

1 - 1ª Jornada - Sessão Única

28.02.2020 - 15:30

Prova 1	Masc., 1500m Livres				Absolutos
28.02.2020					Lista inscritos
Rec Nacional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Absoluto	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Sen	15:15.12	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	15:32.05	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	15:52.30	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	15:52.62	Diogo Santos Cardoso	ADRCIMM	Gyoer (HUN)	2017
Rec Regional Juv B	16:31.97	Pedro Fontoura Oliveira	CFB	Lisboa	2005

TAC - Masc Juv B: 19:59.88; Juv A: 19:38.06; Jun 1: 18:54.92; Jun 2: 18:38.71; Sen: 18:17.10

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Diogo Sousa Barbosa	05	Juv B	133332	SLB	17:54.38 S	08.12.2019	Sines (POR)	18:15.86
2	Andre Henriques Marques	05	Juv B	129665	SLB	17:55.75 S	23.11.2019	Alges (POR)	18:17.26
3	Filipe Simoes Freitas	05	Juv B	202349	SCP	17:55.77 S	23.11.2019	Alges (POR)	18:17.28
4	Jose Manuel Sa	05	Juv B	203114	SCP	18:30.87 S	23.11.2019	Alges (POR)	18:53.08
5	Vasco Alves Morgado	05	Juv B	147123	SAD	18:48.31 S	23.11.2019	Alges (POR)	19:10.87
6	Joao Ferreira Rodrigues	05	Juv B	202709	GESL	19:16.22 S	10.03.2019	Setubal (POR)	19:39.34
7	Diogo Botelho Capricho	05	Juv B	142035	SCP	19:59.88			19:59.88

Juvenis A

1	Bernardo Victorino Almeida	04	Juv A	153357	SCP	16:19.12 S	23.11.2019	Alges (POR)	16:38.70
2	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	17:17.13 S	08.12.2019	Sines (POR)	17:37.87
3	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	17:43.64 L	04.04.2019	Coimbra (POR)	17:43.64
4	Miguel Filipe Anjo	04	Juv A	201394	CDPC	17:30.64 S	08.12.2019	Sines (POR)	17:51.65
5	Francisco Sousa Uva	04	Juv A	201477	SAD	17:30.69 S	08.12.2019	Sines (POR)	17:51.70
6	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	18:01.40 L	01.08.2019	Funchal (POR)	18:01.40
7	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	17:49.60 S	23.11.2019	Alges (POR)	18:10.99
8	Joao Afonso Santos	04	Juv A	153371	SCP	17:54.50 S	23.11.2019	Alges (POR)	18:15.99
9	Tomas Martins Mira	04	Juv A	132215	CNS	18:27.55 S	13.07.2019	Alges (POR)	18:49.70
10	Yann Chetelat Fock	04	Juv A	129699	EULX	19:38.06			19:38.06
11	Tiago Barroso Porenca	04	Juv A	129698	EULX	19:38.06			19:38.06

Juniores

1	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	17:00.31 L	01.08.2019	Funchal (POR)	17:00.31
2	Pedro Esteves Duarte	03	Jun	132531	CDPC	17:08.19 L	01.08.2019	Funchal (POR)	17:08.19
3	Alexandre Coelho Vieira	03	Jun	131516	SCP	17:11.33 S	02.02.2020	Albufeira (POR)	17:31.95
4	Diogo Miguel Duraes	03	Jun	123448	CNMJ	17:24.56 S	23.11.2019	Alges (POR)	17:45.45
5	Afonso Amaro Santos	02	Jun	131510	GESL	18:38.71			18:38.71

Seniores

1	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	15:19.83 S	22.12.2019	Felgueiras (POR)	15:38.22
2	Jose Paula Carvalho	98	Sen	111450	SAD	16:00.79 L	10.02.2019	Lisboa (POR)	16:00.79
3	Filipe Ferreira Luz	98	Sen	112320	GESL	16:50.16 S	23.11.2019	Alges (POR)	17:10.36
4	Miguel Duarte Cruz	99	Sen	125797	CFB	17:29.93 S	22.12.2019	Felgueiras (POR)	17:50.92
5	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	18:17.10			18:17.10

Prova 2
28.02.2020

Femin., 800m Livres

Absolutos
Lista inscritos

Rec Nacional Absoluto	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Absoluto	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	8:29.33	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	9:05.04	Marta Andreia Lopes Ferreira	SCP	Lisboa	2003
Rec Regional Jun 1	8:57.14	Marta Andreia Lopes Ferreira	SCP		2002
Rec Regional Juv A	9:03.83	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	9:06.60	Ana Cláudia Correia Santos	SFUAP	Lisboa	2004

TAC - Fem Juv B: 11:09.43; Juv A: 10:50.83; Jun 2: 10:26.49; Jun 1: 10:32.63; Sen: 10:23.41

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Beatriz Mocego Niza	06	Juv B	148435	CNA	9:48.98 S	30.11.2019	Sines (POR)	10:00.76
2	Ines Correia Teixeira	06	Juv B	133334	CNA	10:00.07 S	24.11.2019	Alges (POR)	10:12.07
3	Filipa Ferraz Domingos	06	Juv B	200878	SCP	10:05.19 S	07.12.2019	Sines (POR)	10:17.29
4	Ines Gaspar Silva	06	Juv B	204152	GESL	10:10.61 S	07.12.2019	Sines (POR)	10:22.82
5	Erica Candeias Mendes	06	Juv B	147116	CNA	10:19.97 S	24.11.2019	Alges (POR)	10:32.36
6	Margarida Barbara Marques	06	Juv B	200396	SAD	10:28.00 S	24.11.2019	Alges (POR)	10:40.56
7	Leonor Santos Duro	06	Juv B	202520	CNS	10:30.88 S	19.05.2019	Alges (POR)	10:43.49
8	Clara Sofia Herminio	06	Juv B	202218	CDCP	10:36.12 S	24.11.2019	Alges (POR)	10:48.84
9	Rita Borges Silva	06	Juv B	200715	CNA	10:44.94 S	24.11.2019	Alges (POR)	10:57.83
10	Iris Castro Campos	06	Juv B	205634	CNA	10:49.69 S	24.11.2019	Alges (POR)	11:02.68
11	Carolina Parreira	06	Juv B	32052538	SCP	11:09.43			11:09.43

Juvenis A

1	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	9:22.63 S	07.12.2019	Sines (POR)	9:33.88
2	Ana Beatriz Simoes	05	Juv A	153354	SCP	9:41.46 L	05.04.2019	Coimbra (POR)	9:41.46
3	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	9:37.94 S	14.07.2019	Alges (POR)	9:49.49
4	Joana Rocha Ferreira	05	Juv A	201560	SLB	9:39.20 S	07.12.2019	Sines (POR)	9:50.78
5	Erica Cristina Reis	05	Juv A	200201	SCP	9:42.28 S	24.11.2019	Alges (POR)	9:53.92
6	Mariana Marques Santos	05	Juv A	150757	GESL	9:42.69 S	07.12.2019	Sines (POR)	9:54.34
7	Mariana Andreia Silva	05	Juv A	141810	SCP	9:53.32 S	07.12.2019	Sines (POR)	10:05.18
8	Nicole Patriarca Franca	05	Juv A	153435	SCP	9:55.10 S	07.12.2019	Sines (POR)	10:07.00
9	Maria Del Rio Bernat	05	Juv A	200403	SAD	10:50.83			10:50.83

Juniores

1	Leonor Esteves Santos	04	Jun	130603	EULX	9:10.36 S	30.11.2019	Sines (POR)	9:21.36
2	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	9:11.34 S	13.07.2019	Alges (POR)	9:22.36
3	Joana Ribeiro Martins	03	Jun	129164	SAD	9:28.44 S	27.04.2019	Felgueiras (POR)	9:39.80
4	Sara Moura Cruz	03	Jun	127488	SAD	9:45.56 L	09.02.2019	Lisboa (POR)	9:45.56
5	Daniela Alexandra Pedro	04	Jun	130864	SCP	9:42.38 S	01.02.2020	Albufeira (POR)	9:54.02
6	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	9:55.58 L	05.04.2019	Coimbra (POR)	9:55.58
7	Anais Cloe Pereira	04	Jun	147048	SCP	9:57.81 L	04.08.2019	Funchal (POR)	9:57.81
8	Maria Ines Ribeiro	03	Jun	127252	CFB	9:52.92 S	13.07.2019	Alges (POR)	10:04.77
9	Diana Valadas Horta	04	Jun	201782	SFUAP	9:56.90 S	24.11.2019	Alges (POR)	10:08.83
10	Maria Martins Camacho	04	Jun	130618	SFUAP	10:00.39 S	24.11.2019	Alges (POR)	10:12.39
11	Beatriz Moreira Carvalho	03	Jun	127313	VKGS	10:03.60 S	15.03.2019	Coruche (POR)	10:15.67
12	Mariana Marques Mercedes	03	Jun	129961	CDOM	10:12.38 S	26.10.2019	Lagos (POR)	10:24.62
13	Carolina Anjos Frischknecht	04	Jun	129489	CNS	10:32.63 L			10:32.63
14	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	10:32.63			10:32.63

Seniores

1	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	8:56.85 S	20.12.2019	Felgueiras (POR)	9:07.58
2	Beatriz Paulo Ranito	99	Sen	116593	GESL	9:18.07 S	15.12.2019	Leiria (POR)	9:29.23
3	Catarina Martins Mestre	00	Sen	120724	CNLX	9:21.64 S	24.11.2019	Alges (POR)	9:32.87
4	Maria Ornelas Armas	98	Sen	106961	EULX	9:27.43 S	13.07.2019	Alges (POR)	9:38.77
5	Catarina Trigo Ferreira	02	Sen	124523	CNLX	9:38.79 S	13.07.2019	Alges (POR)	9:50.36
6	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	10:23.41			10:23.41
7	Ana Rita Matos	02	Sen	127501	CFB	10:23.41			10:23.41
8	Sofia Oliveira Silva	99	Sen	121399	CNS	10:23.41 L			10:23.41

Prova 3
28.02.2020

Masc., 50m Mariposa

Absolutos
Lista inscritos

Rec Nacional Absoluto	23.72	Simao Gomes Morgado	FPN	Málaga (ESP)	2009
Rec Regional Absoluto	23.72	Simao Gomes Morgado	CNA	Malaga (ESP)	2009
Rec Regional Sen	23.72	Simao Gomes Morgado	CNA	Malaga (ESP)	2009
Rec Regional Jun 2	25.19	Tiago Andre Venancio	CNS	Bordeaux (FRA)	2005
Rec Regional Jun 1	24.89	Tiago Andre Venancio	CNS	Jamor	2004

TAC - Masc Jun 1: 30.30; Jun 2: 29.59; Sen: 28.89

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	26.07 L	01.08.2019	Funchal (POR)	26.07
2	Martim Primavera Alfama	02	Jun	128833	GESL	25.63 S	20.12.2019	Felgueiras (POR)	26.39
3	Rodrigo Reis Dias	03	Jun	129003	CFB	27.07 L	03.08.2019	Funchal (POR)	27.07
4	Luis Cabral Junior	03	Jun	129805	CFB	26.78 S	10.11.2019	Albufeira (POR)	27.58
5	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	27.72 L	08.02.2020	Lisbon (POR)	27.72
6	Joao Nogueira Mendes	02	Jun	128745	CIRL	27.87 L	15.03.2019	Vila Franca de Xira (POR)	27.87
7	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	28.56 L	10.02.2019	Lisboa (POR)	28.56
8	Joao Miguel Martins	02	Jun	127267	CFB	28.61 L	15.06.2019	Rio Maior (POR)	28.61
9	Joao Miguel Cascalheira	03	Jun	201621	CNS	27.96 S	24.11.2019	Alges (POR)	28.79
10	David Manuel Vale	03	Jun	148339	GESL	28.38 S	24.11.2019	Alges (POR)	29.23
11	Hugo Nunes Magalhaes	02	Jun	127748	SAD	28.40 S	22.11.2019	Alges (POR)	29.25
12	Luis Carlos Correia	03	Jun	207349	SFUAP	28.81 S	24.11.2019	Alges (POR)	29.67
13	Daniel Alexandre Ascenso	03	Jun	131377	GESL	30.30 L			30.30

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	24.24 S	13.07.2019	Alges (POR)	24.96
2	Miguel Henriques Marques	00	Sen	120530	SLB	25.07 L	07.04.2019	Coimbra (POR)	25.07
3	Daniel Rochinha Pedro	98	Sen	111389	AHBE	25.77 L	01.08.2019	Funchal (POR)	25.77
4	Afonso Godinho Mestre	95	Sen	100365	CNLX	25.90 S	17.01.2020	Vila Franca de Xira (POR)	26.67
5	Joao Diogo Fernandes	98	Sen	121542	CFB	26.81 L	15.03.2019	Vila Franca de Xira (POR)	26.81
6	Andre Tavares Grenho	99	Sen	120605	GESL	26.07 S	14.12.2019	Leiria (POR)	26.85
7	Filipe Ferrao Melo	01	Sen	200171	CNS	27.40 L	08.02.2020	Lisbon (POR)	27.40
8	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	27.41 L	13.04.2019	Oeiras (POR)	27.41
9	Pedro Mendes Ferreira	01	Sen	129621	CFB	27.76 L	15.03.2019	Vila Franca de Xira (POR)	27.76
10	David Matias Cristino	01	Sen	127872	SFUAP	27.77 L	24.05.2019	Coimbra (POR)	27.77
11	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	27.78 L	15.03.2019	Vila Franca de Xira (POR)	27.78
12	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	27.79 L	08.02.2020	Lisbon (POR)	27.79
13	Miguel Rohula Reis	01	Sen	202644	SCP	28.06 L	15.03.2019	Vila Franca de Xira (POR)	28.06
14	Edgar Filipe Santos	01	Sen	127750	SFUAP	27.25 S	13.07.2019	Alges (POR)	28.06
15	Antonio Maria Ferreira	00	Sen	128468	PDEM	28.62 L	15.03.2019	Vila Franca de Xira (POR)	28.62
16	Diogo Filipe Reis	99	Sen	132405	CIRL	28.89 L			28.89
17	Rodrigo Ponte Jorge	01	Sen	127873	SFUAP	28.89 L			28.89
18	David Miguel Leiria	93	Sen	14530	VKGS	28.89 L			28.89
19	Tiago Miguel Silvestre	00	Sen	122110	VKGS	28.89 L			28.89
20	Ricardo Ferreira Cotovio	91	Sen	10921	VKGS	28.89			28.89

Prova 4 28.02.2020

Femin., 50m Mariposa

Absolutos Lista inscritos

Rec Nacional Absoluto	27.00	Ana Margarida Guedes	GCVR	Funchal	2019
Rec Regional Absoluto	27.80	Filipa Ferreira Silva	CNA	Coimbra	2008
Rec Regional Sen	27.80	Filipa Ferreira Silva	CNA	Coimbra	2008
Rec Regional Jun 2	28.47	Ines Camacho Fernandes	SCP	Coimbra	2014
Rec Regional Jun 1	28.46	Filipa Ferreira Silva	CNA		2001

TAC - Fem Jun 2: 34.04; Jun 1: 34.37; Sen: 33.88

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Maria Gomes Pereira	04	Jun	129510	SAD	30.33 L	25.05.2019	Coimbra (POR)	30.33
2	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	31.59 L	09.02.2020	Lisbon (POR)	31.59
3	Yonina Brancourt	04	Jun	202082	GESL	30.74 S	24.11.2019	Alges (POR)	31.66
4	Alice Jesus Morgado	04	Jun	131016	GESL	31.91 L	09.02.2020	Lisbon (POR)	31.91
5	Claudia Beatriz Martins	03	Jun	128830	GESL	31.24 S	13.07.2019	Alges (POR)	32.17
6	Leonor Maria Neves	03	Jun	131015	GESL	31.40 S	13.07.2019	Alges (POR)	32.34
7	Marta Sousa Caxaria	03	Jun	130756	CNMJ	33.11 L	10.02.2019	Lisboa (POR)	33.11
8	Catarina Nunes Costa	04	Jun	131376	GESL	33.16 L	04.08.2019	Funchal (POR)	33.16
9	Mariana Fragoso Guterres	04	Jun	200475	SLB	32.73 S	24.11.2019	Alges (POR)	33.71
10	Matilde Pereira Carrao	03	Jun	204157	CIRL	32.88 S	24.11.2019	Alges (POR)	33.86
11	Ana Margarida Soares	03	Jun	129488	CNS	34.04 L			34.04
12	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	34.04 L			34.04
13	Marta Pereira Domingos	04	Jun	132529	SFUAP	33.06 S	10.11.2019	Albufeira (POR)	34.05
14	Ana Sofia Inacio	04	Jun	202686	CFB	34.37 L			34.37

Seniores

1	Madalena Gomes Azevedo	99	Sen	110160	SAD	28.74 L	13.04.2019	Oeiras (POR)	28.74
2	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	28.87 L	01.08.2019	Funchal (POR)	28.87
3	Mafalda Sofia Dias	01	Sen	121401	PDEM	30.32 L	15.03.2019	Vila Franca de Xira (POR)	30.32
4	Margarida Messias Ribeiro	98	Sen	110544	GESL	30.40 L	01.08.2019	Funchal (POR)	30.40
5	Sofia Alexandra Nunes	00	Sen	112322	CIRL	30.78 L	15.03.2019	Vila Franca de Xira (POR)	30.78
6	Maria Oliveira Paulo	02	Sen	126497	GDSE	30.84 L	15.03.2019	Vila Franca de Xira (POR)	30.84
7	Tatiana Raquel Pombo	01	Sen	121615	CDCP	30.84 L	15.03.2019	Vila Franca de Xira (POR)	30.84
8	Constanca Dias Baptista	01	Sen	126394	CFB	31.15 L	15.03.2019	Vila Franca de Xira (POR)	31.15
9	Maria Mousinho Esteves	02	Sen	131944	CIRL	31.69 L	15.03.2019	Vila Franca de Xira (POR)	31.69
10	Filipa Inacio Cazeiro	02	Sen	121158	CIRL	31.77 L	10.02.2019	Lisboa (POR)	31.77
11	Sofia Oliveira Silva	99	Sen	121399	CNS	33.88 L			33.88

Prova 5 28.02.2020

Masc., 100m Bruços

Absolutos Lista inscritos

Rec Nacional Absoluto	1:01.01	Carlos Esteves Almeida	FPN	Barcelona (ESP)	2013
Rec Regional Absoluto	1:01.19	Carlos Esteves Almeida	CNA	Debrecen (HUN)	2012
Rec Regional Sen	1:01.19	Carlos Esteves Almeida	CNA	Debrecen (HUN)	2012
Rec Regional Jun 2	1:02.87	Andre Miguel Silva	PDEM	Faro	2009
Rec Regional Jun 1	1:04.54	Andre Miguel Silva	PDEM	Belgrade (SRB)	2008
Rec Regional Juv A	1:04.48	Ricardo Samuel Pereira	SLB	Baku (AZE)	2019
Rec Regional Juv B	1:06.16	Ricardo Samuel Pereira	SLB	Oeiras	2018

TAC - Masc Juv B: 1:21.47; Juv A: 1:19.98; Jun 1: 1:17.05; Jun 2: 1:15.95; Sen: 1:14.49

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Simao Lopes Oliveira	05	Juv B	200178	CNS	1:12.96 L	08.02.2020	Lisbon (POR)	1:12.96
2	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	1:10.92 S	07.12.2019	Sines (POR)	1:13.04
3	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	1:13.61 L	08.02.2020	Lisbon (POR)	1:13.61
4	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	1:13.49 S	07.12.2019	Sines (POR)	1:15.69
5	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	1:15.70 L	08.02.2020	Lisbon (POR)	1:15.70
6	Pedro Maria Amado	05	Juv B	148286	SAD	1:15.63 S	22.11.2019	Alges (POR)	1:17.89
7	Francisc Gututui	05	Juv B	200907	SAD	1:16.40 S	29.06.2019	Alges (POR)	1:18.69
8	Tomas Silva Ventura	05	Juv B	128957	EULX	1:17.85 S	01.02.2020	Ponte de Sor (POR)	1:20.18
9	Afonso Costa Albuquerque	05	Juv B	132515	CFB	1:21.47 L			1:21.47

Prova 5, Masc., 100m Bruços

10	Diogo Rafael Dias	05	Juv B	202931	DRCN	1:21.47	L	1:21.47
11	Daniel Munoz Lopes	05	Juv B	203869	GESL	1:21.47	L	1:21.47
12	Pedro Miguel Monteiro	05	Juv B	201701	GESL	1:21.47	L	1:21.47
13	Pedro Trindade Monteiro	05	Juv B	203176	GDSE	1:21.47	L	1:21.47
14	Jose Alves Monteiro	05	Juv B	200398	INDANL	1:21.47	L	1:21.47
15	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	1:21.47	L	1:21.47

Juvenis A

1	Joao Lourenco Rebelo	04	Juv A	132558	SAD	1:08.87	L	01.08.2019	Funchal (POR)	1:08.87
2	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	1:09.18	S	07.12.2019	Sines (POR)	1:11.25
3	Tomas Sa Vieira	04	Juv A	131504	SAD	1:10.58	S	07.12.2019	Sines (POR)	1:12.69
4	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	1:10.84	S	07.12.2019	Sines (POR)	1:12.96
5	Jaeden Michael Nunes	04	Juv A	202508	CFB	1:11.51	S	07.12.2019	Sines (POR)	1:13.65
6	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	1:11.78	S	07.12.2019	Sines (POR)	1:13.93
7	Joao Pedro Faustino	04	Juv A	203986	CDPC	1:13.96	S	15.02.2020	Torres Novas (POR)	1:16.17
8	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	1:14.27	S	11.01.2020	Elvas (POR)	1:16.49
9	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	1:14.67	S	03.11.2019	Lisboa (POR)	1:16.91
10	Miguel Filipe Anjo	04	Juv A	201394	CDPC	1:15.03	S	22.11.2019	Alges (POR)	1:17.28
11	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	1:15.19	S	13.07.2019	Alges (POR)	1:17.44
12	Guilherme Machado Santos	04	Juv A	200202	SFUAP	1:16.53	S	19.05.2019	Alges (POR)	1:18.82
13	Alexandre Duarte Morais	04	Juv A	132645	PDEM	1:17.00	S	30.11.2019	Sines (POR)	1:19.31
14	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	1:19.98	L			1:19.98

Juniores

1	Luis Cabral Junior	03	Jun	129805	CFB	1:04.53	S	20.12.2019	Felgueiras (POR)	1:06.46
2	Tomas Almeida Leitao	03	Jun	129525	SAD	1:07.84	S	22.11.2019	Alges (POR)	1:09.87
3	João Gabriel Machado	02	Jun	211590	SCP	1:09.15	S	22.11.2019	Alges (POR)	1:11.22
4	Guilherme Matias Cristino	03	Jun	132528	SFUAP	1:09.81	S	22.11.2019	Alges (POR)	1:11.90
5	Henrique Chan Machado	02	Jun	126835	SAD	1:10.54	S	22.11.2019	Alges (POR)	1:12.65
6	Pedro Almeida Marques	02	Jun	127176	CNS	1:15.95	L			1:15.95
7	Tiago Represas Loureiro	03	Jun	208178	CNLX	1:17.05	L			1:17.05

Seniores

1	Francisco Robalo Quintas	95	Sen	26501	INDANL	59.16	S	20.12.2019	Felgueiras (POR)	1:00.93
2	Bruno Miguel Ramos	97	Sen	109110	CFB	1:04.99	S	20.12.2019	Felgueiras (POR)	1:06.94
3	Bruno Miguel Martins	93	Sen	26891	GESL	1:05.79	S	22.11.2019	Alges (POR)	1:07.76
4	Joao Manuel Vargas	00	Sen	123510	SLB	1:08.34	L	05.04.2019	Coimbra (POR)	1:08.34
5	Joao Costa Fonseca	00	Sen	125134	CNLX	1:06.35	S	30.11.2019	Sines (POR)	1:08.34
6	Afonso Guilherme Jesus	00	Sen	117174	VKGS	1:07.86	S	11.01.2020	Elvas (POR)	1:09.89
7	Vicente Morgado Ventoso	00	Sen	12466	EULX	1:08.41	S	13.07.2019	Alges (POR)	1:10.46
8	Gonçalo Catarino Dias	00	Sen	112101	VKGS	1:08.64	S	15.03.2019	Coruche (POR)	1:10.69
9	Tiago Rafael Martins	97	Sen	111267	CDOM	1:08.83	S	13.07.2019	Alges (POR)	1:10.89
10	Tiago Correia Neves	97	Sen	125796	CFB	1:10.20	S	16.02.2019	Guarda (POR)	1:12.30
11	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	1:14.49				1:14.49
12	Sebastiao Limbert Piedade	00	Sen	120451	SAD	1:14.49				1:14.49
13	Maxim Petrea	01	Sen	122054	SFUAP	1:14.49	L			1:14.49
14	David Miguel Leiria	93	Sen	14530	VKGS	1:14.49				1:14.49

Prova 6
28.02.2020

Femin., 100m Bruços

Absolutos
Lista inscritos

Rec Nacional Absoluto	1:08.82	Ana Pinho Rodrigues	AEJ	Coimbra	2015
Rec Regional Absoluto	1:09.47	Diana Duarte Gomes	CNA	Loule	2009
Rec Regional Sen	1:09.47	Diana Duarte Gomes	CNA	Loule	2009
Rec Regional Jun 2	1:10.00	Raquel Gomes Pereira	SAD	Coimbra	2017
Rec Regional Jun 1	1:10.09	Diana Duarte Gomes	INDANL	Budapest (HUN)	2005
Rec Regional Juv A	1:10.82	Diana Duarte Gomes	ABVE	Lisboa	2004
Rec Regional Juv B	1:12.97	Raquel Gomes Pereira	SAD	Oeiras	2014

TAC - Fem Juv B: 1:32.05; Juv A: 1:29.52; Jun 2: 1:26.20; Jun 1: 1:27.03; Sen: 1:25.77

Conversão tempo inscrição: Conversão linear por percentagem (3%)

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

Juvenis B

1	Rebeca Leonor Antunes	06	Juv B	148284	CNCVG	1:16.65 S	08.12.2019	Sines (POR)	1:18.95
2	Francisca Santos Ferreira	06	Juv B	200402	SAD	1:18.01 S	08.12.2019	Sines (POR)	1:20.35
3	Catarina Danae Duarte	06	Juv B	201687	AHBE	1:20.85 S	25.04.2019	Sines (POR)	1:23.27
4	Matilde Nunes Lopes	06	Juv B	201711	SLB	1:21.50 S	08.12.2019	Sines (POR)	1:23.94
5	Maria Soares Almeida	06	Juv B	131730	SAD	1:22.15 S	15.02.2020	Torres Novas (POR)	1:24.61
6	Matilde Aparício Pereira	06	Juv B	200477	CNA	1:22.74 S	25.04.2019	Sines (POR)	1:25.22
7	Madalena Correa Sa	06	Juv B	201548	GESL	1:22.95 S	08.12.2019	Sines (POR)	1:25.43
8	Beatriz Portugal Costa	06	Juv B	133278	SLB	1:23.06 S	08.12.2019	Sines (POR)	1:25.55
9	Maria Esteves Valente	06	Juv B	202954	SLB	1:24.32 S	22.11.2019	Alges (POR)	1:26.85
10	Maria Leonor Coelho	06	Juv B	132470	SLB	1:26.90 L	12.05.2019	Vila Franca de Xira (POR)	1:26.90
11	Rita Joao Serra	06	Juv B	200738	VKGS	1:27.00 L	12.05.2019	Vila Franca de Xira (POR)	1:27.00
12	Mariana Ramos Zacarias	06	Juv B	200183	CNS	1:25.42 S	22.11.2019	Alges (POR)	1:27.98
13	Maria Beatriz Costa	06	Juv B	204155	SCP	1:26.53 S	22.11.2019	Alges (POR)	1:29.12
14	Carolina Martins Camacho	06	Juv B	202646	SFUAP	1:26.96 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:29.56
15	Carina Tymosh	06	Juv B	206434	DRCN	1:32.05 L			1:32.05
16	Carolina Filipa Correia	06	Juv B	208099	GDSE	1:32.05 L			1:32.05

Juvenis A

1	Maria Correia Ricardo	05	Juv A	129496	CNS	1:16.97 S	13.07.2019	Alges (POR)	1:19.27
2	Sara Carreira Melo	05	Juv A	153366	GESL	1:22.88 L	01.08.2019	Funchal (POR)	1:22.88
3	Marta Joao Pires	05	Juv A	147235	SAD	1:21.49 S	19.05.2019	Alges (POR)	1:23.93
4	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	1:23.99 L	12.05.2019	Vila Franca de Xira (POR)	1:23.99
5	Maria Carolina Vargas	05	Juv A	132561	SLB	1:21.74 S	08.12.2019	Sines (POR)	1:24.19
6	Maria Teresa Fernandes	05	Juv A	132557	SAD	1:24.20 L	01.08.2019	Funchal (POR)	1:24.20
7	Beatriz Barroso Silva	05	Juv A	133302	SCP	1:25.81 S	22.11.2019	Alges (POR)	1:28.38
8	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	1:29.52 L			1:29.52
9	Matilde Aleixo Duarte	05	Juv A	202526	CNS	1:29.52 L			1:29.52

Juniores

1	Leonor Esteves Santos	04	Jun	130603	EULX	1:14.14 S	01.02.2020	Ponte de Sor (POR)	1:16.36
2	Maria Gomes Pereira	04	Jun	129510	SAD	1:15.09 S	19.05.2019	Alges (POR)	1:17.34
3	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	1:15.38 S	14.12.2019	Leiria (POR)	1:17.64
4	Marta Pereira Domingos	04	Jun	132529	SFUAP	1:19.71 L	01.08.2019	Funchal (POR)	1:19.71
5	Aleksandra Bozanic Borcic	04	Jun	133318	SAD	1:18.56 S	22.11.2019	Alges (POR)	1:20.91
6	Catarina Nunes Costa	04	Jun	131376	GESL	1:21.10 L	10.02.2019	Lisboa (POR)	1:21.10
7	Margarida Mota Silva	03	Jun	122224	PDEM	1:20.25 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:22.65
8	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	1:20.50 S	19.05.2019	Alges (POR)	1:22.91
9	Madalena Graca Geraldes	04	Jun	131511	SCP	1:20.66 S	19.05.2019	Alges (POR)	1:23.08
10	Emily Monteiro Cunha	04	Jun	210670	SFUAP	1:27.03 L			1:27.03

Seniores

1	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	1:16.54 S	10.11.2019	Albufeira (POR)	1:18.83
2	Beatriz Antunes Carvalho	99	Sen	117036	SCP	1:19.98 L	15.03.2019	Vila Franca de Xira (POR)	1:19.98
3	Mafalda Alexandra Henriques	98	Sen	105308	CFB	1:19.06 S	15.12.2019	Portimao (POR)	1:21.43
4	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	1:19.93 S	14.04.2019	Coruche (POR)	1:22.32
5	Joana Filipa Varandas	02	Sen	124305	CIRL	1:25.77			1:25.77

Prova 7 **Masc., 50m Costas** **Absolutos**
28.02.2020 **Lista inscritos**

Rec Nacional Absoluto	25.42	Alexis Manacas Santos	SCP	Funchal	2019
Rec Regional Absoluto	25.42	Alexis Manacas Santos	SCP	Funchal	2019
Rec Regional Sen	25.42	Alexis Manacas Santos	SCP	Funchal	2019
Rec Regional Jun 2	26.58	Alexis Manacas Santos	SCP	Coimbra	2010
Rec Regional Jun 1	26.67	Diogo Santos Costa	ADRCIMM	Oeiras	2019

TAC - Masc Jun 1: 32.46; Jun 2: 31.99; Sen: 31.37

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	25.62 S	13.07.2019	Alges (POR)	26.13
2	Martim Primavera Alfama	02	Jun	128833	GESL	25.63 S	21.12.2019	Felgueiras (POR)	26.14
3	Hugo Nunes Magalhaes	02	Jun	127748	SAD	27.62 S	21.12.2019	Felgueiras (POR)	28.17
4	Antonio Santos Pereira	03	Jun	201690	AHBE	27.65 S	21.12.2019	Felgueiras (POR)	28.20
5	Bernardo Araujo Freire	03	Jun	129532	SAD	27.94 S	21.12.2019	Felgueiras (POR)	28.49
6	Nicolae Iachimovschi	03	Jun	130036	CFB	28.42 S	24.11.2019	Alges (POR)	28.98
7	Tiago Miguel Dias	03	Jun	112753	CNLX	29.48 L	08.02.2020	Lisbon (POR)	29.48
8	Pedro Alves Martinho	02	Jun	129482	AHBE	29.35 S	15.12.2019	Leiria (POR)	29.93
9	Goncalo Filipe Valente	03	Jun	131380	GESL	29.40 S	24.11.2019	Alges (POR)	29.98
10	Pedro Pires Gomes	03	Jun	129534	CFB	29.60 S	24.11.2019	Alges (POR)	30.19
11	Jose Miguel Oliveira	03	Jun	129493	CNS	30.03 S	24.11.2019	Alges (POR)	30.63
12	Tiago Leite Barreiros	02	Jun	127804	SAD	30.10 S	24.11.2019	Alges (POR)	30.70
13	Dinis Viola Caroco	03	Jun	131696	SCP	30.13 S	24.11.2019	Alges (POR)	30.73
14	Rodrigo Reis Dias	03	Jun	129003	CFB	30.95 S	18.05.2019	Alges (POR)	31.56
15	Goncalo Miguel Rodrigues	03	Jun	126830	AHBE	31.23 S	24.11.2019	Alges (POR)	31.85
16	Pedro Henriques Correia	03	Jun	125257	EULX	32.46 L			32.46

Seniores

1	Joao Diogo Fernandes	98	Sen	121542	CFB	26.51 S	21.12.2019	Felgueiras (POR)	27.04
2	Edgar Filipe Santos	01	Sen	127750	SFUAP	27.94 S	21.12.2019	Felgueiras (POR)	28.49
3	Joao Esteves Padrela	99	Sen	119137	CFB	29.19 S	13.07.2019	Alges (POR)	29.77
4	Filipe Ferrao Melo	01	Sen	200171	CNS	30.39 S	01.11.2019	Setubal (POR)	30.99

Prova 8 **Femin., 50m Costas** **Absolutos**
28.02.2020 **Lista inscritos**

Rec Nacional Absoluto	28.43	Rafaela Gomes Azevedo	SAD	Lisboa	2020
Rec Regional Absoluto	28.43	Rafaela Gomes Azevedo	SAD	Lisboa	2020
Rec Regional Sen	28.43	Rafaela Gomes Azevedo	SAD	Lisboa	2020
Rec Regional Jun 2	28.55	Rafaela Gomes Azevedo	SAD	Kazan (RUS)	2019
Rec Regional Jun 2	28.55	Rafaela Gomes Azevedo	SAD	Budapeste (HUN)	2019
Rec Regional Jun 1	29.33	Rafaela Gomes Azevedo	SAD	Oeiras	2018

TAC - Fem Jun 2: 35.69; Jun 1: 36.04; Sen: 35.51

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Sara Moura Cruz	03	Jun	127488	SAD	31.99 L	01.08.2019	Funchal (POR)	31.99
2	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	32.40 S	15.12.2019	Leiria (POR)	33.04
3	Ana Margarida Soares	03	Jun	129488	CNS	32.41 S	01.11.2019	Setubal (POR)	33.05
4	Susana Chanoca Narciso	04	Jun	129388	CDCP	32.41 S	24.11.2019	Alges (POR)	33.05
5	Leonor Maria Neves	03	Jun	131015	GESL	33.74 L	10.02.2019	Lisboa (POR)	33.74
6	Maria Ines Ribeiro	03	Jun	127252	CFB	33.88 S	15.02.2020	Torres Novas (POR)	34.55
7	Ana Sofia Inacio	04	Jun	202686	CFB	34.89 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	35.58
8	Marta Sousa Caxaria	03	Jun	130756	CNMJ	35.69 L			35.69
9	Francisca Razina Oliveira	03	Jun	130620	SFUAP	35.69 L			35.69

Prova 8, Femin., 50m Costas

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	28.69	S	21.12.2019	Felgueiras (POR)	29.26
2	Madalena Gomes Azevedo	99	Sen	110160	SAD	31.17	L	31.03.2019	Lisboa (POR)	31.17
3	Maria Mousinho Esteves	02	Sen	131944	CIRL	31.05	S	14.07.2019	Alges (POR)	31.67
4	Sofia Alexandra Nunes	00	Sen	112322	CIRL	32.27	L	10.02.2019	Lisboa (POR)	32.27
5	Ana Raquel Ferreira	98	Sen	102755	CNLX	31.64	S	13.07.2019	Alges (POR)	32.27
6	Mafalda Sofia Dias	01	Sen	121401	PDEM	32.22	S	13.07.2019	Alges (POR)	32.86
7	Constanca Dias Baptista	01	Sen	126394	CFB	32.78	S	24.11.2019	Alges (POR)	33.43
8	Ines Figueira Santos	00	Sen	111277	SFUAP	32.82	S	15.12.2019	Leiria (POR)	33.47
9	Soraia Guerra Rolim	95	Sen	121321	CIRL	34.28	L	25.05.2019	Coimbra (POR)	34.28
10	Ana Fernandes Costa	00	Sen	121407	CNMJ	34.27	S	03.02.2019	Montemor-o-Novo (POR)	34.95
11	Mariana Antunes Silva	02	Sen	137865	AEFDTV	34.48	S	15.02.2020	Torres Novas (POR)	35.17
12	Tatiana Raquel Pombo	01	Sen	121615	CDCP	35.51				35.51

Prova 9

Masc., 4 x 200m Livres

Absolutos

28.02.2020

Lista inscritos

Rec Nacional Absoluto	7:26.26	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Sen	7:27.46	Sporting Clube de Portugal	SCP	Coimbra	2017
Rec Nacional Jun	7:49.68	Clube Fluvial Vilacondense	CFV	Lisboa	2004
Rec Nacional Juv A	7:58.57	Associação Naval Amorense	ANAM	Jamor	2012
Rec Nacional Juv	7:58.57				
Rec Nacional Juv B	8:15.48	Viana Natacao Clube	VNC	Povoa de Varzim	2011

TAC - Masc Juv: 9:30.48; Jun: 9:16.45; Sen: 8:54.10

Ord.		Categ.	Clube	Obs	Tempo Inscr.
Juvenis					
1	Cova da Piedade Juv	Juv	Desportivo Cova da Piedade		8:40.00
2	Gesloures Juv A	Juv	Gesloures		9:09.41
3	Benfica Juv B	Juv	Benfica		9:27.66
4	Belenenses Juv	Juv	Belenenses		9:30.48
5	Naval Setubalense Juv	Juv	Naval Setubalense		9:30.48
6	Gesloures Juv B	Juv	Gesloures		9:30.48

Seniores

1	Gesloures Sen	Sen	Gesloures		8:17.05
2	Vikings Sen	Sen	Vikings		8:54.10

Absolutos

1	Natação Lisboa Abs	Abs	Natação de Lisboa	EXH	8:54.10
2	Montijo Abs	Abs	C N Montijo	EXH	8:57.12

Prova 10	Femin., 4 x 200m Livres				Absolutos
28.02.2020					Lista inscritos
Rec Nacional Absoluto	8:22.93	Sport Alges e Dafundo	SAD	Oeiras	2019
Rec Nacional Sen	8:25.04	Sport Alges e Dafundo	SAD	Coimbra	2018
Rec Nacional Jun	8:39.85	Sporting Clube de Portugal	SCP	Coimbra	2010
Rec Nacional Juv A	9:01.51	tempo limite			
Rec Nacional Juv	9:01.51	tempo limite			
Rec Nacional Juv B	9:01.51	Sporting Clube de Portugal	SCP	Oeiras	2012

TAC - Fem Juv: 10:22.55; Jun: 9:48.00; Sen: 9:52.90

Ord.	Categ.	Clube	Obs	Tempo Inscr.
Juvenis				
1	Juv	Benfica Juv B		9:34.72
2	Juv	Gesloures Juv A		9:36.41
3	Juv	Benfica Juv A		9:47.59
4	Juv	Naval Setubalense Juv		10:10.64
Juniores				
1	Jun	Gesloures Jun		9:23.85
2	Jun	União Piedense Jun		9:24.00
Absolutos				
1	Abs	Natação Lisboa Abs	EXH	9:02.18
2	Abs	Gesloures Abs	EXH	9:16.78

2 - 2ª Jornada - Sessão Única

29.02.2020 - 15:30

Prova 11	Masc., 400m Estilos				Absolutos
29.02.2020					Lista inscritos
Rec Nacional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Absoluto	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Sen	4:15.84	Alexis Manacas Santos	SCP	Rio (BRA)	2016
Rec Regional Jun 2	4:22.25	Joao Alexandre Vital	SCP	Oeiras	2016
Rec Regional Jun 1	4:25.23	Joao Alexandre Vital	ADRCIMM	Singapore	2015
Rec Regional Juv A	4:32.66	Joao Alexandre Vital	ADRCIMM	Coimbra	2014
Rec Regional Juv B	4:37.06	Joao Alexandre Vital	ADRCIMM	Utrecht (NED)	2013

TAC - Masc Juv B: 5:40.44; Juv A: 5:34.26; Jun 1: 5:22.02; Jun 2: 5:17.42; Sen: 5:11.28

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Manuel Angelo Pereira	05	Juv B	151305	SCP	5:02.73 S	06.12.2019	Sines (POR)	5:08.78
2	Francisc Gututui	05	Juv B	200907	SAD	5:03.06 S	06.12.2019	Sines (POR)	5:09.12
3	Simao Lopes Oliveira	05	Juv B	200178	CNS	5:06.09 S	06.12.2019	Sines (POR)	5:12.21
4	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	5:08.17 S	06.12.2019	Sines (POR)	5:14.33
5	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	5:11.02 S	24.11.2019	Alges (POR)	5:17.24
6	Diogo Botelho Capricho	05	Juv B	142035	SCP	5:12.38 S	06.12.2019	Sines (POR)	5:18.62
7	José Manuel Sa	05	Juv B	203114	SCP	5:15.51 S	24.11.2019	Alges (POR)	5:21.82
8	Vasco Alves Morgado	05	Juv B	147123	SAD	5:19.40 S	02.11.2019	Lagoa (POR)	5:25.78
9	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	5:25.68 S	18.05.2019	Alges (POR)	5:32.19
10	Vasco Antela Silva	05	Juv B	142037	SCP	5:30.55 S	08.03.2019	Setubal (POR)	5:37.16

Juvenis A

1	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	4:54.27 S	06.12.2019	Sines (POR)	5:00.15
2	Joao Afonso Santos	04	Juv A	153371	SCP	4:55.91 S	06.12.2019	Sines (POR)	5:01.82
3	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	4:55.95 S	13.07.2019	Alges (POR)	5:01.86
4	Afonso Cipriano Pinto	04	Juv A	153352	SCP	4:57.35 S	24.11.2019	Alges (POR)	5:03.29
5	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	5:00.21 S	06.12.2019	Sines (POR)	5:06.21
6	Yann Chetelat Fock	04	Juv A	129699	EULX	5:05.28 S	24.11.2019	Alges (POR)	5:11.38
7	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	5:13.73 S	13.07.2019	Alges (POR)	5:20.00
8	Miguel Filipe Anjo	04	Juv A	201394	CDCP	5:14.73 S	24.11.2019	Alges (POR)	5:21.02
9	Jaeden Michael Nunes	04	Juv A	202508	CFB	5:34.26			5:34.26

Juniores

1	Francisco Costa Nunes	02	Jun	121538	SCP	4:42.53 S	01.02.2020	Albufeira (POR)	4:48.18
2	Pedro Henriques Correia	03	Jun	125257	EULX	4:49.11 S	13.07.2019	Alges (POR)	4:54.89
3	Guilherme Matias Cristino	03	Jun	132528	SFUAP	5:09.94 L	02.08.2019	Funchal (POR)	5:09.94
4	Afonso Amaro Santos	02	Jun	131510	GESL	5:17.42			5:17.42

Seniores

1	David Matias Cristino	01	Sen	127872	SFUAP	4:24.95 S	20.12.2019	Felgueiras (POR)	4:30.24
2	Jose Paula Carvalho	98	Sen	111450	SAD	4:30.54 L	05.04.2019	Coimbra (POR)	4:30.54
3	Tiago Roberto Cordeiro	00	Sen	205275	SLB	4:26.54 S	13.07.2019	Alges (POR)	4:31.87
4	Joao Mota Correia	97	Sen	102308	SLB	4:31.49 S	29.06.2019	Alges (POR)	4:36.92
5	Daniel Nogueira Catalao	00	Sen	127075	SLB	4:31.67 S	20.12.2019	Felgueiras (POR)	4:37.10
6	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	4:40.01 L	14.04.2019	Oeiras (POR)	4:40.01
7	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	4:35.13 S	13.07.2019	Alges (POR)	4:40.63
8	Sebastiao Limbert Piedade	00	Sen	120451	SAD	4:36.54 S	13.07.2019	Alges (POR)	4:42.07
9	Rafael Filipe Nunes	96	Sen	108344	SLB	4:41.16 S	20.12.2019	Felgueiras (POR)	4:46.78
10	Bruno Rey Barros	01	Sen	208313	SCP	4:49.16 L	21.12.2019	Madrid (ESP)	4:49.16
11	Joao Manuel Vargas	00	Sen	123510	SLB	4:43.87 S	24.11.2019	Alges (POR)	4:49.54
12	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	4:45.04 S	24.11.2019	Alges (POR)	4:50.74
13	Rodrigo Almeida Cabrito	01	Sen	121510	CFB	4:45.90 S	13.07.2019	Alges (POR)	4:51.61
14	Rafael Alcantara Aires	01	Sen	125130	SLB	4:54.82 L	16.03.2019	Vila Franca de Xira (POR)	4:54.82
15	Andre Tavares Grenho	99	Sen	120605	GESL	5:00.99 L	16.03.2019	Vila Franca de Xira (POR)	5:00.99
16	Miguel Duarte Cruz	99	Sen	125797	CFB	4:56.93 S	20.12.2019	Felgueiras (POR)	5:02.86
17	Gonçalo Catarino Dias	00	Sen	112101	VKGS	5:09.12 L	13.07.2019	Rio Maior (POR)	5:09.12
18	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	5:11.28			5:11.28
19	Filipe Miguel Santo	00	Sen	118247	SLB	5:11.28			5:11.28
20	Pedro Ferraz Esteves	99	Sen	118772	CNLX	5:11.28			5:11.28

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Femin., 400m Estilos

Absolutos
Lista inscritos

Rec Nacional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Absoluto	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Sen	4:40.11	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	4:55.04	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2019
Rec Regional Jun 1	4:58.87	Susana Patricia Miguel	SFUAP	Palma de Mallorca (ESP)	2006
Rec Regional Juv A	5:01.32	Francisca Salvador Mesquita	ADRCIMM	Coimbra	2017
Rec Regional Juv B	5:01.04	Susana Patricia Miguel	SFUAP	Lisboa	2004

TAC - Fem Juv B: 6:10.60; Juv A: 6:00.31; Jun 2: 5:46.83; Jun 1: 5:50.23; Sen: 5:45.13

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Carolina Martins Camacho	06	Juv B	202646	SFUAP	5:29.50 L	09.02.2020	Lisbon (POR)	5:29.50
2	Matilde Nunes Lopes	06	Juv B	201711	SLB	5:27.78 S	18.05.2019	Alges (POR)	5:34.33
3	Beatriz Fernandes Gama	06	Juv B	151459	SCP	5:34.76 S	08.03.2019	Setubal (POR)	5:41.45
4	Beatriz Portugal Costa	06	Juv B	133278	SLB	5:38.05 S	06.12.2019	Sines (POR)	5:44.81
5	Madalena Correa Sa	06	Juv B	201548	GESL	5:39.10 S	06.12.2019	Sines (POR)	5:45.88
6	Ines Gaspar Silva	06	Juv B	204152	GESL	5:39.49 S	23.11.2019	Alges (POR)	5:46.28
7	Leonor Santos Duro	06	Juv B	202520	CNS	5:42.42 S	18.05.2019	Alges (POR)	5:49.26
8	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	5:51.39 S	23.11.2019	Alges (POR)	5:58.41
9	Catarina Lima Antunes	06	Juv B	151077	SCP	5:56.41 S	08.03.2019	Setubal (POR)	6:03.53

Juvenis A

1	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	5:23.00 S	06.12.2019	Sines (POR)	5:29.46
2	Mariana Andreia Silva	05	Juv A	141810	SCP	5:25.18 S	23.11.2019	Alges (POR)	5:31.68
3	Maria Teresa Fernandes	05	Juv A	132557	SAD	5:27.02 S	06.12.2019	Sines (POR)	5:33.56
4	Nicole Patriarca Franca	05	Juv A	153435	SCP	5:33.72 S	23.11.2019	Alges (POR)	5:40.39
5	Barbara Cunha Ventura	05	Juv A	132458	SLB	5:36.40 S	23.11.2019	Alges (POR)	5:43.12
6	Maria Carolina Vargas	05	Juv A	132561	SLB	5:44.51 S	23.11.2019	Alges (POR)	5:51.40

Juniores

1	Maria Gomes Pereira	04	Jun	129510	SAD	5:09.88 L	14.04.2019	Oeiras (POR)	5:09.88
2	Lidiana Correia Rodrigues	04	Jun	130399	CFB	5:15.63 L	06.04.2019	Coimbra (POR)	5:15.63
3	Margarida Filipe Ferreira	04	Jun	132347	CDCP	5:15.37 S	15.12.2019	Leiria (POR)	5:21.67
4	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	5:17.90 S	23.11.2019	Alges (POR)	5:24.25
5	Alice Jesus Morgado	04	Jun	131016	GESL	5:18.56 S	23.11.2019	Alges (POR)	5:24.93
6	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	5:19.88 S	16.06.2019	Coimbra (POR)	5:26.27
7	Catarina Nunes Costa	04	Jun	131376	GESL	5:22.78 S	23.11.2019	Alges (POR)	5:29.23
8	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	5:24.16 S	23.11.2019	Alges (POR)	5:30.64

Seniores

1	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	4:55.04 L	06.04.2019	Coimbra (POR)	4:55.04
2	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	4:52.81 S	15.12.2019	Leiria (POR)	4:58.66
3	Natacha Sofia Silva	02	Sen	125594	SLB	5:12.89 L	14.04.2019	Oeiras (POR)	5:12.89
4	Margarida Messias Ribeiro	98	Sen	110544	GESL	5:06.76 S	20.12.2019	Felgueiras (POR)	5:12.89
5	Filipa Serrano Rodrigues	01	Sen	112310	SLB	5:16.39 L	09.02.2019	Lisboa (POR)	5:16.39
6	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	5:17.47 S	23.11.2019	Alges (POR)	5:23.81
7	Ana Rita Matos	02	Sen	127501	CFB	5:23.92 L	02.08.2019	Funchal (POR)	5:23.92
8	Joana Filipa Varandas	02	Sen	124305	CIRL	5:19.20 S	15.12.2019	Leiria (POR)	5:25.58

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Absolutos
Lista inscritos

Rec Nacional Absoluto	1:47.97	Miguel Duarte Nascimento	SLB	Coimbra	2019
Rec Regional Absoluto	1:47.97	Miguel Duarte Nascimento	SLB	Coimbra	2019
Rec Regional Sen	1:47.97	Miguel Duarte Nascimento	SLB	Coimbra	2019
Rec Regional Jun 2	1:49.98	Tiago André Venâncio	CNS	Budapest (HUN)	2007
Rec Regional Jun 1	1:53.79	Tiago Andre Venancio	CNS	Lisboa	2004
Rec Regional Juv A	1:55.57	Andre Filipe Farinha	SLB	Torre Vieja (ESP)	2012
Rec Regional Juv B	1:57.31	Bernardo Jorge Simoes	CNCVG	Funchal	2019

TAC - Masc Juv B: 2:19.57; Juv A: 2:17.03; Jun 1: 2:12.01; Jun 2: 2:10.12; Sen: 2:07.62

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	2:03.28 S	07.12.2019	Sines (POR)	2:05.74
2	Martim Silva Cortes	05	Juv B	200486	AONDA	2:04.48 S	07.12.2019	Sines (POR)	2:06.97
3	Joao Seixedo Pinheiro	05	Juv B	205374	CNS	2:06.77 S	07.12.2019	Sines (POR)	2:09.30
4	Pedro Maria Amado	05	Juv B	148286	SAD	2:06.83 S	06.12.2019	Sines (POR)	2:09.36
5	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	2:07.12 S	06.12.2019	Sines (POR)	2:09.66
6	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	2:07.31 S	22.11.2019	Alges (POR)	2:09.85
7	Miguel Correia Anacleto	05	Juv B	151340	SCP	2:11.22 L	27.07.2019	Loule (POR)	2:11.22
8	Pedro Mahua Alvarez	05	Juv B	208096	SCP	2:13.49 L	07.07.2019	Setubal (POR)	2:13.49
9	Diogo Rafael Dias	05	Juv B	202931	DRCN	2:11.36 S	24.11.2019	Alges (POR)	2:13.98
10	Manuel Pires Oliveira	05	Juv B	201480	PDEM	2:17.46 L	07.07.2019	Setubal (POR)	2:17.46
11	Rodrigo Martins Bras	05	Juv B	129806	CFB	2:15.36 S	24.11.2019	Alges (POR)	2:18.06
12	Tiago Silva Bartolo	05	Juv B	205340	SAD	2:15.97 S	09.03.2019	Setubal (POR)	2:18.68
13	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	2:16.24 S	24.11.2019	Alges (POR)	2:18.96
14	Joel Michael Fribergh	05	Juv B	203916	AHBE	2:19.06 L	16.06.2019	Vila Franca de Xira (POR)	2:19.06
15	Mateus Correa Walker	05	Juv B	202083	AHBE	2:19.57 L			2:19.57
16	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	2:19.57 L			2:19.57
17	Tomas Silva Ventura	05	Juv B	128957	EULX	2:19.57 L			2:19.57
18	Dinis Santos Almeida	05	Juv B	208651	FS	2:19.57 L			2:19.57
19	Pedro Dinis Casquinha	05	Juv B	208656	FS	2:19.57 L			2:19.57
20	Simão Matos Mira	05	Juv B	202211	FS	2:19.57 L			2:19.57
21	Francisco Fino Motta	05	Juv B	202918	PDEM	2:19.57 L			2:19.57

Juvenis A

1	Joao Lourenco Rebelo	04	Juv A	132558	SAD	1:59.02 S	06.12.2019	Sines (POR)	2:01.40
2	Miguel Costa Simoes	04	Juv A	132350	CDCP	2:00.26 S	06.12.2019	Sines (POR)	2:02.66
3	Joao Pedro Penelas	04	Juv A	150754	GESL	2:04.56 L	02.08.2019	Funchal (POR)	2:04.56
4	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	2:03.16 S	07.12.2019	Sines (POR)	2:05.62
5	Afonso Romao Francisco	04	Juv A	204573	CDCP	2:04.52 S	07.12.2019	Sines (POR)	2:07.01
6	Tomas Sa Vieira	04	Juv A	131504	SAD	2:08.00 L	09.02.2020	Lisbon (POR)	2:08.00
7	Francisco Amaro Santos	04	Juv A	201404	GESL	2:05.77 S	29.06.2019	Alges (POR)	2:08.28
8	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	2:08.95 L	16.06.2019	Vila Franca de Xira (POR)	2:08.95
9	Tomas Martins Mira	04	Juv A	132215	CNS	2:07.78 S	13.07.2019	Alges (POR)	2:10.33
10	Tiago Barroso Porenca	04	Juv A	129698	EULX	2:07.90 S	13.07.2019	Alges (POR)	2:10.45
11	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	2:10.75 L	07.04.2019	Coimbra (POR)	2:10.75
12	Alexandre Duarte Morais	04	Juv A	132645	PDEM	2:08.66 S	24.11.2019	Alges (POR)	2:11.23
13	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	2:08.97 S	24.11.2019	Alges (POR)	2:11.54
14	Joao Negreiros Guerreiro	04	Juv A	209459	CIRL	2:09.06 S	24.11.2019	Alges (POR)	2:11.64
15	Joao Pedro Faustino	04	Juv A	203986	CDCP	2:09.41 S	24.11.2019	Alges (POR)	2:11.99
16	Ruben Jose Salgueiro	04	Juv A	133507	SCP	2:09.79 S	24.11.2019	Alges (POR)	2:12.38
17	Afonso Leonel Barreto	04	Juv A	202862	CPCD	2:11.15 S	24.11.2019	Alges (POR)	2:13.77
18	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	2:17.03 L			2:17.03
19	Tomas Rebelo Dias	04	Juv A	148500	EULX	2:17.03 L			2:17.03
20	Afonso Goncalves Jorge	04	Juv A	201702	GESL	2:17.03			2:17.03
21	Daniel Elias Duarte	04	Juv A	147198	CIRL	2:17.03 L			2:17.03
22	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	2:17.03 L			2:17.03
23	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	2:17.03 L			2:17.03

Juniores

1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	1:56.02 L	13.04.2019	Oeiras (POR)	1:56.02
2	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	1:54.79 S	22.12.2019	Felgueiras (POR)	1:57.08
3	Joao Nogueira Mendes	02	Jun	128745	CIRL	1:57.83 S	14.12.2019	Leiria (POR)	2:00.18
4	Antonio Santos Pereira	03	Jun	201690	AHBE	2:00.46 L	02.08.2019	Funchal (POR)	2:00.46
5	Martim Primavera Alfama	02	Jun	128833	GESL	1:58.20 S	24.11.2019	Alges (POR)	2:00.56
6	Diogo Garcez Mateus	02	Jun	129622	AONDA	1:58.35 S	13.07.2019	Alges (POR)	2:00.71

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7	Rodrigo Reis Dias	03	Jun	129003	CFB	1:59.86 S	13.07.2019	Alges (POR)	2:02.25
8	Pedro Machado Vieira	02	Jun	204156	SAD	2:00.85 S	24.11.2019	Alges (POR)	2:03.26
9	Hugo Nunes Magalhaes	02	Jun	127748	SAD	2:01.81 S	13.07.2019	Alges (POR)	2:04.24
10	Luis Cabral Junior	03	Jun	129805	CFB	2:02.54 S	24.11.2019	Alges (POR)	2:04.99
11	Ricardo Martins Ferreira	03	Jun	127307	AONDA	2:02.84 S	24.11.2019	Alges (POR)	2:05.29
12	Pedro Esteves Duarte	03	Jun	132531	CDPC	2:03.69 S	09.11.2019	Albufeira (POR)	2:06.16
13	Luis Carlos Correia	03	Jun	207349	SFUAP	2:03.80 S	24.11.2019	Alges (POR)	2:06.27
14	Rodrigo Beja Lopes	03	Jun	132651	AONDA	2:04.02 S	24.11.2019	Alges (POR)	2:06.50
15	Daniel Shumeika Zayika	03	Jun	128884	SLB	2:07.64 L	09.02.2020	Lisbon (POR)	2:07.64
16	Diogo Miguel Duraes	03	Jun	123448	CNMJ	2:07.74 S	30.11.2019	Sines (POR)	2:10.29
17	Tiago Miguel Dias	03	Jun	112753	CNLX	2:12.01 L			2:12.01

Seniores

1	Daniel Rochinha Pedro	98	Sen	111389	AHBE	1:52.47 S	25.04.2019	Sines (POR)	1:54.71
2	Tiago Roberto Cordeiro	00	Sen	205275	SLB	1:57.36 L	01.08.2019	Funchal (POR)	1:57.36
3	Afonso Mateus Ribeiro	95	Sen	100430	CFB	1:56.34 S	14.12.2019	Portimao (POR)	1:58.66
4	Diogo Santos Cardoso	01	Sen	122969	ADRCIMM	1:59.64 L	14.04.2019	Oeiras (POR)	1:59.64
5	Tiago Maria Camoes	01	Sen	121851	SFUAP	1:57.48 S	21.12.2019	Felgueiras (POR)	1:59.83
6	Pedro Barata Neves	00	Sen	118137	CIRL	2:00.28 L	24.07.2019	Dublin (IRL)	2:00.28
7	Ricardo Saraiva Pires	98	Sen	107651	CIRL	1:58.05 S	25.04.2019	Sines (POR)	2:00.41
8	Pedro Dordio Carreiro	97	Sen	120560	GESL	1:58.98 S	14.12.2019	Leiria (POR)	2:01.36
9	Miguel Monteiro Dinis	01	Sen	124394	SAD	2:00.59 S	29.06.2019	Alges (POR)	2:03.00
10	Ricardo Silva Marujo	00	Sen	125348	GESL	2:02.53 S	24.11.2019	Alges (POR)	2:04.98
11	Miguel Rohula Reis	01	Sen	202644	SCP	2:02.60 S	24.11.2019	Alges (POR)	2:05.05
12	Daniel Nogueira Catalao	00	Sen	127075	SLB	2:06.45 L	16.03.2019	Vila Franca de Xira (POR)	2:06.45
13	Afonso Godinho Mestre	95	Sen	100365	CNLX	2:06.53 L	16.03.2019	Vila Franca de Xira (POR)	2:06.53
14	Filipe Miguel Santo	00	Sen	118247	SLB	2:07.62 L			2:07.62
15	Joao Manuel Vargas	00	Sen	123510	SLB	2:07.62 L			2:07.62
16	Pedro Ferraz Esteves	99	Sen	118772	CNLX	2:07.62			2:07.62
17	Gonçalo Duarte Santos	00	Sen	111095	VKGS	2:07.62 L			2:07.62

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Femin., 200m Livres

Absolutos

29.02.2020

Lista inscritos

Rec Nacional Absoluto	2:01.48	Diana Margarida Duraes	SLB	Budapest (HUN)	2017
Rec Regional Absoluto	2:01.48	Diana Margarida Duraes	SLB	Budapest (HUN)	2017
Rec Regional Sen	2:01.48	Diana Margarida Duraes	SLB	Budapest (HUN)	2017
Rec Regional Jun 2	2:03.18	Ana Reis Sousa	SAD	Coimbra	2019
Rec Regional Jun 1	2:03.02	Leticia Maia Andre	SLB	Oeiras	2018
Rec Regional Juv A	2:06.08	Maria Ferreira Moura	SCP	Funchal	2019
Rec Regional Juv B	2:07.77	Maria Ferreira Moura	SCP	Funchal	2018

TAC - Fem Juv B: 2:35.04; Juv A: 2:30.73; Jun 2: 2:25.10; Jun 1: 2:26.52; Sen: 2:24.38

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

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

1	Ines Correia Teixeira	06	Juv B	133334	CNA	2:13.06 S	08.12.2019	Sines (POR)	2:15.72
2	Rebeca Leonor Antunes	06	Juv B	148284	CNCVG	2:17.92 L	27.07.2019	Loule (POR)	2:17.92
3	Francisca Santos Ferreira	06	Juv B	200402	SAD	2:18.67 S	10.03.2019	Setubal (POR)	2:21.44
4	Leonor Tavares Catalao	06	Juv B	202215	SCP	2:19.07 S	10.03.2019	Setubal (POR)	2:21.85
5	Catarina Gomes Costa	06	Juv B	201543	EULX	2:19.34 S	24.11.2019	Alges (POR)	2:22.12
6	Maria Esteves Valente	06	Juv B	202954	SLB	2:19.38 S	10.03.2019	Setubal (POR)	2:22.16
7	Beatriz Mocego Niza	06	Juv B	148435	CNA	2:22.74 L	27.07.2019	Loule (POR)	2:22.74
8	Filipa Ferraz Domingos	06	Juv B	200878	SCP	2:23.25 S	31.03.2019	Pinhal Novo (POR)	2:26.11
9	Erica Candeias Mendes	06	Juv B	147116	CNA	2:23.45 S	24.11.2019	Alges (POR)	2:26.31
10	Marina Alexandra Oliveira	06	Juv B	200174	CNS	2:24.10 S	10.03.2019	Setubal (POR)	2:26.98
11	Luana Cardoso Magalhaes	06	Juv B	201688	AHBE	2:24.91 S	24.11.2019	Alges (POR)	2:27.80
12	Rita Borges Silva	06	Juv B	200715	CNA	2:25.06 S	24.11.2019	Alges (POR)	2:27.96
13	Rita Martins Lopes	06	Juv B	203919	AHBE	2:26.57 S	24.11.2019	Alges (POR)	2:29.50
14	Mafalda Mourao Lopes	06	Juv B	202221	ADST	2:26.63 S	24.11.2019	Alges (POR)	2:29.56
15	Marta Silva Santos	06	Juv B	200182	CNS	2:26.77 S	24.11.2019	Alges (POR)	2:29.70
16	Maria Beatriz Costa	06	Juv B	204155	SCP	2:28.20 S	08.12.2019	Sines (POR)	2:31.16
17	Mariana Ramos Zacarias	06	Juv B	200183	CNS	2:33.14 L	16.06.2019	Vila Franca de Xira (POR)	2:33.14
18	Clara Sofia Herminio	06	Juv B	202218	CDPC	2:33.53 L	09.02.2020	Lisbon (POR)	2:33.53
19	Iris Castro Campos	06	Juv B	205634	CNA	2:30.93 S	24.11.2019	Alges (POR)	2:33.94
20	Carolina Costa Diniz	06	Juv B	151038	SCP	2:31.82 S	10.03.2019	Setubal (POR)	2:34.85

Prova 14, Femin., 200m Livres

21	Sara Lagorsse Caldas	06	Juv B	153255	FS	2:35.04	L		2:35.04
22	Carolina Parreira	06	Juv B	32052538	SCP	2:35.04			2:35.04

Juvenis A

1	Erica Cristina Reis	05	Juv A	200201	SCP	2:10.57	S	06.12.2019	Sines (POR)	2:13.18
2	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	2:13.81	L	02.08.2019	Funchal (POR)	2:13.81
3	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	2:16.25	S	24.11.2019	Alges (POR)	2:18.97
4	Mariana Marques Santos	05	Juv A	150757	GESL	2:16.57	S	24.11.2019	Alges (POR)	2:19.30
5	Francisca Otao Tribuna	05	Juv A	132463	SLB	2:19.56	L	02.08.2019	Funchal (POR)	2:19.56
6	Joana Fernandes Gama	05	Juv A	153361	SCP	2:17.07	S	13.07.2019	Alges (POR)	2:19.81
7	Carmo Dias Vieira	05	Juv A	201319	EULX	2:17.10	S	13.07.2019	Alges (POR)	2:19.84
8	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	2:20.00	L	16.03.2019	Vila Franca de Xira (POR)	2:20.00
9	Rita Abibe Goncalves	05	Juv A	144730	GESL	2:17.31	S	13.07.2019	Alges (POR)	2:20.05
10	Joana Rocha Ferreira	05	Juv A	201560	SLB	2:17.36	S	29.06.2019	Alges (POR)	2:20.10
11	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	2:19.72	S	08.12.2019	Sines (POR)	2:22.51
12	Simone Filipe Monteiro	05	Juv A	203878	GESL	2:23.20	L	16.03.2019	Vila Franca de Xira (POR)	2:23.20
13	Maria Del Rio Bernat	05	Juv A	200403	SAD	2:21.15	S	13.07.2019	Alges (POR)	2:23.97
14	Mariana Reis Ferreira	05	Juv A	200724	AONDA	2:23.03	S	13.07.2019	Alges (POR)	2:25.89
15	Lara Moreira Lopo	05	Juv A	130424	EULX	2:24.29	S	13.07.2019	Alges (POR)	2:27.17
16	Madalena Sampaio Torgal	05	Juv A	132521	AHBE	2:25.20	S	24.11.2019	Alges (POR)	2:28.10
17	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	2:26.90	S	13.07.2019	Alges (POR)	2:29.83
18	Maria Antonia Ferraz	05	Juv A	128378	AHBE	2:26.98	S	25.04.2019	Sines (POR)	2:29.92
19	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	2:30.73	L			2:30.73
20	Beatriz Barroso Silva	05	Juv A	133302	SCP	2:30.73	L			2:30.73

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	2:04.86	S	24.11.2019	Alges (POR)	2:07.35
2	Sara Moura Cruz	03	Jun	127488	SAD	2:07.93	S	13.07.2019	Alges (POR)	2:10.48
3	Anais Cloe Pereira	04	Jun	147048	SCP	2:13.39	S	24.11.2019	Alges (POR)	2:16.05
4	Claudia Beatriz Martins	03	Jun	128830	GESL	2:14.85	S	24.11.2019	Alges (POR)	2:17.54
5	Francisca Razina Oliveira	03	Jun	130620	SFUAP	2:15.12	S	13.07.2019	Alges (POR)	2:17.82
6	Beatriz Costa Melo	04	Jun	132555	SAD	2:15.58	S	13.07.2019	Alges (POR)	2:18.29
7	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	2:18.60	L	09.02.2019	Lisboa (POR)	2:18.60
8	Susana Chanoca Narciso	04	Jun	129388	CDCP	2:16.62	S	14.12.2019	Leiria (POR)	2:19.35
9	Diana Valadas Horta	04	Jun	201782	SFUAP	2:17.26	S	24.11.2019	Alges (POR)	2:20.00
10	Daniela Alexandra Pedro	04	Jun	130864	SCP	2:17.54	S	13.07.2019	Alges (POR)	2:20.29
11	Mariana Marques Mercedes	03	Jun	129961	CDOM	2:20.50	L	09.02.2019	Lisboa (POR)	2:20.50
12	Maria Martins Camacho	04	Jun	130618	SFUAP	2:18.76	S	13.07.2019	Alges (POR)	2:21.53
13	Marta Viola Marques	03	Jun	200870	CNCVG	2:18.83	S	13.07.2019	Alges (POR)	2:21.60
14	Carolina Anjos Frischknecht	04	Jun	129489	CNS	2:26.52	L			2:26.52

Seniores

1	Leticia Maia Andre	02	Sen	132801	SLB	2:04.33	L	01.08.2019	Funchal (POR)	2:04.33
2	Ines Jacinto Henriques	00	Sen	120220	SCP	2:02.40	S	14.12.2019	Lausanne (SUI)	2:04.84
3	Madalena Gomes Azevedo	99	Sen	110160	SAD	2:05.56	L	07.04.2019	Coimbra (POR)	2:05.56
4	Sofia Alexandra Rolao	98	Sen	108413	SLB	2:06.88	S	29.06.2019	Alges (POR)	2:09.41
5	Mariana Amaral Mendes	02	Sen	123959	ADRCIMM	2:07.52	S	15.12.2019	Leiria (POR)	2:10.07
6	Margarida Sobral Pimenta	99	Sen	118764	CFB	2:11.96	L	09.02.2019	Lisboa (POR)	2:11.96
7	Ana Raquel Graveto	02	Sen	129628	SLB	2:10.96	S	27.04.2019	Felgueiras (POR)	2:13.57
8	Ana Leonor Dias	02	Sen	129302	CNLX	2:11.41	S	17.03.2019	Silves (POR)	2:14.03
9	Tatiana Raquel Pombo	01	Sen	121615	CDCP	2:15.10	L	16.03.2019	Vila Franca de Xira (POR)	2:15.10
10	Ines Figueira Santos	00	Sen	111277	SFUAP	2:13.59	S	24.11.2019	Alges (POR)	2:16.26
11	Luana Correia Rodrigues	01	Sen	121504	CFB	2:13.73	S	13.07.2019	Alges (POR)	2:16.40
12	Catarina Trigo Ferreira	02	Sen	124523	CNLX	2:16.02	S	13.07.2019	Alges (POR)	2:18.74
13	Beatriz Paulo Ranito	99	Sen	116593	GESL	2:18.80	L	08.02.2020	Lisbon (POR)	2:18.80
14	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	2:16.38	S	23.02.2019	Olhao (POR)	2:19.10
15	Sofia Oliveira Silva	99	Sen	121399	CNS	2:24.38	L			2:24.38
16	Ana Burguete Tavares	00	Sen	119951	FS	2:24.38	L			2:24.38

Prova 15
29.02.2020

Masc., 50m Bruços

Absolutos
Lista inscritos

Rec Nacional Absoluto	28.16	Carlos Esteves Almeida	FPN	Barcelona (ESP)	2013
Rec Regional Absoluto	28.43	Carlos Esteves Almeida	CNA	Debrecen (HUN)	2012
Rec Regional Sen	28.43	Carlos Esteves Almeida	CNA	Debrecen (HUN)	2012
Rec Regional Jun 2	29.07	Bruno Miguel Ramos	SFUAP	Linz (AUT)	2002
Rec Regional Jun 1	29.10	Pedro Miguel Agostinho	SLB	Prague (CZE)	2009

TAC - Masc Jun 1: 34.96; Jun 2: 34.45; Sen: 33.79

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Luis Cabral Junior	03	Jun	129805	CFB	29.02 S	22.12.2019	Felgueiras (POR)	29.89
2	Francisco Costa Nunes	02	Jun	121538	SCP	30.05 L	06.04.2019	Coimbra (POR)	30.05
3	Diogo Garcez Mateus	02	Jun	129622	AONDA	30.00 S	22.12.2019	Felgueiras (POR)	30.90
4	Afonso Amaro Santos	02	Jun	131510	GESL	31.53 L	02.08.2019	Funchal (POR)	31.53
5	Tomas Almeida Leitao	03	Jun	129525	SAD	31.51 S	23.11.2019	Alges (POR)	32.45
6	Henrique Chan Machado	02	Jun	126835	SAD	32.29 S	23.11.2019	Alges (POR)	33.25
7	João Gabriel Machado	02	Jun	211590	SCP	32.33 S	22.11.2019	Alges (POR)	33.30
8	Joao Miguel Cascalheira	03	Jun	201621	CNS	33.13 S	01.06.2019	Campo Maior (POR)	34.12
9	Pedro Almeida Marques	02	Jun	127176	CNS	34.45 L			34.45

Seniores

1	Francisco Robalo Quintas	95	Sen	26501	INDANL	27.50 S	22.12.2019	Felgueiras (POR)	28.32
2	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	29.46 S	17.01.2020	Vila Franca de Xira (POR)	30.34
3	Andre Tavares Grenho	99	Sen	120605	GESL	30.36 L	02.08.2019	Funchal (POR)	30.36
4	Miguel Henriques Marques	00	Sen	120530	SLB	30.92 L	06.04.2019	Coimbra (POR)	30.92
5	Joao Costa Fonseca	00	Sen	125134	CNLX	31.01 L	09.02.2020	Lisbon (POR)	31.01
6	Rodrigo Almeida Cabrito	01	Sen	121510	CFB	31.17 L	06.04.2019	Coimbra (POR)	31.17
7	Bruno Miguel Martins	93	Sen	26891	GESL	31.57 L	16.03.2019	Vila Franca de Xira (POR)	31.57
8	Vicente Morgado Ventoso	00	Sen	12466	EULX	30.89 S	23.11.2019	Alges (POR)	31.81
9	Afonso Guilherme Jesus	00	Sen	117174	VKGS	32.10 L	09.02.2020	Lisbon (POR)	32.10
10	Tiago Rafael Martins	97	Sen	111267	CDOM	33.18 L	24.05.2019	Coimbra (POR)	33.18
11	Pedro Silva Vaz	98	Sen	111379	AHBE	33.29 L	16.03.2019	Vila Franca de Xira (POR)	33.29
12	Alexandre Emanuel Pereira	93	Sen	11567	CNMJ	33.79			33.79
13	Filipe Ferrao Melo	01	Sen	200171	CNS	33.79 L			33.79
14	Rodrigo Ponte Jorge	01	Sen	127873	SFUAP	33.79 L			33.79
15	Maxim Petrea	01	Sen	122054	SFUAP	33.79 L			33.79

Prova 16
29.02.2020

Femin., 50m Bruços

Absolutos
Lista inscritos

Rec Nacional Absoluto	31.35	Ana Pinho Rodrigues	AEJ	Coimbra	2017
Rec Regional Absoluto	31.88	Ana Marisa Brito	SLB	Coimbra	2009
Rec Regional Sen	31.88	Ana Marisa Brito	SLB	Coimbra	2009
Rec Regional Jun 2	32.80	Diana Duarte Gomes	INDANL	Loule	2006
Rec Regional Jun 1	32.90	Diana Duarte Gomes	INDANL	Budapest (HUN)	2005

TAC - Fem Jun 2: 39.85; Jun 1: 40.24; Sen: 39.67

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Margarida Filipe Ferreira	04	Jun	132347	CDCP	33.76 L	02.08.2019	Funchal (POR)	33.76
2	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	34.01 S	15.12.2019	Leiria (POR)	35.03
3	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	37.13 L	08.02.2020	Lisbon (POR)	37.13
4	Aleksandra Bozanic Borcic	04	Jun	133318	SAD	36.32 S	15.02.2020	Torres Novas (POR)	37.41
5	Catarina Nunes Costa	04	Jun	131376	GESL	37.21 S	23.11.2019	Alges (POR)	38.32
6	Madalena Graca Geraldés	04	Jun	131511	SCP	37.64 S	19.05.2019	Alges (POR)	38.76
7	Leonor Maria Neves	03	Jun	131015	GESL	38.79 L	16.03.2019	Vila Franca de Xira (POR)	38.79
8	Emily Monteiro Cunha	04	Jun	210670	SFUAP	40.24 L			40.24

Prova 16, Fem., 50m Bruços

Seniores

1	Ana Leonor Dias	02	Sen	129302	CNLX	34.51 S	16.03.2019	Silves (POR)	35.54
2	Beatriz Antunes Carvalho	99	Sen	117036	SCP	34.61 S	23.11.2019	Alges (POR)	35.64
3	Margarida Messias Ribeiro	98	Sen	110544	GESL	36.95 L	01.08.2019	Funchal (POR)	36.95
4	Mafalda Alexandra Henriques	98	Sen	105308	CFB	37.10 S	15.02.2020	Torres Novas (POR)	38.21
5	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	37.11 S	15.02.2020	Torres Novas (POR)	38.22
6	Soraia Guerra Rolim	95	Sen	121321	CIRL	38.35 S	15.02.2020	Torres Novas (POR)	39.50
7	Ana Burguete Tavares	00	Sen	119951	FS	39.67			39.67

Prova 17

29.02.2020

Masc., 200m Costas

Absolutos

Lista inscritos

Rec Nacional Absoluto	1:58.83	Pedro Diogo Oliveira	FPN	Londres (GBR)	2012
Rec Regional Absoluto	1:59.31	Francisco Rogerio Santos	SCP	Coimbra	2019
Rec Regional Sen	1:59.31	Francisco Rogerio Santos	SCP	Coimbra	2019
Rec Regional Jun 2	2:03.55	Joao Alexandre Vital	SCP	Coimbra	2015
Rec Regional Jun 1	2:03.93	Joao Alexandre Vital	ADRCIMM	Singapore	2015
Rec Regional Juv A	2:06.59	Joao Alexandre Vital	ADRCIMM	Netanya (ISR)	2014
Rec Regional Juv B	2:06.44	Joao Alexandre Vital	FPN	Utrecht (NED)	2013

TAC - Masc Juv B: 2:37.96; Juv A: 2:35.09; Jun 1: 2:29.41; Jun 2: 2:27.27; Sen: 2:24.43

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Andre Henriques Marques	05	Juv B	129665	SLB	2:14.91 S	07.12.2019	Sines (POR)	2:17.60
2	Joao Seixedo Pinheiro	05	Juv B	205374	CNS	2:18.84 S	07.12.2019	Sines (POR)	2:21.61
3	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	2:19.64 S	07.12.2019	Sines (POR)	2:22.43
4	Diogo Sousa Barbosa	05	Juv B	133332	SLB	2:22.57 S	07.12.2019	Sines (POR)	2:25.42
5	Martim Silva Cortes	05	Juv B	200486	AONDA	2:23.39 S	07.12.2019	Sines (POR)	2:26.25
6	Manuel Angelo Pereira	05	Juv B	151305	SCP	2:24.93 S	22.11.2019	Alges (POR)	2:27.82
7	Joel Michael Fribergh	05	Juv B	203916	AHBE	2:25.19 S	30.03.2019	Pinhal Novo (POR)	2:28.09
8	Filipe Simoes Freitas	05	Juv B	202349	SCP	2:35.98 L	16.06.2019	Vila Franca de Xira (POR)	2:35.98
9	Daniel Pankivskiy	05	Juv B	153427	CPCD	2:33.30 S	30.03.2019	Pinhal Novo (POR)	2:36.36
10	Manuel Pires Oliveira	05	Juv B	201480	PDEM	2:33.60 S	30.03.2019	Pinhal Novo (POR)	2:36.67
11	Eduard Daniel Milanov	05	Juv B	202776	CNS	2:37.96 L			2:37.96
12	Dinis Santos Almeida	05	Juv B	208651	FS	2:37.96 L			2:37.96
13	Jose Alves Monteiro	05	Juv B	200398	INDANL	2:37.96			2:37.96

Juvenis A

1	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	2:10.91 S	07.12.2019	Sines (POR)	2:13.52
2	Miguel Costa Simoes	04	Juv A	132350	CDPC	2:15.18 S	07.12.2019	Sines (POR)	2:17.88
3	Felipe Menegassi Maia	04	Juv A	207683	SAD	2:15.20 S	13.07.2019	Alges (POR)	2:17.90
4	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	2:16.19 S	07.12.2019	Sines (POR)	2:18.91
5	Guilherme Machado Santos	04	Juv A	200202	SFUAP	2:17.29 S	07.12.2019	Sines (POR)	2:20.03
6	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	2:18.76 S	29.06.2019	Alges (POR)	2:21.53
7	Francisco Sousa Uva	04	Juv A	201477	SAD	2:21.12 S	07.12.2019	Sines (POR)	2:23.94
8	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	2:29.80 L	16.06.2019	Vila Franca de Xira (POR)	2:29.80
9	Afonso Romao Francisco	04	Juv A	204573	CDPC	2:27.27 S	22.11.2019	Alges (POR)	2:30.21
10	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	2:28.30 S	13.07.2019	Alges (POR)	2:31.26

Juniores

1	Diogo Santos Costa	02	Jun	126007	ADRCIMM	2:00.52 S	20.12.2019	Felgueiras (POR)	2:02.93
2	Martim Primavera Alfama	02	Jun	128833	GESL	2:10.11 L	07.04.2019	Coimbra (POR)	2:10.11
3	Antonio Santos Pereira	03	Jun	201690	AHBE	2:09.51 S	20.12.2019	Felgueiras (POR)	2:12.10
4	Tiago Miguel Dias	03	Jun	112753	CNLX	2:11.20 S	30.11.2019	Sines (POR)	2:13.82
5	Goncalo Filipe Valente	03	Jun	131380	GESL	2:14.67 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	2:17.36
6	Tiago Leite Barreiros	02	Jun	127804	SAD	2:14.89 S	22.11.2019	Alges (POR)	2:17.58
7	Nicolae Iachimovschi	03	Jun	130036	CFB	2:15.82 S	22.11.2019	Alges (POR)	2:18.53
8	Pedro Pires Gomes	03	Jun	129534	CFB	2:15.89 S	22.11.2019	Alges (POR)	2:18.60
9	Ricardo Martins Ferreira	03	Jun	127307	AONDA	2:17.18 S	22.11.2019	Alges (POR)	2:19.92
10	Dinis Viola Caroco	03	Jun	131696	SCP	2:17.55 S	13.07.2019	Alges (POR)	2:20.30
11	Bernardo Araujo Freire	03	Jun	129532	SAD	2:21.79 S	22.11.2019	Alges (POR)	2:24.62
12	Jose Miguel Oliveira	03	Jun	129493	CNS	2:25.44 L	16.03.2019	Vila Franca de Xira (POR)	2:25.44
13	Rodrigo Reis Dias	03	Jun	129003	CFB	2:25.75 L	16.03.2019	Vila Franca de Xira (POR)	2:25.75

Prova 17, Masc., 200m Costas

14	Guilherme Matias Cristino	03	Jun	132528	SFUAP	2:29.41		2:29.41
15	Pedro Esteves Duarte	03	Jun	132531	CDCP	2:29.41 L		2:29.41

Seniores

1	Joao Mota Correia	97	Sen	102308	SLB	2:01.81 S	20.12.2019	Felgueiras (POR)	2:04.24
2	Joao Diogo Fernandes	98	Sen	121542	CFB	2:03.95 S	20.12.2019	Felgueiras (POR)	2:06.42
3	Ricardo Martins Bras	01	Sen	121508	CFB	2:12.20 S	22.11.2019	Alges (POR)	2:14.84
4	Filipe Ferreira Luz	98	Sen	112320	GESL	2:15.73 L	16.03.2019	Vila Franca de Xira (POR)	2:15.73
5	Rafael Alcantara Aires	01	Sen	125130	SLB	2:16.66 L	16.03.2019	Vila Franca de Xira (POR)	2:16.66
6	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	2:17.53 S	01.02.2020	Albufeira (POR)	2:20.28
7	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	2:24.43			2:24.43
8	Tiago Correia Neves	97	Sen	125796	CFB	2:24.43 L			2:24.43

Prova 18

Femin., 200m Costas

Absolutos

29.02.2020

Lista inscritos

Rec Nacional Absoluto	2:15.02	Rita Barros Frischknecht	SAD	Lisboa	2020
Rec Regional Absoluto	2:15.02	Rita Barros Frischknecht	SAD	Lisboa	2020
Rec Regional Sen	2:15.02	Rita Barros Frischknecht	SAD	Lisboa	2020
Rec Regional Jun 2	2:15.53	Rita Barros Frischknecht	SAD	Coimbra	2015
Rec Regional Jun 1	2:18.61	Rafaela Gomes Azevedo	SAD	Coimbra	2018
Rec Regional Juv A	2:20.26	Rafaela Gomes Azevedo	SAD	Geneva (SUI)	2017
Rec Regional Juv B	2:22.91	Rafaela Gomes Azevedo	SAD	Oeiras	2016

TAC - Fem Juv B: 2:54.17; Juv A: 2:49.33; Jun 2: 2:43.00; Jun 1: 2:44.60; Sen: 2:42.20

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Luana Cardoso Magalhaes	06	Juv B	201688	AHBE	2:28.64 S	08.12.2019	Sines (POR)	2:31.61
2	Rita Joao Serra	06	Juv B	200738	VKGS	2:37.87 S	10.03.2019	Setubal (POR)	2:41.02
3	Ines Gaspar Silva	06	Juv B	204152	GESL	2:38.03 S	08.12.2019	Sines (POR)	2:41.19
4	Mariana Coelho Carvalho	06	Juv B	200172	CNS	2:41.09 S	31.03.2019	Pinhal Novo (POR)	2:44.31
5	Maria Soares Almeida	06	Juv B	131730	SAD	2:41.09 S	29.06.2019	Alges (POR)	2:44.31
6	Marta Silva Santos	06	Juv B	200182	CNS	2:41.50 S	08.12.2019	Sines (POR)	2:44.73
7	Margarida Barbara Marques	06	Juv B	200396	SAD	2:45.69 S	22.11.2019	Alges (POR)	2:49.00
8	Maria Leonor Coelho	06	Juv B	132470	SLB	2:54.17			2:54.17
9	Sofia Medeiros Pereira	06	Juv B	207512	CNMJ	2:54.17 L			2:54.17
10	Erica Candeias Mendes	06	Juv B	147116	CNA	2:54.17			2:54.17
11	Sara Lagorsse Caldas	06	Juv B	153255	FS	2:54.17			2:54.17
12	Clara Sofia Herminio	06	Juv B	202218	CDCP	2:54.17 L			2:54.17

Juvenis A

1	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	2:29.06 S	13.07.2019	Alges (POR)	2:32.04
2	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	2:29.23 S	30.11.2019	Sines (POR)	2:32.21
3	Barbara Cunha Ventura	05	Juv A	132458	SLB	2:31.12 S	08.12.2019	Sines (POR)	2:34.14
4	Rita Ferreira Gomes	05	Juv A	132565	SAD	2:33.04 S	13.07.2019	Alges (POR)	2:36.10
5	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	2:34.47 S	13.07.2019	Alges (POR)	2:37.55
6	Maria Correia Ricardo	05	Juv A	129496	CNS	2:35.12 S	13.07.2019	Alges (POR)	2:38.22
7	Iris Pereira Carrao	05	Juv A	201392	CIRL	2:35.89 S	25.01.2020	Alcobaca (POR)	2:39.00
8	Rafaela Diogo Martins	05	Juv A	132214	CNS	2:36.23 S	13.07.2019	Alges (POR)	2:39.35
9	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	2:39.39 S	22.11.2019	Alges (POR)	2:42.57
10	Lara Moreira Lopo	05	Juv A	130424	EULX	2:42.23 S	13.07.2019	Alges (POR)	2:45.47
11	Marta Joao Pires	05	Juv A	147235	SAD	2:49.33			2:49.33

Juniores

1	Carolina Fale Costa	04	Jun	129801	ADRCIMM	2:22.59 S	20.12.2019	Felgueiras (POR)	2:25.44
2	Andreia Wongsangnoi Alves	03	Jun	130956	ADRCIMM	2:31.17 L	07.04.2019	Coimbra (POR)	2:31.17
3	Marta Macedo Inacio	04	Jun	132536	SCP	2:28.44 S	22.11.2019	Alges (POR)	2:31.40
4	Susana Chanocca Narciso	04	Jun	129388	CDCP	2:29.35 S	15.12.2019	Leiria (POR)	2:32.33
5	Ana Margarida Soares	03	Jun	129488	CNS	2:29.61 S	22.11.2019	Alges (POR)	2:32.60
6	Anais Cloe Pereira	04	Jun	147048	SCP	2:32.67 L	07.04.2019	Coimbra (POR)	2:32.67
7	Maria Ines Ribeiro	03	Jun	127252	CFB	2:30.12 S	13.07.2019	Alges (POR)	2:33.12
8	Ana Sofia Inacio	04	Jun	202686	CFB	2:36.66 L	07.04.2019	Coimbra (POR)	2:36.66
9	Diana Valadas Horta	04	Jun	201782	SFUAP	2:35.66 S	22.11.2019	Alges (POR)	2:38.77

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Prova 18, Femin., 200m Costas

10	Maria Martins Camacho	04	Jun	130618	SFUAP	2:37.50 S	29.06.2019	Alges (POR)	2:40.65
11	Maria Freire Alves	04	Jun	132522	AHBE	2:43.78 L	16.03.2019	Vila Franca de Xira (POR)	2:43.78
12	Lidiana Correia Rodrigues	04	Jun	130399	CFB	2:44.60			2:44.60

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	2:15.01 S	20.12.2019	Felgueiras (POR)	2:17.71
2	Ana Raquel Ferreira	98	Sen	102755	CNLX	2:20.02 S	30.11.2019	Sines (POR)	2:22.82
3	Ines Jacinto Henriques	00	Sen	120220	SCP	2:21.56 S	08.06.2019	Funchal (POR)	2:24.39
4	Luisa Maria Machado	01	Sen	121850	SFUAP	2:26.60 L	25.05.2019	Coimbra (POR)	2:26.60
5	Filipa Serrano Rodrigues	01	Sen	112310	SLB	2:27.52 L	14.04.2019	Oeiras (POR)	2:27.52
6	Maria Ornelas Armas	98	Sen	106961	EULX	2:25.45 S	13.07.2019	Alges (POR)	2:28.35
7	Ines Figueira Santos	00	Sen	111277	SFUAP	2:32.19 S	13.07.2019	Alges (POR)	2:35.23
8	Sofia Alexandra Rolao	98	Sen	108413	SLB	2:36.60 L	16.03.2019	Vila Franca de Xira (POR)	2:36.60
9	Francisca Salvador Mesquita	02	Sen	123935	ADRCIMM	2:42.20			2:42.20
10	Ana Raquel Graveto	02	Sen	129628	SLB	2:42.20			2:42.20
11	Natacha Sofia Silva	02	Sen	125594	SLB	2:42.20			2:42.20

Prova 19

Masc., 4 x 100m Livres

Absolutos Lista inscritos

29.02.2020

Rec Nacional Absoluto	3:24.33	Futebol Clube do Porto/Imperio Bonanca	FCP	Faro	2009
Rec Nacional Sen	3:26.21	Futebol Clube do Porto	FCP	Jamor	2012
Rec Nacional Jun	3:34.25	Futebol Clube do Porto/Imperio Bonanca	FCP	Lisboa	2009
Rec Nacional Juv A	3:39.68	Futebol Clube do Porto	FCP	Famalicão	2013
Rec Nacional Juv	3:39.68				
Rec Nacional Juv B	3:45.99	Futebol Clube do Porto	FCP	Jamor	2012

TAC - Masc Juv: 4:19.62; Jun: 4:14.52; Sen: 4:03.07

Ord.		Categ.	Clube	Obs	Tempo Inscr.
Juvenis					
1	Cova Piedade Juv	Juv	Desportivo Cova da Piedade		4:00.00
2	Naval Setubalense Juv	Juv	Naval Setubalense		4:05.00
3	Geslours Juv A	Juv	Geslours		4:05.63
4	Benfica Juv B	Juv	Benfica		4:07.66
5	Belenenses Juv	Juv	Belenenses		4:08.23
6	Geslours Juv B	Juv	Geslours		4:13.92
7	Onda Juv	Juv	A Onda Azeitão		4:19.62

Juniores

1	Onda Jun	Jun	A Onda Azeitão		4:14.52
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Seniores

1	Benfica Sen	Sen	Benfica		3:39.99
2	Geslours Sen	Sen	Geslours		3:50.22

Absolutos

1	Natação de Lisboa Abs	Abs	Natação de Lisboa	EXH	3:37.97
2	Laranjeiro Abs	Abs	Laranjeiro	EXH	3:47.94
3	Montijo Abs	Abs	C N Montijo	EXH	4:03.07

Prova 20
29.02.2020

Femin., 4 x 100m Livres

Absolutos
Lista inscritos

Rec Nacional Absoluto	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	2010
Rec Nacional Sen	3:52.07	Futebol Clube do Porto/Dolce Vita	FCP	Coimbra	2010
Rec Nacional Jun	4:00.84	Sporting Clube de Portugal	SCP	Coimbra	2010
Rec Nacional Juv A	4:10.72	tempo limite			
Rec Nacional Juv	4:10.72	Clube Nautico Academico de Coimbra	CNAC	Póvoa de Varzim	2011
Rec Nacional Juv B	4:10.72	Clube Nautico Academico de Coimbra	CNAC	Povoas de Varzim	2011

TAC - Fem Juv: 4:47.51; Jun: 4:41.22; Sen: 4:33.81

Ord.		Categ.	Clube	Obs	Tempo Inscr.
Juvenis					
1	Geslours Juv A	Juv	Geslours		4:21.16
2	Amadora Juv	Juv	Amadora		4:25.21
3	Benfica Juv B	Juv	Benfica		4:25.29
4	Benfica Juv A	Juv	Benfica		4:30.70
5	Naval Setubalense Juv	Juv	Naval Setubalense		4:36.59
Juniores					
1	Geslours Jun	Jun	Geslours		4:18.23
2	União Piedense Jun	Jun	União Piedense		4:24.85
Seniores					
1	Benfica Sen	Sen	Benfica		4:13.82
2	Laranjeiro Sen	Sen	Laranjeiro		4:16.97
Absolutos					
1	Natação Lisboa Abs	Abs	Natação de Lisboa	EXH	4:11.68
2	Laranjeiro Abs	Abs	Laranjeiro	EXH	4:22.90
3	Geslours Abs	Abs	Geslours	EXH	4:33.18

3 - 3ª Jornada - 1ª Sessão

01.03.2020 - 9:00

Prova 21	Femin., 100m Mariposa				Absolutos
01.03.2020					Lista inscritos
Rec Nacional Absoluto	58.76	Sara Freitas Oliveira	FPN	Budapeste (HUN)	2010
Rec Regional Absoluto	1:00.49	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	2008
Rec Regional Sen	1:00.49	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	2008
Rec Regional Jun 2	1:02.56	Sara Alexandra Madeira	CNCVG	Jamor	2004
Rec Regional Jun 1	1:02.98	Ana Francisco	SFUAP		1996
Rec Regional Juv A	1:03.53	Maria Ferreira Moura	SCP	Funchal	2019
Rec Regional Juv B	1:03.88	Inês Camacho Fernandes	SCP	Trabzon (TUR)	2011

TAC - Fem Juv B: 1:19.13; Juv A: 1:16.96; Jun 2: 1:14.10; Jun 1: 1:14.82; Sen: 1:13.74

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Leonor Tavares Catalao	06	Juv B	202215	SCP	1:06.97 S	08.12.2019	Sines (POR)	1:08.97
2	Maria Leonor Coelho	06	Juv B	132470	SLB	1:12.08 L	11.05.2019	Vila Franca de Xira (POR)	1:12.08
3	Catarina Gomes Costa	06	Juv B	201543	EULX	1:10.78 S	22.11.2019	Alges (POR)	1:12.90
4	Maria Esteves Valente	06	Juv B	202954	SLB	1:12.05 S	31.03.2019	Pinhal Novo (POR)	1:14.21
5	Beatriz Mocego Niza	06	Juv B	148435	CNA	1:14.72 L	06.07.2019	Setubal (POR)	1:14.72
6	Francisca Santos Ferreira	06	Juv B	200402	SAD	1:13.44 S	23.11.2019	Alges (POR)	1:15.64
7	Madalena Correa Sa	06	Juv B	201548	GESL	1:13.55 S	01.02.2020	Ponte de Sor (POR)	1:15.75
8	Carolina Martins Camacho	06	Juv B	202646	SFUAP	1:16.08 L	09.02.2020	Lisbon (POR)	1:16.08
9	Leonor Santos Duro	06	Juv B	202520	CNS	1:14.42 S	10.03.2019	Setubal (POR)	1:16.65
10	Catarina Lima Antunes	06	Juv B	151077	SCP	1:16.27 S	22.11.2019	Alges (POR)	1:18.55
11	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	1:18.99 L	27.07.2019	Loule (POR)	1:18.99
12	Carolina Parreira	06	Juv B	32052538	SCP	1:19.13			1:19.13

Juvenis A

1	Joana Rocha Ferreira	05	Juv A	201560	SLB	1:09.83 L	03.08.2019	Funchal (POR)	1:09.83
2	Carmo Dias Vieira	05	Juv A	201319	EULX	1:08.22 S	08.12.2019	Sines (POR)	1:10.26
3	Ana Beatriz Simoes	05	Juv A	153354	SCP	1:10.46 L	11.05.2019	Vila Franca de Xira (POR)	1:10.46
4	Marta Joao Pires	05	Juv A	147235	SAD	1:10.65 L	01.02.2020	Povoa de Varzim (POR)	1:10.65
5	Madalena Sampaio Torgal	05	Juv A	132521	AHBE	1:09.30 S	01.02.2020	Ponte de Sor (POR)	1:11.37
6	Joana Fernandes Gama	05	Juv A	153361	SCP	1:12.24 L	11.05.2019	Vila Franca de Xira (POR)	1:12.24
7	Iris Pereira Carrao	05	Juv A	201392	CIRL	1:11.22 S	14.07.2019	Alges (POR)	1:13.35
8	Rita Abibe Goncalves	05	Juv A	144730	GESL	1:12.04 S	22.11.2019	Alges (POR)	1:14.20
9	Rafaela Diogo Martins	05	Juv A	132214	CNS	1:13.49 S	29.06.2019	Alges (POR)	1:15.69

Juniores

1	Maria Gomes Pereira	04	Jun	129510	SAD	1:05.30 S	19.05.2019	Alges (POR)	1:07.25
2	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	1:07.85 L	03.08.2019	Funchal (POR)	1:07.85
3	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	1:06.31 S	15.12.2019	Leiria (POR)	1:08.29
4	Filipa Ramos Peixeira	03	Jun	129008	SCP	1:08.84 L	17.03.2019	Vila Franca de Xira (POR)	1:08.84
5	Carolina Fale Costa	04	Jun	129801	ADRCIMM	1:08.86 L	03.08.2019	Funchal (POR)	1:08.86
6	Lidiana Correia Rodrigues	04	Jun	130399	CFB	1:09.16 L	17.03.2019	Vila Franca de Xira (POR)	1:09.16
7	Margarida Filipe Ferreira	04	Jun	132347	CDCP	1:11.21 L	11.05.2019	Vila Franca de Xira (POR)	1:11.21
8	Mariana Fragosso Guterres	04	Jun	200475	SLB	1:13.79 L	06.04.2019	Coimbra (POR)	1:13.79
9	Ana Sofia Inacio	04	Jun	202686	CFB	1:13.80 L	17.03.2019	Vila Franca de Xira (POR)	1:13.80
10	Ana Margarida Soares	03	Jun	129488	CNS	1:11.74 S	01.11.2019	Setubal (POR)	1:13.89
11	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	1:11.85 S	01.11.2019	Setubal (POR)	1:14.00
12	Marta Viola Marques	03	Jun	200870	CNCVG	1:14.10 L			1:14.10
13	Catarina Rossas Fonseca	04	Jun	131994	CNLX	1:14.82 L			1:14.82

Seniores

1	Beatriz Mendes Viegas	00	Sen	110689	SCP	1:05.70 L	06.04.2019	Coimbra (POR)	1:05.70
2	Luisa Maria Machado	01	Sen	121850	SFUAP	1:06.00 L	24.05.2019	Coimbra (POR)	1:06.00
3	Tatiana Raquel Pombo	01	Sen	121615	CDCP	1:09.31 L	08.06.2019	Badajoz (ESP)	1:09.31
4	Ana Rita Matos	02	Sen	127501	CFB	1:07.70 S	22.11.2019	Alges (POR)	1:09.73
5	Filipa Inacio Cazeiro	02	Sen	121158	CIRL	1:09.93 L	09.02.2019	Lisboa (POR)	1:09.93
6	Sofia Alexandra Nunes	00	Sen	112322	CIRL	1:08.39 S	14.07.2019	Alges (POR)	1:10.44
7	Ana Leonor Dias	02	Sen	129302	CNLX	1:10.74 L	09.02.2019	Lisboa (POR)	1:10.74
8	Constanca Dias Baptista	01	Sen	126394	CFB	1:11.14 S	15.12.2019	Portimao (POR)	1:13.27
9	Sofia Oliveira Silva	99	Sen	121399	CNS	1:13.74 L			1:13.74

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Prova 22
01.03.2020

Masc., 100m Mariposa

Absolutos
Lista inscritos

Rec Nacional Absoluto	52.42	Diogo Filipe Carvalho	CGA	Lisboa	2009
Rec Regional Absoluto	52.80	Simão Gomes Morgado	CNA	Pequim (CHN)	2008
Rec Regional Sen	52.80	Simão Gomes Morgado	CNA	Pequim (CHN)	2008
Rec Regional Jun 2	56.00	Duarte Rafael Mourao	GESL		2002
Rec Regional Jun 1	54.77	Tiago Andre Venancio	CNS	Jamor	2004
Rec Regional Juv A	57.23	Ruy Manuel Domingos	SCP	Oeiras	2018
Rec Regional Juv B	57.61	Diogo Gomes Sousa	CNCVG	Coimbra	2010

TAC - Masc Juv B: 1:11.45; Juv A: 1:09.54; Jun 1: 1:07.04; Jun 2: 1:05.47; Sen: 1:03.91

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	1:02.27 L	09.02.2020	Lisbon (POR)	1:02.27
2	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	1:02.06 S	01.02.2020	Ponte de Sor (POR)	1:03.92
3	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	1:04.38 L	27.07.2019	Loule (POR)	1:04.38
4	Manuel Angelo Pereira	05	Juv B	151305	SCP	1:03.50 S	07.12.2019	Sines (POR)	1:05.40
5	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	1:05.82 L	09.02.2020	Lisbon (POR)	1:05.82
6	Tiago Silva Bartolo	05	Juv B	205340	SAD	1:07.33 L	09.02.2020	Lisbon (POR)	1:07.33
7	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	1:05.52 S	22.11.2019	Alges (POR)	1:07.48
8	Joao Seixedo Pinheiro	05	Juv B	205374	CNS	1:07.53 S	01.11.2019	Setubal (POR)	1:09.55
9	Martim Silva Cortes	05	Juv B	200486	AONDA	1:08.73 S	09.03.2019	Setubal (POR)	1:10.79
10	Vasco Antela Silva	05	Juv B	142037	SCP	1:09.05 S	22.11.2019	Alges (POR)	1:11.12
11	Vasco Santos Silva	05	Juv B	153388	SLB	1:11.45 L			1:11.45
12	Afonso Costa Albuquerque	05	Juv B	132515	CFB	1:11.45 L			1:11.45
13	Manuel Pires Oliveira	05	Juv B	201480	PDEM	1:11.45 L			1:11.45

Juvenis A

1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	56.36 S	07.12.2019	Sines (POR)	58.05
2	Bernardo Victorino Almeida	04	Juv A	153357	SCP	1:01.09 L	12.05.2019	Vila Franca de Xira (POR)	1:01.09
3	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	1:02.25 L	09.02.2020	Lisbon (POR)	1:02.25
4	Tomas Sa Vieira	04	Juv A	131504	SAD	1:02.65 L	03.08.2019	Funchal (POR)	1:02.65
5	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	1:02.70 L	09.02.2020	Lisbon (POR)	1:02.70
6	Afonso Cipriano Pinto	04	Juv A	153352	SCP	1:01.09 S	07.12.2019	Sines (POR)	1:02.92
7	Felipe Menegassi Maia	04	Juv A	207683	SAD	1:04.80 L	17.03.2019	Vila Franca de Xira (POR)	1:04.80
8	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	1:06.11 L	09.02.2020	Lisbon (POR)	1:06.11
9	Tiago Barros Porenca	04	Juv A	129698	EULX	1:06.13 L	09.02.2020	Lisbon (POR)	1:06.13
10	Tomas Martins Mira	04	Juv A	132215	CNS	1:04.25 S	07.12.2019	Sines (POR)	1:06.17
11	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	1:06.81 L	02.08.2019	Funchal (POR)	1:06.81
12	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	1:06.91 L	12.05.2019	Vila Franca de Xira (POR)	1:06.91
13	Alexandre Duarte Morais	04	Juv A	132645	PDEM	1:07.72 L	10.02.2019	Lisboa (POR)	1:07.72
14	Hugo Tomas Silva	04	Juv A	200491	AONDA	1:08.01 L	12.05.2019	Vila Franca de Xira (POR)	1:08.01
15	Afonso Goncalves Jorge	04	Juv A	201702	GESL	1:07.45 S	06.12.2019	Sines (POR)	1:09.47
16	Guilherme Machado Santos	04	Juv A	200202	SFUAP	1:09.54 L			1:09.54

Juniores

1	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	59.06 S	30.11.2019	Sines (POR)	1:00.83
2	Rodrigo Beja Lopes	03	Jun	132651	AONDA	1:01.45 L	09.02.2020	Lisbon (POR)	1:01.45
3	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	1:01.62 L	10.02.2019	Lisboa (POR)	1:01.62
4	Diogo Garcez Mateus	02	Jun	129622	AONDA	1:00.11 S	22.11.2019	Alges (POR)	1:01.91
5	Joao Garcez Mateus	02	Jun	129623	AONDA	1:02.03 L	10.02.2019	Lisboa (POR)	1:02.03
6	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	1:02.22 L	14.04.2019	Oeiras (POR)	1:02.22
7	Joao Miguel Martins	02	Jun	127267	CFB	1:02.52 L	17.03.2019	Vila Franca de Xira (POR)	1:02.52
8	Joao Nogueira Mendes	02	Jun	128745	CIRL	1:01.08 S	14.04.2019	Coruche (POR)	1:02.91
9	David Manuel Vale	03	Jun	148339	GESL	1:02.31 S	22.11.2019	Alges (POR)	1:04.17
10	Simao Castro Barreto	02	Jun	132474	EULX	1:05.47 L			1:05.47
11	Luis Carlos Correia	03	Jun	207349	SFUAP	1:04.12 S	01.11.2019	Setubal (POR)	1:06.04
12	Pedro Henriques Correia	03	Jun	125257	EULX	1:06.49 L	10.02.2019	Lisboa (POR)	1:06.49
13	Daniel Alexandre Ascenso	03	Jun	131377	GESL	1:07.04 L			1:07.04

Prova 22, Masc., 100m Mariposa

Seniores

1	Bruno Miguel Ramos	97	Sen	109110	CFB	55.72	L	14.04.2019	Oeiras (POR)	55.72
2	Daniel Rochinha Pedro	98	Sen	111389	AHBE	56.40	S	01.02.2020	Ponte de Sor (POR)	58.09
3	Tiago Maria Camoes	01	Sen	121851	SFUAP	59.30	L	03.08.2019	Funchal (POR)	59.30
4	Afonso Godinho Mestre	95	Sen	100365	CNLX	57.64	S	18.01.2020	Vila Franca de Xira (POR)	59.36
5	David Matias Cristino	01	Sen	127872	SFUAP	59.79	L	24.05.2019	Coimbra (POR)	59.79
6	Edgar Filipe Santos	01	Sen	127750	SFUAP	58.23	S	22.11.2019	Alges (POR)	59.97
7	Pedro Barata Neves	00	Sen	118137	CIRL	1:00.40	L	25.07.2019	Dublin (IRL)	1:00.40
8	Filipe Ferrao Melo	01	Sen	200171	CNS	58.83	S	26.10.2019	Lagos (POR)	1:00.59
9	Ricardo Saraiva Pires	98	Sen	107651	CIRL	1:00.89	L	09.02.2020	Lisbon (POR)	1:00.89
10	Pedro Mendes Ferreira	01	Sen	129621	CFB	59.49	S	14.07.2019	Alges (POR)	1:01.27
11	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	59.71	S	22.11.2019	Alges (POR)	1:01.50
12	Bernardo Antunes Augusto	00	Sen	122518	AONDA	1:00.69	S	14.07.2019	Alges (POR)	1:02.51
13	Gonçalo Duarte Santos	00	Sen	111095	VKGS	1:02.69	L	09.02.2020	Lisbon (POR)	1:02.69
14	Miguel Rohula Reis	01	Sen	202644	SCP	1:02.77	L	17.03.2019	Vila Franca de Xira (POR)	1:02.77
15	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	1:01.49	S	14.04.2019	Coruche (POR)	1:03.33
16	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	1:03.91				1:03.91
17	Afonso Mateus Ribeiro	95	Sen	100430	CFB	1:03.91				1:03.91
18	Filipe Fonseca Figueiredo	98	Sen	119645	FS	1:03.91	L			1:03.91
19	Antonio Maria Ferreira	00	Sen	128468	PDEM	1:03.91	L			1:03.91
20	Pedro Henriques Marques	00	Sen	120529	SFUAP	1:03.91	L			1:03.91
21	Tiago Miguel Silvestre	00	Sen	122110	VKGS	1:03.91	L			1:03.91

Prova 23

Femin., 200m Bruços

Absolutos

01.03.2020

Lista inscritos

Rec Nacional Absoluto	2:25.67	Victoria Kaminskaya	SLB	Gwangju (KOR)	2019
Rec Regional Absoluto	2:25.67	Victoria Kaminskaya	SLB	Gwangju (KOR)	2019
Rec Regional Sen	2:25.67	Victoria Kaminskaya	SLB	Gwangju (KOR)	2019
Rec Regional Jun 2	2:29.23	Raquel Gomes Pereira	SAD	Coimbra	2017
Rec Regional Jun 1	2:29.51	Diana Duarte Gomes	INDANL	Budapest (HUN)	2005
Rec Regional Juv A	2:31.32	Diana Duarte Gomes	ABVE	Mulhouse (FRA)	2004
Rec Regional Juv B	2:36.98	Diana Duarte Gomes	CNA	Paris (FRA)	2003

TAC - Fem Juv B: 3:18.71; Juv A: 3:13.25; Jun 2: 3:06.07; Jun 1: 3:07.88; Sen: 3:05.17

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
1	Rebeca Leonor Antunes	06	Juv B	148284	CNCVG	2:46.52	S	07.12.2019	Sines (POR)	2:51.51
2	Matilde Aparicio Pereira	06	Juv B	200477	CNA	2:52.02	S	25.04.2019	Sines (POR)	2:57.18
3	Beatriz Portugal Costa	06	Juv B	133278	SLB	2:57.81	S	07.12.2019	Sines (POR)	3:03.14
4	Rita Joao Serra	06	Juv B	200738	VKGS	2:59.68	S	30.03.2019	Pinhal Novo (POR)	3:05.07
5	Mariana Ramos Zacarias	06	Juv B	200183	CNS	3:01.78	S	07.12.2019	Sines (POR)	3:07.23
6	Ines Gaspar Silva	06	Juv B	204152	GESL	3:03.12	S	24.11.2019	Alges (POR)	3:08.61
7	Madalena Correa Sa	06	Juv B	201548	GESL	3:03.86	S	09.03.2019	Setubal (POR)	3:09.37
8	Filipa Ferraz Domingos	06	Juv B	200878	SCP	3:10.31	L	16.06.2019	Vila Franca de Xira (POR)	3:10.31
9	Catarina Danae Duarte	06	Juv B	201687	AHBE	3:07.62	S	24.11.2019	Alges (POR)	3:13.24
10	Marina Alexandra Oliveira	06	Juv B	200174	CNS	3:17.26	L	27.07.2019	Loule (POR)	3:17.26
11	Carolina Filipa Correia	06	Juv B	208099	GDSE	3:18.71	L			3:18.71

Juvenis A

1	Maria Correia Ricardo	05	Juv A	129496	CNS	2:49.33	S	14.07.2019	Alges (POR)	2:54.41
2	Maria Carolina Vargas	05	Juv A	132561	SLB	2:50.16	S	07.12.2019	Sines (POR)	2:55.26
3	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	3:03.37	L	08.02.2020	Lisbon (POR)	3:03.37
4	Beatriz Barroso Silva	05	Juv A	133302	SCP	3:04.61	S	24.11.2019	Alges (POR)	3:10.14
5	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	3:13.25	L			3:13.25
6	Matilde Aleixo Duarte	05	Juv A	202526	CNS	3:13.25	L			3:13.25

Prova 23, Femin., 200m Bruços

Juniores

1	Aleksandra Bozanic Borcic	04	Jun	133318	SAD	2:48.53	S	24.11.2019	Alges (POR)	2:53.58
2	Catarina Nunes Costa	04	Jun	131376	GESL	2:54.79	L	09.02.2019	Lisboa (POR)	2:54.79
3	Marta Pereira Domingos	04	Jun	132529	SFUAP	2:50.57	S	24.11.2019	Alges (POR)	2:55.68
4	Madalena Graca Geraldes	04	Jun	131511	SCP	2:54.01	S	24.11.2019	Alges (POR)	2:59.23
5	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	3:06.07	L			3:06.07
6	Alice Jesus Morgado	04	Jun	131016	GESL	3:07.09	L	09.02.2019	Lisboa (POR)	3:07.09
7	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	3:07.88				3:07.88

Seniores

1	Luana Correia Rodrigues	01	Sen	121504	CFB	2:44.37	L	09.02.2019	Lisboa (POR)	2:44.37
2	Beatriz Antunes Carvalho	99	Sen	117036	SCP	2:51.16	L	09.02.2019	Lisboa (POR)	2:51.16
3	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	2:48.63	S	24.11.2019	Alges (POR)	2:53.68
4	Mafalda Alexandra Henriques	98	Sen	105308	CFB	2:55.54	S	15.12.2019	Portimao (POR)	3:00.80

Prova 24

Masc., 200m Bruços

Absolutos

01.03.2020

Lista inscritos

Rec Nacional Absoluto	2:13.21	Carlos Esteves Almeida	FPN	Barcelona (ESP)	2013
Rec Regional Absoluto	2:13.34	Carlos Esteves Almeida	CNA	Pequim (CHN)	2008
Rec Regional Sen	2:13.34	Carlos Esteves Almeida	CNA	Pequim (CHN)	2008
Rec Regional Jun 2	2:15.99	Andre Miguel Silva	PDEM	Faro	2009
Rec Regional Jun 1	2:19.82	Pedro Miguel Agostinho	SLB	Coimbra	2009
Rec Regional Juv A	2:23.94	André Miguel Silva	PDEM	Coimbra	2007
Rec Regional Juv B	2:24.15	Andre Miguel Silva	PDEM	Loule	2006

TAC - Masc Juv B: 2:57.14; Juv A: 2:53.92; Jun 1: 2:47.55; Jun 2: 2:45.17; Sen: 2:41.97

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis B										
1	Simao Lopes Oliveira	05	Juv B	200178	CNS	2:31.56	S	08.12.2019	Sines (POR)	2:36.10
2	Goncalo Ramos Costa	05	Juv B	205229	GESL	2:42.84	L	09.02.2020	Lisbon (POR)	2:42.84
3	Francisc Gututui	05	Juv B	200907	SAD	2:45.33	S	24.11.2019	Alges (POR)	2:50.29
4	Afonso Costa Albuquerque	05	Juv B	132515	CFB	2:57.14	L			2:57.14
5	Tomas Silva Ventura	05	Juv B	128957	EULX	2:57.14	L			2:57.14
6	Pedro Dinis Casquinha	05	Juv B	208656	FS	2:57.14	L			2:57.14
7	Simão Matos Mira	05	Juv B	202211	FS	2:57.14	L			2:57.14
8	Jose Alves Monteiro	05	Juv B	200398	INDANL	2:57.14	L			2:57.14

Juvenis A

1	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	2:33.90	S	30.11.2019	Sines (POR)	2:38.51
2	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	2:36.55	S	08.12.2019	Sines (POR)	2:41.24
3	Jaeden Michael Nunes	04	Juv A	202508	CFB	2:36.93	S	24.11.2019	Alges (POR)	2:41.63
4	Miguel Filipe Anjo	04	Juv A	201394	CDPC	2:49.17	L	08.06.2019	Badajoz (ESP)	2:49.17
5	Joao Pedro Faustino	04	Juv A	203986	CDPC	2:45.25	S	24.11.2019	Alges (POR)	2:50.20
6	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	2:51.43	L	16.06.2019	Vila Franca de Xira (POR)	2:51.43
7	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	2:53.92				2:53.92
8	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	2:53.92	L			2:53.92

Juniores

1	Luis Cabral Junior	03	Jun	129805	CFB	2:27.59	S	09.11.2019	Albufeira (POR)	2:32.01
2	Afonso Amaro Santos	02	Jun	131510	GESL	2:27.68	S	15.12.2019	Leiria (POR)	2:32.11
3	Guilherme Matias Cristino	03	Jun	132528	SFUAP	2:27.96	S	21.12.2019	Felgueiras (POR)	2:32.39
4	Tomas Almeida Leitao	03	Jun	129525	SAD	2:31.30	S	24.11.2019	Alges (POR)	2:35.83
5	Henrique Chan Machado	02	Jun	126835	SAD	2:32.15	S	29.06.2019	Alges (POR)	2:36.71
6	Pedro Almeida Marques	02	Jun	127176	CNS	2:45.17	L			2:45.17

Prova 24, Masc., 200m Bruços

Seniores

1	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	2:23.17	L	14.04.2019	Oeiras (POR)	2:23.17
2	Bruno Miguel Martins	93	Sen	26891	GESL	2:25.78	S	24.11.2019	Alges (POR)	2:30.15
3	Ricardo Martins Bras	01	Sen	121508	CFB	2:26.78	S	24.11.2019	Alges (POR)	2:31.18
4	Gonçalo Catarino Dias	00	Sen	112101	VKGS	2:27.51	S	16.03.2019	Coruche (POR)	2:31.93
5	Joao Costa Fonseca	00	Sen	125134	CNLX	2:27.78	S	24.11.2019	Alges (POR)	2:32.21
6	Andre Tavares Grenho	99	Sen	120605	GESL	2:27.92	S	24.11.2019	Alges (POR)	2:32.35
7	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	2:29.87	S	30.11.2019	Sines (POR)	2:34.36
8	Tiago Correia Neves	97	Sen	125796	CFB	2:41.97	L			2:41.97

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Femin., 50m Livres

Absolutos Lista inscritos

Rec Nacional Absoluto	25.56	Ana Pinho Rodrigues	ADS	Funchal	2019
Rec Regional Absoluto	25.73	Patricia Vilas Conceicao	CNA	Oeiras	2012
Rec Regional Sen	25.73	Patricia Vilas Conceicao	CNA	Oeiras	2012
Rec Regional Sen	25.73	Patricia Vilas Conceicao	CNA	Oeiras	2012
Rec Regional Jun 2	26.79	Ana Reis Sousa	SAD	Coimbra	2019
Rec Regional Jun 1	26.97	Isabel Pinto Abreu	CFB	Coimbra	2012

TAC - Fem Jun 2: 31.30; Jun 1: 31.62; Sen: 31.15

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juniores										
1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	26.51	S	22.11.2019	Alges (POR)	27.04
2	Filipa Ramos Peixeira	03	Jun	129008	SCP	28.36	L	09.02.2019	Lisboa (POR)	28.36
3	Ana Margarida Soares	03	Jun	129488	CNS	28.13	S	30.11.2019	Sines (POR)	28.69
4	Susana Chanoca Narciso	04	Jun	129388	CDCP	28.42	S	15.12.2019	Leiria (POR)	28.98
5	Sara Moura Cruz	03	Jun	127488	SAD	29.15	L	15.06.2019	Rio Maior (POR)	29.15
6	Yonina Brancourt	04	Jun	202082	GESL	28.59	S	13.07.2019	Alges (POR)	29.16
7	Beatriz Pedro Ferreira	03	Jun	200146	CPCD	28.64	S	22.11.2019	Alges (POR)	29.21
8	Marta Viola Marques	03	Jun	200870	CNCVG	28.64	S	14.07.2019	Alges (POR)	29.21
9	Claudia Beatriz Martins	03	Jun	128830	GESL	28.79	S	14.07.2019	Alges (POR)	29.36
10	Caetana Neves Carneiro	03	Jun	129163	CNLX	28.94	S	22.11.2019	Alges (POR)	29.51
11	Marta Sousa Caxaria	03	Jun	130756	CNMJ	30.43	L	09.02.2019	Lisboa (POR)	30.43
12	Francisca Razina Oliveira	03	Jun	130620	SFUAP	29.94	S	14.07.2019	Alges (POR)	30.53
13	Diana Valadas Horta	04	Jun	201782	SFUAP	29.95	S	14.07.2019	Alges (POR)	30.54
14	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	30.59	L	15.06.2019	Rio Maior (POR)	30.59
15	Matilde Pereira Carrao	03	Jun	204157	CIRL	30.41	S	22.11.2019	Alges (POR)	31.01
16	Marta Pereira Domingos	04	Jun	132529	SFUAP	30.61	S	09.11.2019	Albufeira (POR)	31.22
17	Margarida Mendes Bras	04	Jun	131030	CNMJ	31.62	L			31.62
18	Alice Castico Moreira	04	Jun	123963	CNMJ	31.62	L			31.62
19	Raquel Correia	04	Jun	205119	DRCN	31.62	L			31.62
20	Emily Monteiro Cunha	04	Jun	210670	SFUAP	31.62	L			31.62

Seniores

1	Beatriz Mendes Viegas	00	Sen	110689	SCP	25.47	S	21.12.2019	Felgueiras (POR)	25.97
2	Luisa Maria Machado	01	Sen	121850	SFUAP	26.94	S	22.11.2019	Alges (POR)	27.47
3	Sofia Alexandra Nunes	00	Sen	112322	CIRL	27.05	S	15.12.2019	Leiria (POR)	27.59
4	Mafalda Sofia Dias	01	Sen	121401	PDEM	28.16	S	14.07.2019	Alges (POR)	28.72
5	Catarina Rodrigues Belchior	01	Sen	122528	AONDA	28.21	S	14.07.2019	Alges (POR)	28.77
6	Tatiana Raquel Pombo	01	Sen	121615	CDCP	29.00	L	17.03.2019	Vila Franca de Xira (POR)	29.00
7	Constanca Dias Baptista	01	Sen	126394	CFB	29.14	L	17.03.2019	Vila Franca de Xira (POR)	29.14
8	Carolina Saraiva Pires	96	Sen	100272	CIRL	28.62	S	22.11.2019	Alges (POR)	29.19
9	Maria Mousinho Esteves	02	Sen	131944	CIRL	28.78	S	22.11.2019	Alges (POR)	29.35
10	Margarida Sobral Pimenta	99	Sen	118764	CFB	29.62	L	17.03.2019	Vila Franca de Xira (POR)	29.62
11	Soraia Guerra Rolim	95	Sen	121321	CIRL	29.64	L	09.02.2019	Lisboa (POR)	29.64
12	Ana Burguete Tavares	00	Sen	119951	FS	29.46	S	22.11.2019	Alges (POR)	30.04
13	Ana Fernandes Costa	00	Sen	121407	CNMJ	30.34	S	22.11.2019	Alges (POR)	30.94
14	Carolina Jesus Mendes	01	Sen	125843	CNLX	31.15	L			31.15
15	Cristiana Silva Ulpiano	95	Sen	100250	CIRL	31.15	L			31.15

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Masc., 50m Livres

Absolutos
Lista inscritos

Rec Nacional Absoluto	22.17	Miguel Duarte Nascimento	SLB	Coimbra	2019
Rec Regional Absoluto	22.17	Miguel Duarte Nascimento	SLB	Coimbra	2019
Rec Regional Sen	22.17	Miguel Duarte Nascimento	SLB	Coimbra	2019
Rec Regional Jun 2	23.11	Tiago Andre Venancio	CNS	Budapest (HUN)	2005
Rec Regional Jun 1	22.95	Tiago André Venâncio	CNS	Lisboa	2004

TAC - Masc Jun 1: 27.97; Jun 2: 27.57; Sen: 27.03

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juniores									
1	Diogo Garcez Mateus	02	Jun	129622	AONDA	25.12 S	13.07.2019	Alges (POR)	25.62
2	Joao Nogueira Mendes	02	Jun	128745	CIRL	25.73 L	17.03.2019	Vila Franca de Xira (POR)	25.73
3	Pedro Machado Vieira	02	Jun	204156	SAD	25.25 S	22.11.2019	Alges (POR)	25.75
4	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	25.85 L	24.05.2019	Coimbra (POR)	25.85
5	Joao Miguel Cascalheira	03	Jun	201621	CNS	25.53 S	22.11.2019	Alges (POR)	26.04
6	Henrique Chan Machado	02	Jun	126835	SAD	26.16 S	15.02.2020	Torres Novas (POR)	26.68
7	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	26.19 S	22.11.2019	Alges (POR)	26.71
8	Pedro Alves Martinho	02	Jun	129482	AHBE	26.20 S	15.12.2019	Leiria (POR)	26.72
9	Daniel Shumeika Zayika	03	Jun	128884	SLB	26.75 L	09.02.2020	Lisbon (POR)	26.75
10	Joao Garcez Mateus	02	Jun	129623	AONDA	26.38 S	14.07.2019	Alges (POR)	26.90
11	Tiago Miguel Dias	03	Jun	112753	CNLX	26.44 S	22.11.2019	Alges (POR)	26.96
12	João Gabriel Machado	02	Jun	211590	SCP	26.67 S	01.02.2020	Albufeira (POR)	27.20
13	Jose Luis Buzio	02	Jun	208312	CNS	26.92 S	14.07.2019	Alges (POR)	27.45
14	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	27.55 L	15.06.2019	Rio Maior (POR)	27.55
15	Simao Castro Barreto	02	Jun	132474	EULX	27.57 L			27.57
16	Vasco Camacho Ramos	02	Jun	201622	PDEM	27.57 L			27.57
17	Rodrigo Beja Lopes	03	Jun	132651	AONDA	27.26 S	01.11.2019	Setubal (POR)	27.80
18	Tomas Graca Firme	03	Jun	129583	EULX	27.97 L			27.97
19	Luis Carlos Correia	03	Jun	207349	SFUAP	27.97 L			27.97

Seniores

1	Fernando Souza Silva	86	Sen	207684	SFUAP	22.45 S	14.07.2019	Alges (POR)	22.89
2	Miguel Henriques Marques	00	Sen	120530	SLB	22.79 S	21.12.2019	Felgueiras (POR)	23.24
3	Joao Daniel Machado	99	Sen	109714	SFUAP	23.53 L	05.04.2019	Coimbra (POR)	23.53
4	Daniel Rochinha Pedro	98	Sen	111389	AHBE	23.97 L	10.02.2019	Lisboa (POR)	23.97
5	Diogo Ramos Lebre	01	Sen	122294	SLB	23.77 S	21.12.2019	Felgueiras (POR)	24.24
6	Tiago Maria Camoes	01	Sen	121851	SFUAP	24.29 S	20.12.2019	Felgueiras (POR)	24.77
7	Ricardo Saraiva Pires	98	Sen	107651	CIRL	24.45 S	29.06.2019	Alges (POR)	24.93
8	Bernardo Antunes Augusto	00	Sen	122518	AONDA	24.72 S	14.07.2019	Alges (POR)	25.21
9	Joao Diogo Fernandes	98	Sen	121542	CFB	24.85 S	22.11.2019	Alges (POR)	25.34
10	Pedro Ferraz Esteves	99	Sen	118772	CNLX	25.05 S	30.11.2019	Sines (POR)	25.55
11	Vicente Morgado Ventoso	00	Sen	12466	EULX	25.10 S	22.11.2019	Alges (POR)	25.60
12	Miguel Rohula Reis	01	Sen	202644	SCP	25.40 S	22.11.2019	Alges (POR)	25.90
13	Miguel Monteiro Dinis	01	Sen	124394	SAD	25.74 S	22.11.2019	Alges (POR)	26.25
14	Rodrigo Ponte Jorge	01	Sen	127873	SFUAP	25.80 S	22.11.2019	Alges (POR)	26.31
15	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	26.32 L	10.02.2019	Lisboa (POR)	26.32
16	Pedro Dordio Carreiro	97	Sen	120560	GESL	25.97 S	22.11.2019	Alges (POR)	26.48
17	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	26.03 S	22.11.2019	Alges (POR)	26.55
18	Tiago Miguel Silvestre	00	Sen	122110	VKGS	26.38 S	14.07.2019	Alges (POR)	26.90
19	Antonio Maria Ferreira	00	Sen	128468	PDEM	26.96 L	15.06.2019	Rio Maior (POR)	26.96
20	Henrique Lemos Aguiar	00	Sen	301593086	CNMJ	27.03			27.03
21	Alexandre Emanuel Pereira	93	Sen	11567	CNMJ	27.03 L			27.03
22	Bruno Mendes Pereira	98	Sen	127771	CNMJ	27.03			27.03
23	Diogo Correia Neves	94	Sen	211809	CNCVG	27.03 L			27.03
24	Filipe Fonseca Figueiredo	98	Sen	119645	FS	27.03			27.03
25	Pedro Cerqueira Lobo	01	Sen	211075	FS	27.03 L			27.03
26	Bernardo João Salgueiro	98	Sen	211071	FS	27.03 L			27.03
27	Ricardo Silva Marujo	00	Sen	125348	GESL	27.03 L			27.03
28	Richard Jesus Fernandes	95	Sen	205225	CIRL	27.03 L			27.03
29	Diogo Filipe Reis	99	Sen	132405	CIRL	27.03 L			27.03
30	Pedro Diogo Birra	00	Sen	210486	CDCP	27.03 L			27.03

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Femin., 100m Costas

Absolutos
Lista inscritos

Rec Nacional Absoluto	1:01.18	Rafaela Gomes Azevedo	SAD	Budapest (HUN)	2019
Rec Regional Absoluto	1:01.18	Rafaela Gomes Azevedo	SAD	Budapest (HUN)	2019
Rec Regional Sen	1:01.50	Rafaela Gomes Azevedo	SAD	Lisboa	2020
Rec Regional Jun 2	1:01.18	Rafaela Gomes Azevedo	SAD	Budapest (HUN)	2019
Rec Regional Jun 1	1:03.57	Rafaela Gomes Azevedo	SAD	Coimbra	2018
Rec Regional Juv A	1:03.92	Ines Camacho Fernandes	SCP	Coimbra	2012
Rec Regional Juv B	1:05.06	Ines Camacho Fernandes	SCP	Oeiras	2011

TAC - Fem Juv B: 1:21.07; Juv A: 1:18.82; Jun 2: 1:15.86; Jun 1: 1:16.61; Sen: 1:15.49

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

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

Juvenis B

1	Carolina Martins Camacho	06	Juv B	202646	SFUAP	1:08.94 S	06.12.2019	Sines (POR)	1:10.31
2	Beatriz Fernandes Gama	06	Juv B	151459	SCP	1:12.79 S	06.12.2019	Sines (POR)	1:14.24
3	Rita Joao Serra	06	Juv B	200738	VKGS	1:12.86 S	29.03.2019	Pinhal Novo (POR)	1:14.31
4	Maria Beatriz Costa	06	Juv B	204155	SCP	1:12.90 S	06.12.2019	Sines (POR)	1:14.35
5	Maria Leonor Coelho	06	Juv B	132470	SLB	1:13.56 S	29.03.2019	Pinhal Novo (POR)	1:15.03
6	Mariana Coelho Carvalho	06	Juv B	200172	CNS	1:13.78 S	24.02.2019	Loures (POR)	1:15.25
7	Maria Soares Almeida	06	Juv B	131730	SAD	1:16.54 S	24.02.2019	Loures (POR)	1:18.07
8	Marta Silva Santos	06	Juv B	200182	CNS	1:16.59 S	22.11.2019	Alges (POR)	1:18.12
9	Marina Alexandra Oliveira	06	Juv B	200174	CNS	1:16.79 S	29.03.2019	Pinhal Novo (POR)	1:18.32
10	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	1:17.09 S	22.11.2019	Alges (POR)	1:18.63
11	Carolina Costa Diniz	06	Juv B	151038	SCP	1:18.36 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:19.92
12	Sofia Medeiros Pereira	06	Juv B	207512	CNMJ	1:21.07 L			1:21.07
13	Eva Kurnosa	06	Juv B	204628	CPCD	1:21.07 L			1:21.07
14	Madalena Graca Dias	06	Juv B	211407	CNLX	1:21.07			1:21.07
15	Carina Tymosh	06	Juv B	206434	DRCN	1:21.07 L			1:21.07
16	Sara Lagorsse Caldas	06	Juv B	153255	FS	1:21.07 L			1:21.07

Juvenis A

1	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	1:07.79 S	01.11.2019	Setubal (POR)	1:09.14
2	Marta Joao Pires	05	Juv A	147235	SAD	1:09.32 S	22.11.2019	Alges (POR)	1:10.70
3	Rita Ferreira Gomes	05	Juv A	132565	SAD	1:11.70 S	06.12.2019	Sines (POR)	1:13.13
4	Barbara Cunha Ventura	05	Juv A	132458	SLB	1:11.78 S	22.11.2019	Alges (POR)	1:13.21
5	Mafalda Santos Costa	05	Juv A	132453	ADRCIMM	1:12.01 S	22.11.2019	Alges (POR)	1:13.45
6	Simone Filipe Monteiro	05	Juv A	203878	GESL	1:12.39 S	06.12.2019	Sines (POR)	1:13.83
7	Rafaela Diogo Martins	05	Juv A	132214	CNS	1:12.78 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:14.23
8	Lara Moreira Lopo	05	Juv A	130424	EULX	1:17.16 L	04.08.2019	Funchal (POR)	1:17.16
9	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	1:16.31 S	17.11.2019	Cova da Piedade (POR)	1:17.83
10	Carolina Alexandra Silva	05	Juv A	133296	DRCN	1:17.00 S	01.11.2019	Setubal (POR)	1:18.54
11	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	1:18.82 L			1:18.82

Juniores

1	Carolina Fale Costa	04	Jun	129801	ADRCIMM	1:07.24 S	22.12.2019	Felgueiras (POR)	1:08.58
2	Susana Chanoca Narciso	04	Jun	129388	CDCP	1:07.98 S	22.11.2019	Alges (POR)	1:09.34
3	Marta Macedo Inacio	04	Jun	132536	SCP	1:09.27 S	22.11.2019	Alges (POR)	1:10.65
4	Yonina Brancourt	04	Jun	202082	GESL	1:09.91 S	14.07.2019	Alges (POR)	1:11.30
5	Maria Ines Ribeiro	03	Jun	127252	CFB	1:10.02 S	14.12.2019	Portimao (POR)	1:11.42
6	Anais Cloe Pereira	04	Jun	147048	SCP	1:11.92 L	05.04.2019	Coimbra (POR)	1:11.92
7	Ana Sofia Inacio	04	Jun	202686	CFB	1:11.00 S	17.02.2019	Sto Antonio dos Cavaleiros (POR)	1:12.42
8	Lidiana Correia Rodrigues	04	Jun	130399	CFB	1:15.16 L	17.03.2019	Vila Franca de Xira (POR)	1:15.16

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	1:01.03 S	22.12.2019	Felgueiras (POR)	1:02.25
2	Ana Raquel Ferreira	98	Sen	102755	CNLX	1:05.62 S	30.11.2019	Sines (POR)	1:06.93
3	Luana Correia Rodrigues	01	Sen	121504	CFB	1:07.82 L	13.04.2019	Oeiras (POR)	1:07.82
4	Ines Figueira Santos	00	Sen	111277	SFUAP	1:09.71 S	14.07.2019	Alges (POR)	1:11.10
5	Carolina Saraiva Pires	96	Sen	100272	CIRL	1:09.96 S	14.04.2019	Coruche (POR)	1:11.35
6	Margarida Sobral Pimenta	99	Sen	118764	CFB	1:15.49			1:15.49
7	Ana Burguete Tavares	00	Sen	119951	FS	1:15.49 L			1:15.49
8	Joana Filipa Varandas	02	Sen	124305	CIRL	1:15.49			1:15.49

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Absolutos
Lista inscritos

Rec Nacional Absoluto	55.01	Gabriel Jose Lopes	ALN	Coimbra	2017
Rec Regional Absoluto	55.11	Francisco Rogerio Santos	SCP	Funchal	2019
Rec Regional Sen	55.11	Francisco Rogerio Santos	SCP	Funchal	2019
Rec Regional Jun 2	57.09	Alexis Manacas Santos	SCP	Coimbra	2010
Rec Regional Jun 1	57.17	Alexis Manacas Santos	SCP	Prague (CZE)	2009
Rec Regional Juv A	58.61	Diogo Gomes Sousa	CNCVCG	Coimbra	2011
Rec Regional Juv B	59.97	Diogo Gomes Sousa	CNCVCG	Coimbra	2010

TAC - Masc Juv B: 1:13.11; Juv A: 1:11.78; Jun 1: 1:09.15; Jun 2: 1:08.16; Sen: 1:06.84

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	1:04.42 S	06.12.2019	Sines (POR)	1:05.70
2	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	1:05.01 S	08.12.2019	Sines (POR)	1:06.31
3	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	1:05.16 S	15.02.2020	Torres Novas (POR)	1:06.46
4	Joel Michael Fribergh	05	Juv B	203916	AHBE	1:06.06 S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:07.38
5	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	1:07.69 S	31.03.2019	Pinhal Novo (POR)	1:09.04
6	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	1:08.93 S	22.11.2019	Alges (POR)	1:10.30
7	Diogo Rafael Dias	05	Juv B	202931	DRCN	1:09.94 S	29.03.2019	Pinhal Novo (POR)	1:11.33
8	Pedro Mahua Alvarez	05	Juv B	208096	SCP	1:11.53 L	06.07.2019	Setubal (POR)	1:11.53
9	Eduard Daniel Milanov	05	Juv B	202776	CNS	1:11.16 S	22.11.2019	Alges (POR)	1:12.58
10	Daniel Pankivskiy	05	Juv B	153427	CPCD	1:11.63 S	03.02.2019	Montemor-o-Novo (POR)	1:13.06
11	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	1:13.11			1:13.11
12	Dinis Santos Almeida	05	Juv B	208651	FS	1:13.11 L			1:13.11
13	Simão Matos Mira	05	Juv B	202211	FS	1:13.11 L			1:13.11
14	Jose Alves Monteiro	05	Juv B	200398	INDANL	1:13.11			1:13.11

Juvenis A

1	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	1:00.81 S	06.12.2019	Sines (POR)	1:02.02
2	Miguel Costa Simoes	04	Juv A	132350	CDCP	1:02.74 S	06.12.2019	Sines (POR)	1:03.99
3	Felipe Menegassi Maia	04	Juv A	207683	SAD	1:03.16 S	08.12.2019	Sines (POR)	1:04.42
4	Joao Pedro Penelas	04	Juv A	150754	GESL	1:03.22 S	08.12.2019	Sines (POR)	1:04.48
5	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	1:03.40 S	30.11.2019	Sines (POR)	1:04.66
6	Tiago Morgado Nogueira	04	Juv A	202389	ADRCIMM	1:03.98 S	06.12.2019	Sines (POR)	1:05.26
7	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	1:04.54 S	22.11.2019	Alges (POR)	1:05.83
8	Hugo Tomas Silva	04	Juv A	200491	AONDA	1:06.08 S	22.11.2019	Alges (POR)	1:07.40
9	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	1:08.22 L	09.02.2020	Lisbon (POR)	1:08.22
10	Duarte Brito Justino	04	Juv A	130802	ADRCIMM	1:07.22 S	18.05.2019	Alges (POR)	1:08.56
11	Afonso Romao Francisco	04	Juv A	204573	CDCP	1:07.34 S	08.12.2019	Sines (POR)	1:08.68
12	Ruben Jose Salgueiro	04	Juv A	133507	SCP	1:09.68 S	03.11.2019	Lisboa (POR)	1:11.07
13	Andre Fragoso Matos	04	Juv A	202012	EULX	1:11.78 L			1:11.78
14	Jose Teixeira Ferreira	04	Juv A	153410	EULX	1:11.78 L			1:11.78
15	Daniel Elias Duarte	04	Juv A	147198	CIRL	1:11.78 L			1:11.78
16	Afonso Miguel Ribeiro	04	Juv A	210966	PDEM	1:11.78 L			1:11.78

Juniores

1	Hugo Nunes Magalhaes	02	Jun	127748	SAD	59.01 S	22.12.2019	Felgueiras (POR)	1:00.19
2	Antonio Santos Pereira	03	Jun	201690	AHBE	59.64 S	22.12.2019	Felgueiras (POR)	1:00.83
3	Tiago Miguel Dias	03	Jun	112753	CNLX	59.96 S	22.12.2019	Felgueiras (POR)	1:01.15
4	Nicolae Iachimovschi	03	Jun	130036	CFB	1:01.21 S	22.11.2019	Alges (POR)	1:02.43
5	Bernardo Araujo Freire	03	Jun	129532	SAD	1:01.64 S	20.12.2019	Felgueiras (POR)	1:02.87
6	Pedro Pires Gomes	03	Jun	129534	CFB	1:02.41 S	22.11.2019	Alges (POR)	1:03.65
7	João Gabriel Machado	02	Jun	211590	SCP	1:02.46 S	03.11.2019	Lisboa (POR)	1:03.70
8	Ricardo Martins Ferreira	03	Jun	127307	AONDA	1:02.54 S	20.12.2019	Felgueiras (POR)	1:03.79
9	Goncalo Filipe Valente	03	Jun	131380	GESL	1:03.58 S	22.11.2019	Alges (POR)	1:04.85
10	Rodrigo Reis Dias	03	Jun	129003	CFB	1:03.83 S	18.05.2019	Alges (POR)	1:05.10
11	Goncalo Nuno Raposo	03	Jun	126880	AONDA	1:03.91 S	14.07.2019	Alges (POR)	1:05.18
12	Tiago Leite Barreiros	02	Jun	127804	SAD	1:04.42 S	22.11.2019	Alges (POR)	1:05.70
13	Dinis Viola Caroco	03	Jun	131696	SCP	1:04.56 S	14.07.2019	Alges (POR)	1:05.85
14	Jose Miguel Oliveira	03	Jun	129493	CNS	1:05.67 S	26.10.2019	Lagos (POR)	1:06.98
15	Afonso Amaro Santos	02	Jun	131510	GESL	1:08.16			1:08.16

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Seniores

1	Bruno Miguel Ramos	97	Sen	109110	CFB	57.26	S	14.12.2019	Lausanne (SUI)	58.40
2	David Matias Cristino	01	Sen	127872	SFUAP	1:00.28	L	04.08.2019	Funchal (POR)	1:00.28
3	Edgar Filipe Santos	01	Sen	127750	SFUAP	59.31	S	20.12.2019	Felgueiras (POR)	1:00.49
4	Diogo Carrasco Correia	95	Sen	26151	CFB	1:00.42	S	22.11.2019	Alges (POR)	1:01.62
5	Ricardo Basílio Marreiros	97	Sen	107317	CDCP	1:01.97	S	03.11.2019	Lagoa (POR)	1:03.20
6	Filipe Ferrao Melo	01	Sen	200171	CNS	1:02.48	S	01.11.2019	Setubal (POR)	1:03.73
7	Tiago Correia Neves	97	Sen	125796	CFB	1:03.07	S	17.02.2019	Guarda (POR)	1:04.33
8	Bernardo João Salgueiro	98	Sen	211071	FS	1:06.84	L			1:06.84

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Absolutos Lista inscritos

Rec Nacional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Absoluto	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Sen	4:09.49	Diana Margarida Duraes	SLB	Tarragona (ESP)	2018
Rec Regional Jun 2	4:20.34	Ana Reis Sousa	SAD	Oeiras	2019
Rec Regional Jun 1	4:20.37	Marta Andreia Ferreira	SCP	Berlin (GER)	2002
Rec Regional Juv A	4:24.77	Ana Cláudia Correia Santos	SFUAP	Jamor	2005
Rec Regional Juv B	4:29.25	Susana Patricia Miguel	SFUAP	Oeiras	2004

TAC - Fem Juv B: 5:26.60; Juv A: 5:17.54; Jun 2: 5:05.66; Jun 1: 5:08.66; Sen: 5:04.15

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis B										
1	Rebeca Leonor Antunes	06	Juv B	148284	CNCVG	4:41.78	S	08.12.2019	Sines (POR)	4:47.41
2	Matilde Nunes Lopes	06	Juv B	201711	SLB	4:41.82	S	08.12.2019	Sines (POR)	4:47.45
3	Ines Correia Teixeira	06	Juv B	133334	CNA	4:48.41	L	09.02.2020	Lisbon (POR)	4:48.41
4	Leonor Tavares Catalao	06	Juv B	202215	SCP	4:43.92	S	08.12.2019	Sines (POR)	4:49.59
5	Margarida Barbara Marques	06	Juv B	200396	SAD	4:55.97	S	15.02.2020	Torres Novas (POR)	5:01.88
6	Erica Candeias Mendes	06	Juv B	147116	CNA	4:59.84	S	08.12.2019	Sines (POR)	5:05.83
7	Leonor Santos Duro	06	Juv B	202520	CNS	5:06.24	S	31.03.2019	Pinhal Novo (POR)	5:12.36
8	Clara Sofia Herminio	06	Juv B	202218	CDCP	5:13.32	L	09.02.2020	Lisbon (POR)	5:13.32
9	Marta Silva Santos	06	Juv B	200182	CNS	5:07.49	S	20.06.2019	Sto Ant. Cavaleiros (POR)	5:13.64
10	Rita Borges Silva	06	Juv B	200715	CNA	5:14.67	L	16.06.2019	Vila Franca de Xira (POR)	5:14.67
11	Iris Castro Campos	06	Juv B	205634	CNA	5:15.12	S	22.11.2019	Alges (POR)	5:21.42
12	Mariana Ramos Zacarias	06	Juv B	200183	CNS	5:25.68	L	06.07.2019	Setubal (POR)	5:25.68
13	Madalena Graca Dias	06	Juv B	211407	CNLX	5:26.60				5:26.60

Juvenis A

1	Sofia Antunes Sebastiao	05	Juv A	147121	CNA	4:39.35	L	03.08.2019	Funchal (POR)	4:39.35
2	Erica Cristina Reis	05	Juv A	200201	SCP	4:36.16	S	14.07.2019	Alges (POR)	4:41.68
3	Mariana Marques Santos	05	Juv A	150757	GESL	4:42.79	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:48.44
4	Carmo Dias Vieira	05	Juv A	201319	EULX	4:43.80	S	08.12.2019	Sines (POR)	4:49.47
5	Maria Teresa Fernandes	05	Juv A	132557	SAD	4:45.60	S	08.12.2019	Sines (POR)	4:51.31
6	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	4:46.27	S	08.12.2019	Sines (POR)	4:51.99
7	Iris Pereira Carrao	05	Juv A	201392	CIRL	4:46.30	S	08.12.2019	Sines (POR)	4:52.02
8	Mariana Andreia Silva	05	Juv A	141810	SCP	4:49.64	S	08.12.2019	Sines (POR)	4:55.43
9	Nicole Patriarca Franca	05	Juv A	153435	SCP	4:49.98	S	08.12.2019	Sines (POR)	4:55.78
10	Sara Carreira Melo	05	Juv A	153366	GESL	4:51.50	S	03.11.2019	Lisboa (POR)	4:57.33
11	Maria Del Rio Bernat	05	Juv A	200403	SAD	4:53.59	S	14.07.2019	Alges (POR)	4:59.46
12	Simone Filipe Monteiro	05	Juv A	203878	GESL	4:57.59	S	03.11.2019	Lisboa (POR)	5:03.54
13	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	5:17.54	L			5:17.54

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	4:24.06	S	22.11.2019	Alges (POR)	4:29.34
2	Joana Ribeiro Martins	03	Jun	129164	SCP	4:32.50	S	28.04.2019	Felgueiras (POR)	4:37.95
3	Daniela Alexandra Pedro	04	Jun	130864	SCP	4:49.49	L	16.06.2019	Vila Franca de Xira (POR)	4:49.49
4	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	4:45.16	S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:50.86
5	Diana Valadas Horta	04	Jun	201782	SFUAP	4:51.98	L	09.02.2020	Lisbon (POR)	4:51.98
6	Beatriz Costa Melo	04	Jun	132555	SAD	4:49.79	S	22.11.2019	Alges (POR)	4:55.58
7	Maria Martins Camacho	04	Jun	130618	SFUAP	4:49.99	S	22.11.2019	Alges (POR)	4:55.79
8	Francisca Razina Oliveira	03	Jun	130620	SFUAP	4:51.24	S	14.07.2019	Alges (POR)	4:57.06
9	Margarida Filipe Ferreira	04	Jun	132347	CDCP	4:52.52	S	24.11.2019	Alges (POR)	4:58.37

Prova 29, Femin., 400m Livres

10	Mariana Marques Mercedes	03	Jun	129961	CDOM	4:59.71 L	10.02.2019	Lisboa (POR)	4:59.71
11	Carolina Fale Costa	04	Jun	129801	ADRCIMM	4:54.20 S	13.07.2019	Alges (POR)	5:00.08
12	Carolina Anjos Frischknecht	04	Jun	129489	CNS	5:08.66 L			5:08.66

Seniores

1	Beatriz Paulo Ranito	99	Sen	116593	GESL	4:32.93 S	14.12.2019	Leiria (POR)	4:38.38
2	Ana Leonor Dias	02	Sen	129302	CNLX	4:34.27 S	14.04.2019	Quarteira (POR)	4:39.75
3	Maria Ornelas Armas	98	Sen	106961	EULX	4:35.52 S	22.11.2019	Alges (POR)	4:41.03
4	Catarina Martins Mestre	00	Sen	120724	CNLX	4:36.68 S	24.11.2019	Alges (POR)	4:42.21
5	Joana Filipa Varandas	02	Sen	124305	CIRL	4:42.91 L	26.07.2019	Dublin (IRL)	4:42.91
6	Catarina Trigo Ferreira	02	Sen	124523	CNLX	4:45.19 S	14.07.2019	Alges (POR)	4:50.89
7	Ana Raquel Ferreira	98	Sen	102755	CNLX	4:46.69 S	22.11.2019	Alges (POR)	4:52.42
8	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	4:58.95 L	10.02.2019	Lisboa (POR)	4:58.95
9	Sofia Oliveira Silva	99	Sen	121399	CNS	4:54.64 S	22.11.2019	Alges (POR)	5:00.53
10	Ana Rita Matos	02	Sen	127501	CFB	5:04.15			5:04.15

Prova 30

01.03.2020

Masc., 400m Livres

Absolutos

Lista inscritos

Rec Nacional Absoluto	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Absoluto	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Sen	3:51.89	Miguel Duarte Nascimento	SLB	Glasgow (GBR)	2018
Rec Regional Jun 2	3:58.65	Tiago Cunha Costa	SCP	Oeiras	2017
Rec Regional Jun 1	4:02.05	Roberto Donald Gomes	SAD	Coimbra	2017
Rec Regional Juv A	4:04.23	Andre Filipe Farinha	SLB	Torreveja (ESP)	2012
Rec Regional Juv B	4:08.94	Bernardo Jorge Simoes	CNCVG	Funchal	2019

TAC - Masc Juv B: 4:57.33; Juv A: 4:51.92; Jun 1: 4:41.23; Jun 2: 4:37.22; Sen: 4:31.86

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Pedro Maria Amado	05	Juv B	148286	SAD	4:27.27 S	07.12.2019	Sines (POR)	4:32.61
2	Andre Henriques Marques	05	Juv B	129665	SLB	4:33.34 S	22.11.2019	Alges (POR)	4:38.80
3	Joao Seixedo Pinheiro	05	Juv B	205374	CNS	4:33.54 S	09.03.2019	Setubal (POR)	4:39.01
4	Jose Manuel Sa	05	Juv B	203114	SCP	4:34.17 S	22.11.2019	Alges (POR)	4:39.65
5	Manuel Angelo Pereira	05	Juv B	151305	SCP	4:34.85 S	22.11.2019	Alges (POR)	4:40.34
6	Diogo Sousa Barbosa	05	Juv B	133332	SLB	4:38.40 S	22.11.2019	Alges (POR)	4:43.96
7	Diogo Botelho Capricho	05	Juv B	142035	SCP	4:40.23 S	22.11.2019	Alges (POR)	4:45.83
8	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	4:46.99 L	06.07.2019	Setubal (POR)	4:46.99
9	Manuel Pires Oliveira	05	Juv B	201480	PDEM	4:47.57 S	25.04.2019	Sines (POR)	4:53.32
10	Joao Ferreira Rodrigues	05	Juv B	202709	GESL	4:50.17 S	22.11.2019	Alges (POR)	4:55.97
11	Mateus Correa Walker	05	Juv B	202083	AHBE	4:57.33 L			4:57.33
12	Rodrigo Martins Bras	05	Juv B	129806	CFB	4:57.33 L			4:57.33
13	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	4:57.33 L			4:57.33
14	Simao Lopes Oliveira	05	Juv B	200178	CNS	4:57.33 L			4:57.33
15	Vasco Alves Morgado	05	Juv B	147123	SAD	4:57.33 L			4:57.33

Juvenis A

1	Joao Lourenco Rebelo	04	Juv A	132558	SAD	4:18.50 S	14.07.2019	Alges (POR)	4:23.67
2	Joao Afonso Santos	04	Juv A	153371	SCP	4:23.73 S	07.12.2019	Sines (POR)	4:29.00
3	Francisco Amaro Santos	04	Juv A	201404	GESL	4:23.87 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:29.14
4	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	4:30.94 L	13.04.2019	Oeiras (POR)	4:30.94
5	Yann Chetelat Fock	04	Juv A	129699	EULX	4:31.55 L	03.08.2019	Funchal (POR)	4:31.55
6	Afonso Figueiredo Frasquilho	04	Juv A	153353	SCP	4:26.30 S	13.07.2019	Alges (POR)	4:31.62
7	Miguel Filipe Anjo	04	Juv A	201394	CDCP	4:26.44 S	07.12.2019	Sines (POR)	4:31.76
8	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	4:29.87 S	14.07.2019	Alges (POR)	4:35.26
9	Francisco Sousa Uva	04	Juv A	201477	SAD	4:30.50 S	14.07.2019	Alges (POR)	4:35.91
10	Miguel Costa Simoes	04	Juv A	132350	CDCP	4:36.47 L	17.03.2019	Vila Franca de Xira (POR)	4:36.47
11	Tiago Barroso Porenca	04	Juv A	129698	EULX	4:32.05 S	14.07.2019	Alges (POR)	4:37.49
12	Pedro Forjaz Cirurgiao	04	Juv A	132564	SAD	4:34.00 S	22.11.2019	Alges (POR)	4:39.48
13	Afonso Romao Francisco	04	Juv A	204573	CDCP	4:35.36 S	14.07.2019	Alges (POR)	4:40.86
14	Tomas Martins Mira	04	Juv A	132215	CNS	4:41.56 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:47.19
15	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	4:51.92			4:51.92
16	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	4:51.92			4:51.92

Prova 30, Masc., 400m Livres

Juniores

1	Pedro Esteves Duarte	03	Jun	132531	CDCP	4:12.93 S	30.11.2019	Sines (POR)	4:17.98
2	Antonio Santos Pereira	03	Jun	201690	AHBE	4:15.57 S	20.06.2019	Sto Ant. Cavaleiros (POR)	4:20.68
3	Ricardo Martins Ferreira	03	Jun	127307	AONDA	4:19.43 S	14.07.2019	Alges (POR)	4:24.61
4	Diogo Miguel Duraes	03	Jun	123448	CNMJ	4:23.01 S	11.01.2020	Elvas (POR)	4:28.27
5	Alexandre Coelho Vieira	03	Jun	131516	SCP	4:23.63 S	14.07.2019	Alges (POR)	4:28.90
6	Luis Carlos Correia	03	Jun	207349	SFUAP	4:24.78 S	22.11.2019	Alges (POR)	4:30.07

Seniores

1	Bruno Rey Barros	01	Sen	208313	SCP	4:05.94 L	06.08.2019	Terrassa (ESP)	4:05.94
2	Daniel Rochinha Pedro	98	Sen	111389	AHBE	4:02.05 S	25.04.2019	Sines (POR)	4:06.89
3	Pedro Miguel Silva	94	Sen	100227	ADRCIMM	4:04.77 S	17.01.2020	Vila Franca de Xira (POR)	4:09.66
4	Afonso Mateus Ribeiro	95	Sen	100430	CFB	4:06.42 S	14.07.2019	Alges (POR)	4:11.34
5	Joao Esteves Padrela	99	Sen	119137	CFB	4:07.62 S	14.07.2019	Alges (POR)	4:12.57
6	Pedro Barata Neves	00	Sen	118137	CIRL	4:15.27 L	27.07.2019	Dublin (IRL)	4:15.27
7	Pedro Dordio Carreiro	97	Sen	120560	GESL	4:13.45 S	22.11.2019	Alges (POR)	4:18.51
8	Tiago Maria Camoes	01	Sen	121851	SFUAP	4:16.59 S	10.11.2019	Albufeira (POR)	4:21.72
9	Filipe Ferreira Luz	98	Sen	112320	GESL	4:18.36 S	03.11.2019	Lisboa (POR)	4:23.52
10	Sebastiao Limbert Piedade	00	Sen	120451	SAD	4:20.94 S	22.11.2019	Alges (POR)	4:26.15
11	Miguel Duarte Cruz	99	Sen	125797	CFB	4:23.64 S	21.12.2019	Felgueiras (POR)	4:28.91
12	Diogo Nogueira Rebelo	98	Sen	117035	ADRCIMM	4:31.86			4:31.86
13	Afonso Godinho Mestre	95	Sen	100365	CNLX	4:31.86			4:31.86
14	Pedro Ferraz Esteves	99	Sen	118772	CNLX	4:31.86 L			4:31.86
15	Pedro Cerqueira Lobo	01	Sen	211075	FS	4:31.86 L			4:31.86

4 - 3ª Jornada - 2ª Sessão

01.03.2020 - 16:00

Prova 31 Absolutos
01.03.2020 Lista inscritos

Femin., 1500m Livres

Rec Nacional Absoluto	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Regional Absoluto	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Regional Sen	16:15.12	Diana Margarida Duraes	SLB	Lisboa	2020
Rec Regional Jun 2	17:19.16	Mariana Amaral Mendes	ADRCIMM	Coimbra	2019
Rec Regional Jun 1	17:24.20	Mariana Amaral Mendes	ADRCIMM	Oeiras	2018

TAC - Fem Jun 2: 20:15.48; Jun 1: 20:27.41; Sen: 20:09.53

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

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

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	17:25.17 S	14.07.2019	Alges (POR)	17:46.07
2	Leonor Esteves Santos	04	Jun	130603	EULX	17:55.98 L	01.08.2019	Funchal (POR)	17:55.98
3	Daniela Alexandra Pedro	04	Jun	130864	SCP	18:16.95 S	01.02.2020	Albufeira (POR)	18:38.88
4	Mariana Marques Mercedes	03	Jun	129961	CDOM	20:15.48 L			20:15.48
5	Beatriz Moreira Carvalho	03	Jun	127313	VKGS	20:15.48			20:15.48

Seniores

1	Beatriz Paulo Ranito	99	Sen	116593	GESL	17:51.62 S	22.11.2019	Alges (POR)	18:13.05
2	Maria Ornelas Armas	98	Sen	106961	EULX	20:09.53			20:09.53
3	Margarida Messias Ribeiro	98	Sen	110544	GESL	20:09.53			20:09.53

Prova 32 Absolutos
01.03.2020 Lista inscritos

Masc., 800m Livres

Rec Nacional Absoluto	8:02.16	Jose Paulo Lopes	SCB	Funchal	2019
Rec Regional Absoluto	8:06.49	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Sen	8:06.49	Guilherme Filipe Pina	SCP	Coimbra	2017
Rec Regional Jun 2	8:15.16	Filipe Miguel Santo	SLB	Funchal	2018
Rec Regional Jun 1	8:19.86	Joao Pedro Gil	ANAM	Coimbra	2014

TAC - Masc Jun 1: 9:54.32; Jun 2: 9:45.83; Sen: 9:34.51

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

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

1	Rafael Rodrigues Jacinto	02	Jun	129002	CFB	8:42.06 S	24.11.2019	Alges (POR)	8:52.50
2	Pedro Esteves Duarte	03	Jun	132531	CDCP	8:45.89 S	30.11.2019	Sines (POR)	8:56.40
3	Diogo Miguel Duraes	03	Jun	123448	CNMJ	8:53.64 S	30.11.2019	Sines (POR)	9:04.31
4	Alexandre Coelho Vieira	03	Jun	131516	SCP	9:04.34 S	24.11.2019	Alges (POR)	9:15.22

Prova 33 Femin., 200m Mariposa Absolutos
01.03.2020 Lista inscritos

Rec Nacional Absoluto	2:08.03	Ana Catarina Monteiro	CFV	Glasgow (GBR)	2018
Rec Regional Absoluto	2:12.29	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Sen	2:12.29	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	2:17.33	Ana Raquel Graveto	SLB	Coimbra	2019
Rec Regional Jun 1	2:17.11	Ana Rita Francisco	SFUAP	Porto	1996
Rec Regional Juv A	2:15.56	Ana Rita Francisco	SFUAP	Geneve (SUI)	1995
Rec Regional Juv B	2:20.75	Susana Patricia Miguel	SFUAP	Genova (ITA)	2004

TAC - Fem Juv B: 2:53.75; Juv A: 2:48.97; Jun 2: 2:42.69; Jun 1: 2:44.27; Sen: 2:41.91

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Leonor Santos Duro	06	Juv B	202520	CNS	2:47.99 L	27.07.2019	Loule (POR)	2:47.99
2	Catarina Lima Antunes	06	Juv B	151077	SCP	2:47.47 S	22.11.2019	Alges (POR)	2:52.49
3	Beatriz Mocego Niza	06	Juv B	148435	CNA	2:53.75			2:53.75

Juvenis A

1	Erica Cristina Reis	05	Juv A	200201	SCP	2:48.97			2:48.97
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Juniores

1	Lidiana Correia Rodrigues	04	Jun	130399	CFB	2:30.34 S	22.11.2019	Alges (POR)	2:34.85
2	Ana Sofia Inacio	04	Jun	202686	CFB	2:35.83 S	14.07.2019	Alges (POR)	2:40.50
3	Mariana Fragoço Guterres	04	Jun	200475	SLB	2:40.85 L	16.06.2019	Vila Franca de Xira (POR)	2:40.85
4	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	2:36.90 S	22.11.2019	Alges (POR)	2:41.60

Seniores

1	Tatiana Alexandre Cardoso	01	Sen	127355	CNA	2:29.20 S	30.11.2019	Sines (POR)	2:33.67
2	Luisa Maria Machado	01	Sen	121850	SFUAP	2:41.91			2:41.91

Prova 34 Masc., 200m Mariposa Absolutos
01.03.2020 Lista inscritos

Rec Nacional Absoluto	1:56.17	Pedro Diogo Oliveira	FPN	Roma (ITA)	2009
Rec Regional Absoluto	1:57.09	Miguel Duarte Nascimento	SLB	Coimbra	2017
Rec Regional Sen	1:57.09	Miguel Duarte Nascimento	SLB	Coimbra	2017
Rec Regional Jun 2	2:02.42	Duarte Rafael Mourão	GESL	Linz (AUT)	2002
Rec Regional Jun 1	2:04.49	Jose Paula Carvalho	SFUAP	Coimbra	2015
Rec Regional Juv A	2:06.78	Joao Alexandre Vital	ADRCIMM	Oeiras	2014
Rec Regional Juv B	2:11.45	Tiago Maria Camoes	SFUAP	Oeiras	2016

TAC - Masc Juv B: 2:40.65; Juv A: 2:36.40; Jun 1: 2:30.75; Jun 2: 2:27.23; Sen: 2:23.71

Conversão tempo inscrição: Conversão linear por percentagem (3%)

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.
Juvenis B									
1	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	2:15.05 S	08.12.2019	Sines (POR)	2:19.10
2	Francisc Gututui	05	Juv B	200907	SAD	2:23.33 S	08.12.2019	Sines (POR)	2:27.63
3	Tiago Silva Bartolo	05	Juv B	205340	SAD	2:35.93 L	27.07.2019	Loule (POR)	2:35.93

Juvenis A

1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	2:04.63 S	08.12.2019	Sines (POR)	2:08.36
2	Andre Azevedo Baraona	04	Juv A	123965	CNMJ	2:14.88 S	30.11.2019	Sines (POR)	2:18.92
3	Francisco Ribeiro Vieira	04	Juv A	130443	AEFDTV	2:17.79 S	08.12.2019	Sines (POR)	2:21.92
4	Tiago Barroso Porenca	04	Juv A	129698	EULX	2:24.00 S	22.11.2019	Alges (POR)	2:28.32
5	Tomas Sa Vieira	04	Juv A	131504	SAD	2:26.24 S	29.06.2019	Alges (POR)	2:30.62
6	Hugo Tomas Silva	04	Juv A	200491	AONDA	2:28.69 S	14.07.2019	Alges (POR)	2:33.15

Prova 34, Masc., 200m Mariposa

Juniores

1	Joao Miguel Martins	02	Jun	127267	CFB	2:15.25	L	17.03.2019	Vila Franca de Xira (POR)	2:15.25
2	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	2:12.22	S	22.12.2019	Felgueiras (POR)	2:16.18
3	Rodrigo Beja Lopes	03	Jun	132651	AONDA	2:17.18	S	30.11.2019	Sines (POR)	2:21.29
4	David Manuel Vale	03	Jun	148339	GESL	2:24.30	L	04.08.2019	Funchal (POR)	2:24.30
5	Daniel Alexandre Ascenso	03	Jun	131377	GESL	2:30.75				2:30.75

Seniores

1	David Matias Cristino	01	Sen	127872	SFUAP	2:03.11	S	22.12.2019	Felgueiras (POR)	2:06.80
2	Rafael Filipe Nunes	96	Sen	108344	SLB	2:08.89	S	14.07.2019	Alges (POR)	2:12.75
3	Filipe Ferreira Luz	98	Sen	112320	GESL	2:09.09	S	14.12.2019	Leiria (POR)	2:12.96
4	Diogo Alexandre Casteleiro	01	Sen	126581	SCP	2:15.08	L	17.03.2019	Vila Franca de Xira (POR)	2:15.08
5	Gonçalo Duarte Santos	00	Sen	111095	VKGS	2:11.67	S	30.11.2019	Sines (POR)	2:15.62
6	Pedro Mendes Ferreira	01	Sen	129621	CFB	2:12.76	S	14.07.2019	Alges (POR)	2:16.74
7	Edgar Filipe Santos	01	Sen	127750	SFUAP	2:18.92	L	08.02.2020	Lisbon (POR)	2:18.92
8	Filipe Fonseca Figueiredo	98	Sen	119645	FS	2:23.71				2:23.71

Prova 35

Femin., 100m Livres

Absolutos

01.03.2020

Lista inscritos

Rec Nacional Absoluto	56.39	Ana Pinho Rodrigues	ADS	Coimbra	2019
Rec Regional Absoluto	56.56	Ana Reis Sousa	SAD	Coimbra	2019
Rec Regional Sen	56.80	Sara Alexandra Madeira	CNCVG	Barcelona (ESP)	2008
Rec Regional Jun 2	56.56	Ana Reis Sousa	SAD	Coimbra	2019
Rec Regional Jun 1	57.50	Leticia Maia Andre	SLB	Oeiras	2018
Rec Regional Juv A	57.75	Maria Carolina Rosa	SCP	Prague (CZE)	2009
Rec Regional Juv B	59.58	Maria Ferreira Moura	SCP	Funchal	2018

TAC - Fem Juv B: 1:11.50; Juv A: 1:09.51; Jun 2: 1:06.92; Jun 1: 1:07.57; Sen: 1:06.58

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

Ord.	Nome Nadador	Ano	Categ.	Lic.Nr	Clube	Tempo	Data	Local	T.Conv.	
Juvenis B										
1	Maria Leonor Coelho	06	Juv B	132470	SLB	1:01.40	S	07.12.2019	Sines (POR)	1:02.62
2	Ines Correia Teixeira	06	Juv B	133334	CNA	1:01.65	S	07.12.2019	Sines (POR)	1:02.88
3	Maria Beatriz Costa	06	Juv B	204155	SCP	1:04.30	S	08.12.2019	Sines (POR)	1:05.58
4	Catarina Gomes Costa	06	Juv B	201543	EULX	1:04.48	S	23.11.2019	Alges (POR)	1:05.77
5	Rita Joao Serra	06	Juv B	200738	VKGS	1:04.52	S	09.03.2019	Setubal (POR)	1:05.81
6	Madalena Graca Dias	06	Juv B	211407	CNLX	1:06.39	L	09.02.2020	Lisbon (POR)	1:06.39
7	Marina Alexandra Oliveira	06	Juv B	200174	CNS	1:06.84	L	12.05.2019	Vila Franca de Xira (POR)	1:06.84
8	Erica Candeias Mendes	06	Juv B	147116	CNA	1:05.77	S	15.02.2020	Torres Novas (POR)	1:07.08
9	Beatriz Fernandes Gama	06	Juv B	151459	SCP	1:06.01	S	09.03.2019	Setubal (POR)	1:07.33
10	Rita Borges Silva	06	Juv B	200715	CNA	1:06.04	S	15.02.2020	Torres Novas (POR)	1:07.36
11	Margarida Barbara Marques	06	Juv B	200396	SAD	1:06.66	S	07.12.2019	Sines (POR)	1:07.99
12	Marta Silva Santos	06	Juv B	200182	CNS	1:06.70	S	23.11.2019	Alges (POR)	1:08.03
13	Rita Martins Lopes	06	Juv B	203919	AHBE	1:06.98	S	24.11.2019	Alges (POR)	1:08.32
14	Mafalda Mourao Lopes	06	Juv B	202221	ADST	1:07.12	S	23.11.2019	Alges (POR)	1:08.46
15	Luana Cardoso Magalhaes	06	Juv B	201688	AHBE	1:07.73	S	07.12.2019	Sines (POR)	1:09.08
16	Carolina Costa Diniz	06	Juv B	151038	SCP	1:08.02	S	23.11.2019	Alges (POR)	1:09.38
17	Maria Soares Almeida	06	Juv B	131730	SAD	1:09.75	L	06.07.2019	Setubal (POR)	1:09.75
18	Mariana Coelho Carvalho	06	Juv B	200172	CNS	1:08.42	S	31.03.2019	Pinhal Novo (POR)	1:09.78
19	Sara Lagorsse Caldas	06	Juv B	153255	FS	1:11.50	L			1:11.50
20	Carolina Parreira	06	Juv B	32052538	SCP	1:11.50				1:11.50
21	Clara Sofia Herminio	06	Juv B	202218	CDCP	1:11.50	L			1:11.50

Juvenis A

1	Rita Abibe Goncalves	05	Juv A	144730	GESL	1:01.71	S	20.06.2019	Sto Ant. Cavaleiros (POR)	1:02.94
2	Carolina Fonseca Gomes	05	Juv A	202528	CDOM	1:02.28	S	07.12.2019	Sines (POR)	1:03.52
3	Sara Nunes Conceicao	05	Juv A	201393	SFUAP	1:02.83	S	13.07.2019	Alges (POR)	1:04.08
4	Joana Rocha Ferreira	05	Juv A	201560	SLB	1:03.05	S	14.07.2019	Alges (POR)	1:04.31
5	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	1:03.42	S	14.07.2019	Alges (POR)	1:04.68
6	Carmo Dias Vieira	05	Juv A	201319	EULX	1:03.44	S	23.11.2019	Alges (POR)	1:04.70
7	Mariana Marques Santos	05	Juv A	150757	GESL	1:04.07	S	23.11.2019	Alges (POR)	1:05.35
8	Francisca Otao Tribuna	05	Juv A	132463	SLB	1:04.75	S	14.07.2019	Alges (POR)	1:06.04
9	Maria Correia Ricardo	05	Juv A	129496	CNS	1:04.87	S	23.11.2019	Alges (POR)	1:06.16

Prova 35, Femin., 100m Livres

10	Lara Moreira Lopo	05	Juv A	130424	EULX	1:05.32 S	14.07.2019	Alges (POR)	1:06.62
11	Maria Del Rio Bernat	05	Juv A	200403	SAD	1:05.80 S	07.12.2019	Sines (POR)	1:07.11
12	Madalena Sampaio Torgal	05	Juv A	132521	AHBE	1:06.13 S	14.07.2019	Alges (POR)	1:07.45
13	Carolina Alexandra Silva	05	Juv A	133296	DRCN	1:06.13 S	11.01.2020	Elvas (POR)	1:07.45
14	Maria Antonia Ferraz	05	Juv A	128378	AHBE	1:06.40 S	23.11.2019	Alges (POR)	1:07.72
15	Mariana Maiato Paulino	05	Juv A	133001	CNCVG	1:09.51 L			1:09.51
16	Inês Azinheira Serra	05	Juv A	153113	PDEM	1:09.51 L			1:09.51

Juniores

1	Ema Jeronimo Conceicao	03	Jun	129812	AEFDTV	57.40 S	20.12.2019	Felgueiras (POR)	58.54
2	Leonor Maria Neves	03	Jun	131015	GESL	1:00.70 S	01.02.2020	Ponte de Sor (POR)	1:01.91
3	Ana Margarida Soares	03	Jun	129488	CNS	1:00.89 S	30.11.2019	Sines (POR)	1:02.10
4	Marta Macedo Inacio	04	Jun	132536	SCP	1:01.18 S	13.07.2019	Alges (POR)	1:02.40
5	Claudia Beatriz Martins	03	Jun	128830	GESL	1:01.44 S	14.07.2019	Alges (POR)	1:02.66
6	Marta Viola Marques	03	Jun	200870	CNCVG	1:02.01 S	14.07.2019	Alges (POR)	1:03.25
7	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	1:02.08 S	14.04.2019	Coruche (POR)	1:03.32
8	Anais Cloe Pereira	04	Jun	147048	SCP	1:03.43 L	12.05.2019	Vila Franca de Xira (POR)	1:03.43
9	Yonina Brancourt	04	Jun	202082	GESL	1:02.38 S	29.06.2019	Alges (POR)	1:03.62
10	Susana Chanoca Narciso	04	Jun	129388	CDCP	1:02.39 S	23.11.2019	Alges (POR)	1:03.63
11	Francisca Razina Oliveira	03	Jun	130620	SFUAP	1:02.86 S	14.07.2019	Alges (POR)	1:04.11
12	Margarida Mota Silva	03	Jun	122224	PDEM	1:04.41 L	10.02.2019	Lisboa (POR)	1:04.41
13	Diana Valadas Horta	04	Jun	201782	SFUAP	1:03.23 S	14.07.2019	Alges (POR)	1:04.49
14	Margarida Filipe Ferreira	04	Jun	132347	CDCP	1:03.66 S	14.07.2019	Alges (POR)	1:04.93
15	Beatriz Costa Melo	04	Jun	132555	SAD	1:04.37 S	23.11.2019	Alges (POR)	1:05.65
16	Maria Martins Camacho	04	Jun	130618	SFUAP	1:04.49 S	14.07.2019	Alges (POR)	1:05.78
17	Catarina Alexandra Marques	04	Jun	130232	CNCVG	1:04.77 S	14.07.2019	Alges (POR)	1:06.06
18	Matilde Pereira Carrao	03	Jun	204157	CIRL	1:04.94 S	25.04.2019	Sines (POR)	1:06.23
19	Joana Isabel Pulquerio	03	Jun	126427	SFUAP	1:06.92 L			1:06.92
20	Alice Castico Moreira	04	Jun	123963	CNMJ	1:07.57 L			1:07.57
21	Emily Monteiro Cunha	04	Jun	210670	SFUAP	1:07.57 L			1:07.57

Seniores

1	Beatriz Mendes Viegas	00	Sen	110689	SCP	56.33 S	22.12.2019	Felgueiras (POR)	57.45
2	Luisa Maria Machado	01	Sen	121850	SFUAP	57.11 S	29.06.2019	Alges (POR)	58.25
3	Sofia Alexandra Nunes	00	Sen	112322	CIRL	1:00.60 L	27.07.2019	Dublin (IRL)	1:00.60
4	Ana Raquel Ferreira	98	Sen	102755	CNLX	1:00.60 S	30.11.2019	Sines (POR)	1:01.81
5	Ana Leonor Dias	02	Sen	129302	CNLX	1:00.79 S	30.11.2019	Sines (POR)	1:02.00
6	Constanca Dias Baptista	01	Sen	126394	CFB	1:02.12 L	17.03.2019	Vila Franca de Xira (POR)	1:02.12
7	Tatiana Raquel Pombo	01	Sen	121615	CDCP	1:02.54 L	23.03.2019	Rio Maior (POR)	1:02.54
8	Catarina Rodrigues Belchior	01	Sen	122528	AONDA	1:01.65 S	14.07.2019	Alges (POR)	1:02.88
9	Carolina Saraiva Pires	96	Sen	100272	CIRL	1:01.79 S	14.04.2019	Coruche (POR)	1:03.02
10	Mafalda Sofia Dias	01	Sen	121401	PDEM	1:01.99 S	14.07.2019	Alges (POR)	1:03.23
11	Catarina Trigo Ferreira	02	Sen	124523	CNLX	1:03.74 L	15.06.2019	Rio Maior (POR)	1:03.74
12	Luana Correia Rodrigues	01	Sen	121504	CFB	1:02.55 S	23.11.2019	Alges (POR)	1:03.80
13	Beatriz Elisabete Pereira	97	Sen	132344	CDCP	1:04.16 L	17.03.2019	Vila Franca de Xira (POR)	1:04.16
14	Barbara Sofrino Rodrigues	01	Sen	120568	CFB	1:04.17 L	10.02.2019	Lisboa (POR)	1:04.17
15	Soraia Guerra Rolim	95	Sen	121321	CIRL	1:03.44 S	23.11.2019	Alges (POR)	1:04.70
16	Sofia Oliveira Silva	99	Sen	121399	CNS	1:03.97 S	23.11.2019	Alges (POR)	1:05.24
17	Ana Burguete Tavares	00	Sen	119951	FS	1:05.26 S	23.11.2019	Alges (POR)	1:06.56

Prova 36
01.03.2020

Masc., 100m Livres

Absolutos
Lista inscritos

Rec Nacional Absoluto	49.50	Alexandre Escudier Agostinho	FPN	Roma (ITA)	2009
Rec Regional Absoluto	49.56	Miguel Duarte Nascimento	SLB	Budapest (HUN)	2017
Rec Regional Sen	49.56	Miguel Duarte Nascimento	SLB	Budapest (HUN)	2017
Rec Regional Jun 2	50.24	Tiago Andre Venancio	CNS	Jamor	2005
Rec Regional Jun 1	49.59	Tiago André Venâncio	CNS	Lisboa	2004
Rec Regional Juv A	52.10	Tiago André Venâncio	CNS	Paris (FRA)	2003
Rec Regional Juv B	53.51	Tiago André Venâncio	CNS		2002

TAC - Masc Juv B: 1:04.12; Juv A: 1:02.95; Jun 1: 1:00.65; Jun 2: 59.78; Sen: 58.62

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

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

1	Martim Silva Cortes	05	Juv B	200486	AONDA	57.95 L	08.02.2020	Lisbon (POR)	57.95
2	Andre Henriques Marques	05	Juv B	129665	SLB	57.40 S	24.11.2019	Alges (POR)	58.54
3	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	57.49 S	08.12.2019	Sines (POR)	58.64
4	Gonçalo Duarte Carvalho	05	Juv B	132466	SLB	58.00 S	07.12.2019	Sines (POR)	59.16
5	Pedro Mahua Alvarez	05	Juv B	208096	SCP	58.11 S	08.12.2019	Sines (POR)	59.27
6	Diogo Rafael Dias	05	Juv B	202931	DRCN	58.18 S	31.03.2019	Pinhal Novo (POR)	59.34
7	Joel Michael Fribergh	05	Juv B	203916	AHBE	59.86 L	08.02.2020	Lisbon (POR)	59.86
8	Miguel Correia Anacleto	05	Juv B	151340	SCP	59.52 S	31.03.2019	Pinhal Novo (POR)	1:00.71
9	Rodrigo Martins Bras	05	Juv B	129806	CFB	1:01.40 L	08.02.2020	Lisbon (POR)	1:01.40
10	Gonçalo Pereira Gracioso	05	Juv B	202124	AONDA	1:00.46 S	23.11.2019	Alges (POR)	1:01.66
11	Rodrigo Ferreira Mimoso	05	Juv B	201483	SLB	1:00.68 S	01.11.2019	Setubal (POR)	1:01.89
12	Manuel Pires Oliveira	05	Juv B	201480	PDEM	1:02.33 L	06.07.2019	Setubal (POR)	1:02.33
13	Martim Oliveira Paulo	05	Juv B	130231	GDSE	1:01.38 S	23.11.2019	Alges (POR)	1:02.60
14	Alfredo Cabrita Soudo	05	Juv B	148434	CFB	1:02.80 L	27.07.2019	Loule (POR)	1:02.80
15	Daniel Pankivskiy	05	Juv B	153427	CPCD	1:02.59 S	07.04.2019	Vila Franca de Xira (POR)	1:03.84
16	Vasco Santos Silva	05	Juv B	153388	SLB	1:04.12 L			1:04.12
17	Miguel Palminha Serafim	05	Juv B	205339	CNMJ	1:04.12 L			1:04.12
18	Tomas Silva Ventura	05	Juv B	128957	EULX	1:04.12 L			1:04.12
19	Dinis Santos Almeida	05	Juv B	208651	FS	1:04.12 L			1:04.12
20	Pedro Dinis Casquinha	05	Juv B	208656	FS	1:04.12 L			1:04.12
21	Simão Matos Mira	05	Juv B	202211	FS	1:04.12 L			1:04.12
22	Vyacheslav Hliba	05	Juv B	203912	GESL	1:04.12 L			1:04.12
23	Yan Hliba	05	Juv B	203913	GESL	1:04.12 L			1:04.12
24	Daniel Munoz Lopes	05	Juv B	203869	GESL	1:04.12 L			1:04.12
25	Tiago Verissimo Camelo	05	Juv B	204561	GDSE	1:04.12 L			1:04.12
26	Rodrigo Catarino Dias	05	Juv B	210961	GDSE	1:04.12 L			1:04.12
27	Tiago Romão Lourenço	05	Juv B	202926	PDEM	1:04.12 L			1:04.12

Juvenis A

1	Bernardo Jorge Simoes	04	Juv A	130250	CNCVG	52.81 S	30.11.2019	Sines (POR)	53.86
2	Joao Pedro Penelas	04	Juv A	150754	GESL	55.92 S	08.12.2019	Sines (POR)	57.03
3	Miguel Costa Simoes	04	Juv A	132350	CDPC	55.93 S	08.12.2019	Sines (POR)	57.04
4	Joao Afonso Santos	04	Juv A	153371	SCP	57.59 L	08.02.2020	Lisbon (POR)	57.59
5	Afonso Romao Francisco	04	Juv A	204573	CDPC	56.64 S	08.12.2019	Sines (POR)	57.77
6	Alexandre Duarte Morais	04	Juv A	132645	PDEM	56.68 S	08.12.2019	Sines (POR)	57.81
7	Duarte Cadima Goncalves	04	Juv A	153295	CNMJ	56.95 S	13.07.2019	Alges (POR)	58.08
8	Rafael Caceres Lopes	04	Juv A	201395	SFUAP	58.20 L	12.05.2019	Vila Franca de Xira (POR)	58.20
9	Afonso Figueiredo Frasquilho	04	Juv A	153353	SCP	57.37 S	19.05.2019	Alges (POR)	58.51
10	Joao Pedro Faustino	04	Juv A	203986	CDPC	57.46 S	07.12.2019	Sines (POR)	58.60
11	Tomas Martins Mira	04	Juv A	132215	CNS	58.00 S	19.05.2019	Alges (POR)	59.16
12	Joao Negreiros Guerreiro	04	Juv A	209459	CIRL	58.39 S	15.02.2020	Torres Novas (POR)	59.55
13	Afonso Leonel Barreto	04	Juv A	202862	CPCD	59.52 S	23.11.2019	Alges (POR)	1:00.71
14	Diogo Miguel Monteiro	04	Juv A	147200	DRCN	59.53 S	23.11.2019	Alges (POR)	1:00.72
15	Francisco Sousa Uva	04	Juv A	201477	SAD	59.65 S	24.11.2019	Alges (POR)	1:00.84
16	Ruben Jose Salgueiro	04	Juv A	133507	SCP	59.89 S	03.11.2019	Lisboa (POR)	1:01.08
17	Tomas Rebelo Dias	04	Juv A	148500	EULX	59.91 S	14.07.2019	Alges (POR)	1:01.10
18	Gonçalo Gomes Augusto	04	Juv A	127270	AONDA	1:00.55 S	23.11.2019	Alges (POR)	1:01.76
19	Andre Fragoço Matos	04	Juv A	202012	EULX	1:02.95 L			1:02.95
20	Jose Teixeira Ferreira	04	Juv A	153410	EULX	1:02.95 L			1:02.95
21	Rodrigo Rebelo Pereira	04	Juv A	208309	CIRL	1:02.95 L			1:02.95
22	Afonso Miguel Ribeiro	04	Juv A	210966	PDEM	1:02.95 L			1:02.95
23	Miguel Alexandre Araujo	04	Juv A	131174	SFUAP	1:02.95 L			1:02.95

Prova 36, Masc., 100m Livres

Juniores

1	Diogo Garcez Mateus	02	Jun	129622	AONDA	54.34	S	14.07.2019	Alges (POR)	55.42
2	Antonio Santos Pereira	03	Jun	201690	AHBE	55.46	L	04.08.2019	Funchal (POR)	55.46
3	Pedro Machado Vieira	02	Jun	204156	SAD	54.62	S	29.06.2019	Alges (POR)	55.71
4	Joao Nogueira Mendes	02	Jun	128745	CIRL	55.04	S	14.07.2019	Alges (POR)	56.14
5	João Gabriel Machado	02	Jun	211590	SCP	55.47	S	01.02.2020	Albufeira (POR)	56.57
6	Henrique Rodrigues Cruz	02	Jun	128145	ADRCIMM	55.54	S	13.07.2019	Alges (POR)	56.65
7	Joao Miguel Cascalheira	03	Jun	201621	CNS	55.71	S	14.07.2019	Alges (POR)	56.82
8	Daniel Shumeika Zayika	03	Jun	128884	SLB	56.56	S	13.07.2019	Alges (POR)	57.69
9	Ricardo Martins Ferreira	03	Jun	127307	AONDA	56.60	S	14.07.2019	Alges (POR)	57.73
10	Henrique Pinheiro Valente	03	Jun	130237	CNCVG	56.76	S	23.11.2019	Alges (POR)	57.89
11	Rodrigo Beja Lopes	03	Jun	132651	AONDA	56.92	S	23.11.2019	Alges (POR)	58.05
12	Pedro Pires Gomes	03	Jun	129534	CFB	57.23	S	23.11.2019	Alges (POR)	58.37
13	Luis Carlos Correia	03	Jun	207349	SFUAP	57.75	S	23.11.2019	Alges (POR)	58.90
14	Joao Garcez Mateus	02	Jun	129623	AONDA	57.78	S	23.11.2019	Alges (POR)	58.93
15	Pedro Esteves Duarte	03	Jun	132531	CDCP	57.90	S	14.07.2019	Alges (POR)	59.05
16	Nicolae Iachimovschi	03	Jun	130036	CFB	58.47	S	19.05.2019	Alges (POR)	59.63
17	Jose Luis Buzio	02	Jun	208312	CNS	58.57	S	14.07.2019	Alges (POR)	59.74
18	Simao Castro Barreto	02	Jun	132474	EULX	59.78	L			EXH 59.78
19	Jose Miguel Oliveira	03	Jun	129493	CNS	1:00.65	L			1:00.65
20	Tomas Graca Firme	03	Jun	129583	EULX	1:00.65	L			1:00.65

Seniores

1	Bruno Miguel Ramos	97	Sen	109110	CFB	50.12	S	22.12.2019	Felgueiras (POR)	51.12
2	Fernando Souza Silva	86	Sen	207684	SFUAP	50.30	S	23.11.2019	Alges (POR)	51.30
3	Diogo Ramos Lebre	01	Sen	122294	SLB	50.78	S	22.12.2019	Felgueiras (POR)	51.79
4	Joao Esteves Padrela	99	Sen	119137	CFB	50.91	S	20.12.2019	Felgueiras (POR)	51.92
5	Daniel Rochinha Pedro	98	Sen	111389	AHBE	50.97	S	14.12.2019	Leiria (POR)	51.98
6	Joao Daniel Machado	99	Sen	109714	SFUAP	52.35	L	04.04.2019	Coimbra (POR)	52.35
7	Ricardo Saraiva Pires	98	Sen	107651	CIRL	52.94	S	20.06.2019	Sto Ant. Cavaleiros (POR)	53.99
8	Ricardo Ferreira Cotovio	91	Sen	10921	VKGS	54.18	L	09.02.2020	Lisbon (POR)	54.18
9	Tiago Maria Camoes	01	Sen	121851	SFUAP	53.12	S	24.11.2019	Alges (POR)	54.18
10	Afonso Godinho Mestre	95	Sen	100365	CNLX	53.15	S	30.11.2019	Sines (POR)	54.21
11	Bernardo Antunes Augusto	00	Sen	122518	AONDA	54.33	S	14.07.2019	Alges (POR)	55.41
12	David Matias Cristino	01	Sen	127872	SFUAP	54.56	S	10.11.2019	Albufeira (POR)	55.65
13	Vicente Morgado Ventoso	00	Sen	12466	EULX	55.04	S	07.04.2019	Vila Franca de Xira (POR)	56.14
14	Pedro Dordio Carreiro	97	Sen	120560	GESL	56.19	L	17.03.2019	Vila Franca de Xira (POR)	56.19
15	Pedro Ferraz Esteves	99	Sen	118772	CNLX	56.25	L	08.02.2020	Lisbon (POR)	56.25
16	Miguel Monteiro Dinis	01	Sen	124394	SAD	55.47	S	23.11.2019	Alges (POR)	56.57
17	Miguel Rohula Reis	01	Sen	202644	SCP	55.67	S	14.07.2019	Alges (POR)	56.78
18	Rodrigo Ponte Jorge	01	Sen	127873	SFUAP	56.18	S	23.11.2019	Alges (POR)	57.30
19	Ricardo Silva Marujo	00	Sen	125348	GESL	56.24	S	14.07.2019	Alges (POR)	57.36
20	Filipe Nunes Magalhaes	98	Sen	110455	CNLX	56.33	S	23.11.2019	Alges (POR)	57.45
21	Rodrigo Costa Teixeira	99	Sen	108410	CIRL	56.34	S	25.04.2019	Sines (POR)	57.46
22	Gonçalo Duarte Santos	00	Sen	111095	VKGS	57.65	L	08.02.2020	Lisbon (POR)	57.65
23	Joao Diogo Fernandes	98	Sen	121542	CFB	58.62				58.62
24	Diogo Correia Neves	94	Sen	211809	CNCVG	58.62	L			58.62
25	Pedro Cerqueira Lobo	01	Sen	211075	FS	58.62	L			58.62
26	Bernardo João Salgueiro	98	Sen	211071	FS	58.62	L			58.62
27	Antonio Maria Ferreira	00	Sen	128468	PDEM	58.62	L			58.62
28	Tiago Miguel Silvestre	00	Sen	122110	VKGS	58.62	L			58.62

Prova 37
01.03.2020

Femin., 200m Estilos

Absolutos
Lista inscritos

Rec Nacional Absoluto	2:13.87	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Absoluto	2:13.87	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Sen	2:13.87	Victoria Kaminskaya	ESJB	Pontevedra (ESP)	2017
Rec Regional Jun 2	2:17.22	Raquel Gomes Pereira	SAD	Coimbra	2017
Rec Regional Jun 1	2:20.65	Madalena Gomes Azevedo	SAD	Coimbra	2015
Rec Regional Juv A	2:21.01	Raquel Gomes Pereira	SAD	Coimbra	2015
Rec Regional Juv B	2:23.78	Ines Camacho Fernandes	SCP	Trabzon (TUR)	2011

TAC - Fem Juv B: 2:54.77; Juv A: 2:49.91; Jun 2: 2:43.55; Jun 1: 2:45.16; Sen: 2:42.75

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

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

1	Leonor Tavares Catalao	06	Juv B	202215	SCP	2:33.70 L	28.07.2019	Loule (POR)	2:33.70
2	Rebeca Leonor Antunes	06	Juv B	148284	CNCVG	2:34.88 L	16.06.2019	Vila Franca de Xira (POR)	2:34.88
3	Francisca Santos Ferreira	06	Juv B	200402	SAD	2:31.86 S	29.06.2019	Alges (POR)	2:34.89
4	Carolina Martins Camacho	06	Juv B	202646	SFUAP	2:36.25 L	08.02.2020	Lisbon (POR)	2:36.25
5	Matilde Nunes Lopes	06	Juv B	201711	SLB	2:39.22 L	08.02.2020	Lisbon (POR)	2:39.22
6	Maria Esteves Valente	06	Juv B	202954	SLB	2:40.71 L	12.05.2019	Vila Franca de Xira (POR)	2:40.71
7	Filipa Ferraz Domingos	06	Juv B	200878	SCP	2:39.55 S	24.11.2019	Alges (POR)	2:42.74
8	Catarina Gomes Costa	06	Juv B	201543	EULX	2:39.78 S	24.11.2019	Alges (POR)	2:42.97
9	Madalena Correa Sa	06	Juv B	201548	GESL	2:43.20 L	28.07.2019	Loule (POR)	2:43.20
10	Beatriz Portugal Costa	06	Juv B	133278	SLB	2:42.58 S	24.11.2019	Alges (POR)	2:45.83
11	Mariana Coelho Carvalho	06	Juv B	200172	CNS	2:43.55 S	09.03.2019	Setubal (POR)	2:46.82
12	Mariana Ramos Zacarias	06	Juv B	200183	CNS	2:45.24 S	24.11.2019	Alges (POR)	2:48.54
13	Leonor Roque Mendes	06	Juv B	203844	ADRCIMM	2:46.78 S	01.11.2019	Setubal (POR)	2:50.11
14	Ines Gaspar Silva	06	Juv B	204152	GESL	2:46.92 S	01.11.2019	Setubal (POR)	2:50.25
15	Mafalda Mourao Lopes	06	Juv B	202221	ADST	2:48.90 S	24.11.2019	Alges (POR)	2:52.27
16	Madalena Graca Dias	06	Juv B	211407	CNLX	2:54.77			2:54.77

Juvenis A

1	Sara Carreira Melo	05	Juv A	153366	GESL	2:30.34 S	07.12.2019	Sines (POR)	2:33.34
2	Maria Correia Ricardo	05	Juv A	129496	CNS	2:32.67 S	14.07.2019	Alges (POR)	2:35.72
3	Soraia Maria Salgado	05	Juv A	132513	AEFDTV	2:33.87 S	14.07.2019	Alges (POR)	2:36.94
4	Mariana Andreia Silva	05	Juv A	141810	SCP	2:36.96 S	24.11.2019	Alges (POR)	2:40.09
5	Maria Teresa Fernandes	05	Juv A	132557	SAD	2:37.53 S	14.07.2019	Alges (POR)	2:40.68
6	Barbara Cunha Ventura	05	Juv A	132458	SLB	2:38.96 S	24.11.2019	Alges (POR)	2:42.13
7	Iris Pereira Carrao	05	Juv A	201392	CIRL	2:43.70 L	12.05.2019	Vila Franca de Xira (POR)	2:43.70
8	Simone Filipe Monteiro	05	Juv A	203878	GESL	2:42.58 S	03.11.2019	Lisboa (POR)	2:45.83
9	Maria Carolina Vargas	05	Juv A	132561	SLB	2:43.78 S	14.07.2019	Alges (POR)	2:47.05
10	Rafaela Diogo Martins	05	Juv A	132214	CNS	2:44.06 S	24.11.2019	Alges (POR)	2:47.34
11	Lara Moreira Lopo	05	Juv A	130424	EULX	2:44.70 S	14.07.2019	Alges (POR)	2:47.99
12	Ana Belo Braga	05	Juv A	132505	AONDA	2:45.87 S	18.05.2019	Alges (POR)	2:49.18
13	Nicole Patriarca Franca	05	Juv A	153435	SCP	2:49.38 L	17.03.2019	Vila Franca de Xira (POR)	2:49.38
14	Rita Ferreira Gomes	05	Juv A	132565	SAD	2:46.17 S	02.11.2019	Lagoa (POR)	2:49.49
15	Maria Sousa Caxaria	05	Juv A	148574	CNMJ	2:49.91 L			2:49.91

Juniores

1	Maria Jardim Fidalgo	04	Jun	131429	CNCVG	2:29.86 S	30.11.2019	Sines (POR)	2:32.85
2	Sofia Vilardell Rodrigues	04	Jun	132308	GESL	2:29.96 S	18.05.2019	Alges (POR)	2:32.95
3	Daniela Mascarenhas Henriques	03	Jun	128827	GESL	2:33.31 L	17.03.2019	Vila Franca de Xira (POR)	2:33.31
4	Margarida Filipe Ferreira	04	Jun	132347	CDCP	2:33.69 L	10.02.2019	Lisboa (POR)	2:33.69
5	Alice Jesus Morgado	04	Jun	131016	GESL	2:31.01 S	01.02.2020	Ponte de Sor (POR)	2:34.03
6	Beatriz Quintao Amantes	03	Jun	132798	SFUAP	2:31.29 S	24.11.2019	Alges (POR)	2:34.31
7	Catarina Nunes Costa	04	Jun	131376	GESL	2:33.02 S	09.11.2019	Albufeira (POR)	2:36.08
8	Marta Pereira Domingos	04	Jun	132529	SFUAP	2:37.29 S	14.07.2019	Alges (POR)	2:40.43
9	Madalena Graca Geraldes	04	Jun	131511	SCP	2:37.57 S	18.05.2019	Alges (POR)	2:40.72
10	Maria Freire Alves	04	Jun	132522	AHBE	2:39.14 S	14.07.2019	Alges (POR)	2:42.32
11	Mariana Marques Mercedes	03	Jun	129961	CDOM	2:43.55 L			2:43.55

Prova 37, Femin., 200m Estilos

Seniores

1	Catarina Martins Mestre	00	Sen	120724	CNLX	2:23.35 S	24.11.2019	Alges (POR)	2:26.21
2	Margarida Sobral Pimenta	99	Sen	118764	CFB	2:27.00 S	14.07.2019	Alges (POR)	2:29.94
3	Ana Leonor Dias	02	Sen	129302	CNLX	2:27.69 S	16.03.2019	Silves (POR)	2:30.64
4	Ana Rita Matos	02	Sen	127501	CFB	2:30.63 S	24.11.2019	Alges (POR)	2:33.64
5	Sofia Alexandra Nunes	00	Sen	112322	CIRL	2:30.92 S	25.04.2019	Sines (POR)	2:33.93
6	Joana Filipa Varandas	02	Sen	124305	CIRL	2:33.37 S	24.11.2019	Alges (POR)	2:36.43
7	Ines Figueira Santos	00	Sen	111277	SFUAP	2:42.75			2:42.75

Prova 38

Masc., 200m Estilos

Absolutos

01.03.2020

Lista inscritos

Rec Nacional Absoluto	1:58.19	Alexis Manacas Santos	SCP	Coimbra	2019
Rec Regional Absoluto	1:58.19	Alexis Manacas Santos	SCP	Coimbra	2019
Rec Regional Sen	1:58.19	Alexis Manacas Santos	SCP	Coimbra	2019
Rec Regional Jun 2	2:04.00	Carlos Esteves Almeida	CNA	Barcelona (ESP)	2006
Rec Regional Jun 1	2:04.32	Carlos Esteves Almeida	CNA	Budapest (HUN)	2005
Rec Regional Juv A	2:08.11	Carlos Esteves Almeida	CNA	Jamor	2004
Rec Regional Juv B	2:11.18	Joao Alexandre Vital	ADRCIMM	Serravalle (SMR)	2013

TAC - Masc Juv B: 2:41.00; Juv A: 2:38.07; Jun 1: 2:32.28; Jun 2: 2:30.10; Sen: 2:27.20

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 Silva Cortes	05	Juv B	200486	AONDA	2:19.70 S	08.12.2019	Sines (POR)	2:22.49
2	Filipe Simoes Freitas	05	Juv B	202349	SCP	2:22.29 S	24.11.2019	Alges (POR)	2:25.13
3	Miguel Cordeiro Almeida	05	Juv B	200392	SAD	2:25.85 L	09.02.2020	Lisbon (POR)	2:25.85
4	Francisco Lourenco Vasconcelos	05	Juv B	201698	GESL	2:23.58 S	08.12.2019	Sines (POR)	2:26.45
5	Pedro Maria Amado	05	Juv B	148286	SAD	2:26.57 L	09.02.2020	Lisbon (POR)	2:26.57
6	Pedro Mahua Alvarez	05	Juv B	208096	SCP	2:24.28 S	24.11.2019	Alges (POR)	2:27.16
7	Simao Lopes Oliveira	05	Juv B	200178	CNS	2:27.23 L	09.02.2020	Lisbon (POR)	2:27.23
8	Manuel Angelo Pereira	05	Juv B	151305	SCP	2:25.16 S	24.11.2019	Alges (POR)	2:28.06
9	Diogo Botelho Capricho	05	Juv B	142035	SCP	2:25.26 S	08.12.2019	Sines (POR)	2:28.16
10	Joao Seixedo Pinheiro	05	Juv B	205374	CNS	2:29.37 L	09.02.2020	Lisbon (POR)	2:29.37
11	Gabriel Carvalho Ferrao	05	Juv B	132345	CDCP	2:29.63 L	11.05.2019	Vila Franca de Xira (POR)	2:29.63
12	Tomas Almeida Cordeiro	05	Juv B	125238	SAD	2:27.01 S	08.12.2019	Sines (POR)	2:29.95
13	Tomas Ferreira Duro	05	Juv B	132663	ADRCIMM	2:27.34 S	31.03.2019	Pinhal Novo (POR)	2:30.28
14	Tiago Rodrigues Pinto	05	Juv B	132514	SCP	2:27.56 S	31.03.2019	Pinhal Novo (POR)	2:30.51
15	Jose Manuel Sa	05	Juv B	203114	SCP	2:27.59 S	03.11.2019	Lisboa (POR)	2:30.54
16	Vasco Alves Morgado	05	Juv B	147123	SAD	2:30.55 S	24.11.2019	Alges (POR)	2:33.56
17	Goncalo Pereira Gracioso	05	Juv B	202124	AONDA	2:32.84 S	24.11.2019	Alges (POR)	2:35.89
18	Vasco Antela Silva	05	Juv B	142037	SCP	2:33.55 S	24.11.2019	Alges (POR)	2:36.62
19	Eduard Daniel Milanov	05	Juv B	202776	CNS	2:33.77 S	24.11.2019	Alges (POR)	2:36.84
20	Goncalo Ramos Costa	05	Juv B	205229	GESL	2:37.34 S	24.11.2019	Alges (POR)	2:40.48
21	Afonso Costa Albuquerque	05	Juv B	132515	CFB	2:41.00 L			2:41.00
22	Dinis Santos Almeida	05	Juv B	208651	FS	2:41.00			2:41.00
23	Pedro Dinis Casquinha	05	Juv B	208656	FS	2:41.00			2:41.00
24	Jose Alves Monteiro	05	Juv B	200398	INDANL	2:41.00 L			2:41.00

Juvenis A

1	Miguel Costa Simoes	04	Juv A	132350	CDCP	2:16.93 S	08.12.2019	Sines (POR)	2:19.66
2	Afonso Cipriano Pinto	04	Juv A	153352	SCP	2:17.94 S	24.11.2019	Alges (POR)	2:20.69
3	Tiago Fanha Lopes	04	Juv A	129520	CNMJ	2:18.59 S	08.12.2019	Sines (POR)	2:21.36
4	Felipe Menegassi Maia	04	Juv A	207683	SAD	2:23.09 L	04.08.2019	Funchal (POR)	2:23.09
5	Guilherme Machado Santos	04	Juv A	200202	SFUAP	2:20.73 S	08.12.2019	Sines (POR)	2:23.54
6	Yann Chetelat Fock	04	Juv A	129699	EULX	2:21.22 S	08.12.2019	Sines (POR)	2:24.04
7	Tiago Miguel Trombinhas	04	Juv A	201495	ADRCIMM	2:24.88 L	09.02.2019	Lisboa (POR)	2:24.88
8	Antonio Lombardi Carvalho	04	Juv A	129886	SCP	2:23.48 S	03.11.2019	Lisboa (POR)	2:26.35
9	Afonso Goncalves Jorge	04	Juv A	201702	GESL	2:23.77 S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:26.64
10	Miguel Filipe Anjo	04	Juv A	201394	CDCP	2:23.92 S	08.12.2019	Sines (POR)	2:26.79
11	Goncalo Gomes Augusto	04	Juv A	127270	AONDA	2:24.17 S	24.11.2019	Alges (POR)	2:27.05
12	Hugo Tomas Silva	04	Juv A	200491	AONDA	2:25.34 S	24.11.2019	Alges (POR)	2:28.24
13	Joao Pedro Faustino	04	Juv A	203986	CDCP	2:25.41 S	08.12.2019	Sines (POR)	2:28.31
14	Rodrigo Neves Fernandes	04	Juv A	150758	GESL	2:25.69 S	24.11.2019	Alges (POR)	2:28.60
15	Jaeden Michael Nunes	04	Juv A	202508	CFB	2:26.78 S	08.12.2019	Sines (POR)	2:29.71

Prova 38, Masc., 200m Estilos

16	Francisco Amaro Santos	04	Juv A	201404	GESL	2:27.79 S	14.07.2019	Alges (POR)	2:30.74
17	Ruben Jose Salgueiro	04	Juv A	133507	SCP	2:38.07			2:38.07

Juniores

1	Diogo Garcez Mateus	02	Jun	129622	AONDA	2:11.80 S	30.11.2019	Sines (POR)	2:14.43
2	Rodrigo Reis Dias	03	Jun	129003	CFB	2:14.42 S	18.05.2019	Alges (POR)	2:17.10
3	Afonso Amaro Santos	02	Jun	131510	GESL	2:14.82 S	24.11.2019	Alges (POR)	2:17.51
4	Luis Cabral Junior	03	Jun	129805	CFB	2:15.25 S	14.07.2019	Alges (POR)	2:17.95
5	Guilherme Matias Cristino	03	Jun	132528	SFUAP	2:18.58 S	24.11.2019	Alges (POR)	2:21.35
6	Ricardo Martins Ferreira	03	Jun	127307	AONDA	2:21.83 L	17.03.2019	Vila Franca de Xira (POR)	2:21.83
7	Pedro Henriques Correia	03	Jun	125257	EULX	2:19.33 S	24.11.2019	Alges (POR)	2:22.11

Seniores

1	Sebastiao Limbert Piedade	00	Sen	120451	SAD	2:10.38 S	29.06.2019	Alges (POR)	2:12.98
2	Ricardo Basilio Marreiros	97	Sen	107317	CDCP	2:10.62 S	30.11.2019	Sines (POR)	2:13.23
3	Afonso Guilherme Jesus	00	Sen	117174	VKGS	2:10.84 S	30.11.2019	Sines (POR)	2:13.45
4	Afonso Mateus Ribeiro	95	Sen	100430	CFB	2:11.57 S	14.07.2019	Alges (POR)	2:14.20
5	Filipe Ferreira Luz	98	Sen	112320	GESL	2:13.37 S	20.06.2019	Sto Ant. Cavaleiros (POR)	2:16.03
6	Rodrigo Almeida Cabrito	01	Sen	121510	CFB	2:13.79 S	24.11.2019	Alges (POR)	2:16.46
7	Ricardo Martins Bras	01	Sen	121508	CFB	2:14.16 S	24.11.2019	Alges (POR)	2:16.84
8	Filipe Ferrao Melo	01	Sen	200171	CNS	2:14.20 S	24.11.2019	Alges (POR)	2:16.88
9	Pedro Ferraz Esteves	99	Sen	118772	CNLX	2:15.12 S	30.11.2019	Sines (POR)	2:17.82
10	Tiago Rafael Martins	97	Sen	111267	CDOM	2:15.76 S	14.07.2019	Alges (POR)	2:18.47
11	Andre Tavares Grenho	99	Sen	120605	GESL	2:16.02 S	24.11.2019	Alges (POR)	2:18.74
12	Tiago Correia Neves	97	Sen	125796	CFB	2:19.36 L	30.08.2019	Sao Paulo (BRA)	2:19.36
13	Pedro Dordio Carreiro	97	Sen	120560	GESL	2:17.46 S	14.07.2019	Alges (POR)	2:20.20
14	Gonçalo Catarino Dias	00	Sen	112101	VKGS	2:21.66 L	12.07.2019	Rio Maior (POR)	2:21.66
15	Miguel Duarte Cruz	99	Sen	125797	CFB	2:25.19 L	06.04.2019	Coimbra (POR)	2:25.19
16	Bernardo Antunes Augusto	00	Sen	122518	AONDA	2:27.20			2:27.20

Prova 39

Femin., 4 x 100m Estilos

Absolutos

01.03.2020

Lista inscritos

Rec Nacional Absoluto	4:14.70	Sport Alges e Dafundo	SAD	Oeiras	2019
Rec Nacional Sen	4:16.23	Clube Natacao da Amadora	CNA	Faro	2009
Rec Nacional Jun	4:26.70	Futebol Clube do Porto/Dolce Vita	FCP	Povoa de Varzim	2011
Rec Nacional Juv A	4:35.70	tempo limite			
Rec Nacional Juv	4:35.70	tempo limite			
Rec Nacional Juv B	4:35.70	Sport Lisboa e Benfica	SLB	Lisboa	2008

TAC - Fem Juv: 5:24.85; Jun: 5:21.55; Sen: 5:12.83

Ord.	Categ.	Clube	Obs	Tempo Inscr.
Juvenis				
1	Juv	Benfica		4:52.43
2	Juv	Geslours		4:56.91
3	Juv	Amadora		5:04.32
4	Juv	Estoris		5:06.50
5	Juv	Benfica		5:14.30
6	Juv	Naval Setubalense		5:17.00

Juniores

1	Jun	Geslours		4:44.53
2	Jun	União Piedense		4:55.02

Seniores

1	Sen	Natação de Lisboa		4:35.17
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Prova 39, Femin., 4 x 100m Estilos

Absolutos

1	Cova Piedade Abs	Abs	Desportivo Cova da Piedade	EXH	4:45.00
2	Gesloures Abs	Abs	Gesloures	EXH	4:47.33
3	Naval Setubalense Abs	Abs	Naval Setubalense	EXH	5:01.00
4	Vasco da Gama Abs	Abs	Colégio Vasco da Gama	EXH	5:21.55

Prova 40

01.03.2020

Masc., 4 x 100m Estilos

Absolutos

Lista inscritos

Rec Nacional Absoluto	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Sen	3:44.22	Sporting Clube de Portugal	SCP	Oeiras	2019
Rec Nacional Jun	3:55.96	Futebol Clube do Porto/Imperio Bonanca	FCP	Faro	2009
Rec Nacional Juv A	4:07.60	Futebol Clube do Porto	FCP	Famalicão	2013
Rec Nacional Juv	4:07.60				
Rec Nacional Juv B	4:11.24	Sporting Clube de Portugal	SCP	Jamor	2012

TAC - Masc Juv: 4:54.56; Jun: 4:46.67; Sen: 4:35.77

Ord.		Categ.	Clube	Obs	Tempo Inscr.
<u>Juvenis</u>					
1	Onda Juv	Juv	A Onda Azeitão		4:29.84
2	Cova Piedade Juv	Juv	Desportivo Cova da Piedade		4:30.00
3	Naval Setubalense Juv	Juv	Naval Setubalense		4:31.00
4	Benfica Juv B	Juv	Benfica		4:33.36
5	Montijo Juv	Juv	C N Montijo		4:39.09
6	Gesloures Juv A	Juv	Gesloures		4:41.51
7	Gesloures Juv B	Juv	Gesloures		4:48.53
8	Belenenses Juv	Juv	Belenenses		4:48.62

Juniões

1	Onda Jun	Jun	A Onda Azeitão		4:17.27
2	Gesloures Jun	Jun	Gesloures		4:22.91

Seniores

1	União Piedense Sen	Sen	União Piedense		4:03.13
2	Gesloures Sen	Sen	Gesloures		4:12.91

Absolutos

1	Natação Lisboa Abs	Abs	Natação de Lisboa	EXH	4:07.61
2	Naval Setubalense Abs	Abs	Naval Setubalense	EXH	4:30.59
	Vasco Gama	Abs	Colégio Vasco da Gama	RJC	NT