

Prova 1 Absolutos
 22.10.16 Lista inscritos

Rec	Tempo	Clube	Associação	Local	Ano
Rec Nacional Jun	1:46.86	Sporting Clube de Portugal	SCP	Leiria	2009
Rec Nacional Sen	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Absoluto	1:43.49	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009

Ord. Categ. NºLic. Clube Tempo Inscr.

Absolutos

1	Laranjeiro	Abs		Clube Instrucao Laranjeiro	1:53.79
2	Benfica	Abs		Benfica	1:54.17
3	Naval Amorense	Abs		Naval Amorense	2:01.00
4	Amadora	Abs		Amadora	2:04.00
5	União Piedense	Abs		União Piedense	2:04.00
6	Naval Setubalense	Abs		Naval Setubalense	2:04.70
7	Montijo	Abs		C N Montijo	2:05.00
8	Nacional Natação	Abs		Nacional Natação	2:10.41
9	Física Torres Vedras	Abs		Física Torres Vedras	2:20.00
10	Palmela Desporto	Abs		Palmela Desporto	NT

Prova 2 Absolutos
 22.10.16 Lista inscritos

Rec	Tempo	Clube	Associação	Local	Ano
Rec Regional Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sor	2009
Rec Regional Juv A	50.82	Tiago André Venâncio	CNS	Braga	2003
Rec Regional Jun 1	49.87	Tiago Andre Venancio	CNS		2004
Rec Regional Jun 2	48.38	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Sen	47.99	Tiago Andre Venancio	CNS	Berlin (GER)	2011
Rec Regional Absoluto	47.99	Tiago Andre Venancio	CNS	Berlin (GER)	2011
Rec Nacional Juv B	52.59	Diogo Gomes Sousa	CNCVG	Ponte de Sôr	2009
Rec Nacional Juv A	50.82	Tiago Andre Venancio	CNS	Braga	2003
Rec Nacional Jun 1	49.87	Tiago Andre Venancio	CNS		2004
Rec Nacional Jun 2	48.38	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Nacional Sen	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	2009
Rec Nacional Absoluto	47.64	Alexandre Escudier Agostinho	FPN	Istambul (TUR)	2009

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord. Nome Nadador Ano Categ. Lic.Nr Clube Tempo Data Local T.Conv.

Juvenis B

1	Rafael Rodrigues Jacinto	02	Juv B	129002	CFB	58.72 L	14.5.16	Vila Franca de Xira (POR)	57.54
2	Pedro Alves Martinho	02	Juv B	129482	AHBE	59.51 S	19.3.16	Tomar (POR)	59.51
3	Joao Miguel Martins	02	Juv B	127267	CFB	1:02.39 S	8.5.16	Pinhal Novo (POR)	1:02.39
4	Pedro Miguel Pinto	02	Juv B	129924	AEFDTV	1:02.53 S	8.5.16	Pinhal Novo (POR)	1:02.53
5	Claudio Bularo Freitas	02	Juv B	153426	CPCD	1:03.97 L	1.7.16	Setubal (POR)	1:02.69
6	Alfredo Miguel Carvalho	02	Juv B	201545	GESL	1:04.42 L	14.5.16	Vila Franca de Xira (POR)	1:03.13
7	Diogo Garcez Mateus	02	Juv B	129622	AONDA	1:04.54 L	14.5.16	Vila Franca de Xira (POR)	1:03.24
8	Joao Garcez Mateus	02	Juv B	129623	AONDA	1:04.96 L	1.7.16	Setubal (POR)	1:03.66
9	Gonçalo Francisco Neves	02	Juv B	126866	AHBE	1:04.02 S	6.3.16	Alapraia (POR)	1:04.02
10	Ruan Lage Tigre	02	Juv B	121281	SFUAP	1:05.81 L	1.7.16	Setubal (POR)	1:04.49
11	Vasco Camacho Ramos	02	Juv B	201622	CNS	1:08.27 L	14.5.16	Vila Franca de Xira (POR)	1:06.90
12	Nuno Xavier Cardoso	02	Juv B	126879	PDEM	1:08.60 L	14.5.16	Vila Franca de Xira (POR)	1:07.22
13	Pedro Picoto Garcia	02	Juv B	129958	AHBE	1:07.47 S	10.4.16	Coruche (POR)	1:07.47
14	Pedro Miguel Silva	02	Juv B	200915	PDEM	1:08.09 S	10.4.16	Coruche (POR)	1:08.09
15	Diogo Rogado Guerreiro	02	Juv B	122046	AONDA	1:08.79 S	6.3.16	Alapraia (POR)	1:08.79
16	Simao Castro Barreto	02	Juv B	132474	SLB	1:11.47 L	1.7.16	Setubal (POR)	1:10.04
17	Joao Dias Quitarrio	02	Juv B	147113	CNA	1:11.64 S	21.2.16	S. Antonio Cavaleiros (POR)	1:11.64
18	Guilherme Alexandre Solposto	02	Juv B	127489	AONDA	1:13.34 L	14.5.16	Vila Franca de Xira (POR)	1:11.87
19	Guilherme Neto Ferreira	02	Juv B	131405	AHBE	1:15.37 S	18.6.16	Alges (POR)	1:15.37
20	Diogo Miguel Esteves	02	Juv B	129054	CNS	1:16.54 S	14.2.16	Lisboa (POR)	1:16.54
21	Guilherme Pina Saial	02	Juv B	129921	CIRL	1:18.81 S	17.4.16	Entroncamento (POR)	1:18.81
22	Tomás Santos Fernandes	02	Juv B	128807	AEFDTV	1:19.00			1:19.00
23	Nuno Antunes Silva	02	Juv B		AEFDTV	1:19.00			1:19.00
24	Francisco Matos Azevedo	02	Juv B	202510	CFB	1:19.00			1:19.00
25	Fernando Manuel Garcia	02	Juv B	153285	CFB	1:19.00			1:19.00

Prova 2, Masc., 100m Livres

26	Afonso Abeijon Abreu	02	Juv B	200410	CNN	1:19.00	1:19.00
27	Goncalo Nolasco Fernandes	02	Juv B	124428	CNN	1:19.00	1:19.00
28	Diogo Sousa Pinto	02	Juv B	129221	COL	1:19.00	1:19.00
29	Rodrigo Gomes Gamito	02	Juv B	130850	PDEM	1:19.00	1:19.00

Juvenis A

1	Rafael Alcantara Aires	01	Juv A	125130	SFUAP	55.20 L	24.7.16	Oeiras (POR)	54.09
2	Gonçalo Carvalho Ferrao	01	Juv A	127233	ANAM	55.48 L	24.7.16	Oeiras (POR)	54.37
3	David Matias Cristino	01	Juv A	127872	SFUAP	56.90 L	11.3.16	Oeiras (POR)	55.76
4	Diogo Alexandre Araujo	01	Juv A	122109	ESJB	56.01 S	8.5.16	Pinhal Novo (POR)	56.01
5	Vasco Pulquerio Marques	01	Juv A	122037	GDSE	57.34 S	10.4.16	Coruche (POR)	57.34
6	Edgar Filipe Santos	01	Juv A	127750	SFUAP	58.61 L	24.7.16	Oeiras (POR)	57.43
7	Bernardo Silva Felix	01	Juv A	129061	PDEM	1:00.02 L	28.2.16	Vila Franca de Xira (POR)	58.82
8	Tiago Maria Camoens	01	Juv A	121851	SFUAP	1:00.09 L	14.5.16	Vila Franca de Xira (POR)	58.88
9	Ricardo Martins Bras	01	Juv A	121508	CFB	59.10 S	8.5.16	Pinhal Novo (POR)	59.10
10	Rodrigo Almeida Cabrito	01	Juv A	121510	CFB	59.72 S	8.5.16	Pinhal Novo (POR)	59.72
11	Carlos Filipe Lopes	01	Juv A	127265	SFUAP	1:00.66 S	8.5.16	Pinhal Novo (POR)	1:00.66
12	Ricardo Correia Teixeira	01	Juv A	130134	CFB	1:01.17 S	8.5.16	Pinhal Novo (POR)	1:01.17
13	Tomás Carvalho Bravo	01	Juv A	132535	CNA	1:01.23 S	21.2.16	S. Antonio Cavaleiros (POR)	1:01.23
14	Filipe Ferrão Melo	01	Juv A	200171	CNS	1:02.30 S	8.5.16	Pinhal Novo (POR)	1:02.30
15	Maxim Petrea	01	Juv A	122054	SFUAP	1:08.94 S	24.10.15	Setubal (POR)	1:08.94
16	Claudio Filipe Pedroso	01	Juv A	126292	AHBE	1:09.00			1:09.00
17	Mariana Martins Alvarez	01	Juv A		CNCVG	1:09.00			1:09.00
18	Tomas Silvestre Almeida	01	Juv A	126471	CNA	1:13.42 S	21.2.16	S. Antonio Cavaleiros (POR)	1:13.42

Juniores

1	Jose Tomas Simeao	00	Jun	119420	CIRL	54.62 L	11.3.16	Oeiras (POR)	53.52
2	Jaime Daniel Correia	99	Jun	111346	ESJB	54.65 L	24.7.16	Oeiras (POR)	53.55
3	João Fernandes Garcia	00	Jun	130054	AEULCCD	55.11 L	24.7.16	Oeiras (POR)	54.00
4	Joao Daniel Machado	99	Jun	109714	SFUAP	54.60 S	13.12.15	Porto (POR)	54.60
5	João Pedro Silva	00	Jun	121616	SFUAP	55.75 L	19.12.15	Coimbra (POR)	54.63
6	Ricardo Nuno Estevens	99	Jun	121159	CIRL	55.89 L	28.2.16	Vila Franca de Xira (POR)	54.77
7	Miguel Henriques Marques	00	Jun	120530	SFUAP	56.60 L	24.7.16	Oeiras (POR)	55.46
8	Joao Esteves Padrela	99	Jun	119137	CFB	57.25 L	10.6.16	Vila Franca de Xira (POR)	56.10
9	Daniel Nogueira Catalao	00	Jun	127075	SFUAP	56.48 S	5.12.15	Setubal (POR)	56.48
10	Diogo Monteiro Sousa	00	Jun	118406	CNS	57.68 L	14.5.16	Vila Franca de Xira (POR)	56.52
11	Rodrigo Costa Teixeira	99	Jun	108410	CIRL	57.72 L	6.2.16	Oeiras (POR)	56.56
12	Diogo Picanco Martins	99	Jun	117943	SLB	57.26 S	8.11.15	Cova da Piedade (POR)	57.26
13	Simão Correia Ricardo	00	Jun	121405	CNS	57.30 S	8.5.16	Pinhal Novo (POR)	57.30
14	Vicente Morgado Ventoso	00	Jun	126466	CFB	57.34 S	20.11.15	Alges (POR)	57.34
15	Daniel Alexandre Filipe	00	Jun	120475	CNN	57.39 S	18.6.16	Alges (POR)	57.39
16	Tomas Silva Coxixo	99	Jun	118387	PDEM	58.75 L	3.7.16	Setubal (POR)	57.57
17	Guilherme Maria Matos	00	Jun	117944	CFB	58.77 L	18.6.16	Rio Maior (POR)	57.59
18	Tiago Miguel Silvestre	00	Jun	122110	SLB	57.64 S	6.12.15	Setubal (POR)	57.64
19	Leandro Rosa Fernandes	99	Jun	153431	CPCD	58.83 L	3.7.16	Setubal (POR)	57.65
20	Bernardo Antunes Augusto	00	Jun	122518	CIRL	57.66 S	6.12.15	Setubal (POR)	57.66
21	Ricardo Mendes Bras	99	Jun	131031	CNMJ	58.18 S	10.4.16	Coruche (POR)	58.18
22	Rafael Cruz Margarido	99	Jun	129965	CNS	58.64 S	10.4.16	Coruche (POR)	58.64
23	Miguel Duarte Cruz	99	Jun	125797	CFB	59.94 L	19.6.16	Povoa de Varzim (POR)	58.74
24	Martim Ferreira Fonseca	99	Jun	128555	CNN	59.02 S	18.6.16	Alges (POR)	59.02
25	Daniel Banhudo Lemos	99	Jun	121960	CIRL	59.11 S	17.4.16	Entroncamento (POR)	59.11
26	Pedro Henriques Marques	00	Jun	120529	SFUAP	59.25 S	20.11.15	Alges (POR)	59.25
27	Simão Wellenkemp Carvalho	99	Jun	132063	AEULCCD	59.30 S	24.10.15	Setubal (POR)	59.30
28	Diogo Puidival Marques	00	Jun	122045	ANAM	59.44 S	24.10.15	Setubal (POR)	59.44
29	Rodrigo Benavente	00	Jun	122962	AONDA	59.79 S	20.11.15	Alges (POR)	59.79
30	Diogo Alexandre Santos	00	Jun	116590	CNMJ	1:00.05 S	10.4.16	Coruche (POR)	1:00.05
31	Filipe Alexandre Silva	99	Jun	122940	SFUAP	1:00.12 S	24.10.15	Setubal (POR)	1:00.12
32	Tiago Filipe Freitas	99	Jun	111281	SFUAP	1:00.53 S	13.2.16	Caldas da Rainha (POR)	1:00.53
33	Vasco Manuel Reis	00	Jun	129145	CNA	1:01.76 S	24.10.15	Setubal (POR)	1:01.76
34	Diogo Filipe Reis	99	Jun	132405	CIRL	1:04.38 S	24.10.15	Setubal (POR)	1:04.38
35	Antonio Maria Ferreira	00	Jun	128468	PDEM	1:05.19 S	8.5.16	Pinhal Novo (POR)	1:05.19
36	Miguel Alexandre Canhao	99	Jun	111336	CIRL	1:05.55 S	24.10.15	Setubal (POR)	1:05.55
37	Guilherme Alexandre Carrapito	00	Jun	120182	CIRL	1:06.00			1:06.00
38	Rafael Goncalves Sousa	99	Jun	153436	CPCD	1:06.00			1:06.00
39	Renato Gomes Gamito	99	Jun	127502	PDEM	1:09.26 S	24.10.15	Setubal (POR)	1:09.26

Prova 2, Masc., 100m Livres

Seniores

1	Frederico Sucena Riachos	98	Sen	121637	ESJB	51.49 S	11.12.15	Porto (POR)	51.49
2	David Granja Lopes	90	Sen	22490	PDEM	53.10 S	20.11.15	Alges (POR)	53.10
3	Fabio Alcantara Aires	97	Sen	104252	SFUAP	54.32 L	6.2.16	Oeiras (POR)	53.23
4	Joao Carlos Santos	96	Sen	104253	SFUAP	54.34 L	20.12.15	Coimbra (POR)	53.25
5	Guilherme Miguel Teixeira	97	Sen	105091	SLB	53.86 S	20.11.15	Alges (POR)	53.86
6	Afonso Calais Queiroga	98	Sen	112311	SFUAP	54.98 L	22.7.16	Oeiras (POR)	53.88
7	Rafael Lourenco Gil	96	Sen	105234	SLB	53.95 S	20.11.15	Alges (POR)	53.95
8	Frederico Sousa Soares	96	Sen	104260	AHBE	55.14 L	20.12.15	Coimbra (POR)	54.03
9	Ricardo Saraiva Pires	98	Sen	107651	CIRL	55.72 L	10.6.16	Vila Franca de Xira (POR)	54.60
10	Joao Mota Correia	97	Sen	102308	SLB	54.64 S	14.11.15	Caldas da Rainha (POR)	54.64
11	Diogo Gomes Sousa	95	Sen	25455	ESJB	55.93 L	6.2.16	Oeiras (POR)	54.81
12	Andre Rafael Marinho	93	Sen	10643	SFUAP	54.87 S	20.11.15	Alges (POR)	54.87
13	Nuno Miguel Rola	83	Sen	11949	ESJB	54.99 S	8.11.15	Vila Real St. Antonio (POR)	54.99
14	Tiago Carlos Santos	98	Sen	121330	SFUAP	56.26 L	10.6.16	Vila Franca de Xira (POR)	55.13
15	Leonardo Rochinha Pedro	98	Sen	111381	AHBE	56.41 L	19.12.15	Coimbra (POR)	55.28
16	Luis Maria Rosa	91	Sen	25532	CNA	55.85 S	30.1.16	Tomar (POR)	55.85
17	Ricardo Basilio Marreiros	97	Sen	107317	CIRL	55.99 S	1.11.15	Portimao (POR)	55.99
18	Eduardo Garcia Guia	98	Sen	126881	PDEM	57.33 L	29.5.16	Coimbra (POR)	56.18
19	Ivo Manuel Reis	93	Sen	129149	CNA	56.23 S	20.11.15	Alges (POR)	56.23
20	Ruben André Leitão	98	Sen	122265	AONDA	57.42 L	28.2.16	Vila Franca de Xira (POR)	56.27
21	Jose Pedro Rosario	96	Sen	128021	ANAM	57.42 L	3.7.16	Setubal (POR)	56.27
22	Jose Paula Carvalho	98	Sen	111450	SFUAP	56.28 S	24.10.15	Setubal (POR)	56.28
23	Diogo Rodrigues Freitas	98	Sen	107680	SFUAP	56.31 S	24.10.15	Setubal (POR)	56.31
24	Pedro Dordio Carreiro	97	Sen	120560	GESL	56.59 S	21.2.16	S. Antonio Cavaleiros (POR)	56.59
25	Luis Miguel Silva	94	Sen	25620	PDEM	57.88 L	10.6.16	Vila Franca de Xira (POR)	56.72
26	Francisco Miguel Costa	96	Sen	129975	CNA	56.82 S	20.11.15	Alges (POR)	56.82
27	Bruno Miguel Franco	90	Sen	11107	CIRL	58.38 L	28.2.16	Vila Franca de Xira (POR)	57.21
28	Rafael Filipe Nunes	96	Sen	108344	SLB	57.27 S	8.11.15	Cova da Piedade (POR)	57.27
29	André Filipe Magalhães	98	Sen	111394	AONDA	58.80 L	10.6.16	Vila Franca de Xira (POR)	57.62
30	João Paulo Magalhaes	95	Sen	103578	AONDA	57.96 S	24.10.15	Setubal (POR)	57.96
31	Goncalo Maria Matos	95	Sen	117938	CFB	58.16 S	24.10.15	Setubal (POR)	58.16
32	Miguel Dordio Carreiro	97	Sen	117307	GESL	58.54 S	18.6.16	Alges (POR)	58.54
33	Francisco Madruga Silva	98	Sen	129151	CNA	58.66 S	20.11.15	Alges (POR)	58.66
34	Edgar Silva Godinho	95	Sen	111201	CIRL	1:00.19 L	28.2.16	Vila Franca de Xira (POR)	58.98
35	Vitor Diogo Paulino	98	Sen	112303	PDEM	1:00.39 L	3.7.16	Setubal (POR)	59.18
36	Bruno Rafael Meireles	96	Sen	100245	CIRL	59.26 S	20.11.15	Alges (POR)	59.26
37	Joao Francisco Duarte	96	Sen	129150	CNA	59.69 S	20.11.15	Alges (POR)	59.69
38	Pedro Silva Vaz	98	Sen	111379	AHBE	59.78 S	13.2.16	Caldas da Rainha (POR)	59.78
39	Ricardo Andrade Belezas	91	Sen	132918	CNA	59.95 S	30.1.16	Tomar (POR)	59.95
40	Tiago Rafael Martins	97	Sen	111267	CNN	59.98 S	18.10.15	Lisboa (POR)	59.98
41	Ruben Miguel Caldas	94	Sen	153440	CPCD	1:05.31 L	10.6.16	Vila Franca de Xira (POR)	1:04.00
42	Joao Luis Sousa	97	Sen	200147	CPCD	1:05.71 S	24.10.15	Setubal (POR)	1:05.71
43	Jose Paulo Pinto	95	Sen	25627	AONDA	1:06.00			1:06.00
44	Luis Henrique Ferreira	97	Sen	103577	AONDA	1:06.00			1:06.00
45	Daniel Rochinha Pedro	98	Sen	111389	AHBE	1:06.00			1:06.00
46	Joao Teixeira Barreto	91	Sen	24991	CNA	1:06.00			1:06.00
47	Pedro Miguel Quaresma	94	Sen	129215	AEULCCD	1:06.00			1:06.00
48	Filipe Gomes Costa	94	Sen	26791	PDEM	1:06.00			1:06.00
49	Bruno Miguel Martins	93	Sen	26891	GESL	1:06.00			1:06.00

Prova 3
22.10.16

Femin., 200m Estilos

Absolutos
Lista inscritos

Rec Regional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Regional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Regional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Regional Jun 2	2:18.85	Diana Duarte Gomes	INDANL	Pinhal Novo	2006
Rec Regional Sen	2:12.37	Victoria Kaminskaya	ESJB	Netanya (ISR)	2015
Rec Regional Absoluto	2:12.37	Victoria Kaminskaya	ESJB	Netanya (ISR)	2015
Rec Nacional Juv B	2:20.93	Susana Patricia Miguel	SFUAP	Penafiel	2004
Rec Nacional Juv A	2:18.59	Catarina Tiago Nunes	SFUAP	S. Antonio Cavaleiros	2009
Rec Nacional Jun 1	2:14.94	Maria Carolina Rosa	SCP	S. António Cavaleiros	2009
Rec Nacional Jun 2	2:16.62	Victoria Kaminskaya	FPN	Uster (SUI)	2012
Rec Nacional Sen	2:12.37	Victoria Kaminskaya	ESJB	Netanya (ISR)	2015
Rec Nacional Absoluto	2:12.37	Victoria Kaminskaya	ESJB	Netanya (ISR)	2015

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Juvenis B								
1	Joana Ribeiro Martins	03	Juv B	129164	SLB	2:35.88 L	15.5.16 Vila Franca de Xira (POR)	2:32.76
2	Daniela Mascarenhas Henriques	03	Juv B	128827	GESL	2:42.81 L	15.5.16 Vila Franca de Xira (POR)	2:39.55
3	Margarida Mota Silva	03	Juv B	122224	PDEM	2:42.29 S	23.1.16 Setubal (POR)	2:42.29
4	Beatriz Picanço Martins	03	Juv B	127247	SLB	2:47.09 L	3.7.16 Setubal (POR)	2:43.74
5	Margarida Teixeira Moreira	03	Juv B	127698	CFB	2:47.31 L	3.7.16 Setubal (POR)	2:43.96
6	Ema Jerónimo Conceição	03	Juv B	129812	AEFDTV	2:47.89 L	15.5.16 Vila Franca de Xira (POR)	2:44.53
7	Claudia Beatriz Martins	03	Juv B	128830	GESL	2:50.24 L	3.7.16 Setubal (POR)	2:46.83
8	Leonor Maria Neves	03	Juv B	131015	GESL	2:47.28 S	7.5.16 Pinhal Novo (POR)	2:47.28
9	Tatiana Valentim Oliveira	03	Juv B	129818	AEFDTV	2:49.50 S	7.5.16 Pinhal Novo (POR)	2:49.50
10	Mariana Bança Ferreira	03	Juv B	127071	CNS	2:53.91 L	3.7.16 Setubal (POR)	2:50.43
11	Marta Sousa Caxaria	03	Juv B	130756	CNMJ	2:50.98 S	30.4.16 Estremoz (POR)	2:50.98
12	Joana Isabel Pulquerio	03	Juv B	126427	SFUAP	2:55.10 L	3.7.16 Setubal (POR)	2:51.59
13	Rafaela Sofia Silva	03	Juv B	127686	SLB	2:52.69 S	7.5.16 Pinhal Novo (POR)	2:52.69
14	Madalena Reis Cerdeira	03	Juv B	130053	AEULCCD	2:53.39 S	14.2.16 Lisboa (POR)	2:53.39
15	Catarina Inês Correia	03	Juv B	129491	CNS	2:56.09 S	7.5.16 Pinhal Novo (POR)	2:56.09
16	Leonor Sequeira Barardo	03	Juv B	129816	AEFDTV	2:59.23 S	7.5.16 Pinhal Novo (POR)	2:59.23
17	Rafaela Rodrigues Moura	03	Juv B	127272	AONDA	3:01.08 S	7.5.16 Pinhal Novo (POR)	3:01.08
18	Caetana Neves Carneiro	03	Juv B	129163	CNA	3:04.02 S	23.1.16 Setubal (POR)	3:04.02
19	Laura Morais Marques	03	Juv B	137862	AEFDTV	3:06.34 S	7.5.16 Pinhal Novo (POR)	3:06.34
20	Mariana Valente Fernandes	03	Juv B	147148	PDEM	3:06.99 S	23.1.16 Setubal (POR)	3:06.99
21	Filipa Alexandra Henriques	03	Juv B	127705	SLB	3:09.55 S	23.1.16 Setubal (POR)	3:09.55
22	Bruna Filipa Niza	03	Juv B	131993	CNA	3:09.76 S	23.1.16 Setubal (POR)	3:09.76
23	Marta Dias Damaso	03	Juv B	147149	PDEM	3:17.49 S	23.1.16 Setubal (POR)	3:17.49
24	Beatriz Marcelino Sequeira	03	Juv B	131093	CNA	3:33.85 S	18.10.15 Lisboa (POR)	3:33.85
25	Filipa Andre Teixeira	03	Juv B	129803	CNA	3:35.00		3:35.00
26	Rafaela Silva Santos	03	Juv B	128831	GESL	3:35.00		3:35.00
27	Leonor Ramos Zacarias	03	Juv B	127070	CNS	3:35.00		3:35.00

Juvenis A

1	Ana Rita Matos	02	Juv A	127501	GESL	2:33.19 S	7.5.16 Pinhal Novo (POR)	2:33.19
2	Leticia Maia Andre	02	Juv A	132801	SFUAP	2:36.87 L	24.7.16 Oeiras (POR)	2:33.73
3	Natacha Sofia Silva	02	Juv A	125594	SLB	2:38.03 L	24.7.16 Oeiras (POR)	2:34.86
4	Maria Oliveira Paulo	02	Juv A	126497	GDSE	2:37.68 S	23.1.16 Setubal (POR)	2:37.68
5	Mariana Pedro Pereira	02	Juv A	126180	GESL	2:41.07 S	13.2.16 Caldas da Rainha (POR)	2:41.07
6	Catarina Pinho Estevez	02	Juv A	124325	CNS	2:42.09 S	7.5.16 Pinhal Novo (POR)	2:42.09
7	Catarina Trigo Ferreira	02	Juv A	124523	CNA	2:46.13 L	15.5.16 Vila Franca de Xira (POR)	2:42.80
8	Margarida Cunha Barros	02	Juv A	127076	SFUAP	2:42.86 S	7.5.16 Pinhal Novo (POR)	2:42.86
9	Iolanda Sofia Clérigo	02	Juv A	126878	CNS	2:46.23 L	3.7.16 Setubal (POR)	2:42.90
10	Carolina Ganhao Ferro	02	Juv A	126267	GESL	2:43.05 S	7.5.16 Pinhal Novo (POR)	2:43.05
11	Joana Filipa Varandas	02	Juv A	124305	CIRL	2:43.90 S	23.1.16 Setubal (POR)	2:43.90
12	Ana Catarina Barata	02	Juv A	126477	SFUAP	2:45.55 S	21.11.15 Alges (POR)	2:45.55
13	Luana Gonçalves Dantas	02	Juv A	124419	CNN	2:46.94 S	25.4.16 Sines (POR)	2:46.94
14	Mariana Lopes Albuquerque	02	Juv A	124323	CNS	2:48.84 S	7.5.16 Pinhal Novo (POR)	2:48.84
15	Carolina Morais Oliveira	02	Juv A	125132	CNA	2:50.07 S	7.5.16 Pinhal Novo (POR)	2:50.07
16	Maria Leonor Pedro	02	Juv A	124425	CNN	2:53.04 S	25.4.16 Sines (POR)	2:53.04
17	Patricia Alexandra Boto	02	Juv A	124329	ANAM	2:55.21 S	25.4.16 Sines (POR)	2:55.21
18	Maria DOrey Goncalves	02	Juv A	148415	CNN	2:57.02 S	31.1.16 Leiria (POR)	2:57.02
19	Constanca Viana Goncalves	02	Juv A	126268	CNMJ	2:59.28 S	7.5.16 Pinhal Novo (POR)	2:59.28
20	Rita Costa Albuquerque	02	Juv A		CFB	3:04.34 S	24.10.15 Setubal (POR)	3:04.34
21	Maria Angelina Vicetto	02	Juv A	123962	CNMJ	3:06.49 S	7.5.16 Pinhal Novo (POR)	3:06.49

Prova 3, Femin., 200m Estilos

22	Mariana Antunes Silva	02	Juv A	137865	AEFDTV	3:07.00		3:07.00
23	Margarida Bento Raposo	02	Juv A	125844	CNMJ	3:07.00		3:07.00

Juniores

1	Filipa Serrano Rodrigues	01	Jun	112310	SFUAP	2:27.18 S	7.5.16 Pinhal Novo (POR)	2:27.18
2	Tatiana Raquel Pombo	01	Jun	121615	ANAM	2:32.26 S	7.5.16 Pinhal Novo (POR)	2:32.26
3	Tatiana Alexandre Cardoso	01	Jun	127355	CNA	2:33.81 S	5.12.15 Setubal (POR)	2:33.81
4	Mafalda Sofia Dias	01	Jun	121401	CNS	2:34.08 S	5.12.15 Setubal (POR)	2:34.08
5	Joana Mira Pereira	01	Jun	121237	CNS	2:34.94 S	7.5.16 Pinhal Novo (POR)	2:34.94
6	Daniela Eleuterio Correia	00	Jun	119110	MSMA	2:39.31 L	10.6.16 Vila Franca de Xira (POR)	2:36.12
7	Ana Fernandes Costa	00	Jun	121407	CNMJ	2:39.99 S	30.4.16 Estremoz (POR)	2:39.99
8	Madalena Marques Joaquim	01	Jun	121505	SLB	2:41.15 S	7.5.16 Pinhal Novo (POR)	2:41.15
9	Barbara Daniela Quaresma	01	Jun	121162	ANAM	2:41.47 S	7.5.16 Pinhal Novo (POR)	2:41.47
10	Sandra Filipa Mendes	00	Jun	122480	MSMA	2:41.94 S	24.10.15 Setubal (POR)	2:41.94
11	Bruna Lourenco Rodrigues	00	Jun	119112	MSMA	2:41.95 S	24.10.15 Setubal (POR)	2:41.95
12	Ana Madalena Mendes	00	Jun	124022	AEULCCD	2:49.63 L	3.7.16 Setubal (POR)	2:46.23
13	Joana Sales Amaral	01	Jun	126303	MSMA	2:52.05 L	10.6.16 Vila Franca de Xira (POR)	2:48.60
14	Rita Figueiredo Narra	01	Jun	126465	CNA	2:52.30 S	18.10.15 Lisboa (POR)	2:52.30
15	Mariana Bento Ricardo	01	Jun	122047	MSMA	2:56.92 S	24.10.15 Setubal (POR)	2:56.92
16	Ana Bárbara Alves	01	Jun	137860	AEFDTV	3:15.47 S	23.1.16 Setubal (POR)	3:15.47

Seniores

1	Ana Raquel Ferreira	98	Sen	102755	SLB	2:29.64 L	12.3.16 Oeiras (POR)	2:26.64
2	Eva Guerreiro Carvalho	99	Sen	111392	SFUAP	2:30.90 S	25.4.16 Sines (POR)	2:30.90
3	Filipa Vilas Tiago	94	Sen	10634	CNN	2:33.26 S	18.6.16 Alges (POR)	2:33.26
4	Mafalda Alexandra Henriques	98	Sen	105308	SLB	2:37.85 L	28.2.16 Vila Franca de Xira (POR)	2:34.69
5	Sofia Alexandra Rolao	98	Sen	108413	SLB	2:35.83 S	24.10.15 Setubal (POR)	2:35.83
6	Filipa Carreira Alves	99	Sen	118479	SFUAP	2:36.41 S	24.10.15 Setubal (POR)	2:36.41
7	Ana Sofia Filipe	95	Sen	26887	CNN	2:37.42 S	28.11.15 Caldas da Rainha (POR)	2:37.42
8	Sara Filipe Costa	94	Sen	120971	CIRL	2:40.57 S	24.10.15 Setubal (POR)	2:40.57
9	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	2:42.36 S	28.11.15 Caldas da Rainha (POR)	2:42.36
10	Catarina Filipa Mosca	99	Sen	118243	ANAM	2:47.32 S	24.10.15 Setubal (POR)	2:47.32
11	Rita Fernandes Leitao	96	Sen	25571	SLB	2:48.00		2:48.00
12	Soraia Guerra Rolim	95	Sen	121321	SLB	2:48.00		2:48.00

Prova 4

Masc., 100m Bruços

Absolutos

22.10.16

Lista inscritos

Rec Regional Juv B	1:06.93	André Miguel Silva	PDEM	Pinhal Novo	2006
Rec Regional Juv A	1:05.08	José Guilherme Ferreira Couto	SCP		1994
Rec Regional Jun 1	1:03.11	Jose Guilherme Couto	SCP		
Rec Regional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. Antonio Cavaleiros	2009
Rec Regional Sen	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Regional Absoluto	58.48	Carlos Esteves Almeida	ESJB	Porto	2014
Rec Nacional Juv B	1:04.22	Andre Goncalo Santos	LSC	Braga	2012
Rec Nacional Juv A	1:03.39	Andre Goncalo Santos	LSC	S. António Cavaleiros	2012
Rec Nacional Jun 1	1:02.99	Andre Goncalo Santos	LSC	Felgueiras	2013
Rec Nacional Jun 2	1:01.25	Pedro Miguel Agostinho	SCP	S. António Cavaleiros	2009
Rec Nacional Sen	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012
Rec Nacional Absoluto	58.19	Carlos Esteves Almeida	FPN	Chartres (FRA)	2012

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
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Juvenis B

1	Rafael Rodrigues Jacinto	02	Juv B	129002	CFB	1:18.21 S	8.5.16 Pinhal Novo (POR)	1:18.21
2	Diogo Garcez Mateus	02	Juv B	129622	AONDA	1:18.96 S	30.4.16 Estremoz (POR)	1:18.96
3	Daniel Rodrigues Alves	02	Juv B	123454	CFB	1:19.68 S	8.5.16 Pinhal Novo (POR)	1:19.68
4	Rafael Moreira Oliveira	02	Juv B	128325	CFB	1:20.07 S	8.5.16 Pinhal Novo (POR)	1:20.07
5	Pedro Almeida Marques	02	Juv B	127176	CNS	1:23.35 S	18.6.16 Alges (POR)	1:23.35
6	Vasco Camacho Ramos	02	Juv B	201622	CNS	1:25.49 S	18.6.16 Alges (POR)	1:25.49
7	Gonçalo Francisco Neves	02	Juv B	126866	AHBE	1:25.99 S	8.5.16 Pinhal Novo (POR)	1:25.99
8	Rodrigo Gomes Gamito	02	Juv B	130850	PDEM	1:29.31 S	5.3.16 Alapraia (POR)	1:29.31
9	Joao Miguel Martins	02	Juv B	127267	CFB	1:29.96 S	8.5.16 Pinhal Novo (POR)	1:29.96
10	Diogo Miguel Esteves	02	Juv B	129054	CNS	1:30.22 S	14.2.16 Lisboa (POR)	1:30.22
11	Guilherme Alexandre Solposto	02	Juv B	127489	AONDA	1:30.50 S	14.2.16 Lisboa (POR)	1:30.50

Prova 4, Masc., 100m Bruços

12	Afonso Abeijon Abreu	02	Juv B	200410	CNN	1:33.89 S	14.2.16 Lisboa (POR)	1:33.89
13	Tomás Patrício Martins	02	Juv B	132351	AEFDTV	1:35.00		1:35.00
14	Francisco Matos Azevedo	02	Juv B	202510	CFB	1:35.00		1:35.00
15	Fernando Manuel Garcia	02	Juv B	153285	CFB	1:35.00		1:35.00
16	Diogo Sousa Pinto	02	Juv B	129221	COL	1:35.00		1:35.00

Juvenis A

1	Vasco Pulquerio Marques	01	Juv A	122037	GDSE	1:10.97 S	10.4.16 Coruche (POR)	1:10.97
2	Guilherme Filipe Alcobia	01	Juv A	126473	SLB	1:11.63 S	5.12.15 Setubal (POR)	1:11.63
3	David Matias Cristino	01	Juv A	127872	SFUAP	1:12.96 S	8.5.16 Pinhal Novo (POR)	1:12.96
4	Rodrigo Ponte Jorge	01	Juv A	127873	SFUAP	1:14.85 S	18.6.16 Alges (POR)	1:14.85
5	Rafael Alcantara Aires	01	Juv A	125130	SFUAP	1:15.79 S	8.5.16 Pinhal Novo (POR)	1:15.79
6	Filipe Ferrão Melo	01	Juv A	200171	CNS	1:17.89 S	8.5.16 Pinhal Novo (POR)	1:17.89
7	Maxim Petrea	01	Juv A	122054	SFUAP	1:20.15 S	13.2.16 Caldas da Rainha (POR)	1:20.15
8	Tomás Carvalho Bravo	01	Juv A	132535	CNA	1:20.47 S	21.11.15 Alges (POR)	1:20.47
9	Tiago Maria Camoes	01	Juv A	121851	SFUAP	1:21.59 S	8.5.16 Pinhal Novo (POR)	1:21.59
10	Edgar Filipe Santos	01	Juv A	127750	SFUAP	1:21.62 S	8.5.16 Pinhal Novo (POR)	1:21.62
11	Filipe Eduardo Morais	01	Juv A	200145	CPCD	1:21.77 S	10.4.16 Coruche (POR)	1:21.77
12	Carlos Filipe Lopes	01	Juv A	127265	SFUAP	1:22.57 S	21.11.15 Alges (POR)	1:22.57
13	Goncalo Matos Pereira	01	Juv A	129052	GESL	1:23.89 S	21.2.16 S. Antonio Cavaleiros (POR)	1:23.89
14	Tiago Henriques Matias	01	Juv A	128276	GESL	1:32.63 S	24.10.15 Setubal (POR)	1:32.63
15	Tomas Silvestre Almeida	01	Juv A	126471	CNA	1:34.66 S	21.2.16 S. Antonio Cavaleiros (POR)	1:34.66

Juniores

1	Rodrigo Costa Teixeira	99	Jun	108410	CIRL	1:14.01 S	21.11.15 Alges (POR)	1:14.01
2	Goncalo Alexandre Torgal	99	Jun	126867	AHBE	1:14.73 S	13.2.16 Caldas da Rainha (POR)	1:14.73
3	Simão Wellenkemp Carvalho	99	Jun	132063	AEULCCD	1:17.25 S	24.10.15 Setubal (POR)	1:17.25
4	Vasco Manuel Reis	00	Jun	129145	CNA	1:18.65 S	21.11.15 Alges (POR)	1:18.65
5	João Pedro Moreira	00	Jun	200902	MO	1:19.05 S	10.4.16 Coruche (POR)	1:19.05
6	Renato Gomes Gamito	99	Jun	127502	PDEM	1:31.61 S	24.10.15 Setubal (POR)	1:31.61

Seniores

1	Antonio Fernandes Carrico	98	Sen	106926	ESJB	1:03.51 S	12.12.15 Porto (POR)	1:03.51
2	Guilherme Miguel Teixeira	97	Sen	105091	SLB	1:03.70 S	12.12.15 Porto (POR)	1:03.70
3	Afonso Calais Queiroga	98	Sen	112311	SFUAP	1:06.14 S	12.12.15 Porto (POR)	1:06.14
4	Rui Miguel Coelho	96	Sen	111850	SLB	1:06.35 S	12.12.15 Porto (POR)	1:06.35
5	Tiago Martim Alves	97	Sen	100789	SLB	1:06.48 S	2.7.16 Ponte da Barca (POR)	1:06.48
6	Rui Pedro Horta	94	Sen	100248	CIRL	1:06.78 S	13.2.16 Caldas da Rainha (POR)	1:06.78
7	Rafael Lourenco Gil	96	Sen	105234	SLB	1:07.11 S	21.11.15 Alges (POR)	1:07.11
8	Tiago Carlos Santos	98	Sen	121330	SFUAP	1:07.77 S	18.6.16 Alges (POR)	1:07.77
9	Luis Maria Rosa	91	Sen	25532	CNA	1:10.69 S	31.10.15 Mealhada (POR)	1:10.69
10	Pedro Silva Vaz	98	Sen	111379	AHBE	1:11.13 S	18.6.16 Alges (POR)	1:11.13
11	Rafael Filipe Nunes	96	Sen	108344	SLB	1:11.41 S	10.4.16 Coruche (POR)	1:11.41
12	André Filipe Magalhães	98	Sen	111394	AONDA	1:11.44 S	30.4.16 Estremoz (POR)	1:11.44
13	Jose Paula Carvalho	98	Sen	111450	SFUAP	1:12.62 S	24.10.15 Setubal (POR)	1:12.62
14	Frederico Sucena Riachos	98	Sen	121637	ESJB	1:13.18 S	17.4.16 Entroncamento (POR)	1:13.18
15	Miguel Bras Sergio	95	Sen	100925	AHBE	1:14.98 S	24.10.15 Setubal (POR)	1:14.98
16	Filipe Gomes Costa	94	Sen	26791	PDEM	1:15.45 S	10.4.16 Coruche (POR)	1:15.45
17	Ruben Miguel Caldas	94	Sen	153440	CPCD	1:17.64 S	31.10.15 Mealhada (POR)	1:17.64
18	Frederico Antunes Silva	95	Sen	25578	ANAM	1:18.00		1:18.00
19	Joao Valentim Compoete	95	Sen	101171	CFB	1:18.00		1:18.00
20	Joao Carlos Santos	96	Sen	104253	SFUAP	1:18.00		1:18.00
21	Eduardo Garcia Guia	98	Sen	126881	PDEM	1:18.00		1:18.00
22	Joao Luis Sousa	97	Sen	200147	CPCD	1:22.49 S	10.4.16 Coruche (POR)	1:22.49

Prova 5
 22.10.16

Femin., 100m Costas

Absolutos
 Lista inscritos

Rec Regional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Regional Juv A	1:01.43	Inês Camacho Fernandes	SCP	Mealhada	2011
Rec Regional Jun 1	1:01.55	Inês Camacho Fernandes	SCP	Porto	2012
Rec Regional Jun 2	1:01.56	Ines Camacho Fernandes	SCP	Felgueiras	2013
Rec Regional Sen	1:01.40	Francisca Gomes Azevedo	SAD	Porto	2015
Rec Regional Absoluto	1:01.40	Francisca Gomes Azevedo	SAD	Porto	2015
Rec Nacional Juv B	1:02.96	Ines Camacho Fernandes	SCP	Alapraia	2011
Rec Nacional Juv A	1:01.43	Ines Camacho Fernandes	SCP	Mealhada	2011
Rec Nacional Jun 1	1:01.55	Ines Camacho Fernandes	SCP	Porto	2012
Rec Nacional Jun 2	1:01.56	Ines Camacho Fernandes	SCP	Felgueiras	2013
Rec Nacional Sen	1:00.64	Ana Sofia Leite	GCVR	Porto	2015
Rec Nacional Absoluto	1:00.64	Ana Sofia Leite	GCVR	Porto	2015

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Joana Ribeiro Martins	03	Juv B	129164	SLB	1:09.49 S	7.5.16	Pinhal Novo (POR)	1:09.49
2	Margarida Mota Silva	03	Juv B	122224	PDEM	1:12.54 S	7.5.16	Pinhal Novo (POR)	1:12.54
3	Ema Jerónimo Conceição	03	Juv B	129812	AEFDTV	1:14.17 L	14.5.16	Vila Franca de Xira (POR)	1:12.68
4	Ana Margarida Soares	03	Juv B	129488	CNS	1:14.60 S	18.3.16	Tomar (POR)	1:14.60
5	Margarida Teixeira Moreira	03	Juv B	127698	CFB	1:15.57 S	18.3.16	Tomar (POR)	1:15.57
6	Beatriz Picanço Martins	03	Juv B	127247	SLB	1:17.63 S	19.3.16	Tomar (POR)	1:17.63
7	Catarina Inês Correia	03	Juv B	129491	CNS	1:18.27 S	18.3.16	Tomar (POR)	1:18.27
8	Daniela Mascarenhas Henriques	03	Juv B	128827	GESL	1:20.13 L	14.5.16	Vila Franca de Xira (POR)	1:18.52
9	Leonor Sequeira Barardo	03	Juv B	129816	AEFDTV	1:20.07 S	7.5.16	Pinhal Novo (POR)	1:20.07
10	Marta Sousa Caxaria	03	Juv B	130756	CNMJ	1:20.07 S	7.5.16	Pinhal Novo (POR)	1:20.07
11	Rafaela Sofia Silva	03	Juv B	127686	SLB	1:20.38 S	7.5.16	Pinhal Novo (POR)	1:20.38
12	Mariana Bança Ferreira	03	Juv B	127071	CNS	1:20.54 S	7.5.16	Pinhal Novo (POR)	1:20.54
13	Leonor Maria Neves	03	Juv B	131015	GESL	1:22.21 L	14.5.16	Vila Franca de Xira (POR)	1:20.56
14	Tatiana Valentim Oliveira	03	Juv B	129818	AEFDTV	1:20.90 S	7.5.16	Pinhal Novo (POR)	1:20.90
15	Beatriz Quintao Amantes	03	Juv B	132798	SFUAP	1:21.05 S	7.5.16	Pinhal Novo (POR)	1:21.05
16	Leonor Ramos Zacarias	03	Juv B	127070	CNS	1:24.83 S	7.5.16	Pinhal Novo (POR)	1:24.83
17	Rafaela Rodrigues Moura	03	Juv B	127272	AONDA	1:26.14 S	7.5.16	Pinhal Novo (POR)	1:26.14
18	Filipa Andre Teixeira	03	Juv B	129803	CNA	1:28.84 L	5.6.16	Vendas Novas (POR)	1:27.06
19	Filipa Alexandra Henriques	03	Juv B	127705	SLB	1:27.93 S	14.2.16	Lisboa (POR)	1:27.93
20	Caetana Neves Carneiro	03	Juv B	129163	CNA	1:28.62 S	7.5.16	Pinhal Novo (POR)	1:28.62
21	Bruna Filipa Niza	03	Juv B	131993	CNA	1:31.52 L	5.6.16	Vendas Novas (POR)	1:29.69
22	Marta Dias Damaso	03	Juv B	147149	PDEM	1:35.03 L	14.5.16	Vila Franca de Xira (POR)	1:33.12
23	Beatriz Marcelino Sequeira	03	Juv B	131093	CNA	1:35.18 S	4.3.16	Alapraia (POR)	1:35.18
24	Mariana Valente Fernandes	03	Juv B	147148	PDEM	1:36.00			1:36.00

Juvenis A

1	Maria Mousinho Esteves	02	Juv A	131944	CIRL	1:09.80 L	12.3.16	Oeiras (POR)	1:08.40
2	Mafalda Marques Pinto	02	Juv A	125422	AEULCCD	1:12.49 L	14.5.16	Vila Franca de Xira (POR)	1:11.04
3	Maria Oliveira Paulo	02	Juv A	126497	GDSE	1:12.25 S	7.5.16	Pinhal Novo (POR)	1:12.25
4	Ana Raquel Graveto	02	Juv A	129628	SLB	1:13.36 S	7.5.16	Pinhal Novo (POR)	1:13.36
5	Catarina Trigo Ferreira	02	Juv A	124523	CNA	1:15.10 L	12.3.16	Oeiras (POR)	1:13.59
6	Carolina Morais Oliveira	02	Juv A	125132	CNA	1:16.48 L	6.2.16	Oeiras (POR)	1:14.95
7	Beatriz Matozeiro Machado	02	Juv A	126298	SLB	1:16.41 S	5.12.15	Setubal (POR)	1:16.41
8	Natacha Sofia Silva	02	Juv A	125594	SLB	1:17.00 S	7.5.16	Pinhal Novo (POR)	1:17.00
9	Iolanda Sofia Clérigo	02	Juv A	126878	CNS	1:17.04 S	18.6.16	Alges (POR)	1:17.04
10	Maria D'Orey Goncalves	02	Juv A	148415	CNN	1:18.16 S	18.6.16	Alges (POR)	1:18.16
11	Catarina Pinho Estevez	02	Juv A	124325	CNS	1:19.37 S	7.5.16	Pinhal Novo (POR)	1:19.37
12	Constanca Viana Goncalves	02	Juv A	126268	CNMJ	1:19.79 S	10.4.16	Coruche (POR)	1:19.79
13	Margarida Bento Raposo	02	Juv A	125844	CNMJ	1:20.54 S	24.10.15	Setubal (POR)	1:20.54
14	Mariana Lopes Albuquerque	02	Juv A	124323	CNS	1:22.51 L	10.6.16	Vila Franca de Xira (POR)	1:20.86
15	Patricia Alexandra Boto	02	Juv A	124329	ANAM	1:24.18 L	14.5.16	Vila Franca de Xira (POR)	1:22.49
16	Mariana Antunes Silva	02	Juv A	137865	AEFDTV	1:24.27 L	10.6.16	Vila Franca de Xira (POR)	1:22.58
17	Margarida Cunha Barros	02	Juv A	127076	SFUAP	1:22.77 S	7.5.16	Pinhal Novo (POR)	1:22.77
18	Leticia Maia Andre	02	Juv A	132801	SFUAP	1:24.18 S	7.5.16	Pinhal Novo (POR)	1:24.18
19	Sofia Pinto Simeao	02	Juv A	122053	CIRL	1:25.73 S	17.4.16	Entroncamento (POR)	1:25.73
20	Maria Angelina Vicetto	02	Juv A	123962	CNMJ	1:27.63 S	7.5.16	Pinhal Novo (POR)	1:27.63
21	Ana Catarina Barata	02	Juv A	126477	SFUAP	1:28.00			1:28.00
22	Rita Costa Albuquerque	02	Juv A		CFB	1:28.28 S	24.10.15	Setubal (POR)	1:28.28

Prova 5, Femin., 100m Costas

Juniores

1	Sandra Filipa Mendes	00	Jun	122480	MSMA	1:09.71 L	23.7.16	Oeiras (POR)	1:08.31
2	Sofia Alexandra Nunes	00	Jun	112322	CIRL	1:09.91 L	23.7.16	Oeiras (POR)	1:08.51
3	Luisa Maria Machado	01	Jun	121850	SFUAP	1:09.15 S	7.5.16	Pinhal Novo (POR)	1:09.15
4	Filipa Bile Grilo	01	Jun	121502	SLB	1:10.89 L	24.7.16	Oeiras (POR)	1:09.47
5	Mafalda Sofia Dias	01	Jun	121401	CNS	1:09.84 S	4.12.15	Setubal (POR)	1:09.84
6	Ines Figueira Santos	00	Jun	111277	SFUAP	1:10.41 S	8.11.15	Cova da Piedade (POR)	1:10.41
7	Ana Fernandes Costa	00	Jun	121407	CNMJ	1:10.90 S	10.4.16	Coruche (POR)	1:10.90
8	Luana Correia Rodrigues	01	Jun	121504	CFB	1:12.67 L	14.5.16	Vila Franca de Xira (POR)	1:11.21
9	Mafalda Rato Monteiro	01	Jun	121445	CNS	1:12.10 S	7.5.16	Pinhal Novo (POR)	1:12.10
10	Joana Mira Pereira	01	Jun	121237	CNS	1:12.13 S	7.5.16	Pinhal Novo (POR)	1:12.13
11	Ana Cruz Antunes	01	Jun	121501	SLB	1:12.23 S	24.10.15	Setubal (POR)	1:12.23
12	Constança Dias Baptista	01	Jun	126394	SLB	1:12.95 S	17.4.16	Entroncamento (POR)	1:12.95
13	Tatiana Alexandre Cardoso	01	Jun	127355	CNA	1:13.28 S	7.5.16	Pinhal Novo (POR)	1:13.28
14	Barbara Daniela Quaresma	01	Jun	121162	ANAM	1:14.82 L	14.5.16	Vila Franca de Xira (POR)	1:13.32
15	Laura Castico Moreira	00	Jun	117771	CNMJ	1:13.54 S	10.4.16	Coruche (POR)	1:13.54
16	Joana Silva Ulpiano	00	Jun	119425	CIRL	1:16.07 S	10.4.16	Coruche (POR)	1:16.07
17	Mariana Bento Ricardo	01	Jun	122047	MSMA	1:20.49 S	24.10.15	Setubal (POR)	1:20.49
18	Rita Figueiredo Narra	01	Jun	126465	CNA	1:23.31 S	24.10.15	Setubal (POR)	1:23.31
19	Ana Bárbara Alves	01	Jun	137860	AEFDTV	1:26.47 L	10.6.16	Vila Franca de Xira (POR)	1:24.74

Seniores

1	Ana Raquel Ferreira	98	Sen	102755	SLB	1:05.53 S	8.5.16	Coimbra (POR)	1:05.53
2	Beatriz Elisabete Pereira	97	Sen	132344	ANAM	1:07.00 S	25.4.16	Sines (POR)	1:07.00
3	Sofia Alexandra Rolao	98	Sen	108413	SLB	1:07.31 S	12.12.15	Porto (POR)	1:07.31
4	Maria Rachadell Pereira	98	Sen	104612	ESJB	1:08.89 S	21.11.15	Silves (POR)	1:08.89
5	Ana Luisa Santo	95	Sen	117843	SLB	1:09.53 S	12.12.15	Porto (POR)	1:09.53
6	Soraia Guerra Rolim	95	Sen	121321	SLB	1:10.77 S	22.11.15	Alges (POR)	1:10.77
7	Inês Vieira Almeida	99	Sen	122473	SFUAP	1:10.84 S	22.11.15	Alges (POR)	1:10.84
8	Sofia Dias Alves	99	Sen	111393	CNMJ	1:11.77 S	10.4.16	Coruche (POR)	1:11.77
9	Sofia Raquel Piteira	98	Sen	107666	CNS	1:15.77 L	28.2.16	Vila Franca de Xira (POR)	1:14.25
10	Raquel Teixeira Pena	98	Sen	106326	SFUAP	1:14.50 S	24.10.15	Setubal (POR)	1:14.50
11	Ana Beatriz Rodrigues	96	Sen	103605	CFB	1:16.27 L	27.2.16	Vila Franca de Xira (POR)	1:14.74
12	Catarina Filipa Mosca	99	Sen	118243	ANAM	1:16.38 S	9.1.16	Benedita (POR)	1:16.38
13	Iara Sofia Amaral	99	Sen	201310	GESL	1:20.60 S	18.6.16	Alges (POR)	1:20.60
14	Ana Sofia Filipe	95	Sen	26887	CNN	1:21.00			1:21.00
15	Márcia Borges Teixeira	99	Sen		PDEM	1:21.00			1:21.00

Prova 6 22.10.16

Masc., 100m Mariposa

Absolutos Lista inscritos

Rec Regional Juv B	57.70	Diogo Gomes Sousa	CNCVG	Alges	2010
Rec Regional Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Jun 1	53.97	Tiago Andre Venancio	CNS	Alapraia	2004
Rec Regional Jun 2	53.87	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Regional Sen	51.70	Duarte Rafael Mourao	CNA	Leiria	2009
Rec Regional Absoluto	51.70	Duarte Rafael Mourao	CNA	Leiria	2009
Rec Nacional Juv B	57.32	Diogo Filipe Carvalho	CGA		
Rec Nacional Juv A	55.60	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Nacional Jun 1	53.97	Tiago Andre Venancio	CNS	Alapraia	2004
Rec Nacional Jun 2	53.87	Tiago Andre Venancio	CNS	Cantanhede	2004
Rec Nacional Sen	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	2009
Rec Nacional Absoluto	51.45	Diogo Filipe Carvalho	FPN	Estocolmo (SWE)	2009

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
1	Pedro Miguel Pinto	02	Juv B	129924	AEFDTV	1:06.52 S	8.5.16	Pinhal Novo (POR)	1:06.52
2	Martim Primavera Alfama	02	Juv B	128833	GESL	1:06.80 S	8.5.16	Pinhal Novo (POR)	1:06.80
3	Rafael Moreira Oliveira	02	Juv B	128325	CFB	1:06.92 S	8.5.16	Pinhal Novo (POR)	1:06.92
4	Bernardo Geada Brito	02	Juv B	130621	SFUAP	1:07.34 S	19.3.16	Tomar (POR)	1:07.34
5	Daniel Rodrigues Alves	02	Juv B	123454	CFB	1:07.59 S	8.5.16	Pinhal Novo (POR)	1:07.59
6	Pedro Alves Martinho	02	Juv B	129482	AHBE	1:09.37 S	8.5.16	Pinhal Novo (POR)	1:09.37
7	Joao Garcez Mateus	02	Juv B	129623	AOANDA	1:10.69 S	8.5.16	Pinhal Novo (POR)	1:10.69
8	Joao Nogueira Mendes	02	Juv B	128745	CIRL	1:11.99 S	8.5.16	Pinhal Novo (POR)	1:11.99

Prova 6, Masc., 100m Mariposa

9	Afonso Teles Carvalho	02	Juv B	127264	SLB	1:15.57 S	18.6.16	Alges (POR)	1:15.57
10	Diogo Rogado Guerreiro	02	Juv B	122046	AONDA	1:15.89 S	8.5.16	Pinhal Novo (POR)	1:15.89
11	Pedro Almeida Marques	02	Juv B	127176	CNS	1:17.57 S	18.6.16	Alges (POR)	1:17.57
12	Ruan Lage Tigre	02	Juv B	121281	SFUAP	1:22.31 S	14.2.16	Lisboa (POR)	1:22.31
13	Guilherme Neto Ferreira	02	Juv B	131405	AHBE	1:23.18 S	10.4.16	Coruche (POR)	1:23.18
14	Tomás Patrício Martins	02	Juv B	132351	AEFDTV	1:24.00			1:24.00
15	Pedro Picoto Garcia	02	Juv B	129958	AHBE	1:24.00			1:24.00
16	Joao Dias Quiterio	02	Juv B	147113	CNA	1:24.00			1:24.00
17	Nuno Xavier Cardoso	02	Juv B	126879	PDEM	1:24.00			1:24.00
18	Pedro Miguel Silva	02	Juv B	200915	PDEM	1:24.00			1:24.00

Juvenis A

1	Diogo Alexandre Araujo	01	Juv A	122109	ESJB	1:04.99 S	8.5.16	Pinhal Novo (POR)	1:04.99
2	Gonçalo Carvalho Ferrao	01	Juv A	127233	ANAM	1:07.25 S	8.5.16	Pinhal Novo (POR)	1:07.25
3	Ricardo Martins Bras	01	Juv A	121508	CFB	1:07.64 S	8.5.16	Pinhal Novo (POR)	1:07.64
4	Rodrigo Ponte Jorge	01	Juv A	127873	SFUAP	1:08.36 S	8.5.16	Pinhal Novo (POR)	1:08.36
5	Claudio Filipe Pedroso	01	Juv A	126292	AHBE	1:08.56 S	13.2.16	Caldas da Rainha (POR)	1:08.56
6	Rodrigo Almeida Cabrito	01	Juv A	121510	CFB	1:09.62 S	8.5.16	Pinhal Novo (POR)	1:09.62
7	Bernardo Silva Felix	01	Juv A	129061	PDEM	1:12.14 S	10.4.16	Coruche (POR)	1:12.14
8	Mariana Martins Alvarez	01	Juv A		CNCVG	1:13.00			1:13.00

Juniores

1	Tomas Silva Coxixo	99	Jun	118387	PDEM	58.38 S	12.12.15	Porto (POR)	58.38
2	João Pedro Silva	00	Jun	121616	SFUAP	1:00.11 S	8.5.16	Pinhal Novo (POR)	1:00.11
3	Simão Correia Ricardo	00	Jun	121405	CNS	1:00.64 S	8.5.16	Pinhal Novo (POR)	1:00.64
4	Joao Daniel Machado	99	Jun	109714	SFUAP	1:01.09 S	15.11.15	Felgueiras (POR)	1:01.09
5	João Fernandes Garcia	00	Jun	130054	AEULCCD	1:01.11 S	8.5.16	Pinhal Novo (POR)	1:01.11
6	Rodrigo Ferreira Sousa	99	Jun	122964	GESL	1:02.03 S	18.6.16	Alges (POR)	1:02.03
7	Pedro Henriques Marques	00	Jun	120529	SFUAP	1:02.16 S	5.12.15	Setubal (POR)	1:02.16
8	Diogo Puidival Marques	00	Jun	122045	ANAM	1:02.38 S	10.4.16	Coruche (POR)	1:02.38
9	Ricardo Nuno Estevens	99	Jun	121159	CIRL	1:02.99 S	10.4.16	Coruche (POR)	1:02.99
10	Diogo Monteiro Sousa	00	Jun	118406	CNS	1:04.27 S	8.5.16	Pinhal Novo (POR)	1:04.27
11	Miguel Alexandre Canhao	99	Jun	111336	CIRL	1:05.17 S	10.4.16	Coruche (POR)	1:05.17
12	Tiago Miguel Silvestre	00	Jun	122110	SLB	1:05.19 S	21.11.15	Alges (POR)	1:05.19
13	Rafael Cruz Margarido	99	Jun	129965	CNS	1:05.20 S	14.2.16	Montemor-o-Novo (POR)	1:05.20
14	Bernardo Antunes Augusto	00	Jun	122518	CIRL	1:05.92 S	8.5.16	Pinhal Novo (POR)	1:05.92
15	Filipe Alexandre Silva	99	Jun	122940	SFUAP	1:07.07 S	13.2.16	Caldas da Rainha (POR)	1:07.07
16	Rodrigo Benavente	00	Jun	122962	AONDA	1:07.73 S	8.5.16	Pinhal Novo (POR)	1:07.73
17	Antonio Maria Ferreira	00	Jun	128468	PDEM	1:08.54 S	10.4.16	Coruche (POR)	1:08.54
18	Goncalo Alexandre Torgal	99	Jun	126867	AHBE	1:08.69 S	21.11.15	Alges (POR)	1:08.69
19	Joao Andre Rodrigues	99	Jun	122968	GESL	1:08.87 S	21.2.16	S. Antonio Cavaleiros (POR)	1:08.87
20	Daniel Banhudo Lemos	99	Jun	121960	CIRL	1:09.19 S	16.1.16	Torres Novas (POR)	1:09.19
21	Joao Esteves Padrela	99	Jun	119137	CFB	1:10.00			1:10.00
22	Jaime Daniel Correia	99	Jun	111346	ESJB	1:10.00			1:10.00
23	Tiago Filipe Freitas	99	Jun	111281	SFUAP	1:10.00			1:10.00
24	Martim Sardinha Monteiro	00	Jun	125137	SLB	1:10.00			1:10.00

Seniores

1	Nuno Miguel Martins	96	Sen	105905	ESJB	57.57 S	24.10.15	Setubal (POR)	57.57
2	David Granja Lopes	90	Sen	22490	PDEM	58.09 S	21.11.15	Alges (POR)	58.09
3	Nuno Miguel Rola	83	Sen	11949	ESJB	58.78 S	8.11.15	Vila Real St. Antonio (POR)	58.78
4	Frederico Sousa Soares	96	Sen	104260	AHBE	59.20 S	10.4.16	Coruche (POR)	59.20
5	Miguel Bras Sergio	95	Sen	100925	AHBE	59.63 S	21.11.15	Alges (POR)	59.63
6	Jose Pedro Rosario	96	Sen	128021	ANAM	1:00.13 S	28.11.15	Caldas da Rainha (POR)	1:00.13
7	Fabio Alcantara Aires	97	Sen	104252	SFUAP	1:00.65 S	10.4.16	Coruche (POR)	1:00.65
8	Diogo Rodrigues Freitas	98	Sen	107680	SFUAP	1:00.97 S	13.2.16	Caldas da Rainha (POR)	1:00.97
9	Ruben André Leitão	98	Sen	122265	AONDA	1:00.99 S	21.11.15	Alges (POR)	1:00.99
10	Ricardo Basilio Marreiros	97	Sen	107317	CIRL	1:01.61 S	7.5.16	Albufeira (POR)	1:01.61
11	Francisco Miguel Costa	96	Sen	129975	CNA	1:02.02 S	28.11.15	Caldas da Rainha (POR)	1:02.02
12	Luis Miguel Silva	94	Sen	25620	PDEM	1:03.40 S	10.4.16	Coruche (POR)	1:03.40
13	Goncalo Maria Matos	95	Sen	117938	CFB	1:03.48 S	21.11.15	Alges (POR)	1:03.48
14	Vitor Diogo Paulino	98	Sen	112303	PDEM	1:04.78 S	21.11.15	Alges (POR)	1:04.78
15	Andre Rafael Marinho	93	Sen	10643	SFUAP	1:05.30 S	24.10.15	Setubal (POR)	1:05.30
16	Rodrigo Palmela Costa	96	Sen	104379	CNN	1:06.41 S	24.10.15	Setubal (POR)	1:06.41
17	Leonardo Rochinha Pedro	98	Sen	111381	AHBE	1:06.46 S	24.10.15	Setubal (POR)	1:06.46
18	Frederico Antunes Silva	95	Sen	25578	ANAM	1:09.59 S	24.10.15	Setubal (POR)	1:09.59
19	João Paulo Magalhaes	95	Sen	103578	AONDA	1:10.00			1:10.00
20	Daniel Rochinha Pedro	98	Sen	111389	AHBE	1:10.00			1:10.00

Prova 6, Masc., 100m Mariposa

21	Ricardo Saraiva Pires	98	Sen	107651	CIRL	1:10.00			1:10.00
22	Joao Teixeira Barreto	91	Sen	24991	CNA	1:10.00			1:10.00
23	Joao Francisco Duarte	96	Sen	129150	CNA	1:10.00			1:10.00
24	Ivo Manuel Reis	93	Sen	129149	CNA	1:10.00			1:10.00
25	Francisco Madruga Silva	98	Sen	129151	CNA	1:10.00			1:10.00
26	Pedro Miguel Quaresma	94	Sen	129215	AEULCCD	1:10.00			1:10.00
27	Tiago Martim Alves	97	Sen	100789	SLB	1:10.00			1:10.00
28	Joao Mota Correia	97	Sen	102308	SLB	1:10.00			1:10.00
29	Ricardo Andrade Belezas	91	Sen	132918	CNA	1:11.72 S	31.1.16	Tomar (POR)	1:11.72

Prova 7 22.10.16

Femin., 100m Estilos

Absolutos Lista inscritos

Rec Regional Jun 1	1:04.11	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Jun 2	1:02.68	Ines Camacho Fernandes	SCP	Felgueiras	2013
Rec Regional Sen	1:02.49	Victoria Kaminskaya	ESJB	Porto	2015
Rec Regional Absoluto	1:02.49	Victoria Kaminskaya	ESJB	Porto	2015
Rec Nacional Jun 1	1:04.11	Maria Carolina Rosa	SCP	Leiria	2009
Rec Nacional Jun 2	1:02.68	Ines Camacho Fernandes	SCP	Felgueiras	2013
Rec Nacional Sen	1:02.09	Victoria Kaminskaya	PIMP	Porto	2014
Rec Nacional Absoluto	1:02.09	Victoria Kaminskaya	PIMP	Porto	2014

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Luisa Maria Machado	01	Jun	121850	SFUAP	1:11.05 S	8.11.15	Cova da Piedade (POR)	1:11.05
2	Ema Filipa Rosario	00	Jun	120561	CNMJ	1:11.90 S	20.11.15	Alges (POR)	1:11.90
3	Daniela Eleuterio Correia	00	Jun	119110	MSMA	1:15.62 S	24.10.15	Setubal (POR)	1:15.62
4	Bruna Lourenco Rodrigues	00	Jun	119112	MSMA	1:16.64 S	24.10.15	Setubal (POR)	1:16.64
5	Laura Castico Moreira	00	Jun	117771	CNMJ	1:22.84 S	24.10.15	Setubal (POR)	1:22.84
6	Tatiana Raquel Pombo	01	Jun	121615	ANAM	1:30.00			1:30.00
7	Sofia Alexandra Nunes	00	Jun	112322	CIRL	1:30.00			1:30.00
8	Daniela Amador Mendes	00	Jun	201968	MO	1:30.00			1:30.00
9	Joana Sales Amaral	01	Jun	126303	MSMA	1:30.00			1:30.00
10	Celeste Santos Ricardo	01	Jun	121325	SFUAP	1:30.00			1:30.00
11	Constança Dias Baptista	01	Jun	126394	SLB	1:30.00			1:30.00
12	Madalena Marques Joaquim	01	Jun	121505	SLB	1:30.00			1:30.00
13	Sara Rulin Loureiro	01	Jun	123345	SLB	1:30.00			1:30.00
14	Raquel Alves Montes	00	Jun		PDEM	1:30.00			1:30.00
15	Mafalda Rato Monteiro	01	Jun	121445	CNS	1:30.00			1:30.00

Seniores

1	Maria Rachadell Pereira	98	Sen	104612	ESJB	1:06.32 S	13.12.15	Porto (POR)	1:06.32
2	Bruna Martins Riesenberger	97	Sen	105541	CIRL	1:08.19 S	16.1.16	Torres Novas (POR)	1:08.19
3	Filipa Carreira Alves	99	Sen	118479	SFUAP	1:10.95 S	20.11.15	Alges (POR)	1:10.95
4	Carolina Madeira Santos	96	Sen	104254	SFUAP	1:11.96 S	8.11.15	Cova da Piedade (POR)	1:11.96
5	Raquel Teixeira Pena	98	Sen	106326	SFUAP	1:13.81 S	24.10.15	Setubal (POR)	1:13.81
6	Ana Beatriz Rodrigues	96	Sen	103605	CFB	1:14.22 S	16.1.16	Torres Novas (POR)	1:14.22
7	Inês Vieira Almeida	99	Sen	122473	SFUAP	1:14.29 S	24.10.15	Setubal (POR)	1:14.29
8	Beatriz Elisabete Pereira	97	Sen	132344	ANAM	1:15.73 S	24.10.15	Setubal (POR)	1:15.73
9	Sofia Dias Alves	99	Sen	111393	CNMJ	1:20.81 S	24.10.15	Setubal (POR)	1:20.81
10	Eunice Évora Almeida	94	Sen	147227	CNA	1:29.11 S	24.10.15	Setubal (POR)	1:29.11
11	Maria Joao Cabral	98	Sen	107645	AHBE	1:30.00			1:30.00
12	Mariana Costa Cabral	95	Sen	25315	AHBE	1:30.00			1:30.00
13	Mariana Graca Vasconcelos	99	Sen	107648	AHBE	1:30.00			1:30.00
14	Teresa Lamego Neves	98	Sen	127268	CFB	1:30.00			1:30.00
15	Mariana Van Ossenbruggen	98	Sen	105545	CIRL	1:30.00			1:30.00
16	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	1:30.00			1:30.00
17	Filipa Vilas Tiago	94	Sen	10634	CNN	1:30.00			1:30.00
18	Catarina Maria Silva	99	Sen	111338	AEULCCD	1:30.00			1:30.00
19	Eva Guerreiro Carvalho	99	Sen	111392	SFUAP	1:30.00			1:30.00
20	Claudia Ferreira Borges	99	Sen	116591	SLB	1:30.00			1:30.00
21	Rita Fernandes Leitao	96	Sen	25571	SLB	1:30.00			1:30.00
22	Mariana Pais António	99	Sen		PDEM	1:30.00			1:30.00

Prova 8
 22.10.16

Masc., 4 x 50m Estilos

Absolutos
 Lista inscritos

Rec Nacional Jun	1:44.80	Futebol Clube do Porto	FCP	Felgueiras	2013
Rec Nacional Sen	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014
Rec Nacional Absoluto	1:38.95	CCD Estrelas S. Joao de Brito	ESJB	Porto	2014

Ord.		Categ.	NºLic.	Clube	Tempo Inscr.
Absolutos					
1	Benfica	Abs		Benfica	1:49.83
2	Palmela Desporto	Abs		Palmela Desporto	1:50.77
3	Laranjeiro	Abs		Clube Instrucao Laranjeiro	1:53.58
4	Naval Setubalense	Abs		Naval Setubalense	1:57.00
5	Estoris	Abs		Bombeiros Estoris	1:58.20
6	Naval Amorense	Abs		Naval Amorense	1:59.00
7	Estrelas S. J. Brito	Abs		Estrelas S.J. Brito	2:00.00
8	União Piedense	Abs		União Piedense	2:00.00
9	Amadora 1	Abs		Amadora	2:01.00
10	Nacional Natação 1	Abs		Nacional Natação	2:03.00
11	A Onda - Azeitão 1	Abs		A Onda - Azeitão	2:30.00

Prova 9
23.10.16

Masc., 4 x 50m Livres

Absolutos
Lista inscritos

Rec Nacional Jun	1:35.76	Futebol Clube do Porto/Imperio Bonanca	FCP	Felgueiras	2006
Rec Nacional Sen	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009
Rec Nacional Absoluto	1:29.97	Futebol Clube do Porto/Dolce Vita	FCP	Leiria	2009

Ord.	Categ.	NºLic.	Clube	Tempo Inscr.
Absolutos				
1	Abs		Palmela Desporto	1:41.19
2	Abs		Benfica	1:42.56
3	Abs		Naval Amorense	1:42.82
4	Abs		Estrelas S.J. Brito	1:45.00
5	Abs		Clube Instrucao Laranjeiro	1:45.10
6	Abs		Naval Setubalense	1:45.38
7	Abs		A Onda - Azeitão	1:46.33
8	Abs		Bombeiros Estoris	1:47.60
9	Abs		Nacional Nataçao	1:50.58
10	Abs		CPCD Póvoa Sta Iria	2:00.00

Prova 10
23.10.16

Femin., 100m Livres

Absolutos
Lista inscritos

Rec Regional Juv B	59.46	Isabel Pinto Abreu	CFB	Abrantes	2010
Rec Regional Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	2015
Rec Regional Jun 1	56.78	Maria Carolina Rosa	SCP	Leiria	2009
Rec Regional Jun 2	57.31	Rita Barros Frischknecht	SAD	Porto	2014
Rec Regional Sen	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Regional Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Juv B	57.75	Ana Margarida Guedes	GCVR	Cantanhede	2015
Rec Nacional Juv A	57.52	Raquel Gomes Pereira	SAD	Algés	2015
Rec Nacional Jun 1	56.78	Maria Carolina Rosa	SCP	Leiria	2009
Rec Nacional Jun 2	57.33	Claudia Sofia Monteiro	CFV	Sines	2008
Rec Nacional Sen	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009
Rec Nacional Absoluto	55.43	Patricia Vilas Conceicao	CNA	S. António Cavaleiros	2009

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Margarida Mota Silva	03	Juv B	122224	PDEM	1:05.70 L	15.5.16	Vila Franca de Xira (POR)	1:04.38
2	Beatriz Picanço Martins	03	Juv B	127247	SLB	1:06.26 L	1.7.16	Setubal (POR)	1:04.93
3	Ana Margarida Soares	03	Juv B	129488	CNS	1:07.48 L	16.7.16	Famalicao (POR)	1:06.13
4	Ema Jerónimo Conceição	03	Juv B	129812	AEFDTV	1:07.68 L	1.7.16	Setubal (POR)	1:06.32
5	Leonor Maria Neves	03	Juv B	131015	GESL	1:08.24 L	1.7.16	Setubal (POR)	1:06.87
6	Margarida Teixeira Moreira	03	Juv B	127698	CFB	1:08.39 L	15.5.16	Vila Franca de Xira (POR)	1:07.02
7	Sofia Peres Ferrao	03	Juv B	133280	ADST	1:09.29 L	16.7.16	Famalicao (POR)	1:07.90
8	Claudia Beatriz Martins	03	Juv B	128830	GESL	1:08.17 S	19.3.16	Tomar (POR)	1:08.17
9	Catarina Inês Correia	03	Juv B	129491	CNS	1:09.98 L	15.5.16	Vila Franca de Xira (POR)	1:08.58
10	Beatriz Pedro Ferreira	03	Juv B	200146	CPCD	1:10.74 L	1.7.16	Setubal (POR)	1:09.32
11	Mariana Bança Ferreira	03	Juv B	127071	CNS	1:09.67 S	19.3.16	Tomar (POR)	1:09.67
12	Marta Viola Marques	03	Juv B	208870	CNCVCG	1:11.51 L	18.6.16	Rio Maior (POR)	1:10.08
13	Rafaela Sofia Silva	03	Juv B	127686	SLB	1:10.91 S	5.3.16	Alapraia (POR)	1:10.91
14	Rafaela Rodrigues Moura	03	Juv B	127272	AONDA	1:12.81 L	1.7.16	Setubal (POR)	1:11.35
15	Madalena Reis Cerdeira	03	Juv B	130053	AEULCCD	1:11.82 S	5.3.16	Alapraia (POR)	1:11.82
16	Filipa Alexandra Henriques	03	Juv B	127705	SLB	1:14.38 L	15.5.16	Vila Franca de Xira (POR)	1:12.89
17	Laura Morais Marques	03	Juv B	137862	AEFDTV	1:14.60 L	18.6.16	Rio Maior (POR)	1:13.10
18	Leonor Sequeira Barardo	03	Juv B	129816	AEFDTV	1:13.93 S	8.5.16	Pinhal Novo (POR)	1:13.93
19	Leonor Ramos Zacarias	03	Juv B	127070	CNS	1:14.31 S	5.3.16	Alapraia (POR)	1:14.31
20	Rafaela Silva Santos	03	Juv B	128831	GESL	1:14.97 S	21.2.16	S. Antonio Cavaleiros (POR)	1:14.97
21	Mariana Alexandra Santos	03	Juv B	139257	ADST	1:16.53 L	1.7.16	Setubal (POR)	1:14.99
22	Marta Dias Damaso	03	Juv B	147149	PDEM	1:16.75 L	1.7.16	Setubal (POR)	1:15.21
23	Ines Sofia Alves	03	Juv B	200157	CPCD	1:17.04 L	18.6.16	Rio Maior (POR)	1:15.49
24	Mariana Valente Fernandes	03	Juv B	147148	PDEM	1:17.82 L	1.7.16	Setubal (POR)	1:16.26
25	Rita Matos Leal	03	Juv B	201551	MO	1:17.97 L	15.5.16	Vila Franca de Xira (POR)	1:16.41

Prova 10, Femin., 100m Livres

26	Carolina Ferreira Santos	03	Juv B	133279	ADST	1:23.00		1:23.00
27	Mariana Lobo	03	Juv B	200869	CNCVG	1:23.00		1:23.00
28	Raquel Pinto Santos	03	Juv B	200167	CPCD	1:23.00		1:23.00

Juvenis A

1	Alexandra Couto Frazão	02	Juv A	125426	CDOM	1:03.16 L	11.3.16	Oeiras (POR)	1:01.89
2	Ana Raquel Graveto	02	Juv A	129628	SLB	1:03.29 L	4.6.16	Porto (POR)	1:02.02
3	Mafalda Marques Pinto	02	Juv A	125422	AEULCCD	1:03.80 L	15.5.16	Vila Franca de Xira (POR)	1:02.52
4	Leticia Maia Andre	02	Juv A	132801	SFUAP	1:04.11 L	3.7.16	Setubal (POR)	1:02.82
5	Maria Mousinho Esteves	02	Juv A	131944	CIRL	1:04.18 L	11.3.16	Oeiras (POR)	1:02.89
6	Carolina Ganhao Ferro	02	Juv A	126267	GESL	1:05.40 L	3.7.16	Setubal (POR)	1:04.09
7	Catarina Pinho Estevez	02	Juv A	124325	CNS	1:06.14 L	3.7.16	Setubal (POR)	1:04.81
8	Joana Filipa Varandas	02	Juv A	124305	CIRL	1:06.37 L	28.2.16	Vila Franca de Xira (POR)	1:05.04
9	Filipa Inacio Cazeiro	02	Juv A	121158	CIRL	1:05.08 S	5.12.15	Setubal (POR)	1:05.08
10	Luana Gonçalves Dantas	02	Juv A	124419	CNN	1:06.60 S	18.6.16	Alges (POR)	1:06.60
11	Lara Moutinho Silva	02	Juv A	126286	PDEM	1:08.20 L	18.6.16	Rio Maior (POR)	1:06.83
12	Maria D'Orey Goncalves	02	Juv A	148415	CNN	1:06.92 S	20.11.15	Alges (POR)	1:06.92
13	Maria Leonor Pedro	02	Juv A	124425	CNN	1:10.08 L	28.2.16	Vila Franca de Xira (POR)	1:08.67
14	Ana Catarina Barata	02	Juv A	126477	SFUAP	1:08.68 S	20.11.15	Alges (POR)	1:08.68
15	Daniela Sofia Fernandes	02	Juv A	200164	CPCD	1:10.36 L	18.6.16	Rio Maior (POR)	1:08.95
16	Patricia Alexandra Boto	02	Juv A	124329	ANAM	1:11.63 L	3.7.16	Setubal (POR)	1:10.19
17	Rita Costa Albuquerque	02	Juv A		CFB	1:12.68 S	25.10.15	Setubal (POR)	1:12.68
18	Sofia Pinto Simeao	02	Juv A	122053	CIRL	1:15.26 L	10.6.16	Vila Franca de Xira (POR)	1:13.75
19	Maria Angelina Vicetto	02	Juv A	123962	CNMJ	1:15.49 L	10.6.16	Vila Franca de Xira (POR)	1:13.98
20	Constanca Viana Goncalves	02	Juv A	126268	CNMJ	1:14.76 S	8.5.16	Pinhal Novo (POR)	1:14.76
21	Mariana Antunes Silva	02	Juv A	137865	AEFDTV	1:17.98 L	10.6.16	Vila Franca de Xira (POR)	1:16.42
22	Mafalda Nogueira Machado	02	Juv A	127358	CNCVG	1:18.00			1:18.00
23	Madalena Dominguez	02	Juv A	200409	CNN	1:22.29 S	25.4.16	Sines (POR)	1:22.29

Juniores

1	Mafalda Rato Monteiro	01	Jun	121445	CNS	1:00.86 S	18.6.16	Alges (POR)	1:00.86
2	Tatiana Raquel Pombo	01	Jun	121615	ANAM	1:02.22 L	7.2.16	Oeiras (POR)	1:00.97
3	Ana Cruz Antunes	01	Jun	121501	SLB	1:02.88 L	22.7.16	Oeiras (POR)	1:01.62
4	Sara Rulin Loureiro	01	Jun	123345	SLB	1:03.23 L	24.7.16	Oeiras (POR)	1:01.96
5	Joana Mira Pereira	01	Jun	121237	CNS	1:03.49 L	24.7.16	Oeiras (POR)	1:02.22
6	Celeste Santos Ricardo	01	Jun	121325	SFUAP	1:04.27 L	11.3.16	Oeiras (POR)	1:02.98
7	Mafalda Sofia Dias	01	Jun	121401	CNS	1:04.34 L	11.3.16	Oeiras (POR)	1:03.05
8	Catarina Rodrigues Belchior	01	Jun	122528	CIRL	1:03.91 S	20.11.15	Alges (POR)	1:03.91
9	Carolina Maria Silveiro	01	Jun	130369	CIRL	1:04.18 S	20.11.15	Alges (POR)	1:04.18
10	Daniela Eleuterio Correia	00	Jun	119110	MSMA	1:05.54 L	10.6.16	Vila Franca de Xira (POR)	1:04.22
11	Filipa Bile Grilo	01	Jun	121502	SLB	1:05.90 L	3.7.16	Setubal (POR)	1:04.58
12	Constança Dias Baptista	01	Jun	126394	SLB	1:04.98 S	5.12.15	Setubal (POR)	1:04.98
13	Ana Fernandes Costa	00	Jun	121407	CNMJ	1:06.57 L	10.6.16	Vila Franca de Xira (POR)	1:05.23
14	Joana Silva Ulpiano	00	Jun	119425	CIRL	1:05.80 S	10.4.16	Coruche (POR)	1:05.80
15	Bruna Lourenco Rodrigues	00	Jun	119112	MSMA	1:07.19 L	3.7.16	Setubal (POR)	1:05.84
16	Sandra Filipa Mendes	00	Jun	122480	MSMA	1:07.27 L	3.7.16	Setubal (POR)	1:05.92
17	Barbara Daniela Quaresma	01	Jun	121162	ANAM	1:07.89 L	3.7.16	Setubal (POR)	1:06.53
18	Mariana Rodrigues Santos	00	Jun	128825	GESL	1:07.16 S	8.11.15	Cova da Piedade (POR)	1:07.16
19	Joana Sales Amaral	01	Jun	126303	MSMA	1:08.95 L	18.6.16	Rio Maior (POR)	1:07.57
20	Madalena Frota Carvalho	00	Jun	123321	CPCD	1:09.19 L	10.6.16	Vila Franca de Xira (POR)	1:07.80
21	Mariana Fernandes Lemos	00	Jun	153434	CPCD	1:09.21 L	18.6.16	Rio Maior (POR)	1:07.82
22	Carolina Baião Ribeiro	01	Jun	130035	PDEM	1:10.14 L	28.2.16	Vila Franca de Xira (POR)	1:08.73
23	Ana Madalena Mendes	00	Jun	124022	AEULCCD	1:09.85 S	25.10.15	Setubal (POR)	1:09.85
24	Mariana Bento Ricardo	01	Jun	122047	MSMA	1:11.76 L	10.6.16	Vila Franca de Xira (POR)	1:10.32
25	Ana Bárbara Alves	01	Jun	137860	AEFDTV	1:17.06 L	10.6.16	Vila Franca de Xira (POR)	1:15.51
26	Joana Duque Oliveira	01	Jun	258572361	CDOM	1:16.00			1:16.00
27	Olga Santos Lourenco	01	Jun	130025	CNCVG	1:16.00			1:16.00

Seniores

1	Maria Rachadell Pereira	98	Sen	104612	ESJB	59.52 S	8.11.15	Vila Real St. Antonio (POR)	59.52
2	Bruna Martins Riesenberger	97	Sen	105541	CIRL	1:00.26 S	20.11.15	Alges (POR)	1:00.26
3	Ana Raquel Ferreira	98	Sen	102755	SLB	1:00.49 S	7.5.16	Coimbra (POR)	1:00.49
4	Sofia Alexandra Rolao	98	Sen	108413	SLB	1:00.61 S	18.6.16	Alges (POR)	1:00.61
5	Filipa Vilas Tiago	94	Sen	10634	CNN	1:00.77 S	20.11.15	Alges (POR)	1:00.77
6	Raquel Teixeira Pena	98	Sen	106326	SFUAP	1:02.29 L	7.2.16	Oeiras (POR)	1:01.04
7	Claudia Ferreira Borges	99	Sen	116591	SLB	1:02.20 S	25.10.15	Setubal (POR)	1:02.20
8	Soraia Guerra Rolim	95	Sen	121321	SLB	1:02.60 S	20.11.15	Alges (POR)	1:02.60
9	Francisca Ferreira Fonseca	97	Sen	121585	CNN	1:02.82 S	18.6.16	Alges (POR)	1:02.82

Prova 10, Femin., 100m Livres

10	Eva Guerreiro Carvalho	99	Sen	111392	SFUAP	1:04.30 L	28.2.16	Vila Franca de Xira (POR)	1:03.01
11	Beatriz Elisabete Pereira	97	Sen	132344	ANAM	1:03.27 S	10.4.16	Coruche (POR)	1:03.27
12	Filipa Silva Cruz	92	Sen	10928	CIRL	1:03.28 S	16.1.16	Torres Novas (POR)	1:03.28
13	Ana Oliveira Silva	99	Sen	111425	CFB	1:04.74 L	18.6.16	Rio Maior (POR)	1:03.44
14	Margarida Pereira Correia	99	Sen	153432	CPCD	1:05.54 L	28.2.16	Vila Franca de Xira (POR)	1:04.22
15	Dalia Sofia Curto	95	Sen	108816	CNN	1:04.53 S	25.10.15	Setubal (POR)	1:04.53
16	Carolina Madeira Santos	96	Sen	104254	SFUAP	1:04.78 S	22.11.15	Alges (POR)	1:04.78
17	Inês Vieira Almeida	99	Sen	122473	SFUAP	1:06.66 L	10.6.16	Vila Franca de Xira (POR)	1:05.32
18	Maria Joao Cabral	98	Sen	107645	AHBE	1:07.88 S	28.11.15	Caldas da Rainha (POR)	1:07.88
19	Ana Rita Agostinho	99	Sen	117311	CNMJ	1:11.43 L	10.6.16	Vila Franca de Xira (POR)	1:10.00
20	Sofia Raquel Piteira	98	Sen	107666	CNS	1:11.74 S	14.2.16	Montemor-o-Novo (POR)	1:11.74
21	Ana Teresa Nunes	88	Sen	11235	CDOM	1:12.41 S	31.1.16	Tomar (POR)	1:12.41
22	Mariana Costa Cabral	95	Sen	25315	AHBE	1:13.00			1:13.00
23	Patricia Alexandra Fernandes	99	Sen	200151	CPCD	1:13.00			1:13.00
24	Catarina Maria Silva	99	Sen	111338	AEULCCD	1:13.00			1:13.00
25	Mariana Pais António	99	Sen		PDEM	1:13.00			1:13.00

Prova 11 23.10.16

Masc., 200m Estilos

Absolutos Lista inscritos

Rec Regional Juv B	2:10.75	Diogo Leal Dantas	SCP	Algés	2015
Rec Regional Juv A	2:06.94	Diogo Gomes Sousa	CNCVCG	Estoril, Alapraia	2011
Rec Regional Jun 1	2:04.10	Tiago André Venâncio	CNS	Alapraia	2004
Rec Regional Jun 2	2:01.23	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Sen	1:55.40	Alexis Manacas Santos	SCP	Netanya (ISR)	2015
Rec Regional Absoluto	1:55.40	Alexis Manacas Santos	SCP	Netanya (ISR)	2015
Rec Nacional Juv B	2:08.27	Diogo Filipe Carvalho	CGA	Fafe	2003
Rec Nacional Juv A	2:05.34	Diogo Filipe Carvalho	CGA	Aveiro	2004
Rec Nacional Jun 1	2:02.96	Diogo Filipe Carvalho	CGA	Mealhada	2005
Rec Nacional Jun 2	2:00.80	Diogo Filipe Carvalho	CGA	Alapraia	2005
Rec Nacional Sen	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015
Rec Nacional Absoluto	1:53.45	Diogo Filipe Carvalho	CGA	Netanya (ISR)	2015

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Martim Primavera Alfama	02	Juv B	128833	GESL	2:24.85 S	7.5.16	Pinhal Novo (POR)	2:24.85
2	Bernardo Geada Brito	02	Juv B	130621	SFUAP	2:28.14 L	17.7.16	Famalicao (POR)	2:25.17
3	Rafael Moreira Oliveira	02	Juv B	128325	CFB	2:25.63 S	20.3.16	Tomar (POR)	2:25.63
4	Rafael Rodrigues Jacinto	02	Juv B	129002	CFB	2:30.53 L	17.7.16	Famalicao (POR)	2:27.51
5	Daniel Rodrigues Alves	02	Juv B	123454	CFB	2:28.89 S	7.5.16	Pinhal Novo (POR)	2:28.89
6	Pedro Alves Martinho	02	Juv B	129482	AHBE	2:29.03 S	20.3.16	Tomar (POR)	2:29.03
7	Pedro Miguel Pinto	02	Juv B	129924	AEFDTV	2:32.48 L	14.5.16	Vila Franca de Xira (POR)	2:29.43
8	Joao Miguel Martins	02	Juv B	127267	CFB	2:33.31 S	20.3.16	Tomar (POR)	2:33.31
9	Diogo Garcez Mateus	02	Juv B	129622	AONDA	2:36.04 S	7.5.16	Pinhal Novo (POR)	2:36.04
10	Gonçalo Francisco Neves	02	Juv B	126866	AHBE	2:39.18 S	6.3.16	Alapraia (POR)	2:39.18
11	Rodrigo Rosa Fernandes	02	Juv B	153437	CPCD	2:42.77 S	31.10.15	Lisboa (POR)	2:42.77
12	Joao Garcez Mateus	02	Juv B	129623	AONDA	2:42.86 S	7.5.16	Pinhal Novo (POR)	2:42.86
13	Diogo Rogado Guerreiro	02	Juv B	122046	AONDA	2:44.94 S	7.5.16	Pinhal Novo (POR)	2:44.94
14	Pedro Almeida Marques	02	Juv B	127176	CNS	2:46.56 S	25.4.16	Sines (POR)	2:46.56
15	Claudio Bularo Freitas	02	Juv B	153426	CPCD	2:46.69 S	24.1.16	Setubal (POR)	2:46.69
16	Guilherme Neto Ferreira	02	Juv B	131405	AHBE	2:50.01 S	25.4.16	Sines (POR)	2:50.01
17	Ruan Lage Tigre	02	Juv B	121281	SFUAP	2:57.35 S	31.10.15	Lisboa (POR)	2:57.35
18	Goncalo Nolasco Fernandes	02	Juv B	124428	CNN	2:57.74 S	13.2.16	Lisboa (POR)	2:57.74
19	Pedro Miguel Silva	02	Juv B	200915	PDEM	2:57.79 S	25.4.16	Sines (POR)	2:57.79
20	Vasco Camacho Ramos	02	Juv B	201622	CNS	3:01.67 L	19.6.16	Evora (POR)	2:58.03
21	Rodrigo Gomes Gamito	02	Juv B	130850	PDEM	2:58.27 S	24.1.16	Setubal (POR)	2:58.27
22	Diogo Miguel Esteves	02	Juv B	129054	CNS	3:02.43 S	24.1.16	Setubal (POR)	3:02.43
23	Nuno Xavier Cardoso	02	Juv B	126879	PDEM	3:03.63 S	31.10.15	Lisboa (POR)	3:03.63
24	Guilherme Alexandre Solposto	02	Juv B	127489	AONDA	3:09.96 S	31.10.15	Lisboa (POR)	3:09.96
25	Tomás Patrício Martins	02	Juv B	132351	AEFDTV	3:10.00			3:10.00
26	Nuno Antunes Silva	02	Juv B		AEFDTV	3:10.00			3:10.00
27	Francisco Matos Azevedo	02	Juv B	202510	CFB	3:10.00			3:10.00
28	Fernando Manuel Garcia	02	Juv B	153285	CFB	3:10.00			3:10.00

Prova 11, Masc., 200m Estilos

Juvenis A

1	David Matias Cristino	01	Juv A	127872	SFUAP	2:15.68 S	7.5.16	Pinhal Novo (POR)	2:15.68
2	Rafael Alcantara Aires	01	Juv A	125130	SFUAP	2:18.21 S	7.5.16	Pinhal Novo (POR)	2:18.21
3	Gonçalo Carvalho Ferrao	01	Juv A	127233	ANAM	2:20.65 S	6.12.15	Setubal (POR)	2:20.65
4	Guilherme Filipe Alcobia	01	Juv A	126473	SLB	2:22.93 S	7.5.16	Pinhal Novo (POR)	2:22.93
5	Rodrigo Melo Pinto	01	Juv A	128733	CNCVG	2:23.32 S	7.5.16	Pinhal Novo (POR)	2:23.32
6	Edgar Filipe Santos	01	Juv A	127750	SFUAP	2:24.30 S	6.12.15	Setubal (POR)	2:24.30
7	Tiago Maria Camoes	01	Juv A	121851	SFUAP	2:27.26 L	10.6.16	Vila Franca de Xira (POR)	2:24.31
8	Gonçalo Sliveirinha Caldeira	01	Juv A	128343	CDOM	2:24.89 S	6.12.15	Setubal (POR)	2:24.89
9	Filipe Ferrão Melo	01	Juv A	200171	CNS	2:32.07 L	3.7.16	Setubal (POR)	2:29.02
10	Bernardo Silva Felix	01	Juv A	129061	PDEM	2:36.43 S	24.1.16	Setubal (POR)	2:36.43
11	Filipe Eduardo Morais	01	Juv A	200145	CPCD	2:42.32 L	3.7.16	Setubal (POR)	2:39.07
12	Maxim Petrea	01	Juv A	122054	SFUAP	2:45.82 L	10.6.16	Vila Franca de Xira (POR)	2:42.50

Juniores

1	Jose Tomas Simeao	00	Jun	119420	CIRL	2:11.20 L	24.7.16	Oeiras (POR)	2:08.57
2	Simão Correia Ricardo	00	Jun	121405	CNS	2:14.28 S	7.5.16	Pinhal Novo (POR)	2:14.28
3	Daniel Nogueira Catalao	00	Jun	127075	SFUAP	2:18.11 L	24.7.16	Oeiras (POR)	2:15.34
4	Rodrigo Costa Teixeira	99	Jun	108410	CIRL	2:19.50 S	13.2.16	Caldas da Rainha (POR)	2:19.50
5	Pedro Henriques Marques	00	Jun	120529	SFUAP	2:21.66 S	6.12.15	Setubal (POR)	2:21.66
6	Diogo Monteiro Sousa	00	Jun	118406	CNS	2:22.16 S	7.5.16	Pinhal Novo (POR)	2:22.16
7	Henrique Lourenco Ferreira	99	Jun	112534	CNCVG	2:25.22 L	28.2.16	Vila Franca de Xira (POR)	2:22.31
8	Filipe Alexandre Silva	99	Jun	122940	SFUAP	2:26.86 S	25.4.16	Sines (POR)	2:26.86
9	Miguel Duarte Cruz	99	Jun	125797	CFB	2:28.15 S	21.11.15	Alges (POR)	2:28.15
10	Goncalo Alexandre Torgal	99	Jun	126867	AHBE	2:28.26 S	25.4.16	Sines (POR)	2:28.26
11	Diogo Alexandre Santos	00	Jun	116590	CNMJ	2:28.99 S	30.4.16	Estremoz (POR)	2:28.99
12	Diogo Puidival Marques	00	Jun	122045	ANAM	2:29.69 S	30.4.16	Estremoz (POR)	2:29.69
13	Rodrigo Benavente	00	Jun	122962	AONDA	2:32.51 S	21.11.15	Alges (POR)	2:32.51
14	Antonio Maria Ferreira	00	Jun	128468	PDEM	2:34.66 S	24.1.16	Setubal (POR)	2:34.66
15	Ricardo Mendes Bras	99	Jun	131031	CNMJ	2:43.04 S	10.1.16	Benedita (POR)	2:43.04
16	Renato Gomes Gamito	99	Jun	127502	PDEM	2:55.96 S	25.10.15	Setubal (POR)	2:55.96
17	Vicente Morgado Ventoso	00	Jun	126466	CFB	2:56.00			2:56.00
18	Martim Sardinha Monteiro	00	Jun	125137	SLB	2:56.00			2:56.00

Seniores

1	Antonio Fernandes Carrico	98	Sen	106926	ESJB	2:09.99 S	7.5.16	Caldas da Rainha (POR)	2:09.99
2	Jose Paula Carvalho	98	Sen	111450	SFUAP	2:10.99 S	18.6.16	Alges (POR)	2:10.99
3	Afonso Calais Queiroga	98	Sen	112311	SFUAP	2:14.83 L	12.3.16	Oeiras (POR)	2:12.13
4	Joao Carlos Santos	96	Sen	104253	SFUAP	2:13.40 S	10.1.16	Benedita (POR)	2:13.40
5	Filipe Ferreira Luz	98	Sen	112320	GESL	2:18.44 L	28.5.16	Coimbra (POR)	2:15.67
6	Ricardo Basilio Marreiros	97	Sen	107317	CIRL	2:16.64 S	7.1.15	Vila Real St. Antonio (POR)	2:16.64
7	Eduardo Garcia Guia	98	Sen	126881	PDEM	2:18.00 S	25.4.16	Sines (POR)	2:18.00
8	Carlos Miguel Pinto	97	Sen	107661	CNS	2:18.21 S	1.11.15	Mealhada (POR)	2:18.21
9	Daniel Filipe Cazeiro	97	Sen	104378	CIRL	2:20.56 S	25.4.16	Sines (POR)	2:20.56
10	André Filipe Magalhães	98	Sen	111394	AONDA	2:25.04 L	10.6.16	Vila Franca de Xira (POR)	2:22.13
11	Goncalo Maria Matos	95	Sen	117938	CFB	2:26.85 S	25.10.15	Setubal (POR)	2:26.85
12	Tiago Carlos Santos	98	Sen	121330	SFUAP	2:26.89 S	25.10.15	Setubal (POR)	2:26.89
13	Sergio Alexandre Dantas	95	Sen	200153	CPCD	2:35.07 S	1.11.15	Mealhada (POR)	2:35.07
14	Vitor Diogo Paulino	98	Sen	112303	PDEM	2:36.79 S	25.10.15	Setubal (POR)	2:36.79
15	Frederico Sousa Soares	96	Sen	104260	AHBE	2:37.00			2:37.00
16	Jose Pedro Rosario	96	Sen	128021	ANAM	2:37.00			2:37.00
17	Frederico Antunes Silva	95	Sen	25578	ANAM	2:37.00			2:37.00
18	Tiago Martim Alves	97	Sen	100789	SLB	2:37.00			2:37.00
19	Rafael Lourenco Gil	96	Sen	105234	SLB	2:37.00			2:37.00
20	Luis Miguel Silva	94	Sen	25620	PDEM	2:37.00			2:37.00

Prova 12
23.10.16

Femin., 100m Bruços

Absolutos
Lista inscritos

Rec Regional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Regional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Regional Jun 1	1:09.58	Diana Duarte Gomes	ABVE	Alapraia	2005
Rec Regional Jun 2	1:09.02	Diana Duarte Gomes	FPN	Belo Horizonte (BRA)	2006
Rec Regional Sen	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Regional Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. Antonio Cavaleiros	2009
Rec Nacional Juv B	1:11.76	Diana Duarte Gomes	ABVE	Reboleira	2003
Rec Nacional Juv A	1:09.59	Diana Duarte Gomes	ABVE	Tomar	2004
Rec Nacional Jun 1	1:08.85	Ana Pinho Rodrigues	AEJ	Ponte de Sôr	2009
Rec Nacional Jun 2	1:09.02	Diana Duarte Gomes	FPN	Belo Horizonte (BRA)	2006
Rec Nacional Sen	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009
Rec Nacional Absoluto	1:07.17	Diana Duarte Gomes	CNA	S. António Cavaleiros	2009

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Juvenis B								
1	Margarida Mota Silva	03	Juv B	122224	PDEM	1:23.91 S	8.5.16 Pinhal Novo (POR)	1:23.91
2	Tatiana Valentim Oliveira	03	Juv B	129818	AEFDTV	1:26.34 S	8.5.16 Pinhal Novo (POR)	1:26.34
3	Marta Sousa Caxaria	03	Juv B	130756	CNMJ	1:29.00 S	10.4.16 Coruche (POR)	1:29.00
4	Madalena Reis Cerdeira	03	Juv B	130053	AEULCCD	1:29.09 S	20.3.16 Tomar (POR)	1:29.09
5	Joana Isabel Pulquerio	03	Juv B	126427	SFUAP	1:29.29 S	18.6.16 Alges (POR)	1:29.29
6	Beatriz Quintao Amantes	03	Juv B	132798	SFUAP	1:29.96 S	8.5.16 Pinhal Novo (POR)	1:29.96
7	Ana Margarida Soares	03	Juv B	129488	CNS	1:33.42 S	13.2.16 Lisboa (POR)	1:33.42
8	Laura Morais Marques	03	Juv B	137862	AEFDTV	1:33.80 S	8.5.16 Pinhal Novo (POR)	1:33.80
9	Bruna Simoes Inacio	03	Juv B	131013	ADST	1:34.87 S	13.2.16 Lisboa (POR)	1:34.87
10	Rafaela Sofia Silva	03	Juv B	127686	SLB	1:35.99 S	13.2.16 Lisboa (POR)	1:35.99
11	Marta Viola Marques	03	Juv B	208870	CNCVG	1:36.51 S	6.3.16 Alapraia (POR)	1:36.51
12	Leonor Ramos Zacarias	03	Juv B	127070	CNS	1:36.56 S	13.2.16 Lisboa (POR)	1:36.56
13	Mariana Jesus Fernandes	03	Juv B	201552	MO	1:39.78 S	10.4.16 Coruche (POR)	1:39.78
14	Sofia Francisco Carolina	03	Juv B	200148	CPCD	1:41.27 S	10.4.16 Coruche (POR)	1:41.27
15	Catarina Inês Correia	03	Juv B	129491	CNS	1:43.82 S	8.5.16 Pinhal Novo (POR)	1:43.82
16	Carolina Ferreira Santos	03	Juv B	133279	ADST	1:44.00		1:44.00
17	Mariana Lobo	03	Juv B	200869	CNCVG	1:44.00		1:44.00
18	Ines Sofia Alves	03	Juv B	200157	CPCD	1:44.00		1:44.00
19	Raquel Pinto Santos	03	Juv B	200167	CPCD	1:44.00		1:44.00
20	Marta Dias Damaso	03	Juv B	147149	PDEM	1:44.00		1:44.00

Juvenis A

1	Natacha Sofia Silva	02	Juv A	125594	SLB	1:19.26 S	18.6.16 Alges (POR)	1:19.26
2	Luana Gonçalves Dantas	02	Juv A	124419	CNN	1:22.66 S	18.6.16 Alges (POR)	1:22.66
3	Mariana Pedro Pereira	02	Juv A	126180	GESL	1:23.01 S	13.2.16 Caldas da Rainha (POR)	1:23.01
4	Margarida Cunha Barros	02	Juv A	127076	SFUAP	1:26.29 S	10.4.16 Coruche (POR)	1:26.29
5	Iolanda Sofia Clérigo	02	Juv A	126878	CNS	1:27.27 S	10.4.16 Coruche (POR)	1:27.27
6	Beatriz Matozeiro Machado	02	Juv A	126298	SLB	1:28.30 S	17.4.16 Entroncamento (POR)	1:28.30
7	Mariana Lopes Albuquerque	02	Juv A	124323	CNS	1:33.21 S	8.5.16 Pinhal Novo (POR)	1:33.21
8	Patricia Alexandra Boto	02	Juv A	124329	ANAM	1:36.51 S	8.5.16 Pinhal Novo (POR)	1:36.51
9	Rita Costa Albuquerque	02	Juv A		CFB	1:36.79 S	25.10.15 Setubal (POR)	1:36.79
10	Mafalda Nogueira Machado	02	Juv A	127358	CNCVG	1:37.00		1:37.00

Juniores

1	Ema Filipa Rosario	00	Jun	120561	CNMJ	1:18.37 S	21.11.15 Alges (POR)	1:18.37
2	Luana Correia Rodrigues	01	Jun	121504	CFB	1:19.64 S	8.5.16 Pinhal Novo (POR)	1:19.64
3	Filipa Serrano Rodrigues	01	Jun	112310	SFUAP	1:21.00 S	8.5.16 Pinhal Novo (POR)	1:21.00
4	Tatiana Raquel Pombo	01	Jun	121615	ANAM	1:21.20 S	8.5.16 Pinhal Novo (POR)	1:21.20
5	Joana Mira Pereira	01	Jun	121237	CNS	1:21.57 S	18.6.16 Alges (POR)	1:21.57
6	Ines Figueira Santos	00	Jun	111277	SFUAP	1:21.91 S	10.1.16 Benedita (POR)	1:21.91
7	Ana Fernandes Costa	00	Jun	121407	CNMJ	1:22.82 S	10.4.16 Coruche (POR)	1:22.82
8	Madalena Marques Joaquim	01	Jun	121505	SLB	1:23.56 S	8.5.16 Pinhal Novo (POR)	1:23.56
9	Mafalda Sofia Dias	01	Jun	121401	CNS	1:26.63 S	14.2.16 Montemor-o-Novo (POR)	1:26.63
10	Bruna Lourenco Rodrigues	00	Jun	119112	MSMA	1:26.64 S	21.11.15 Alges (POR)	1:26.64
11	Mariana Fernandes Lemos	00	Jun	153434	CPCD	1:35.00		1:35.00
12	Joana Sales Amaral	01	Jun	126303	MSMA	1:35.00		1:35.00
13	Daniela Eleuterio Correia	00	Jun	119110	MSMA	1:35.00		1:35.00
14	Sandra Filipa Mendes	00	Jun	122480	MSMA	1:35.00		1:35.00
15	Mariana Bento Ricardo	01	Jun	122047	MSMA	1:35.00		1:35.00

Prova 12, Femin., 100m Bruços

16 Raquel Alves Montes	00 Jun		PDEM	1:35.00			1:35.00
17 Carolina Baiao Ribeiro	01 Jun	130035	PDEM	1:41.57 S	10.4.16	Coruche (POR)	1:41.57

Seniores

1 Claudia Ferreira Borges	99 Sen	116591	SLB	1:12.79 S	12.12.15	Porto (POR)	1:12.79
2 Bruna Martins Riesenberger	97 Sen	105541	CIRL	1:14.02 S	10.4.16	Coruche (POR)	1:14.02
3 Maria Rachadell Pereira	98 Sen	104612	ESJB	1:15.80 S	7.11.15	Vila Real St. Antonio (POR)	1:15.80
4 Mafalda Alexandra Henriques	98 Sen	105308	SLB	1:16.67 S	12.12.15	Porto (POR)	1:16.67
5 Cristiana Silva Ulpiano	95 Sen	100250	CIRL	1:17.96 S	29.11.15	Caldas da Rainha (POR)	1:17.96
6 Dalia Sofia Curto	95 Sen	108816	CNN	1:18.89 S	29.11.15	Caldas da Rainha (POR)	1:18.89
7 Carolina Madeira Santos	96 Sen	104254	SFUAP	1:18.92 S	29.11.15	Caldas da Rainha (POR)	1:18.92
8 Eva Guerreiro Carvalho	99 Sen	111392	SFUAP	1:19.10 S	18.6.16	Alges (POR)	1:19.10
9 Soraia Guerra Rolim	95 Sen	121321	SLB	1:23.40 S	25.10.15	Setubal (POR)	1:23.40
10 Mariana Van Ossenbruggen	98 Sen	105545	CIRL	1:23.58 S	10.4.16	Coruche (POR)	1:23.58
11 Catarina Maria Silva	99 Sen	111338	AEULCCD	1:26.21 S	21.11.15	Alges (POR)	1:26.21
12 Catarina Filipa Mosca	99 Sen	118243	ANAM	1:27.00			1:27.00
13 Rita Fernandes Leitao	96 Sen	25571	SLB	1:27.00			1:27.00
14 Patricia Alexandra Fernandes	99 Sen	200151	CPCD	1:34.92 S	10.4.16	Coruche (POR)	1:34.92
15 Teresa Lamego Neves	98 Sen	127268	CFB	1:35.00			1:35.00
16 Francisca Ferreira Fonseca	97 Sen	121585	CNN	1:35.00			1:35.00
17 Márcia Borges Teixeira	99 Sen		PDEM	1:35.00			1:35.00

Prova 13 23.10.16

Masc., 100m Costas

Absolutos Lista inscritos

Rec Regional Juv B	1:00.07	João Alexandre Vital	ADRCIMM	Alapraia	2013
Rec Regional Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Regional Jun 1	56.67	Nuno Rafael Duraes	CNS	Leiria	2009
Rec Regional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Regional Absoluto	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Nacional Juv B	57.38	Gabriel Jose Lopes	CDL	Coimbra	2012
Rec Nacional Juv A	56.45	Diogo Gomes Sousa	CNCVG	Porto	2010
Rec Nacional Jun 1	56.33	Adriano Miguel Niz			
Rec Nacional Jun 2	53.88	Alexis Manacas Santos	SCP	Leiria	2009
Rec Nacional Sen	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013
Rec Nacional Absoluto	52.03	Alexis Manacas Santos	FPN	Herning (DEN)	2013

Conversão tempo inscrição: Conversão linear por percentagem (2%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data Local	T.Conv.
Juvenis B								
1	Rafael Moreira Oliveira	02	Juv B	128325	CFB	1:07.62 S	18.3.16 Tomar (POR)	1:07.62
2	Daniel Rodrigues Alves	02	Juv B	123454	CFB	1:07.66 S	7.5.16 Pinhal Novo (POR)	1:07.66
3	Pedro Alves Martinho	02	Juv B	129482	AHBE	1:07.73 S	7.5.16 Pinhal Novo (POR)	1:07.73
4	Joao Nogueira Mendes	02	Juv B	128745	CIRL	1:08.17 S	18.3.16 Tomar (POR)	1:08.17
5	Rafael Rodrigues Jacinto	02	Juv B	129002	CFB	1:09.37 S	4.3.16 Alapraia (POR)	1:09.37
6	Pedro Miguel Pinto	02	Juv B	129924	AEFDTV	1:10.21 S	7.5.16 Pinhal Novo (POR)	1:10.21
7	Joao Miguel Martins	02	Juv B	127267	CFB	1:10.96 S	7.5.16 Pinhal Novo (POR)	1:10.96
8	Guilherme Neto Ferreira	02	Juv B	131405	AHBE	1:13.68 L	16.7.16 Famalicao (POR)	1:12.20
9	Ruan Lage Tigre	02	Juv B	121281	SFUAP	1:17.77 L	15.5.16 Vila Franca de Xira (POR)	1:16.21
10	Diogo Garcez Mateus	02	Juv B	129622	AONDA	1:16.44 S	7.5.16 Pinhal Novo (POR)	1:16.44
11	Nuno Xavier Cardoso	02	Juv B	126879	PDEM	1:19.50 L	19.6.16 Evora (POR)	1:17.91
12	Tomás Santos Fernandes	02	Juv B	128807	AEFDTV	1:21.75 L	15.5.16 Vila Franca de Xira (POR)	1:20.11
13	Diogo Rogado Guerreiro	02	Juv B	122046	AONDA	1:20.12 S	7.5.16 Pinhal Novo (POR)	1:20.12
14	Guilherme Alexandre Solposto	02	Juv B	127489	AONDA	1:21.83 S	30.4.16 Estremoz (POR)	1:21.83
15	Joao Garcez Mateus	02	Juv B	129623	AONDA	1:22.99 S	7.5.16 Pinhal Novo (POR)	1:22.99
16	Vasco Camacho Ramos	02	Juv B	201622	CNS	1:24.31 S	14.2.16 Montemor-o-Novo (POR)	1:24.31
17	Pedro Almeida Marques	02	Juv B	127176	CNS	1:25.13 S	7.5.16 Pinhal Novo (POR)	1:25.13
18	Simao Castro Barreto	02	Juv B	132474	SLB	1:25.48 S	18.6.16 Alges (POR)	1:25.48
19	Pedro Miguel Silva	02	Juv B	200915	PDEM	1:28.09 L	15.5.16 Vila Franca de Xira (POR)	1:26.32
20	Diogo Miguel Esteves	02	Juv B	129054	CNS	1:34.82 L	19.6.16 Evora (POR)	1:32.92
21	Tomás Patrício Martins	02	Juv B	132351	AEFDTV	1:35.00		1:35.00
22	Nuno Antunes Silva	02	Juv B		AEFDTV	1:35.00		1:35.00
23	Francisco Matos Azevedo	02	Juv B	202510	CFB	1:35.00		1:35.00
24	Fernando Manuel Garcia	02	Juv B	153285	CFB	1:35.00		1:35.00

Prova 13, Masc., 100m Costas

25	Goncalo Nolasco Fernandes	02	Juv B	124428	CNN	1:35.00	1:35.00
26	Bernardo Geada Brito	02	Juv B	130621	SFUAP	1:35.00	1:35.00
27	Rodrigo Rosa Fernandes	02	Juv B	153437	CPCD	1:35.00	1:35.00
28	Rodrigo Gomes Gamito	02	Juv B	130850	PDEM	1:35.00	1:35.00

Juvenis A

1	Gonçalo Carvalho Ferrao	01	Juv A	127233	ANAM	1:02.05 S	10.4.16 Coruche (POR)	1:02.05
2	Diogo Alexandre Araujo	01	Juv A	122109	ESJB	1:03.88 L	23.7.16 Oeiras (POR)	1:02.60
3	Rodrigo Melo Pinto	01	Juv A	128733	CNCVG	1:02.81 S	7.5.16 Pinhal Novo (POR)	1:02.81
4	Tomas Afonso Graca	01	Juv A	127260	SLB	1:03.33 S	18.6.16 Alges (POR)	1:03.33
5	Tiago Henriques Matias	01	Juv A	128276	GESL	1:10.19 L	15.5.16 Vila Franca de Xira (POR)	1:08.78
6	Rodrigo Ponte Jorge	01	Juv A	127873	SFUAP	1:09.48 S	7.5.16 Pinhal Novo (POR)	1:09.48
7	Carlos Filipe Lopes	01	Juv A	127265	SFUAP	1:11.10 S	7.5.16 Pinhal Novo (POR)	1:11.10
8	Gonçalo Silveirinha Caldeira	01	Juv A	128343	CDOM	1:11.96 S	9.1.16 Benedita (POR)	1:11.96
9	Filipe Ferrão Melo	01	Juv A	200171	CNS	1:12.18 S	7.5.16 Pinhal Novo (POR)	1:12.18
10	Bernardo Silva Felix	01	Juv A	129061	PDEM	1:19.83 S	25.10.15 Setubal (POR)	1:19.83

Juniores

1	Tomas Silva Coxixo	99	Jun	118387	PDEM	1:00.95 S	22.11.15 Alges (POR)	1:00.95
2	Diogo Monteiro Sousa	00	Jun	118406	CNS	1:02.11 S	18.6.16 Alges (POR)	1:02.11
3	João Pedro Silva	00	Jun	121616	SFUAP	1:03.15 S	22.11.15 Alges (POR)	1:03.15
4	Miguel Henriques Marques	00	Jun	120530	SFUAP	1:03.61 S	13.2.16 Caldas da Rainha (POR)	1:03.61
5	Filipe Alexandre Silva	99	Jun	122940	SFUAP	1:03.74 S	22.11.15 Alges (POR)	1:03.74
6	Daniel Alexandre Filipe	00	Jun	120475	CNN	1:03.92 S	28.11.15 Caldas da Rainha (POR)	1:03.92
7	Simão Correia Ricardo	00	Jun	121405	CNS	1:05.41 S	7.5.16 Pinhal Novo (POR)	1:05.41
8	Rafael Cruz Margarido	99	Jun	129965	CNS	1:06.99 S	14.2.16 Montemor-o-Novo (POR)	1:06.99
9	Tiago Filipe Freitas	99	Jun	111281	SFUAP	1:07.04 S	13.2.16 Caldas da Rainha (POR)	1:07.04
10	Pedro Henriques Marques	00	Jun	120529	SFUAP	1:08.43 L	15.5.16 Vila Franca de Xira (POR)	1:07.06
11	Diogo Puidival Marques	00	Jun	122045	ANAM	1:08.36 S	25.10.15 Setubal (POR)	1:08.36
12	Rodrigo Benavente	00	Jun	122962	AONDA	1:12.35 S	25.10.15 Setubal (POR)	1:12.35
13	Guilherme Maria Matos	00	Jun	117944	CFB	1:12.70 S	7.5.16 Pinhal Novo (POR)	1:12.70
14	Martim Ferreira Fonseca	99	Jun	128555	CNN	1:13.53 S	25.10.15 Setubal (POR)	1:13.53
15	Rafael Goncalves Sousa	99	Jun	153436	CPCD	1:14.65 S	10.4.16 Coruche (POR)	1:14.65
16	Antonio Maria Ferreira	00	Jun	128468	PDEM	1:16.58 S	7.5.16 Pinhal Novo (POR)	1:16.58
17	Renato Gomes Gamito	99	Jun	127502	PDEM	1:23.17 S	25.10.15 Setubal (POR)	1:23.17

Seniores

1	Diogo Gomes Sousa	95	Sen	25455	ESJB	55.64 S	12.12.15 Porto (POR)	55.64
2	Joao Diogo Fernandes	98	Sen	121542	SLB	58.77 S	12.12.15 Porto (POR)	58.77
3	Miguel Bras Sergio	95	Sen	100925	AHBE	1:01.42 S	25.10.15 Setubal (POR)	1:01.42
4	Frederico Antunes Silva	95	Sen	25578	ANAM	1:02.41 S	28.11.15 Caldas da Rainha (POR)	1:02.41
5	Diogo Rodrigues Freitas	98	Sen	107680	SFUAP	1:03.18 S	8.11.15 Cova da Piedade (POR)	1:03.18
6	Andre Rafael Marinho	93	Sen	10643	SFUAP	1:04.37 S	18.6.16 Alges (POR)	1:04.37
7	Ruben André Leitão	98	Sen	122265	AONDA	1:04.74 S	25.10.15 Setubal (POR)	1:04.74
8	Pedro Silva Vaz	98	Sen	111379	AHBE	1:06.06 S	13.2.16 Caldas da Rainha (POR)	1:06.06
9	Leonardo Rochinha Pedro	98	Sen	111381	AHBE	1:06.79 S	8.11.15 Cova da Piedade (POR)	1:06.79
10	João Paulo Magalhaes	95	Sen	103578	AONDA	1:07.86 S	30.4.16 Estremoz (POR)	1:07.86
11	André Filipe Magalhães	98	Sen	111394	AONDA	1:09.53 S	25.10.15 Setubal (POR)	1:09.53
12	Jose Paulo Pinto	95	Sen	25627	AONDA	1:10.00		1:10.00
13	Luis Henrique Ferreira	97	Sen	103577	AONDA	1:10.00		1:10.00
14	Daniel Rochinha Pedro	98	Sen	111389	AHBE	1:10.00		1:10.00
15	Tiago Rafael Martins	97	Sen	111267	CNN	1:10.00		1:10.00
16	Fabio Alcantara Aires	97	Sen	104252	SFUAP	1:10.00		1:10.00
17	Pedro Dordio Carreiro	97	Sen	120560	GESL	1:10.00		1:10.00

Prova 14	Femin., 100m Mariposa				Absolutos	
23.10.16					Lista inscritos	
Rec Regional Juv B	1:04.30	Susana Patricia Miguel	SFUAP	Penafiel	2004	
Rec Regional Juv A	1:03.09	Filipa Vilas Tiago	SCP	Sines	2008	
Rec Regional Jun 1	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	2009	
Rec Regional Jun 2	1:02.03	Filipa Vilas Tiago	SCP	Porto	2010	
Rec Regional Sen	59.92	Victoria Kaminskaya	ESJB	Porto	2015	
Rec Regional Absoluto	59.92	Victoria Kaminskaya	ESJB	Porto	2015	
Rec Nacional Juv B	1:03.39	Ana Margarida Guedes	GCVR	Estarreja	2014	
Rec Nacional Juv A	1:03.14	Ana Rita Francisco	SFUAP		1995	
Rec Nacional Jun 1	1:01.56	Filipa Vilas Tiago	SCP	S. António Cavaleiros	2009	
Rec Nacional Jun 2	59.65	Sara Francisco Cruz	ADBA	Leiria	2009	
Rec Nacional Sen	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010	
Rec Nacional Absoluto	58.31	Sara Freitas Oliveira	FPN	Dubai (UAE)	2010	

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Joana Ribeiro Martins	03	Juv B	129164	SLB	1:07.27 S	20.3.16	Tomar (POR)	1:07.27
2	Sofia Peres Ferrao	03	Juv B	133280	ADST	1:12.77 S	8.5.16	Pinhal Novo (POR)	1:12.77
3	Beatriz Quintao Amantes	03	Juv B	132798	SFUAP	1:13.39 S	8.5.16	Pinhal Novo (POR)	1:13.39
4	Daniela Mascarenhas Henriques	03	Juv B	128827	GESL	1:16.35 S	8.5.16	Pinhal Novo (POR)	1:16.35
5	Margarida Teixeira Moreira	03	Juv B	127698	CFB	1:16.44 S	8.5.16	Pinhal Novo (POR)	1:16.44
6	Ema Jerónimo Conceição	03	Juv B	129812	AEFDTV	1:16.77 S	8.5.16	Pinhal Novo (POR)	1:16.77
7	Beatriz Picanço Martins	03	Juv B	127247	SLB	1:16.82 S	8.5.16	Pinhal Novo (POR)	1:16.82
8	Joana Isabel Pulquerio	03	Juv B	126427	SFUAP	1:17.76 S	8.5.16	Pinhal Novo (POR)	1:17.76
9	Mariana Bança Ferreira	03	Juv B	127071	CNS	1:21.41 S	8.5.16	Pinhal Novo (POR)	1:21.41
10	Rafaela Rodrigues Moura	03	Juv B	127272	AONDA	1:24.36 S	30.4.16	Estremoz (POR)	1:24.36
11	Tatiana Valentim Oliveira	03	Juv B	129818	AEFDTV	1:24.86 S	8.5.16	Pinhal Novo (POR)	1:24.86
12	Leonor Sequeira Barardo	03	Juv B	129816	AEFDTV	1:25.85 S	8.5.16	Pinhal Novo (POR)	1:25.85
13	Marta Sousa Caxaria	03	Juv B	130756	CNMJ	1:30.51 S	13.2.16	Lisboa (POR)	1:30.51
14	Beatriz Pedro Ferreira	03	Juv B	200146	CPCD	1:32.13 S	10.4.16	Coruche (POR)	1:32.13
15	Mariana Alexandra Santos	03	Juv B	139257	ADST	1:33.00			1:33.00
16	Bruna Simoes Inacio	03	Juv B	131013	ADST	1:33.00			1:33.00
17	Mariana Valente Fernandes	03	Juv B	147148	PDEM	1:33.00			1:33.00

Juvenis A									
1	Ana Raquel Graveto	02	Juv A	129628	SLB	1:07.77 S	8.5.16	Pinhal Novo (POR)	1:07.77
2	Filipa Inacio Cazeiro	02	Juv A	121158	CIRL	1:08.03 S	13.2.16	Caldas da Rainha (POR)	1:08.03
3	Ana Rita Matos	02	Juv A	127501	GESL	1:12.02 S	21.2.16	S. Antonio Cavaleiros (POR)	1:12.02
4	Joana Filipa Varandas	02	Juv A	124305	CIRL	1:12.08 S	10.4.16	Coruche (POR)	1:12.08
5	Natacha Sofia Silva	02	Juv A	125594	SLB	1:13.01 S	8.5.16	Pinhal Novo (POR)	1:13.01
6	Margarida Cunha Barros	02	Juv A	127076	SFUAP	1:14.15 S	10.4.16	Coruche (POR)	1:14.15
7	Alexandra Couto Frazão	02	Juv A	125426	CDOM	1:15.20 S	25.10.15	Setubal (POR)	1:15.20
8	Mariana Lopes Albuquerque	02	Juv A	124323	CNS	1:17.00 S	18.6.16	Alges (POR)	1:17.00
9	Catarina Pinho Estevez	02	Juv A	124325	CNS	1:17.39 S	14.2.16	Montemor-o-Novo (POR)	1:17.39
10	Iolanda Sofia Clérigo	02	Juv A	126878	CNS	1:17.47 S	10.4.16	Coruche (POR)	1:17.47
11	Lara Moutinho Silva	02	Juv A	126286	PDEM	1:22.99 S	8.11.15	Cova da Piedade (POR)	1:22.99
12	Daniela Sofia Fernandes	02	Juv A	200164	CPCD	1:25.91 S	10.4.16	Coruche (POR)	1:25.91
13	Constanca Viana Goncalves	02	Juv A	126268	CNMJ	1:26.66 S	30.4.16	Estremoz (POR)	1:26.66
14	Mariana Antunes Silva	02	Juv A	137865	AEFDTV	1:27.00			1:27.00
15	Maria Leonor Pedro	02	Juv A	124425	CNN	1:27.00			1:27.00

Juniores									
1	Sofia Alexandra Nunes	00	Jun	112322	CIRL	1:08.29 S	12.12.15	Porto (POR)	1:08.29
2	Luisa Maria Machado	01	Jun	121850	SFUAP	1:08.48 S	8.5.16	Pinhal Novo (POR)	1:08.48
3	Mafalda Rato Monteiro	01	Jun	121445	CNS	1:08.96 S	8.5.16	Pinhal Novo (POR)	1:08.96
4	Madalena Marques Joaquim	01	Jun	121505	SLB	1:09.24 S	18.6.16	Alges (POR)	1:09.24
5	Filipa Serrano Rodrigues	01	Jun	112310	SFUAP	1:09.38 S	8.5.16	Pinhal Novo (POR)	1:09.38
6	Carolina Maria Silveiro	01	Jun	130369	CIRL	1:10.70 S	6.12.15	Setubal (POR)	1:10.70
7	Catarina Rodrigues Belchior	01	Jun	122528	CIRL	1:11.64 S	21.11.15	Alges (POR)	1:11.64
8	Celeste Santos Ricardo	01	Jun	121325	SFUAP	1:12.78 S	8.5.16	Pinhal Novo (POR)	1:12.78
9	Ana Madalena Mendes	00	Jun	124022	AEULCCD	1:15.21 S	21.11.15	Alges (POR)	1:15.21
10	Barbara Daniela Quaresma	01	Jun	121162	ANAM	1:15.24 S	8.5.16	Pinhal Novo (POR)	1:15.24
11	Ana Bárbara Alves	01	Jun	137860	AEFDTV	1:16.00			1:16.00
12	Olga Santos Lourenço	01	Jun	130025	CNCVG	1:16.00			1:16.00

Prova 14, Femin., 100m Mariposa

Seniores

1	Filipa Vilas Tiago	94	Sen	10634	CNN	1:04.40 S	29.11.15	Caldas da Rainha (POR)	1:04.40
2	Inês Vieira Almeida	99	Sen	122473	SFUAP	1:09.89 S	21.11.15	Alges (POR)	1:09.89
3	Filipa Silva Cruz	92	Sen	10928	CIRL	1:10.48 S	21.11.15	Alges (POR)	1:10.48
4	Sofia Alexandra Rolao	98	Sen	108413	SLB	1:11.23 S	25.10.15	Setubal (POR)	1:11.23
5	Ana Oliveira Silva	99	Sen	111425	CFB	1:11.93 S	21.11.15	Alges (POR)	1:11.93
6	Maria Joao Cabral	98	Sen	107645	AHBE	1:13.69 S	29.11.15	Caldas da Rainha (POR)	1:13.69
7	Catarina Filipa Mosca	99	Sen	118243	ANAM	1:13.70 S	21.11.15	Alges (POR)	1:13.70
8	Sofia Raquel Piteira	98	Sen	107666	CNS	1:15.03 S	10.4.16	Coruche (POR)	1:15.03
9	Raquel Teixeira Pena	98	Sen	106326	SFUAP	1:15.56 S	13.2.16	Caldas da Rainha (POR)	1:15.56
10	Margarida Pereira Correia	99	Sen	153432	CPCD	1:15.93 S	10.4.16	Coruche (POR)	1:15.93
11	Ana Teresa Nunes	88	Sen	11235	CDOM	1:22.71 S	27.2.16	Coruche (POR)	1:22.71

Prova 15

Masc., 100m Estilos

Absolutos

23.10.16

Lista inscritos

Rec Regional Jun 1	59.04	Pedro André Santos	SAD	Guarda	2010
Rec Regional Jun 2	56.47	Alexis Manacas Santos	SCP	Leiria	2009
Rec Regional Sen	53.56	Alexis Manacas Santos	SCP	Netanya (ISR)	2015
Rec Regional Absoluto	53.56	Alexis Manacas Santos	SCP	Netanya (ISR)	2015
Rec Nacional Jun 1	57.40	Diogo Filipe Carvalho	CGA	Aveiro	2005
Rec Nacional Jun 2	56.47	Alexis Manacas Santos	SCP	Leiria	2009
Rec Nacional Sen	53.28	Diogo Filipe Carvalho	CGA	Viseu	2009
Rec Nacional Absoluto	53.28	Diogo Filipe Carvalho	CGA	Viseu	2009

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Joao Daniel Machado	99	Jun	109714	SFUAP	1:02.92 S	8.11.15	Cova da Piedade (POR)	1:02.92
2	Jose Tomas Simeao	00	Jun	119420	CIRL	1:04.29 S	16.1.16	Torres Novas (POR)	1:04.29
3	Tomas Silva Coxixo	99	Jun	118387	PDEM	1:05.54 S	25.10.15	Setubal (POR)	1:05.54
4	João Fernandes Garcia	00	Jun	130054	AEULCCD	1:07.60 S	9.4.16	Campo Maior (POR)	1:07.60
5	Daniel Nogueira Catalao	00	Jun	127075	SFUAP	1:07.98 S	8.11.15	Cova da Piedade (POR)	1:07.98
6	Leandro Rosa Fernandes	99	Jun	153431	CPCD	1:08.64 S	25.10.15	Setubal (POR)	1:08.64
7	Miguel Duarte Cruz	99	Jun	125797	CFB	1:09.61 S	25.10.15	Setubal (POR)	1:09.61
8	Gonçalo Valle Leite	00	Jun	129485	CDOM	1:15.00			1:15.00
9	Bernardo Antunes Augusto	00	Jun	122518	CIRL	1:15.00			1:15.00
10	Henrique Lourenco Ferreira	99	Jun	112534	CNCVG	1:15.00			1:15.00
11	Ricardo Mendes Bras	99	Jun	131031	CNMJ	1:15.00			1:15.00
12	Diogo Alexandre Santos	00	Jun	116590	CNMJ	1:15.00			1:15.00
13	Daniel Alexandre Filipe	00	Jun	120475	CNN	1:15.00			1:15.00
14	Jaime Daniel Correia	99	Jun	111346	ESJB	1:15.00			1:15.00
15	Simão Wellenkemp Carvalho	99	Jun	132063	AEULCCD	1:15.00			1:15.00
16	Miguel Henriques Marques	00	Jun	120530	SFUAP	1:15.00			1:15.00
17	Martim Sardinha Monteiro	00	Jun	125137	SLB	1:15.00			1:15.00
18	Tiago Miguel Silvestre	00	Jun	122110	SLB	1:15.00			1:15.00

Seniores

1	Diogo Gomes Sousa	95	Sen	25455	ESJB	56.51 S	13.12.15	Porto (POR)	56.51
2	Frederico Sucena Riachos	98	Sen	121637	ESJB	59.15 S	13.12.15	Porto (POR)	59.15
3	Guilherme Miguel Teixeira	97	Sen	105091	SLB	59.23 S	16.1.16	Torres Novas (POR)	59.23
4	Nuno Miguel Martins	96	Sen	105905	ESJB	59.51 S	20.11.15	Alges (POR)	59.51
5	Bruno Miguel Martins	93	Sen	26891	GESL	1:00.72 S	20.11.15	Alges (POR)	1:00.72
6	Jose Paula Carvalho	98	Sen	111450	SFUAP	1:01.82 S	20.11.15	Alges (POR)	1:01.82
7	Miguel Bras Sergio	95	Sen	100925	AHBE	1:02.64 S	25.10.15	Setubal (POR)	1:02.64
8	David Granja Lopes	90	Sen	22490	PDEM	1:02.68 S	25.10.15	Setubal (POR)	1:02.68
9	Fabio Alcantara Aires	97	Sen	104252	SFUAP	1:03.08 S	25.10.15	Setubal (POR)	1:03.08
10	Frederico Sousa Soares	96	Sen	104260	AHBE	1:03.25 S	25.10.15	Setubal (POR)	1:03.25
11	Carlos Miguel Pinto	97	Sen	107661	CNS	1:04.65 S	20.11.15	Alges (POR)	1:04.65
12	Andre Rafael Marinho	93	Sen	10643	SFUAP	1:04.94 S	8.11.15	Cova da Piedade (POR)	1:04.94
13	Joao Diogo Fernandes	98	Sen	121542	SLB	1:05.85 S	25.10.15	Setubal (POR)	1:05.85
14	Tiago Carlos Santos	98	Sen	121330	SFUAP	1:06.00 S	8.11.15	Cova da Piedade (POR)	1:06.00
15	Eduardo Garcia Guia	98	Sen	126881	PDEM	1:06.12 S	8.11.15	Cova da Piedade (POR)	1:06.12
16	Tiago Rafael Martins	97	Sen	111267	CNN	1:06.68 S	25.10.15	Setubal (POR)	1:06.68
17	Ruben André Leitão	98	Sen	122265	AONDA	1:06.73 S	25.10.15	Setubal (POR)	1:06.73

Prova 15, Masc., 100m Estilos

18	Bruno Rafael Meireles	96	Sen	100245	CIRL	1:06.82 S	16.1.16	Torres Novas (POR)	1:06.82
19	Leonardo Rochinha Pedro	98	Sen	111381	AHBE	1:07.27 S	25.10.15	Setubal (POR)	1:07.27
20	Goncalo Maria Matos	95	Sen	117938	CFB	1:07.95 S	25.10.15	Setubal (POR)	1:07.95
21	Jose Pedro Rosario	96	Sen	128021	ANAM	1:08.02 S	25.10.15	Setubal (POR)	1:08.02
22	Sergio Alexandre Dantas	95	Sen	200153	CPCD	1:09.49 S	25.10.15	Setubal (POR)	1:09.49
23	Rodrigo Palmela Costa	96	Sen	104379	CNN	1:13.02 S	8.11.15	Cova da Piedade (POR)	1:13.02
24	Jose Paulo Pinto	95	Sen	25627	AONDA	1:15.00			1:15.00
25	João Paulo Magalhaes	95	Sen	103578	AONDA	1:15.00			1:15.00
26	Luis Henrique Ferreira	97	Sen	103577	AONDA	1:15.00			1:15.00
27	Daniel Rochinha Pedro	98	Sen	111389	AHBE	1:15.00			1:15.00
28	Daniel Filipe Cazeiro	97	Sen	104378	CIRL	1:15.00			1:15.00
29	Rui Pedro Horta	94	Sen	100248	CIRL	1:15.00			1:15.00
30	Ricardo Saraiva Pires	98	Sen	107651	CIRL	1:15.00			1:15.00
31	Antonio Fernandes Carrico	98	Sen	106926	ESJB	1:15.00			1:15.00
32	Nuno Miguel Rola	83	Sen	11949	ESJB	1:15.00			1:15.00
33	Pedro Miguel Quaresma	94	Sen	129215	AEULCCD	1:15.00			1:15.00
34	Afonso Calais Queiroga	98	Sen	112311	SFUAP	1:15.00			1:15.00
35	Joao Carlos Santos	96	Sen	104253	SFUAP	1:15.00			1:15.00
36	Tiago Martim Alves	97	Sen	100789	SLB	1:15.00			1:15.00
37	Filipe Gomes Costa	94	Sen	26791	PDEM	1:15.00			1:15.00
38	Vitor Diogo Paulino	98	Sen	112303	PDEM	1:15.00			1:15.00
39	Luis Miguel Silva	94	Sen	25620	PDEM	1:15.00			1:15.00

Prova 16 23.10.16

Femin., 4 x 50m Estilos

Absolutos Lista inscritos

Rec Nacional Jun	1:58.01	Sport Alges e Dafundo	SAD	Felgueiras	2013
Rec Nacional Sen	1:53.38	Futebol Clube do Porto	FCP	Porto	2012
Rec Nacional Absoluto	1:53.38	Futebol Clube do Porto	FCP	Porto	2012

Ord.		Categ.	NºLic.	Clube	Tempo Inscr.
Absolutos					
1	Laranjeiro	Abs		Clube Instrucao Laranjeiro	2:05.78
2	Benfica	Abs		Benfica	2:06.34
3	Nacional Natação	Abs		Nacional Natação	2:07.90
4	Naval Setubalense	Abs		Naval Setubalense	2:13.00
5	União Piedense	Abs		União Piedense	2:15.00
6	Naval Amorense	Abs		Naval Amorense	2:16.00
7	Palmela Desporto	Abs		Palmela Desporto	2:25.47
8	Swim Turtles	Abs		SwimTurtles	2:32.00
9	Fisica Torres Vedras	Abs		Fisica Torres Vedras	2:32.00
10	CN Montijo	Abs		C N Montijo	2:40.00
11	CPCD Póvoa Sta Iria	Abs		CPCD Póvoa Sta Iria	3:00.00