monteiro 50m: 28.95 28.95	03	Porto	<b>59.56</b>	+0,63	659 Q	
10.	SILVA Diogo Miguel 50m: 28.37 28.37	05	Galitos/ Bresimar	<b>59.70</b>	+0,58	655 Q	
11.	FERNANDES Joao Diogo 50m: 29.11 29.11	98	Belenenses	<b>59.97</b>	+0,58	646 R	
12.	PEREIRA Tomas Coelho 50m: 29.22 29.22	05	Penafiel	<b>1:00.06</b>	+0,61	643 R	
13.	GOMES Guilherme Sousa 50m: 29.00 29.00	04	Aquatico Silves	<b>1:00.36</b>	+0,71	633	
14.	MARQUES Andre Henriques 50m: 29.13 29.13	05	Benfica	<b>1:00.53</b>	+0,55	628	
15.	SANTOS Ricardo Matias 50m: 29.40 29.40	05	CPFZ - Natacao	<b>1:01.14</b>	+0,67	609	
16.	FRASQUILHO Afonso Figueiredo 50m: 29.36 29.36	04	Sporting	<b>1:01.24</b>	+0,67	606	

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 60

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 12, Masc., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	CORDEIRO Tomas Almeida 50m: 29.60 29.60	05	Alges	<b>1:01.48</b>	+0,65	599	
100m:	1:01.48 31.88						
18.	ALMEIDA Miguel Cordeiro 50m: 29.72 29.72	05	Alges	<b>1:01.76</b>	+0,59	591	
100m:	1:01.76 32.04						
19.	OLIVEIRA Diogo Alexandre 50m: 29.64 29.64	05	Naval do Funchal	<b>1:01.98</b>	+0,61	585	
100m:	1:01.98 32.34						
20.	FERRAO Gabriel Carvalho 50m: 29.34 29.34	05	Uniao Piedense	<b>1:02.10</b>	+0,57	582	
100m:	1:02.10 32.76						
21.	ZENZA Francisco Manuel 50m: 29.63 29.63	01	Natacao da Maia	<b>1:02.20</b>	+0,65	579	
100m:	1:02.20 32.57						
22.	CEPELEAGA Marin 50m: 29.59 29.59	05	Portinado	<b>1:02.32</b>	+0,62	575	
100m:	1:02.32 32.73						
23.	VASCONCELOS Francisco Louren 50m: 29.58 29.58	05	Gesloures	<b>1:03.04</b>	+0,57	556	
100m:	1:03.04 33.46						
24.	SA Jose Manuel 50m: 30.49 30.49	05	Sporting	<b>1:03.53</b>	+0,74	543	
100m:	1:03.53 33.04						
25.	RIBEIRO Filipe Silva 50m: 29.79 29.79	05	Leixoes	<b>1:03.92</b>	+0,61	533	
100m:	1:03.92 34.13						
DSQ	CUNHA Rodrigo Manuel <i>SW 6.3 - O (a) atleta não rompeu a superfície da água com a cabeça antes dos 15 metros após a partida</i>	04	Vitoria Guimaraes				
DNS	SANTOS Alexis Manacas	92	Sporting				
EXH	CANCELA Diogo Luis 50m: 35.51 35.51	02	Louzan Natacao/EFAPEL	<b>1:15.54</b>	+0,64	323	
100m:	1:15.54 40.03						

### ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

### PARCEIROS INSTITUCIONAIS



### FORNECEDOR OFICIAL



### PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



### PARCEIROS



Prova 13 Femin., 100m Costas Juniiores  
01/04/2022 - 10:35 Resultados Elimin

Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Jun17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05/04/2019

CEJun\_Fem 14 - 17: 1:04.59 / CMJun\_Fem 14 - 17: 1:03.33 / CEPL 15 +: 1:01.11 / CMPL 15 +: 1:00.59

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	EIRA Maria Carolina 50m: 32.12 32.12	05	Ginasio de Vila Real	<b>1:06.94</b>	+0,67	632	Q
2.	CAMACHO Carolina Martins 50m: 32.83 32.83	06	Uniao Piedense	<b>1:07.58</b>	+0,68	614	Q
3.	REIS Erica Cristina 50m: 33.39 33.39	05	Sporting	<b>1:07.84</b>	+0,57	607	Q
4.	ROMAO Ana Teresa 50m: 33.44 33.44	06	Naval de Faro	<b>1:08.42</b>	+0,69	591	?
	CATALAO Leonor Tavares 50m: 32.45 32.45	06	Sporting	<b>1:08.42</b>	+0,64	591	?
6.	FERREIRA Maria Joao 50m: 33.81 33.81	06	Foca Quinta da Lixa CNF	<b>1:08.69</b>	+0,59	585	R
7.	LAGOA Carlota Macedo 50m: 32.95 32.95	05	Ba-Leiria	<b>1:09.04</b>	+0,63	576	
8.	SALGADO Soraia Maria 50m: 33.32 33.32	05	Fisica Torres Vedras	<b>1:09.22</b>	+0,80	571	
9.	GONCALVES Rita Abibe 50m: 33.57 33.57	05	Gesloures	<b>1:09.65</b>	+0,71	561	
10.	CANINHAS Maria Pinto 50m: 33.90 33.90	05	Natacao do Fundao	<b>1:09.76</b>	+0,78	558	
11.	PINTO Leonor Filipa 50m: 33.46 33.46	06	Porto	<b>1:10.11</b>	+0,68	550	
12.	MAGALHAES Luana Cardoso 50m: 33.55 33.55	06	Alges	<b>1:10.53</b>	+0,61	540	
13.	COSTA Daniela Alexandra 50m: 33.95 33.95	06	Leixoes	<b>1:11.41</b>	+0,76	520	
14.	COSTA Maria Jardim 50m: 34.12 34.12	06	Desportivo Nacional	<b>1:11.69</b>	+0,69	514	
15.	DINIS Filipa Paiva 50m: 34.45 34.45	06	Ba-Leiria	<b>1:12.14</b>	+0,70	505	
16.	SILVA Ana Francisca 50m: 35.37 35.37	06	Alcobaca	<b>1:12.39</b>	+0,67	499	
17.	RAMOS Joana Barbas 50m: 36.19 36.19	06	Gafanha da Encarnacao	<b>1:14.33</b>	+0,73	461	

## Prova 13, Femin., 100m Costas, Elimin

Prova 13		Femin., 100m Costas			Seniores
01/04/2022 - 10:35					Resultados Elimin
Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Sen	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
CEPL 15 +: 1:01.11 / CMPL 15 +: 1:00.59					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:02.52</b>	+0,62	775	Q
	50m: 30.35 30.35	100m: 1:02.52	32.17				
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:04.98</b>	+0,61	691	Q
	50m: 31.82 31.82	100m: 1:04.98	33.16				
3.	AZEVEDO Rafaela Gomes	02	Alges	<b>1:06.24</b>	+0,64	652	Q
	50m: 30.16 30.16	100m: 1:06.24	36.08				
4.	MARQUES Mariana Nunes	03	Estarreja	<b>1:07.63</b>	+0,54	612	Q
	50m: 32.63 32.63	100m: 1:07.63	35.00				
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>1:07.91</b>	+0,67	605	Q
	50m: 33.01 33.01	100m: 1:07.91	34.90				
6.	NUNES Sofia Alexandra	00	Laranjeiro	<b>1:08.32</b>	+0,73	594	Q
	50m: 33.05 33.05	100m: 1:08.32	35.27				
7.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:08.82</b>	+0,62	581	
	50m: 33.31 33.31	100m: 1:08.82	35.51				

Prova 13		Femin., 100m Costas			Absolutos
01/04/2022 - 10:35					Resultados Elimin
Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Sen	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Jun17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05/04/2019
CEJun_Fem 14 - 17: 1:04.59 / CMJun_Fem 14 - 17: 1:03.33 / CEPL 15 +: 1:01.11 / CMPL 15 +: 1:00.59					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>1:02.52</b>	+0,62	775	Q
	50m: 30.35 30.35	100m: 1:02.52	32.17				
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:04.98</b>	+0,61	691	Q
	50m: 31.82 31.82	100m: 1:04.98	33.16				
3.	AZEVEDO Rafaela Gomes	02	Alges	<b>1:06.24</b>	+0,64	652	Q
	50m: 30.16 30.16	100m: 1:06.24	36.08				
4.	EIRA Maria Carolina	05	Ginasio de Vila Real	<b>1:06.94</b>	+0,67	632	Q
	50m: 32.12 32.12	100m: 1:06.94	34.82				
5.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>1:07.58</b>	+0,68	614	Q
	50m: 32.83 32.83	100m: 1:07.58	34.75				
6.	MARQUES Mariana Nunes	03	Estarreja	<b>1:07.63</b>	+0,54	612	Q
	50m: 32.63 32.63	100m: 1:07.63	35.00				

## Prova 13, Femin., 100m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	REIS Erica Cristina 50m: 33.39 33.39	05	Sporting	<b>1:07.84</b>	+0,57	607	Q
8.	OLIVEIRA Ana Rita 50m: 33.01 33.01	04	Colegio Efanor	<b>1:07.91</b>	+0,67	605	Q
9.	NUNES Sofia Alexandra 50m: 33.05 33.05	00	Laranjeiro	<b>1:08.32</b>	+0,73	594	Q
10.	ROMAO Ana Teresa 50m: 33.44 33.44	06	Naval de Faro	<b>1:08.42</b>	+0,69	591	?
	CATALAO Leonor Tavares 50m: 32.45 32.45	06	Sporting	<b>1:08.42</b>	+0,64	591	?
12.	FERREIRA Maria Joao 50m: 33.81 33.81	06	Foca Quinta da Lixa CNF	<b>1:08.69</b>	+0,59	585	R
13.	MONTEIRO Ana Catarina 50m: 33.31 33.31	93	Vilacondense	<b>1:08.82</b>	+0,62	581	
14.	LAGOA Carlota Macedo 50m: 32.95 32.95	05	Ba-Leiria	<b>1:09.04</b>	+0,63	576	
15.	SALGADO Soraia Maria 50m: 33.32 33.32	05	Fisica Torres Vedras	<b>1:09.22</b>	+0,80	571	
16.	GONCALVES Rita Abibe 50m: 33.57 33.57	05	Gesloures	<b>1:09.65</b>	+0,71	561	
17.	CANINHAS Maria Pinto 50m: 33.90 33.90	05	Natacao do Fundao	<b>1:09.76</b>	+0,78	558	
18.	PINTO Leonor Filipa 50m: 33.46 33.46	06	Porto	<b>1:10.11</b>	+0,68	550	
19.	MAGALHAES Luana Cardoso 50m: 33.55 33.55	06	Alges	<b>1:10.53</b>	+0,61	540	
20.	COSTA Daniela Alexandra 50m: 33.95 33.95	06	Leixoes	<b>1:11.41</b>	+0,76	520	
21.	COSTA Maria Jardim 50m: 34.12 34.12	06	Desportivo Nacional	<b>1:11.69</b>	+0,69	514	
22.	DINIS Filipa Paiva 50m: 34.45 34.45	06	Ba-Leiria	<b>1:12.14</b>	+0,70	505	
23.	SILVA Ana Francisca 50m: 35.37 35.37	06	Alcobaca	<b>1:12.39</b>	+0,67	499	
24.	RAMOS Joana Barbas 50m: 36.19 36.19	06	Gafanha da Encarnacao	<b>1:14.33</b>	+0,73	461	

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 14 Masc., 50m Livres Juniores

01/04/2022 - 10:40 Resultados Elimin

Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Jun18	22.98	RIBEIRO Diogo Matos	POR	Las Palmas (ESP)	22/07/2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16/07/2004

CEJun\_Masc 15 - 18: 23.45 / CMJun\_Masc 15 - 18: 22.98 / CEPL Abs: 22.27 / CMPL Abs: 22.18

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CE Jun, Minimos CM Jun</i>	04	Benfica	<b>22.35</b>	+0,60	818	Q
2.	ALMEIDA Bernardo Victorino	04	Sporting	<b>24.66</b>	+0,62	609	
3.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>24.67</b>	+0,66	608	
4.	BILRO Simao Valadas	05	Aminata	<b>24.90</b>	+0,66	592	
5.	PIRES Joao Antonio	05	Torres Novas	<b>25.05</b>	+0,64	581	
6.	SOUSA Rafael Fidelis	05	Uniao Piedense	<b>25.15</b>	+0,68	574	
7.	CUNHA Vasco Goncalves PEREIRA Tomas Coelho	05	Leixoes Penafiel	<b>25.20</b> <b>25.20</b>	+0,66 +0,68	571 571	
9.	RODRIGUES Joao Luis	05	Naval do Funchal	<b>25.60</b>	+0,61	544	
10.	PINTO Tiago Rodrigues	05	Sporting	<b>25.89</b>	+0,71	526	
11.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>26.16</b>	+0,63	510	
12.	RIBEIRO Filipe Silva	05	Leixoes	<b>26.56</b>	+0,70	487	

## Prova 14 Masc., 50m Livres Seniores

01/04/2022 - 10:40 Resultados Elimin

Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Sen	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020

CEPL Abs: 22.27 / CMPL Abs: 22.18

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte <i>Minimos CE PL</i>	95	Benfica	<b>22.21</b>	+0,59	834	Q
2.	MARQUES Miguel Henriques	00	Benfica	<b>23.20</b>	+0,64	732	Q
3.	SILVA Fernando Souza	86	Naval do Funchal	<b>23.25</b>	+0,69	727	Q
4.	VAKULYUK Paulo	03	Torres Novas	<b>23.30</b>	+0,66	722	Q
5.	PADRELA Joao Esteves	99	Belenenses	<b>23.38</b>	+0,64	715	Q
6.	LEBRE Diogo Ramos	01	Benfica	<b>23.57</b>	+0,66	698	Q
7.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>23.66</b>	+0,66	690	Q
8.	SILVA Miguel Vicente	02	Nautico Marinha Grande	<b>23.67</b>	+0,66	689	Q
9.	RAMOS Bruno Miguel	97	Belenenses	<b>23.70</b>	+0,64	686	Q
10.	COSTA Tiago Cunha	99	Sporting	<b>23.84</b>	+0,66	674	R
11.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	<b>24.00</b>	+0,64	661	R
12.	NUNES Porfirio Braga	00	Porto	<b>24.01</b>	+0,64	660	
13.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>24.42</b>	+0,71	627	
14.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	<b>24.53</b>	+0,63	619	

### ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

### PARCEIROS INSTITUCIONAIS



### FORNECEDOR OFICIAL



### PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



### PARCEIROS



# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 14, Masc., 50m Livres, Elimin

Prova 14  
01/04/2022 - 10:40

Masc., 50m Livres

Absolutos  
Resultados Elimin

Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Sen	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020
Rec Nac Jun18	22.98	RIBEIRO Diogo Matos	POR	Las Palmas (ESP)	22/07/2007
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16/07/2004

CEJun\_Masc 15 - 18: 23.45 / CMJun\_Masc 15 - 18: 22.98 / CEPL Abs: 22.27 / CMPL Abs: 22.18

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte <i>Minimos CE PL</i>	95	Benfica	<b>22.21</b>	+0,59	834	Q
2.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CE Jun, Minimos CM Jun</i>	04	Benfica	<b>22.35</b>	+0,60	818	Q
3.	MARQUES Miguel Henriques	00	Benfica	<b>23.20</b>	+0,64	732	Q
4.	SILVA Fernando Souza	86	Naval do Funchal	<b>23.25</b>	+0,69	727	Q
5.	VAKULYUK Paulo	03	Torres Novas	<b>23.30</b>	+0,66	722	Q
6.	PADRELA Joao Esteves	99	Belenenses	<b>23.38</b>	+0,64	715	Q
7.	LEBRE Diogo Ramos	01	Benfica	<b>23.57</b>	+0,66	698	Q
8.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>23.66</b>	+0,66	690	Q
9.	SILVA Miguel Vicente	02	Nautico Marinha Grande	<b>23.67</b>	+0,66	689	Q
10.	RAMOS Bruno Miguel	97	Belenenses	<b>23.70</b>	+0,64	686	Q
11.	COSTA Tiago Cunha	99	Sporting	<b>23.84</b>	+0,66	674	R
12.	POLIAKOV Artiom Viatcheslavovitch	93	Oriental	<b>24.00</b>	+0,64	661	R
13.	NUNES Porfirio Braga	00	Porto	<b>24.01</b>	+0,64	660	
14.	LOURENCO Tiago Campos	02	Natacao de Valongo	<b>24.42</b>	+0,71	627	
15.	GOMES Rodrigo Ribeiro	00	Condeixa Clube	<b>24.53</b>	+0,63	619	
16.	ALMEIDA Bernardo Victorino	04	Sporting	<b>24.66</b>	+0,62	609	
17.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>24.67</b>	+0,66	608	
18.	BILRO Simao Valadas	05	Aminata	<b>24.90</b>	+0,66	592	
19.	PIRES Joao Antonio	05	Torres Novas	<b>25.05</b>	+0,64	581	
20.	SOUSA Rafael Fidelis	05	Uniao Piedense	<b>25.15</b>	+0,68	574	
21.	CUNHA Vasco Goncalves	05	Leixoes	<b>25.20</b>	+0,66	571	
	PEREIRA Tomas Coelho	05	Penafiel	<b>25.20</b>	+0,68	571	
23.	RODRIGUES Joao Luis	05	Naval do Funchal	<b>25.60</b>	+0,61	544	
24.	PINTO Tiago Rodrigues	05	Sporting	<b>25.89</b>	+0,71	526	
25.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>26.16</b>	+0,63	510	
26.	RIBEIRO Filipe Silva	05	Leixoes	<b>26.56</b>	+0,70	487	
EXH	SCHILLING Leonardo	93	Porto	<b>23.06</b>	+0,68	745	
EXH	HEINIO-WIDELL Nick	05	Alges	<b>24.50</b>	+0,57	621	
EXH	FIDALGO Joao Matos	03	Gesloures	<b>27.13</b>	+0,80	457	
EXH	NEVES Diogo Correia	94	Colegio Vasco da Gama	<b>28.97</b>	+0,64	376	

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 66

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 15		Femin., 50m Livres			Juniores
01/04/2022 - 10:45					Resultados Elimin
Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05/02/2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10/04/2010
RNS9	28.85	VEIGA Susana Pereira	POR	Funchal	22/05/2021

CEJun\_Fem 14 - 17: 26.33 / CMJun\_Fem 14 - 17: 25.81 / CEPL 15 +: 25.19 / CMPL 15 +: 25.04

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>26.76</b>	+0,66	692	Q
2.	LOURO Ariana Espirito	05	Gualdim Pais	<b>27.68</b>	+0,59	625	Q
3.	TEIXEIRA Ines Correia	06	Amadora	<b>27.77</b>	+0,72	619	Q
4.	JESUS Mariana Teixeira	06	Estarreja	<b>28.09</b>	+0,70	598	
5.	COELHO Maria Leonor	06	Benfica	<b>28.13</b>	+0,68	595	
6.	FERREIRA Francisca Santos	06	Alges	<b>28.33</b>	+0,66	583	
7.	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar	<b>28.37</b>	+0,60	580	
8.	BRITES Marta Lopes	06	Bombeiros Ponta Delgada	<b>28.40</b>	+0,63	578	
9.	AMORIM Ines Santos	06	Desportiva de Viana	<b>28.50</b>	+0,80	572	
10.	PINO Ines Mira	06	Pimpoes/Cimai	<b>28.61</b>	+0,69	566	
11.	NEVES Maria Manuel	05	Braga	<b>28.63</b>	+0,73	565	
12.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>28.67</b>	+0,72	562	
13.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>28.71</b>	+0,71	560	
14.	GOUVEIA Ana Luisa	06	Colegio Efanor	<b>28.85</b>	+0,79	552	
15.	SA Maria Luis	06	Fluvial Portuense	<b>28.93</b>	+0,79	547	
16.	VALENTE Maria Esteves	06	Benfica	<b>29.05</b>	+0,69	540	
17.	GRILO Maria Vitoria	06	Uniao Coimbra	<b>29.06</b>	+0,66	540	
18.	DIAS Madalena Graca	06	Natacao de Lisboa	<b>29.14</b>	+0,54	535	
19.	ALVES Catarina Isabel	06	Aminata	<b>29.35</b>	+0,83	524	
20.	ROCHA Liliana Lima	06	Viana Natacao	<b>29.41</b>	+0,72	521	
21.	JARDIM Lara Filipa	06	Naval do Funchal	<b>29.76</b>	+0,68	503	
22.	FROIS Maria Francisca	06	Ba-Leiria	<b>29.88</b>	+0,75	497	
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 15, Femin., 50m Livres, Elimin

Prova 15		Femin., 50m Livres			Seniores
01/04/2022 - 10:45					Resultados Elimin
Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
RNS9	28.85	VEIGA Susana Pereira	POR	Funchal	22/05/2021

CEPL 15 +: 25.19 / CMPL 15 +: 25.04

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>26.89</b>	+0,68	682	Q
	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>26.89</b>	+0,64	682	Q
3.	FRISCHKNECHT Rita Barros	98	Sporting	<b>27.11</b>	+0,70	665	Q
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>27.23</b>	+0,62	656	Q
5.	OLIVEIRA Rosa Maria	96	Porto	<b>27.50</b>	+0,66	637	Q
6.	ANDRE Leticia Maia	02	Benfica	<b>27.51</b>	+0,68	636	Q
7.	PINTO Mafalda Marques	02	Sporting	<b>27.69</b>	+0,72	624	Q
8.	VIANA Carolina Pereira	04	Aquatico Silves	<b>27.85</b>	+0,68	613	R
9.	FOMINA Anna	02	Louletano/Loule Concelho	<b>28.06</b>	+0,71	600	R
10.	RODRIGUES Joana Francisca	04	Condeixa Clube	<b>28.16</b>	+0,69	593	

Prova 15		Femin., 50m Livres			Absolutos
01/04/2022 - 10:45					Resultados Elimin

Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05/02/2017
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10/04/2010
RNS9	28.85	VEIGA Susana Pereira	POR	Funchal	22/05/2021

CEJun\_Fem 14 - 17: 26.33 / CMJun\_Fem 14 - 17: 25.81 / CEPL 15 +: 25.19 / CMPL 15 +: 25.04

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>26.76</b>	+0,66	692	Q
2.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>26.89</b>	+0,68	682	Q
	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>26.89</b>	+0,64	682	Q
4.	FRISCHKNECHT Rita Barros	98	Sporting	<b>27.11</b>	+0,70	665	Q
5.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>27.23</b>	+0,62	656	Q
6.	OLIVEIRA Rosa Maria	96	Porto	<b>27.50</b>	+0,66	637	Q
7.	ANDRE Leticia Maia	02	Benfica	<b>27.51</b>	+0,68	636	Q
8.	LOURO Ariana Espirito	05	Gualdim Pais	<b>27.68</b>	+0,59	625	Q
9.	PINTO Mafalda Marques	02	Sporting	<b>27.69</b>	+0,72	624	Q
10.	TEIXEIRA Ines Correia	06	Amadora	<b>27.77</b>	+0,72	619	Q
11.	VIANA Carolina Pereira	04	Aquatico Silves	<b>27.85</b>	+0,68	613	R
12.	FOMINA Anna	02	Louletano/Loule Concelho	<b>28.06</b>	+0,71	600	R
13.	JESUS Mariana Teixeira	06	Estarreja	<b>28.09</b>	+0,70	598	
14.	COELHO Maria Leonor	06	Benfica	<b>28.13</b>	+0,68	595	
15.	RODRIGUES Joana Francisca	04	Condeixa Clube	<b>28.16</b>	+0,69	593	
16.	FERREIRA Francisca Santos	06	Alges	<b>28.33</b>	+0,66	583	
17.	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar	<b>28.37</b>	+0,60	580	

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 15, Femin., 50m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
18.	BRITES Marta Lopes	06	Bombeiros Ponta Delgada	<b>28.40</b>	+0,63	578	
19.	AMORIM Ines Santos	06	Desportiva de Viana	<b>28.50</b>	+0,80	572	
20.	PINO Ines Mira	06	Pimpoes/Cimai	<b>28.61</b>	+0,69	566	
21.	NEVES Maria Manuel	05	Braga	<b>28.63</b>	+0,73	565	
22.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>28.67</b>	+0,72	562	
23.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>28.71</b>	+0,71	560	
24.	GOUVEIA Ana Luisa	06	Colegio Efanor	<b>28.85</b>	+0,79	552	
25.	SA Maria Luis	06	Fluvial Portuense	<b>28.93</b>	+0,79	547	
26.	VALENTE Maria Esteves	06	Benfica	<b>29.05</b>	+0,69	540	
27.	GRILO Maria Vitoria	06	Uniao Coimbra	<b>29.06</b>	+0,66	540	
28.	DIAS Madalena Graca	06	Natacao de Lisboa	<b>29.14</b>	+0,54	535	
29.	ALVES Catarina Isabel	06	Aminata	<b>29.35</b>	+0,83	524	
30.	ROCHA Liliana Lima	06	Viana Natacao	<b>29.41</b>	+0,72	521	
31.	JARDIM Lara Filipa	06	Naval do Funchal	<b>29.76</b>	+0,68	503	
32.	FROIS Maria Francisca	06	Ba-Leiria	<b>29.88</b>	+0,75	497	
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	<b>29.91</b>	+0,80	495	

## Prova 16

## Masc., 100m Bruços

01/04/2022 - 10:50

Juniores  
Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18/07/2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02/08/2008

CEJun\_Masc 15 - 18: 1:03.93 / CMJun\_Masc 15 - 18: 1:02.67 / CEPL Abs: 1:00.23 / CMPL Abs: 59.75

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>1:06.34</b>	+0,68	630	Q
	50m: 30.95 30.95		100m: 1:06.34 35.39				
2.	REBELO Joao Lourenco	04	Alges	<b>1:06.95</b>	+0,61	613	R
	50m: 31.40 31.40		100m: 1:06.95 35.55				
3.	OLIVEIRA Joao Campelo	04	Famalicao	<b>1:07.45</b>	+0,77	599	R
	50m: 31.64 31.64		100m: 1:07.45 35.81				
4.	FERNANDES Martim Pestana	04	Naval do Funchal	<b>1:08.05</b>	+0,50	583	
	50m: 31.38 31.38		100m: 1:08.05 36.67				
5.	CARVALHO Goncalo Duarte	05	Benfica	<b>1:08.45</b>	+0,73	573	
	50m: 31.94 31.94		100m: 1:08.45 36.51				
6.	OLIVEIRA Simao Lopes	05	Naval Setubalense	<b>1:09.66</b>	+0,70	544	
	50m: 33.04 33.04		100m: 1:09.66 36.62				
7.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>1:09.80</b>	+0,72	541	
	50m: 32.60 32.60		100m: 1:09.80 37.20				

### ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

### PARCEIROS INSTITUCIONAIS



### FORNECEDOR OFICIAL



### PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



### PARCEIROS



# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 16, Masc., 100m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	MOREIRA Joao Pedro 50m: 32.61 32.61	04	Colegio Efanor	<b>1:10.64</b>	+0,68	522	
	SILVA Goncalo Manuel 50m: 32.87 32.87	05	Porto	<b>1:10.64</b>	+0,77	522	
10.	BARRETO Guilherme Pedro 50m: 33.50 33.50	05	Desportiva de Viana	<b>1:10.83</b>	+0,70	517	
	COSTA Goncalo Ramos 50m: 32.41 32.41	05	CPCD-Povoa St Iria	<b>1:10.83</b>	+0,76	517	
12.	VASCONCELOS Francisco Louren 50m: 33.57 33.57	05	Gesloures	<b>1:11.39</b>	+0,63	505	
13.	ROCHA Rodrigo Manuel 50m: 33.57 33.57	05	Sporting de Espinho	<b>1:11.49</b>	+0,73	503	
14.	SILVA Tony Stefano 50m: 32.82 32.82	05	Desportivo Nacional	<b>1:13.32</b>	+0,63	466	
15.	LOPES Andre Prates 50m: 34.48 34.48	05	Electrico Clube/ FGil.pt	<b>1:13.62</b>	+0,82	461	
16.	CARVALHO Guilherme Jesus 50m: 33.84 33.84	05	Foca Quinta da Lixa CNF	<b>1:13.97</b>	+0,74	454	

## Prova 16

01/04/2022 - 10:50

## Masc., 100m Bruços

## Seniores

Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013

CEPL Abs: 1:00.23 / CMPL Abs: 59.75

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes 50m: 29.29 29.29	00	Braga	<b>1:04.27</b>	+0,71	693 Q	
2.	VELOSO Tomas Miguel 50m: 30.24 30.24	96	Nautico Academico	<b>1:04.49</b>	+0,60	686 Q	
3.	MENDES Antonio Manuel 50m: 30.97 30.97	99	Sporting	<b>1:05.14</b>	+0,66	665 Q	
4.	GOMES Filipe Miguel 50m: 31.39 31.39	97	Ba-Leiria	<b>1:06.23</b>	+0,48	633 Q	
5.	CABRITO Rodrigo Almeida 50m: 31.53 31.53	01	Belenenses	<b>1:06.36</b>	+0,69	629 Q	
6.	MATEUS Diogo Garcez 50m: 30.55 30.55	02	Sporting	<b>1:06.37</b>	+0,66	629 Q	
7.	FRISCHKNECHT Renato Barros 50m: 30.79 30.79	01	Sporting	<b>1:06.67</b>	+0,60	620 Q	

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 70

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 16, Masc., 100m Bruços, Elimín, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
8.	LOPES Luis Afonso 50m: 31.57 31.57	03	Viver Santarem	<b>1:06.74</b>	+0,70	619	Q
9.	SANTOS Pedro Andre 50m: 31.38 31.38	94	Alges	<b>1:06.92</b>	+0,69	614	Q
DNS	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes				

## Prova 16 Masc., 100m Bruços Absolutos 01/04/2022 - 10:50 Resultados Elimin

Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18/07/2009
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02/08/2008

CEJun\_Masc 15 - 18: 1:03.93 / CMJun\_Masc 15 - 18: 1:02.67 / CEPL Abs: 1:00.23 / CMPL Abs: 59.75

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes 50m: 29.29 29.29	00	Braga	<b>1:04.27</b>	+0,71	693	Q
2.	VELOSO Tomas Miguel 50m: 30.24 30.24	96	Nautico Academico	<b>1:04.49</b>	+0,60	686	Q
3.	MENDES Antonio Manuel 50m: 30.97 30.97	99	Sporting	<b>1:05.14</b>	+0,66	665	Q
4.	GOMES Filipe Miguel 50m: 31.39 31.39	97	Ba-Leiria	<b>1:06.23</b>	+0,48	633	Q
5.	NUNES Carlos Daniel 50m: 30.95 30.95	05	Nautico Salvaterra Magos	<b>1:06.34</b>	+0,68	630	Q
6.	CABRITO Rodrigo Almeida 50m: 31.53 31.53	01	Belenenses	<b>1:06.36</b>	+0,69	629	Q
7.	MATEUS Diogo Garcez 50m: 30.55 30.55	02	Sporting	<b>1:06.37</b>	+0,66	629	Q
8.	FRISCHKNECHT Renato Barros 50m: 30.79 30.79	01	Sporting	<b>1:06.67</b>	+0,60	620	Q
9.	LOPES Luis Afonso 50m: 31.57 31.57	03	Viver Santarem	<b>1:06.74</b>	+0,70	619	Q
10.	SANTOS Pedro Andre 50m: 31.38 31.38	94	Alges	<b>1:06.92</b>	+0,69	614	Q
11.	REBELO Joao Lourenco 50m: 31.40 31.40	04	Alges	<b>1:06.95</b>	+0,61	613	R
12.	OLIVEIRA Joao Campelo 50m: 31.64 31.64	04	Famalicao	<b>1:07.45</b>	+0,77	599	R
13.	FERNANDES Martim Pestana 50m: 31.38 31.38	04	Naval do Funchal	<b>1:08.05</b>	+0,50	583	

## Prova 16, Masc., 100m Bruços, Elimín, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
14.	CARVALHO Goncalo Duarte 50m: 31.94 31.94	05	Benfica	<b>1:08.45</b> 100m: 1:08.45 36.51	+0,73	573	
15.	OLIVEIRA Simao Lopes 50m: 33.04 33.04	05	Naval Setubalense	<b>1:09.66</b> 100m: 1:09.66 36.62	+0,70	544	
16.	ALVES Paulo Rodrigues 50m: 32.60 32.60	04	Desportivo Nacional	<b>1:09.80</b> 100m: 1:09.80 37.20	+0,72	541	
17.	MOREIRA Joao Pedro 50m: 32.61 32.61	04	Colegio Efanor	<b>1:10.64</b> 100m: 1:10.64 38.03	+0,68	522	
	SILVA Goncalo Manuel 50m: 32.87 32.87	05	Porto	<b>1:10.64</b> 100m: 1:10.64 37.77	+0,77	522	
19.	BARRETO Guilherme Pedro 50m: 33.50 33.50	05	Desportiva de Viana	<b>1:10.83</b> 100m: 1:10.83 37.33	+0,70	517	
	COSTA Goncalo Ramos 50m: 32.41 32.41	05	CPCD-Povoa St Iria	<b>1:10.83</b> 100m: 1:10.83 38.42	+0,76	517	
21.	VASCONCELOS Francisco Louren 50m: 33.57 33.57	05	Gesloures	<b>1:11.39</b> 100m: 1:11.39 37.82	+0,63	505	
22.	ROCHA Rodrigo Manuel 50m: 33.57 33.57	05	Sporting de Espinho	<b>1:11.49</b> 100m: 1:11.49 37.92	+0,73	503	
23.	SILVA Tony Stefano 50m: 32.82 32.82	05	Desportivo Nacional	<b>1:13.32</b> 100m: 1:13.32 40.50	+0,63	466	
24.	LOPES Andre Prates 50m: 34.48 34.48	05	Electrico Clube/ FGil.pt	<b>1:13.62</b> 100m: 1:13.62 39.14	+0,82	461	
25.	CARVALHO Guilherme Jesus 50m: 33.84 33.84	05	Foca Quinta da Lixa CNF	<b>1:13.97</b> 100m: 1:13.97 40.13	+0,74	454	
DNS	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes				
EXH	CORDEIRO Tomas Coelho 50m: 35.15 35.15	04	Colegio Efanor	<b>1:16.45</b> 100m: 1:16.45 41.30	+0,72	411	
EXH	CAMPOS Joao Miguel 50m: 41.32 41.32	79	ADADA Porto	<b>1:31.66</b> 100m: 1:31.66 50.34	+0,87	238	

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 17 Femin., 100m Bruços Juniores  
01/04/2022 - 11:00 Resultados Elimin

Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31/03/2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17/07/2005

CEJun\_Fem 14 - 17: 1:11.31 / CMJun\_Fem 14 - 17: 1:09.91 / CEPL 15 +: 1:08.09 / CMPL 15 +: 1:07.43

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANTUNES Rebeca Leonor	06	Alges	<b>1:14.62</b>	+0,75	634	Q
	50m: 34.75 34.75	100m: 1:14.62	39.87				
2.	NUNES Margarida Domingues	05	Sporting	<b>1:16.50</b>	+0,71	589	Q
	50m: 36.64 36.64	100m: 1:16.50	39.86				
3.	RIBEIRO Maria Joao	05	Sao Joao Ver	<b>1:17.63</b>	+0,75	563	?
	50m: 35.58 35.58	100m: 1:17.63	42.05				
4.	JESUS Mariana Teixeira	06	Estarreja	<b>1:17.80</b>	+0,71	560	
	50m: 36.58 36.58	100m: 1:17.80	41.22				
5.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>1:18.01</b>	+0,68	555	
	50m: 36.66 36.66	100m: 1:18.01	41.35				
6.	SILVA Maria Seixeira	06	Viana Natacao	<b>1:18.17</b>	+0,79	552	
	50m: 37.20 37.20	100m: 1:18.17	40.97				
7.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>1:18.44</b>	+0,75	546	
	50m: 36.69 36.69	100m: 1:18.44	41.75				
8.	ALMEIDA Ana Rita	05	Campinho	<b>1:19.89</b>	+0,72	517	
	50m: 37.05 37.05	100m: 1:19.89	42.84				
9.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>1:20.02</b>	+0,75	514	
	50m: 37.44 37.44	100m: 1:20.02	42.58				
10.	SA Madalena Correa	06	Benfica	<b>1:20.12</b>	+0,77	512	
	50m: 37.31 37.31	100m: 1:20.12	42.81				
11.	REBELO Mariana Cunha	06	Natacao de Vagos	<b>1:20.85</b>	+0,73	499	
	50m: 37.45 37.45	100m: 1:20.85	43.40				
12.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	<b>1:21.59</b>	+0,70	485	
	50m: 38.05 38.05	100m: 1:21.59	43.54				
DNS	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar				

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 17, Femin., 100m Bruços, Elimin

Prova 17 Femin., 100m Bruços Seniores  
01/04/2022 - 11:00 Resultados Elimin

Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Sen	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021

CEPL 15 +: 1:08.09 / CMPL 15 +: 1:07.43

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>1:11.94</b>	+0,69	708	Q
	50m: 34.32 34.32	100m: 1:11.94	37.62				
2.	RODRIGUES Lidiana Correia	04	Belenenses	<b>1:13.33</b>	+0,67	668	Q
	50m: 34.62 34.62	100m: 1:13.33	38.71				
3.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>1:13.38</b>	+0,66	667	Q
	50m: 32.98 32.98	100m: 1:13.38	40.40				
4.	CERDEIRA Madalena Reis	03	Sporting	<b>1:14.02</b>	+0,76	650	Q
	50m: 35.24 35.24	100m: 1:14.02	38.78				
5.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>1:14.90</b>	+0,69	627	Q
	50m: 35.44 35.44	100m: 1:14.90	39.46				
6.	FIAL Sofia Nunes	03	Porto	<b>1:16.11</b>	+0,73	598	Q
	50m: 35.56 35.56	100m: 1:16.11	40.55				
7.	REBELO Maria Carlota	03	Condeixa Clube	<b>1:16.30</b>	+0,68	593	Q
	50m: 35.89 35.89	100m: 1:16.30	40.41				
8.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:16.36</b>	+0,76	592	Q
	50m: 36.50 36.50	100m: 1:16.36	39.86				
9.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>1:17.63</b>	+0,70	563	?
	50m: 35.97 35.97	100m: 1:17.63	41.66				

Prova 17, Femin., 100m Braços, Elimin

Prova 17 Femin., 100m Braços Absolutos  
01/04/2022 - 11:00 Resultados Elimin

Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Sen	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31/03/2017
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17/07/2005

CEJun\_Fem 14 - 17: 1:11.31 / CMJun\_Fem 14 - 17: 1:09.91 / CEPL 15 +: 1:08.09 / CMPL 15 +: 1:07.43

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>1:11.94</b>	+0,69	708	Q
	50m: 34.32 34.32	100m: 1:11.94	37.62				
2.	RODRIGUES Lidiana Correia	04	Belenenses	<b>1:13.33</b>	+0,67	668	Q
	50m: 34.62 34.62	100m: 1:13.33	38.71				
3.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>1:13.38</b>	+0,66	667	Q
	50m: 32.98 32.98	100m: 1:13.38	40.40				
4.	CERDEIRA Madalena Reis	03	Sporting	<b>1:14.02</b>	+0,76	650	Q
	50m: 35.24 35.24	100m: 1:14.02	38.78				
5.	ANTUNES Rebeca Leonor	06	Alges	<b>1:14.62</b>	+0,75	634	Q
	50m: 34.75 34.75	100m: 1:14.62	39.87				
6.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>1:14.90</b>	+0,69	627	Q
	50m: 35.44 35.44	100m: 1:14.90	39.46				
7.	FIAL Sofia Nunes	03	Porto	<b>1:16.11</b>	+0,73	598	Q
	50m: 35.56 35.56	100m: 1:16.11	40.55				
8.	REBELO Maria Carlota	03	Condeixa Clube	<b>1:16.30</b>	+0,68	593	Q
	50m: 35.89 35.89	100m: 1:16.30	40.41				
9.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>1:16.36</b>	+0,76	592	Q
	50m: 36.50 36.50	100m: 1:16.36	39.86				
10.	NUNES Margarida Domingues	05	Sporting	<b>1:16.50</b>	+0,71	589	Q
	50m: 36.64 36.64	100m: 1:16.50	39.86				
11.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>1:17.63</b>	+0,70	563	?
	50m: 35.97 35.97	100m: 1:17.63	41.66				
	RIBEIRO Maria Joao	05	Sao Joao Ver	<b>1:17.63</b>	+0,75	563	?
	50m: 35.58 35.58	100m: 1:17.63	42.05				
13.	JESUS Mariana Teixeira	06	Estarreja	<b>1:17.80</b>	+0,71	560	
	50m: 36.58 36.58	100m: 1:17.80	41.22				
14.	ESTEVENES Laura Fabiana	05	Naval de Faro	<b>1:18.01</b>	+0,68	555	
	50m: 36.66 36.66	100m: 1:18.01	41.35				
15.	SILVA Maria Seixeira	06	Viana Natacao	<b>1:18.17</b>	+0,79	552	
	50m: 37.20 37.20	100m: 1:18.17	40.97				
16.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>1:18.44</b>	+0,75	546	
	50m: 36.69 36.69	100m: 1:18.44	41.75				

## Prova 17, Femin., 100m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	ALMEIDA Ana Rita 50m: 37.05 37.05	05	Campinho	<b>1:19.89</b>	+0,72	517	
100m:			1:19.89 42.84				
18.	FERREIRA Joana Rosa 50m: 37.44 37.44	05	Naval de Peniche	<b>1:20.02</b>	+0,75	514	
100m:			1:20.02 42.58				
19.	SA Madalena Correa 50m: 37.31 37.31	06	Benfica	<b>1:20.12</b>	+0,77	512	
100m:			1:20.12 42.81				
20.	REBELO Mariana Cunha 50m: 37.45 37.45	06	Natacao de Vagos	<b>1:20.85</b>	+0,73	499	
100m:			1:20.85 43.40				
21.	CARDOSO Eduarda Oliveira 50m: 38.05 38.05	06	Estamos Juntos	<b>1:21.59</b>	+0,70	485	
100m:			1:21.59 43.54				
DNS	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar				
EXH	PINTO Renata Vaz 50m: 40.41 40.41	99	ADADA Porto	<b>1:26.80</b>	+0,78	403	
100m:			1:26.80 46.39				

## Prova 18

## Masc., 400m Estilos

## Juniores

01/04/2022 - 11:05

Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015

CEJun\_Masc 15 - 18: 4:33.58 / CMJun\_Masc 15 - 18: 4:28.20 / CEPL Abs: 4:17.55 / CMPL Abs: 4:17.48

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Peres 50m: 28.49 28.49 100m: 1:01.95 33.46	04	Naval Praia da Vitoria	<b>4:38.77</b>	+0,55	669 Q	
150m:			1:37.30 35.35	250m: 2:51.75 38.65		350m: 4:05.54 32.47	
200m:			2:13.10 35.80	300m: 3:33.07 41.32		400m: 4:38.77 33.23	
2.	APSENIECE Kevins Alexandre 50m: 28.16 28.16 100m: 1:01.42 33.26	04	Porto	<b>4:40.38</b>	+0,59	657 Q	
150m:			1:38.25 36.83	250m: 2:55.87 41.69		350m: 4:09.53 32.30	
200m:			2:14.18 35.93	300m: 3:37.23 41.36		400m: 4:40.38 30.85	
3.	SARREIRA Tomas Amor 50m: 28.99 28.99 100m: 1:02.71 33.72	05	Nautico Marinha Grande	<b>4:44.51</b>	+0,72	629 Q	
150m:			1:39.04 36.33	250m: 2:56.21 41.64		350m: 4:12.87 33.65	
200m:			2:14.57 35.53	300m: 3:39.22 43.01		400m: 4:44.51 31.64	
4.	PEREIRA Tiago Maia 50m: 29.26 29.26 100m: 1:04.33 35.07	04	Galitos/ Bresimar	<b>4:49.00</b>	+0,71	600 Q	
150m:			1:42.15 37.82	250m: 3:00.58 40.91		350m: 4:15.61 33.64	
200m:			2:19.67 37.52	300m: 3:41.97 41.39		400m: 4:49.00 33.39	
5.	RODRIGUES Rodrigo Reis 50m: 29.37 29.37 100m: 1:02.99 33.62	04	Sao Roque	<b>4:49.28</b>	+0,63	598 Q	
150m:			1:40.81 37.82	250m: 3:00.06 41.89		350m: 4:15.89 33.74	
200m:			2:18.17 37.36	300m: 3:42.15 42.09		400m: 4:49.28 33.39	
6.	CARVALHO Martim Henriques 50m: 28.98 28.98 100m: 1:02.42 33.44	04	Rio Maior	<b>4:53.00</b>	+0,66	576 R	
150m:			1:39.15 36.73	250m: 3:01.43 45.60		350m: 4:21.03 33.15	
200m:			2:15.83 36.68	300m: 3:47.88 46.45		400m: 4:53.00 31.97	

## Prova 18, Masc., 400m Estilos, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MORGADO Vasco Alves	05	Alges	<b>4:55.36</b>	+0,60	562	
	50m: 29.40 29.40	150m: 1:42.42 39.45	250m: 3:03.66 41.62	350m: 4:21.28 34.67			
	100m: 1:02.97 33.57	200m: 2:22.04 39.62	300m: 3:46.61 42.95	400m: 4:55.36 34.08			
8.	CRUZ David Miguel	04	Braga	<b>4:57.83</b>	+0,69	548	
	50m: 29.05 29.05	150m: 1:44.07 40.69	250m: 3:05.38 41.57	350m: 4:22.99 34.94			
	100m: 1:03.38 34.33	200m: 2:23.81 39.74	300m: 3:48.05 42.67	400m: 4:57.83 34.84			
DSQ	SILVA Afonso Carvalho	05	Famalicao				
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 200 m</i>						
DSQ	GOUVEIA Luis Galvao	05	Desportivo Nacional				
	<i>SW 8.1 - O (a) atleta saiu na posição dorsal após a viragem aos 50 metros</i>						

## Prova 18 Masc., 400m Estilos Seniores Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016

CEPL Abs: 4:17.55 / CMPL Abs: 4:17.48

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:37.26</b>	+0,71	680 Q	
	50m: 28.30 28.30	150m: 1:36.51 35.65	250m: 2:51.64 40.27	350m: 4:05.56 33.02			
	100m: 1:00.86 32.56	200m: 2:11.37 34.86	300m: 3:32.54 40.90	400m: 4:37.26 31.70			
2.	LOPES Jose Paulo	00	Braga	<b>4:37.35</b>	+0,70	679 Q	
	50m: 29.02 29.02	150m: 1:37.48 35.15	250m: 2:51.83 39.49	350m: 4:05.36 33.46			
	100m: 1:02.33 33.31	200m: 2:12.34 34.86	300m: 3:31.90 40.07	400m: 4:37.35 31.99			
3.	SILVA Tomas Antonio	01	Porto	<b>4:42.22</b>	+0,64	644 Q	
	50m: 29.29 29.29	150m: 1:39.58 36.48	250m: 2:56.57 40.88	350m: 4:10.23 34.53			
	100m: 1:03.10 33.81	200m: 2:15.69 36.11	300m: 3:35.70 39.13	400m: 4:42.22 31.99			
4.	CARDOSO Diogo Santos	01	Sporting	<b>4:42.74</b>	+0,71	641 Q	
	50m: 29.71 29.71	150m: 1:42.11 39.17	250m: 3:00.76 41.09	350m: 4:12.75 31.86			
	100m: 1:02.94 33.23	200m: 2:19.67 37.56	300m: 3:40.89 40.13	400m: 4:42.74 29.99			
5.	CRISTINO David Matias	01	Uniao Piedense	<b>4:44.12</b>	+0,79	632 Q	
	50m: 29.00 29.00	150m: 1:39.98 37.15	250m: 2:58.13 42.03	350m: 4:12.78 32.98			
	100m: 1:02.83 33.83	200m: 2:16.10 36.12	300m: 3:39.80 41.67	400m: 4:44.12 31.34			
6.	LOPES Luis Afonso	03	Viver Santarem	<b>4:50.44</b>	+0,72	591 R	
	50m: 29.11 29.11	150m: 1:41.72 39.12	250m: 3:00.18 40.05	350m: 4:16.06 34.98			
	100m: 1:02.60 33.49	200m: 2:20.13 38.41	300m: 3:41.08 40.90	400m: 4:50.44 34.38			
DNS	CATALAO Daniel Nogueira	00	Benfica				

## Prova 18, Masc., 400m Estilos, Elimin

Prova 18 Masc., 400m Estilos Absolutos  
01/04/2022 - 11:05 Resultados Elimin

Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015

CEJun\_Masc 15 - 18: 4:33.58 / CMJun\_Masc 15 - 18: 4:28.20 / CEPL Abs: 4:17.55 / CMPL Abs: 4:17.48

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:37.26</b>	+0,71	680	Q
	50m: 28.30 28.30	150m: 1:36.51 35.65	250m: 2:51.64 40.27	350m: 4:05.56 33.02			
	100m: 1:00.86 32.56	200m: 2:11.37 34.86	300m: 3:32.54 40.90	400m: 4:37.26 31.70			
2.	LOPES Jose Paulo	00	Braga	<b>4:37.35</b>	+0,70	679	Q
	50m: 29.02 29.02	150m: 1:37.48 35.15	250m: 2:51.83 39.49	350m: 4:05.36 33.46			
	100m: 1:02.33 33.31	200m: 2:12.34 34.86	300m: 3:31.90 40.07	400m: 4:37.35 31.99			
3.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>4:38.77</b>	+0,55	669	Q
	50m: 28.49 28.49	150m: 1:37.30 35.35	250m: 2:51.75 38.65	350m: 4:05.54 32.47			
	100m: 1:01.95 33.46	200m: 2:13.10 35.80	300m: 3:33.07 41.32	400m: 4:38.77 33.23			
4.	APSENECE Kevins Alexandre	04	Porto	<b>4:40.38</b>	+0,59	657	Q
	50m: 28.16 28.16	150m: 1:38.25 36.83	250m: 2:55.87 41.69	350m: 4:09.53 32.30			
	100m: 1:01.42 33.26	200m: 2:14.18 35.93	300m: 3:37.23 41.36	400m: 4:40.38 30.85			
5.	SILVA Tomas Antonio	01	Porto	<b>4:42.22</b>	+0,64	644	Q
	50m: 29.29 29.29	150m: 1:39.58 36.48	250m: 2:56.57 40.88	350m: 4:10.23 34.53			
	100m: 1:03.10 33.81	200m: 2:15.69 36.11	300m: 3:35.70 39.13	400m: 4:42.22 31.99			
6.	CARDOSO Diogo Santos	01	Sporting	<b>4:42.74</b>	+0,71	641	Q
	50m: 29.71 29.71	150m: 1:42.11 39.17	250m: 3:00.76 41.09	350m: 4:12.75 31.86			
	100m: 1:02.94 33.23	200m: 2:19.67 37.56	300m: 3:40.89 40.13	400m: 4:42.74 29.99			
7.	CRISTINO David Matias	01	Uniao Piedense	<b>4:44.12</b>	+0,79	632	Q
	50m: 29.00 29.00	150m: 1:39.98 37.15	250m: 2:58.13 42.03	350m: 4:12.78 32.98			
	100m: 1:02.83 33.83	200m: 2:16.10 36.12	300m: 3:39.80 41.67	400m: 4:44.12 31.34			
8.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>4:44.51</b>	+0,72	629	Q
	50m: 28.99 28.99	150m: 1:39.04 36.33	250m: 2:56.21 41.64	350m: 4:12.87 33.65			
	100m: 1:02.71 33.72	200m: 2:14.57 35.53	300m: 3:39.22 43.01	400m: 4:44.51 31.64			
9.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	<b>4:49.00</b>	+0,71	600	Q
	50m: 29.26 29.26	150m: 1:42.15 37.82	250m: 3:00.58 40.91	350m: 4:15.61 33.64			
	100m: 1:04.33 35.07	200m: 2:19.67 37.52	300m: 3:41.97 41.39	400m: 4:49.00 33.39			
10.	RODRIGUES Rodrigo Reis	04	Sao Roque	<b>4:49.28</b>	+0,63	598	Q
	50m: 29.37 29.37	150m: 1:40.81 37.82	250m: 3:00.06 41.89	350m: 4:15.89 33.74			
	100m: 1:02.99 33.62	200m: 2:18.17 37.36	300m: 3:42.15 42.09	400m: 4:49.28 33.39			
11.	LOPES Luis Afonso	03	Viver Santarem	<b>4:50.44</b>	+0,72	591	R
	50m: 29.11 29.11	150m: 1:41.72 39.12	250m: 3:00.18 40.05	350m: 4:16.06 34.98			
	100m: 1:02.60 33.49	200m: 2:20.13 38.41	300m: 3:41.08 40.90	400m: 4:50.44 34.38			
12.	CARVALHO Martim Henriques	04	Rio Maior	<b>4:53.00</b>	+0,66	576	R
	50m: 28.98 28.98	150m: 1:39.15 36.73	250m: 3:01.43 45.60	350m: 4:21.03 33.15			
	100m: 1:02.42 33.44	200m: 2:15.83 36.68	300m: 3:47.88 46.45	400m: 4:53.00 31.97			

## Prova 18, Masc., 400m Estilos, Elimim, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	MORGADO Vasco Alves	05	Alges	<b>4:55.36</b>	+0,60	562	
	50m: 29.40 29.40	150m: 1:42.42 39.45	250m: 3:03.66 41.62	350m: 4:21.28 34.67			
	100m: 1:02.97 33.57	200m: 2:22.04 39.62	300m: 3:46.61 42.95	400m: 4:55.36 34.08			
14.	CRUZ David Miguel	04	Braga	<b>4:57.83</b>	+0,69	548	
	50m: 29.05 29.05	150m: 1:44.07 40.69	250m: 3:05.38 41.57	350m: 4:22.99 34.94			
	100m: 1:03.38 34.33	200m: 2:23.81 39.74	300m: 3:48.05 42.67	400m: 4:57.83 34.84			
DSQ	SILVA Afonso Carvalho	05	Famalicao				
	<i>SW 7.1 - O (a) atleta efectuou mais que uma pernada de golfinho durante a braçada submarina na viragem aos 200 m</i>						
DSQ	GOUVEIA Luis Galvao	05	Desportivo Nacional				
	<i>SW 8.1 - O (a) atleta saiu na posição dorsal após a viragem aos 50 metros</i>						
DNS	CATALAO Daniel Nogueira	00	Benfica				

## 4 - 2ª Jornada - 2ª Sessão - Finais

01/04/2022 - 18:05

## Prova 10 Masc., 800m Livres Juniores Resultados

Rec Nac	Tempo	Nome	Clube	País	Local	Data
Rec Nac Absoluto	7:52.68	LOPES Jose Paulo		POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe		POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel		POR	Helsinki (FIN)	17/07/2010

CEJun\_Masc 15 - 18: 8:16.80 / CMJun\_Masc 15 - 18: 8:07.01 / CEPL Abs: 7:55.34 / CMPL Abs: 7:53.11

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>8:24.35</b>	+0,67	720	
	50m: 28.77 28.77	250m: 2:35.23 31.89	450m: 4:42.16 31.87	650m: 6:49.64 31.94			
	100m: 59.99 31.22	300m: 3:06.80 31.57	500m: 5:13.88 31.72	700m: 7:21.38 31.74			
	150m: 1:31.90 31.91	350m: 3:38.61 31.81	550m: 5:45.87 31.99	750m: 7:53.52 32.14			
	200m: 2:03.34 31.44	400m: 4:10.29 31.68	600m: 6:17.70 31.83	800m: 8:24.35 30.83			
2.	ALMEIDA Bernardo Victorino	04	Sporting	<b>8:26.09</b>	+0,66	712	
	50m: 27.64 27.64	250m: 2:32.39 31.27	450m: 4:39.86 31.87	650m: 6:50.47 32.63			
	100m: 58.80 31.16	300m: 3:04.22 31.83	500m: 5:12.49 32.63	700m: 7:23.18 32.71			
	150m: 1:29.76 30.96	350m: 3:35.66 31.44	550m: 5:44.76 32.27	750m: 7:55.28 32.10			
	200m: 2:01.12 31.36	400m: 4:07.99 32.33	600m: 6:17.84 33.08	800m: 8:26.09 30.81			
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>8:37.40</b>	+0,75	667	
	50m: 28.61 28.61	250m: 2:39.44 32.89	450m: 4:50.27 32.47	650m: 7:01.16 32.72			
	100m: 1:00.82 32.21	300m: 3:12.09 32.65	500m: 5:22.72 32.45	700m: 7:33.72 32.56			
	150m: 1:33.77 32.95	350m: 3:45.12 33.03	550m: 5:55.50 32.78	750m: 8:06.30 32.58			
	200m: 2:06.55 32.78	400m: 4:17.80 32.68	600m: 6:28.44 32.94	800m: 8:37.40 31.10			
4.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>8:43.03</b>	+0,67	645	
	50m: 29.94 29.94	250m: 2:41.17 32.86	450m: 4:53.49 33.02	650m: 7:06.90 33.00			
	100m: 1:02.43 32.49	300m: 3:14.24 33.07	500m: 5:27.01 33.52	700m: 7:39.90 33.00			
	150m: 1:35.16 32.73	350m: 3:47.24 33.00	550m: 6:00.25 33.24	750m: 8:12.00 32.10			
	200m: 2:08.31 33.15	400m: 4:20.47 33.23	600m: 6:33.90 33.65	800m: 8:43.03 31.03			

## Prova 10, Masc., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CARVALHO Martim Henriques	04	Rio Maior	<b>8:48.89</b>	+0,67	624	
	50m: 29.60 29.60	250m: 2:41.77 32.83	450m: 4:54.83 32.82	650m: 7:08.22 33.27			
	100m: 1:02.27 32.67	300m: 3:15.24 33.47	500m: 5:28.38 33.55	700m: 7:42.43 34.21			
	150m: 1:35.41 33.14	350m: 3:48.40 33.16	550m: 6:01.49 33.11	750m: 8:16.21 33.78			
	200m: 2:08.94 33.53	400m: 4:22.01 33.61	600m: 6:34.95 33.46	800m: 8:48.89 32.68			
6.	PEREIRA Manuel Angelo	05	Sporting	<b>8:52.29</b>	+0,72	612	
	50m: 30.02 30.02	250m: 2:43.61 34.00	450m: 4:59.01 33.54	650m: 7:13.67 33.62			
	100m: 1:02.45 32.43	300m: 3:17.60 33.99	500m: 5:32.65 33.64	700m: 7:47.07 33.40			
	150m: 1:36.06 33.61	350m: 3:51.44 33.84	550m: 6:06.43 33.78	750m: 8:20.18 33.11			
	200m: 2:09.61 33.55	400m: 4:25.47 34.03	600m: 6:40.05 33.62	800m: 8:52.29 32.11			
7.	CARVALHO Goncalo Renato	04	Porto	<b>8:57.40</b>	+0,64	595	
	50m: 29.45 29.45	250m: 2:41.83 33.25	450m: 4:58.47 34.20	650m: 7:16.03 34.43			
	100m: 1:01.79 32.34	300m: 3:15.72 33.89	500m: 5:32.85 34.38	700m: 7:50.59 34.56			
	150m: 1:35.10 33.31	350m: 3:49.80 34.08	550m: 6:06.97 34.12	750m: 8:24.96 34.37			
	200m: 2:08.58 33.48	400m: 4:24.27 34.47	600m: 6:41.60 34.63	800m: 8:57.40 32.44			
8.	GONCALVES Alexandre Ramos	05	Colegio Efanor	<b>8:57.57</b>	+0,75	594	
	50m: 30.32 30.32	250m: 2:43.51 33.89	450m: 4:59.75 33.71	650m: 7:16.27 34.38			
	100m: 1:02.93 32.61	300m: 3:17.53 34.02	500m: 5:33.68 33.93	700m: 7:50.86 34.59			
	150m: 1:36.16 33.23	350m: 3:51.85 34.32	550m: 6:07.84 34.16	750m: 8:24.84 33.98			
	200m: 2:09.62 33.46	400m: 4:26.04 34.19	600m: 6:41.89 34.05	800m: 8:57.57 32.73			
9.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>8:59.54</b>	+0,75	588	
	50m: 29.16 29.16	250m: 2:41.51 33.17	450m: 4:58.15 34.29	650m: 7:16.97 34.73			
	100m: 1:01.57 32.41	300m: 3:15.68 34.17	500m: 5:32.87 34.72	700m: 7:52.13 35.16			
	150m: 1:34.74 33.17	350m: 3:49.52 33.84	550m: 6:07.33 34.46	750m: 8:26.25 34.12			
	200m: 2:08.34 33.60	400m: 4:23.86 34.34	600m: 6:42.24 34.91	800m: 8:59.54 33.29			
10.	SOUSA Joao Maria	05	Braga	<b>9:00.27</b>	+0,69	586	
	50m: 28.86 28.86	250m: 2:39.09 33.21	450m: 4:55.23 35.18	650m: 7:16.02 35.55			
	100m: 1:00.39 31.53	300m: 3:12.15 33.06	500m: 5:30.09 34.86	700m: 7:51.11 35.09			
	150m: 1:33.29 32.90	350m: 3:46.02 33.87	550m: 6:05.60 35.51	750m: 8:26.39 35.28			
	200m: 2:05.88 32.59	400m: 4:20.05 34.03	600m: 6:40.47 34.87	800m: 9:00.27 33.88			
11.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	<b>9:05.31</b>	+0,77	569	
	50m: 29.48 29.48	250m: 2:43.09 34.14	450m: 5:00.79 34.58	650m: 7:20.37 35.38			
	100m: 1:01.84 32.36	300m: 3:17.36 34.27	500m: 5:35.18 34.39	700m: 7:56.10 35.73			
	150m: 1:35.28 33.44	350m: 3:51.72 34.36	550m: 6:09.80 34.62	750m: 8:31.20 35.10			
	200m: 2:08.95 33.67	400m: 4:26.21 34.49	600m: 6:44.99 35.19	800m: 9:05.31 34.11			
12.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	<b>9:13.87</b>	+0,54	543	
	50m: 29.08 29.08	250m: 2:42.55 34.06	450m: 5:00.91 34.69	650m: 7:24.83 36.74			
	100m: 1:01.35 32.27	300m: 3:17.02 34.47	500m: 5:36.29 35.38	700m: 8:01.34 36.51			
	150m: 1:34.63 33.28	350m: 3:51.54 34.52	550m: 6:12.31 36.02	750m: 8:38.01 36.67			
	200m: 2:08.49 33.86	400m: 4:26.22 34.68	600m: 6:48.09 35.78	800m: 9:13.87 35.86			
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				

## Prova 10, Masc., 800m Livres

Prova 10 Masc., 800m Livres Seniores  
01/04/2022 - 18:05 Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021

CEPL Abs: 7:55.34 / CMPL Abs: 7:53.11

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>8:17.40</b>	+0,69	751	
	50m: 28.54 28.54	250m: 2:33.89 31.63	450m: 4:38.59 30.98	650m: 6:43.03 31.32			
	100m: 59.60 31.06	300m: 3:05.02 31.13	500m: 5:09.50 30.91	700m: 7:14.69 31.66			
	150m: 1:30.93 31.33	350m: 3:36.49 31.47	550m: 5:40.62 31.12	750m: 7:46.55 31.86			
	200m: 2:02.26 31.33	400m: 4:07.61 31.12	600m: 6:11.71 31.09	800m: 8:17.40 30.85			
2.	SANTOS Pedro Miguel	01	Porto	<b>8:18.96</b>	+0,69	743	
	50m: 28.76 28.76	250m: 2:34.45 31.79	450m: 4:39.25 31.19	650m: 6:46.25 32.32			
	100m: 59.86 31.10	300m: 3:05.62 31.17	500m: 5:10.20 30.95	700m: 7:18.41 32.16			
	150m: 1:31.31 31.45	350m: 3:36.85 31.23	550m: 5:41.71 31.51	750m: 7:50.03 31.62			
	200m: 2:02.66 31.35	400m: 4:08.06 31.21	600m: 6:13.93 32.22	800m: 8:18.96 28.93			
3.	CARDOSO Diogo Santos	01	Sporting	<b>8:19.09</b>	+0,73	743	
	50m: 28.95 28.95	250m: 2:35.15 31.92	450m: 4:41.91 31.84	650m: 6:48.56 31.68			
	100m: 1:00.07 31.12	300m: 3:06.63 31.48	500m: 5:13.41 31.50	700m: 7:19.78 31.22			
	150m: 1:31.82 31.75	350m: 3:38.56 31.93	550m: 5:45.40 31.99	750m: 7:50.17 30.39			
	200m: 2:03.23 31.41	400m: 4:10.07 31.51	600m: 6:16.88 31.48	800m: 8:19.09 28.92			
4.	AMARAL Francisco Rodriguez	02	Porto	<b>8:29.11</b>	+0,73	700	
	50m: 29.02 29.02	250m: 2:35.53 31.98	450m: 4:43.76 32.16	650m: 6:53.29 32.34			
	100m: 1:00.45 31.43	300m: 3:07.31 31.78	500m: 5:16.17 32.41	700m: 7:25.62 32.33			
	150m: 1:31.94 31.49	350m: 3:39.18 31.87	550m: 5:48.50 32.33	750m: 7:57.76 32.14			
	200m: 2:03.55 31.61	400m: 4:11.60 32.42	600m: 6:20.95 32.45	800m: 8:29.11 31.35			

Prova 10 Masc., 800m Livres Absolutos  
01/04/2022 - 18:05 Resultados

Rec Nac Absoluto	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Sen	7:52.68	LOPES Jose Paulo	POR	Budapeste (HUN)	22/05/2021
Rec Nac Jun18	8:06.97	PINA Guilherme Filipe	POR	Hodmezovasarhely (HUN)	09/07/2016
Rec Nac Jun17	8:13.49	SANTA Gustavo Manuel	POR	Helsinki (FIN)	17/07/2010

CEJun\_Masc 15 - 18: 8:16.80 / CMJun\_Masc 15 - 18: 8:07.01 / CEPL Abs: 7:55.34 / CMPL Abs: 7:53.11

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>8:17.40</b>	+0,69	751	
	50m: 28.54 28.54	250m: 2:33.89 31.63	450m: 4:38.59 30.98	650m: 6:43.03 31.32			
	100m: 59.60 31.06	300m: 3:05.02 31.13	500m: 5:09.50 30.91	700m: 7:14.69 31.66			
	150m: 1:30.93 31.33	350m: 3:36.49 31.47	550m: 5:40.62 31.12	750m: 7:46.55 31.86			
	200m: 2:02.26 31.33	400m: 4:07.61 31.12	600m: 6:11.71 31.09	800m: 8:17.40 30.85			
2.	SANTOS Pedro Miguel	01	Porto	<b>8:18.96</b>	+0,69	743	
	50m: 28.76 28.76	250m: 2:34.45 31.79	450m: 4:39.25 31.19	650m: 6:46.25 32.32			
	100m: 59.86 31.10	300m: 3:05.62 31.17	500m: 5:10.20 30.95	700m: 7:18.41 32.16			
	150m: 1:31.31 31.45	350m: 3:36.85 31.23	550m: 5:41.71 31.51	750m: 7:50.03 31.62			
	200m: 2:02.66 31.35	400m: 4:08.06 31.21	600m: 6:13.93 32.22	800m: 8:18.96 28.93			

## Prova 10, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	<b>CARDOSO Diogo Santos</b>	01	Sporting	<b>8:19.09</b>	+0,73	743	
	50m: 28.95 28.95	250m: 2:35.15	31.92	450m: 4:41.91	31.84	650m: 6:48.56	31.68
	100m: 1:00.07 31.12	300m: 3:06.63	31.48	500m: 5:13.41	31.50	700m: 7:19.78	31.22
	150m: 1:31.82 31.75	350m: 3:38.56	31.93	550m: 5:45.40	31.99	750m: 7:50.17	30.39
	200m: 2:03.23 31.41	400m: 4:10.07	31.51	600m: 6:16.88	31.48	800m: 8:19.09	28.92
4.	<b>MARQUES Gustavo Pires</b>	04	Uniao Coimbra	<b>8:24.35</b>	+0,67	720	
	50m: 28.77 28.77	250m: 2:35.23	31.89	450m: 4:42.16	31.87	650m: 6:49.64	31.94
	100m: 59.99 31.22	300m: 3:06.80	31.57	500m: 5:13.88	31.72	700m: 7:21.38	31.74
	150m: 1:31.90 31.91	350m: 3:38.61	31.81	550m: 5:45.87	31.99	750m: 7:53.52	32.14
	200m: 2:03.34 31.44	400m: 4:10.29	31.68	600m: 6:17.70	31.83	800m: 8:24.35	30.83
5.	<b>ALMEIDA Bernardo Victorino</b>	04	Sporting	<b>8:26.09</b>	+0,66	712	
	50m: 27.64 27.64	250m: 2:32.39	31.27	450m: 4:39.86	31.87	650m: 6:50.47	32.63
	100m: 58.80 31.16	300m: 3:04.22	31.83	500m: 5:12.49	32.63	700m: 7:23.18	32.71
	150m: 1:29.76 30.96	350m: 3:35.66	31.44	550m: 5:44.76	32.27	750m: 7:55.28	32.10
	200m: 2:01.12 31.36	400m: 4:07.99	32.33	600m: 6:17.84	33.08	800m: 8:26.09	30.81
6.	<b>AMARAL Francisco Rodriguez</b>	02	Porto	<b>8:29.11</b>	+0,73	700	
	50m: 29.02 29.02	250m: 2:35.53	31.98	450m: 4:43.76	32.16	650m: 6:53.29	32.34
	100m: 1:00.45 31.43	300m: 3:07.31	31.78	500m: 5:16.17	32.41	700m: 7:25.62	32.33
	150m: 1:31.94 31.49	350m: 3:39.18	31.87	550m: 5:48.50	32.33	750m: 7:57.76	32.14
	200m: 2:03.55 31.61	400m: 4:11.60	32.42	600m: 6:20.95	32.45	800m: 8:29.11	31.35
7.	<b>SARREIRA Tomas Amor</b>	05	Nautico Marinha Grande	<b>8:37.40</b>	+0,75	667	
	50m: 28.61 28.61	250m: 2:39.44	32.89	450m: 4:50.27	32.47	650m: 7:01.16	32.72
	100m: 1:00.82 32.21	300m: 3:12.09	32.65	500m: 5:22.72	32.45	700m: 7:33.72	32.56
	150m: 1:33.77 32.95	350m: 3:45.12	33.03	550m: 5:55.50	32.78	750m: 8:06.30	32.58
	200m: 2:06.55 32.78	400m: 4:17.80	32.68	600m: 6:28.44	32.94	800m: 8:37.40	31.10
8.	<b>CARDOSO Filipe Santos</b>	04	Gafanha da Encarnacao	<b>8:43.03</b>	+0,67	645	
	50m: 29.94 29.94	250m: 2:41.17	32.86	450m: 4:53.49	33.02	650m: 7:06.90	33.00
	100m: 1:02.43 32.49	300m: 3:14.24	33.07	500m: 5:27.01	33.52	700m: 7:39.90	33.00
	150m: 1:35.16 32.73	350m: 3:47.24	33.00	550m: 6:00.25	33.24	750m: 8:12.00	32.10
	200m: 2:08.31 33.15	400m: 4:20.47	33.23	600m: 6:33.90	33.65	800m: 8:43.03	31.03
9.	<b>CARVALHO Martim Henriques</b>	04	Rio Maior	<b>8:48.89</b>	+0,67	624	
	50m: 29.60 29.60	250m: 2:41.77	32.83	450m: 4:54.83	32.82	650m: 7:08.22	33.27
	100m: 1:02.27 32.67	300m: 3:15.24	33.47	500m: 5:28.38	33.55	700m: 7:42.43	34.21
	150m: 1:35.41 33.14	350m: 3:48.40	33.16	550m: 6:01.49	33.11	750m: 8:16.21	33.78
	200m: 2:08.94 33.53	400m: 4:22.01	33.61	600m: 6:34.95	33.46	800m: 8:48.89	32.68
10.	<b>PEREIRA Manuel Angelo</b>	05	Sporting	<b>8:52.29</b>	+0,72	612	
	50m: 30.02 30.02	250m: 2:43.61	34.00	450m: 4:59.01	33.54	650m: 7:13.67	33.62
	100m: 1:02.45 32.43	300m: 3:17.60	33.99	500m: 5:32.65	33.64	700m: 7:47.07	33.40
	150m: 1:36.06 33.61	350m: 3:51.44	33.84	550m: 6:06.43	33.78	750m: 8:20.18	33.11
	200m: 2:09.61 33.55	400m: 4:25.47	34.03	600m: 6:40.05	33.62	800m: 8:52.29	32.11
11.	<b>CARVALHO Goncalo Renato</b>	04	Porto	<b>8:57.40</b>	+0,64	595	
	50m: 29.45 29.45	250m: 2:41.83	33.25	450m: 4:58.47	34.20	650m: 7:16.03	34.43
	100m: 1:01.79 32.34	300m: 3:15.72	33.89	500m: 5:32.85	34.38	700m: 7:50.59	34.56
	150m: 1:35.10 33.31	350m: 3:49.80	34.08	550m: 6:06.97	34.12	750m: 8:24.96	34.37
	200m: 2:08.58 33.48	400m: 4:24.27	34.47	600m: 6:41.60	34.63	800m: 8:57.40	32.44

## Prova 10, Masc., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	GONCALVES Alexandre Ramos	05	Colegio Efanor	<b>8:57.57</b>	+0,75	594	
	50m: 30.32 30.32	250m: 2:43.51 33.89	450m: 4:59.75 33.71	650m: 7:16.27 34.38			
	100m: 1:02.93 32.61	300m: 3:17.53 34.02	500m: 5:33.68 33.93	700m: 7:50.86 34.59			
	150m: 1:36.16 33.23	350m: 3:51.85 34.32	550m: 6:07.84 34.16	750m: 8:24.84 33.98			
	200m: 2:09.62 33.46	400m: 4:26.04 34.19	600m: 6:41.89 34.05	800m: 8:57.57 32.73			
13.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>8:59.54</b>	+0,75	588	
	50m: 29.16 29.16	250m: 2:41.51 33.17	450m: 4:58.15 34.29	650m: 7:16.97 34.73			
	100m: 1:01.57 32.41	300m: 3:15.68 34.17	500m: 5:32.87 34.72	700m: 7:52.13 35.16			
	150m: 1:34.74 33.17	350m: 3:49.52 33.84	550m: 6:07.33 34.46	750m: 8:26.25 34.12			
	200m: 2:08.34 33.60	400m: 4:23.86 34.34	600m: 6:42.24 34.91	800m: 8:59.54 33.29			
14.	SOUZA Joao Maria	05	Braga	<b>9:00.27</b>	+0,69	586	
	50m: 28.86 28.86	250m: 2:39.09 33.21	450m: 4:55.23 35.18	650m: 7:16.02 35.55			
	100m: 1:00.39 31.53	300m: 3:12.15 33.06	500m: 5:30.09 34.86	700m: 7:51.11 35.09			
	150m: 1:33.29 32.90	350m: 3:46.02 33.87	550m: 6:05.60 35.51	750m: 8:26.39 35.28			
	200m: 2:05.88 32.59	400m: 4:20.05 34.03	600m: 6:40.47 34.87	800m: 9:00.27 33.88			
15.	LEITE Afonso Martim	05	Foca Quinta da Lixa CNF	<b>9:05.31</b>	+0,77	569	
	50m: 29.48 29.48	250m: 2:43.09 34.14	450m: 5:00.79 34.58	650m: 7:20.37 35.38			
	100m: 1:01.84 32.36	300m: 3:17.36 34.27	500m: 5:35.18 34.39	700m: 7:56.10 35.73			
	150m: 1:35.28 33.44	350m: 3:51.72 34.36	550m: 6:09.80 34.62	750m: 8:31.20 35.10			
	200m: 2:08.95 33.67	400m: 4:26.21 34.49	600m: 6:44.99 35.19	800m: 9:05.31 34.11			
16.	PINTO Guilherme Lobo	04	Foca Quinta da Lixa CNF	<b>9:13.87</b>	+0,54	543	
	50m: 29.08 29.08	250m: 2:42.55 34.06	450m: 5:00.91 34.69	650m: 7:24.83 36.74			
	100m: 1:01.35 32.27	300m: 3:17.02 34.47	500m: 5:36.29 35.38	700m: 8:01.34 36.51			
	150m: 1:34.63 33.28	350m: 3:51.54 34.52	550m: 6:12.31 36.02	750m: 8:38.01 36.67			
	200m: 2:08.49 33.86	400m: 4:26.22 34.68	600m: 6:48.09 35.78	800m: 9:13.87 35.86			
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				

## Prova 11

## Femin., 800m Livres

## Juniores

01/04/2022 - 18:15

Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30/05/2015

CEJun\_Fem 14 - 17: 9:04.96 / CMJun\_Fem 14 - 17: 8:54.28 / CEPL 15 +: 8:36.84 / CMPL 15 +: 8:37.90

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	<b>9:17.69</b>	+0,72	656	
	50m: 31.30 31.30	250m: 2:50.48 34.76	450m: 5:12.48 34.88	650m: 7:34.48 34.98			
	100m: 1:06.41 35.11	300m: 3:26.38 35.90	500m: 5:48.74 36.26	700m: 8:10.04 35.56			
	150m: 1:40.66 34.25	350m: 4:01.51 35.13	550m: 6:23.70 34.96	750m: 8:43.45 33.41			
	200m: 2:15.72 35.06	400m: 4:37.60 36.09	600m: 6:59.50 35.80	800m: 9:17.69 34.24			
2.	LOPES Daniela Magalhaes	05	Famalicao	<b>9:19.91</b>	+0,76	649	
	50m: 31.43 31.43	250m: 2:50.04 35.16	450m: 5:12.36 35.49	650m: 7:34.91 35.46			
	100m: 1:05.51 34.08	300m: 3:25.70 35.66	500m: 5:48.27 35.91	700m: 8:10.14 35.23			
	150m: 1:39.79 34.28	350m: 4:01.02 35.32	550m: 6:23.79 35.52	750m: 8:44.95 34.81			
	200m: 2:14.88 35.09	400m: 4:36.87 35.85	600m: 6:59.45 35.66	800m: 9:19.91 34.96			

## Prova 11, Femin., 800m Livres, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>9:25.11</b>	+0,61	631	
	50m: 31.92 31.92	250m: 2:52.62	35.64	450m: 5:16.27	36.15	650m: 7:39.79	35.88
	100m: 1:06.22 34.30	300m: 3:28.25	35.63	500m: 5:52.03	35.76	700m: 8:15.72	35.93
	150m: 1:41.71 35.49	350m: 4:04.23	35.98	550m: 6:28.02	35.99	750m: 8:51.09	35.37
	200m: 2:16.98 35.27	400m: 4:40.12	35.89	600m: 7:03.91	35.89	800m: 9:25.11	34.02
4.	PEIXOTO Carolina Esteves	06	Braga	<b>9:31.82</b>	+0,85	609	
	50m: 32.19 32.19	250m: 2:53.49	36.06	450m: 5:18.79	36.01	650m: 7:44.37	36.58
	100m: 1:06.39 34.20	300m: 3:29.82	36.33	500m: 5:55.01	36.22	700m: 8:20.62	36.25
	150m: 1:41.95 35.56	350m: 4:06.49	36.67	550m: 6:31.53	36.52	750m: 8:56.65	36.03
	200m: 2:17.43 35.48	400m: 4:42.78	36.29	600m: 7:07.79	36.26	800m: 9:31.82	35.17
5.	PIRES Catarina Gaspar	06	Porto	<b>9:35.72</b>	+0,85	597	
	50m: 32.33 32.33	250m: 2:53.87	35.71	450m: 5:19.51	36.17	650m: 7:45.95	36.75
	100m: 1:06.73 34.40	300m: 3:30.32	36.45	500m: 5:55.97	36.46	700m: 8:22.71	36.76
	150m: 1:42.21 35.48	350m: 4:06.80	36.48	550m: 6:32.43	36.46	750m: 8:59.54	36.83
	200m: 2:18.16 35.95	400m: 4:43.34	36.54	600m: 7:09.20	36.77	800m: 9:35.72	36.18
6.	LOPES Francisca Macedo	05	Vilacondense	<b>9:39.08</b>	+0,75	586	
	50m: 31.03 31.03	250m: 2:50.89	35.47	450m: 5:15.38	36.29	650m: 7:44.36	37.32
	100m: 1:05.41 34.38	300m: 3:26.92	36.03	500m: 5:52.60	37.22	700m: 8:23.09	38.73
	150m: 1:40.20 34.79	350m: 4:02.73	35.81	550m: 6:29.42	36.82	750m: 9:01.13	38.04
	200m: 2:15.42 35.22	400m: 4:39.09	36.36	600m: 7:07.04	37.62	800m: 9:39.08	37.95
7.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>9:49.65</b>	+0,73	555	
	50m: 33.01 33.01	250m: 2:58.70	36.92	450m: 5:27.32	37.51	650m: 7:57.76	37.75
	100m: 1:08.79 35.78	300m: 3:35.58	36.88	500m: 6:05.02	37.70	700m: 8:35.00	37.24
	150m: 1:45.34 36.55	350m: 4:12.72	37.14	550m: 6:42.59	37.57	750m: 9:12.98	37.98
	200m: 2:21.78 36.44	400m: 4:49.81	37.09	600m: 7:20.01	37.42	800m: 9:49.65	36.67
8.	SILVA Ana Francisca	06	Alcobaca	<b>9:55.24</b>		540	
	50m: 32.90 32.90	250m: 2:59.71	37.16	450m: 5:30.88	37.83	650m: 8:02.70	37.94
	100m: 1:08.65 35.75	300m: 3:37.24	37.53	500m: 6:08.84	37.96	700m: 8:40.53	37.83
	150m: 1:45.53 36.88	350m: 4:15.04	37.80	550m: 6:46.74	37.90	750m: 9:17.98	37.45
	200m: 2:22.55 37.02	400m: 4:53.05	38.01	600m: 7:24.76	38.02	800m: 9:55.24	37.26

## Prova 11 Femin., 800m Livres Seniores Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018

CEPL 15 +: 8:36.84 / CMPL 15 +: 8:37.90

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:38.51</b>	+0,77	817	
	50m: 29.99 29.99	250m: 2:37.97	32.47	450m: 4:48.22	32.81	650m: 7:00.59	33.28
	100m: 1:01.58 31.59	300m: 3:10.23	32.26	500m: 5:21.08	32.86	700m: 7:33.85	33.26
	150m: 1:33.62 32.04	350m: 3:42.83	32.60	550m: 5:54.19	33.11	750m: 8:06.93	33.08
	200m: 2:05.50 31.88	400m: 4:15.41	32.58	600m: 6:27.31	33.12	800m: 8:38.51	31.58
2.	DURAES Diana Margarida	96	Benfica	<b>8:47.75</b>	+0,76	775	
	50m: 30.12 30.12	250m: 2:39.54	32.75	450m: 4:51.47	33.21	650m: 7:06.57	34.13
	100m: 1:02.03 31.91	300m: 3:12.31	32.77	500m: 5:24.65	33.18	700m: 7:40.64	34.07
	150m: 1:34.37 32.34	350m: 3:45.32	33.01	550m: 5:58.46	33.81	750m: 8:14.66	34.02
	200m: 2:06.79 32.42	400m: 4:18.26	32.94	600m: 6:32.44	33.98	800m: 8:47.75	33.09

## Prova 11, Femin., 800m Livres, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
3.	ANDRE Angelica Maria	94	Porto	<b>8:54.40</b>	+0,70	746	
	50m: 30.33 30.33	250m: 2:43.42 34.12	450m: 5:00.11 34.01	650m: 7:15.16 33.86			
	100m: 1:02.58 32.25	300m: 3:17.69 34.27	500m: 5:33.62 33.51	700m: 7:48.97 33.81			
	150m: 1:35.81 33.23	350m: 3:52.16 34.47	550m: 6:07.37 33.75	750m: 8:22.59 33.62			
	200m: 2:09.30 33.49	400m: 4:26.10 33.94	600m: 6:41.30 33.93	800m: 8:54.40 31.81			
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>8:56.04</b>	+0,74	739	
	50m: 30.56 30.56	250m: 2:45.22 34.10	450m: 5:00.61 33.92	650m: 7:16.18 33.91			
	100m: 1:03.48 32.92	300m: 3:19.11 33.89	500m: 5:34.78 34.17	700m: 7:50.04 33.86			
	150m: 1:37.19 33.71	350m: 3:52.73 33.62	550m: 6:08.44 33.66	750m: 8:23.37 33.33			
	200m: 2:11.12 33.93	400m: 4:26.69 33.96	600m: 6:42.27 33.83	800m: 8:56.04 32.67			
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:07.78</b>	+0,65	693	
	50m: 31.26 31.26	250m: 2:48.40 34.44	450m: 5:06.57 34.58	650m: 7:25.25 34.54			
	100m: 1:05.08 33.82	300m: 3:22.85 34.45	500m: 5:41.26 34.69	700m: 7:59.87 34.62			
	150m: 1:39.41 34.33	350m: 3:57.45 34.60	550m: 6:15.99 34.73	750m: 8:34.40 34.53			
	200m: 2:13.96 34.55	400m: 4:31.99 34.54	600m: 6:50.71 34.72	800m: 9:07.78 33.38			
6.	MONTEIRO Ana Catarina	93	Vilacondense	<b>9:09.93</b>	+0,64	685	
	50m: 30.93 30.93	250m: 2:48.28 35.01	450m: 5:08.36 34.93	650m: 7:28.85 35.19			
	100m: 1:04.15 33.22	300m: 3:23.35 35.07	500m: 5:43.35 34.99	700m: 8:03.86 35.01			
	150m: 1:38.61 34.46	350m: 3:58.36 35.01	550m: 6:18.52 35.17	750m: 8:37.94 34.08			
	200m: 2:13.27 34.66	400m: 4:33.43 35.07	600m: 6:53.66 35.14	800m: 9:09.93 31.99			
7.	MENDES Mariana Amaral	02	Sporting	<b>9:10.03</b>	+0,69	684	
	50m: 31.44 31.44	250m: 2:48.35 35.04	450m: 5:07.62 34.84	650m: 7:27.57 35.15			
	100m: 1:04.53 33.09	300m: 3:23.12 34.77	500m: 5:42.55 34.93	700m: 8:02.32 34.75			
	150m: 1:38.80 34.27	350m: 3:58.03 34.91	550m: 6:17.68 35.13	750m: 8:36.92 34.60			
	200m: 2:13.31 34.51	400m: 4:32.78 34.75	600m: 6:52.42 34.74	800m: 9:10.03 33.11			
8.	RAMOS Ana Rita	02	Porto	<b>9:16.98</b>	+0,82	659	
	50m: 31.05 31.05	250m: 2:45.65 34.20	450m: 5:05.89 35.61	650m: 7:30.08 35.91			
	100m: 1:03.69 32.64	300m: 3:20.21 34.56	500m: 5:42.07 36.18	700m: 8:06.40 36.32			
	150m: 1:37.46 33.77	350m: 3:54.78 34.57	550m: 6:17.71 35.64	750m: 8:41.89 35.49			
	200m: 2:11.45 33.99	400m: 4:30.28 35.50	600m: 6:54.17 36.46	800m: 9:16.98 35.09			

## Prova 11, Femin., 800m Livres

Prova 11 Femin., 800m Livres Absolutos  
01/04/2022 - 18:15 Resultados

Rec Nac Absoluto	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Sen	8:29.33	DURAES Diana Margarida	POR	Tarragona (ESP)	23/06/2018
Rec Nac Jun17	8:36.21	HOLUB Tamila Hryhorivna	SCB	Coimbra	28/05/2016
Rec Nac Jun16	8:45.53	HOLUB Tamila Hryhorivna	SCB	Coimbra	30/05/2015

CEJun\_Fem 14 - 17: 9:04.96 / CMJun\_Fem 14 - 17: 8:54.28 / CEPL 15 +: 8:36.84 / CMPL 15 +: 8:37.90

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>8:38.51</b>	+0,77	817	
	50m: 29.99 29.99	250m: 2:37.97 32.47	450m: 4:48.22 32.81	650m: 7:00.59 33.28			
	100m: 1:01.58 31.59	300m: 3:10.23 32.26	500m: 5:21.08 32.86	700m: 7:33.85 33.26			
	150m: 1:33.62 32.04	350m: 3:42.83 32.60	550m: 5:54.19 33.11	750m: 8:06.93 33.08			
	200m: 2:05.50 31.88	400m: 4:15.41 32.58	600m: 6:27.31 33.12	800m: 8:38.51 31.58			
2.	DURAES Diana Margarida	96	Benfica	<b>8:47.75</b>	+0,76	775	
	50m: 30.12 30.12	250m: 2:39.54 32.75	450m: 4:51.47 33.21	650m: 7:06.57 34.13			
	100m: 1:02.03 31.91	300m: 3:12.31 32.77	500m: 5:24.65 33.18	700m: 7:40.64 34.07			
	150m: 1:34.37 32.34	350m: 3:45.32 33.01	550m: 5:58.46 33.81	750m: 8:14.66 34.02			
	200m: 2:06.79 32.42	400m: 4:18.26 32.94	600m: 6:32.44 33.98	800m: 8:47.75 33.09			
3.	ANDRE Angelica Maria	94	Porto	<b>8:54.40</b>	+0,70	746	
	50m: 30.33 30.33	250m: 2:43.42 34.12	450m: 5:00.11 34.01	650m: 7:15.16 33.86			
	100m: 1:02.58 32.25	300m: 3:17.69 34.27	500m: 5:33.62 33.51	700m: 7:48.97 33.81			
	150m: 1:35.81 33.23	350m: 3:52.16 34.47	550m: 6:07.37 33.75	750m: 8:22.59 33.62			
	200m: 2:09.30 33.49	400m: 4:26.10 33.94	600m: 6:41.30 33.93	800m: 8:54.40 31.81			
4.	CARDEAL Joana Nunes	02	Academico Viseu	<b>8:56.04</b>	+0,74	739	
	50m: 30.56 30.56	250m: 2:45.22 34.10	450m: 5:00.61 33.92	650m: 7:16.18 33.91			
	100m: 1:03.48 32.92	300m: 3:19.11 33.89	500m: 5:34.78 34.17	700m: 7:50.04 33.86			
	150m: 1:37.19 33.71	350m: 3:52.73 33.62	550m: 6:08.44 33.66	750m: 8:23.37 33.33			
	200m: 2:11.12 33.93	400m: 4:26.69 33.96	600m: 6:42.27 33.83	800m: 8:56.04 32.67			
5.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>9:07.78</b>	+0,65	693	
	50m: 31.26 31.26	250m: 2:48.40 34.44	450m: 5:06.57 34.58	650m: 7:25.25 34.54			
	100m: 1:05.08 33.82	300m: 3:22.85 34.45	500m: 5:41.26 34.69	700m: 7:59.87 34.62			
	150m: 1:39.41 34.33	350m: 3:57.45 34.60	550m: 6:15.99 34.73	750m: 8:34.40 34.53			
	200m: 2:13.96 34.55	400m: 4:31.99 34.54	600m: 6:50.71 34.72	800m: 9:07.78 33.38			
6.	MONTEIRO Ana Catarina	93	Vilacondense	<b>9:09.93</b>	+0,64	685	
	50m: 30.93 30.93	250m: 2:48.28 35.01	450m: 5:08.36 34.93	650m: 7:28.85 35.19			
	100m: 1:04.15 33.22	300m: 3:23.35 35.07	500m: 5:43.35 34.99	700m: 8:03.86 35.01			
	150m: 1:38.61 34.46	350m: 3:58.36 35.01	550m: 6:18.52 35.17	750m: 8:37.94 34.08			
	200m: 2:13.27 34.66	400m: 4:33.43 35.07	600m: 6:53.66 35.14	800m: 9:09.93 31.99			
7.	MENDES Mariana Amaral	02	Sporting	<b>9:10.03</b>	+0,69	684	
	50m: 31.44 31.44	250m: 2:48.35 35.04	450m: 5:07.62 34.84	650m: 7:27.57 35.15			
	100m: 1:04.53 33.09	300m: 3:23.12 34.77	500m: 5:42.55 34.93	700m: 8:02.32 34.75			
	150m: 1:38.80 34.27	350m: 3:58.03 34.91	550m: 6:17.68 35.13	750m: 8:36.92 34.60			
	200m: 2:13.31 34.51	400m: 4:32.78 34.75	600m: 6:52.42 34.74	800m: 9:10.03 33.11			
8.	RAMOS Ana Rita	02	Porto	<b>9:16.98</b>	+0,82	659	
	50m: 31.05 31.05	250m: 2:45.65 34.20	450m: 5:05.89 35.61	650m: 7:30.08 35.91			
	100m: 1:03.69 32.64	300m: 3:20.21 34.56	500m: 5:42.07 36.18	700m: 8:06.40 36.32			
	150m: 1:37.46 33.77	350m: 3:54.78 34.57	550m: 6:17.71 35.64	750m: 8:41.89 35.49			
	200m: 2:11.45 33.99	400m: 4:30.28 35.50	600m: 6:54.17 36.46	800m: 9:16.98 35.09			

## Prova 11, Femin., 800m Livres, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
9.	PIRES Marta Joao	05	Alges	<b>9:17.69</b>	+0,72	656	
	50m: 31.30 31.30	250m: 2:50.48 34.76	450m: 5:12.48 34.88	650m: 7:34.48 34.98			
	100m: 1:06.41 35.11	300m: 3:26.38 35.90	500m: 5:48.74 36.26	700m: 8:10.04 35.56			
	150m: 1:40.66 34.25	350m: 4:01.51 35.13	550m: 6:23.70 34.96	750m: 8:43.45 33.41			
	200m: 2:15.72 35.06	400m: 4:37.60 36.09	600m: 6:59.50 35.80	800m: 9:17.69 34.24			
10.	LOPES Daniela Magalhaes	05	Famalicao	<b>9:19.91</b>	+0,76	649	
	50m: 31.43 31.43	250m: 2:50.04 35.16	450m: 5:12.36 35.49	650m: 7:34.91 35.46			
	100m: 1:05.51 34.08	300m: 3:25.70 35.66	500m: 5:48.27 35.91	700m: 8:10.14 35.23			
	150m: 1:39.79 34.28	350m: 4:01.02 35.32	550m: 6:23.79 35.52	750m: 8:44.95 34.81			
	200m: 2:14.88 35.09	400m: 4:36.87 35.85	600m: 6:59.45 35.66	800m: 9:19.91 34.96			
11.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>9:25.11</b>	+0,61	631	
	50m: 31.92 31.92	250m: 2:52.62 35.64	450m: 5:16.27 36.15	650m: 7:39.79 35.88			
	100m: 1:06.22 34.30	300m: 3:28.25 35.63	500m: 5:52.03 35.76	700m: 8:15.72 35.93			
	150m: 1:41.71 35.49	350m: 4:04.23 35.98	550m: 6:28.02 35.99	750m: 8:51.09 35.37			
	200m: 2:16.98 35.27	400m: 4:40.12 35.89	600m: 7:03.91 35.89	800m: 9:25.11 34.02			
12.	PEIXOTO Carolina Esteves	06	Braga	<b>9:31.82</b>	+0,85	609	
	50m: 32.19 32.19	250m: 2:53.49 36.06	450m: 5:18.79 36.01	650m: 7:44.37 36.58			
	100m: 1:06.39 34.20	300m: 3:29.82 36.33	500m: 5:55.01 36.22	700m: 8:20.62 36.25			
	150m: 1:41.95 35.56	350m: 4:06.49 36.67	550m: 6:31.53 36.52	750m: 8:56.65 36.03			
	200m: 2:17.43 35.48	400m: 4:42.78 36.29	600m: 7:07.79 36.26	800m: 9:31.82 35.17			
13.	PIRES Catarina Gaspar	06	Porto	<b>9:35.72</b>	+0,85	597	
	50m: 32.33 32.33	250m: 2:53.87 35.71	450m: 5:19.51 36.17	650m: 7:45.95 36.75			
	100m: 1:06.73 34.40	300m: 3:30.32 36.45	500m: 5:55.97 36.46	700m: 8:22.71 36.76			
	150m: 1:42.21 35.48	350m: 4:06.80 36.48	550m: 6:32.43 36.46	750m: 8:59.54 36.83			
	200m: 2:18.16 35.95	400m: 4:43.34 36.54	600m: 7:09.20 36.77	800m: 9:35.72 36.18			
14.	LOPES Francisca Macedo	05	Vilacondense	<b>9:39.08</b>	+0,75	586	
	50m: 31.03 31.03	250m: 2:50.89 35.47	450m: 5:15.38 36.29	650m: 7:44.36 37.32			
	100m: 1:05.41 34.38	300m: 3:26.92 36.03	500m: 5:52.60 37.22	700m: 8:23.09 38.73			
	150m: 1:40.20 34.79	350m: 4:02.73 35.81	550m: 6:29.42 36.82	750m: 9:01.13 38.04			
	200m: 2:15.42 35.22	400m: 4:39.09 36.36	600m: 7:07.04 37.62	800m: 9:39.08 37.95			
15.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>9:49.65</b>	+0,73	555	
	50m: 33.01 33.01	250m: 2:58.70 36.92	450m: 5:27.32 37.51	650m: 7:57.76 37.75			
	100m: 1:08.79 35.78	300m: 3:35.58 36.88	500m: 6:05.02 37.70	700m: 8:35.00 37.24			
	150m: 1:45.34 36.55	350m: 4:12.72 37.14	550m: 6:42.59 37.57	750m: 9:12.98 37.98			
	200m: 2:21.78 36.44	400m: 4:49.81 37.09	600m: 7:20.01 37.42	800m: 9:49.65 36.67			
16.	SILVA Ana Francisca	06	Alcobaca	<b>9:55.24</b>		540	
	50m: 32.90 32.90	250m: 2:59.71 37.16	450m: 5:30.88 37.83	650m: 8:02.70 37.94			
	100m: 1:08.65 35.75	300m: 3:37.24 37.53	500m: 6:08.84 37.96	700m: 8:40.53 37.83			
	150m: 1:45.53 36.88	350m: 4:15.04 37.80	550m: 6:46.74 37.90	750m: 9:17.98 37.45			
	200m: 2:22.55 37.02	400m: 4:53.05 38.01	600m: 7:24.76 38.02	800m: 9:55.24 37.26			

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 12	Masc., 100m Costas				Absolutos
01/04/2022 - 18:25					Resultados Final
Rec Nac Absoluto	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Sen	54.35	SANTOS Francisco Rogerio	POR	Tokyo (JPN)	26/07/2021
Rec Nac Jun18	55.18	COSTA Joao Nogueira	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun17	57.17	SANTOS Alexis Manacas	POR	Praga (CZE)	12/07/2009

CEJun\_Masc 15 - 18: 57.28 / CMJun\_Masc 15 - 18: 56.15 / CEPL Abs: 54.45 / CMPL Abs: 54.03

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira <i>Rec Nac, Minimos CE PL, Minimos CM PL</i>	01	Vitoria Guimaraes	<b>53.88</b>	+0,61	891	
	50m: 26.29 26.29	100m:	53.88 27.59				
2.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>54.90</b>	+0,61	842	
	50m: 26.46 26.46	100m:	54.90 28.44				
3.	SANTOS Francisco Rogerio	98	Sporting	<b>55.47</b>	+0,60	816	
	50m: 26.92 26.92	100m:	55.47 28.55				
4.	COSTA Diogo Santos	02	Benfica	<b>58.00</b>	+0,59	714	
	50m: 28.07 28.07	100m:	58.00 29.93				
5.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>58.64</b>	+0,69	691	
	50m: 28.57 28.57	100m:	58.64 30.07				
6.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>59.24</b>	+0,63	670	
	50m: 28.79 28.79	100m:	59.24 30.45				
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>59.28</b>	+0,60	669	
	50m: 28.47 28.47	100m:	59.28 30.81				
8.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>59.46</b>	+0,64	663	
	50m: 28.58 28.58	100m:	59.46 30.88				
9.	CASTRO Duarte Monteiro	03	Porto	<b>59.63</b>	+0,66	657	
	50m: 28.81 28.81	100m:	59.63 30.82				
10.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>1:00.47</b>	+0,53	630	
	50m: 28.83 28.83	100m:	1:00.47 31.64				

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 13	Femin., 100m Costas				Absolutos
01/04/2022 - 18:25					Resultados Final
Rec Nac Absoluto	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Sen	1:01.17	AZEVEDO Rafaela Gomes	SAD	Oeiras	20/12/2020
Rec Nac Jun17	1:01.18	AZEVEDO Rafaela Gomes	POR	Budapest (HUN)	20/08/2019
Rec Nac Jun16	1:03.21	REBELO Camila Rodrigues	ALN	Coimbra	05/04/2019

CEJun\_Fem 14 - 17: 1:04.59 / CMJun\_Fem 14 - 17: 1:03.33 / CEPL 15 +: 1:01.11 / CMPL 15 +: 1:00.59

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues <i>Rec Nac, Minimos CE PL</i>	03	Louzan Natacao/EFAPEL	<b>1:01.10</b>	+0,61	831	
	50m: 30.07 30.07	100m: 1:01.10	31.03				
2.	AZEVEDO Rafaela Gomes	02	Alges	<b>1:02.15</b>	+0,59	789	
	50m: 29.48 29.48	100m: 1:02.15	32.67				
3.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>1:04.42</b>	+0,60	709	
	50m: 31.18 31.18	100m: 1:04.42	33.24				
4.	EIRA Maria Carolina	05	Ginasio de Vila Real	<b>1:06.54</b>	+0,66	643	
	50m: 32.12 32.12	100m: 1:06.54	34.42				
5.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>1:07.58</b>	+0,70	614	
	50m: 32.21 32.21	100m: 1:07.58	35.37				
6.	MARQUES Mariana Nunes	03	Estarreja	<b>1:07.82</b>	+0,57	607	
	50m: 32.51 32.51	100m: 1:07.82	35.31				
7.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>1:07.97</b>	+0,67	603	
	50m: 32.87 32.87	100m: 1:07.97	35.10				
8.	NUNES Sofia Alexandra	00	Laranjeiro	<b>1:08.32</b>	+0,74	594	
	50m: 33.32 33.32	100m: 1:08.32	35.00				
9.	REIS Erica Cristina	05	Sporting	<b>1:08.45</b>	+0,56	591	
	50m: 33.51 33.51	100m: 1:08.45	34.94				
10.	ROMAO Ana Teresa	06	Naval de Faro	<b>1:09.04</b>	+0,69	576	
	50m: 33.24 33.24	100m: 1:09.04	35.80				

Prova 14					Masc., 50m Livres	Absolutos
01/04/2022 - 18:30					Resultados Final	
Rec Nac Absoluto	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020	
Rec Nac Sen	22.16	NASCIMENTO Miguel Duarte	SLB	Oeiras	19/12/2020	
Rec Nac Jun18	22.35	RIBEIRO Diogo Matos	SLB	Coimbra	01/04/2022	
Rec Nac Jun17	22.95	VENANCIO Tiago Andre	POR	Oeiras	16/07/2004	
CEJun_Masc 15 - 18: 23.45 / CMJun_Masc 15 - 18: 22.98 / CEPL Abs: 22.27 / CMPL Abs: 22.18						

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte <i>Rec Nac, Minimos CE PL, Minimos CM PL</i>	95	Benfica	<b>22.16</b>	+0,60	840	
2.	RIBEIRO Diogo Matos <i>Minimos CE Jun, Minimos CM Jun</i>	04	Benfica	<b>22.43</b>	+0,64	810	
3.	MARQUES Miguel Henriques	00	Benfica	<b>22.92</b>	+0,64	759	
4.	SILVA Fernando Souza	86	Naval do Funchal	<b>22.95</b>	+0,66	756	
5.	VAKULYUK Paulo	03	Torres Novas	<b>23.27</b>	+0,65	725	
6.	PADRELA Joao Esteves	99	Belenenses	<b>23.38</b>	+0,63	715	
7.	RAMOS Bruno Miguel	97	Belenenses	<b>23.49</b>	+0,65	705	
8.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>23.57</b>	+0,67	698	
9.	LEBRE Diogo Ramos	01	Benfica	<b>23.59</b>	+0,64	696	
10.	SILVA Miguel Vicente	02	Nautico Marinha Grande	<b>24.07</b>	+0,66	655	

Prova 15					Femin., 50m Livres	Absolutos
01/04/2022 - 18:30					Resultados Final	
Rec Nac Absoluto	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019	
Rec Nac Sen	25.56	RODRIGUES Ana Pinho	ADS	Funchal	03/08/2019	
Rec Nac Jun17	26.25	VIEGAS Beatriz Mendes	POR	Uster (SUI)	05/02/2017	
Rec Nac Jun16	26.21	RODRIGUES Ana Pinho	AEJ	Coimbra	10/04/2010	
CEJun_Fem 14 - 17: 26.33 / CMJun_Fem 14 - 17: 25.81 / CEPL 15 +: 25.19 / CMPL 15 +: 25.04						

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda <i>Rec Nac, Minimos CE Jun</i>	05	Galitos/ Bresimar	<b>26.17</b>	+0,67	739	
2.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>26.62</b>	+0,65	703	
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>26.68</b>	+0,62	698	
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>27.00</b>	+0,56	673	
5.	FRISCHKNECHT Rita Barros	98	Sporting	<b>27.02</b>	+0,66	672	
6.	ANDRE Leticia Maia	02	Benfica	<b>27.25</b>	+0,68	655	
7.	OLIVEIRA Rosa Maria	96	Porto	<b>27.27</b>	+0,66	653	
8.	LOURO Ariana Espirito	05	Gualdim Pais	<b>27.39</b>	+0,66	645	
9.	TEIXEIRA Ines Correia	06	Amadora	<b>27.58</b>	+0,72	632	
10.	PINTO Mafalda Marques	02	Sporting	<b>27.63</b>	+0,69	628	

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 16	Masc., 100m Bruços					Absolutos
01/04/2022 - 18:50						Resultados Final
Rec Nac Absoluto	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013	
Rec Nac Sen	1:01.01	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	28/07/2013	
Rec Nac Jun18	1:02.87	SILVA Andre Miguel	PDEM	Faro	18/07/2009	
Rec Nac Jun17	1:04.54	SILVA Andre Miguel	POR	Belgrado (SRB)	02/08/2008	

CEJun\_Masc 15 - 18: 1:03.93 / CMJun\_Masc 15 - 18: 1:02.67 / CEPL Abs: 1:00.23 / CMPL Abs: 59.75

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMÕES Rafael Gomes	00	Braga	<b>1:03.67</b>	+0,75	712	
	50m: 29.99 29.99	100m: 1:03.67 33.68					
2.	MENDES Antonio Manuel	99	Sporting	<b>1:04.53</b>	+0,68	684	
	50m: 30.51 30.51	100m: 1:04.53 34.02					
3.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:04.66</b>	+0,61	680	
	50m: 30.40 30.40	100m: 1:04.66 34.26					
4.	LOPES Luis Afonso	03	Viver Santarem	<b>1:05.75</b>	+0,66	647	
	50m: 31.02 31.02	100m: 1:05.75 34.73					
5.	CABRITO Rodrigo Almeida	01	Belenenses	<b>1:05.76</b>	+0,63	647	
	50m: 30.70 30.70	100m: 1:05.76 35.06					
6.	GOMES Filipe Miguel	97	Ba-Leiria	<b>1:06.01</b>	+0,58	639	
	50m: 30.84 30.84	100m: 1:06.01 35.17					
7.	MATEUS Diogo Garcez	02	Sporting	<b>1:06.17</b>	+0,66	635	
	50m: 30.19 30.19	100m: 1:06.17 35.98					
8.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>1:06.37</b>	+0,64	629	
	50m: 30.70 30.70	100m: 1:06.37 35.67					
9.	FRISCHKNECHT Renato Barros	01	Sporting	<b>1:06.64</b>	+0,63	621	
	50m: 30.39 30.39	100m: 1:06.64 36.25					
10.	REBELO Joao Lourenco	04	Alges	<b>1:07.09</b>	+0,62	609	
	50m: 31.17 31.17	100m: 1:07.09 35.92					

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 17	Femin., 100m Bruços					Absolutos
01/04/2022 - 18:50						Resultados Final
Rec Nac Absoluto	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021	
Rec Nac Sen	1:08.69	RODRIGUES Ana Pinho	EDV	Oeiras	30/07/2021	
Rec Nac Jun17	1:10.00	PEREIRA Raquel Gomes	SAD	Coimbra	31/03/2017	
Rec Nac Jun16	1:10.09	GOMES Diana Duarte	POR	Budapeste (HUN)	17/07/2005	

CEJun\_Fem 14 - 17: 1:11.31 / CMJun\_Fem 14 - 17: 1:09.91 / CEPL 15 +: 1:08.09 / CMPL 15 +: 1:07.43

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho 50m: 32.46 32.46	94	Desportiva de Viana	<b>1:08.76</b>	+0,67	811	
2.	PEREIRA Raquel Gomes 50m: 33.30 33.30	00	Benfica	<b>1:09.99</b>	+0,67	769	
3.	CERDEIRA Madalena Reis 50m: 34.09 34.09	03	Sporting	<b>1:11.77</b>	+0,76	713	
4.	RODRIGUES Lidiana Correia 50m: 34.44 34.44	04	Belenenses	<b>1:12.59</b>	+0,72	689	
5.	REBELO Maria Carlota 50m: 34.91 34.91	03	Condeixa Clube	<b>1:13.95</b>	+0,66	652	
6.	ANTUNES Rebeca Leonor 50m: 34.24 34.24	06	Alges	<b>1:14.29</b>	+0,72	643	
7.	SEQUEIRA Catarina Costa 50m: 34.98 34.98	98	Natacao de Lisboa	<b>1:15.11</b>	+0,71	622	
8.	VEIGA Ana Filipa 50m: 35.78 35.78	01	Gafanha da Encarnacao	<b>1:15.95</b>	+0,73	602	
9.	NUNES Margarida Domingues 50m: 35.64 35.64	05	Sporting	<b>1:15.99</b>	+0,74	601	
10.	FIAL Sofia Nunes 50m: 35.89 35.89	03	Porto	<b>1:16.30</b>	+0,71	593	



Prova 18	Masc., 400m Estilos				Absolutos
01/04/2022 - 18:55					Resultados Final
Rec Nac Absoluto	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Sen	4:15.84	SANTOS Alexis Manacas	POR	Rio de Janeiro (BRA)	06/08/2016
Rec Nac Jun18	4:21.42	LOPES Jose Paulo	POR	Helsinki (FIN)	08/07/2018
Rec Nac Jun17	4:25.23	VITAL Joao Alexandre	POR	Singapore (SGP)	29/08/2015

CEJun\_Masc 15 - 18: 4:33.58 / CMJun\_Masc 15 - 18: 4:28.20 / CEPL Abs: 4:17.55 / CMPL Abs: 4:17.48

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Jose Paulo	00	Braga	<b>4:29.11</b>	+0,71	743	
	50m: 28.49 28.49	150m: 1:34.78 33.75	250m: 2:47.20 38.69	350m: 3:58.53 32.10			
	100m: 1:01.03 32.54	200m: 2:08.51 33.73	300m: 3:26.43 39.23	400m: 4:29.11 30.58			
2.	SILVA Tomas Antonio	01	Porto	<b>4:32.00</b>	+0,61	720	
	50m: 28.01 28.01	150m: 1:37.35 36.18	250m: 2:51.55 38.32	350m: 4:01.91 31.92			
	100m: 1:01.17 33.16	200m: 2:13.23 35.88	300m: 3:29.99 38.44	400m: 4:32.00 30.09			
3.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:32.04</b>	+0,69	720	
	50m: 28.33 28.33	150m: 1:35.88 35.06	250m: 2:50.08 39.53	350m: 4:01.15 30.93			
	100m: 1:00.82 32.49	200m: 2:10.55 34.67	300m: 3:30.22 40.14	400m: 4:32.04 30.89			
4.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>4:36.29</b>	+0,61	687	
	50m: 28.64 28.64	150m: 1:38.91 35.97	250m: 2:53.22 38.65	350m: 4:04.87 31.81			
	100m: 1:02.94 34.30	200m: 2:14.57 35.66	300m: 3:33.06 39.84	400m: 4:36.29 31.42			
5.	CARDOSO Diogo Santos	01	Sporting	<b>4:37.25</b>	+0,74	680	
	50m: 29.53 29.53	150m: 1:41.24 38.36	250m: 2:57.45 38.15	350m: 4:07.64 30.85			
	100m: 1:02.88 33.35	200m: 2:19.30 38.06	300m: 3:36.79 39.34	400m: 4:37.25 29.61			
6.	APSENECE Kevins Alexandre	04	Porto	<b>4:40.85</b>	+0,72	654	
	50m: 28.17 28.17	150m: 1:38.17 36.98	250m: 2:56.18 42.32	350m: 4:09.84 32.15			
	100m: 1:01.19 33.02	200m: 2:13.86 35.69	300m: 3:37.69 41.51	400m: 4:40.85 31.01			
7.	CRISTINO David Matias	01	Uniao Piedense	<b>4:45.65</b>	+0,75	622	
	50m: 28.84 28.84	150m: 1:40.45 37.01	250m: 2:59.18 42.16	350m: 4:14.34 32.49			
	100m: 1:03.44 34.60	200m: 2:17.02 36.57	300m: 3:41.85 42.67	400m: 4:45.65 31.31			
8.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>4:48.48</b>	+0,78	603	
	50m: 29.17 29.17	150m: 1:40.58 37.37	250m: 2:59.82 42.83	350m: 4:17.18 33.45			
	100m: 1:03.21 34.04	200m: 2:16.99 36.41	300m: 3:43.73 43.91	400m: 4:48.48 31.30			
9.	RODRIGUES Rodrigo Reis	04	Sao Roque	<b>4:49.01</b>	+0,66	600	
	50m: 29.40 29.40	150m: 1:40.59 37.08	250m: 3:00.30 42.19	350m: 4:16.60 33.26			
	100m: 1:03.51 34.11	200m: 2:18.11 37.52	300m: 3:43.34 43.04	400m: 4:49.01 32.41			
10.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	<b>4:50.48</b>	+0,68	591	
	50m: 29.75 29.75	150m: 1:43.75 39.10	250m: 3:02.40 40.73	350m: 4:17.86 33.82			
	100m: 1:04.65 34.90	200m: 2:21.67 37.92	300m: 3:44.04 41.64	400m: 4:50.48 32.62			

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



5 - 3ª Jornada - 1ª Sessão - Eliminatórias

02/04/2022 - 10:35

Prova 19	Masc., 100m Mariposa					Juniores
02/04/2022 - 10:35						Resultados Elimin
Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa		29/03/2009
Rec Nac Jun18	53.07	RIBEIRO Diogo Matos	SLB	Oeiras		23/12/2021
Rec Nac Jun17	52.54	RIBEIRO Diogo Matos	POR	Rome (ITA)		09/07/2021
RNS10	1:03.52	GONCALVES Emanuel Luis	POR	Reykjavik (ISL)		22/10/2009
CEJun_Masc 15 - 18: 55.25 / CMJun_Masc 15 - 18: 54.16 / CEPL Abs: 52.28 / CMPL Abs: 51.96						

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CE Jun, Minimos CM Jun</i>	04	Benfica	<b>52.85</b>	+0,64	819	Q
	50m: 24.42 24.42	100m: 52.85	28.43				
2.	REIS Rodrigo Miguel	04	Nautico Academico	<b>57.18</b>	+0,66	646	
	50m: 26.59 26.59	100m: 57.18	30.59				
3.	APSENIECE Kevins Alexandre	04	Porto	<b>57.30</b>	+0,64	642	
	50m: 26.66 26.66	100m: 57.30	30.64				
4.	TAVARES Bernardo Rodrigues	04	Galitos/ Bresimar	<b>57.86</b>	+0,72	624	
	50m: 27.12 27.12	100m: 57.86	30.74				
5.	GOUVEIA Luis Galvao	05	Desportivo Nacional	<b>58.54</b>	+0,66	602	
	50m: 27.57 27.57	100m: 58.54	30.97				
6.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>58.99</b>	+0,60	589	
	50m: 27.14 27.14	100m: 58.99	31.85				
7.	DIAS Andre Vicente	05	Desportivo Nacional	<b>59.06</b>	+0,70	586	
	50m: 27.26 27.26	100m: 59.06	31.80				
8.	PINTO Tiago Rodrigues	05	Sporting	<b>1:00.28</b>	+0,76	552	
	50m: 27.44 27.44	100m: 1:00.28	32.84				
9.	RODRIGUES Joao Luis	05	Naval do Funchal	<b>1:00.46</b>	+0,62	547	
	50m: 27.68 27.68	100m: 1:00.46	32.78				

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 19, Masc., 100m Mariposa, Elimin

Prova 19 Masc., 100m Mariposa Seniores  
02/04/2022 - 10:35 Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
RNS10	1:03.52	GONCALVES Emanuel Luis	POR	Reykjavik (ISL)	22/10/2009

CEPL Abs: 52.28 / CMPL Abs: 51.96

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte 50m: 24.71 24.71	95	Benfica 100m: 53.50 28.79	<b>53.50</b>	+0,62	789	Q
2.	SILVA Fernando Souza 50m: 24.81 24.81	86	Naval do Funchal 100m: 53.90 29.09	<b>53.90</b>	+0,69	772	Q
3.	VAKULYUK Paulo 50m: 25.29 25.29	03	Torres Novas 100m: 54.86 29.57	<b>54.86</b>	+0,67	732	Q
4.	COSTA Joao Nogueira 50m: 25.55 25.55	01	Vitoria Guimaraes 100m: 55.20 29.65	<b>55.20</b>	+0,67	718	Q
5.	NUNES Porfirio Braga 50m: 25.83 25.83	00	Porto 100m: 55.30 29.47	<b>55.30</b>	+0,62	715	Q
6.	SILVA Glauber 50m: 25.88 25.88	86	Foca Quinta da Lixa CNF 100m: 55.58 29.70	<b>55.58</b>	+0,75	704	Q
7.	SANTOS Pedro Andre 50m: 26.15 26.15	94	Alges 100m: 55.75 29.60	<b>55.75</b>	+0,68	697	Q
8.	GOMES Vicente Oliveira 50m: 26.41 26.41	02	Sporting 100m: 56.35 29.94	<b>56.35</b>	+0,65	675	Q
9.	CORDEIRO Tiago Roberto 50m: 26.68 26.68	00	Benfica 100m: 56.77 30.09	<b>56.77</b>	+0,64	660	Q
10.	SILVA Henrique Gomes 50m: 26.57 26.57	02	Estamos Juntos 100m: 56.78 30.21	<b>56.78</b>	+0,65	660	R
11.	COSTA Diogo Santos 50m: 25.91 25.91	02	Benfica 100m: 57.11 31.20	<b>57.11</b>	+0,65	649	R
12.	LOURENCO Tiago Campos 50m: 27.12 27.12	02	Natacao de Valongo 100m: 59.15 32.03	<b>59.15</b>	+0,72	584	
13.	DOMINGUES Ricardo Jorge 50m: 27.41 27.41	02	Nautico Academico 100m: 59.68 32.27	<b>59.68</b>	+0,67	568	

Prova 19, Masc., 100m Mariposa, Elimin

Prova 19 Masc., 100m Mariposa Absolutos  
02/04/2022 - 10:35 Resultados Elimin

Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Jun18	53.07	RIBEIRO Diogo Matos	SLB	Oeiras	23/12/2021
Rec Nac Jun17	52.54	RIBEIRO Diogo Matos	POR	Rome (ITA)	09/07/2021
RNS10	1:03.52	GONCALVES Emanuel Luis	POR	Reykjavik (ISL)	22/10/2009

CEJun\_Masc 15 - 18: 55.25 / CMJun\_Masc 15 - 18: 54.16 / CEPL Abs: 52.28 / CMPL Abs: 51.96

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CE Jun, Minimos CM Jun</i>	04	Benfica	<b>52.85</b>	+0,64	819	Q
	50m: 24.42 24.42	100m:	52.85 28.43				
2.	NASCIMENTO Miguel Duarte	95	Benfica	<b>53.50</b>	+0,62	789	Q
	50m: 24.71 24.71	100m:	53.50 28.79				
3.	SILVA Fernando Souza	86	Naval do Funchal	<b>53.90</b>	+0,69	772	Q
	50m: 24.81 24.81	100m:	53.90 29.09				
4.	VAKULYUK Paulo	03	Torres Novas	<b>54.86</b>	+0,67	732	Q
	50m: 25.29 25.29	100m:	54.86 29.57				
5.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>55.20</b>	+0,67	718	Q
	50m: 25.55 25.55	100m:	55.20 29.65				
6.	NUNES Porfirio Braga	00	Porto	<b>55.30</b>	+0,62	715	Q
	50m: 25.83 25.83	100m:	55.30 29.47				
7.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>55.58</b>	+0,75	704	Q
	50m: 25.88 25.88	100m:	55.58 29.70				
8.	SANTOS Pedro Andre	94	Alges	<b>55.75</b>	+0,68	697	Q
	50m: 26.15 26.15	100m:	55.75 29.60				
9.	GOMES Vicente Oliveira	02	Sporting	<b>56.35</b>	+0,65	675	Q
	50m: 26.41 26.41	100m:	56.35 29.94				
10.	CORDEIRO Tiago Roberto	00	Benfica	<b>56.77</b>	+0,64	660	Q
	50m: 26.68 26.68	100m:	56.77 30.09				
11.	SILVA Henrique Gomes	02	Estamos Juntos	<b>56.78</b>	+0,65	660	R
	50m: 26.57 26.57	100m:	56.78 30.21				
12.	COSTA Diogo Santos	02	Benfica	<b>57.11</b>	+0,65	649	R
	50m: 25.91 25.91	100m:	57.11 31.20				
13.	REIS Rodrigo Miguel	04	Nautico Academico	<b>57.18</b>	+0,66	646	
	50m: 26.59 26.59	100m:	57.18 30.59				
14.	APSENIECE Kevins Alexandre	04	Porto	<b>57.30</b>	+0,64	642	
	50m: 26.66 26.66	100m:	57.30 30.64				
15.	TAVARES Bernardo Rodrigues	04	Galitos/ Bresimar	<b>57.86</b>	+0,72	624	
	50m: 27.12 27.12	100m:	57.86 30.74				

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



## Prova 19, Masc., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	GOUVEIA Luis Galvao 50m: 27.57 27.57	05	Desportivo Nacional	<b>58.54</b>	+0,66	602	
100m:			58.54 30.97				
17.	FERRAO Gabriel Carvalho 50m: 27.14 27.14	05	Uniao Piedense	<b>58.99</b>	+0,60	589	
100m:			58.99 31.85				
18.	DIAS Andre Vicente 50m: 27.26 27.26	05	Desportivo Nacional	<b>59.06</b>	+0,70	586	
100m:			59.06 31.80				
19.	LOURENCO Tiago Campos 50m: 27.12 27.12	02	Natacao de Valongo	<b>59.15</b>	+0,72	584	
100m:			59.15 32.03				
20.	DOMINGUES Ricardo Jorge 50m: 27.41 27.41	02	Nautico Academico	<b>59.68</b>	+0,67	568	
100m:			59.68 32.27				
21.	PINTO Tiago Rodrigues 50m: 27.44 27.44	05	Sporting	<b>1:00.28</b>	+0,76	552	
100m:			1:00.28 32.84				
22.	RODRIGUES Joao Luis 50m: 27.68 27.68	05	Naval do Funchal	<b>1:00.46</b>	+0,62	547	
100m:			1:00.46 32.78				
EXH	SCHILLING Leonardo 50m: 25.11 25.11	93	Porto	<b>55.17</b>	+0,73	720	
100m:			55.17 30.06				
EXH	HEINIO-WIDELL Nick 50m: 26.89 26.89	05	Alges	<b>58.47</b>	+0,62	604	
100m:			58.47 31.58				
EXH	CORDEIRO Tomas Coelho 50m: 30.11 30.11	04	Colegio Efanor	<b>1:06.84</b>	+0,69	404	
100m:			1:06.84 36.73				

## Prova 20 02/04/2022 - 10:40

## Femin., 100m Mariposa

## Juniores Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Jun17	1:00.11	CUNHA Mariana Pacheco	POR	Porto	05/06/2021
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20/07/2009
RNS8	1:32.05	CASTRO Ana Filipa	FVCD	Porto	29/01/2022

CEJun\_Fem 14 - 17: 1:01.69 / CMJun\_Fem 14 - 17: 1:00.48 / CEPL 15 +: 59.08 / CMPL 15 +: 58.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda <i>Minimos CE Jun</i> 50m: 28.55 28.55	05	Galitos/ Bresimar	<b>1:01.40</b>	+0,68	737	Q
100m:			1:01.40 32.85				
2.	ALMEIDA Maria Carolina 50m: 29.23 29.23	05	Galitos/ Bresimar	<b>1:03.08</b>	+0,69	680	Q
100m:			1:03.08 33.85				
3.	LOURO Ariana Espirito 50m: 29.54 29.54	05	Gualdim Pais	<b>1:03.40</b>	+0,67	670	Q
100m:			1:03.40 33.86				
4.	FERREIRA Francisca Santos 50m: 31.29 31.29	06	Alges	<b>1:05.22</b>	+0,66	615	R
100m:			1:05.22 33.93				

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 97

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 20, Femin., 100m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	CATALAO Leonor Tavares 50m: 30.36 30.36	06	Sporting	<b>1:05.81</b>	+0,70	599	
6.	NEVES Gabriela Ferreira 50m: 31.37 31.37	06	Foca Quinta da Lixa CNF	<b>1:06.99</b>	+0,79	568	
7.	BROCHADO Mariana Goncalves 50m: 31.53 31.53	06	Viana Natacao	<b>1:07.06</b>	+0,93	566	
8.	BENTO Maria Madalena 50m: 31.52 31.52	05	BUZIOS-Coruche	<b>1:07.47</b>	+0,78	556	
9.	PIRES Catarina Gaspar 50m: 31.64 31.64	06	Porto	<b>1:07.97</b>	+0,83	543	
10.	ALVES Catarina Isabel 50m: 31.67 31.67	06	Aminata	<b>1:08.88</b>	+0,86	522	
11.	SOARES Miriam Mortagua 50m: 31.15 31.15	06	Galitos/ Bresimar	<b>1:08.95</b>	+0,74	520	
12.	PINO Ines Mira 50m: 32.44 32.44	06	Pimpoes/Cimai	<b>1:11.19</b>	+0,68	473	
13.	BUCHA Marta Filipa 50m: 32.55 32.55	06	Viver Santarem	<b>1:11.52</b>	+0,89	466	
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				

## Prova 20 Femin., 100m Mariposa Seniores Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
RNS8	1:32.05	CASTRO Ana Filipa	FVCD	Porto	29/01/2022

CEPL 15 +: 59.08 / CMPL 15 +: 58.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina 50m: 28.74 28.74	93	Vilacondense	<b>1:01.13</b>	+0,64	747	Q
2.	CUNHA Mariana Pacheco 50m: 28.15 28.15	04	Colegio Efanor	<b>1:01.19</b>	+0,68	745	Q
3.	HENRIQUES Ines Jacinto 50m: 29.35 29.35	00	Sporting	<b>1:02.94</b>	+0,72	684	Q
4.	GUEDES Ana Margarida 50m: 28.57 28.57	01	Ginasio de Vila Real	<b>1:03.26</b>	+0,64	674	Q
5.	TEJO Beatriz Costa 50m: 29.76 29.76	02	Academica de Coimbra	<b>1:04.54</b>	+0,64	635	Q
6.	SILVA Leonor Santos 50m: 30.28 30.28	03	Porto	<b>1:04.88</b>	+0,63	625	Q

## Prova 20, Femin., 100m Mariposa, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	MOURA Maria Ferreira 50m: 30.37 30.37	04	Sporting	<b>1:05.21</b>	+0,77	615	Q
8.	FERNANDES Filipa Viamonte 50m: 30.78 30.78	02	Vitoria Guimaraes	<b>1:05.31</b>	+0,76	613	R
9.	FIDALGO Maria Jardim 50m: 31.37 31.37	04	Colegio Vasco da Gama	<b>1:06.46</b>	+0,75	581	
10.	MENDES Ana Sebastiao 50m: 31.13 31.13	04	Natacao de Lagos	<b>1:06.89</b>	+0,60	570	
11.	MONTEIRO Ana Carolina 50m: 31.26 31.26	04	Uniao Coimbra	<b>1:07.35</b>	+0,71	558	
DNS	ANDRE Leticia Maia	02	Benfica				

## Prova 20 Femin., 100m Mariposa Absolutos 02/04/2022 - 10:40 Resultados Elimin

Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Jun17	1:00.11	CUNHA Mariana Pacheco	POR	Porto	05/06/2021
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20/07/2009
RNS8	1:32.05	CASTRO Ana Filipa	FVCD	Porto	29/01/2022

CEJun\_Fem 14 - 17: 1:01.69 / CMJun\_Fem 14 - 17: 1:00.48 / CEPL 15 +: 59.08 / CMPL 15 +: 58.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MONTEIRO Ana Catarina 50m: 28.74 28.74	93	Vilacondense	<b>1:01.13</b>	+0,64	747	Q
2.	CUNHA Mariana Pacheco 50m: 28.15 28.15	04	Colegio Efanor	<b>1:01.19</b>	+0,68	745	Q
3.	FERNANDES Carolina Miranda <i>Minimos CE Jun</i> 50m: 28.55 28.55	05	Galitos/ Bresimar	<b>1:01.40</b>	+0,68	737	Q
4.	HENRIQUES Ines Jacinto 50m: 29.35 29.35	00	Sporting	<b>1:02.94</b>	+0,72	684	Q
5.	ALMEIDA Maria Carolina 50m: 29.23 29.23	05	Galitos/ Bresimar	<b>1:03.08</b>	+0,69	680	Q
6.	GUEDES Ana Margarida 50m: 28.57 28.57	01	Ginasio de Vila Real	<b>1:03.26</b>	+0,64	674	Q
7.	LOURO Ariana Espirito 50m: 29.54 29.54	05	Gualdim Pais	<b>1:03.40</b>	+0,67	670	Q
8.	TEJO Beatriz Costa 50m: 29.76 29.76	02	Academica de Coimbra	<b>1:04.54</b>	+0,64	635	Q
9.	SILVA Leonor Santos 50m: 30.28 30.28	03	Porto	<b>1:04.88</b>	+0,63	625	Q

## Prova 20, Femin., 100m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MOURA Maria Ferreira 50m: 30.37 30.37	04	Sporting	<b>1:05.21</b>	+0,77	615	Q
11.	FERREIRA Francisca Santos 50m: 31.29 31.29	06	Alges	<b>1:05.22</b>	+0,66	615	R
12.	FERNANDES Filipa Viamonte 50m: 30.78 30.78	02	Vitoria Guimaraes	<b>1:05.31</b>	+0,76	613	R
13.	CATALAO Leonor Tavares 50m: 30.36 30.36	06	Sporting	<b>1:05.81</b>	+0,70	599	
14.	FIDALGO Maria Jardim 50m: 31.37 31.37	04	Colegio Vasco da Gama	<b>1:06.46</b>	+0,75	581	
15.	MENDES Ana Sebastiao 50m: 31.13 31.13	04	Natacao de Lagos	<b>1:06.89</b>	+0,60	570	
16.	NEVES Gabriela Ferreira 50m: 31.37 31.37	06	Foca Quinta da Lixa CNF	<b>1:06.99</b>	+0,79	568	
17.	BROCHADO Mariana Goncalves 50m: 31.53 31.53	06	Viana Natacao	<b>1:07.06</b>	+0,93	566	
18.	MONTEIRO Ana Carolina 50m: 31.26 31.26	04	Uniao Coimbra	<b>1:07.35</b>	+0,71	558	
19.	BENTO Maria Madalena 50m: 31.52 31.52	05	BUZIOS-Coruche	<b>1:07.47</b>	+0,78	556	
20.	PIRES Catarina Gaspar 50m: 31.64 31.64	06	Porto	<b>1:07.97</b>	+0,83	543	
21.	ALVES Catarina Isabel 50m: 31.67 31.67	06	Aminata	<b>1:08.88</b>	+0,86	522	
22.	SOARES Miriam Mortagua 50m: 31.15 31.15	06	Galitos/ Bresimar	<b>1:08.95</b>	+0,74	520	
23.	PINO Ines Mira 50m: 32.44 32.44	06	Pimpoes/Cimai	<b>1:11.19</b>	+0,68	473	
24.	BUCHA Marta Filipa 50m: 32.55 32.55	06	Viver Santarem	<b>1:11.52</b>	+0,89	466	
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				
DNS	ANDRE Leticia Maia	02	Benfica				
EXH	CASTRO Ana Filipa 50m: 42.48 42.48	97	Feira Viva	<b>1:32.14</b>	+0,44	218	

Prova 21 Masc., 50m Bruços Juniores  
02/04/2022 - 10:50 Resultados Elimin

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13/07/2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10/07/2009

CEPL Abs: 27.71 / CMPL Abs: 27.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>29.57</b>	+0,62	675	Q
2.	ANJO Miguel Filipe	04	Uniao Piedense	<b>30.69</b>	+0,60	604	Q
3.	REBELO Joao Lourenco	04	Alges	<b>30.83</b>	+0,60	596	R
4.	FERNANDES Martim Pestana	04	Naval do Funchal	<b>30.89</b>	+0,58	592	R
5.	OLIVEIRA Joao Campelo	04	Famalicao	<b>31.07</b>	+0,73	582	
6.	PEREIRA Tomas Coelho	05	Penafiel	<b>31.22</b>	+0,71	574	
7.	CARVALHO Goncalo Duarte	05	Benfica	<b>31.40</b>	+0,66	564	
8.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>31.43</b>	+0,63	562	
9.	VASCONCELOS Francisco Louren	05	Geslours	<b>31.60</b>	+0,65	553	
10.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>31.88</b>	+0,72	539	
11.	SILVA Tony Stefano	05	Desportivo Nacional	<b>32.04</b>	+0,63	531	
	COSTA Goncalo Ramos	05	CPCD-Povoa St Iria	<b>32.04</b>	+0,71	531	
13.	PIRES Joao Antonio	05	Torres Novas	<b>32.33</b>	+0,66	517	
14.	OLIVEIRA Simao Lopes	05	Naval Setubalense	<b>32.38</b>	+0,70	514	
15.	LOPES Andre Prates	05	Electrico Clube/ FGil.pt	<b>32.39</b>	+0,73	514	
16.	SILVA Goncalo Manuel	05	Porto	<b>32.44</b>	+0,77	511	
17.	GOUVEIA Afonso Martim	05	FC Ferreiras/AlgarExperience	<b>32.94</b>	+0,70	488	
18.	ROCHA Goncalo Queiroga	05	Braga	<b>33.33</b>	+0,71	471	
19.	ROCHA Rodrigo Manuel	05	Sporting de Espinho	<b>33.37</b>	+0,72	470	
20.	RODRIGUES Miguel Goncalves	05	Naval de Faro	<b>33.82</b>	+0,65	451	

Prova 21 Masc., 50m Bruços Seniores  
02/04/2022 - 10:50 Resultados Elimin

Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013

CEPL Abs: 27.71 / CMPL Abs: 27.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	<b>28.99</b>	+0,71	717	Q
2.	SANTOS Alexis Manacas	92	Sporting	<b>29.88</b>	+0,66	655	Q
3.	MOURA Andre Magalhaes	98	Academico Viseu	<b>30.02</b>	+0,61	645	Q
4.	MENDES Antonio Manuel	99	Sporting	<b>30.08</b>	+0,68	642	Q
5.	PON Hugo	98	Alges	<b>30.13</b>	+0,62	638	Q
6.	MERUJE Joaquim Agra	01	Uniao Coimbra	<b>30.45</b>	+0,70	618	Q
	FRISCHKNECHT Renato Barros	01	Sporting	<b>30.45</b>	+0,61	618	Q
8.	MATEUS Diogo Garcez	02	Sporting	<b>30.51</b>	+0,67	615	Q
9.	RIBEIRO Afonso Mateus	95	Belenenses	<b>31.24</b>	+0,62	573	
10.	AFONSO Francisco Lopes	03	Alges	<b>31.27</b>	+0,65	571	
DNS	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes				

## Prova 21, Masc., 50m Bruços, Elimin

Prova 21	Masc., 50m Bruços				Absolutos
02/04/2022 - 10:50					Resultados Elimin
Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13/07/2002
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10/07/2009

CEPL Abs: 27.71 / CMPL Abs: 27.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	<b>28.99</b>	+0,71	717	Q
2.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>29.57</b>	+0,62	675	Q
3.	SANTOS Alexis Manacas	92	Sporting	<b>29.88</b>	+0,66	655	Q
4.	MOURA Andre Magalhaes	98	Academico Viseu	<b>30.02</b>	+0,61	645	Q
5.	MENDES Antonio Manuel	99	Sporting	<b>30.08</b>	+0,68	642	Q
6.	PON Hugo	98	Alges	<b>30.13</b>	+0,62	638	Q
7.	MERUJE Joaquim Agra	01	Uniao Coimbra	<b>30.45</b>	+0,70	618	Q
	FRISCHKNECHT Renato Barros	01	Sporting	<b>30.45</b>	+0,61	618	Q
9.	MATEUS Diogo Garcez	02	Sporting	<b>30.51</b>	+0,67	615	Q
10.	ANJO Miguel Filipe	04	Uniao Piedense	<b>30.69</b>	+0,60	604	Q
11.	REBELO Joao Lourenco	04	Alges	<b>30.83</b>	+0,60	596	R
12.	FERNANDES Martim Pestana	04	Naval do Funchal	<b>30.89</b>	+0,58	592	R
13.	OLIVEIRA Joao Campelo	04	Famalicao	<b>31.07</b>	+0,73	582	
14.	PEREIRA Tomas Coelho	05	Penafiel	<b>31.22</b>	+0,71	574	
15.	RIBEIRO Afonso Mateus	95	Belenenses	<b>31.24</b>	+0,62	573	
16.	AFONSO Francisco Lopes	03	Alges	<b>31.27</b>	+0,65	571	
17.	CARVALHO Goncalo Duarte	05	Benfica	<b>31.40</b>	+0,66	564	
18.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>31.43</b>	+0,63	562	
19.	VASCONCELOS Francisco Louren	05	Gesloures	<b>31.60</b>	+0,65	553	
20.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>31.88</b>	+0,72	539	
21.	SILVA Tony Stefano	05	Desportivo Nacional	<b>32.04</b>	+0,63	531	
	COSTA Goncalo Ramos	05	CPCD-Povoa St Iria	<b>32.04</b>	+0,71	531	
23.	PIRES Joao Antonio	05	Torres Novas	<b>32.33</b>	+0,66	517	
24.	OLIVEIRA Simao Lopes	05	Naval Setubalense	<b>32.38</b>	+0,70	514	
25.	LOPES Andre Prates	05	Electrico Clube/ FGil.pt	<b>32.39</b>	+0,73	514	
26.	SILVA Goncalo Manuel	05	Porto	<b>32.44</b>	+0,77	511	
27.	GOUVEIA Afonso Martim	05	FC Ferreiras/AlgarExperience	<b>32.94</b>	+0,70	488	
28.	ROCHA Goncalo Queiroga	05	Braga	<b>33.33</b>	+0,71	471	
29.	ROCHA Rodrigo Manuel	05	Sporting de Espinho	<b>33.37</b>	+0,72	470	
30.	RODRIGUES Miguel Goncalves	05	Naval de Faro	<b>33.82</b>	+0,65	451	
DNS	AMORIM Alexandre Ferreira	99	Vitoria Guimaraes				

Prova 22 Femin., 50m Bruços Juniiores  
02/04/2022 - 10:55 Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30/05/2009
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28/03/2010

CEPL 15 +: 31.46 / CMPL 15 +: 31.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	ANTUNES Rebeca Leonor	06	Alges	<b>34.32</b>	+0,70	622	Q
2.	ALMEIDA Ana Rita	05	Campinho	<b>34.57</b>	+0,72	608	Q
3.	PINHEIRO Francisca Sena	05	Ginasio de Vila Real	<b>34.88</b>	+0,70	592	Q
4.	RIBEIRO Maria Joao	05	Sao Joao Ver	<b>35.40</b>	+0,74	567	
5.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>35.46</b>	+0,71	564	
6.	NUNES Margarida Domingues	05	Sporting	<b>35.51</b>	+0,73	561	
7.	JESUS Mariana Teixeira	06	Estarreja	<b>35.53</b>	+0,69	560	
8.	PEREIRA Carolina Rei	05	Natacao de Vagos	<b>35.58</b>	+0,66	558	
9.	LOPES Francisca Macedo	05	Vilacondense	<b>36.10</b>	+0,74	534	
10.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>36.30</b>	+0,74	525	
11.	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar	<b>36.39</b>	+0,61	521	
12.	SA Madalena Correa	06	Benfica	<b>36.53</b>	+0,79	516	
13.	REBELO Mariana Cunha	06	Natacao de Vagos	<b>36.61</b>	+0,75	512	
14.	ALVES Catarina Isabel	06	Aminata	<b>36.86</b>	+0,82	502	
15.	SILVA Maria Seixeira	06	Viana Natacao	<b>36.90</b>	+0,65	500	
16.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>37.01</b>	+0,67	496	
17.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	<b>37.08</b>	+0,65	493	
18.	ALMEIDA Beatriz Matias	06	Lagoa AC	<b>37.16</b>	+0,75	490	

Prova 22 Femin., 50m Bruços Seniores  
02/04/2022 - 10:55 Resultados Elimin

Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017

CEPL 15 +: 31.46 / CMPL 15 +: 31.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho <i>Rec Nac, Minimos CE PL</i>	94	Desportiva de Viana	<b>31.24</b>	+0,66	825	Q
2.	RODRIGUES Lidiana Correia	04	Belenenses	<b>33.87</b>	+0,68	647	Q
3.	CERDEIRA Madalena Reis	03	Sporting	<b>34.13</b>	+0,74	632	Q
4.	OLIVEIRA Rosa Maria	96	Porto	<b>34.17</b>	+0,69	630	Q
5.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>34.71</b>	+0,70	601	Q
6.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>34.86</b>	+0,67	593	Q
7.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>35.19</b>	+0,70	577	Q
8.	LOPES Margarida Santos	04	Estarreja	<b>35.27</b>	+0,67	573	R
9.	VIANA Carolina Pereira	04	Aquatico Silves	<b>35.30</b>	+0,66	571	R
10.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>35.31</b>	+0,76	571	
11.	FIAL Sofia Nunes	03	Porto	<b>35.57</b>	+0,72	558	

## Prova 22, Femin., 50m Bruços, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	MORAIS Margarida Mateus	04	Torres Novas	<b>35.94</b>	+0,77	541	
13.	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>36.16</b>	+0,70	532	

 Prova 22 Femin., 50m Bruços Absolutos  
 02/04/2022 - 10:55 Resultados Elimin

Rec	Nac	Ano	Tempo	Clube	Local	Data
Rec Nac Absoluto	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017	
Rec Nac Sen	31.35	RODRIGUES Ana Pinho	AEJ	Coimbra	01/04/2017	
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30/05/2009	
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28/03/2010	

CEPL 15 +: 31.46 / CMPL 15 +: 31.22

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho <i>Rec Nac, Minimos CE PL</i>	94	Desportiva de Viana	<b>31.24</b>	+0,66	825	Q
2.	RODRIGUES Lidiana Correia	04	Belenenses	<b>33.87</b>	+0,68	647	Q
3.	CERDEIRA Madalena Reis	03	Sporting	<b>34.13</b>	+0,74	632	Q
4.	OLIVEIRA Rosa Maria	96	Porto	<b>34.17</b>	+0,69	630	Q
5.	ANTUNES Rebeca Leonor	06	Alges	<b>34.32</b>	+0,70	622	Q
6.	ALMEIDA Ana Rita	05	Campinho	<b>34.57</b>	+0,72	608	Q
7.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>34.71</b>	+0,70	601	Q
8.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>34.86</b>	+0,67	593	Q
9.	PINHEIRO Francisca Sena	05	Ginasio de Vila Real	<b>34.88</b>	+0,70	592	Q
10.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>35.19</b>	+0,70	577	Q
11.	LOPES Margarida Santos	04	Estarreja	<b>35.27</b>	+0,67	573	R
12.	VIANA Carolina Pereira	04	Aquatico Silves	<b>35.30</b>	+0,66	571	R
13.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>35.31</b>	+0,76	571	
14.	RIBEIRO Maria Joao	05	Sao Joao Ver	<b>35.40</b>	+0,74	567	
15.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>35.46</b>	+0,71	564	
16.	NUNES Margarida Domingues	05	Sporting	<b>35.51</b>	+0,73	561	
17.	JESUS Mariana Teixeira	06	Estarreja	<b>35.53</b>	+0,69	560	
18.	FIAL Sofia Nunes	03	Porto	<b>35.57</b>	+0,72	558	
19.	PEREIRA Carolina Rei	05	Natacao de Vagos	<b>35.58</b>	+0,66	558	
20.	MORAIS Margarida Mateus	04	Torres Novas	<b>35.94</b>	+0,77	541	
21.	LOPES Francisca Macedo	05	Vilacondense	<b>36.10</b>	+0,74	534	
22.	RIESENBERGER Bruna Martins	97	Laranjeiro	<b>36.16</b>	+0,70	532	
23.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>36.30</b>	+0,74	525	
24.	VASCONCELOS Lara Rodrigues	05	Galitos/ Bresimar	<b>36.39</b>	+0,61	521	
25.	SA Madalena Correa	06	Benfica	<b>36.53</b>	+0,79	516	
26.	REBELO Mariana Cunha	06	Natacao de Vagos	<b>36.61</b>	+0,75	512	
27.	ALVES Catarina Isabel	06	Aminata	<b>36.86</b>	+0,82	502	
28.	SILVA Maria Seixeira	06	Viana Natacao	<b>36.90</b>	+0,65	500	
29.	ESTEVENS Laura Fabiana	05	Naval de Faro	<b>37.01</b>	+0,67	496	
30.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	<b>37.08</b>	+0,65	493	
31.	ALMEIDA Beatriz Matias	06	Lagoa AC	<b>37.16</b>	+0,75	490	



Prova 23		Masc., 200m Estilos				Juniores
02/04/2022 - 11:00						Resultados Elimin
Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019	
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06/07/2018	
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17/07/2005	
RNS7	3:15.61	CAMPOS Joao Miguel	POR	Lignano Sabbiadoro (ITA)	11/03/2022	
RNS8	2:30.08	CANCELA Diogo Luis	POR	Tokyo (JPN)	28/08/2021	

CEJun\_Masc 15 - 18: 2:07.06 / CMJun\_Masc 15 - 18: 2:04.56 / CEPL Abs: 2:00.30 / CMPL Abs: 1:59.76

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:07.87</b>	+0,60	708 Q	
	50m: 27.20 27.20	100m: 59.58 32.38	150m: 1:37.35	37.77	200m: 2:07.87	30.52	
2.	SILVA Afonso Carvalho	05	Famalicao	<b>2:14.05</b>	+0,54	615 Q	
	50m: 29.14 29.14	100m: 1:04.10 34.96	150m: 1:43.03	38.93	200m: 2:14.05	31.02	
3.	APSENIECE Kevins Alexandre	04	Porto	<b>2:14.09</b>	+0,57	614 Q	
	50m: 27.53 27.53	100m: 1:03.24 35.71	150m: 1:44.34	41.10	200m: 2:14.09	29.75	
4.	OLIVEIRA Joao Campelo	04	Famalicao	<b>2:14.79</b>	+0,67	604 Q	
	50m: 27.87 27.87	100m: 1:04.39 36.52	150m: 1:42.61	38.22	200m: 2:14.79	32.18	
5.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>2:18.41</b>	+0,70	558 R	
	50m: 28.27 28.27	100m: 1:06.02 37.75	150m: 1:45.18	39.16	200m: 2:18.41	33.23	

Prova 23		Masc., 200m Estilos				Seniores
02/04/2022 - 11:00						Resultados Elimin
Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019	
Rec Nac Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019	
RNS7	3:15.61	CAMPOS Joao Miguel	POR	Lignano Sabbiadoro (ITA)	11/03/2022	
RNS8	2:30.08	CANCELA Diogo Luis	POR	Tokyo (JPN)	28/08/2021	

CEPL Abs: 2:00.30 / CMPL Abs: 1:59.76

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:01.94</b>	+0,60	817 Q	
	50m: 25.77 25.77	100m: 55.36 29.59	150m: 1:31.11	35.75	200m: 2:01.94	30.83	
2.	LOPES Luis Afonso	03	Viver Santarem	<b>2:09.43</b>	+0,71	683 Q	
	50m: 28.02 28.02	100m: 1:01.35 33.33	150m: 1:38.29	36.94	200m: 2:09.43	31.14	
3.	CRISTINO David Matias	01	Uniao Piedense	<b>2:13.35</b>	+0,72	624 Q	
	50m: 27.74 27.74	100m: 1:01.48 33.74	150m: 1:42.62	41.14	200m: 2:13.35	30.73	
4.	SIMOES Rafael Gomes	00	Braga	<b>2:13.41</b>	+0,73	623 Q	
	50m: 27.60 27.60	100m: 1:03.51 35.91	150m: 1:41.62	38.11	200m: 2:13.41	31.79	
5.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:13.56</b>	+0,72	621 Q	
	50m: 27.87 27.87	100m: 1:01.45 33.58	150m: 1:42.02	40.57	200m: 2:13.56	31.54	
6.	SILVA Tomas Antonio	01	Porto	<b>2:13.97</b>	+0,63	616 Q	
	50m: 27.61 27.61	100m: 1:00.93 33.32	150m: 1:41.35	40.42	200m: 2:13.97	32.62	

## Prova 23, Masc., 200m Estilos, Elimin

Prova 23 Masc., 200m Estilos Absolutos  
02/04/2022 - 11:00 Resultados Elimin

Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
Rec Nac Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06/07/2018
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17/07/2005
RNS7	3:15.61	CAMPOS Joao Miguel	POR	Lignano Sabbiadoro (ITA)	11/03/2022
RNS8	2:30.08	CANCELA Diogo Luis	POR	Tokyo (JPN)	28/08/2021

CEJun\_Masc 15 - 18: 2:07.06 / CMJun\_Masc 15 - 18: 2:04.56 / CEPL Abs: 2:00.30 / CMPL Abs: 1:59.76

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:01.94</b>	+0,60	817 Q	
	50m: 25.77 25.77	100m: 55.36 29.59	150m: 1:31.11	35.75	200m: 2:01.94	30.83	
2.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:07.87</b>	+0,60	708 Q	
	50m: 27.20 27.20	100m: 59.58 32.38	150m: 1:37.35	37.77	200m: 2:07.87	30.52	
3.	LOPES Luis Afonso	03	Viver Santarem	<b>2:09.43</b>	+0,71	683 Q	
	50m: 28.02 28.02	100m: 1:01.35 33.33	150m: 1:38.29	36.94	200m: 2:09.43	31.14	
4.	CRISTINO David Matias	01	Uniao Piedense	<b>2:13.35</b>	+0,72	624 Q	
	50m: 27.74 27.74	100m: 1:01.48 33.74	150m: 1:42.62	41.14	200m: 2:13.35	30.73	
5.	SIMOES Rafael Gomes	00	Braga	<b>2:13.41</b>	+0,73	623 Q	
	50m: 27.60 27.60	100m: 1:03.51 35.91	150m: 1:41.62	38.11	200m: 2:13.41	31.79	
6.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:13.56</b>	+0,72	621 Q	
	50m: 27.87 27.87	100m: 1:01.45 33.58	150m: 1:42.02	40.57	200m: 2:13.56	31.54	
7.	SILVA Tomas Antonio	01	Porto	<b>2:13.97</b>	+0,63	616 Q	
	50m: 27.61 27.61	100m: 1:00.93 33.32	150m: 1:41.35	40.42	200m: 2:13.97	32.62	
8.	SILVA Afonso Carvalho	05	Famalicao	<b>2:14.05</b>	+0,54	615 Q	
	50m: 29.14 29.14	100m: 1:04.10 34.96	150m: 1:43.03	38.93	200m: 2:14.05	31.02	
9.	APSENIECE Kevins Alexandre	04	Porto	<b>2:14.09</b>	+0,57	614 Q	
	50m: 27.53 27.53	100m: 1:03.24 35.71	150m: 1:44.34	41.10	200m: 2:14.09	29.75	
10.	OLIVEIRA Joao Campelo	04	Famalicao	<b>2:14.79</b>	+0,67	604 Q	
	50m: 27.87 27.87	100m: 1:04.39 36.52	150m: 1:42.61	38.22	200m: 2:14.79	32.18	
11.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>2:18.41</b>	+0,70	558 R	
	50m: 28.27 28.27	100m: 1:06.02 37.75	150m: 1:45.18	39.16	200m: 2:18.41	33.23	
EXH	CANCELA Diogo Luis	02	Louzan Natacao/EFAPEL	<b>2:27.47</b>	+0,63	461	
	Rec Nac S8						
	50m: 31.16 31.16	100m: 1:10.53 39.37	150m: 1:53.67	43.14	200m: 2:27.47	33.80	
EXH	CAMPOS Joao Miguel	79	ADADA Porto	<b>3:18.03</b>	+0,84	190	
	50m: 39.75 39.75	100m: 1:33.54 53.79	150m: 2:30.85	57.31	200m: 3:18.03	47.18	

Prova 24 Juniores  
02/04/2022 - 11:10 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017

CEJun\_Fem 14 - 17: 4:55.87 / CMJun\_Fem 14 - 17: 4:50.07 / CEPL 15 +: 4:44.10 / CMPL 15 +: 4:43.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:13.75</b>	+0,80	611	Q
	50m: 31.78 31.78	150m: 1:50.76 41.72	250m: 3:17.20 44.73	350m: 4:37.62 34.83			
	100m: 1:09.04 37.26	200m: 2:32.47 41.71	300m: 4:02.79 45.59	400m: 5:13.75 36.13			
2.	REIS Erica Cristina	05	Sporting	<b>5:16.21</b>	+0,65	597	R
	50m: 32.29 32.29	150m: 1:51.32 40.55	250m: 3:17.70 45.12	350m: 4:41.25 36.80			
	100m: 1:10.77 38.48	200m: 2:32.58 41.26	300m: 4:04.45 46.75	400m: 5:16.21 34.96			
3.	PINTO Leonor Filipa	06	Porto	<b>5:17.88</b>	+0,73	588	R
	50m: 33.57 33.57	150m: 1:53.45 40.67	250m: 3:18.77 45.34	350m: 4:41.10 36.94			
	100m: 1:12.78 39.21	200m: 2:33.43 39.98	300m: 4:04.16 45.39	400m: 5:17.88 36.78			
4.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>5:19.34</b>	+0,69	580	
	50m: 32.89 32.89	150m: 1:54.85 41.99	250m: 3:20.67 43.67	350m: 4:43.77 36.57			
	100m: 1:12.86 39.97	200m: 2:37.00 42.15	300m: 4:07.20 46.53	400m: 5:19.34 35.57			
5.	SILVA Ana Francisca	06	Alcobaca	<b>5:25.68</b>	+0,78	547	
	50m: 33.10 33.10	150m: 1:53.61 42.06	250m: 3:22.64 48.70	350m: 4:49.21 37.33			
	100m: 1:11.55 38.45	200m: 2:33.94 40.33	300m: 4:11.88 49.24	400m: 5:25.68 36.47			
6.	FROIS Maria Francisca	06	Ba-Leiria	<b>5:29.68</b>	+0,76	527	
	50m: 32.97 32.97	150m: 1:57.25 44.42	250m: 3:25.30 45.69	350m: 4:52.10 38.92			
	100m: 1:12.83 39.86	200m: 2:39.61 42.36	300m: 4:13.18 47.88	400m: 5:29.68 37.58			

DNS CAMACHO Carolina Martins 06 Uniao Piedense

Prova 24 Seniores  
02/04/2022 - 11:10 Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017

CEPL 15 +: 4:44.10 / CMPL 15 +: 4:43.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CARDEAL Joana Nunes	02	Academico Viseu	<b>5:02.47</b>	+0,74	682	Q
	50m: 30.43 30.43	150m: 1:45.23 39.89	250m: 3:08.61 43.68	350m: 4:28.28 34.83			
	100m: 1:05.34 34.91	200m: 2:24.93 39.70	300m: 3:53.45 44.84	400m: 5:02.47 34.19			
2.	ANDRE Angelica Maria	94	Porto	<b>5:03.49</b>	+0,70	676	Q
	50m: 31.21 31.21	150m: 1:46.39 39.85	250m: 3:09.41 43.34	350m: 4:28.36 35.70			
	100m: 1:06.54 35.33	200m: 2:26.07 39.68	300m: 3:52.66 43.25	400m: 5:03.49 35.13			
3.	PEREIRA Raquel Gomes	00	Benfica	<b>5:04.28</b>	+0,66	670	Q
	50m: 30.79 30.79	150m: 1:47.54 40.42	250m: 3:08.26 41.75	350m: 4:27.62 36.90			
	100m: 1:07.12 36.33	200m: 2:26.51 38.97	300m: 3:50.72 42.46	400m: 5:04.28 36.66			
4.	MESQUITA Francisca Salvador	02	Sporting	<b>5:06.43</b>	+0,74	656	Q
	50m: 31.14 31.14	150m: 1:48.25 41.32	250m: 3:11.77 43.22	350m: 4:31.30 35.94			
	100m: 1:06.93 35.79	200m: 2:28.55 40.30	300m: 3:55.36 43.59	400m: 5:06.43 35.13			

## Prova 24, Femin., 400m Estilos, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>5:08.24</b>	+0,57	645	Q
	50m: 31.55 31.55	150m: 1:49.04 41.09	250m: 3:13.82 44.40	350m: 4:34.23 35.15			
	100m: 1:07.95 36.40	200m: 2:29.42 40.38	300m: 3:59.08 45.26	400m: 5:08.24 34.01			
6.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>5:08.87</b>	+0,67	641	Q
	50m: 32.62 32.62	150m: 1:49.79 40.71	250m: 3:14.77 45.02	350m: 4:34.27 35.08			
	100m: 1:09.08 36.46	200m: 2:29.75 39.96	300m: 3:59.19 44.42	400m: 5:08.87 34.60			
7.	<b>VEIGA Ana Filipa</b>	01	Gafanha da Encarnacao	<b>5:09.28</b>	+0,76	638	Q
	50m: 32.17 32.17	150m: 1:50.79 41.72	250m: 3:15.22 43.51	350m: 4:34.60 36.29			
	100m: 1:09.07 36.90	200m: 2:31.71 40.92	300m: 3:58.31 43.09	400m: 5:09.28 34.68			
8.	<b>REBELO Maria Carlota</b>	03	Condeixa Clube	<b>5:11.55</b>	+0,71	624	Q
	50m: 31.40 31.40	150m: 1:49.19 40.89	250m: 3:14.43 44.58	350m: 4:35.36 36.52			
	100m: 1:08.30 36.90	200m: 2:29.85 40.66	300m: 3:58.84 44.41	400m: 5:11.55 36.19			
9.	<b>VARGAS Giovanna Vaz</b>	00	Nautico Marinha Grande	<b>5:13.39</b>	+0,76	613	Q
	50m: 32.15 32.15	150m: 1:50.10 40.14	250m: 3:15.34 44.94	350m: 4:37.68 36.78			
	100m: 1:09.96 37.81	200m: 2:30.40 40.30	300m: 4:00.90 45.56	400m: 5:13.39 35.71			

## Prova 24 02/04/2022 - 11:10

## Femin., 400m Estilos

## Absolutos Resultados Elimin

Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017

CEJun\_Fem 14 - 17: 4:55.87 / CMJun\_Fem 14 - 17: 4:50.07 / CEPL 15 +: 4:44.10 / CMPL 15 +: 4:43.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>CARDEAL Joana Nunes</b>	02	Academico Viseu	<b>5:02.47</b>	+0,74	682	Q
	50m: 30.43 30.43	150m: 1:45.23 39.89	250m: 3:08.61 43.68	350m: 4:28.28 34.83			
	100m: 1:05.34 34.91	200m: 2:24.93 39.70	300m: 3:53.45 44.84	400m: 5:02.47 34.19			
2.	<b>ANDRE Angelica Maria</b>	94	Porto	<b>5:03.49</b>	+0,70	676	Q
	50m: 31.21 31.21	150m: 1:46.39 39.85	250m: 3:09.41 43.34	350m: 4:28.36 35.70			
	100m: 1:06.54 35.33	200m: 2:26.07 39.68	300m: 3:52.66 43.25	400m: 5:03.49 35.13			
3.	<b>PEREIRA Raquel Gomes</b>	00	Benfica	<b>5:04.28</b>	+0,66	670	Q
	50m: 30.79 30.79	150m: 1:47.54 40.42	250m: 3:08.26 41.75	350m: 4:27.62 36.90			
	100m: 1:07.12 36.33	200m: 2:26.51 38.97	300m: 3:50.72 42.46	400m: 5:04.28 36.66			
4.	<b>MESQUITA Francisca Salvador</b>	02	Sporting	<b>5:06.43</b>	+0,74	656	Q
	50m: 31.14 31.14	150m: 1:48.25 41.32	250m: 3:11.77 43.22	350m: 4:31.30 35.94			
	100m: 1:06.93 35.79	200m: 2:28.55 40.30	300m: 3:55.36 43.59	400m: 5:06.43 35.13			
5.	<b>CARDEAL Beatriz Nunes</b>	04	Academico Viseu	<b>5:08.24</b>	+0,57	645	Q
	50m: 31.55 31.55	150m: 1:49.04 41.09	250m: 3:13.82 44.40	350m: 4:34.23 35.15			
	100m: 1:07.95 36.40	200m: 2:29.42 40.38	300m: 3:59.08 45.26	400m: 5:08.24 34.01			
6.	<b>MENDES Mariana Amaral</b>	02	Sporting	<b>5:08.87</b>	+0,67	641	Q
	50m: 32.62 32.62	150m: 1:49.79 40.71	250m: 3:14.77 45.02	350m: 4:34.27 35.08			
	100m: 1:09.08 36.46	200m: 2:29.75 39.96	300m: 3:59.19 44.42	400m: 5:08.87 34.60			

## Prova 24, Femin., 400m Estilos, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:09.28</b>	+0,76	638	Q
	50m: 32.17 32.17	150m: 1:50.79 41.72	250m: 3:15.22 43.51	350m: 4:34.60 36.29			
	100m: 1:09.07 36.90	200m: 2:31.71 40.92	300m: 3:58.31 43.09	400m: 5:09.28 34.68			
8.	REBELO Maria Carlota	03	Condeixa Clube	<b>5:11.55</b>	+0,71	624	Q
	50m: 31.40 31.40	150m: 1:49.19 40.89	250m: 3:14.43 44.58	350m: 4:35.36 36.52			
	100m: 1:08.30 36.90	200m: 2:29.85 40.66	300m: 3:58.84 44.41	400m: 5:11.55 36.19			
9.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>5:13.39</b>	+0,76	613	Q
	50m: 32.15 32.15	150m: 1:50.10 40.14	250m: 3:15.34 44.94	350m: 4:37.68 36.78			
	100m: 1:09.96 37.81	200m: 2:30.40 40.30	300m: 4:00.90 45.56	400m: 5:13.39 35.71			
10.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:13.75</b>	+0,80	611	Q
	50m: 31.78 31.78	150m: 1:50.76 41.72	250m: 3:17.20 44.73	350m: 4:37.62 34.83			
	100m: 1:09.04 37.26	200m: 2:32.47 41.71	300m: 4:02.79 45.59	400m: 5:13.75 36.13			
11.	REIS Erica Cristina	05	Sporting	<b>5:16.21</b>	+0,65	597	R
	50m: 32.29 32.29	150m: 1:51.32 40.55	250m: 3:17.70 45.12	350m: 4:41.25 36.80			
	100m: 1:10.77 38.48	200m: 2:32.58 41.26	300m: 4:04.45 46.75	400m: 5:16.21 34.96			
12.	PINTO Leonor Filipa	06	Porto	<b>5:17.88</b>	+0,73	588	R
	50m: 33.57 33.57	150m: 1:53.45 40.67	250m: 3:18.77 45.34	350m: 4:41.10 36.94			
	100m: 1:12.78 39.21	200m: 2:33.43 39.98	300m: 4:04.16 45.39	400m: 5:17.88 36.78			
13.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>5:19.34</b>	+0,69	580	
	50m: 32.89 32.89	150m: 1:54.85 41.99	250m: 3:20.67 43.67	350m: 4:43.77 36.57			
	100m: 1:12.86 39.97	200m: 2:37.00 42.15	300m: 4:07.20 46.53	400m: 5:19.34 35.57			
14.	SILVA Ana Francisca	06	Alcobaca	<b>5:25.68</b>	+0,78	547	
	50m: 33.10 33.10	150m: 1:53.61 42.06	250m: 3:22.64 48.70	350m: 4:49.21 37.33			
	100m: 1:11.55 38.45	200m: 2:33.94 40.33	300m: 4:11.88 49.24	400m: 5:25.68 36.47			
15.	FROIS Maria Francisca	06	Ba-Leiria	<b>5:29.68</b>	+0,76	527	
	50m: 32.97 32.97	150m: 1:57.25 44.42	250m: 3:25.30 45.69	350m: 4:52.10 38.92			
	100m: 1:12.83 39.86	200m: 2:39.61 42.36	300m: 4:13.18 47.88	400m: 5:29.68 37.58			
DNS	CAMACHO Carolina Martins	06	Uniao Piedense				

Prova 25 Masc., 200m Livres  
02/04/2022 - 11:20 Juniores  
Resultados Elimin

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14/07/2005
Rec Nac Jun17	1:50.82	RIBEIRO Diogo Matos	CUC	Coimbra	27/03/2021
RNS15	2:03.73	NEVES Tiago Correia	CFB	Funchal	24/03/2018

CEJun\_Masc 15 - 18: 1:53.68 / CMJun\_Masc 15 - 18: 1:51.44 / CEPL Abs: 1:48.37 / CMPL Abs: 1:47.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Minimos CE Jun</i>	04	Benfica	<b>1:52.53</b>	+0,63	744 Q	
	50m: 25.92 25.92	100m: 54.24 28.32	150m: 1:23.77	29.53	200m: 1:52.53	28.76	
2.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>1:54.06</b>	+0,66	715 Q	
	50m: 25.84 25.84	100m: 54.49 28.65	150m: 1:23.93	29.44	200m: 1:54.06	30.13	
3.	ALMEIDA Bernardo Victorino	04	Sporting	<b>1:54.68</b>	+0,65	703 Q	
	50m: 26.33 26.33	100m: 54.99 28.66	150m: 1:24.73	29.74	200m: 1:54.68	29.95	
4.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>1:59.44</b>	+0,71	622	
	50m: 27.95 27.95	100m: 58.51 30.56	150m: 1:29.38	30.87	200m: 1:59.44	30.06	
5.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	<b>1:59.98</b>	+0,68	614	
	50m: 27.43 27.43	100m: 57.67 30.24	150m: 1:28.70	31.03	200m: 1:59.98	31.28	
6.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>2:00.25</b>	+0,73	610	
	50m: 27.87 27.87	100m: 58.18 30.31	150m: 1:29.06	30.88	200m: 2:00.25	31.19	
7.	SIMOES Miguel Costa	04	Uniao Piedense	<b>2:00.42</b>	+0,64	607	
	50m: 27.80 27.80	100m: 58.36 30.56	150m: 1:29.62	31.26	200m: 2:00.42	30.80	
8.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>2:02.11</b>	+0,73	582	
	50m: 27.88 27.88	100m: 58.28 30.40	150m: 1:29.90	31.62	200m: 2:02.11	32.21	
9.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>2:03.42</b>	+0,64	564	
	50m: 28.26 28.26	100m: 59.49 31.23	150m: 1:31.18	31.69	200m: 2:03.42	32.24	
10.	SILVA Afonso Carvalho	05	Famalicao	<b>2:04.29</b>	+0,64	552	
	50m: 28.09 28.09	100m: 58.93 30.84	150m: 1:31.44	32.51	200m: 2:04.29	32.85	
11.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>2:06.91</b>	+0,61	519	
	50m: 27.92 27.92	100m: 59.36 31.44	150m: 1:32.70	33.34	200m: 2:06.91	34.21	

## Prova 25, Masc., 200m Livres, Elimin

Prova 25 Masc., 200m Livres Seniores  
02/04/2022 - 11:20 Resultados Elimin

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
RNS15	2:03.73	NEVES Tiago Correia	CFB	Funchal	24/03/2018

CEPL Abs: 1:48.37 / CMPL Abs: 1:47.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RAMOS Bruno Miguel	97	Belenenses	<b>1:51.67</b>	+0,63	762 Q	
	50m: 25.66 25.66	100m: 53.69 28.03	150m: 1:22.64	28.95	200m: 1:51.67	29.03	
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>1:51.98</b>	+0,65	755 Q	
	50m: 26.55 26.55	100m: 54.61 28.06	150m: 1:23.21	28.60	200m: 1:51.98	28.77	
3.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>1:53.47</b>	+0,72	726 Q	
	50m: 25.94 25.94	100m: 54.28 28.34	150m: 1:23.84	29.56	200m: 1:53.47	29.63	
4.	NUNES Porfirio Braga	00	Porto	<b>1:53.48</b>	+0,63	726 Q	
	50m: 26.36 26.36	100m: 55.47 29.11	150m: 1:24.28	28.81	200m: 1:53.48	29.20	
	MOGNE Igor Araujo	96	Sporting	<b>1:53.48</b>	+0,71	726 Q	
	50m: 26.26 26.26	100m: 54.71 28.45	150m: 1:24.05	29.34	200m: 1:53.48	29.43	
6.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:53.77</b>	+0,64	720 Q	
	50m: 26.89 26.89	100m: 55.44 28.55	150m: 1:24.51	29.07	200m: 1:53.77	29.26	
7.	COSTA Tiago Cunha	99	Sporting	<b>1:53.84</b>	+0,64	719 Q	
	50m: 25.65 25.65	100m: 53.65 28.00	150m: 1:23.38	29.73	200m: 1:53.84	30.46	
8.	SANTOS Pedro Miguel	01	Porto	<b>1:55.45</b>	+0,67	689 R	
	50m: 27.25 27.25	100m: 56.00 28.75	200m: 1:55.45	59.45			
9.	LOPES Jose Paulo	00	Braga	<b>1:56.39</b>	+0,71	673 R	
	50m: 27.03 27.03	100m: 56.43 29.40	150m: 1:26.29	29.86	200m: 1:56.39	30.10	
10.	COSTA Afonso Filipe	03	Louzan Natacao/EFAPEL	<b>1:57.05</b>	+0,62	661	
	50m: 26.64 26.64	100m: 56.06 29.42	150m: 1:26.21	30.15	200m: 1:57.05	30.84	

Prova 25, Masc., 200m Livres, Elimin

Prova 25 Masc., 200m Livres Absolutos  
02/04/2022 - 11:20 Resultados Elimin

Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14/07/2005
Rec Nac Jun17	1:50.82	RIBEIRO Diogo Matos	CUC	Coimbra	27/03/2021
RNS15	2:03.73	NEVES Tiago Correia	CFB	Funchal	24/03/2018

CEJun\_Masc 15 - 18: 1:53.68 / CMJun\_Masc 15 - 18: 1:51.44 / CEPL Abs: 1:48.37 / CMPL Abs: 1:47.06

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RAMOS Bruno Miguel	97	Belenenses	<b>1:51.67</b>	+0,63	762 Q	
	50m: 25.66 25.66	100m: 53.69 28.03	150m: 1:22.64	28.95	200m: 1:51.67	29.03	
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>1:51.98</b>	+0,65	755 Q	
	50m: 26.55 26.55	100m: 54.61 28.06	150m: 1:23.21	28.60	200m: 1:51.98	28.77	
3.	RIBEIRO Diogo Matos	04	Benfica	<b>1:52.53</b>	+0,63	744 Q	
	<i>Minimos CE Jun</i>						
	50m: 25.92 25.92	100m: 54.24 28.32	150m: 1:23.77	29.53	200m: 1:52.53	28.76	
4.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>1:53.47</b>	+0,72	726 Q	
	50m: 25.94 25.94	100m: 54.28 28.34	150m: 1:23.84	29.56	200m: 1:53.47	29.63	
5.	NUNES Porfirio Braga	00	Porto	<b>1:53.48</b>	+0,63	726 Q	
	50m: 26.36 26.36	100m: 55.47 29.11	150m: 1:24.28	28.81	200m: 1:53.48	29.20	
	MOGNE Igor Araujo	96	Sporting	<b>1:53.48</b>	+0,71	726 Q	
	50m: 26.26 26.26	100m: 54.71 28.45	150m: 1:24.05	29.34	200m: 1:53.48	29.43	
7.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:53.77</b>	+0,64	720 Q	
	50m: 26.89 26.89	100m: 55.44 28.55	150m: 1:24.51	29.07	200m: 1:53.77	29.26	
8.	COSTA Tiago Cunha	99	Sporting	<b>1:53.84</b>	+0,64	719 Q	
	50m: 25.65 25.65	100m: 53.65 28.00	150m: 1:23.38	29.73	200m: 1:53.84	30.46	
9.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>1:54.06</b>	+0,66	715 Q	
	50m: 25.84 25.84	100m: 54.49 28.65	150m: 1:23.93	29.44	200m: 1:54.06	30.13	
10.	ALMEIDA Bernardo Victorino	04	Sporting	<b>1:54.68</b>	+0,65	703 Q	
	50m: 26.33 26.33	100m: 54.99 28.66	150m: 1:24.73	29.74	200m: 1:54.68	29.95	
11.	SANTOS Pedro Miguel	01	Porto	<b>1:55.45</b>	+0,67	689 R	
	50m: 27.25 27.25	100m: 56.00 28.75	200m: 1:55.45	59.45			
12.	LOPES Jose Paulo	00	Braga	<b>1:56.39</b>	+0,71	673 R	
	50m: 27.03 27.03	100m: 56.43 29.40	150m: 1:26.29	29.86	200m: 1:56.39	30.10	
13.	COSTA Afonso Filipe	03	Louzan Natacao/EFAPEL	<b>1:57.05</b>	+0,62	661	
	50m: 26.64 26.64	100m: 56.06 29.42	150m: 1:26.21	30.15	200m: 1:57.05	30.84	
14.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>1:59.44</b>	+0,71	622	
	50m: 27.95 27.95	100m: 58.51 30.56	150m: 1:29.38	30.87	200m: 1:59.44	30.06	
15.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	<b>1:59.98</b>	+0,68	614	
	50m: 27.43 27.43	100m: 57.67 30.24	150m: 1:28.70	31.03	200m: 1:59.98	31.28	

## Prova 25, Masc., 200m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>2:00.25</b>	+0,73	610	
	50m: 27.87 27.87	100m: 58.18 30.31	150m: 1:29.06	30.88	200m: 2:00.25	31.19	
17.	SIMOES Miguel Costa	04	Uniao Piedense	<b>2:00.42</b>	+0,64	607	
	50m: 27.80 27.80	100m: 58.36 30.56	150m: 1:29.62	31.26	200m: 2:00.42	30.80	
18.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>2:02.11</b>	+0,73	582	
	50m: 27.88 27.88	100m: 58.28 30.40	150m: 1:29.90	31.62	200m: 2:02.11	32.21	
19.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>2:03.42</b>	+0,64	564	
	50m: 28.26 28.26	100m: 59.49 31.23	150m: 1:31.18	31.69	200m: 2:03.42	32.24	
20.	SILVA Afonso Carvalho	05	Famalicao	<b>2:04.29</b>	+0,64	552	
	50m: 28.09 28.09	100m: 58.93 30.84	150m: 1:31.44	32.51	200m: 2:04.29	32.85	
21.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>2:06.91</b>	+0,61	519	
	50m: 27.92 27.92	100m: 59.36 31.44	150m: 1:32.70	33.34	200m: 2:06.91	34.21	
EXH	CORDEIRO Tomas Coelho	04	Colegio Efanor	<b>2:12.84</b>	+0,73	452	
	50m: 30.49 30.49	100m: 1:04.27 33.78	150m: 1:39.16	34.89	200m: 2:12.84	33.68	
EXH	NEVES Diogo Correia	94	Colegio Vasco da Gama	<b>2:21.22</b>	+0,64	376	
	50m: 30.09 30.09	100m: 1:05.18 35.09	150m: 1:42.74	37.56	200m: 2:21.22	38.48	

## Prova 26

02/04/2022 - 11:30

## Femin., 400m Livres

## Juniores

## Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	5:02.09	VEIGA Susana Pereira	CNCVG	Coimbra	25/04/2021

CEJun\_Fem 14 - 17: 4:23.44 / CMJun\_Fem 14 - 17: 4:18.27 / CEPL 15 +: 4:12.86 / CMPL 15 +: 4:10.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	<b>4:32.64</b>	+0,73	652 Q	
	50m: 30.29 30.29	150m: 1:37.91 34.28	250m: 2:47.72	35.25	350m: 3:58.13	35.14	
	100m: 1:03.63 33.34	200m: 2:12.47 34.56	300m: 3:22.99	35.27	400m: 4:32.64	34.51	
2.	LOPES Francisca Macedo	05	Vilacondense	<b>4:34.23</b>	+0,77	641 R	
	50m: 30.76 30.76	150m: 1:38.77 34.35	250m: 2:48.84	34.85	350m: 3:59.55	35.18	
	100m: 1:04.42 33.66	200m: 2:13.99 35.22	300m: 3:24.37	35.53	400m: 4:34.23	34.68	
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:37.21</b>	+0,70	620 R	
	50m: 31.26 31.26	150m: 1:39.94 35.06	250m: 2:51.64	36.27	350m: 4:03.46	35.91	
	100m: 1:04.88 33.62	200m: 2:15.37 35.43	300m: 3:27.55	35.91	400m: 4:37.21	33.75	
4.	COELHO Maria Leonor	06	Benfica	<b>4:37.75</b>	+0,75	617	
	50m: 31.21 31.21	150m: 1:40.08 34.58	250m: 2:50.60	35.00	350m: 4:02.51	36.30	
	100m: 1:05.50 34.29	200m: 2:15.60 35.52	300m: 3:26.21	35.61	400m: 4:37.75	35.24	

## Prova 26, Femin., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
5.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>4:40.01</b>	+0,71	602	
	50m: 30.84 30.84	150m: 1:38.80 34.49	250m: 2:49.80 35.16	350m: 4:03.33 36.96			
	100m: 1:04.31 33.47	200m: 2:14.64 35.84	300m: 3:26.37 36.57	400m: 4:40.01 36.68			
6.	PEIXOTO Carolina Esteves	06	Braga	<b>4:41.08</b>	+0,82	595	
	50m: 31.37 31.37	150m: 1:40.44 35.46	250m: 2:53.03 36.40	350m: 4:05.67 36.23			
	100m: 1:04.98 33.61	200m: 2:16.63 36.19	300m: 3:29.44 36.41	400m: 4:41.08 35.41			
7.	PIRES Catarina Gaspar	06	Porto	<b>4:42.76</b>	+0,83	584	
	50m: 32.14 32.14	150m: 1:42.21 35.40	250m: 2:54.64 35.92	350m: 4:07.78 36.20			
	100m: 1:06.81 34.67	200m: 2:18.72 36.51	300m: 3:31.58 36.94	400m: 4:42.76 34.98			
8.	AMORIM Ines Santos	06	Desportiva de Viana	<b>4:42.83</b>	+0,78	584	
	50m: 31.99 31.99	150m: 1:42.25 35.56	250m: 2:55.47 36.59	350m: 4:09.54 37.01			
	100m: 1:06.69 34.70	200m: 2:18.88 36.63	300m: 3:32.53 37.06	400m: 4:42.83 33.29			
9.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>4:43.27</b>	+0,71	581	
	50m: 32.89 32.89	150m: 1:44.27 36.00	250m: 2:56.46 36.23	350m: 4:08.80 36.17			
	100m: 1:08.27 35.38	200m: 2:20.23 35.96	300m: 3:32.63 36.17	400m: 4:43.27 34.47			
10.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:43.35</b>	+0,71	581	
	50m: 32.88 32.88	150m: 1:44.03 35.93	250m: 2:56.42 36.23	350m: 4:09.11 36.00			
	100m: 1:08.10 35.22	200m: 2:20.19 36.16	300m: 3:33.11 36.69	400m: 4:43.35 34.24			
11.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:43.62</b>	+0,77	579	
	50m: 32.04 32.04	150m: 1:42.59 35.73	250m: 2:55.29 36.02	350m: 4:07.64 35.60			
	100m: 1:06.86 34.82	200m: 2:19.27 36.68	300m: 3:32.04 36.75	400m: 4:43.62 35.98			
12.	LOPES Matilde Nunes	06	Benfica	<b>4:45.51</b>	+0,74	568	
	50m: 31.85 31.85	150m: 1:41.92 35.49	250m: 2:54.30 36.61	350m: 4:08.61 37.77			
	100m: 1:06.43 34.58	200m: 2:17.69 35.77	300m: 3:30.84 36.54	400m: 4:45.51 36.90			
13.	DINIS Filipa Paiva	06	Ba-Leiria	<b>4:55.62</b>	+0,80	511	
	50m: 32.66 32.66	150m: 1:45.93 36.73	250m: 3:00.97 37.56	350m: 4:17.23 37.86			
	100m: 1:09.20 36.54	200m: 2:23.41 37.48	300m: 3:39.37 38.40	400m: 4:55.62 38.39			

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Seniores  
02/04/2022 - 11:30 Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	5:02.09	VEIGA Susana Pereira	CNCVG	Coimbra	25/04/2021

CEPL 15 +: 4:12.86 / CMPL 15 +: 4:10.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:19.05</b>	+0,72	760 Q	
	50m: 30.52 30.52	150m: 1:35.43 32.65	250m: 2:40.88 32.76	350m: 3:46.29 32.95	400m: 4:19.05 32.76		
	100m: 1:02.78 32.26	200m: 2:08.12 32.69	300m: 3:13.34 32.46				
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:22.43</b>	+0,65	731 Q	
	50m: 29.81 29.81	150m: 1:34.16 32.46	250m: 2:40.19 33.23	350m: 3:48.43 34.56	400m: 4:22.43 34.00		
	100m: 1:01.70 31.89	200m: 2:06.96 32.80	300m: 3:13.87 33.68				
3.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:23.21</b>	+0,80	725 Q	
	50m: 30.23 30.23	150m: 1:35.72 32.93	250m: 2:42.13 33.33	350m: 3:49.36 33.79	400m: 4:23.21 33.85		
	100m: 1:02.79 32.56	200m: 2:08.80 33.08	300m: 3:15.57 33.44				
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:27.44</b>	+0,79	691 Q	
	50m: 30.90 30.90	150m: 1:37.54 33.41	250m: 2:44.83 33.74	350m: 3:53.47 34.11	400m: 4:27.44 33.97		
	100m: 1:04.13 33.23	200m: 2:11.09 33.55	300m: 3:19.36 34.53				
5.	MOURA Maria Ferreira	04	Sporting	<b>4:27.62</b>	+0,76	689 Q	
	50m: 30.92 30.92	150m: 1:38.47 34.09	250m: 2:46.23 34.05	350m: 3:54.18 34.11	400m: 4:27.62 33.44		
	100m: 1:04.38 33.46	200m: 2:12.18 33.71	300m: 3:20.07 33.84				
6.	RAMOS Ana Rita	02	Porto	<b>4:28.18</b>	+0,80	685 Q	
	50m: 30.11 30.11	150m: 1:36.03 32.82	250m: 2:43.57 34.07	350m: 3:53.20 34.73	400m: 4:28.18 34.98		
	100m: 1:03.21 33.10	200m: 2:09.50 33.47	300m: 3:18.47 34.90				
7.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:29.12</b>	+0,73	678 Q	
	50m: 31.12 31.12	150m: 1:38.40 33.99	250m: 2:46.83 34.23	350m: 3:55.31 34.31	400m: 4:29.12 33.81		
	100m: 1:04.41 33.29	200m: 2:12.60 34.20	300m: 3:21.00 34.17				
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:31.93</b>		657 Q	
	50m: 31.06 31.06	150m: 1:39.85 34.88	250m: 2:49.55 34.78	350m: 3:58.71 34.68	400m: 4:31.93 33.22		
	100m: 1:04.97 33.91	200m: 2:14.77 34.92	300m: 3:24.03 34.48				
9.	FOMINA Anna	02	Louletano/Loule Concelho	<b>4:33.73</b>	+0,74	644 Q	
	50m: 30.63 30.63	150m: 1:38.08 33.77	250m: 2:47.88 35.01	350m: 3:58.30 35.24	400m: 4:33.73 35.43		
	100m: 1:04.31 33.68	200m: 2:12.87 34.79	300m: 3:23.06 35.18				

Prova 26, Femin., 400m Livres, Elimin

Prova 26 Femin., 400m Livres Absolutos  
02/04/2022 - 11:30 Resultados Elimin

Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002
RNS8	5:42.76	CASTRO Ana Filipa	FVCD	Oeiras	11/05/2019
RNS9	5:02.09	VEIGA Susana Pereira	CNCVCG	Coimbra	25/04/2021

CEJun\_Fem 14 - 17: 4:23.44 / CMJun\_Fem 14 - 17: 4:18.27 / CEPL 15 +: 4:12.86 / CMPL 15 +: 4:10.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	DURAES Diana Margarida	96	Benfica	<b>4:19.05</b>	+0,72	760 Q	
	50m: 30.52 30.52 150m: 1:35.43 32.65 250m: 2:40.88 32.76 350m: 3:46.29 32.95						
	100m: 1:02.78 32.26 200m: 2:08.12 32.69 300m: 3:13.34 32.46 400m: 4:19.05 32.76						
2.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:22.43</b>	+0,65	731 Q	
	50m: 29.81 29.81 150m: 1:34.16 32.46 250m: 2:40.19 33.23 350m: 3:48.43 34.56						
	100m: 1:01.70 31.89 200m: 2:06.96 32.80 300m: 3:13.87 33.68 400m: 4:22.43 34.00						
3.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:23.21</b>	+0,80	725 Q	
	50m: 30.23 30.23 150m: 1:35.72 32.93 250m: 2:42.13 33.33 350m: 3:49.36 33.79						
	100m: 1:02.79 32.56 200m: 2:08.80 33.08 300m: 3:15.57 33.44 400m: 4:23.21 33.85						
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:27.44</b>	+0,79	691 Q	
	50m: 30.90 30.90 150m: 1:37.54 33.41 250m: 2:44.83 33.74 350m: 3:53.47 34.11						
	100m: 1:04.13 33.23 200m: 2:11.09 33.55 300m: 3:19.36 34.53 400m: 4:27.44 33.97						
5.	MOURA Maria Ferreira	04	Sporting	<b>4:27.62</b>	+0,76	689 Q	
	50m: 30.92 30.92 150m: 1:38.47 34.09 250m: 2:46.23 34.05 350m: 3:54.18 34.11						
	100m: 1:04.38 33.46 200m: 2:12.18 33.71 300m: 3:20.07 33.84 400m: 4:27.62 33.44						
6.	RAMOS Ana Rita	02	Porto	<b>4:28.18</b>	+0,80	685 Q	
	50m: 30.11 30.11 150m: 1:36.03 32.82 250m: 2:43.57 34.07 350m: 3:53.20 34.73						
	100m: 1:03.21 33.10 200m: 2:09.50 33.47 300m: 3:18.47 34.90 400m: 4:28.18 34.98						
7.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:29.12</b>	+0,73	678 Q	
	50m: 31.12 31.12 150m: 1:38.40 33.99 250m: 2:46.83 34.23 350m: 3:55.31 34.31						
	100m: 1:04.41 33.29 200m: 2:12.60 34.20 300m: 3:21.00 34.17 400m: 4:29.12 33.81						
8.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:31.93</b>		657 Q	
	50m: 31.06 31.06 150m: 1:39.85 34.88 250m: 2:49.55 34.78 350m: 3:58.71 34.68						
	100m: 1:04.97 33.91 200m: 2:14.77 34.92 300m: 3:24.03 34.48 400m: 4:31.93 33.22						
9.	PIRES Marta Joao	05	Alges	<b>4:32.64</b>	+0,73	652 Q	
	50m: 30.29 30.29 150m: 1:37.91 34.28 250m: 2:47.72 35.25 350m: 3:58.13 35.14						
	100m: 1:03.63 33.34 200m: 2:12.47 34.56 300m: 3:22.99 35.27 400m: 4:32.64 34.51						
10.	FOMINA Anna	02	Louletano/Loule Concelho	<b>4:33.73</b>	+0,74	644 Q	
	50m: 30.63 30.63 150m: 1:38.08 33.77 250m: 2:47.88 35.01 350m: 3:58.30 35.24						
	100m: 1:04.31 33.68 200m: 2:12.87 34.79 300m: 3:23.06 35.18 400m: 4:33.73 35.43						
11.	LOPES Francisca Macedo	05	Vilacondense	<b>4:34.23</b>	+0,77	641 R	
	50m: 30.76 30.76 150m: 1:38.77 34.35 250m: 2:48.84 34.85 350m: 3:59.55 35.18						
	100m: 1:04.42 33.66 200m: 2:13.99 35.22 300m: 3:24.37 35.53 400m: 4:34.23 34.68						

## Prova 26, Femin., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>4:37.21</b>	+0,70	620 R	
	50m: 31.26 31.26	150m: 1:39.94 35.06	250m: 2:51.64 36.27	350m: 4:03.46 35.91			
	100m: 1:04.88 33.62	200m: 2:15.37 35.43	300m: 3:27.55 35.91	400m: 4:37.21 33.75			
13.	COELHO Maria Leonor	06	Benfica	<b>4:37.75</b>	+0,75	617	
	50m: 31.21 31.21	150m: 1:40.08 34.58	250m: 2:50.60 35.00	350m: 4:02.51 36.30			
	100m: 1:05.50 34.29	200m: 2:15.60 35.52	300m: 3:26.21 35.61	400m: 4:37.75 35.24			
14.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>4:40.01</b>	+0,71	602	
	50m: 30.84 30.84	150m: 1:38.80 34.49	250m: 2:49.80 35.16	350m: 4:03.33 36.96			
	100m: 1:04.31 33.47	200m: 2:14.64 35.84	300m: 3:26.37 36.57	400m: 4:40.01 36.68			
15.	PEIXOTO Carolina Esteves	06	Braga	<b>4:41.08</b>	+0,82	595	
	50m: 31.37 31.37	150m: 1:40.44 35.46	250m: 2:53.03 36.40	350m: 4:05.67 36.23			
	100m: 1:04.98 33.61	200m: 2:16.63 36.19	300m: 3:29.44 36.41	400m: 4:41.08 35.41			
16.	PIRES Catarina Gaspar	06	Porto	<b>4:42.76</b>	+0,83	584	
	50m: 32.14 32.14	150m: 1:42.21 35.40	250m: 2:54.64 35.92	350m: 4:07.78 36.20			
	100m: 1:06.81 34.67	200m: 2:18.72 36.51	300m: 3:31.58 36.94	400m: 4:42.76 34.98			
17.	AMORIM Ines Santos	06	Desportiva de Viana	<b>4:42.83</b>	+0,78	584	
	50m: 31.99 31.99	150m: 1:42.25 35.56	250m: 2:55.47 36.59	350m: 4:09.54 37.01			
	100m: 1:06.69 34.70	200m: 2:18.88 36.63	300m: 3:32.53 37.06	400m: 4:42.83 33.29			
18.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>4:43.27</b>	+0,71	581	
	50m: 32.89 32.89	150m: 1:44.27 36.00	250m: 2:56.46 36.23	350m: 4:08.80 36.17			
	100m: 1:08.27 35.38	200m: 2:20.23 35.96	300m: 3:32.63 36.17	400m: 4:43.27 34.47			
19.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>4:43.35</b>	+0,71	581	
	50m: 32.88 32.88	150m: 1:44.03 35.93	250m: 2:56.42 36.23	350m: 4:09.11 36.00			
	100m: 1:08.10 35.22	200m: 2:20.19 36.16	300m: 3:33.11 36.69	400m: 4:43.35 34.24			
20.	LOPES Daniela Magalhaes	05	Famalicao	<b>4:43.62</b>	+0,77	579	
	50m: 32.04 32.04	150m: 1:42.59 35.73	250m: 2:55.29 36.02	350m: 4:07.64 35.60			
	100m: 1:06.86 34.82	200m: 2:19.27 36.68	300m: 3:32.04 36.75	400m: 4:43.62 35.98			
21.	LOPES Matilde Nunes	06	Benfica	<b>4:45.51</b>	+0,74	568	
	50m: 31.85 31.85	150m: 1:41.92 35.49	250m: 2:54.30 36.61	350m: 4:08.61 37.77			
	100m: 1:06.43 34.58	200m: 2:17.69 35.77	300m: 3:30.84 36.54	400m: 4:45.51 36.90			
22.	DINIS Filipa Paiva	06	Ba-Leiria	<b>4:55.62</b>	+0,80	511	
	50m: 32.66 32.66	150m: 1:45.93 36.73	250m: 3:00.97 37.56	350m: 4:17.23 37.86			
	100m: 1:09.20 36.54	200m: 2:23.41 37.48	300m: 3:39.37 38.40	400m: 4:55.62 38.39			
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	<b>5:02.69</b>	+0,84	476	
	50m: 33.83 33.83	150m: 1:47.61 37.32	250m: 3:04.25 38.89	350m: 4:23.59 39.80			
	100m: 1:10.29 36.46	200m: 2:25.36 37.75	300m: 3:43.79 39.54	400m: 5:02.69 39.10			
EXH	CASTRO Ana Filipa	97	Feira Viva	<b>5:56.60</b>		291	
	50m: 40.69 40.69	150m: 2:12.17 45.49	250m: 3:42.34 44.43	350m: 5:12.58 44.82			
	100m: 1:26.68 45.99	200m: 2:57.91 45.74	300m: 4:27.76 45.42	400m: 5:56.60 44.02			

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



6 - 3ª Jornada - 2ª Sessão - Finais

02/04/2022 - 18:00

Prova 19 02/04/2022 - 18:00	Masc., 100m Mariposa				Absolutos Resultados Final
Rec Nac Absoluto	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Sen	52.42	CARVALHO Diogo Filipe	CGA	Lisboa	29/03/2009
Rec Nac Jun18	52.85	RIBEIRO Diogo Matos	SLB	Coimbra	02/04/2022
Rec Nac Jun17	52.54	RIBEIRO Diogo Matos	POR	Rome (ITA)	09/07/2021

CEJun\_Masc 15 - 18: 55.25 / CMJun\_Masc 15 - 18: 54.16 / CEPL Abs: 52.28 / CMPL Abs: 51.96

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>53.06</b>	+0,59	809	
	50m: 24.73 24.73	100m: 53.06 28.33					
2.	RIBEIRO Diogo Matos	04	Benfica	<b>53.23</b>	+0,62	801	
	<i>Minimos CE Jun, Minimos CM Jun</i>						
	50m: 24.91 24.91	100m: 53.23 28.32					
3.	SILVA Fernando Souza	86	Naval do Funchal	<b>53.62</b>	+0,69	784	
	50m: 24.82 24.82	100m: 53.62 28.80					
4.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>54.41</b>	+0,67	750	
	50m: 25.30 25.30	100m: 54.41 29.11					
5.	NUNES Porfirio Braga	00	Porto	<b>54.94</b>	+0,63	729	
	50m: 25.72 25.72	100m: 54.94 29.22					
6.	VAKULYUK Paulo	03	Torres Novas	<b>55.02</b>	+0,66	726	
	50m: 24.96 24.96	100m: 55.02 30.06					
7.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>56.01</b>	+0,75	688	
	50m: 25.59 25.59	100m: 56.01 30.42					
8.	CORDEIRO Tiago Roberto	00	Benfica	<b>56.54</b>	+0,65	669	
	50m: 26.37 26.37	100m: 56.54 30.17					
9.	GOMES Vicente Oliveira	02	Sporting	<b>56.55</b>	+0,64	668	
	50m: 26.06 26.06	100m: 56.55 30.49					
DSQ	SANTOS Pedro Andre	94	Alges				
	<i>SW 8.4 - O (a) atleta chegou com uma mão na parede</i>						

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 20	Femin., 100m Mariposa				Absolutos
02/04/2022 - 18:00					Resultados Final
Rec Nac Absoluto	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Sen	58.76	OLIVEIRA Sara Freitas	POR	Budapeste (HUN)	12/08/2010
Rec Nac Jun17	1:00.11	CUNHA Mariana Pacheco	POR	Porto	05/06/2021
Rec Nac Jun16	1:01.48	CRUZ Sara Francisco	ADBA	Faro	20/07/2009

CEJun\_Fem 14 - 17: 1:01.69 / CMJun\_Fem 14 - 17: 1:00.48 / CEPL 15 +: 59.08 / CMPL 15 +: 58.33

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda <i>Minimos CE Jun, Minimos CM Jun</i>	05	Galitos/ Bresimar	<b>1:00.20</b>	+0,68	782	
	50m: 28.06 28.06	100m: 1:00.20	32.14				
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>1:00.38</b>	+0,66	775	
	50m: 28.07 28.07	100m: 1:00.38	32.31				
3.	MONTEIRO Ana Catarina	93	Vilacondense	<b>1:00.50</b>	+0,52	771	
	50m: 28.94 28.94	100m: 1:00.50	31.56				
4.	HENRIQUES Ines Jacinto	00	Sporting	<b>1:02.40</b>	+0,70	702	
	50m: 28.93 28.93	100m: 1:02.40	33.47				
5.	ALMEIDA Maria Carolina	05	Galitos/ Bresimar	<b>1:02.80</b>	+0,64	689	
	50m: 29.02 29.02	100m: 1:02.80	33.78				
6.	LOURO Ariana Espirito	05	Gualdim Pais	<b>1:03.81</b>	+0,73	657	
	50m: 29.48 29.48	100m: 1:03.81	34.33				
7.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>1:04.23</b>	+0,60	644	
	50m: 28.35 28.35	100m: 1:04.23	35.88				
8.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>1:04.25</b>	+0,66	643	
	50m: 29.37 29.37	100m: 1:04.25	34.88				
9.	SILVA Leonor Santos	03	Porto	<b>1:04.94</b>	+0,68	623	
	50m: 30.40 30.40	100m: 1:04.94	34.54				
10.	MOURA Maria Ferreira	04	Sporting	<b>1:05.05</b>	+0,76	620	
	50m: 29.81 29.81	100m: 1:05.05	35.24				

Prova 21		Masc., 50m Bruços				Absolutos
02/04/2022 - 18:05						Resultados Final
Rec Nac Absoluto	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013	
Rec Nac Sen	28.16	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	30/07/2013	
Rec Nac Jun18	29.07	RAMOS Bruno Miguel	POR	Linz (AUT)	13/07/2002	
Rec Nac Jun17	29.10	AGOSTINHO Pedro Miguel	POR	Praga (CZE)	10/07/2009	
CEPL Abs: 27.71 / CMPL Abs: 27.33						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Alexis Manacas	92	Sporting	<b>28.83</b>	+0,66	729	
2.	SIMOES Rafael Gomes	00	Braga	<b>28.91</b>	+0,70	723	
3.	MENDES Antonio Manuel	99	Sporting	<b>29.79</b>	+0,66	660	
4.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>29.88</b>	+0,64	655	
5.	MOURA Andre Magalhaes	98	Academico Viseu	<b>30.00</b>	+0,62	647	
6.	PON Hugo	98	Alges	<b>30.09</b>	+0,62	641	
7.	FRISCHKNECHT Renato Barros	01	Sporting	<b>30.10</b>	+0,60	640	
8.	MATEUS Diogo Garcez	02	Sporting	<b>30.44</b>	+0,65	619	
9.	ANJO Miguel Filipe	04	Uniao Piedense	<b>30.55</b>	+0,61	612	
10.	MERUJE Joaquim Agra	01	Uniao Coimbra	<b>30.62</b>	+0,67	608	

Prova 22		Femin., 50m Bruços				Absolutos
02/04/2022 - 18:05						Resultados Final
Rec Nac Absoluto	31.24	RODRIGUES Ana Pinho	EDV	Coimbra	02/04/2022	
Rec Nac Sen	31.24	RODRIGUES Ana Pinho	EDV	Coimbra	02/04/2022	
Rec Nac Jun17	31.60	CARVALHO Joana Catarina	FCP	Coimbra	30/05/2009	
Rec Nac Jun16	31.92	RODRIGUES Ana Pinho	POR	Gorzow Wlwp (POL)	28/03/2010	
CEPL 15 +: 31.46 / CMPL 15 +: 31.22						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RODRIGUES Ana Pinho <i>Rec Nac, Minimos CE PL</i>	94	Desportiva de Viana	<b>31.23</b>	+0,64	825	
2.	RODRIGUES Lidiana Correia	04	Belenenses	<b>33.32</b>	+0,65	679	
3.	CERDEIRA Madalena Reis	03	Sporting	<b>33.63</b>	+0,74	661	
4.	OLIVEIRA Rosa Maria	96	Porto	<b>33.81</b>	+0,66	650	
5.	ANTUNES Rebeca Leonor	06	Alges	<b>34.23</b>	+0,62	627	
6.	ALMEIDA Ana Rita	05	Campinho	<b>34.58</b>	+0,71	608	
7.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>34.63</b>	+0,68	605	
8.	PINHEIRO Francisca Sena	05	Ginasio de Vila Real	<b>34.74</b>	+0,64	599	
9.	ALVES Andreia Wongsangnoi	03	Colegio Monte Maior	<b>34.75</b>	+0,72	599	
10.	FERREIRA Margarida Filipe	04	Uniao Piedense	<b>35.10</b>	+0,71	581	

# RUMO A PARIS 2024

Campeonato Nacional de Juniores e Absolutos PL  
Coimbra, 31 de Março a 03 de Abril de 2022



Prova 23	Masc., 200m Estilos					Absolutos
02/04/2022 - 18:05						Resultados Final
Rec Nac Absoluto	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019	
Rec Nac Sen	1:58.19	SANTOS Alexis Manacas	SCP	Coimbra	06/04/2019	
Rec Nac Jun18	2:02.55	LOPES Jose Paulo	POR	Helsinki (FIN)	06/07/2018	
Rec Nac Jun17	2:04.32	ALMEIDA Carlos Esteves	POR	Budapeste (HUN)	17/07/2005	
CEJun_Masc 15 - 18: 2:07.06 / CMJun_Masc 15 - 18: 2:04.56 / CEPL Abs: 2:00.30 / CMPL Abs: 1:59.76						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL	<b>2:00.88</b>	+0,61	838	
	50m: 25.80 25.80	100m: 55.62 29.82	150m: 1:31.02	35.40	200m: 2:00.88	29.86	
2.	LOPES Luis Afonso	03	Viver Santarem	<b>2:07.54</b>	+0,68	714	
	50m: 27.66 27.66	100m: 1:01.95 34.29	150m: 1:38.13	36.18	200m: 2:07.54	29.41	
3.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:07.70</b>	+0,61	711	
	50m: 27.15 27.15	100m: 59.95 32.80	150m: 1:37.87	37.92	200m: 2:07.70	29.83	
4.	SILVA Tomas Antonio	01	Porto	<b>2:08.14</b>	+0,60	704	
	50m: 26.97 26.97	100m: 1:00.06 33.09	150m: 1:37.52	37.46	200m: 2:08.14	30.62	
5.	BASTOS Lucas Pereira	00	Nautico Academico	<b>2:08.43</b>	+0,70	699	
	50m: 27.54 27.54	100m: 1:00.07 32.53	150m: 1:37.57	37.50	200m: 2:08.43	30.86	
6.	SIMOES Rafael Gomes	00	Braga	<b>2:10.42</b>	+0,74	667	
	50m: 27.70 27.70	100m: 1:03.57 35.87	150m: 1:39.54	35.97	200m: 2:10.42	30.88	
7.	CRISTINO David Matias	01	Uniao Piedense	<b>2:12.83</b>	+0,75	632	
	50m: 27.74 27.74	100m: 1:01.76 34.02	150m: 1:42.34	40.58	200m: 2:12.83	30.49	
8.	SILVA Afonso Carvalho	05	Famalicao	<b>2:12.94</b>	+0,65	630	
	50m: 28.70 28.70	100m: 1:03.27 34.57	150m: 1:41.19	37.92	200m: 2:12.94	31.75	
9.	OLIVEIRA Joao Campelo	04	Famalicao	<b>2:13.40</b>	+0,67	624	
	50m: 28.08 28.08	100m: 1:03.66 35.58	150m: 1:41.82	38.16	200m: 2:13.40	31.58	
10.	APSENIECE Kevins Alexandre	04	Porto	<b>2:14.07</b>	+0,66	614	
	50m: 27.41 27.41	100m: 1:03.40 35.99	150m: 1:44.28	40.88	200m: 2:14.07	29.79	

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



Prova 24	Femin., 400m Estilos				Absolutos
02/04/2022 - 18:10					Resultados Final
Rec Nac Absoluto	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Sen	4:40.11	KAMINSKAYA Victoria	POR	Pontevedra (ESP)	09/04/2017
Rec Nac Jun17	4:52.12	KAMINSKAYA Victoria	PIMP	Oeiras	27/07/2012
Rec Nac Jun16	4:54.00	ROCHA Ines Neto	SANNP	Gijón (ESP)	20/05/2017
CEJun_Fem 14 - 17: 4:55.87 / CMJun_Fem 14 - 17: 4:50.07 / CEPL 15 +: 4:44.10 / CMPL 15 +: 4:43.06					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>4:47.91</b>	+0,71	791	
	50m: 29.46 29.46	150m: 1:43.70 39.27	250m: 3:01.23 39.43	350m: 4:14.60 33.47			
	100m: 1:04.43 34.97	200m: 2:21.80 38.10	300m: 3:41.13 39.90	400m: 4:47.91 33.31			
2.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:57.45</b>	+0,71	718	
	50m: 30.81 30.81	150m: 1:45.65 39.90	250m: 3:08.06 43.59	350m: 4:25.32 33.58			
	100m: 1:05.75 34.94	200m: 2:24.47 38.82	300m: 3:51.74 43.68	400m: 4:57.45 32.13			
3.	MESQUITA Francisca Salvador	02	Sporting	<b>4:57.83</b>	+0,72	715	
	50m: 30.40 30.40	150m: 1:46.20 40.31	250m: 3:08.60 43.22	350m: 4:23.99 34.53			
	100m: 1:05.89 35.49	200m: 2:25.38 39.18	300m: 3:49.46 40.86	400m: 4:57.83 33.84			
4.	MENDES Mariana Amaral	02	Sporting	<b>5:02.17</b>	+0,78	684	
	50m: 31.96 31.96	150m: 1:48.94 40.34	250m: 3:11.76 42.13	350m: 4:29.13 34.05			
	100m: 1:08.60 36.64	200m: 2:29.63 40.69	300m: 3:55.08 43.32	400m: 5:02.17 33.04			
5.	REBELO Maria Carlota	03	Condeixa Clube	<b>5:03.45</b>	+0,67	676	
	50m: 31.25 31.25	150m: 1:47.67 39.90	250m: 3:10.38 42.38	350m: 4:29.12 35.33			
	100m: 1:07.77 36.52	200m: 2:28.00 40.33	300m: 3:53.79 43.41	400m: 5:03.45 34.33			
6.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>5:04.81</b>	+0,75	667	
	50m: 32.01 32.01	150m: 1:50.90 41.86	250m: 3:13.60 41.72	350m: 4:30.82 35.17			
	100m: 1:09.04 37.03	200m: 2:31.88 40.98	300m: 3:55.65 42.05	400m: 5:04.81 33.99			
7.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>5:06.80</b>		654	
	50m: 31.17 31.17	150m: 1:47.93 40.73	250m: 3:13.04 43.53	350m: 4:32.93 34.68			
	100m: 1:07.20 36.03	200m: 2:29.51 41.58	300m: 3:58.25 45.21	400m: 5:06.80 33.87			
8.	VARGAS Giovanna Vaz	00	Nautico Marinha Grande	<b>5:14.88</b>	+0,78	605	
	50m: 32.25 32.25	150m: 1:50.52 41.83	250m: 3:16.52 44.79	350m: 4:38.96 36.89			
	100m: 1:08.69 36.44	200m: 2:31.73 41.21	300m: 4:02.07 45.55	400m: 5:14.88 35.92			
9.	LOPES Daniela Magalhaes	05	Famalicao	<b>5:17.85</b>	+0,78	588	
	50m: 31.87 31.87	150m: 1:53.04 43.18	250m: 3:20.78 45.17	350m: 4:42.24 36.01			
	100m: 1:09.86 37.99	200m: 2:35.61 42.57	300m: 4:06.23 45.45	400m: 5:17.85 35.61			
DSQ	ANDRE Angelica Maria	94	Porto				
	<i>SW 6.5 - O (a) atleta não chegou na posição dorsal, (costas)</i>						

Prova 25	Masc., 200m Livres					Absolutos
02/04/2022 - 18:35						Resultados Final
Rec Nac Absoluto	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019	
Rec Nac Sen	1:47.97	NASCIMENTO Miguel Duarte	SLB	Coimbra	06/04/2019	
Rec Nac Jun18	1:49.98	VENANCIO Tiago Andre	POR	Budapeste (HUN)	14/07/2005	
Rec Nac Jun17	1:50.82	RIBEIRO Diogo Matos	CUC	Coimbra	27/03/2021	
CEJun_Masc 15 - 18: 1:53.68 / CMJun_Masc 15 - 18: 1:51.44 / CEPL Abs: 1:48.37 / CMPL Abs: 1:47.06						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Tiago Cunha	99	Sporting	<b>1:51.17</b>	+0,66	772	
	50m: 25.66 25.66	100m: 53.84 28.18	150m: 1:22.19	28.35	200m: 1:51.17	28.98	
2.	RAMOS Bruno Miguel	97	Belenenses	<b>1:51.61</b>	+0,61	763	
	50m: 25.55 25.55	100m: 53.55 28.00	150m: 1:22.37	28.82	200m: 1:51.61	29.24	
3.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>1:51.81</b>	+0,67	759	
	50m: 26.12 26.12	100m: 54.13 28.01	150m: 1:23.62	29.49	200m: 1:51.81	28.19	
4.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>1:52.62</b>	+0,72	742	
	50m: 25.97 25.97	100m: 54.35 28.38	150m: 1:23.40	29.05	200m: 1:52.62	29.22	
5.	VELOSO Tomas Miguel	96	Nautico Academico	<b>1:52.82</b>	+0,62	738	
	50m: 26.34 26.34	100m: 54.44 28.10	150m: 1:23.37	28.93	200m: 1:52.82	29.45	
6.	NUNES Porfirio Braga	00	Porto	<b>1:53.38</b>	+0,63	728	
	50m: 26.29 26.29	100m: 55.20 28.91	150m: 1:24.02	28.82	200m: 1:53.38	29.36	
7.	MOGNE Igor Araujo	96	Sporting	<b>1:53.40</b>	+0,74	727	
	50m: 26.07 26.07	100m: 54.46 28.39	150m: 1:23.38	28.92	200m: 1:53.40	30.02	
8.	ALMEIDA Bernardo Victorino	04	Sporting	<b>1:53.76</b>	+0,65	720	
	50m: 25.86 25.86	100m: 54.62 28.76	150m: 1:24.05	29.43	200m: 1:53.76	29.71	
9.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>1:55.27</b>	+0,66	692	
	50m: 26.36 26.36	100m: 55.15 28.79	150m: 1:25.22	30.07	200m: 1:55.27	30.05	
10.	RIBEIRO Diogo Matos	04	Benfica	<b>1:56.20</b>	+0,67	676	
	50m: 24.57 24.57	100m: 52.34 27.77	150m: 1:23.36	31.02	200m: 1:56.20	32.84	

Prova 26	Femin., 400m Livres				Absolutos
02/04/2022 - 18:40					Resultados Final
Rec Nac Absoluto	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Sen	4:09.49	DURAES Diana Margarida	POR	Tarragona (ESP)	25/06/2018
Rec Nac Jun17	4:14.67	HOLUB Tamila Hryhorivna	SCB	Oeiras	23/07/2016
Rec Nac Jun16	4:20.37	FERREIRA Marta Andreia	POR	Berlim (GER)	04/08/2002

CEJun\_Fem 14 - 17: 4:23.44 / CMJun\_Fem 14 - 17: 4:18.27 / CEPL 15 +: 4:12.86 / CMPL 15 +: 4:10.57

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	HOLUB Tamila Hryhorivna	99	Braga	<b>4:14.23</b>	+0,75	804	
	50m: 29.69 29.69	150m: 1:33.66 32.18	250m: 2:37.69 32.07	350m: 3:42.37 32.55			
	100m: 1:01.48 31.79	200m: 2:05.62 31.96	300m: 3:09.82 32.13	400m: 4:14.23 31.86			
2.	DURAES Diana Margarida	96	Benfica	<b>4:15.70</b>	+0,75	790	
	50m: 30.02 30.02	150m: 1:34.01 32.30	250m: 2:38.58 32.41	350m: 3:43.59 32.50			
	100m: 1:01.71 31.69	200m: 2:06.17 32.16	300m: 3:11.09 32.51	400m: 4:15.70 32.11			
3.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>4:20.31</b>	+0,66	749	
	50m: 29.63 29.63	150m: 1:34.03 32.63	250m: 2:39.69 32.85	350m: 3:47.05 33.80			
	100m: 1:01.40 31.77	200m: 2:06.84 32.81	300m: 3:13.25 33.56	400m: 4:20.31 33.26			
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>4:24.75</b>	+0,81	712	
	50m: 29.95 29.95	150m: 1:35.29 32.75	250m: 2:42.86 33.91	350m: 3:51.79 34.43			
	100m: 1:02.54 32.59	200m: 2:08.95 33.66	300m: 3:17.36 34.50	400m: 4:24.75 32.96			
5.	MOURA Maria Ferreira	04	Sporting	<b>4:24.94</b>	+0,75	710	
	50m: 30.71 30.71	150m: 1:37.39 33.77	250m: 2:45.00 34.00	350m: 3:52.41 33.76			
	100m: 1:03.62 32.91	200m: 2:11.00 33.61	300m: 3:18.65 33.65	400m: 4:24.94 32.53			
6.	CARDEAL Joana Nunes	02	Academico Viseu	<b>4:25.12</b>	+0,75	709	
	50m: 30.11 30.11	150m: 1:36.44 33.72	250m: 2:44.35 34.16	350m: 3:52.58 34.13			
	100m: 1:02.72 32.61	200m: 2:10.19 33.75	300m: 3:18.45 34.10	400m: 4:25.12 32.54			
7.	RAMOS Ana Rita	02	Porto	<b>4:28.14</b>	+0,82	685	
	50m: 30.24 30.24	150m: 1:36.03 33.18	250m: 2:44.49 34.46	350m: 3:53.56 34.04			
	100m: 1:02.85 32.61	200m: 2:10.03 34.00	300m: 3:19.52 35.03	400m: 4:28.14 34.58			
8.	PIRES Marta Joao	05	Alges	<b>4:31.21</b>	+0,70	662	
	50m: 30.85 30.85	150m: 1:38.86 33.97	250m: 2:47.65 34.50	350m: 3:56.89 34.90			
	100m: 1:04.89 34.04	200m: 2:13.15 34.29	300m: 3:21.99 34.34	400m: 4:31.21 34.32			
9.	FOMINA Anna	02	Louletano/Loule Concelho	<b>4:31.62</b>	+0,74	659	
	50m: 30.69 30.69	150m: 1:39.48 34.57	250m: 2:49.28 34.33	350m: 3:58.06 33.59			
	100m: 1:04.91 34.22	200m: 2:14.95 35.47	300m: 3:24.47 35.19	400m: 4:31.62 33.56			
10.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>4:35.36</b>	+0,65	633	
	50m: 30.84 30.84	150m: 1:40.16 34.96	250m: 2:50.84 35.05	350m: 4:01.02 34.86			
	100m: 1:05.20 34.36	200m: 2:15.79 35.63	300m: 3:26.16 35.32	400m: 4:35.36 34.34			

7 - 4ª Jornada - 1ª Sessão - Eliminatórias

03/04/2022 - 11:00

Prova 27	Femin., 200m Costas					Juniores
03/04/2022 - 11:00						Resultados Elimin
Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020	
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015	
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019	
CEJun_Fem 14 - 17: 2:18.63 / CMJun_Fem 14 - 17: 2:15.91 / CEPL 15 +: 2:13.00 / CMPL 15 +: 2:11.08						

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	EIRA Maria Carolina	05	Ginasio de Vila Real	<b>2:25.39</b>	+0,70	610 Q	
	50m: 32.97 32.97	100m: 1:09.15 36.18	150m: 1:47.16	38.01	200m: 2:25.39	38.23	
2.	REIS Erica Cristina	05	Sporting	<b>2:26.27</b>	+0,58	599 Q	
	50m: 34.00 34.00	100m: 1:10.84 36.84	150m: 1:49.09	38.25	200m: 2:26.27	37.18	
3.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>2:26.66</b>	+0,65	594 Q	
	50m: 33.23 33.23	100m: 1:09.87 36.64	150m: 1:48.19	38.32	200m: 2:26.66	38.47	
4.	FERREIRA Maria Joao	06	Foca Quinta da Lixa CNF	<b>2:27.18</b>	+0,58	588 R	
	50m: 34.85 34.85	100m: 1:11.71 36.86	150m: 1:50.20	38.49	200m: 2:27.18	36.98	
5.	CANINHAS Maria Pinto	05	Natacao do Fundao	<b>2:29.08</b>	+0,68	566	
	50m: 35.02 35.02	100m: 1:12.22 37.20	150m: 1:50.79	38.57	200m: 2:29.08	38.29	
6.	SILVA Ana Francisca	06	Alcobaca	<b>2:30.86</b>	+0,64	546	
	50m: 35.37 35.37	100m: 1:13.87 38.50	150m: 1:52.35	38.48	200m: 2:30.86	38.51	
7.	LAGOA Carlota Macedo	05	Ba-Leiria	<b>2:31.19</b>	+0,63	543	
	50m: 34.25 34.25	100m: 1:12.12 37.87	150m: 1:51.13	39.01	200m: 2:31.19	40.06	
8.	PINTO Leonor Filipa	06	Porto	<b>2:32.06</b>	+0,72	533	
	50m: 34.40 34.40	100m: 1:12.74 38.34	150m: 1:52.20	39.46	200m: 2:32.06	39.86	
9.	ROMAO Ana Teresa	06	Naval de Faro	<b>2:32.61</b>	+0,73	528	
	50m: 34.83 34.83	100m: 1:12.92 38.09	150m: 1:53.36	40.44	200m: 2:32.61	39.25	
10.	MAGALHAES Luana Cardoso	06	Alges	<b>2:32.86</b>	+0,68	525	
	50m: 34.75 34.75	100m: 1:13.09 38.34	150m: 1:52.75	39.66	200m: 2:32.86	40.11	
11.	GONCALVES Rita Abibe	05	Gesloures	<b>2:33.63</b>	+0,67	517	
	50m: 34.53 34.53	100m: 1:12.81 38.28	150m: 1:53.27	40.46	200m: 2:33.63	40.36	
12.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>2:34.21</b>	+0,74	511	
	50m: 36.17 36.17	100m: 1:15.04 38.87	150m: 1:54.24	39.20	200m: 2:34.21	39.97	
13.	VENTURA Barbara Cunha	05	Benfica	<b>2:34.39</b>	+0,77	509	
	50m: 36.11 36.11	100m: 1:14.39 38.28	150m: 1:54.75	40.36	200m: 2:34.39	39.64	
14.	DINIS Filipa Paiva	06	Ba-Leiria	<b>2:37.20</b>	+0,68	483	
	50m: 35.07 35.07	100m: 1:14.76 39.69	150m: 1:57.03	42.27	200m: 2:37.20	40.17	
DNS	COSTA Daniela Alexandra	06	Leixoes				

## Prova 27, Femin., 200m Costas, Elimin

Prova 27 Femin., 200m Costas Seniores  
03/04/2022 - 11:00 Resultados Elimin

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
CEPL 15 +: 2:13.00 / CMPL 15 +: 2:11.08					

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues <i>Rec Nac</i>	03	Louzan Natacao/EFAPEL	<b>2:15.00</b>	+0,65	762	Q
	50m: 31.85 31.85	100m: 1:05.85 34.00	150m: 1:40.65 34.80	200m: 2:15.00 34.35			
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>2:21.32</b>	+0,67	664	Q
	50m: 32.24 32.24	100m: 1:07.03 34.79	150m: 1:44.09 37.06	200m: 2:21.32 37.23			
3.	AZEVEDO Rafaela Gomes	02	Alges	<b>2:24.71</b>	+0,71	619	Q
	50m: 31.82 31.82	100m: 1:08.26 36.44	150m: 1:46.36 38.10	200m: 2:24.71 38.35			
4.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>2:24.89</b>	+0,67	617	Q
	50m: 33.39 33.39	100m: 1:09.83 36.44	150m: 1:47.40 37.57	200m: 2:24.89 37.49			
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:25.29</b>	+0,68	611	Q
	50m: 33.63 33.63	100m: 1:10.27 36.64	150m: 1:48.26 37.99	200m: 2:25.29 37.03			
6.	RAMOS Ana Rita	02	Porto	<b>2:25.60</b>	+0,69	608	Q
	50m: 33.11 33.11	100m: 1:09.20 36.09	150m: 1:46.99 37.79	200m: 2:25.60 38.61			
7.	NUNES Sofia Alexandra	00	Laranjeiro	<b>2:26.05</b>	+0,71	602	Q
	50m: 34.33 34.33	100m: 1:11.30 36.97	150m: 1:49.18 37.88	200m: 2:26.05 36.87			
8.	MARQUES Mariana Nunes	03	Estarreja	<b>2:27.10</b>	+0,53	589	R
	50m: 34.02 34.02	100m: 1:10.54 36.52	150m: 1:49.28 38.74	200m: 2:27.10 37.82			
9.	RODRIGUES Luana Correia	01	Belenenses	<b>2:28.27</b>	+0,61	575	
	50m: 34.35 34.35	100m: 1:11.43 37.08	150m: 1:49.19 37.76	200m: 2:28.27 39.08			
10.	COSTA Carolina Fale	04	Colegio Monte Maior	<b>2:29.36</b>	+0,64	563	
	50m: 34.53 34.53	100m: 1:12.10 37.57	150m: 1:50.19 38.09	200m: 2:29.36 39.17			
11.	RODRIGUES Joana Francisca	04	Condeixa Clube	<b>2:30.60</b>	+0,61	549	
	50m: 34.10 34.10	100m: 1:12.35 38.25	150m: 1:51.91 39.56	200m: 2:30.60 38.69			
12.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>2:31.07</b>	+0,67	544	
	50m: 34.33 34.33	100m: 1:12.13 37.80	150m: 1:51.55 39.42	200m: 2:31.07 39.52			

Prova 27, Femin., 200m Costas, Elimin

Prova 27 Femin., 200m Costas Absolutos  
03/04/2022 - 11:00 Resultados Elimin

Rec Nac Absoluto	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Sen	2:15.02	FRISCHKNECHT Rita Barros	SAD	Lisboa	09/02/2020
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019

CEJun\_Fem 14 - 17: 2:18.63 / CMJun\_Fem 14 - 17: 2:15.91 / CEPL 15 +: 2:13.00 / CMPL 15 +: 2:11.08

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	<b>REBELO Camila Rodrigues</b> <i>Rec Nac</i>	03	Louzan Natacao/EFAPEL	<b>2:15.00</b>	+0,65	762	Q
	50m: 31.85 31.85	100m: 1:05.85 34.00	150m: 1:40.65 34.80	200m: 2:15.00 34.35			
2.	<b>MESTRE Catarina Martins</b>	00	Natacao de Lisboa	<b>2:21.32</b>	+0,67	664	Q
	50m: 32.24 32.24	100m: 1:07.03 34.79	150m: 1:44.09 37.06	200m: 2:21.32 37.23			
3.	<b>AZEVEDO Rafaela Gomes</b>	02	Alges	<b>2:24.71</b>	+0,71	619	Q
	50m: 31.82 31.82	100m: 1:08.26 36.44	150m: 1:46.36 38.10	200m: 2:24.71 38.35			
4.	<b>AMADO Maria Lopes</b>	04	Nautico Marinha Grande	<b>2:24.89</b>	+0,67	617	Q
	50m: 33.39 33.39	100m: 1:09.83 36.44	150m: 1:47.40 37.57	200m: 2:24.89 37.49			
5.	<b>CARDEAL Joana Nunes</b>	02	Academico Viseu	<b>2:25.29</b>	+0,68	611	Q
	50m: 33.63 33.63	100m: 1:10.27 36.64	150m: 1:48.26 37.99	200m: 2:25.29 37.03			
6.	<b>EIRA Maria Carolina</b>	05	Ginasio de Vila Real	<b>2:25.39</b>	+0,70	610	Q
	50m: 32.97 32.97	100m: 1:09.15 36.18	150m: 1:47.16 38.01	200m: 2:25.39 38.23			
7.	<b>RAMOS Ana Rita</b>	02	Porto	<b>2:25.60</b>	+0,69	608	Q
	50m: 33.11 33.11	100m: 1:09.20 36.09	150m: 1:46.99 37.79	200m: 2:25.60 38.61			
8.	<b>NUNES Sofia Alexandra</b>	00	Laranjeiro	<b>2:26.05</b>	+0,71	602	Q
	50m: 34.33 34.33	100m: 1:11.30 36.97	150m: 1:49.18 37.88	200m: 2:26.05 36.87			
9.	<b>REIS Erica Cristina</b>	05	Sporting	<b>2:26.27</b>	+0,58	599	Q
	50m: 34.00 34.00	100m: 1:10.84 36.84	150m: 1:49.09 38.25	200m: 2:26.27 37.18			
10.	<b>CAMACHO Carolina Martins</b>	06	Uniao Piedense	<b>2:26.66</b>	+0,65	594	Q
	50m: 33.23 33.23	100m: 1:09.87 36.64	150m: 1:48.19 38.32	200m: 2:26.66 38.47			
11.	<b>MARQUES Mariana Nunes</b>	03	Estarreja	<b>2:27.10</b>	+0,53	589	R
	50m: 34.02 34.02	100m: 1:10.54 36.52	150m: 1:49.28 38.74	200m: 2:27.10 37.82			
12.	<b>FERREIRA Maria Joao</b>	06	Foca Quinta da Lixa CNF	<b>2:27.18</b>	+0,58	588	R
	50m: 34.85 34.85	100m: 1:11.71 36.86	150m: 1:50.20 38.49	200m: 2:27.18 36.98			
13.	<b>RODRIGUES Luana Correia</b>	01	Belenenses	<b>2:28.27</b>	+0,61	575	
	50m: 34.35 34.35	100m: 1:11.43 37.08	150m: 1:49.19 37.76	200m: 2:28.27 39.08			
14.	<b>CANINHAS Maria Pinto</b>	05	Natacao do Fundao	<b>2:29.08</b>	+0,68	566	
	50m: 35.02 35.02	100m: 1:12.22 37.20	150m: 1:50.79 38.57	200m: 2:29.08 38.29			
15.	<b>COSTA Carolina Fale</b>	04	Colegio Monte Maior	<b>2:29.36</b>	+0,64	563	
	50m: 34.53 34.53	100m: 1:12.10 37.57	150m: 1:50.19 38.09	200m: 2:29.36 39.17			
16.	<b>RODRIGUES Joana Francisca</b>	04	Condeixa Clube	<b>2:30.60</b>	+0,61	549	
	50m: 34.10 34.10	100m: 1:12.35 38.25	150m: 1:51.91 39.56	200m: 2:30.60 38.69			

## Prova 27, Femin., 200m Costas, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	SILVA Ana Francisca	06	Alcobaca	<b>2:30.86</b>	+0,64	546	
	50m: 35.37 35.37	100m: 1:13.87 38.50	150m: 1:52.35 38.48	200m: 2:30.86 38.51			
18.	OLIVEIRA Ana Rita	04	Colegio Efanor	<b>2:31.07</b>	+0,67	544	
	50m: 34.33 34.33	100m: 1:12.13 37.80	150m: 1:51.55 39.42	200m: 2:31.07 39.52			
19.	LAGOA Carlota Macedo	05	Ba-Leiria	<b>2:31.19</b>	+0,63	543	
	50m: 34.25 34.25	100m: 1:12.12 37.87	150m: 1:51.13 39.01	200m: 2:31.19 40.06			
20.	PINTO Leonor Filipa	06	Porto	<b>2:32.06</b>	+0,72	533	
	50m: 34.40 34.40	100m: 1:12.74 38.34	150m: 1:52.20 39.46	200m: 2:32.06 39.86			
21.	ROMAO Ana Teresa	06	Naval de Faro	<b>2:32.61</b>	+0,73	528	
	50m: 34.83 34.83	100m: 1:12.92 38.09	150m: 1:53.36 40.44	200m: 2:32.61 39.25			
22.	MAGALHAES Luana Cardoso	06	Alges	<b>2:32.86</b>	+0,68	525	
	50m: 34.75 34.75	100m: 1:13.09 38.34	150m: 1:52.75 39.66	200m: 2:32.86 40.11			
23.	GONCALVES Rita Abibe	05	Gesloures	<b>2:33.63</b>	+0,67	517	
	50m: 34.53 34.53	100m: 1:12.81 38.28	150m: 1:53.27 40.46	200m: 2:33.63 40.36			
24.	RAMOS Joana Barbas	06	Gafanha da Encarnacao	<b>2:34.21</b>	+0,74	511	
	50m: 36.17 36.17	100m: 1:15.04 38.87	150m: 1:54.24 39.20	200m: 2:34.21 39.97			
25.	VENTURA Barbara Cunha	05	Benfica	<b>2:34.39</b>	+0,77	509	
	50m: 36.11 36.11	100m: 1:14.39 38.28	150m: 1:54.75 40.36	200m: 2:34.39 39.64			
26.	DINIS Filipa Paiva	06	Ba-Leiria	<b>2:37.20</b>	+0,68	483	
	50m: 35.07 35.07	100m: 1:14.76 39.69	150m: 1:57.03 42.27	200m: 2:37.20 40.17			
DNS	COSTA Daniela Alexandra	06	Leixoes				

## Prova 28

## Masc., 200m Costas

## Juniores

03/04/2022 - 11:10

Resultados Elimin

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Jun18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25/08/2019
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15/07/2005

CEJun\_Masc 15 - 18: 2:04.74 / CMJun\_Masc 15 - 18: 2:02.28 / CEPL Abs: 1:59.23 / CMPL Abs: 1:58.07

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Ricardo Matias	05	CPFZ - Natacao	<b>2:07.35</b>	+0,69	678 Q	
	50m: 30.87 30.87	100m: 1:02.76 31.89	150m: 1:34.84 32.08	200m: 2:07.35 32.51			
2.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>2:10.83</b>	+0,53	626 Q	
	50m: 30.08 30.08	100m: 1:02.85 32.77	150m: 1:36.79 33.94	200m: 2:10.83 34.04			
3.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>2:10.95</b>	+0,77	624 Q	
	50m: 29.73 29.73	100m: 1:02.47 32.74	150m: 1:36.19 33.72	200m: 2:10.95 34.76			
4.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>2:11.49</b>	+0,60	616 Q	
	50m: 29.90 29.90	100m: 1:02.79 32.89	150m: 1:37.39 34.60	200m: 2:11.49 34.10			
5.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:11.82</b>	+0,64	612 R	
	50m: 30.93 30.93	100m: 1:03.95 33.02	150m: 1:38.21 34.26	200m: 2:11.82 33.61			

## Prova 28, Masc., 200m Costas, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
6.	ALMEIDA Miguel Cordeiro	05	Alges	<b>2:11.86</b>	+0,58	611 R	
	50m: 30.74 30.74	100m: 1:03.70 32.96	150m: 1:37.52 33.82	200m: 2:11.86 34.34			
7.	CORDEIRO Tomas Almeida	05	Alges	<b>2:13.19</b>	+0,66	593	
	50m: 30.57 30.57	100m: 1:04.20 33.63	150m: 1:38.69 34.49	200m: 2:13.19 34.50			
8.	MARQUES Andre Henriques	05	Benfica	<b>2:13.83</b>	+0,57	584	
	50m: 31.38 31.38	100m: 1:05.97 34.59	150m: 1:39.65 33.68	200m: 2:13.83 34.18			
9.	SA Jose Manuel	05	Sporting	<b>2:14.53</b>	+0,65	575	
	50m: 30.78 30.78	100m: 1:04.51 33.73	150m: 1:39.53 35.02	200m: 2:14.53 35.00			
10.	DIAS Jose Diogo	04	Nautico Academico	<b>2:14.78</b>	+0,64	572	
	50m: 31.21 31.21	100m: 1:04.87 33.66	150m: 1:40.20 35.33	200m: 2:14.78 34.58			
11.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	<b>2:15.73</b>	+0,66	560	
	50m: 30.10 30.10	100m: 1:03.60 33.50	150m: 1:39.46 35.86	200m: 2:15.73 36.27			
12.	FRASQUILHO Afonso Figueiredo	04	Sporting	<b>2:15.89</b>	+0,66	558	
	50m: 30.34 30.34	100m: 1:03.59 33.25	150m: 1:40.56 36.97	200m: 2:15.89 35.33			
13.	REMELHE Joao Anibal	05	Braga	<b>2:17.04</b>	+0,69	544	
	50m: 30.78 30.78	100m: 1:05.18 34.40	150m: 1:41.42 36.24	200m: 2:17.04 35.62			
14.	CEPELEAGA Marin	05	Portinado	<b>2:21.06</b>	+0,65	499	
	50m: 31.01 31.01	100m: 1:05.66 34.65	150m: 1:43.19 37.53	200m: 2:21.06 37.87			
15.	RIBEIRO Filipe Silva	05	Leixoes	<b>2:21.45</b>	+0,58	495	
	50m: 31.04 31.04	100m: 1:06.56 35.52	150m: 1:44.15 37.59	200m: 2:21.45 37.30			

## Prova 28 Masc., 200m Costas Seniores Resultados Elimin

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Sen	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021

CEPL Abs: 1:59.23 / CMPL Abs: 1:58.07

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>2:00.15</b>	+0,57	808 Q	
	50m: 27.85 27.85	100m: 58.53 30.68	150m: 1:29.44 30.91	200m: 2:00.15 30.71			
2.	SANTOS Francisco Rogerio	98	Sporting	<b>2:07.50</b>	+0,61	676 Q	
	50m: 28.46 28.46	100m: 1:00.08 31.62	150m: 1:33.90 33.82	200m: 2:07.50 33.60			
3.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>2:09.79</b>	+0,74	641 Q	
	50m: 30.82 30.82	100m: 1:03.39 32.57	150m: 1:36.30 32.91	200m: 2:09.79 33.49			
4.	FERNANDES Joao Diogo	98	Belenenses	<b>2:09.81</b>	+0,62	640 Q	
	50m: 29.49 29.49	100m: 1:02.27 32.78	150m: 1:35.61 33.34	200m: 2:09.81 34.20			
5.	CASTRO Duarte Monteiro	03	Porto	<b>2:10.32</b>	+0,71	633 Q	
	50m: 30.15 30.15	100m: 1:02.68 32.53	150m: 1:36.33 33.65	200m: 2:10.32 33.99			
6.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:10.66</b>	+0,59	628 Q	
	50m: 29.65 29.65	100m: 1:02.70 33.05	150m: 1:36.82 34.12	200m: 2:10.66 33.84			

## Prova 28, Masc., 200m Costas, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
7.	SOUSA Nuno Alexandre	02	Academico Viseu	<b>2:12.46</b>	+0,62	603	
	50m: 30.56 30.56	100m: 1:04.42 33.86	150m: 1:38.67 34.25	200m: 2:12.46 33.79			

## Prova 28 03/04/2022 - 11:10 Masc., 200m Costas Absolutos Resultados Elimin

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Sen	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Jun18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25/08/2019
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15/07/2005

CEJun\_Masc 15 - 18: 2:04.74 / CMJun\_Masc 15 - 18: 2:02.28 / CEPL Abs: 1:59.23 / CMPL Abs: 1:58.07

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>2:00.15</b>	+0,57	808 Q	
	50m: 27.85 27.85	100m: 58.53 30.68	150m: 1:29.44 30.91	200m: 2:00.15 30.71			
2.	SANTOS Ricardo Matias	05	CPFZ - Natacao	<b>2:07.35</b>	+0,69	678 Q	
	50m: 30.87 30.87	100m: 1:02.76 31.89	150m: 1:34.84 32.08	200m: 2:07.35 32.51			
3.	SANTOS Francisco Rogerio	98	Sporting	<b>2:07.50</b>	+0,61	676 Q	
	50m: 28.46 28.46	100m: 1:00.08 31.62	150m: 1:33.90 33.82	200m: 2:07.50 33.60			
4.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>2:09.79</b>	+0,74	641 Q	
	50m: 30.82 30.82	100m: 1:03.39 32.57	150m: 1:36.30 32.91	200m: 2:09.79 33.49			
5.	FERNANDES Joao Diogo	98	Belenenses	<b>2:09.81</b>	+0,62	640 Q	
	50m: 29.49 29.49	100m: 1:02.27 32.78	150m: 1:35.61 33.34	200m: 2:09.81 34.20			
6.	CASTRO Duarte Monteiro	03	Porto	<b>2:10.32</b>	+0,71	633 Q	
	50m: 30.15 30.15	100m: 1:02.68 32.53	150m: 1:36.33 33.65	200m: 2:10.32 33.99			
7.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:10.66</b>	+0,59	628 Q	
	50m: 29.65 29.65	100m: 1:02.70 33.05	150m: 1:36.82 34.12	200m: 2:10.66 33.84			
8.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>2:10.83</b>	+0,53	626 Q	
	50m: 30.08 30.08	100m: 1:02.85 32.77	150m: 1:36.79 33.94	200m: 2:10.83 34.04			
9.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>2:10.95</b>	+0,77	624 Q	
	50m: 29.73 29.73	100m: 1:02.47 32.74	150m: 1:36.19 33.72	200m: 2:10.95 34.76			
10.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>2:11.49</b>	+0,60	616 Q	
	50m: 29.90 29.90	100m: 1:02.79 32.89	150m: 1:37.39 34.60	200m: 2:11.49 34.10			
11.	COSTA Joao Peres	04	Naval Praia da Vitoria	<b>2:11.82</b>	+0,64	612 R	
	50m: 30.93 30.93	100m: 1:03.95 33.02	150m: 1:38.21 34.26	200m: 2:11.82 33.61			
12.	ALMEIDA Miguel Cordeiro	05	Alges	<b>2:11.86</b>	+0,58	611 R	
	50m: 30.74 30.74	100m: 1:03.70 32.96	150m: 1:37.52 33.82	200m: 2:11.86 34.34			
13.	SOUSA Nuno Alexandre	02	Academico Viseu	<b>2:12.46</b>	+0,62	603	
	50m: 30.56 30.56	100m: 1:04.42 33.86	150m: 1:38.67 34.25	200m: 2:12.46 33.79			
14.	CORDEIRO Tomas Almeida	05	Alges	<b>2:13.19</b>	+0,66	593	
	50m: 30.57 30.57	100m: 1:04.20 33.63	150m: 1:38.69 34.49	200m: 2:13.19 34.50			

## Prova 28, Masc., 200m Costas, Elimim, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	MARQUES Andre Henriques	05	Benfica	<b>2:13.83</b>	+0,57	584	
	50m: 31.38 31.38	100m: 1:05.97 34.59	150m: 1:39.65 33.68	200m: 2:13.83 34.18			
16.	SA Jose Manuel	05	Sporting	<b>2:14.53</b>	+0,65	575	
	50m: 30.78 30.78	100m: 1:04.51 33.73	150m: 1:39.53 35.02	200m: 2:14.53 35.00			
17.	DIAS Jose Diogo	04	Nautico Academico	<b>2:14.78</b>	+0,64	572	
	50m: 31.21 31.21	100m: 1:04.87 33.66	150m: 1:40.20 35.33	200m: 2:14.78 34.58			
18.	CUNHA Rodrigo Manuel	04	Vitoria Guimaraes	<b>2:15.73</b>	+0,66	560	
	50m: 30.10 30.10	100m: 1:03.60 33.50	150m: 1:39.46 35.86	200m: 2:15.73 36.27			
19.	FRASQUILHO Afonso Figueiredo	04	Sporting	<b>2:15.89</b>	+0,66	558	
	50m: 30.34 30.34	100m: 1:03.59 33.25	150m: 1:40.56 36.97	200m: 2:15.89 35.33			
20.	REMELHE Joao Anibal	05	Braga	<b>2:17.04</b>	+0,69	544	
	50m: 30.78 30.78	100m: 1:05.18 34.40	150m: 1:41.42 36.24	200m: 2:17.04 35.62			
21.	CEPELEGA Marin	05	Portinado	<b>2:21.06</b>	+0,65	499	
	50m: 31.01 31.01	100m: 1:05.66 34.65	150m: 1:43.19 37.53	200m: 2:21.06 37.87			
22.	RIBEIRO Filipe Silva	05	Leixoes	<b>2:21.45</b>	+0,58	495	
	50m: 31.04 31.04	100m: 1:06.56 35.52	150m: 1:44.15 37.59	200m: 2:21.45 37.30			

## Prova 29

03/04/2022 - 11:20

## Femin., 50m Mariposa

Juniores  
Resultados Elimim

Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Jun17	27.10	CUNHA Mariana Pacheco	POR	Rome (ITA)	09/07/2021
Rec Nac Jun16	27.99	FERNANDES Carolina Miranda	POR	Rome (ITA)	09/07/2021

CEPL 15 +: 26.61 / CMPL 15 +: 26.32

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>27.74</b>	+0,65	683	Q
2.	ALMEIDA Maria Carolina	05	Galitos/ Bresimar	<b>28.54</b>	+0,70	627	Q
3.	LOURO Ariana Espirito	05	Gualdim Pais	<b>28.83</b>	+0,66	608	Q
4.	FERREIRA Francisca Santos	06	Alges	<b>28.87</b>	+0,66	605	Q
5.	CATALAO Leonor Tavares	06	Sporting	<b>29.60</b>	+0,70	562	
6.	ALVES Catarina Isabel	06	Aminata	<b>30.60</b>	+0,77	508	
7.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>30.84</b>	+0,72	497	
8.	BRITES Marta Lopes	06	Bombeiros Ponta Delgada	<b>30.95</b>	+0,66	491	
9.	PIRES Catarina Gaspar	06	Porto	<b>30.96</b>	+0,78	491	
10.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	<b>31.02</b>	+0,71	488	
11.	FERREIRA Maria Neto	06	Nautico Academico	<b>31.20</b>	+0,62	480	
12.	BROCHADO Mariana Goncalves	06	Viana Natacao	<b>31.23</b>	+0,89	478	
13.	JARDIM Lara Filipa	06	Naval do Funchal	<b>31.25</b>	+0,68	477	
14.	TEIXEIRA Ines Correia	06	Amadora	<b>31.27</b>	+0,72	476	
15.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>31.30</b>	+0,68	475	
16.	VALENTE Maria Esteves	06	Benfica	<b>31.31</b>	+0,69	475	

## Prova 29, Femin., 50m Mariposa, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	MARQUES Barbara Nunes	06	Estarreja	<b>31.46</b>	+0,69	468	
18.	PINO Ines Mira	06	Pimpoes/Cimai	<b>31.56</b>	+0,69	463	
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				

## Prova 29 03/04/2022 - 11:20

Femin., 50m Mariposa Seniores  
Resultados Elimin

Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Sen	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021

CEPL 15 +: 26.61 / CMPL 15 +: 26.32

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>27.81</b>	+0,65	677 Q	
2.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>28.02</b>	+0,59	662 Q	
3.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>28.31</b>	+0,68	642 Q	
4.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>28.73</b>	+0,65	614 Q	
5.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>28.77</b>	+0,65	612 Q	
6.	MONTEIRO Ana Catarina	93	Vilacondense	<b>28.90</b>	+0,64	604 Q	
7.	SILVA Leonor Santos	03	Porto	<b>29.24</b>	+0,75	583 R	
8.	MENDES Ana Sebastiao	04	Natacao de Lagos	<b>29.45</b>	+0,61	570 R	
9.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>29.70</b>	+0,77	556	
10.	JONES Angelina Bermejo	04	Portinado	<b>29.73</b>	+0,69	554	
11.	MOURA Maria Ferreira	04	Sporting	<b>29.93</b>	+0,77	543	

## Prova 29 03/04/2022 - 11:20

Femin., 50m Mariposa Absolutos  
Resultados Elimin

Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Sen	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021
Rec Nac Jun17	27.10	CUNHA Mariana Pacheco	POR	Rome (ITA)	09/07/2021
Rec Nac Jun16	27.99	FERNANDES Carolina Miranda	POR	Rome (ITA)	09/07/2021

CEPL 15 +: 26.61 / CMPL 15 +: 26.32

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>27.74</b>	+0,65	683 Q	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>27.81</b>	+0,65	677 Q	
3.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>28.02</b>	+0,59	662 Q	
4.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>28.31</b>	+0,68	642 Q	
5.	ALMEIDA Maria Carolina	05	Galitos/ Bresimar	<b>28.54</b>	+0,70	627 Q	
6.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>28.73</b>	+0,65	614 Q	
7.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>28.77</b>	+0,65	612 Q	
8.	LOURO Ariana Espirito	05	Gualdim Pais	<b>28.83</b>	+0,66	608 Q	
9.	FERREIRA Francisca Santos	06	Alges	<b>28.87</b>	+0,66	605 Q	
10.	MONTEIRO Ana Catarina	93	Vilacondense	<b>28.90</b>	+0,64	604 Q	
11.	SILVA Leonor Santos	03	Porto	<b>29.24</b>	+0,75	583 R	
12.	MENDES Ana Sebastiao	04	Natacao de Lagos	<b>29.45</b>	+0,61	570 R	

## Prova 29, Femin., 50m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	CATALAO Leonor Tavares	06	Sporting	<b>29.60</b>	+0,70	562	
14.	FERNANDES Filipa Viamonte	02	Vitoria Guimaraes	<b>29.70</b>	+0,77	556	
15.	JONES Angelina Bermejo	04	Portinado	<b>29.73</b>	+0,69	554	
16.	MOURA Maria Ferreira	04	Sporting	<b>29.93</b>	+0,77	543	
17.	ALVES Catarina Isabel	06	Aminata	<b>30.60</b>	+0,77	508	
18.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>30.84</b>	+0,72	497	
19.	BRITES Marta Lopes	06	Bombeiros Ponta Delgada	<b>30.95</b>	+0,66	491	
20.	PIRES Catarina Gaspar	06	Porto	<b>30.96</b>	+0,78	491	
21.	NEVES Gabriela Ferreira	06	Foca Quinta da Lixa CNF	<b>31.02</b>	+0,71	488	
22.	FERREIRA Maria Neto	06	Nautico Academico	<b>31.20</b>	+0,62	480	
23.	BROCHADO Mariana Goncalves	06	Viana Natacao	<b>31.23</b>	+0,89	478	
24.	JARDIM Lara Filipa	06	Naval do Funchal	<b>31.25</b>	+0,68	477	
25.	TEIXEIRA Ines Correia	06	Amadora	<b>31.27</b>	+0,72	476	
26.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>31.30</b>	+0,68	475	
27.	VALENTE Maria Esteves	06	Benfica	<b>31.31</b>	+0,69	475	
28.	MARQUES Barbara Nunes	06	Estarreja	<b>31.46</b>	+0,69	468	
29.	PINO Ines Mira	06	Pimpoes/Cimai	<b>31.56</b>	+0,69	463	
DNS	BARBEITO Laura Espinola	06	Nucleo Sporting da Terceira				
EXH	VEIGA Susana Pereira	00	Colegio Vasco da Gama	<b>33.05</b>	+0,83	403	

## Prova 30

## Masc., 50m Mariposa

03/04/2022 - 11:30

Juniores  
Resultados Elimin

Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Jun18	24.02	RIBEIRO Diogo Matos	SLB	Oeiras	23/12/2021
Rec Nac Jun17	24.09	RIBEIRO Diogo Matos	POR	Rome (ITA)	07/07/2021

CEPL Abs: 23.57 / CMPL Abs: 23.63

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac</i>	04	Benfica	<b>23.69</b>	+0,61	830	Q
2.	REIS Rodrigo Miguel	04	Nautico Academico	<b>25.64</b>	+0,61	655	R
3.	VASCONCELOS Francisco Louren	05	Gesloures	<b>26.08</b>	+0,63	622	
4.	RODRIGUES Joao Luis	05	Naval do Funchal	<b>26.22</b>	+0,60	612	
5.	BILRO Simao Valadas	05	Aminata	<b>26.61</b>	+0,67	586	
6.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>26.79</b>	+0,59	574	
7.	PINTO Tiago Rodrigues	05	Sporting	<b>27.31</b>	+0,69	542	

## Prova 30, Masc., 50m Mariposa, Elimin

Prova 30		Masc., 50m Mariposa			Seniores
03/04/2022 - 11:30					Resultados Elimin
Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
CEPL Abs: 23.57 / CMPL Abs: 23.63					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NASCIMENTO Miguel Duarte	95	Benfica	<b>23.79</b>	+0,61	820 Q	
2.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>24.59</b>	+0,71	742 Q	
3.	MARQUES Miguel Henriques	00	Benfica	<b>24.76</b>	+0,62	727 Q	
	SILVA Fernando Souza	86	Naval do Funchal	<b>24.76</b>	+0,66	727 Q	
5.	VAKULYUK Paulo	03	Torres Novas	<b>24.78</b>	+0,67	725 Q	
6.	PADRELA Joao Esteves	99	Belenenses	<b>25.34</b>	+0,60	678 Q	
7.	SANTOS Pedro Andre	94	Alges	<b>25.39</b>	+0,68	674 Q	
8.	GOMES Vicente Oliveira	02	Sporting	<b>25.58</b>	+0,62	659 Q	
9.	FERNANDES Joao Vitor	00	Escola O Liceu	<b>25.60</b>	+0,63	658 Q	
10.	COSTA Diogo Santos	02	Benfica	<b>25.68</b>	+0,65	652 R	
11.	NUNES Porfirio Braga	00	Porto	<b>25.73</b>	+0,63	648	
DNS	MOGNE Igor Araujo	96	Sporting				
DNS	SANTOS Alexis Manacas	92	Sporting				

Prova 30		Masc., 50m Mariposa			Absolutos
03/04/2022 - 11:30					Resultados Elimin
Rec Nac Absoluto	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009
Rec Nac Jun18	24.02	RIBEIRO Diogo Matos	SLB	Oeiras	23/12/2021
Rec Nac Jun17	24.09	RIBEIRO Diogo Matos	POR	Rome (ITA)	07/07/2021
CEPL Abs: 23.57 / CMPL Abs: 23.63					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac</i>	04	Benfica	<b>23.69</b>	+0,61	830 Q	
2.	NASCIMENTO Miguel Duarte	95	Benfica	<b>23.79</b>	+0,61	820 Q	
3.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>24.59</b>	+0,71	742 Q	
4.	MARQUES Miguel Henriques	00	Benfica	<b>24.76</b>	+0,62	727 Q	
	SILVA Fernando Souza	86	Naval do Funchal	<b>24.76</b>	+0,66	727 Q	
6.	VAKULYUK Paulo	03	Torres Novas	<b>24.78</b>	+0,67	725 Q	
7.	PADRELA Joao Esteves	99	Belenenses	<b>25.34</b>	+0,60	678 Q	
8.	SANTOS Pedro Andre	94	Alges	<b>25.39</b>	+0,68	674 Q	
9.	GOMES Vicente Oliveira	02	Sporting	<b>25.58</b>	+0,62	659 Q	
10.	FERNANDES Joao Vitor	00	Escola O Liceu	<b>25.60</b>	+0,63	658 Q	
11.	REIS Rodrigo Miguel	04	Nautico Academico	<b>25.64</b>	+0,61	655 R	
12.	COSTA Diogo Santos	02	Benfica	<b>25.68</b>	+0,65	652 R	
13.	NUNES Porfirio Braga	00	Porto	<b>25.73</b>	+0,63	648	
14.	VASCONCELOS Francisco Louren	05	Gesloures	<b>26.08</b>	+0,63	622	

## Prova 30, Masc., 50m Mariposa, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
15.	RODRIGUES Joao Luis	05	Naval do Funchal	<b>26.22</b>	+0,60	612	
16.	BILRO Simao Valadas	05	Aminata	<b>26.61</b>	+0,67	586	
17.	FERRAO Gabriel Carvalho	05	Uniao Piedense	<b>26.79</b>	+0,59	574	
18.	PINTO Tiago Rodrigues	05	Sporting	<b>27.31</b>	+0,69	542	
DNS	MOGNE Igor Araujo	96	Sporting				
DNS	SANTOS Alexis Manacas	92	Sporting				
EXH	SCHILLING Leonardo	93	Porto	<b>24.08</b>	+0,68	791	
EXH	HEINIO-WIDELL Nick	05	Alges	<b>25.80</b>	+0,61	643	
EXH	NEVES Diogo Correia	94	Colegio Vasco da Gama	<b>30.21</b>	+0,63	400	

## Prova 31

03/04/2022 - 11:35

## Femin., 200m Bruços

## Juniores

## Resultados Elimin

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02/04/2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15/07/2005

CEJun\_Fem 14 - 17: 2:35.49 / CMJun\_Fem 14 - 17: 2:32.44 / CEPL 15 +: 2:26.79 / CMPL 15 +: 2:25.91

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	NUNES Margarida Domingues	05	Sporting	<b>2:45.97</b>	+0,74	586 Q	
	50m: 37.64 37.64 100m: 1:19.46 41.82 150m: 2:02.67 43.21 200m: 2:45.97 43.30						
2.	RIBEIRO Maria Joao	05	Sao Joao Ver	<b>2:46.47</b>	+0,76	581 Q	
	50m: 37.21 37.21 100m: 1:19.40 42.19 150m: 2:02.72 43.32 200m: 2:46.47 43.75						
3.	ANTUNES Rebeca Leonor	06	Alges	<b>2:46.70</b>	+0,59	579 R	
	50m: 36.82 36.82 100m: 1:19.80 42.98 150m: 2:03.41 43.61 200m: 2:46.70 43.29						
4.	SILVA Maria Seixeira	06	Viana Natacao	<b>2:47.10</b>	+0,66	574 R	
	50m: 38.00 38.00 100m: 1:20.31 42.31 150m: 2:03.48 43.17 200m: 2:47.10 43.62						
5.	JESUS Mariana Teixeira	06	Estarreja	<b>2:47.39</b>	+0,71	571	
	50m: 37.03 37.03 100m: 1:19.43 42.40 150m: 2:03.13 43.70 200m: 2:47.39 44.26						
6.	ESTEVEENS Laura Fabiana	05	Naval de Faro	<b>2:48.66</b>	+0,67	559	
	50m: 38.68 38.68 100m: 1:21.21 42.53 150m: 2:04.73 43.52 200m: 2:48.66 43.93						
7.	GASPAR Beatriz Andre	06	Nautico Academico	<b>2:49.26</b>	+0,60	553	
	50m: 38.30 38.30 100m: 1:21.11 42.81 150m: 2:04.27 43.16 200m: 2:49.26 44.99						
8.	PINTO Leonor Filipa	06	Porto	<b>2:50.68</b>	+0,82	539	
	50m: 38.60 38.60 100m: 1:21.93 43.33 150m: 2:05.84 43.91 200m: 2:50.68 44.84						
9.	VARGAS Maria Carolina	05	Benfica	<b>2:50.85</b>	+0,87	537	
	50m: 39.23 39.23 100m: 1:23.05 43.82 150m: 2:06.34 43.29 200m: 2:50.85 44.51						
10.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>2:51.47</b>	+0,62	532	
	50m: 38.42 38.42 100m: 1:21.77 43.35 150m: 2:06.33 44.56 200m: 2:51.47 45.14						
11.	LOPES Matilde Nunes	06	Benfica	<b>2:53.47</b>	+0,71	513	
	50m: 39.57 39.57 100m: 1:24.06 44.49 150m: 2:09.18 45.12 200m: 2:53.47 44.29						

## Prova 31, Femin., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	REBELO Mariana Cunha	06	Natacao de Vagos	<b>2:53.60</b>	+0,74	512	
	50m: 39.36 39.36	100m: 1:22.98 43.62	150m: 2:08.65 45.67	200m: 2:53.60 44.95			
13.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>2:54.59</b>	+0,73	504	
	50m: 38.04 38.04	100m: 1:21.11 43.07	150m: 2:06.23 45.12	200m: 2:54.59 48.36			
14.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	<b>2:59.38</b>	+0,70	464	
	50m: 40.30 40.30	100m: 1:26.09 45.79	150m: 2:11.62 45.53	200m: 2:59.38 47.76			

## Prova 31 Femin., 200m Bruços Seniores Resultados Elimin

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019

CEPL 15 +: 2:26.79 / CMPL 15 +: 2:25.91

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>2:37.68</b>	+0,70	684 Q	
	50m: 35.29 35.29	100m: 1:15.29 40.00	150m: 1:56.30 41.01	200m: 2:37.68 41.38			
2.	CERDEIRA Madalena Reis	03	Sporting	<b>2:38.30</b>	+0,73	676 Q	
	50m: 36.23 36.23	100m: 1:16.77 40.54	150m: 1:58.48 41.71	200m: 2:38.30 39.82			
3.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:38.81</b>	+0,69	669 Q	
	50m: 36.05 36.05	100m: 1:15.46 39.41	150m: 1:56.66 41.20	200m: 2:38.81 42.15			
4.	REBELO Maria Carlota	03	Condeixa Clube	<b>2:41.42</b>	+0,70	637 Q	
	50m: 36.78 36.78	100m: 1:17.27 40.49	150m: 1:58.98 41.71	200m: 2:41.42 42.44			
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:42.21</b>	+0,78	628 Q	
	50m: 37.72 37.72	100m: 1:19.06 41.34	150m: 2:00.05 40.99	200m: 2:42.21 42.16			
6.	FIAL Sofia Nunes	03	Porto	<b>2:42.74</b>	+0,72	622 Q	
	50m: 36.98 36.98	100m: 1:17.86 40.88	150m: 2:00.08 42.22	200m: 2:42.74 42.66			
7.	MESQUITA Francisca Salvador	02	Sporting	<b>2:43.09</b>	+0,73	618 Q	
	50m: 37.93 37.93	100m: 1:19.30 41.37	150m: 2:00.98 41.68	200m: 2:43.09 42.11			
8.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>2:43.26</b>	+0,72	616 Q	
	50m: 36.11 36.11	100m: 1:17.33 41.22	150m: 2:00.52 43.19	200m: 2:43.26 42.74			
DNS	ANDRE Angelica Maria	94	Porto				

Prova 31, Femin., 200m Bruços, Elimin

Prova 31 Femin., 200m Bruços Absolutos  
03/04/2022 - 11:35 Resultados Elimin

Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02/04/2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15/07/2005

CEJun\_Fem 14 - 17: 2:35.49 / CMJun\_Fem 14 - 17: 2:32.44 / CEPL 15 +: 2:26.79 / CMPL 15 +: 2:25.91

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes 50m: 35.29 35.29	00	Benfica	<b>2:37.68</b> 41.01	+0,70	684 Q	41.38
2.	CERDEIRA Madalena Reis 50m: 36.23 36.23	03	Sporting	<b>2:38.30</b> 41.71	+0,73	676 Q	39.82
3.	RODRIGUES Lidiana Correia 50m: 36.05 36.05	04	Belenenses	<b>2:38.81</b> 41.20	+0,69	669 Q	42.15
4.	REBELO Maria Carlota 50m: 36.78 36.78	03	Condeixa Clube	<b>2:41.42</b> 41.71	+0,70	637 Q	42.44
5.	VEIGA Ana Filipa 50m: 37.72 37.72	01	Gafanha da Encarnacao	<b>2:42.21</b> 40.99	+0,78	628 Q	42.16
6.	FIAL Sofia Nunes 50m: 36.98 36.98	03	Porto	<b>2:42.74</b> 42.22	+0,72	622 Q	42.66
7.	MESQUITA Francisca Salvador 50m: 37.93 37.93	02	Sporting	<b>2:43.09</b> 41.68	+0,73	618 Q	42.11
8.	SEQUEIRA Catarina Costa 50m: 36.11 36.11	98	Natacao de Lisboa	<b>2:43.26</b> 43.19	+0,72	616 Q	42.74
9.	NUNES Margarida Domingues 50m: 37.64 37.64	05	Sporting	<b>2:45.97</b> 43.21	+0,74	586 Q	43.30
10.	RIBEIRO Maria Joao 50m: 37.21 37.21	05	Sao Joao Ver	<b>2:46.47</b> 43.32	+0,76	581 Q	43.75
11.	ANTUNES Rebeca Leonor 50m: 36.82 36.82	06	Alges	<b>2:46.70</b> 43.61	+0,59	579 R	43.29
12.	SILVA Maria Seixeira 50m: 38.00 38.00	06	Viana Natacao	<b>2:47.10</b> 43.17	+0,66	574 R	43.62
13.	JESUS Mariana Teixeira 50m: 37.03 37.03	06	Estarreja	<b>2:47.39</b> 43.70	+0,71	571	44.26
14.	ESTEVENES Laura Fabiana 50m: 38.68 38.68	05	Naval de Faro	<b>2:48.66</b> 43.52	+0,67	559	43.93
15.	GASPAR Beatriz Andre 50m: 38.30 38.30	06	Nautico Academico	<b>2:49.26</b> 43.16	+0,60	553	44.99
16.	PINTO Leonor Filipa 50m: 38.60 38.60	06	Porto	<b>2:50.68</b> 43.91	+0,82	539	44.84

## Prova 31, Femin., 200m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	VARGAS Maria Carolina	05	Benfica	<b>2:50.85</b>	+0,87	537	
	50m: 39.23 39.23	100m: 1:23.05 43.82	150m: 2:06.34 43.29	200m: 2:50.85 44.51			
18.	FERREIRA Joana Rosa	05	Naval de Peniche	<b>2:51.47</b>	+0,62	532	
	50m: 38.42 38.42	100m: 1:21.77 43.35	150m: 2:06.33 44.56	200m: 2:51.47 45.14			
19.	LOPES Matilde Nunes	06	Benfica	<b>2:53.47</b>	+0,71	513	
	50m: 39.57 39.57	100m: 1:24.06 44.49	150m: 2:09.18 45.12	200m: 2:53.47 44.29			
20.	REBELO Mariana Cunha	06	Natacao de Vagos	<b>2:53.60</b>	+0,74	512	
	50m: 39.36 39.36	100m: 1:22.98 43.62	150m: 2:08.65 45.67	200m: 2:53.60 44.95			
21.	BARREIRA Andreia Monteiro	06	Peso da Regua	<b>2:54.59</b>	+0,73	504	
	50m: 38.04 38.04	100m: 1:21.11 43.07	150m: 2:06.23 45.12	200m: 2:54.59 48.36			
22.	CARDOSO Eduarda Oliveira	06	Estamos Juntos	<b>2:59.38</b>	+0,70	464	
	50m: 40.30 40.30	100m: 1:26.09 45.79	150m: 2:11.62 45.53	200m: 2:59.38 47.76			
DNS	ANDRE Angelica Maria	94	Porto				

## Prova 32

## Masc., 200m Bruços

## Juniores

03/04/2022 - 11:45

Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20/07/2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26/07/2014

CEJun\_Masc 15 - 18: 2:19.25 / CMJun\_Masc 15 - 18: 2:16.51 / CEPL Abs: 2:12.13 / CMPL Abs: 2:10.32

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	OLIVEIRA Joao Campelo	04	Famalicao	<b>2:26.42</b>	+0,73	639 Q	
	50m: 32.50 32.50	100m: 1:10.17 37.67	150m: 1:48.63 38.46	200m: 2:26.42 37.79			
2.	REBELO Joao Lourenco	04	Alges	<b>2:27.12</b>	+0,61	629 Q	
	50m: 33.62 33.62	100m: 1:11.08 37.46	150m: 1:49.31 38.23	200m: 2:27.12 37.81			
3.	CARVALHO Goncalo Duarte	05	Benfica	<b>2:27.75</b>	+0,70	621 Q	
	50m: 34.19 34.19	100m: 1:12.42 38.23	150m: 1:50.78 38.36	200m: 2:27.75 36.97			
4.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	<b>2:29.31</b>	+0,71	602 Q	
	50m: 33.83 33.83	100m: 1:11.99 38.16	150m: 1:50.69 38.70	200m: 2:29.31 38.62			
5.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>2:30.04</b>	+0,64	593 R	
	50m: 33.85 33.85	100m: 1:12.25 38.40	150m: 1:50.91 38.66	200m: 2:30.04 39.13			
6.	OLIVEIRA Simao Lopes	05	Naval Setubalense	<b>2:30.32</b>	+0,71	590	
	50m: 34.24 34.24	100m: 1:12.85 38.61	150m: 1:50.90 38.05	200m: 2:30.32 39.42			
7.	BARRETO Guilherme Pedro	05	Desportiva de Viana	<b>2:30.78</b>	+0,71	585	
	50m: 34.08 34.08	100m: 1:12.10 38.02	150m: 1:50.84 38.74	200m: 2:30.78 39.94			
8.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>2:30.96</b>	+0,77	583	
	50m: 33.95 33.95	100m: 1:12.90 38.95	150m: 1:52.00 39.10	200m: 2:30.96 38.96			
9.	FERNANDES Martim Pestana	04	Naval do Funchal	<b>2:32.38</b>	+0,61	566	
	50m: 33.18 33.18	100m: 1:12.05 38.87	150m: 1:51.86 39.81	200m: 2:32.38 40.52			

## Prova 32, Masc., 200m Bruços, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>2:35.66</b>	+0,69	531	
	50m: 34.02 34.02	100m: 1:13.23 39.21	150m: 1:53.55	40.32	200m: 2:35.66	42.11	
11.	GOUVEIA Luis Galvao	05	Desportivo Nacional	<b>2:35.89</b>	+0,67	529	
	50m: 34.34 34.34	100m: 1:13.82 39.48	150m: 1:55.36	41.54	200m: 2:35.89	40.53	
12.	SILVA Goncalo Manuel	05	Porto	<b>2:36.67</b>	+0,84	521	
	50m: 33.98 33.98	100m: 1:13.92 39.94	150m: 1:54.54	40.62	200m: 2:36.67	42.13	

## Prova 32 Masc., 200m Bruços Seniores Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013

CEPL Abs: 2:12.13 / CMPL Abs: 2:10.32

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMÕES Rafael Gomes	00	Braga	<b>2:22.38</b>	+0,70	695 Q	
	50m: 31.52 31.52	100m: 1:07.75 36.23	150m: 1:45.02	37.27	200m: 2:22.38	37.36	
2.	MENDES Antonio Manuel	99	Sporting	<b>2:23.49</b>	+0,68	679 Q	
	50m: 32.24 32.24	100m: 1:08.28 36.04	150m: 1:46.08	37.80	200m: 2:23.49	37.41	
3.	PON Hugo	98	Alges	<b>2:24.49</b>	+0,64	665 Q	
	50m: 32.88 32.88	100m: 1:10.10 37.22	150m: 1:46.65	36.55	200m: 2:24.49	37.84	
4.	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:25.68</b>	+0,66	648 Q	
	50m: 32.84 32.84	100m: 1:09.54 36.70	150m: 1:47.01	37.47	200m: 2:25.68	38.67	
5.	MERUJE Joaquim Agra	01	Uniao Coimbra	<b>2:26.59</b>	+0,71	636 Q	
	50m: 32.61 32.61	100m: 1:09.64 37.03	150m: 1:47.49	37.85	200m: 2:26.59	39.10	
6.	SILVA Tomas Antonio	01	Porto	<b>2:27.91</b>	+0,64	619 Q	
	50m: 33.28 33.28	100m: 1:11.23 37.95	150m: 1:49.40	38.17	200m: 2:27.91	38.51	
7.	RIBEIRO Afonso Mateus	95	Belenenses	<b>2:30.01</b>	+0,68	594 R	
	50m: 34.30 34.30	100m: 1:11.45 37.15	150m: 1:50.46	39.01	200m: 2:30.01	39.55	
8.	FRISCHKNECHT Renato Barros	01	Sporting	<b>2:32.30</b>	+0,62	567	
	50m: 32.85 32.85	100m: 1:12.19 39.34	150m: 1:50.72	38.53	200m: 2:32.30	41.58	
DNS	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL				

## Prova 32, Masc., 200m Bruços, Elimin

Prova 32 Masc., 200m Bruços Absolutos  
03/04/2022 - 11:45 Resultados Elimin

Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20/07/2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26/07/2014

CEJun\_Masc 15 - 18: 2:19.25 / CMJun\_Masc 15 - 18: 2:16.51 / CEPL Abs: 2:12.13 / CMPL Abs: 2:10.32

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMÕES Rafael Gomes	00	Braga	<b>2:22.38</b>	+0,70	695 Q	
	50m: 31.52 31.52	100m: 1:07.75 36.23	150m: 1:45.02 37.27	200m: 2:22.38 37.36			
2.	MENDES Antonio Manuel	99	Sporting	<b>2:23.49</b>	+0,68	679 Q	
	50m: 32.24 32.24	100m: 1:08.28 36.04	150m: 1:46.08 37.80	200m: 2:23.49 37.41			
3.	PON Hugo	98	Alges	<b>2:24.49</b>	+0,64	665 Q	
	50m: 32.88 32.88	100m: 1:10.10 37.22	150m: 1:46.65 36.55	200m: 2:24.49 37.84			
4.	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:25.68</b>	+0,66	648 Q	
	50m: 32.84 32.84	100m: 1:09.54 36.70	150m: 1:47.01 37.47	200m: 2:25.68 38.67			
5.	OLIVEIRA Joao Campelo	04	Famalicao	<b>2:26.42</b>	+0,73	639 Q	
	50m: 32.50 32.50	100m: 1:10.17 37.67	150m: 1:48.63 38.46	200m: 2:26.42 37.79			
6.	MERUJE Joaquim Agra	01	Uniao Coimbra	<b>2:26.59</b>	+0,71	636 Q	
	50m: 32.61 32.61	100m: 1:09.64 37.03	150m: 1:47.49 37.85	200m: 2:26.59 39.10			
7.	REBELO Joao Lourenco	04	Alges	<b>2:27.12</b>	+0,61	629 Q	
	50m: 33.62 33.62	100m: 1:11.08 37.46	150m: 1:49.31 38.23	200m: 2:27.12 37.81			
8.	CARVALHO Goncalo Duarte	05	Benfica	<b>2:27.75</b>	+0,70	621 Q	
	50m: 34.19 34.19	100m: 1:12.42 38.23	150m: 1:50.78 38.36	200m: 2:27.75 36.97			
9.	SILVA Tomas Antonio	01	Porto	<b>2:27.91</b>	+0,64	619 Q	
	50m: 33.28 33.28	100m: 1:11.23 37.95	150m: 1:49.40 38.17	200m: 2:27.91 38.51			
10.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	<b>2:29.31</b>	+0,71	602 Q	
	50m: 33.83 33.83	100m: 1:11.99 38.16	150m: 1:50.69 38.70	200m: 2:29.31 38.62			
11.	RIBEIRO Afonso Mateus	95	Belenenses	<b>2:30.01</b>	+0,68	594 R	
	50m: 34.30 34.30	100m: 1:11.45 37.15	150m: 1:50.46 39.01	200m: 2:30.01 39.55			
12.	NUNES Carlos Daniel	05	Nautico Salvaterra Magos	<b>2:30.04</b>	+0,64	593 R	
	50m: 33.85 33.85	100m: 1:12.25 38.40	150m: 1:50.91 38.66	200m: 2:30.04 39.13			
13.	OLIVEIRA Simao Lopes	05	Naval Setubalense	<b>2:30.32</b>	+0,71	590	
	50m: 34.24 34.24	100m: 1:12.85 38.61	150m: 1:50.90 38.05	200m: 2:30.32 39.42			
14.	BARRETO Guilherme Pedro	05	Desportiva de Viana	<b>2:30.78</b>	+0,71	585	
	50m: 34.08 34.08	100m: 1:12.10 38.02	150m: 1:50.84 38.74	200m: 2:30.78 39.94			
15.	ALVES Paulo Rodrigues	04	Desportivo Nacional	<b>2:30.96</b>	+0,77	583	
	50m: 33.95 33.95	100m: 1:12.90 38.95	150m: 1:52.00 39.10	200m: 2:30.96 38.96			
16.	FRISCHKNECHT Renato Barros	01	Sporting	<b>2:32.30</b>	+0,62	567	
	50m: 32.85 32.85	100m: 1:12.19 39.34	150m: 1:50.72 38.53	200m: 2:32.30 41.58			

## Prova 32, Masc., 200m Bruços, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
17.	FERNANDES Martim Pestana	04	Naval do Funchal	<b>2:32.38</b>	+0,61	566	
	50m: 33.18 33.18	100m: 1:12.05 38.87	150m: 1:51.86 39.81	200m: 2:32.38 40.52			
18.	MOREIRA Joao Pedro	04	Colegio Efanor	<b>2:35.66</b>	+0,69	531	
	50m: 34.02 34.02	100m: 1:13.23 39.21	150m: 1:53.55 40.32	200m: 2:35.66 42.11			
19.	GOUVEIA Luis Galvao	05	Desportivo Nacional	<b>2:35.89</b>	+0,67	529	
	50m: 34.34 34.34	100m: 1:13.82 39.48	150m: 1:55.36 41.54	200m: 2:35.89 40.53			
20.	SILVA Goncalo Manuel	05	Porto	<b>2:36.67</b>	+0,84	521	
	50m: 33.98 33.98	100m: 1:13.92 39.94	150m: 1:54.54 40.62	200m: 2:36.67 42.13			
DNS	LOPES Gabriel Jose	97	Louzan Natacao/EFAPEL				

## Prova 33

## Femin., 200m Livres

## Juniores

03/04/2022 - 11:55

Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
Rec Nac Jun17	2:03.11	MARTINS Francisca Soares	POR	Loule	16/08/2020
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06/07/2018

CEJun\_Fem 14 - 17: 2:04.90 / CMJun\_Fem 14 - 17: 2:02.45 / CEPL 15 +: 1:59.61 / CMPL 15 +: 1:58.66

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PIRES Marta Joao	05	Alges	<b>2:08.75</b>	+0,70	675	
	50m: 29.40 29.40	100m: 1:01.76 32.36	150m: 1:35.13 33.37	200m: 2:08.75 33.62			
2.	COELHO Maria Leonor	06	Benfica	<b>2:09.86</b>	+0,71	658	
	50m: 30.37 30.37	100m: 1:03.70 33.33	150m: 1:36.98 33.28	200m: 2:09.86 32.88			
3.	FARIA Leonor Verissimo	06	Nucleo de Pombal	<b>2:10.51</b>	+0,72	648	
	50m: 30.23 30.23	100m: 1:03.58 33.35	150m: 1:37.75 34.17	200m: 2:10.51 32.76			
4.	ROSA Mariana Carmo	05	Louzan Natacao/EFAPEL	<b>2:11.37</b>	+0,53	636	
	50m: 30.25 30.25	100m: 1:02.93 32.68	150m: 1:37.11 34.18	200m: 2:11.37 34.26			
5.	LOPES Francisca Macedo	05	Vilacondense	<b>2:11.53</b>	+0,76	633	
	50m: 30.36 30.36	100m: 1:03.67 33.31	150m: 1:37.30 33.63	200m: 2:11.53 34.23			
6.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>2:11.95</b>	+0,67	627	
	50m: 30.30 30.30	100m: 1:03.63 33.33	150m: 1:37.49 33.86	200m: 2:11.95 34.46			
7.	AMORIM Ines Santos	06	Desportiva de Viana	<b>2:11.96</b>	+0,77	627	
	50m: 30.54 30.54	100m: 1:03.13 32.59	150m: 1:37.59 34.46	200m: 2:11.96 34.37			
8.	LOURO Ariana Espirito	05	Gualdim Pais	<b>2:13.22</b>	+0,70	609	
	50m: 31.02 31.02	100m: 1:05.01 33.99	150m: 1:39.68 34.67	200m: 2:13.22 33.54			
9.	LOPES Daniela Magalhaes	05	Famalicao	<b>2:15.08</b>	+0,75	585	
	50m: 30.97 30.97	100m: 1:05.08 34.11	150m: 1:39.82 34.74	200m: 2:15.08 35.26			
10.	CATALAO Leonor Tavares	06	Sporting	<b>2:15.32</b>	+0,71	581	
	50m: 31.36 31.36	100m: 1:05.58 34.22	150m: 1:40.42 34.84	200m: 2:15.32 34.90			
11.	SOARES Miriam Mortagua	06	Galitos/ Bresimar	<b>2:17.21</b>	+0,73	558	
	50m: 30.78 30.78	100m: 1:04.24 33.46	150m: 1:40.64 36.40	200m: 2:17.21 36.57			

## Prova 33, Femin., 200m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
12.	TEIXEIRA Ines Correia	06	Amadora	<b>2:18.84</b>	+0,74	538	
	50m: 31.48 31.48	100m: 1:06.12 34.64	150m: 1:41.94 35.82	200m: 2:18.84 36.90			
13.	JESUS Mariana Teixeira	06	Estarreja	<b>2:23.28</b>	+0,69	490	
	50m: 31.64 31.64	100m: 1:07.68 36.04	150m: 1:45.65 37.97	200m: 2:23.28 37.63			

## Prova 33 Femin., 200m Livres Seniores Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017

CEPL 15 +: 1:59.61 / CMPL 15 +: 1:58.66

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>2:02.99</b>	+0,60	775 Q	
	50m: 28.65 28.65	100m: 59.14 30.49	150m: 1:31.00 31.86	200m: 2:02.99 31.99			
2.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:04.46</b>	+0,80	748 Q	
	50m: 29.45 29.45	100m: 1:00.66 31.21	150m: 1:32.25 31.59	200m: 2:04.46 32.21			
3.	ANDRE Leticia Maia	02	Benfica	<b>2:05.51</b>	+0,66	729 Q	
	50m: 28.85 28.85	100m: 59.89 31.04	150m: 1:32.73 32.84	200m: 2:05.51 32.78			
4.	HOLUB Tamila Hryhorivna	99	Braga	<b>2:05.74</b>	+0,76	725 Q	
	50m: 29.29 29.29	100m: 1:00.95 31.66	150m: 1:33.13 32.18	200m: 2:05.74 32.61			
5.	FRISCHKNECHT Rita Barros	98	Sporting	<b>2:06.33</b>	+0,51	715 Q	
	50m: 29.23 29.23	100m: 1:00.88 31.65	150m: 1:33.40 32.52	200m: 2:06.33 32.93			
6.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:06.45</b>	+0,76	713 Q	
	50m: 29.67 29.67	100m: 1:01.46 31.79	150m: 1:34.24 32.78	200m: 2:06.45 32.21			
7.	FOMINA Anna	02	Louletano/Loule Concelho	<b>2:06.50</b>	+0,75	712 Q	
	50m: 29.82 29.82	100m: 1:01.63 31.81	150m: 1:34.28 32.65	200m: 2:06.50 32.22			
8.	RAMOS Ana Rita	02	Porto	<b>2:07.13</b>	+0,74	701 Q	
	50m: 29.64 29.64	100m: 1:01.29 31.65	150m: 1:33.82 32.53	200m: 2:07.13 33.31			
9.	PINTO Mafalda Marques	02	Sporting	<b>2:07.79</b>	+0,69	691 Q	
	50m: 30.63 30.63	100m: 1:03.93 33.30	150m: 1:35.23 31.30	200m: 2:07.79 32.56			
10.	MOURA Maria Ferreira	04	Sporting	<b>2:07.82</b>	+0,75	690 Q	
	50m: 29.87 29.87	100m: 1:01.90 32.03	150m: 1:34.70 32.80	200m: 2:07.82 33.12			
11.	HENRIQUES Ines Jacinto	00	Sporting	<b>2:07.97</b>	+0,72	688 R	
	50m: 29.57 29.57	100m: 1:01.72 32.15	150m: 1:34.67 32.95	200m: 2:07.97 33.30			
12.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>2:08.35</b>	+0,66	682 R	
	50m: 28.64 28.64	100m: 1:00.32 31.68	150m: 1:33.94 33.62	200m: 2:08.35 34.41			
13.	MONTEIRO Ana Catarina	93	Vilacondense	<b>2:08.72</b>	+0,65	676	
	50m: 29.73 29.73	100m: 1:01.96 32.23	150m: 1:35.75 33.79	200m: 2:08.72 32.97			
14.	CARDEAL Beatriz Nunes	04	Academico Viseu	<b>2:10.07</b>	+0,65	655	
	50m: 29.76 29.76	100m: 1:02.56 32.80	150m: 1:36.45 33.89	200m: 2:10.07 33.62			

## Prova 33, Femin., 200m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	DURAES Diana Margarida	96	Benfica				

## Prova 33 Femin., 200m Livres Absolutos Resultados Elimin

Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017
Rec Nac Jun17	2:03.11	MARTINS Francisca Soares	POR	Loule	16/08/2020
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06/07/2018

CEJun\_Fem 14 - 17: 2:04.90 / CMJun\_Fem 14 - 17: 2:02.45 / CEPL 15 +: 1:59.61 / CMPL 15 +: 1:58.66

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares 50m: 28.65 28.65 100m: 59.14 30.49 150m: 1:31.00	03	Foca Quinta da Lixa CNF	<b>2:02.99</b> 31.86 200m: 2:02.99 31.99	+0,60	775 Q	
2.	CONCEICAO Ema Jeronimo 50m: 29.45 29.45 100m: 1:00.66 31.21 150m: 1:32.25	03	Fisica Torres Vedras	<b>2:04.46</b> 31.59 200m: 2:04.46 32.21	+0,80	748 Q	
3.	ANDRE Leticia Maia 50m: 28.85 28.85 100m: 59.89 31.04 150m: 1:32.73	02	Benfica	<b>2:05.51</b> 32.84 200m: 2:05.51 32.78	+0,66	729 Q	
4.	HOLUB Tamila Hryhorivna 50m: 29.29 29.29 100m: 1:00.95 31.66 150m: 1:33.13	99	Braga	<b>2:05.74</b> 32.18 200m: 2:05.74 32.61	+0,76	725 Q	
5.	FRISCHKNECHT Rita Barros 50m: 29.23 29.23 100m: 1:00.88 31.65 150m: 1:33.40	98	Sporting	<b>2:06.33</b> 32.52 200m: 2:06.33 32.93	+0,51	715 Q	
6.	CARDEAL Joana Nunes 50m: 29.67 29.67 100m: 1:01.46 31.79 150m: 1:34.24	02	Academico Viseu	<b>2:06.45</b> 32.78 200m: 2:06.45 32.21	+0,76	713 Q	
7.	FOMINA Anna 50m: 29.82 29.82 100m: 1:01.63 31.81 150m: 1:34.28	02	Louletano/Loule Concelho	<b>2:06.50</b> 32.65 200m: 2:06.50 32.22	+0,75	712 Q	
8.	RAMOS Ana Rita 50m: 29.64 29.64 100m: 1:01.29 31.65 150m: 1:33.82	02	Porto	<b>2:07.13</b> 32.53 200m: 2:07.13 33.31	+0,74	701 Q	
9.	PINTO Mafalda Marques 50m: 30.63 30.63 100m: 1:03.93 33.30 150m: 1:35.23	02	Sporting	<b>2:07.79</b> 31.30 200m: 2:07.79 32.56	+0,69	691 Q	
10.	MOURA Maria Ferreira 50m: 29.87 29.87 100m: 1:01.90 32.03 150m: 1:34.70	04	Sporting	<b>2:07.82</b> 32.80 200m: 2:07.82 33.12	+0,75	690 Q	
11.	HENRIQUES Ines Jacinto 50m: 29.57 29.57 100m: 1:01.72 32.15 150m: 1:34.67	00	Sporting	<b>2:07.97</b> 32.95 200m: 2:07.97 33.30	+0,72	688 R	
12.	CUNHA Mariana Pacheco 50m: 28.64 28.64 100m: 1:00.32 31.68 150m: 1:33.94	04	Colegio Efanor	<b>2:08.35</b> 33.62 200m: 2:08.35 34.41	+0,66	682 R	
13.	MONTEIRO Ana Catarina 50m: 29.73 29.73 100m: 1:01.96 32.23 150m: 1:35.75	93	Vilacondense	<b>2:08.72</b> 33.79 200m: 2:08.72 32.97	+0,65	676	
14.	PIRES Marta Joao 50m: 29.40 29.40 100m: 1:01.76 32.36 150m: 1:35.13	05	Alges	<b>2:08.75</b> 33.37 200m: 2:08.75 33.62	+0,70	675	
15.	COELHO Maria Leonor 50m: 30.37 30.37 100m: 1:03.70 33.33 150m: 1:36.98	06	Benfica	<b>2:09.86</b> 33.28 200m: 2:09.86 32.88	+0,71	658	

## Prova 33, Femin., 200m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
16.	CARDEAL Beatriz Nunes 50m: 29.76 29.76	04	Academico Viseu	<b>2:10.07</b> 33.89	+0,65	655	33.62
17.	FARIA Leonor Verissimo 50m: 30.23 30.23	06	Nucleo de Pombal	<b>2:10.51</b> 34.17	+0,72	648	32.76
18.	ROSA Mariana Carmo 50m: 30.25 30.25	05	Louzan Natacao/EFAPEL	<b>2:11.37</b> 34.18	+0,53	636	34.26
19.	LOPES Francisca Macedo 50m: 30.36 30.36	05	Vilacondense	<b>2:11.53</b> 33.63	+0,76	633	34.23
20.	FERNANDES Carolina Miranda 50m: 30.30 30.30	05	Galitos/ Bresimar	<b>2:11.95</b> 33.86	+0,67	627	34.46
21.	AMORIM Ines Santos 50m: 30.54 30.54	06	Desportiva de Viana	<b>2:11.96</b> 34.46	+0,77	627	34.37
22.	LOURO Ariana Espirito 50m: 31.02 31.02	05	Gualdim Pais	<b>2:13.22</b> 34.67	+0,70	609	33.54
23.	LOPES Daniela Magalhaes 50m: 30.97 30.97	05	Famalicao	<b>2:15.08</b> 34.74	+0,75	585	35.26
24.	CATALAO Leonor Tavares 50m: 31.36 31.36	06	Sporting	<b>2:15.32</b> 34.84	+0,71	581	34.90
25.	SOARES Miriam Mortagua 50m: 30.78 30.78	06	Galitos/ Bresimar	<b>2:17.21</b> 36.40	+0,73	558	36.57
26.	TEIXEIRA Ines Correia 50m: 31.48 31.48	06	Amadora	<b>2:18.84</b> 35.82	+0,74	538	36.90
27.	JESUS Mariana Teixeira 50m: 31.64 31.64	06	Estarreja	<b>2:23.28</b> 37.97	+0,69	490	37.63
DNS	DURAES Diana Margarida	96	Benfica				

Prova 34 Masc., 400m Livres  
03/04/2022 - 12:05 Juniiores Resultados Elimin

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010
RNS8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11/05/2019
RNS10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10/06/2011

CEJun\_Masc 15 - 18: 4:01.28 / CMJun\_Masc 15 - 18: 3:56.53 / CEPL Abs: 3:49.22 / CMPL Abs: 3:48.15

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>4:03.10</b>	+0,67	741	Q
	50m: 27.93 27.93	150m: 1:29.52 30.99	250m: 2:31.05 30.56	350m: 3:33.09 30.95			
	100m: 58.53 30.60	200m: 2:00.49 30.97	300m: 3:02.14 31.09	400m: 4:03.10 30.01			
2.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:04.44</b>	+0,67	729	Q
	50m: 27.06 27.06	150m: 1:27.68 30.32	250m: 2:29.86 31.24	350m: 3:33.87 32.24			
	100m: 57.36 30.30	200m: 1:58.62 30.94	300m: 3:01.63 31.77	400m: 4:04.44 30.57			
3.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>4:10.39</b>	+0,74	678	R
	50m: 27.88 27.88	150m: 1:30.61 31.87	250m: 2:34.77 32.07	350m: 3:39.03 32.06			
	100m: 58.74 30.86	200m: 2:02.70 32.09	300m: 3:06.97 32.20	400m: 4:10.39 31.36			
4.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>4:13.30</b>	+0,55	655	
	50m: 28.65 28.65	150m: 1:32.12 32.08	250m: 2:37.29 32.72	350m: 3:41.66 31.95			
	100m: 1:00.04 31.39	200m: 2:04.57 32.45	300m: 3:09.71 32.42	400m: 4:13.30 31.64			
5.	CARVALHO Martim Henriques	04	Rio Maior	<b>4:14.35</b>	+0,65	647	
	50m: 28.52 28.52	150m: 1:31.76 32.20	250m: 2:36.60 31.99	350m: 3:41.88 32.61			
	100m: 59.56 31.04	200m: 2:04.61 32.85	300m: 3:09.27 32.67	400m: 4:14.35 32.47			
6.	SILVA Afonso Carvalho	05	Famalicao	<b>4:15.18</b>	+0,61	641	
	50m: 28.61 28.61	150m: 1:32.02 32.27	250m: 2:37.35 33.44	350m: 3:43.19 33.00			
	100m: 59.75 31.14	200m: 2:03.91 31.89	300m: 3:10.19 32.84	400m: 4:15.18 31.99			
7.	SOUSA Joao Maria	05	Braga	<b>4:15.97</b>	+0,69	635	
	50m: 28.84 28.84	150m: 1:32.62 32.29	250m: 2:37.94 32.68	350m: 3:43.68 33.05			
	100m: 1:00.33 31.49	200m: 2:05.26 32.64	300m: 3:10.63 32.69	400m: 4:15.97 32.29			
8.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	<b>4:16.47</b>	+0,68	631	
	50m: 27.72 27.72	150m: 1:30.92 31.85	250m: 2:36.67 32.92	350m: 3:43.64 33.17			
	100m: 59.07 31.35	200m: 2:03.75 32.83	300m: 3:10.47 33.80	400m: 4:16.47 32.83			
9.	APSENIECE Kevins Alexandre	04	Porto	<b>4:17.38</b>	+0,65	625	
	50m: 28.55 28.55	150m: 1:32.60 32.52	250m: 2:38.10 32.99	350m: 3:44.92 33.53			
	100m: 1:00.08 31.53	200m: 2:05.11 32.51	300m: 3:11.39 33.29	400m: 4:17.38 32.46			
10.	GONCALVES Alexandre Ramos	05	Colegio Efanor	<b>4:17.75</b>	+0,63	622	
	50m: 29.08 29.08	150m: 1:32.79 32.29	250m: 2:38.45 32.86	350m: 3:45.11 33.57			
	100m: 1:00.50 31.42	200m: 2:05.59 32.80	300m: 3:11.54 33.09	400m: 4:17.75 32.64			
11.	SIMOES Miguel Costa	04	Uniao Piedense	<b>4:18.71</b>	+0,74	615	
	50m: 28.38 28.38	150m: 1:32.77 32.34	250m: 2:38.90 32.89	350m: 3:45.98 33.21			
	100m: 1:00.43 32.05	200m: 2:06.01 33.24	300m: 3:12.77 33.87	400m: 4:18.71 32.73			
12.	PEREIRA Manuel Angelo	05	Sporting	<b>4:18.84</b>	+0,71	614	
	50m: 29.16 29.16	150m: 1:33.90 32.72	250m: 2:39.77 32.67	350m: 3:45.85 33.12			
	100m: 1:01.18 32.02	200m: 2:07.10 33.20	300m: 3:12.73 32.96	400m: 4:18.84 32.99			

## Prova 34, Masc., 400m Livres, Elimin, Juniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
13.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>4:19.69</b>	+0,75	608	
	50m: 28.99 28.99	150m: 1:33.62 32.69	250m: 2:39.77 33.12	350m: 3:47.01 33.53			
	100m: 1:00.93 31.94	200m: 2:06.65 33.03	300m: 3:13.48 33.71	400m: 4:19.69 32.68			
14.	REIS Rodrigo Miguel	04	Nautico Academico	<b>4:20.48</b>	+0,68	603	
	50m: 28.11 28.11	150m: 1:31.61 32.28	250m: 2:37.14 32.65	350m: 3:45.94 35.07			
	100m: 59.33 31.22	200m: 2:04.49 32.88	300m: 3:10.87 33.73	400m: 4:20.48 34.54			
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				

## Prova 34

## Masc., 400m Livres

## Seniores Resultados Elimin

03/04/2022 - 12:05

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
RNS8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11/05/2019
RNS10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10/06/2011

CEPL Abs: 3:49.22 / CMPL Abs: 3:48.15

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>4:02.52</b>	+0,67	747 Q	
	50m: 27.95 27.95	150m: 1:29.61 31.07	250m: 2:30.92 30.69	350m: 3:32.68 30.81			
	100m: 58.54 30.59	200m: 2:00.23 30.62	300m: 3:01.87 30.95	400m: 4:02.52 29.84			
2.	LOPES Jose Paulo	00	Braga	<b>4:02.78</b>	+0,68	744 Q	
	50m: 27.89 27.89	150m: 1:28.94 30.90	250m: 2:30.45 30.57	350m: 3:32.31 31.19			
	100m: 58.04 30.15	200m: 1:59.88 30.94	300m: 3:01.12 30.67	400m: 4:02.78 30.47			
3.	SANTOS Pedro Miguel	01	Porto	<b>4:04.62</b>	+0,67	728 Q	
	50m: 28.07 28.07	150m: 1:29.09 30.57	250m: 2:30.64 30.70	350m: 3:33.11 31.42			
	100m: 58.52 30.45	200m: 1:59.94 30.85	300m: 3:01.69 31.05	400m: 4:04.62 31.51			
4.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:05.15</b>	+0,69	723 Q	
	50m: 27.61 27.61	150m: 1:28.47 30.83	250m: 2:30.65 31.15	350m: 3:34.04 31.90			
	100m: 57.64 30.03	200m: 1:59.50 31.03	300m: 3:02.14 31.49	400m: 4:05.15 31.11			
5.	VELOSO Tomas Miguel	96	Nautico Academico	<b>4:05.72</b>	+0,64	718 Q	
	50m: 28.18 28.18	150m: 1:29.53 30.92	250m: 2:31.76 30.79	350m: 3:34.81 32.18			
	100m: 58.61 30.43	200m: 2:00.97 31.44	300m: 3:02.63 30.87	400m: 4:05.72 30.91			
6.	AMARAL Francisco Rodriguez	02	Porto	<b>4:05.94</b>	+0,69	716 Q	
	50m: 28.21 28.21	150m: 1:29.73 31.04	250m: 2:31.67 30.95	350m: 3:34.87 32.02			
	100m: 58.69 30.48	200m: 2:00.72 30.99	300m: 3:02.85 31.18	400m: 4:05.94 31.07			
7.	RAMOS Bruno Miguel	97	Belenenses	<b>4:06.27</b>	+0,66	713 Q	
	50m: 27.81 27.81	150m: 1:29.41 31.06	250m: 2:31.24 30.93	350m: 3:34.93 31.95			
	100m: 58.35 30.54	200m: 2:00.31 30.90	300m: 3:02.98 31.74	400m: 4:06.27 31.34			
8.	CARDOSO Diogo Santos	01	Sporting	<b>4:08.35</b>	+0,73	695 Q	
	50m: 28.68 28.68	150m: 1:31.16 31.39	250m: 2:34.24 31.48	350m: 3:37.43 31.39			
	100m: 59.77 31.09	200m: 2:02.76 31.60	300m: 3:06.04 31.80	400m: 4:08.35 30.92			
9.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>4:08.55</b>	+0,75	694 R	
	50m: 28.24 28.24	150m: 1:29.74 31.38	250m: 2:32.71 31.42	350m: 3:37.56 32.86			
	100m: 58.36 30.12	200m: 2:01.29 31.55	300m: 3:04.70 31.99	400m: 4:08.55 30.99			

## Prova 34, Masc., 400m Livres, Elimin, Seniores

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	LOPES Luis Afonso	03	Viver Santarem	<b>4:12.88</b>	+0,71	659	
	50m: 28.73 28.73	150m: 1:31.71 31.57	250m: 2:36.01 32.19	350m: 3:40.85 32.45			
	100m: 1:00.14 31.41	200m: 2:03.82 32.11	300m: 3:08.40 32.39	400m: 4:12.88 32.03			
DNS	MOGNE Igor Araujo	96	Sporting				

## Prova 34 Masc., 400m Livres Absolutos Resultados Elimin

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinquia (FIN)	14/07/2010
RNS8	5:02.78	LINHARES Ruben Daniel	FVCD	Oeiras	11/05/2019
RNS10	4:24.87	GONCALVES Emanuel Luis	CDN	Coimbra	10/06/2011

CEJun\_Masc 15 - 18: 4:01.28 / CMJun\_Masc 15 - 18: 3:56.53 / CEPL Abs: 3:49.22 / CMPL Abs: 3:48.15

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>4:02.52</b>	+0,67	747 Q	
	50m: 27.95 27.95	150m: 1:29.61 31.07	250m: 2:30.92 30.69	350m: 3:32.68 30.81			
	100m: 58.54 30.59	200m: 2:00.23 30.62	300m: 3:01.87 30.95	400m: 4:02.52 29.84			
2.	LOPES Jose Paulo	00	Braga	<b>4:02.78</b>	+0,68	744 Q	
	50m: 27.89 27.89	150m: 1:28.94 30.90	250m: 2:30.45 30.57	350m: 3:32.31 31.19			
	100m: 58.04 30.15	200m: 1:59.88 30.94	300m: 3:01.12 30.67	400m: 4:02.78 30.47			
3.	MARQUES Gustavo Pires	04	Uniao Coimbra	<b>4:03.10</b>	+0,67	741 Q	
	50m: 27.93 27.93	150m: 1:29.52 30.99	250m: 2:31.05 30.56	350m: 3:33.09 30.95			
	100m: 58.53 30.60	200m: 2:00.49 30.97	300m: 3:02.14 31.09	400m: 4:03.10 30.01			
4.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:04.44</b>	+0,67	729 Q	
	50m: 27.06 27.06	150m: 1:27.68 30.32	250m: 2:29.86 31.24	350m: 3:33.87 32.24			
	100m: 57.36 30.30	200m: 1:58.62 30.94	300m: 3:01.63 31.77	400m: 4:04.44 30.57			
5.	SANTOS Pedro Miguel	01	Porto	<b>4:04.62</b>	+0,67	728 Q	
	50m: 28.07 28.07	150m: 1:29.09 30.57	250m: 2:30.64 30.70	350m: 3:33.11 31.42			
	100m: 58.52 30.45	200m: 1:59.94 30.85	300m: 3:01.69 31.05	400m: 4:04.62 31.51			
6.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:05.15</b>	+0,69	723 Q	
	50m: 27.61 27.61	150m: 1:28.47 30.83	250m: 2:30.65 31.15	350m: 3:34.04 31.90			
	100m: 57.64 30.03	200m: 1:59.50 31.03	300m: 3:02.14 31.49	400m: 4:05.15 31.11			
7.	VELOSO Tomas Miguel	96	Nautico Academico	<b>4:05.72</b>	+0,64	718 Q	
	50m: 28.18 28.18	150m: 1:29.53 30.92	250m: 2:31.76 30.79	350m: 3:34.81 32.18			
	100m: 58.61 30.43	200m: 2:00.97 31.44	300m: 3:02.63 30.87	400m: 4:05.72 30.91			
8.	AMARAL Francisco Rodriguez	02	Porto	<b>4:05.94</b>	+0,69	716 Q	
	50m: 28.21 28.21	150m: 1:29.73 31.04	250m: 2:31.67 30.95	350m: 3:34.87 32.02			
	100m: 58.69 30.48	200m: 2:00.72 30.99	300m: 3:02.85 31.18	400m: 4:05.94 31.07			
9.	RAMOS Bruno Miguel	97	Belenenses	<b>4:06.27</b>	+0,66	713 Q	
	50m: 27.81 27.81	150m: 1:29.41 31.06	250m: 2:31.24 30.93	350m: 3:34.93 31.95			
	100m: 58.35 30.54	200m: 2:00.31 30.90	300m: 3:02.98 31.74	400m: 4:06.27 31.34			

## Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts	
10.	CARDOSO Diogo Santos	01	Sporting	<b>4:08.35</b>	+0,73	695	Q	
	50m: 28.68 28.68	150m: 1:31.16 31.39	250m: 2:34.24 31.48	350m: 3:37.43 31.39	100m: 59.77 31.09	200m: 2:02.76 31.60	300m: 3:06.04 31.80	400m: 4:08.35 30.92
11.	RIBEIRO Gustavo Carvalhais	03	Sporting	<b>4:08.55</b>	+0,75	694	R	
	50m: 28.24 28.24	150m: 1:29.74 31.38	250m: 2:32.71 31.42	350m: 3:37.56 32.86	100m: 58.36 30.12	200m: 2:01.29 31.55	300m: 3:04.70 31.99	400m: 4:08.55 30.99
12.	SARREIRA Tomas Amor	05	Nautico Marinha Grande	<b>4:10.39</b>	+0,74	678	R	
	50m: 27.88 27.88	150m: 1:30.61 31.87	250m: 2:34.77 32.07	350m: 3:39.03 32.06	100m: 58.74 30.86	200m: 2:02.70 32.09	300m: 3:06.97 32.20	400m: 4:10.39 31.36
13.	LOPES Luis Afonso	03	Viver Santarem	<b>4:12.88</b>	+0,71	659		
	50m: 28.73 28.73	150m: 1:31.71 31.57	250m: 2:36.01 32.19	350m: 3:40.85 32.45	100m: 1:00.14 31.41	200m: 2:03.82 32.11	300m: 3:08.40 32.39	400m: 4:12.88 32.03
14.	CARDOSO Filipe Santos	04	Gafanha da Encarnacao	<b>4:13.30</b>	+0,55	655		
	50m: 28.65 28.65	150m: 1:32.12 32.08	250m: 2:37.29 32.72	350m: 3:41.66 31.95	100m: 1:00.04 31.39	200m: 2:04.57 32.45	300m: 3:09.71 32.42	400m: 4:13.30 31.64
15.	CARVALHO Martim Henriques	04	Rio Maior	<b>4:14.35</b>	+0,65	647		
	50m: 28.52 28.52	150m: 1:31.76 32.20	250m: 2:36.60 31.99	350m: 3:41.88 32.61	100m: 59.56 31.04	200m: 2:04.61 32.85	300m: 3:09.27 32.67	400m: 4:14.35 32.47
16.	SILVA Afonso Carvalho	05	Famalicao	<b>4:15.18</b>	+0,61	641		
	50m: 28.61 28.61	150m: 1:32.02 32.27	250m: 2:37.35 33.44	350m: 3:43.19 33.00	100m: 59.75 31.14	200m: 2:03.91 31.89	300m: 3:10.19 32.84	400m: 4:15.18 31.99
17.	SOUSA Joao Maria	05	Braga	<b>4:15.97</b>	+0,69	635		
	50m: 28.84 28.84	150m: 1:32.62 32.29	250m: 2:37.94 32.68	350m: 3:43.68 33.05	100m: 1:00.33 31.49	200m: 2:05.26 32.64	300m: 3:10.63 32.69	400m: 4:15.97 32.29
18.	OLIVEIRA Diogo Alexandre	05	Naval do Funchal	<b>4:16.47</b>	+0,68	631		
	50m: 27.72 27.72	150m: 1:30.92 31.85	250m: 2:36.67 32.92	350m: 3:43.64 33.17	100m: 59.07 31.35	200m: 2:03.75 32.83	300m: 3:10.47 33.80	400m: 4:16.47 32.83
19.	APSENEICE Kevins Alexandre	04	Porto	<b>4:17.38</b>	+0,65	625		
	50m: 28.55 28.55	150m: 1:32.60 32.52	250m: 2:38.10 32.99	350m: 3:44.92 33.53	100m: 1:00.08 31.53	200m: 2:05.11 32.51	300m: 3:11.39 33.29	400m: 4:17.38 32.46
20.	GONCALVES Alexandre Ramos	05	Colegio Efanor	<b>4:17.75</b>	+0,63	622		
	50m: 29.08 29.08	150m: 1:32.79 32.29	250m: 2:38.45 32.86	350m: 3:45.11 33.57	100m: 1:00.50 31.42	200m: 2:05.59 32.80	300m: 3:11.54 33.09	400m: 4:17.75 32.64
21.	SIMOES Miguel Costa	04	Uniao Piedense	<b>4:18.71</b>	+0,74	615		
	50m: 28.38 28.38	150m: 1:32.77 32.34	250m: 2:38.90 32.89	350m: 3:45.98 33.21	100m: 1:00.43 32.05	200m: 2:06.01 33.24	300m: 3:12.77 33.87	400m: 4:18.71 32.73
22.	PEREIRA Manuel Angelo	05	Sporting	<b>4:18.84</b>	+0,71	614		
	50m: 29.16 29.16	150m: 1:33.90 32.72	250m: 2:39.77 32.67	350m: 3:45.85 33.12	100m: 1:01.18 32.02	200m: 2:07.10 33.20	300m: 3:12.73 32.96	400m: 4:18.84 32.99
23.	ANSELMO Raul Sousa	05	Bombeiros Ponta Delgada	<b>4:19.69</b>	+0,75	608		
	50m: 28.99 28.99	150m: 1:33.62 32.69	250m: 2:39.77 33.12	350m: 3:47.01 33.53	100m: 1:00.93 31.94	200m: 2:06.65 33.03	300m: 3:13.48 33.71	400m: 4:19.69 32.68
24.	REIS Rodrigo Miguel	04	Nautico Academico	<b>4:20.48</b>	+0,68	603		
	50m: 28.11 28.11	150m: 1:31.61 32.28	250m: 2:37.14 32.65	350m: 3:45.94 35.07	100m: 59.33 31.22	200m: 2:04.49 32.88	300m: 3:10.87 33.73	400m: 4:20.48 34.54

## Prova 34, Masc., 400m Livres, Elimin, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
DNS	CARDOSO Guilherme Maia	05	Columbofila Cantanhedense				
DNS	MOGNE Igor Araujo	96	Sporting				
EXH	CORDEIRO Tomas Coelho	04	Colegio Efanor	<b>4:34.51</b>	+0,75	515	
	50m: 30.39 30.39	150m: 1:38.35 34.78	250m: 2:49.35 35.47	350m: 4:00.91 35.71			
	100m: 1:03.57 33.18	200m: 2:13.88 35.53	300m: 3:25.20 35.85	400m: 4:34.51 33.60			
EXH	CANCELA Diogo Luis	02	Louzan Natacao/EFAPEL	<b>4:45.39</b>	+0,64	458	
	<i>Rec Nac S8</i>						
	50m: 31.96 31.96	150m: 1:44.89 36.55	250m: 2:57.72 36.06	350m: 4:10.44 35.91			
	100m: 1:08.34 36.38	200m: 2:21.66 36.77	300m: 3:34.53 36.81	400m: 4:45.39 34.95			

## 8 - 4ª Jornada - 2ª Sessão - Finais

03/04/2022 - 18:00

### Prova 27

### Femin., 200m Costas

### Absolutos

03/04/2022 - 18:00

Resultados Final

Rec Nac Absoluto	2:15.00	REBELO Camila Rodrigues	ALN	Coimbra	03/04/2022
Rec Nac Sen	2:15.00	REBELO Camila Rodrigues	ALN	Coimbra	03/04/2022
Rec Nac Jun17	2:15.53	FRISCHKNECHT Rita Barros	SAD	Coimbra	02/04/2015
Rec Nac Jun16	2:15.72	REBELO Camila Rodrigues	ALN	Coimbra	07/04/2019

CEJun\_Fem 14 - 17: 2:18.63 / CMJun\_Fem 14 - 17: 2:15.91 / CEPL 15 +: 2:13.00 / CMPL 15 +: 2:11.08

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	REBELO Camila Rodrigues	03	Louzan Natacao/EFAPEL	<b>2:11.18</b>	+0,62	831	
	<i>Rec Nac, Minimos CE PL</i>						
	50m: 31.12 31.12	100m: 1:04.25 33.13	150m: 1:38.27 34.02	200m: 2:11.18 32.91			
2.	MESTRE Catarina Martins	00	Natacao de Lisboa	<b>2:19.47</b>	+0,64	691	
	50m: 31.99 31.99	100m: 1:06.91 34.92	150m: 1:43.29 36.38	200m: 2:19.47 36.18			
3.	RAMOS Ana Rita	02	Porto	<b>2:21.57</b>	+0,66	661	
	50m: 33.26 33.26	100m: 1:09.10 35.84	150m: 1:44.89 35.79	200m: 2:21.57 36.68			
4.	AMADO Maria Lopes	04	Nautico Marinha Grande	<b>2:22.79</b>	+0,66	644	
	50m: 32.85 32.85	100m: 1:08.58 35.73	150m: 1:45.85 37.27	200m: 2:22.79 36.94			
5.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:23.23</b>	+0,70	638	
	50m: 33.62 33.62	100m: 1:09.89 36.27	150m: 1:46.82 36.93	200m: 2:23.23 36.41			
6.	EIRA Maria Carolina	05	Ginasio de Vila Real	<b>2:24.86</b>	+0,72	617	
	50m: 33.12 33.12	100m: 1:09.45 36.33	150m: 1:47.77 38.32	200m: 2:24.86 37.09			
7.	CAMACHO Carolina Martins	06	Uniao Piedense	<b>2:25.96</b>	+0,66	603	
	50m: 33.85 33.85	100m: 1:10.90 37.05	150m: 1:48.12 37.22	200m: 2:25.96 37.84			
8.	REIS Erica Cristina	05	Sporting	<b>2:26.36</b>	+0,46	598	
	50m: 33.91 33.91	100m: 1:11.16 37.25	150m: 1:48.96 37.80	200m: 2:26.36 37.40			
9.	NUNES Sofia Alexandra	00	Laranjeiro	<b>2:27.87</b>	+0,70	580	
	50m: 34.13 34.13	100m: 1:11.17 37.04	150m: 1:49.23 38.06	200m: 2:27.87 38.64			

Splash Meet Manager, 11.72441

Registered to Federacao Portuguesa De Natacao

03/04/2022 19:02 - Página 149

ORGANIZAÇÃO



CÂMARA MUNICIPAL  
COIMBRA

PARCEIROS INSTITUCIONAIS



FORNECEDOR OFICIAL



WATER INSTINCT

PARCEIRO OFICIAL DE NUTRIÇÃO DESPORTIVA  
E ALIMENTAÇÃO FUNCIONAL



PARCEIROS



## Prova 27, Femin., 200m Costas, Final, Absolutos

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
10.	MARQUES Mariana Nunes	03	Estarreja	<b>2:28.25</b>	+0,56	576	
	50m: 33.42 33.42	100m: 1:10.67	37.25	150m: 1:49.62	38.95	200m: 2:28.25	38.63

## Prova 28

## Masc., 200m Costas

## Absolutos

03/04/2022 - 18:05

Resultados Final

Rec Nac Absoluto	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Sen	1:57.06	SANTOS Francisco Rogerio	SCP	Porto	06/06/2021
Rec Nac Jun18	2:00.07	COSTA Joao Nogueira	POR	Budapest (HUN)	25/08/2019
Rec Nac Jun17	2:03.06	OLIVEIRA Pedro Diogo	POR	Budapest (HUN)	15/07/2005

CEJun\_Masc 15 - 18: 2:04.74 / CMJun\_Masc 15 - 18: 2:02.28 / CEPL Abs: 1:59.23 / CMPL Abs: 1:58.07

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SANTOS Francisco Rogerio <i>Minimos CE PL</i>	98	Sporting	<b>1:59.10</b>	+0,61	829	
	50m: 27.48 27.48	100m: 57.23	29.75	150m: 1:28.19	30.96	200m: 1:59.10	30.91
2.	COSTA Joao Nogueira	01	Vitoria Guimaraes	<b>1:59.74</b>	+0,59	816	
	50m: 28.22 28.22	100m: 58.83	30.61	150m: 1:30.22	31.39	200m: 1:59.74	29.52
3.	FERNANDES Joao Diogo	98	Belenenses	<b>2:08.86</b>	+0,63	655	
	50m: 29.55 29.55	100m: 1:01.79	32.24	150m: 1:35.17	33.38	200m: 2:08.86	33.69
4.	SANTOS Ricardo Matias	05	CPFZ - Natacao	<b>2:09.04</b>	+0,74	652	
	50m: 31.03 31.03	100m: 1:03.80	32.77	150m: 1:37.26	33.46	200m: 2:09.04	31.78
5.	CASTRO Duarte Monteiro	03	Porto	<b>2:09.32</b>	+0,65	648	
	50m: 29.95 29.95	100m: 1:02.87	32.92	150m: 1:35.77	32.90	200m: 2:09.32	33.55
6.	PIRES Ricardo Saraiva	98	Laranjeiro	<b>2:10.10</b>	+0,77	636	
	50m: 30.80 30.80	100m: 1:03.61	32.81	150m: 1:37.01	33.40	200m: 2:10.10	33.09
7.	SILVA Gustavo Carvalho	04	Naval Praia da Vitoria	<b>2:10.68</b>	+0,73	628	
	50m: 31.17 31.17	100m: 1:04.87	33.70	150m: 1:37.92	33.05	200m: 2:10.68	32.76
8.	SILVA Diogo Miguel	05	Galitos/ Bresimar	<b>2:11.39</b>	+0,60	618	
	50m: 30.59 30.59	100m: 1:04.01	33.42	150m: 1:37.63	33.62	200m: 2:11.39	33.76
9.	ROCHA Ricardo Filipe	02	Aquatico Pacense	<b>2:14.59</b>	+0,58	575	
	50m: 29.52 29.52	100m: 1:02.02	32.50	150m: 1:36.80	34.78	200m: 2:14.59	37.79
10.	BARAONA Andre Azevedo	04	Natacao do Montijo	<b>2:15.65</b>	+0,55	561	
	50m: 30.00 30.00	100m: 1:03.77	33.77	150m: 1:39.13	35.36	200m: 2:15.65	36.52

Prova 29		Femin., 50m Mariposa				Absolutos
03/04/2022 - 18:05						Resultados Final
Rec Nac Absoluto	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021	
Rec Nac Sen	26.58	GUEDES Ana Margarida	GCVR	Porto	06/06/2021	
Rec Nac Jun17	27.10	CUNHA Mariana Pacheco	POR	Rome (ITA)	09/07/2021	
Rec Nac Jun16	27.99	FERNANDES Carolina Miranda	POR	Rome (ITA)	09/07/2021	
CEPL 15 +: 26.61 / CMPL 15 +: 26.32						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	FERNANDES Carolina Miranda	05	Galitos/ Bresimar	<b>27.53</b>	+0,66	698	
2.	CUNHA Mariana Pacheco	04	Colegio Efanor	<b>27.61</b>	+0,69	692	
3.	RODRIGUES Ana Pinho	94	Desportiva de Viana	<b>27.70</b>	+0,66	686	
4.	GUEDES Ana Margarida	01	Ginasio de Vila Real	<b>28.14</b>	+0,62	654	
5.	LOURO Ariana Espirito	05	Gualdim Pais	<b>28.51</b>	+0,61	629	
6.	ALMEIDA Maria Carolina	05	Galitos/ Bresimar	<b>28.56</b>	+0,65	625	
7.	PEGO Isabel Porfirio	01	Fluvial Portuense	<b>28.66</b>	+0,66	619	
8.	FERREIRA Francisca Santos	06	Alges	<b>28.87</b>	+0,66	605	
9.	TEJO Beatriz Costa	02	Academica de Coimbra	<b>28.88</b>	+0,63	605	
10.	SILVA Leonor Santos	03	Porto	<b>28.90</b>	+0,71	604	

Prova 30		Masc., 50m Mariposa				Absolutos
03/04/2022 - 18:10						Resultados Final
Rec Nac Absoluto	23.69	RIBEIRO Diogo Matos	SLB	Coimbra	03/04/2022	
Rec Nac Sen	23.72	MORGADO Simao Gomes	POR	Malaga (ESP)	05/04/2009	
Rec Nac Jun18	23.69	RIBEIRO Diogo Matos	SLB	Coimbra	03/04/2022	
Rec Nac Jun17	24.09	RIBEIRO Diogo Matos	POR	Rome (ITA)	07/07/2021	
CEPL Abs: 23.57 / CMPL Abs: 23.63						
Pontos: FINA 2022						

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	RIBEIRO Diogo Matos <i>Rec Nac, Minimos CE PL, Minimos CM PL</i>	04	Benfica	<b>23.54</b>	+0,61	846	
2.	NASCIMENTO Miguel Duarte	95	Benfica	<b>23.86</b>	+0,61	813	
3.	SILVA Glauber	86	Foca Quinta da Lixa CNF	<b>24.55</b>	+0,70	746	
4.	SILVA Fernando Souza	86	Naval do Funchal	<b>24.63</b>	+0,67	739	
5.	VAKULYUK Paulo	03	Torres Novas	<b>24.66</b>	+0,67	736	
6.	MARQUES Miguel Henriques	00	Benfica	<b>24.78</b>	+0,63	725	
7.	SANTOS Pedro Andre	94	Alges	<b>25.19</b>	+0,67	690	
8.	GOMES Vicente Oliveira	02	Sporting	<b>25.50</b>	+0,62	666	
9.	FERNANDES Joao Vitor	00	Escola O Liceu	<b>25.55</b>	+0,64	662	
10.	PADRELA Joao Esteves	99	Belenenses	<b>25.66</b>	+0,64	653	

Prova 31	Femin., 200m Bruços				Absolutos
03/04/2022 - 18:10					Resultados Final
Rec Nac Absoluto	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Sen	2:25.67	KAMINSKAYA Victoria	POR	Gwangju (KOR)	25/07/2019
Rec Nac Jun17	2:29.23	PEREIRA Raquel Gomes	SAD	Coimbra	02/04/2017
Rec Nac Jun16	2:29.51	GOMES Diana Duarte	POR	Budapeste (HUN)	15/07/2005

CEJun\_Fem 14 - 17: 2:35.49 / CMJun\_Fem 14 - 17: 2:32.44 / CEPL 15 +: 2:26.79 / CMPL 15 +: 2:25.91

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	PEREIRA Raquel Gomes	00	Benfica	<b>2:28.29</b>	+0,68	822	
	50m: 33.90 33.90	100m: 1:11.13 37.23	150m: 1:49.61 38.48	200m: 2:28.29 38.68			
2.	CERDEIRA Madalena Reis	03	Sporting	<b>2:33.15</b>	+0,76	746	
	50m: 35.09 35.09	100m: 1:13.93 38.84	150m: 1:53.53 39.60	200m: 2:33.15 39.62			
3.	RODRIGUES Lidiana Correia	04	Belenenses	<b>2:35.26</b>	+0,71	716	
	50m: 35.15 35.15	100m: 1:14.30 39.15	150m: 1:54.97 40.67	200m: 2:35.26 40.29			
4.	REBELO Maria Carlota	03	Condeixa Clube	<b>2:38.66</b>	+0,70	671	
	50m: 36.30 36.30	100m: 1:15.88 39.58	150m: 1:57.12 41.24	200m: 2:38.66 41.54			
5.	VEIGA Ana Filipa	01	Gafanha da Encarnacao	<b>2:40.70</b>	+0,79	646	
	50m: 36.92 36.92	100m: 1:17.77 40.85	150m: 1:58.93 41.16	200m: 2:40.70 41.77			
6.	FIAL Sofia Nunes	03	Porto	<b>2:41.52</b>	+0,72	636	
	50m: 36.01 36.01	100m: 1:17.16 41.15	150m: 1:58.77 41.61	200m: 2:41.52 42.75			
7.	SEQUEIRA Catarina Costa	98	Natacao de Lisboa	<b>2:42.22</b>	+0,77	628	
	50m: 36.17 36.17	100m: 1:17.91 41.74	150m: 1:59.82 41.91	200m: 2:42.22 42.40			
8.	MESQUITA Francisca Salvador	02	Sporting	<b>2:43.22</b>	+0,75	616	
	50m: 37.73 37.73	100m: 1:19.07 41.34	150m: 2:01.18 42.11	200m: 2:43.22 42.04			
9.	NUNES Margarida Domingues	05	Sporting	<b>2:47.12</b>	+0,73	574	
	50m: 38.54 38.54	100m: 1:20.54 42.00	150m: 2:03.90 43.36	200m: 2:47.12 43.22			
10.	RIBEIRO Maria Joao	05	Sao Joao Ver	<b>2:48.51</b>	+0,76	560	
	50m: 36.78 36.78	100m: 1:19.79 43.01	150m: 2:03.72 43.93	200m: 2:48.51 44.79			

Prova 32	Masc., 200m Bruços				Absolutos
03/04/2022 - 18:15					Resultados Final
Rec Nac Absoluto	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Sen	2:13.21	ALMEIDA Carlos Esteves	POR	Barcelona (ESP)	01/08/2013
Rec Nac Jun18	2:15.99	SILVA Andre Miguel	PDEM	Faro	20/07/2009
Rec Nac Jun17	2:19.00	SANTOS Andre Goncalo	LSC	Oeiras	26/07/2014
CEJun_Masc 15 - 18: 2:19.25 / CMJun_Masc 15 - 18: 2:16.51 / CEPL Abs: 2:12.13 / CMPL Abs: 2:10.32					
Pontos: FINA 2022					

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	SIMOES Rafael Gomes	00	Braga	<b>2:17.85</b>	+0,71	765	
	50m: 30.93 30.93	100m: 1:06.19 35.26	150m: 1:42.50 36.31	200m: 2:17.85 35.35			
2.	MENDES Antonio Manuel	99	Sporting	<b>2:19.90</b>	+0,68	732	
	50m: 31.37 31.37	100m: 1:06.07 34.70	150m: 1:42.46 36.39	200m: 2:19.90 37.44			
3.	CABRITO Rodrigo Almeida	01	Belenenses	<b>2:23.63</b>	+0,64	677	
	50m: 32.32 32.32	100m: 1:08.17 35.85	150m: 1:45.42 37.25	200m: 2:23.63 38.21			
4.	PON Hugo	98	Alges	<b>2:23.69</b>	+0,63	676	
	50m: 32.25 32.25	100m: 1:08.52 36.27	150m: 1:45.26 36.74	200m: 2:23.69 38.43			
5.	SILVA Tomas Antonio	01	Porto	<b>2:24.97</b>	+0,63	658	
	50m: 32.29 32.29	100m: 1:09.39 37.10	150m: 1:45.97 36.58	200m: 2:24.97 39.00			
6.	MERUJE Joaquim Agra	01	Uniao Coimbra	<b>2:25.31</b>	+0,69	653	
	50m: 32.66 32.66	100m: 1:09.43 36.77	150m: 1:46.95 37.52	200m: 2:25.31 38.36			
7.	REBELO Joao Lourenco	04	Alges	<b>2:25.76</b>	+0,60	647	
	50m: 32.52 32.52	100m: 1:09.82 37.30	150m: 1:47.30 37.48	200m: 2:25.76 38.46			
8.	CARVALHO Goncalo Duarte	05	Benfica	<b>2:26.19</b>	+0,67	642	
	50m: 33.66 33.66	100m: 1:11.79 38.13	150m: 1:50.14 38.35	200m: 2:26.19 36.05			
9.	PEREIRA Tiago Maia	04	Galitos/ Bresimar	<b>2:29.46</b>	+0,70	600	
	50m: 34.01 34.01	100m: 1:12.00 37.99	150m: 1:50.58 38.58	200m: 2:29.46 38.88			
10.	RIBEIRO Afonso Mateus	95	Belenenses	<b>2:31.99</b>	+0,64	571	
	50m: 33.94 33.94	100m: 1:12.01 38.07	150m: 1:50.80 38.79	200m: 2:31.99 41.19			

Prova 33	Femin., 200m Livres					Absolutos
03/04/2022 - 18:35						Resultados Final
Rec Nac Absoluto	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017	
Rec Nac Sen	2:01.48	DURAES Diana Margarida	POR	Budapeste (HUN)	25/07/2017	
Rec Nac Jun17	2:03.11	MARTINS Francisca Soares	POR	Loule	16/08/2020	
Rec Nac Jun16	2:02.89	SOUSA Ana Reis	POR	Helsinki (FIN)	06/07/2018	
CEJun_Fem 14 - 17: 2:04.90 / CMJun_Fem 14 - 17: 2:02.45 / CEPL 15 +: 1:59.61 / CMPL 15 +: 1:58.66						

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	MARTINS Francisca Soares	03	Foca Quinta da Lixa CNF	<b>2:01.85</b>	+0,63	797	
	50m: 28.86 28.86	100m: 59.54 30.68	150m: 1:31.04	31.50	200m: 2:01.85	30.81	
2.	ANDRE Leticia Maia	02	Benfica	<b>2:02.65</b>	+0,68	781	
	50m: 28.79 28.79	100m: 59.82 31.03	150m: 1:31.53	31.71	200m: 2:02.65	31.12	
3.	HOLUB Tamila Hryhorivna	99	Braga	<b>2:02.97</b>	+0,73	775	
	50m: 28.91 28.91	100m: 1:00.03 31.12	150m: 1:31.41	31.38	200m: 2:02.97	31.56	
4.	CONCEICAO Ema Jeronimo	03	Fisica Torres Vedras	<b>2:05.43</b>	+0,77	730	
	50m: 29.22 29.22	100m: 1:00.43 31.21	150m: 1:32.84	32.41	200m: 2:05.43	32.59	
5.	FRISCHKNECHT Rita Barros	98	Sporting	<b>2:05.66</b>	+0,71	726	
	50m: 29.15 29.15	100m: 1:00.72 31.57	150m: 1:33.63	32.91	200m: 2:05.66	32.03	
6.	MOURA Maria Ferreira	04	Sporting	<b>2:07.25</b>	+0,80	699	
	50m: 30.05 30.05	100m: 1:02.32 32.27	150m: 1:34.61	32.29	200m: 2:07.25	32.64	
7.	CARDEAL Joana Nunes	02	Academico Viseu	<b>2:07.32</b>	+0,75	698	
	50m: 29.36 29.36	100m: 1:01.16 31.80	150m: 1:33.98	32.82	200m: 2:07.32	33.34	
8.	RAMOS Ana Rita	02	Porto	<b>2:07.45</b>	+0,76	696	
	50m: 29.84 29.84	100m: 1:01.98 32.14	150m: 1:34.48	32.50	200m: 2:07.45	32.97	
9.	FOMINA Anna	02	Louletano/Loule Concelho	<b>2:07.66</b>	+0,76	693	
	50m: 29.84 29.84	100m: 1:01.73 31.89	150m: 1:34.90	33.17	200m: 2:07.66	32.76	
10.	PINTO Mafalda Marques	02	Sporting	<b>2:08.18</b>	+0,69	684	
	50m: 30.68 30.68	100m: 1:03.94 33.26	150m: 1:36.58	32.64	200m: 2:08.18	31.60	

Prova 34 Absolutos  
03/04/2022 - 18:40 Resultados Final  
Masc., 400m Livres

Rec Nac Absoluto	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Sen	3:50.56	LOPES Jose Paulo	POR	Barcelona (ESP)	06/06/2021
Rec Nac Jun18	3:53.79	LOPES Jose Paulo	SCB	Oeiras	28/07/2018
Rec Nac Jun17	3:57.15	SANTA Gustavo Manuel	POR	Helsinki (FIN)	14/07/2010

CEJun\_Masc 15 - 18: 4:01.28 / CMJun\_Masc 15 - 18: 3:56.53 / CEPL Abs: 3:49.22 / CMPL Abs: 3:48.15

Pontos: FINA 2022

Lugar	Nome	Ano	Clube	Tempo Final	TReac	Pts FINA	Pts
1.	VELOSO Tomas Miguel	96	Nautico Academico	<b>4:00.61</b>	+0,64	765	
	50m: 27.59 27.59	150m: 1:28.41 30.90	250m: 2:30.33 30.92	350m: 3:31.47 30.33	400m: 4:00.61 29.14		
	100m: 57.51 29.92	200m: 1:59.41 31.00	300m: 3:01.14 30.81				
2.	LOPES Tomas Teixeira	02	Vitoria Guimaraes	<b>4:00.66</b>	+0,64	764	
	50m: 27.45 27.45	150m: 1:28.46 30.81	250m: 2:30.81 31.18	350m: 3:31.72 30.10	400m: 4:00.66 28.94		
	100m: 57.65 30.20	200m: 1:59.63 31.17	300m: 3:01.62 30.81				
3.	MARQUES Gustavo Pires <i>Minimos CE Jun</i>	04	Uniao Coimbra	<b>4:01.04</b>	+0,64	761	
	50m: 27.51 27.51	150m: 1:28.38 30.71	250m: 2:30.06 30.73	350m: 3:31.73 30.77	400m: 4:01.04 29.31		
	100m: 57.67 30.16	200m: 1:59.33 30.95	300m: 3:00.96 30.90				
4.	LOPES Jose Paulo	00	Braga	<b>4:01.28</b>	+0,67	758	
	50m: 27.54 27.54	150m: 1:28.03 30.62	250m: 2:30.31 31.04	350m: 3:31.20 30.51	400m: 4:01.28 30.08		
	100m: 57.41 29.87	200m: 1:59.27 31.24	300m: 3:00.69 30.38				
5.	ALMEIDA Bernardo Victorino	04	Sporting	<b>4:02.97</b>	+0,65	743	
	50m: 27.45 27.45	150m: 1:28.34 30.46	250m: 2:30.74 31.29	350m: 3:33.08 31.09	400m: 4:02.97 29.89		
	100m: 57.88 30.43	200m: 1:59.45 31.11	300m: 3:01.99 31.25				
6.	SANTOS Pedro Miguel	01	Porto	<b>4:03.69</b>	+0,68	736	
	50m: 27.69 27.69	150m: 1:28.37 30.66	250m: 2:30.31 31.04	350m: 3:31.89 31.25	400m: 4:03.69 31.80		
	100m: 57.71 30.02	200m: 1:59.27 30.90	300m: 3:00.64 30.33				
7.	AMARAL Francisco Rodriguez	02	Porto	<b>4:04.19</b>	+0,69	731	
	50m: 27.78 27.78	150m: 1:28.76 30.84	250m: 2:30.97 31.06	350m: 3:33.28 31.11	400m: 4:04.19 30.91		
	100m: 57.92 30.14	200m: 1:59.91 31.15	300m: 3:02.17 31.20				
8.	RAMOS Bruno Miguel	97	Belenenses	<b>4:04.35</b>	+0,63	730	
	50m: 27.53 27.53	150m: 1:28.36 30.93	250m: 2:30.55 31.15	350m: 3:33.34 31.44	400m: 4:04.35 31.01		
	100m: 57.43 29.90	200m: 1:59.40 31.04	300m: 3:01.90 31.35				
9.	CARDOSO Diogo Santos	01	Sporting	<b>4:07.01</b>	+0,74	707	
	50m: 28.85 28.85	150m: 1:31.09 30.97	250m: 2:33.78 31.00	350m: 3:36.46 30.76	400m: 4:07.01 30.55		
	100m: 1:00.12 31.27	200m: 2:02.78 31.69	300m: 3:05.70 31.92				
10.	BASTOS Lucas Pereira	00	Nautico Academico	<b>4:07.46</b>	+0,71	703	
	50m: 27.45 27.45	150m: 1:27.99 30.73	250m: 2:30.75 31.37	350m: 3:35.07 32.26	400m: 4:07.46 32.39		
	100m: 57.26 29.81	200m: 1:59.38 31.39	300m: 3:02.81 32.06				